

INSIDE

Chelsea pushes
aside Tecumseh
in football.

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New & Expanded Sports Section, Page 1-C

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Don's Chalk Talk

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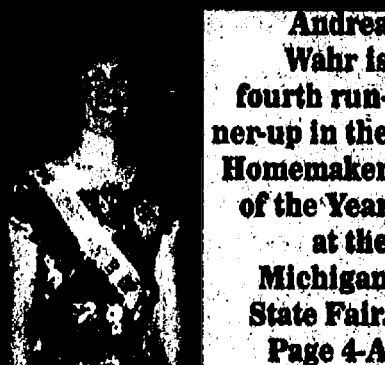
Thursday, September 13, 2007

SPOTLIGHT



Chelsea High School's Rachel Volcechovski spends summer as a Mackinac Island Honor Scout. **PAGE 6-C**

INSIDE



Andrea Wahr is fourth runner-up in the Homemaker of the Year at the Michigan State Fair. **PAGE 4-A**

WE'VE GOT MAIL

"Also, contrary to Jacoby's interpretation, the data is conclusive. The debate has ended. Scientists do agree that the earth is in a period of global warming. What is debated is how much warming is due to human causes and how and when will these emissions be reduced."

Patty Swaney, Guest Column, Page 9-A

ON THE WEB

www.chelseastandard.com

Daily Obits

Obituaries are posted online each day.

Local Blogs

Writers Ed Freundl and Don Richter post blogs each week.

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Hoopin' it up



Chelsea's Sean Lyons competes in the hula-hoop contest at Hotrods and Hawgs held Sunday in Chelsea at the old high school. See photostory, Page 1-B

St. Mary's deacon to be honored at church picnic this Sunday

By Edward Freundl
Staff Writer

Richard Shaneyfelt put his compassion for people into action almost two decades ago after he felt the call to serve the congregation at St. Mary Catholic Church in Chelsea.

Now, after 17 years as an ordained deacon, he is graduating to the rank of senior deacon, an honorific that allows him to "retire" from active ministerial service, so to speak. "As senior deacon he will continue here whenever he wishes, which means he is retired," explained the Rev. Fr. William Turner of St. Mary's.

"He can kind of pick his own schedule; he won't have as many day-to-day responsibilities."

And the annual church picnic this Sunday seemed to be the perfect opportunity to honor Shaneyfelt and his wife, Nadine, for their years of tireless service to the parish and the Chelsea community. The celebration is set for 2 to 5 p.m. at the church on Old US-12

between South Main Street and Freer Road, and is open to the entire community.

It will begin with an outdoor Mass, weather permitting, followed by a potluck dinner with the main course served up by the Knights of Columbus, and lots of family-oriented games and activities.

Turner said Shaneyfelt's duties as a deacon predate his own history with St. Mary's.

"I came here in the spring of 1988," Turner recalled. "He had been a deacon under the former priest, Fr. Phil DuPuis, who is coming back for this celebration."

Shaneyfelt explained the differences between a deacon, a priest and a minister.

"A deacon can marry, bury, baptize, preach, and teach," he said, noting that a deacon has most of the sacramental authority that a mainstream Protestant minister has.

"The only things we can't do are say the Mass and hear confessions," he said.

See DEACON — Page 5-A



Richard Shaneyfelt of Chelsea, seen here with his wife Nadine, is retiring after 17 years as deacon with St. Mary Catholic Church. The couple will be the guests of honor at the annual church picnic on Sunday.

REGIONAL OVERVIEW: OUR GOVERNMENT AT WORK

Efficiency in government?

Area lawmakers say new state legislation is not the answer

By Ed Freundl

Heritage Newspapers

Legislation meant to improve the efficiency of state government would actually do just the opposite, say area lawmakers.

On Aug. 1, the state Senate approved a package of bills co-sponsored by Sen. Randy Richardville, R-District 17, which would create a nine-member commission to review government costs and make recommendations for greater efficiency.

"Reforms that will eliminate outdated government functions and streamline the delivery of certain services are necessary to help turn Michigan around," the

Your thoughts?

Tell us what you think about efficiency in government. What can our leaders do to improve how government works on a local level? Send your thoughts to tjacoby@heritage.com. Put "government efficiency" in the subject line.

Monroe Republican said. "We must make government more effective and efficient."

The 21-11 vote was largely along party lines.

Sen. Liz Brater, D-District 18, was among six senators who did not vote on the issue. But she said last week

that she would have voted against the bills because the new panel would be unnecessary and redundant.

"The establishment of this commission would definitely contribute to government redundancy and inefficiency," Brater said.

"We already have two committees specifically dedicated to that process — the Appropriations Committee and the Government Operations Committee."

Richardville said his legislation, Senate Bills 395-398, would help ease Michigan's "serious economic problems."

"All of these factors are

See REGIONAL — Page 9-A



For some people, efficiency in government means a short line at the Secretary of State office.

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What makes Four Seasons No. 1?

"There are many reasons that Four Seasons is the No. 1 sunroom manufacturer in North America," says Four Seasons President Robert Clark. "The large variety of designs enables us to build one of our 16 different styles and custom fit it to your home not only adding space, but increasing your home's value." In other words, you win when you build it while you enjoy the comforts of a sunroom. And you win again when the time comes to sell your house.

"Because we have the largest selection in the industry, we can fit your budget as well," said Clark, who has been in the sunroom business for more than 20 years and opened his Ann Arbor location in 2004. "Sunroom additions are a luxury. But it's also an investment in your lifestyle, your home and your well-being."

And all of the rooms are built for year-round use.

"Let's face it," Clark says. "This is Michigan, the only place you can enjoy all Four Seasons in one day. A Four Seasons sunroom allows you to bring in the light and create your favorite gathering place without the worry of the weather or bugs ruining your plans."



Four Seasons of Ann Arbor brings more than 30 years of unsurpassed quality, customer service and experience in the sunroom industry. Because of all these factors, Clark says that when people are considering a sunroom addition, "Four Seasons Sunrooms of Ann Arbor will be your obvious choice."

There are many factors that go into creating the perfect sunroom. Four Seasons uses ConservaGlass, one of the best selling features they offer. "It is a one of a kind, patented glass that is superior to any other glass made," said Tammie Clark of Four Seasons.

What makes it superior?

ConservaGlass is made with tempered safety glass which is four times stronger than regular window glass to ensure its strength and in turn safety and security. The stainless steel glass spacers also ensure trouble-free performance.

Some insulated glass manufacturers use inexpensive, conductive aluminum as their standard spacer material between the lites of glass. This spacer can be cold and prone to condensation.

Four Seasons uses a much stronger and thermally stable stainless steel edge spacer for the enduring strength of the glass. To maximize its benefits, the stainless steel spacer is manufactured into a continuous, extra-strong frame rather than using failure-prone corner keys like some other manufacturers use. That accompanied by 8 metallic coatings (rather than 1 metallic coating of low - "E") reduces glare, heat gain, heat loss, and harmful UV Rays.

This style of glass also helps reduce heat gain, glare and UV damage. With a sunroom there is no reason to escape to Florida during the winter - unless you want to go surfing. The bright sun is available year-round with a sunroom and for many, that's a healthy choice.

"One of my clients was an organ transplant patient

whose physician prescribed sunlight," Robert Clark said. "Another was a therapist seeking a way to improve her patients' moods and openness."

Where do you begin when considering a sunroom?

A good place to start is figuring out how you want to use the room, where it's going to go and how much you can afford to pay. Then, decide from one of 16 styles Four Seasons offers. But the choices don't stop there.

"We have 16 different styles, but hundreds of options and variations," Bob Clark said. The styles include the popular conservatory with a 45-degree angle in the front, straight or curved eaves, solid or glass roofs.

A sunroom, which is a perfect addition off a kitchen, family room or den, can match both the style of the house and the style and tastes of the homeowner. Clark says no one can design a sunroom better to fit a certain style than Four Seasons. The goal, Clark says, is to custom design the sunroom to match the style of the house - even if that house is 100 years old.

Other features and benefits offered by Four Seasons include aluminum quad doors, structural insulated no-leak roofing system, French doors, single-swing doors, sliding patio doors, skylights and insulated flooring system, which eliminates costly foundation work.

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When you think of Four Seasons Sunrooms of Ann Arbor think reputation, superior quality and craftsmanship, variety of styles and custom design. In other words, think perfect fit.

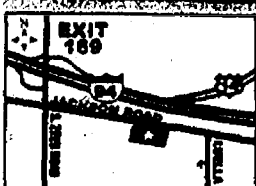


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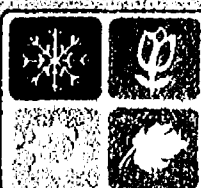
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Neighbors seek to curb traffic on busy street

By Edward Freundl
Staff Writer

Several residents of a west-side neighborhood are hoping that you'll slow down as you drive down Wilkinson Street.

Unfortunately, hope may be about all they have, because there doesn't seem to be a whole lot the city can legally do about the traffic.

"People definitely drive too fast, and there's a lot of kids on this street," said Kathi Lear, of 408 Wilkinson. "This is a long stretch with no stop signs."

A long stretch indeed, at almost exactly a half-mile perfectly straight, with no stop signs for the entire length from Old US-12 to West Middle Street.

"I would say over the years, yes, the speeds have increased and the traffic has increased," said Leonard "Mac" McDougall, a Wilkinson Street resident and retired Chelsea police chief.

The posted speed limit is 25 miles per hour, yet traffic routinely exceeds that.

"I'd say most of them do about 30, some do go by at 50," McDougall added.

"The fastest one I ever had was doing 70 down through there."

Neighbors their street is a convenient shortcut to bypass Main Street.

"This is a cut-through to (Old US-12) - it's a hazard when they drive so fast," said Melva French, of 402 Wilkinson.

"There's traffic here all night long, it's getting as bad as Main Street."

French's daughter, Sandy Sercombe, said she fears for the safety of the many children in the neighborhood.

"When the fair's here there's a lot of traffic through here," Sercombe said.

"There's all kinds of kids here, it's just a matter of time before something's going to happen."

Chelsea City Engineer Christine Linfield said the city has a procedure for residents to follow to have a stop sign installed or to change the speed limit.

"If anyone has a request for speed limit sign change or stop sign, I send them directly to the police chief," Linfield said.

"He reviews the request with input from other staff members and we go from there."

Police Chief Ed Toth Jr. said no one from the neighborhood has come to him about the traffic, but he is willing to help.

"We hadn't been made aware of any problems through there, but I will post a notice for the officers to keep their eyes open and run more patrols through there," Toth said.

There are only three cross streets on Wilkinson - Chandler, Wellington and Meadow Lane - and none are at a convenient distance for a stop sign.

"I don't know where you'd put a stop sign that would do any good," McDougall said.

Due to a large number of requests, the Washtenaw County Road Commission has a specific policy on stop signs, which can be found at www.wcroads.org.

"Stop signs are installed at an intersection only after a traffic engineering study of the existing conditions indicates that their installation is appropriate."

"The Road Commission fol-

lows the guidelines and warrants for installing signs set forth in the Michigan Manual of Uniform Traffic Control Devices (MMUTCD).

"These warrants examine the traffic volumes, crash history, traffic flow and sight distance at the location to determine if a stop sign should be used."

"Each year, the Road Commission receives numerous requests for stop signs in order to reduce speeding."

"However, the purpose of a stop sign is to assign right-of-way at an intersection, not control speed."

"Research shows that stop signs installed for the wrong purposes often create more problems than they solve."

"While unwarranted stop signs may decrease speeds in the immediate vicinity of the sign, they actually increase speeds between the signs."

"Unwarranted stop signs have a high non-compliance rate, which leads to a loss of respect for all traffic control devices."

"Proper installation of stop signs will maximize the safety and efficiency of county roads and help ensure that citizens maintain a healthy respect for the community's traffic control systems."

So for now, at least, Wilkinson Street residents will have to go without a stop sign, relying instead on motorists' good judgment when children are present.

"I've got young kids myself, so it's always a concern," Lear said.

"They're not allowed to ride their bikes in the street, (and) it makes it hard for the kids on the other side of the street because they don't have a sidewalk."

Around Town with Linda

Upcoming episodes of the popular "Around Town with Linda" show will include an interview with Badria Jazairi, Arabian princess and storyteller, beginning today.

The Sept. 20 show will feature Ambassador Ron Weiser of McKinley Associates. Weiser was recently named Chelsea Citizen of the Year. Other upcoming shows to look for will feature Bill Darwin of Darwin's Stain Glass and Ken Faulk, Chelsea High School auditorium manager.

"Around Town with Linda" airs daily at 7:30 a.m., noon, 7:30 p.m. and 10:30 p.m. on Channel 18. New shows debut weekly on Thursday nights.

All shows also are available at McKune Memorial Library in the DVD section.

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Chelsea Area Chamber News

www.chelseamichamber.org

UPCOMING EVENTS

Upcoming Business After Hours (BAH)

Chelsea Comfort Inn & Conference Center - September 13th

Silver Maples of Chelsea - October 18th

Oktoberfest Fundraiser - "Texas Hold 'Em Tournament"

Sept. 14th * Village Conference Center

For more information, please call Melissa at 734-433-8000

Oktoberfest! * October 5th, 6th, and 7th

Parking lot at Chelsea Lanes, S. Main St., Chelsea

Welcome New Chamber Members

National City Bank

Debra Neal, Dexter Branch Manager

Retail Advisory Council Meets

last Wednesday of each month, 7:30am.

Call the Chamber for dates and locations

FOR INFORMATION Call (734) 475-1145

McKune Memorial Library

Chelsea Reads Together to Explore Immigration

The McKune Memorial Library and One World One Family of Chelsea recently announced the theme for the 2008 Chelsea Reads Together One Book One Community program: "Immigration: the Shaping of America."

Immigration promises to be one of the biggest subjects of debate leading up to the 2008 presidential election. As our economy weakens, immigrants—legal or illegal—often become the target of anger and frustration. At the same time, immigration is at the core of America and American values and continues to reshape the culture as it has for hundreds of years.

By weaving stories of Chelsea area residents and how their families came to the area with those of newer immigrants arriving from all over the world, this program can humanize a polarizing subject.

Three titles have been selected to read and special events are being planned to explore the many facets of immigration, from personal histories to economic effects, from illegal issues to the impact on native peoples.

The selected titles are:

"Tortilla Curtain," by T. C. Boyle, a searing look at the changes that occur in a wealthy Los Angeles community when illegal Mexican immigrants move into a nearby canyon. Told from the dual perspectives of a resident and an immigrant couple, this book gets to the heart of this difficult topic.

"First Crossing: Stories about Teen Immigrants."

The contemporary teen immigrants in this collection come from a mix of different countries—Cambodia, Haiti, Mexico, South Korea — reflecting current immigration trends. Teens will find the voices represented in these fictional stories more relevant than the "huddled masses" and will gain insight from the depictions of what it's like to be thrown into the middle of a game where you don't know the players, the rules or even the object.

"Esperanza Rising," by Pam Munoz Ryan. This award-winning novel for ages 10 and up tells the compelling story of immigration

and assimilation, not only to a new country, but also into a different social class. Esperanza's affluent life in Mexico is shattered when her father is murdered by bandits and his powerful stepbrothers try to force her mother to remarry one of them. She and her mother escape to California and embark on a new life as agricultural workers during the Depression years.

Chelsea Reads Together will explore immigration through book discussions, speakers, film, art, music and food. Area residents will be invited to be videotaped while telling their own stories of how they and their families came to this area.

The Chelsea Reads Together Committee meets once a month at the McKune Memorial Library and invites interested members of the community to join them in planning the 2008 Community Read. Local book discussion groups are also invited to participate by reading and discussing the novels listed. Discussion guides will be provided upon request.

Chelsea Reads Together is a community-wide effort made possible with the sup-

port of many local groups and businesses. The tentative dates for the 2008 Read are Feb. 15-March 30, 2008.

For more information, call the McKune Memorial Library at 1-734-475-8732.

Used book sale

The Friends of the McKune Memorial Library will have a used book sale the second Saturday of the month through November. The sales will take place from 10 a.m. to 3 p.m. on Oct. 13 and Nov. 10 at the library, 221 S. Main St.

Thousands of items for all ages and interests, including a large selection of CDs, videos, DVDs, games, audio books and more, will be available.

All proceeds from the book sale go to support the library. For more details call 734-475-5829.

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SECOND FRONT

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The Chelsea Standard

September 13, 2007

Chelsea News In Brief

Young professionals sought

Heritage Newspapers-West is seeking nominations for its third annual listing of the area's top professionals under the age of 40.

The special section, previously called "20 Under 40," has been renamed "The Ones to Watch." It will honor our area's best from a wide variety of professions, including business, religion, education, the arts, community service, health care, emergency services and government.

Nominees must have been no more than 40 years old as of Friday and either live or work in Chelsea, Dexter, Manchester, Saline, Milan, Ypsilanti or Belleville.

A panel of four editors representing those communities will choose the 20 based on the strength of the nominations.

To nominate someone, provide a 300-word essay about the person and why you think that person should be recognized as one of the area's top young professionals. Also, provide your full name and place of residence, the nominee's date of birth, name of his or her workplace, family members' names and place of residence.

The deadline for nominations is noon Sept. 26. E-mail tjacoby@heritage.com or mail your nomination to 20750 Old US-12, Chelsea, MI 48118.

Fun in the Forest

For music, fun and some great exercise, come join the second annual "Fun in the Forest" contra dance, 4 to 7 p.m. Saturday at the Michigan Friends Center, 7748 Clark Lake Road north of Chelsea.

"The dancing will be inside the MFC building, designed years ago specifically to accommodate four squares of square dancing at a time," says MFC board member and event organizer Nancy Paul.

Contra dancing, very popular in the 1800s, is an American folk dance in which dancers form two parallel lines that run the length of the hall.

Local musicians The Millers - Mark Palms, banjo and fiddle, Michael Zivsak on fiddle, Carl Johnson on guitar, and Chuck Anderson on bass - will perform tunes and "rough sawn" ballads from the days of barnyard whoops and cabin buckdances, deeply rooted in pre-radio rural America.

K of C Oktoberfest returns

To raise money to support the upcoming Oktoberfest, a Texas Hold 'Em Tournament and Casino Night are planned for tomorrow at the Comfort Inn. The Knights of Columbus and the Chelsea Retail Advisory Council are teaming up to present Oktoberfest, Oct. 5 through 7 on the grounds of Chelsea Lanes.

Chelsea hosts global warming presentation

By Sheila Pursglove
Special Writer

Extreme weather, floods, droughts, epidemics and killer heat waves beyond anything humanity has ever experienced.

That's the scenario predicted by former U.S. Vice President Al Gore in his book and documentary film, "An Inconvenient Truth."

Frank Parkinson from Saline - a volunteer who took part in Gore's "Climate Project" program - will present a slide show, "An Inconvenient Truth," 7 p.m. Sept. 21 at Michigan Friends Center on Clark's Lake Road north of Chelsea.

"I'm not an environmental activist with a long track record of environmental concerns," Parkinson says. "I'm simply a father of four young children who has become convinced that global warming and climate change is one of the most pressing issues of our time."

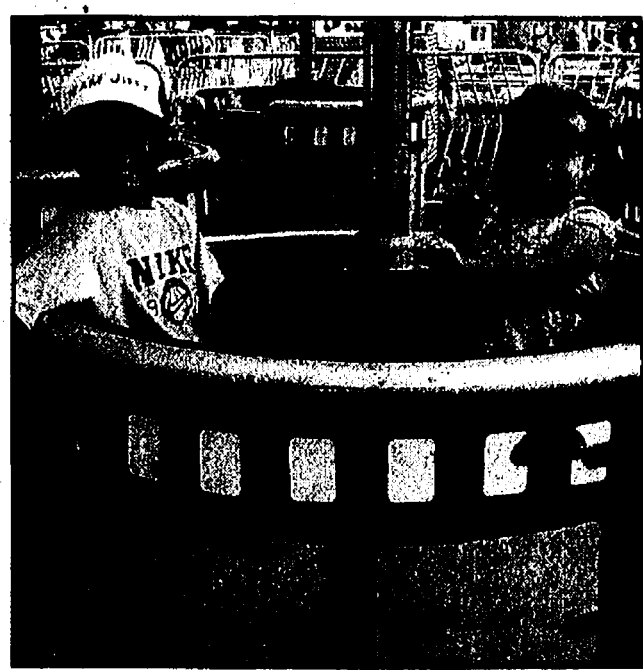
See CLIMATE - Page 5-A



Former U.S. Vice President Al Gore (left) greets Saline's Frank Parkinson.

The facts
What "An Inconvenient Truth" slide show and presentation about global warming, followed by discussion and refreshments. Who: "Climate Change Messenger" Frank Parkinson from Saline. Where: Michigan Friends Center, 7748 Clark's Lake Road north of Chelsea. When: 7 p.m. Sept. 21. Cost: \$8 for an individual, \$15 for a family. Advance registration recommended. Contact: Call 475-1892 or e-mail manager@michiganfriendscenter.org. Info: www.michiganfriendscenter.org

Fair flashback



Emily Trinkle (left) took first place for the 3-4 year-old group in the Pedal Pull contest at the Chelsea Community Fair. Emily and her brother Ryan (far left) took a spin on some of the rides. Samantha Bies (above) shows off her horse Reflector in the Halter Class.



Wahr proudly wears Homemaker honor

Andrea Wahr, daughter of Gary and Donna Wahr of Grass Lake, was fourth runner-up at the Michigan State Fair for Homemaker of the Year. Wahr, who was the Chelsea Fair Homemaker of the year in 2006, was the only single homemaker in the top six. Andrea's mom was the runner-up in this year's Chelsea Fair Homemaker of the Year contest.

Andrea's title last year qualified her for the state competition.

"I felt finishing where I did was quite an accomplishment considering the majority of homemakers there were working mothers who were raising a family," Andrea said. "It was nice meeting the other homemakers from the other county fairs and learning what requirements they had to have in order to achieve their homemaker award. Some fairs only require an essay and an interview, whereas most fairs have the same requirements Chelsea has."

Those requirements include entering projects in at least four different departments.

The judging for the state award is based on a list of questions contestants must submit and an interview process.

"I strongly encourage the winner of the 2007 Homemaker of the Year for the Chelsea community to go and compete because it's a wonderful experience and you meet so many nice people," Andrea said. "That's what entering a fair is all about - meeting nice people."

Andrea earned the honor at the State Fair on Aug. 22 - the same day she turned 29 years old.

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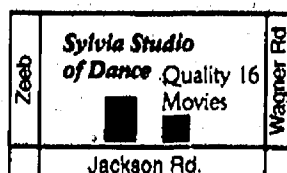
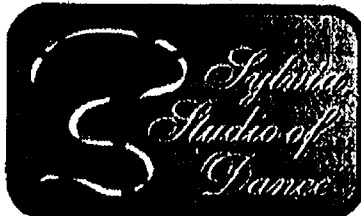
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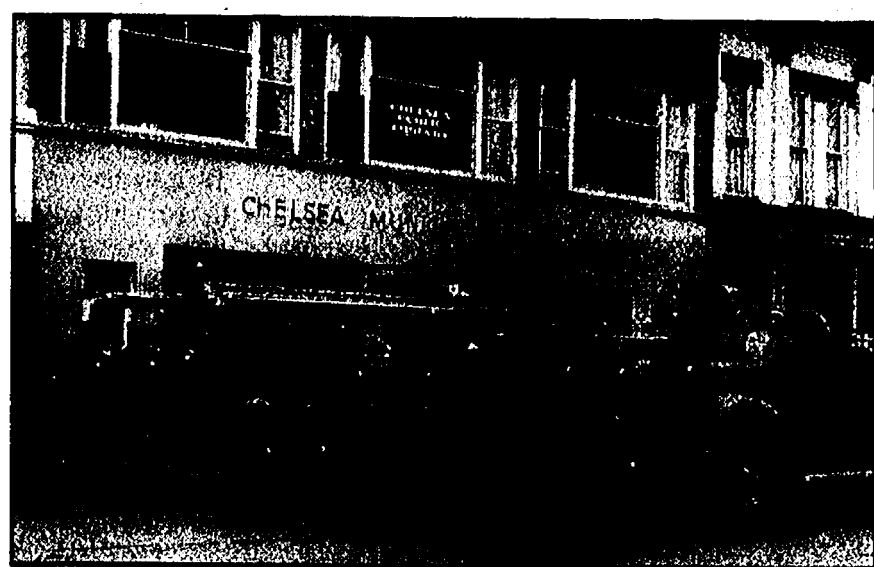
Mystery solved: Former fireman puts names to faces

By Edward Freundl
Staff Writer

A former Chelsea firefighter stepped up to identify his colleagues in a 1950s-era photo published on Page 3A in the Sept. 6 issue of The Chelsea Standard.

David Longworth of Chelsea quickly solved the mystery of the names of the men in the photo, contacting the newspaper office the same day it hit the newsstands.

"I joined the department in 1953," Longworth said. "That picture was taken



either that same year or in 1954."

The 17 members of the department are seen in

three groups, in front of the department's three vehicles.

According to Longworth, the group on the left includes (standing, from left) Reuben Herber, Phil Roy, Jim Gaken, (kneeling) Don Hafner and Bud Hafner.

In the center are (standing, from left) Jim Tierney, Marv Schiller, George Atkinson, (kneeling, from left) Fire Chief Ted Ballmer, David Longworth, Paul Bollinger and Ken Schantz.

The group on the right includes (standing, from left) Mac Packard, Ray Johnson,

Arthur Paul, (kneeling) Fred Harris and Frank Reed.

The fire department at that time was in the same location as the current police station, Longworth noted, at 104 E. Middle St.

"We could pull the trucks right through the building where those two big bay doors are," he said.

"We would pull up behind the building and fill up with water from a hydrant in the alley, but that's all closed off now."

The Chelsea Standard office of the time can be

seen to the extreme left in the photo, before it moved to an office on North Main Street. To the right was Kantlinger's jewelry store, Longworth said, and the Chelsea Public Library moved out of its second-story home in this photo to the McKune House in the 1960s.

Grass Lake church to celebrate 175 years

The Grass Lake United Methodist Church joins several other area churches celebrating major milestones this fall.

The congregation is inviting the community to enjoy the festivities this weekend for its 175th anniversary.

From 10 a.m. to 2 p.m. Saturday the historic church will offer a children's carnival on its front lawn at 449 E. Michigan Ave.

There will be games and prizes, along with free face-painting and hair-spraying, in connection with the community's Fall Harvest Festival that day. Sno-cones, popcorn, hot dogs and beverages will be available for purchase.

On Sunday the congregation will worship in a joint outdoor service with its neighbor, the Federated Church of Grass Lake.

As guest speaker, the Rev. Chuck McNeil, pastor of the Federated Church, will portray the Rev. Elijah Picher, a 19th-century Methodist circuit rider who helped found the Grass Lake Methodist church.

Choirs of both churches will perform, and a potluck dinner for both congregations and visitors will follow the service.

Grass Lake United Methodist Church was first organized in 1832. It met in various locations, including school houses, private homes and a tavern, before finally building a wood-frame church for \$800.

That first church was replaced in 1862 — 145 years ago — by the distinctive brick sanctuary with two steeples that still is the worship setting for the Grass Lake Methodist congregation.

An addition that houses church offices, Sunday School classrooms and the John Wesley fellowship hall was completed in 1965.

For more information contact the Rev. Gunnar Carlson, GLUMC pastor, at 517-522-8040 (church), 517-522-8135 (home), or 517-416-0195 (cell).

DEACON

Continued from Page 1-A

Turner added another prohibition: "The third thing they cannot do is anoint the sick and administer the Last Rites."

Shaneyfelt had been a member of the parish since 1980, but decided to pursue the ministry at the urging of a close friend.

"A very dear friend, Richard Cezare, was a deacon, and he asked if I would be interested," Shaneyfelt said.

"He died in an accident in 1987, but I stayed with the program and was ordained in 1990."

Shaneyfelt, 67, is a retired plumber, a member of Plumbers & Pipefitters Local 190, and a plumbing inspector for the Chelsea Area Construction Authority.

But his true passion lies in serving people.

"He's a very caring individual who is very concerned with people, social issues and justice," Turner said.

"He is a very supportive team member of the various

activities of the parish and the community," he added.

"His homilies have always sparked attention, and he has been very ecumenical in reaching out to other churches in the Chelsea area."

Both he and Nadine played a large part in Faith in Action, a faith-based nonprofit organization that provides food, clothing and other assistance to the community, and were also involved in Habitat for Humanity and Chelsea's "Christmas in April" program.

"One of the greatest things I enjoyed was taking groups of youths to Tennessee to work for Habitat for Humanity in the early 1990s," Shaneyfelt said.

"That's what drew me to the Christmas in April, was my

Habitat experience."

He said it was hard to pinpoint one particular thing over they years, he said, but the experiences he enjoyed most involved marriage and children.

"The parts that were the brightest was when I was involved in preparation for couples getting married and for baptisms," he said. "I was asked to baptize twin girls as preemies at the University of Michigan hospital, and I like to see how they've grown up and developed."

Shaneyfelt said he and Nadine plan to enjoy retirement by traveling more and spending time with their large blended family of eight children and 15 grandchildren.

CLIMATE

Continued from Page 4-A

"As our Congress considers and debates the complexity of the energy legislation before it, we as consumers can begin to make a difference through conservation."

"Every little bit helps and during my presentation I will offer a number of things that each of us can do right now to begin making a difference."

While the presentation is based on Gore's book and film, it includes information that has become available since the movie, Parkinson says.

"The presentation also includes a discussion of things we can do individually, as a group and as a country to reduce our carbon footprint and participate in the solutions to climate change," he says.

"Also the presentation provides folks who have seen the film the opportunity to view the information at a slower pace and to interact by asking questions and discussing the contents."

Always concerned about environmental issues, in the spring of 2005 Parkinson began reading articles about climate change and global warming. In January he took part in "The Climate Project," a training program in Nashville conducted by Gore.

As a "Climate Change Messenger" he made a commitment to make 10 presentations in 2007 and to reach 500 audience members. To date, he has given over 30 presentations to over 3,000 concerned citizens.

Global warming is changing climate patterns that have been relatively stable for nearly 10,000 years, Parkinson says.

"For us in Michigan, we will experience more warmer temperatures and higher incidents of extreme heat waves. In addition, we will experience changes in precipitation. There will be more incidents of extreme weather events, which will result in more flooding."

Patterns of precipitation will also change, patterns counted on for centuries in making decisions about what crops to plant and when to plant them, he says.

"There will be declines in

the Earth's delicate ecosystems, and de-stabilizing our climate in ways we never thought possible."

Parkinson is nonetheless optimistic. "I know that we have the ability to slow these changes down, and ultimately to reverse them. We currently possess all of the knowledge and technology we need to begin making a real difference right now," he says.

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Police say rash of car larcenies preventable

By Sean Dalton
Staff Writer

Local authorities have been busy investigating a string of larcenies from vehicles.

The vast majority of them could easily be prevented, according to Washtenaw County Sheriff Sgt. Beth Gieske.

She took over command of Dexter Substation No. 3 at the end of April, before and after which the department has been dealing with the thefts.

"The majority of them involve access gained to some unlocked vehicle or one with windows down," Gieske said.

About 27 such thefts have occurred since spring, with almost 10 occurring in March alone, according to

Gieske. The amount of damage and value of stolen goods reaches thousands of dollars.

Placing a value on owner losses is difficult, Gieske said, because there is more to tallying those losses than the value of the stolen items.

"Many of the thefts involve miscellaneous damage to the vehicle, the cost of insurance deductibles ... it's hard to trace," she said.

She warned residents that they should lock their doors and roll up their windows even if they're parking a vehicle out in the open during broad daylight.

Gieske said that the majority of the incidents are concentrated in down-

town Dexter Village, but said that there are also rashes of thefts in various subdivisions in the community.

"They do tend to concentrate in a particular area that they're working in at that night," Gieske said, noting the thefts usually occur in close proximity to each other.

The availability of vehicles that can be entered also encourages vehicle vandalism, she said.

"A few of the days they were just doing miscellaneous damage," Gieske said. "Breaking a window or damaging the side of the vehicle, for really no apparent reason."

The department's stance is that the larcenies are being committed by people

looking for small, easily resold items or loose money in a vehicle.

"It really is a crime of opportunity," said Gieske. "They're going after change laying in cup holders, cell phones, laptop computers ... just something quick that they can get their hands on and can use or sell quickly."

According to Gieske, the best way to prevent the thefts would be for people to look their doors, or simply not leave valuables in unattended vehicles.

The danger also extends to homes, which can be vulnerable after certain items are stolen from vehicles.

"If they leave a garage door opener in their vehicle and leave their vehicle unlocked, then an individ-

ual has access to their house," Gieske said.

She said that juveniles face a misdemeanor citation and fine for violation of curfew.

The charge becomes a felony when the damage exceeds \$1,000, which isn't that hard to do, according to Gieske.

"You don't need a lot of damage to get a felony charge; a quarter panel and a couple of windows will do it," she said.

She also pointed out that the theft value is separate and becomes an additional felony charge after a certain point.

Perpetrators could be looking at a substantial amount of jail time and hefty fines, Gieske said.

"We've had a few suc-

cesses. I wouldn't say we've had overwhelming success, but we have had success through good police work and contacts in the community," Gieske said. "We had some stolen laptops recovered and all other items stolen from vehicles in that same night."

"Stolen vehicle items are hard to track, because it's stuff that can be used quickly: small amounts of cash and change, and other small items."

Gieske warns that if you must leave your vehicle unlocked or windows rolled down, remove any valuables from the vehicle.

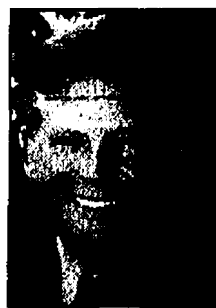
"Remove your purse, wallet, garage door opener - anything that someone can see."

Washtenaw County

Road Commission will not see new members

By Sue G. Collins
Staff Writer

Citing foul play, and mismanagement, the Washtenaw County Board of Commissioners voted last week not to add two more positions to the Washtenaw County Road Commission, which has been plagued by claims of retiree benefit reductions and poor public relations.



Ouimet

A new state law passed in January allows county road commissions to expand from the current membership of three to four or five commissioners. The new Road Commission Board would be appointed by the County Board of Commissioners.

County commissioners Leah Gunn, Jeff Irwin, Mandy Grewal and Barbara Levin Bergman voted in favor of the increase.

Jessica Ping Mills, who lives in Lodi Township and was among six who voted against the increase, though during her campaign she told voters she was in favor of expanding the Road Commission for better representation from the western part of the county.

"While I'm still in favor of growing the Road Commission, now is not the correct time to do so," she said. "There was internal lobbying going on for the appointments and I felt the candidates would be in the job for the short-term, with political ambitions," said Ping Mills who is serving her first term on the Board of Commissioners.

County Commissioner Mark Ouimet agrees and said while he, too, is in favor of a larger and more representative Road Commission, there are internal issues to be resolved before "taking on two new personalities to add to the mix."

Commissioner Mandy Grewal voted in favor of the

expansion and said she had no preconceived notion of who should serve as road commissioners.

"They should have the ability to be not merely technical but also adaptive, someone who can understand changing situations and to respond to them," she said.

The process leading up to the vote, including two public hearings this summer, also brought to the surface unrest among Road Commission employees and recent retirees who are disconcerted over how benefits and other management issues are being handled. A group of some 70 concerned county employees attended the Sept. 5 Board of Commissioners meeting, Ouimet said.

Ouimet feels there are indeed administrative problems in the department, including a duplication in services and lack of focus and public communication.

"The Road Commission

needs to be more communicative about the stages in road work. Why are roads suddenly impassable and out of service?" he asked.

Grewal said her constituents supported the idea to improve customer service and public safety issues in Pittsfield Township. One resident pleaded with staff to introduce traffic calming measures in a subdivision where speeding cars nearly hit schoolchildren waiting for the bus, Grewal said.

"The Washtenaw County Road Commission staff member simply brushed off the concerns by saying, 'Well, the kids should probably walk or find another way to get to school if the bus stop isn't safe.'"

Ping Mills said the Board of Commissioners will conduct, "very, very strict oversight to hold the current Road Commission more accountable."

The Board of

Commissioners may vote again to expand the Road Commission, though the issue is not likely to be included on any upcoming agendas, she and Ouimet noted.

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Church gets blessing for project

By Edward Freundl
Staff Writer

The Chelsea Free Methodist Church is one step closer to a new home, following conditional approval of its final site plan by the Lima Township Planning Commission.

The ambitious project, with a price tag of \$5 million to \$6 million, calls for a new sanctuary, classrooms, athletic fields and a campground to be built in three phases over the next two decades on a quarter-mile wide, half-mile deep parcel on Jackson Road.

"We outgrew our facility on Werkner Road," said Gary Adams, chairman of the church's building committee. "We have a strategic plan through 2025."

Several provisions from government agencies need to be satisfied before construction can begin.

The township board and planning commission are involved because of a special-use permit was needed for the agricultural-zoned property.

The Washtenaw County Road Commission is involved because of the need for a traffic study, which recommended putting in a left-turn lane on Jackson Road.

The Washtenaw County Drain Commission is involved because the proposed parking lot cuts across the Lima-Sylvan county drain.

The Washtenaw Department of Environmental Health needs to approve the drain-field and septic system.

And finally, the Michigan Department of Environmental Quality has a hand in it because some of the existing wetlands will be filled in, requiring "mitigated" wetlands to be created elsewhere on the property 50 percent larger than the size of the original.

As former Lima Township supervisor, Adams was the logical choice to help the church navigate all these obstacles and bureaucratic red tape.

The building committee made another smart move in hiring Ann Arbor-based engineering consultant Atwell-Hicks, a firm that is used by many local municipalities and is consequently very familiar with local ordinances and government officials.

"The building contractor, Myler Construction, is out of Indiana, and they don't know this area and the people involved like Atwell-Hicks does," Adams said.

The laborious process began with the application for the special-use permit in

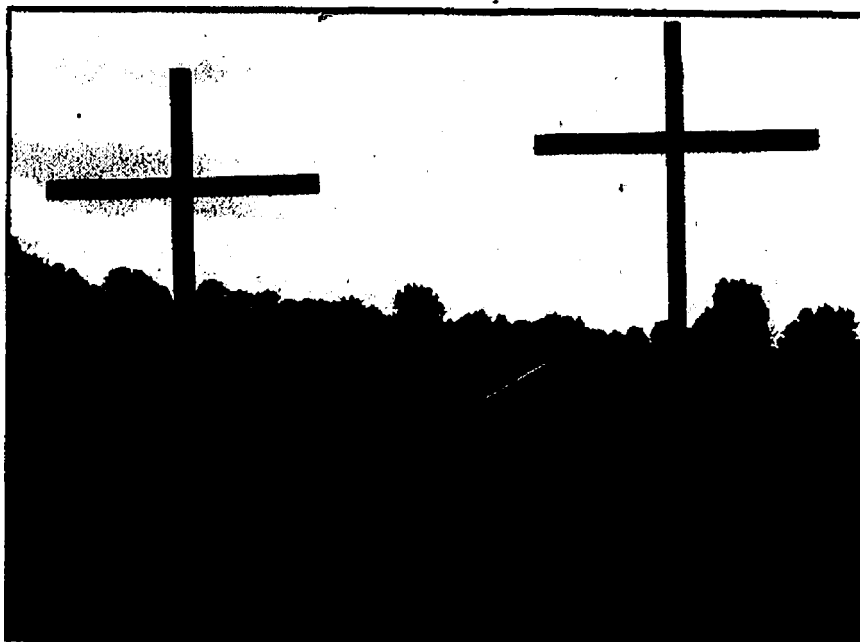


Photo by Ed Freundl

Lima Township officials have given conditional approval to the Chelsea Free Methodist Church for using this 80-acre parcel on Jackson Road to build a new church complex, which eventually will include a sanctuary, classrooms, athletic facilities and a campground. This artist's rendering of the finished church was prepared by the contractor, Myler Construction of Indiana.

June 2006, and chances are it will be another year before construction can begin.

"We should have the final site plans cleared up within a month," said the Rev. Larry Lyons, church pastor. "We're hoping to break ground a year from now."

However, Lyons remained optimistic.

"We are excited about the opportunities a new church building will give to us," he said.

"This new worship center will allow us to expand our growing children and teen ministry, and will give our community gathering space for non-church related activities."

The church has held two different styles of worship services for the past seven years, Lyons said.

The traditional, 8:30 a.m. Sunday service has been held at the church on Werkner Road, drawing about 100 people.

A contemporary service, held later on Sunday mornings at the Washington Street Education Center, attracts a regular crowd of about 400 worshippers.

Starting Sunday, both services will take place at the former high school in order to bring the congregation closer together and allow the Werkner Road church — which was built in 1980 — to be put on the market.

"A lot depends on the sale of our Werkner Road property," Adams said.

"We have significant financial backing from the congregation, plus a mortgage through Chelsea State Bank for the construction bonds for the road work and drainfield."

Lyons said he reminds his congregation to look at the project — and its slow progress — as an act of faith.

"Everywhere we look there's an opportunity to exercise faith," he said. "None of these steps we can take on our own — it's bigger than us."

"We're living a great story, and God's doing some great things."



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EDITORIAL

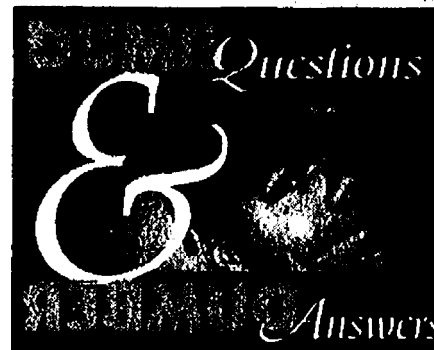
Our policy

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

www.chelseastandard.com

The Chelsea Standard

September 13, 2007



Commuter rail study will have to prove me wrong

State Rep. Pam Byrnes recently had her resolution urging the federal government to approve a \$1 million grant to develop a commuter rail route connecting Howell and Ann Arbor passed by the House. Rep. Byrnes states that the U.S. 23 corridor between Washtenaw and Livingston counties is one of the most heavily congested routes in Southeast Michigan.

This idea has been kicked around for probably five years or so, even debated by several municipalities. This particular million-dollar grant would be spent on a study to determine the answers to several questions, including, do we really need it.

These kinds of studies are common practice with the interstate system. I have no idea why it costs so much money, but it's safe to assume that someone is getting rich off of this.

The goals of such a system would be to reduce traffic congestion along that route, reduce fuel consumption, reduce pollution, reduce infrastructure maintenance and replacement costs and trying to divest Michigan's economy from its overwhelming reliance on motor vehicles.

Now I have no objection to reducing things, especially when it comes to my waist line. And it would be easy to sit here and applaud this resolution. I mean what does the federal government need with \$1 million? But the bottom line is a commuter line between Howell and Ann Arbor is a waste of money. I should say it's a waste of OUR money.

If private enterprise wants to build a rail system from Howell to Ann Arbor, fine. If they think it will be profitable, let them build it. And there is talk that private enterprise would operate the system once it's built. "All aboard" if that's the case.

I drive U.S. 23 from Interstate-96 every day. While it does get a little congested it is nowhere near as bad as I-96 near Wixom, I-275 in Canton and Novi or the I-696 corridor. I've heard traffic also is pretty heavy from Macomb County to Detroit via I-94. Are we building rail systems for all of them?

How many motorists are driving from Howell to Ann Arbor or even points in between? For someone to use this rail system they would have to:

1. Live between Howell and Ann Arbor.
2. Work or go to school in Ann Arbor because if they work anywhere else how do they get from the train stop to their office?
3. Work between normal business hours. As businesses struggle, employees are being reduced and those staying work longer hours. Will the train run at 9 p.m. or 11 p.m.?

The answer to traffic accidents isn't building rail systems. It's getting people to put down their cell phones, forget about the MP3 player and focus on driving. If we want to save lives, reduce the speed limit. You will still get home quicker than waiting for a train and you can still stop at Cottage Inn for dinner or grab a loaf of bread to go with your pasta.

And while we are on the subject of safety, I see a police officer or two almost daily on I-275 between 696 and M-14. I can count on one hand the number of times I've seen a police car on U.S. 23 between I-96 and M-14.

The first rule of government should be do we really, really need this. If the answer is "no" or "maybe" then move on. I don't think we really, really need this. And I certainly don't think there is enough people that would use it to justify it. This isn't Chicago and it isn't Boston or New York City.

So, there is your study. And it didn't cost \$1 million.

This, of course, is my two cents - a lot less than I will be paying if this becomes a reality.

To the Editor: The Chelsea Fair board need not apologize for anything.

It was unfortunate that the summer-long drought had to end on fair week, but the Chelsea Fair was still a great time. The efforts of everybody who worked so hard to make the fair and related events happen are very much appreciated. It is difficult to imagine a reasonable person not concurring with the decisions made by the fair board to both ensure everyone's safety and to offer fair goers the best experience possible for the conditions.

Mike Rorabacher
Chelsea

To the Editor: I hadn't

known whom to thank until I happened to see the sign on Waterloo Road recently.

Under Michigan's "Adopt-A-Highway" project, The Knights of Columbus, Council 3092, have been picking up trash on that road and doing a wonderful job. Waterloo Road is designated a scenic drive, with its curves and hills, winding north of Chelsea through beautiful country on both sides of M-52.

People often remark on the beauty of the drive when they come out to our studio, but it's definitely enhanced by the cleanliness of the roadside. I can't imagine throwing so much as a gum wrapper out the car window, but

apparently not everyone was taught not to be a litterbug. I'm sure it is done mostly out of ignorance, and I know parents have their plates full already, but a few lessons about littering might go a long way.

I heard recently that the Adopt-a-Highway program saves the state of Michigan over a million dollars a year, thanks to its volunteers.

Thank goodness for people like the Knights, who give their own time for the environment. It's appalling how many trash bags they fill, but it sure looks great when they're done - at least for a while.

Marsi Darwin
Waterloo Township

Letters to the Editor

To the Editor: It was recently brought to our attention that The Chelsea Standard and Heritage Newspapers were inadvertently omitted from the Thank You Ad that was placed in The Chelsea Standard.

This was in no means intentional and we are humbly embarrassed at our mistake.

We realize how important it is to the success of SummerFest to have the support of the community and local businesses such as

yours. Heritage Newspapers and The Chelsea Standard has been a vital supporter of Chelsea SummerFest and we sincerely hope our mistake does not affect any future involvement.

We are very thankful for all the help and support we have received from both of you and your respective businesses and we hope you both will accept our apology.

Tracie Faupel and
Kelly Goodell
Chelsea SummerFest 2007
co-chairs

Guest Column: Tim Skubick

New primary gives Dems a headache

Telling the truth in politics is a tough job. Ask presidential candidates Barack Obama and John Edwards.

Given a chance to explain the real reason why they are bailing out on the Michigan presidential primary, they didn't outright lie. Maybe they just hid the truth by spinning the story until the truth was wallpapered over?

Now nobody will publicly concede that's what happening, but there are some within the Democratic Party

who believe it did.

Michigan is having a Jan. 15 vote for president and all the GOP contenders will march through the state - but all of the Democratic hopefuls will march around it unless a reversal occurs.

It wasn't supposed to be that way. After all, most everyone agrees, nobody wins the White House without Michigan and the support of labor.

Most everyone agrees Republicans will monopolize the media coverage if the Dems are a collective no-show and that gives the GOP a stronger foothold to re-color Michigan from Blue state to Red state in November.

Yet all of the major Democratic can-

didates have signed a silly little pledge to boycott Michigan, which allows the pip-squeak states of Iowa and New Hampshire to have first dibs on picking the nominee.

Who cares about Iowa, where the cornstalks outnumber the people? Who cares about New Hampshire, which is not diverse by any stretch of the imagination? Why should they pick the president and Michigan is left out?

Edwards and Obama have an answer, as feeble as it is.

"Iowa, New Hampshire, Nevada and South Carolina need to be first because in these states, ideas count, not just money," Edwards says.

Pass the barf bag.

Obama is not far behind.

He lectures Michigan that, "Because states that violate the DNC rules will not be allowed to contribute to the delegate tally, we urge all states to ensure their compliance with DNC rules" by blah, blah, blah, blah.

It's true the Democratic National Committee has threatened to ban Michigan delegates from attending the national nominating convention next year if it has the audacity to dilute the impact of primaries in those other states.

As Edwards and Obama conveniently hide behind the rules, here's what they left out of their explanation:

Both of them were going to lose in

See DEMS — Page 10-A

Our Chelsea History

What was manufactured and assembled in Clocktower complex factories during World War II?

- A. Canned water for civilians and soldiers.
- B. Dog tags including the neck chains worn by all military personnel.
- C. Projectiles and other parts for the War Department.

Answer C. During World War II the Chelsea Division of Federal Screw Works mushroomed into every vacant building in town, including the Clocktower and Welfare buildings. Our factories made 50 millimeter projectile casings, jacketed bullets, timer fuses and assembled other parts for the War Department. Between 1940 and 1946 the Chelsea employees of Federal Screw Works received awards and citations from departments of the Army and Navy and twice received the Navy E award recognized by President Roosevelt.

The Chelsea Historical Museum is located at 312 N. Main, inside the Gourmet Chocolate Cafe.

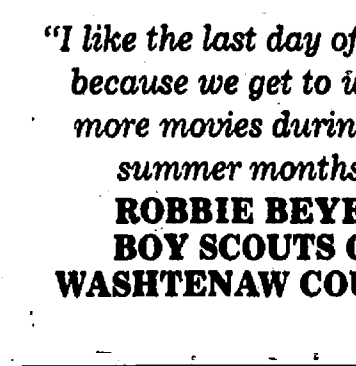
STREET TALK

Do you prefer the first or the last day of school?



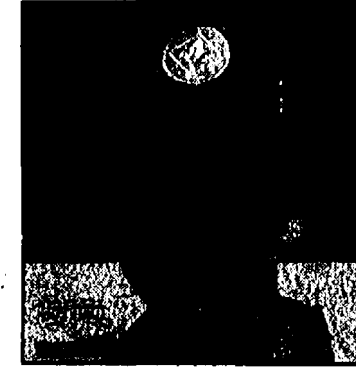
"I prefer the first day of school because there is no homework that is due."

DANIEL TAYLOR
BOY SCOUTS OF
WASHTENAW COUNTY



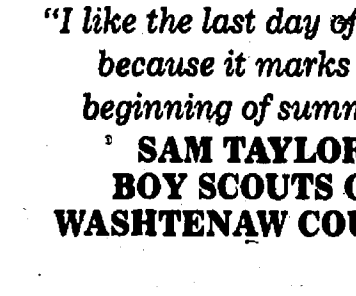
"I like the last day of school because we get to watch more movies during the summer months."

ROBBIE BEYER
BOY SCOUTS OF
WASHTENAW COUNTY



"I like the first day of school because there are more scout activities during the school year than there is during the summer."

MATTHEW CARLS
BOY SCOUTS OF
WASHTENAW COUNTY



"I like the last day of school because it marks the beginning of summer."

SAM TAYLOR
BOY SCOUTS OF
WASHTENAW COUNTY

By Jennifer Sinkwitz

The Chelsea Standard

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GOODY CAC JOURNAL REGISTER

“Waiting two years for recommendations does nothing to solve the crisis we face now.”

State Sen. Liz Brater

REGIONAL

Continued from Page 1-A

contributing to the state's significant deficit for 2008. The state must enact structural reforms, as well as cuts to help balance the budget.”

The commission would evaluate the functions and services provided by each state agency in human resources; payroll; internal auditing, accounting, and financial services; purchasing; printing; mail services; maintenance services; janitorial or cleaning services; motor vehicle fleet operations; and transportation services.

Brater

The move to create the commission was widely criticized by legislators and residents alike as simply adding another layer of government bureaucracy. The following comments on the legislation were posted at www.michiganvotes.org/rollcall:

“Just how many layers of so-called government do we need?” ... “Government efficiency? You have got to be kidding! The best way to make it more efficient is to have less of it.”

“I find it peculiar that a conjectural argument that it could be helpful would be reason enough to justify the bill. This bill looks like posturing and holds nothing substantive for the people of Michigan.”

None of the posted comments were in favor of the legislation.

State Rep. Pam Byrnes, D-District 52, noted that many of the oversight functions of the proposed commission currently are the responsibility of the state auditor general.

“A lot of those things are already being done,” Byrnes said last week.

“A lot of that is already within the law and operational, and I think the auditor general's office is doing a very thorough job.”

Byrnes would have a chance to vote on the measure when — or more precisely, if — it makes it out of the Government Operations Committee, the standing House committee to which it was assigned after being approved by the Senate.

“It's too early to tell what might become of it,” Byrnes said. “It may die in committee, and even if it becomes a reality, it could be a year before anything happens.”

Brater said Michigan cannot afford to wait for implementation of whatever measures such a commission may suggest.

“The recommendations would be reported back to the Legislature June 1, 2009, almost two years from now,” Brater said.

“Waiting two years for recommendations does nothing to solve the crisis we face now.”

She added that there is also no guarantee that any recommendations would be enacted, citing a recent example.

“Look at the recommendations of the Emergency Budget Panel,” the senator said.

“In February, a group of bipartisan experts came forth with recommendations on how to bring a long-term fix to the state's structural deficit problems, including a combination of cuts, reforms and new revenues, but the Senate has yet to act on these recommendations.”

The national view

U.S. Sen. Debbie Stabenow, D-Michigan, said the push for government efficiency is especially important on the national level, because government waste and irresponsible

spending leads to budget deficits that add to the enormous national debt.

“As a member of the Senate Budget Committee, I am proud that we have passed a budget that balances the government's checkbook and restores fiscal discipline, while making sure we have the resources we need for priorities like children's health care, education, and taking care of our veterans,” Stabenow said.

She also noted that previous sessions of Congress had failed to provide proper supervision, contributing to government waste and ballooning deficits.

“Already the new Senate Democratic majority has held over 90 oversight hearings to bring accountability to government,” Stabenow's office stated in a press release.

The local view

Closer to home, one Washtenaw County commissioner said the county has been proactive in improving efficiency over the past few years.

“When I ran (for office) four years ago that was one of the issues, and that's what we've been able to produce: more efficiency in government,” said Mark Ouimet, a Republican representing all of northwest Washtenaw County.

While Ouimet said he is “unsure” whether the state needs the proposed nine-member commission, “I'm a believer in cutting government overlap,” he said.

Ouimet named several areas where the county has had success, such as information technology, purchasing, human resources, payroll and central dispatch for police and fire.

“The (information technology) department works with some of the townships and cities, but the biggest one has been purchasing,” Ouimet said.

“We have a countywide purchasing policy that any governmental unit can join, for anything from paper to computers.”

“It's hard to gauge what it was before, but the feedback I get is very positive.”

For all its successes, Ouimet said there is still room for the county to improve the consolidation of government functions.

“It leaves people free to perform services for the taxpayer in their areas,” he said.

Edward Freundl is a reporter for *Heritage Newspapers*. He can be reached at 1-734-475-1371 or efreundl@heritage.com.

Guest Column: By Patty Swaney

Gore is correct saying debate is over

I had some difficulty following the “logic” of Terry Jacoby's column “You can't debate the importance of debate” published in *The Manchester Enterprise* last week.

He grabbed my attention by writing “Al Gore repeatedly stated that the debate about Global Warming is over. That is why Al Gore will never be compared to great men...” Perhaps Mr. Jacoby has not heard that Al Gore has been nominated for the Nobel Peace Prize.

Gore and Canadian activist Sheila Watt-Cloutier were nominated for the 2007 Nobel Peace Prize to recognize their efforts to raise awareness about the threat of climate change. Two Norwegian members of Parliament made the nomination and said, “They are both key figures that put climate change on the agenda in global politics. The threat to the climate is so important that if it isn't solved, it could lead to huge conflicts as people fight over access to water and land.”

Also, contrary to Jacoby's interpretation, the data is conclusive. The debate has ended. Scientists do agree that the earth is in a period of global warming. What is debated is how much warming is due to human causes and how and when will these emissions be reduced.

Mr. Jacoby doesn't say where he got his figures for scientific papers written about climate change and their conclusions but I came up with several Web sites, too many to mention, that agree that the scientific consensus about climate change is accepted and that federal regulations to cut greenhouse gas emissions is inevitable. Just run a Google search on “global warming” and you will return 85,500,000 hits.

For example, John Hofmeister, president of Shell Oil Co., said in a speech at the National Press Club in Nov. 2006, “We have to deal with greenhouse gases. From Shell's point of view, the debate is over. When 98 percent of scientists agree, who is Shell to say, ‘Let's debate the science?’”

In an article published by the *Boston Globe* on Aug. 22, the story reports the White House “pushed by an unlikely partnership of corporate leaders and environmentalists,” is grappling with decisions on global warming unimaginable only a year ago.

According to the article, President Bush is expected to host a summit of the world's largest greenhouse gas emitters in hopes of reaching an agreement on cutbacks by the time he

leaves office.

However, the article states skeptical business leaders do not want to wait that long for a deal and The United States Climate Action Partnership — a coalition of 25 corporations, including DuPont, General Electric, Detroit's Big Three automakers, three oil companies, and nongovernmental groups such as Environmental Defense and the Natural Resources Defense Council — are working on a proposal to recommend a mandatory carbon cap-and-trade system that would set a target of reducing emissions by 60 percent to 80 percent of today's levels by 2050.

Similarly, in Congress, at least nine pieces of legislation are expected to be

debated this fall; almost all call for similar reduction targets.

“Activity over global warming has been at a furious pace since the White House signaled its intention last year to put the polar bear on the endangered species list,” the article states. “Since then political attention to global warming in 100 days was greater than probably any 10-year period.”

Does any of this sound like “we know so very little about global warming” as Mr. Jacoby suggests?

Leaders of government and industry see the consequences of doing nothing. And this is due in large part to Al Gore's courage to face detractors and doubters with

See GORE — Page 10-A

AN EAGLE EYE VIEW

Soccer set to return to championship form

By Scott Hall

EMU head women's soccer coach

Photo Advertisement

The Eastern Michigan University women's soccer team begins the 2007 season hoping to bounce back from a tough 2006 campaign that saw us lose seven one-goal games during our Mid-American Conference season. As a team we are looking to get back to the championship form that helped us win the MAC tournament championship in 1999 and regular-season titles after the 1999 and 2003 campaigns.

We return a veteran team, with seven seniors leading the way and return 19 letter winners to go along with 10 newcomers.

Our top two goal scorers from last year return to the forward position. Sophomores Deana Kinter (five goals and two assists) and Maggie Christensen (four goals and three assists) both return to build on solid debut seasons. Also back is junior Jessica Lathrop, a starter in all 18 games. Junior Ashley Upton looks to improve upon a successful sophomore campaign that saw her score two goals and notch an assist. Freshmen Sean'e Simpson and Paige Sheridan look to provide relief off the bench.

Senior Sara Schiffbauer leads the way in the midfield. Schiffbauer returned to the midfield in the 2006 season, after playing the previous season in goal. A starter in 15 games, she recorded one goal and two assists on the season. Sophomore Ashley Rodrigues is back after starting 13 games and notching one goal and two assists as a freshman. Sophomores Katie Lozar and Carissa Wilson are back, along with senior Amanda Sargent, all who look to expand their roles in the midfield. Freshmen Tessa Acker, Stephanie Janssens and Kaitlyn Ehman will look to provide support and versatility to the midfield.

Leading the way for us defensively will be senior Jill Kehler. She started all 18 games last season, notching three assists on the year. Senior Lindsay Hill returns to the lineup after a foot injury ended her season early a year ago. Junior Katie Zundel returns after notching two goals and three assists last year while starting every game. Senior Emi Cummings and sophomores Kelly Poppaw and Renee Farrell will provide depth off the bench. Freshmen Brandi Wood, Erin Hemming, Lizzy Tokarsky and Abby Keener will fight for playing time in the backfield.

Our returning starting goalkeeper, Monique Budani, was lost to an injury before the season started and that position is up for grabs. Sophomore Missy Frederick appeared in two games in relief last year, giving her some game experience. Freshman Maggie Marville looks to come in and compete for playing time right away.

After a two-game trip to California we return to Michigan to play at Michigan State Wednesday, Sept. 18. Our next home game is Sunday, Sept. 23, against IUPUI. Join us this season at Scicluna Field for exciting college soccer.



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From the legislature: Roundup

Byrnes on line with commuter rail route

The Michigan House of Representatives recently passed a resolution urging the federal government to approve a \$1 million grant to develop a commuter rail route connecting Howell and Ann Arbor.

The resolution was presented by Rep. Pam Byrnes (D-District 52).

"The U.S. 23 corridor between Washtenaw and Livingston counties is one of the most heavily congested routes in Southeast Michigan," Byrnes said. "Gridlock slows down all of us and puts motorists in danger. Statistics show the stretch of U.S. 23 between Washtenaw and Livingston counties to be dangerous."

On average, the stretch sees 2,600 accidents per year, with almost 60 percent of the accidents being rear-end crashes occurring during peak driving times. Between 2003 and 2005, accidents on the stretch caused more than 600 injuries and six fatalities.

"A commuter rail line would be a safe, efficient and environmentally friendly way for many residents to get to and from work every day," Byrnes said.

A group of local governments, chambers of commerce, universities and other organizations recently teamed up with the

Michigan Department of Transportation to explore the possibility of building a commuter rail line parallel to U.S. 23 to reduce congestion. The group applied for a \$1 million grant from the Federal Highway Administration in hopes of building stations and rail crossings as early as this fall.

A survey conducted by local universities and chambers of commerce has shown a significant interest in a commuter rail system, with over half of respondents saying they would use the service four to five days per week.

"Not only would this commuter railway line be a boon to Southeast Michigan - it would also serve as a valuable guide for future transit programs across the state," Byrnes said. "This resolution calls on the federal government to do what is right for residents throughout Michigan and approve this grant."

Walberg praises progress

U.S. Congressman Tim Walberg (R-Michigan)

issued the following statement this week on the testimony of General David Petraeus as ambassador:

Ambassador Ryan Crocker about progress in Iraq. The joint

hearing between the House Armed Services and Foreign Affairs Committees was held on Capitol Hill.

"General Petraeus is a well-respected, trusted military leader confirmed unanimously by the U.S. Senate to lead the 168,000 American soldiers in Iraq, and he provided a credible and unvarnished front line account of the new strategy in Iraq," Rep. Walberg said. "Evidence and analysis reveal the new strategy in Iraq has been successful in reducing violence and bringing greater security to Iraq."

"Though political progress has been slow, the Iraqis have an opportunity to accomplish much-needed political advancements."

"General Petraeus outlined a plan going forward that I believe will defeat al-Qaeda in Iraq, bring more domestic security, create an environment to secure political progress and bring our troops home after a successful completion of their mission. The performance of our troops has been exceptional, and the gains made by our troops need to be solidified."

Stabenow supports bill

U.S. Senator Debbie Stabenow (D-Michigan) announced last week the passage of the College Cost Reduction Act of 2007, legislation that will provide over \$20 billion in increased funding for college aid nationwide and \$676 million

in new tuition grants for students in Michigan over the next five years. The bill now goes to the President for his signature.

With college costs tripling in the past 20 years, this piece of legislation is a crucial step in ensuring students have access to a college education.

"A college education is more important than ever to achieve economic success and the American dream," said Stabenow. "We need to be making it easier, not harder, for working families and students to afford college. America wins when we invest in education, and I urge the President to do the right thing and sign this bill into law."

After years of Pell Grants failing to keep pace with rising tuition, this legislation would increase the maximum Pell Grant by \$500 next year and to \$5,400 by 2012, while simplifying the financial aid process for low-income students.

It would also cap federal student loan payments at 15 percent of a borrower's discretionary income, bringing relief to those new graduates burdened by excessive loans.

"Increasing access to higher education will help keep Michigan's workforce competitive in the global

market," said Stabenow. "In today's world, education policy is economic policy, and by making sure that more students can afford to go to college, we will help keep America on the cutting edge of innovation as we

compete in a global economy."

The bill also would forgive the debt of borrowers who continue in public service careers such as nursing, teaching, or law enforcement for 10 years.

DEMS

Continued from Page 8-A

Michigan to Hillary Clinton if typical voters were allowed to vote. That's why Edwards desperately wanted a closed-door caucus, where his organized labor guys would wield more power and could, perhaps, deliver him the state.

Obama was hoping to land the endorsement of Detroit Mayor Kwame Kilpatrick, which would have been a big boost in the minority voting community.

It's not going to happen. So rather than stay and fight and pour meaningless media dollars down the campaign rat hole, they said they would abide by

the rules and just ignore Michigan.

As one GOP insider correctly labeled it, "It's better to try and make this state irrelevant," than fruitlessly trying to compete knowing you will lose.

So, if that is the case, why the heck did Hillary Clinton bail out, too? She could have had the state all to herself, but chose to follow the idiotic party rules. She did so over the objections of some heavy hitting state Democrats who wanted her here.

There are enough loopholes in the DNC rules to allow the candidates to wage some kind of warfare in Michigan, but unless the candidates themselves show up, who cares?

GORE

Continued from Page 9-A

the facts that they didn't want to hear.

Gore has worked with environmental issues for over 20 years and had a decisive role in forming the Kyoto protocol for reducing CO2 emissions in 1997. He has created so much pressure in the United States that for the first time President Bush must now say that climate change is a problem. No other single person in the last year has done so much to put climate change on the agenda, or contributed to lasting changes in international policy.

Mr. Jacoby and I do see eye-to-eye on a couple things. One is that Gore is no expert. The second is that there is no reason we can't "make cars that don't spew crap into the air." I totally agree.

The title of Mr. Jacoby's column "You Can't Debate the Importance of Debate" also rings true for me and this was re-enforced when I read Gore's latest book "The Assault on Reason." This is why I needed to respond to Mr. Jacoby. I wanted him to know that Gore agrees too and writes: "... the belief that free citizens can govern themselves wisely and fairly by resorting to logical debate on the basis of the best evidence available, instead of raw power, remains the central premise of American democracy. This premise is now under assault."

Gore's book introduces the crisis he sees in the way we debate and decide on the critical issues of the day. Gore argues that the marketplace of reasoned debate upon which our country was founded is being endangered by a variety of forces: the use

of fear and the misuse of faith; the distractions of our entertainment culture; and the concentrations of power in the national media and the executive branch. He also envisions opportunity for solution.

The first step is to stay informed and involved. Here is something you can do locally that is not controversial but actually entertaining read Gore's book.

A discussion of the book will be held at 3 p.m. Sept. 30

at the Manchester District Library and Village meeting room. There will be a panel to start off the discussion consisting of The Manchester Enterprise Editor Daniel Lai, State Rep. Pam Byrnes and Village President Pat Vaillencourt. Each will present their particular views on the book and then I as moderator will open the discussion to the audience.

Regardless of what you think of Gore, or where you stand on the issues, make the

book discussion a way of staying informed. It isn't a requirement to have read the book to come to the event since much can be gained from the discussion and it may be just the incentive you need to pick up the book.

Patty Swaney is a resident of Manchester.

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Reason to smile

Paperwork snafu caused dentist's license to be suspended

By Edward Freundl
Staff Writer

Dexter dentist Dr. Barbara Wehr has good reason to smile, after the state reinstated her license to practice following a paperwork mix-up.

Wehr, who was recently featured in the Dexter Leader for planning a dental mission trip to an African village, was suspended for one year on May 27 by the Michigan Department of Community Health for several serious alleged violations.

"There doesn't have to be anything to (the allegations)," Wehr said. "If they receive a complaint, they have to do an investigation."

According to the state Board of Dentistry, Wehr requested reconsideration of the suspension on June 20, and by June 28 the order was rescinded.

Wehr said she never received an investigator's request for information, and that item alone was enough to initiate the disciplinary action.

She added that such requests would be better handled by certified mail to assure proper receipt, but they are not.

In any case, the matter was resolved quickly.

"I had a request from the state for information, but I didn't receive it and they suspended my license," Wehr said. "It was straightened out in a few days and they rescinded the order."

Wehr did not see any patients for the entire duration of her suspension, she noted.

"Normally the process would have taken two or three months, but I think they realized it was a mistake," she said.

"I've never seen the state move that fast on an order."

Wehr suspects the anonymous complaints came about as a result of a business relationship with another local dentist that had gone sour.

After being diagnosed with an illness in 2005, Wehr said, she brought in Dr. Alyssa Cairo to run the practice while she recuperated.

During the year she was away, Wehr was placed on probationary status by the state because she fell behind on continuing education credits, according to office manager Kathy Piatt.

"When she returned to practice she straightened it all out," Piatt said.

Wehr said Cairo was supposed to pay half of the office expenses during that time, and there were other matters that caused her to lose patients.

"(Cairo) was supposed to buy in to the practice," Wehr said.

"She was not negotiating in



Photo by Edward Freundl

Dr. Barbara Wehr has practiced dentistry in Dexter for 31 years, but state regulatory officials temporarily suspended her license earlier this year due to a paperwork problem.

good faith - she disappeared in the middle of the night. Apparently she changed her mind.

"This was the worst dental 'divorce' in my life."

Cairo confirmed that particular assessment, but otherwise recalled the situation very differently.

"We're separated now - not all situations tend to go the way you planned," Cairo said Tuesday.

"Basically I was her employee from April 2004 to September 2004, then she became my employee from October 2004 to September 2006," she said.

Cairo hinted that the differences between the two dental professionals have not been fully resolved.

"Unfortunately I can't comment on things of that nature at this particular point," she said.

Wehr said that, despite the disagreement, she is confident many people in the community support her because she has been an ardent supporter of the community.

"I've been here 31 years; I don't have many enemies," Wehr said.

"I've done nothing but help the community."

She also noted that she is the only dentist in this area who will treat children of low-income families on Medicaid.

"I see patients, not dollar signs," Wehr said.

"I really believe one person can make a difference."

Out of Africa

Wehr returned Aug. 20 from a trip to the village of Mto wa

Mbu in Tanzania, in connection with Zion Lutheran Church in Dexter.

"I was told there were no dentists within hours, and this was a town of 20,000 people," Wehr said.

She brought supplies and equipment, and helped to train nine so-called "bush doctors" at the health clinic, who had about three years of medical school training but were not full MD's.

"These guys are very sharp, they're quick learners," she said.

Wehr added that the story about her then-upcoming trip in the July 28 edition of The Dexter Leader led to about \$2,500 in donations for her trip.

She said that they were able to treat about 100 people in the two and a half weeks she was there, and marveled at the primitive conditions under which she and the doctors worked. "It was the first time these people had anesthesia," she recalled. "They didn't believe the tooth was extracted until we held the tooth in front of them."

She said that the clinic was not really set up for dental visits, and assistants had to hold miner's headlamps by hand to provide enough light for the procedures.

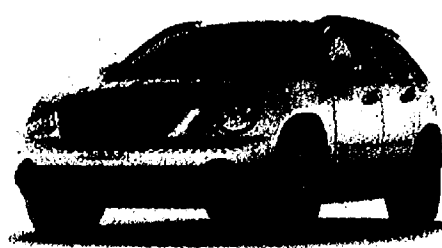
As rustic as it was, Wehr said she felt a great affection for the people and is excited to do it all over again next year.

"My brain is already spinning," she said.

"Next time I want to bring more equipment so I can do more than simple extractions."

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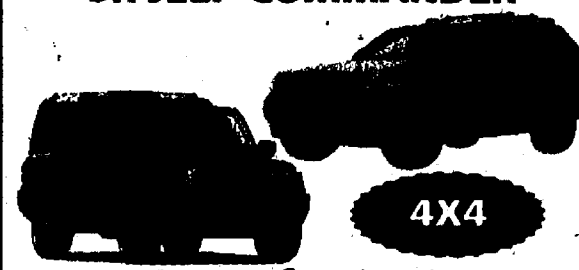
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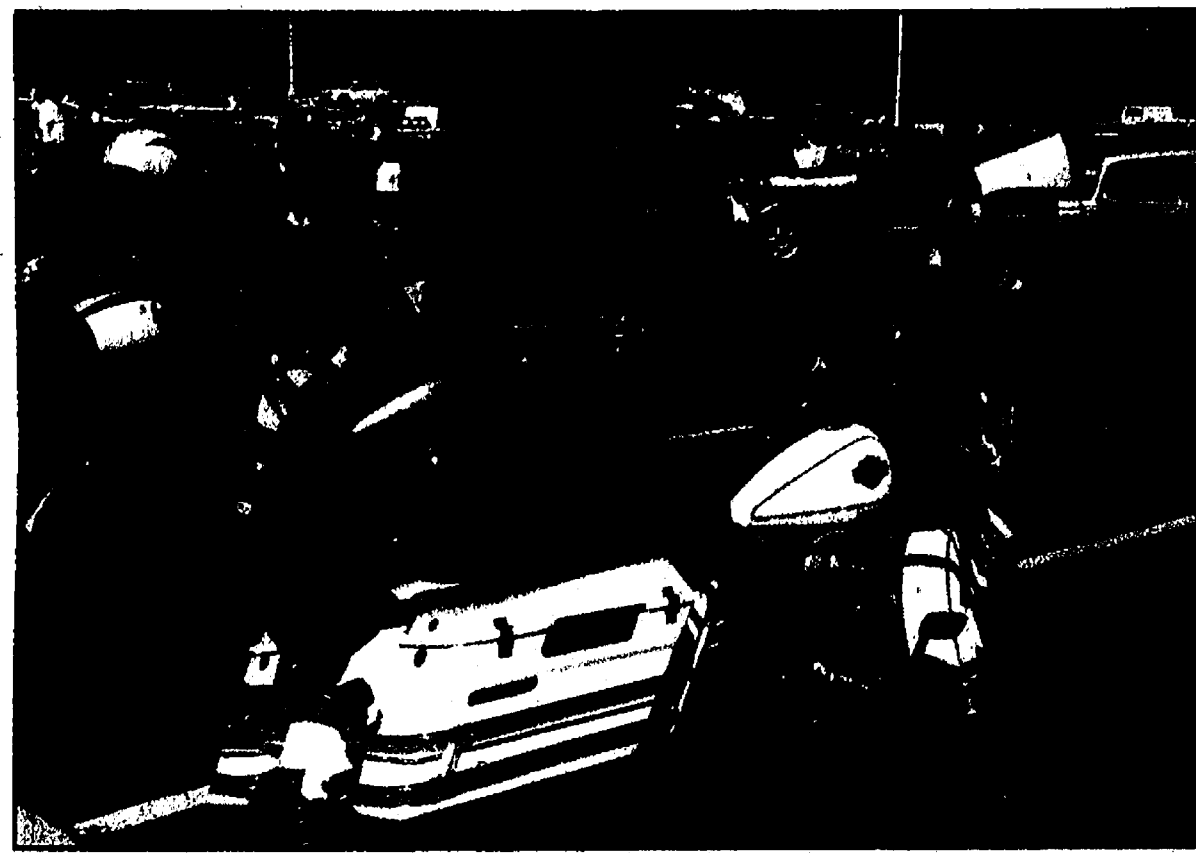
By the numbers*Some stats from Sunday's Hotrods & Hawgs*

- Served 550 meals
- Over 80 vehicles participated in the event.
- 500 free ice cream bars and sandwiches were donated by Washtenaw Dairy. In turn, cash donations given for the ice cream were sent to International Child Care's Ministries Burundi Food Fund.

From Senior Pastor Larry Lyons: "We had a great turnout this year. With rain in the early morning we didn't know what to expect, but right at the end of our worship service, the sun came out and we had a beautiful day to celebrate. The food was terrific, Fender Bender entertained us with some great music, and the kids and adults had a great time with all the games and contests. We can't wait until next year."



Terry Stacey, Debra Stewart, Bev Schlegelmilch, Ravi Desai and Jody Nichol of the Chelsea Free Methodist Church helped prepare and serve the food. A group of visitors (right) were left red faced following the popular pie-eating contest.



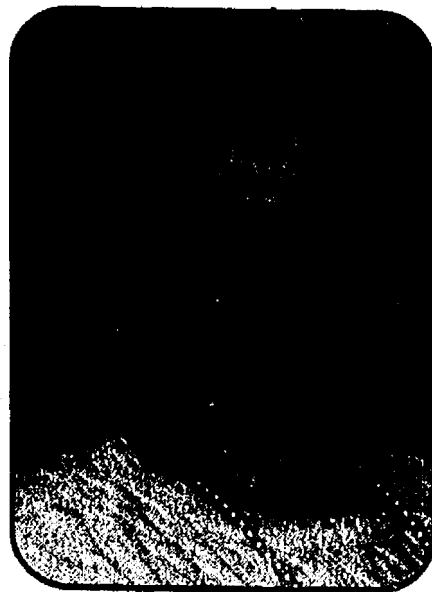
Clark Hartzel of Frazer (top right), who drove a 1966 Chevrolet Corvair, takes some time to vote for his favorite motorcycle. Robert Fischer (above) took first place in the Peer and Popular Vote for his 2005 Harley FLHR. Gary Mayer of Milan (right) took first place in both the Popular and Peer categories for his 1951 Ford.



Chelsea's Aaron Moull (left) and Beau Schulze pal around on Sunday.

Kyle Knight (left) climbed a rock while Billy Lamb (right) and Fender Bender rocked.

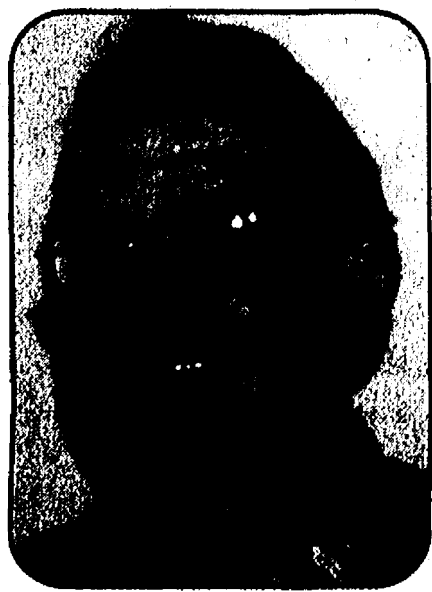
Obituaries



Luzelle P. Flintoft
of Chelsea

Luzelle P. Flintoft of Chelsea passed away Thursday, Aug. 23, 2007 in Chelsea. She was born in Colt, Ark., the daughter of John Edgar and Jimmie Mae (Littlefield) Phillips. She was preceded in death by her parents, one brother, four sisters and her husband of 33 years, Howard W. "Red" Flintoft. She was a member of St. Paul's Church in Chelsea and a resident of the Pines. She is survived by two sons Ronald J. Early of Tenn., Howard J. Flintoft, one daughter Jean L. Walters, three step-sons Peter, Jeffrey and Kim Flintoft all of Chelsea and one step-daughter Jill (Flintoft) Scarzo of Grayling. She also is survived by 13 grandchildren, 18 great-grandchildren and four great-great-grandchildren.

A memorial service will take place at 1 p.m. on Saturday, Sept. 15, 2007 at the Pines, Commons Room first floor with the Rev. Karen Schulte officiating. Expressions of sympathy may be made to St. Paul's Church in Chelsea. Arrangements are by the Staffan-Mitchell Funeral Home.



Wayne R. Weston
Chelsea

Wayne R. Weston of Chelsea died Thursday, Sept. 6, 2007 surrounded by his family. He was 59.

He was born Aug. 12, 1948 in Detroit, the son of Carl Richard "Dick" and Margaret "Marge" Weston.

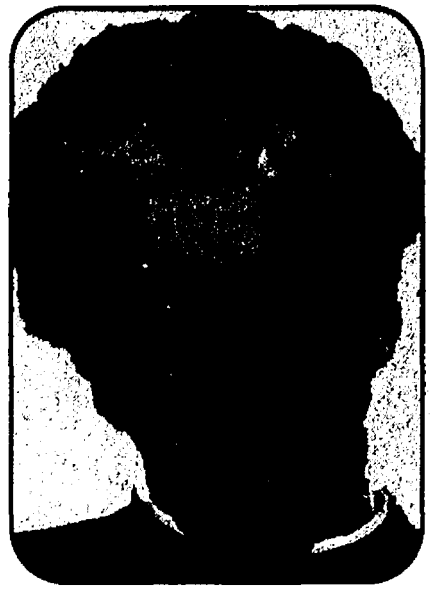
Mr. Weston worked as the plant manager at Central Fiber, and later was the director of facilities and divisional security for L-3 Communications / EOTech. He was a member of the First Congregational Church of Chelsea and was active with "Relay for Life" (American Cancer Society). He served in the US Army in Vietnam, and was a member of the American Legion.

On Sept. 10, 2005, he married Janis Proctor at the First Congregational Church of

Chelsea, and she survives. He is also survived by his parents of Grass Lake; a son, Richard M. (Suzy) Weston of Dearborn Heights; a daughter, Dawn M. (Kevin) Newman of Gregory; a stepson, Kevin S. Proctor; a sister, Wendy (James) Hava of Grass Lake; 4 grandchildren; and several nieces and nephews. He was preceded in death by a sister, Diane Shepherd.

Funeral services were held Monday, Sept. 10 at the First Congregational Church, Chelsea, with the Rev. Dr. Barbara Edema officiating.

Memorial contributions may be made to American Cancer Society or the Memorial Fund at the First Congregational Church.



Marian Margaret Pickell
Chelsea

Marian Margaret Pickell of Chelsea died Tuesday, Sept. 4, 2007 at St. Joseph Mercy Hospital. She was 79.

She was born Oct. 13, 1927 in Manchester, the daughter of Gottlieb and Bertha (Eschelbach) Horning.

She graduated with the Manchester Class of 1945. She was a member of the Rebecca Lodge for many years. She worked for Lane Animal Hospital, Chelsea High School, and retired from Precision Control. She attended Zion Lutheran Church and Saint Paul United Church of Christ.

On Oct. 23, 1948 she married George Pickell in Pleasant Lake, and he survives. She is also survived by four sons, David (Sally) of Hudson, Wyo., Robert (Terisa) of Grass Lake, Douglas (Vickie) of Grass Lake, and Eric of Ann Arbor; a sister, Edna Wenk; 11 grandchildren; 7 great-grandchildren and several nieces and nephews. She was preceded in death by two brothers, Alton and Erwin Horning.

A memorial service was held Saturday, Sept. 8 at Zion Lutheran Church, Chelsea. Future burial will take place at Zion Lutheran Cemetery. Memorial contributions may be made to Saint Joseph Mercy Hospital. Arrangements by Cole Funeral Chapel.

Margaret Anna Henes
Dexter

Margaret Anna Henes of Dexter passed away Friday, Sept. 7, 2007 at Towsley Village within the United Methodist Retirement Community, Chelsea, surrounded by her loving family and friends. She was 92.

She was born June 7, 1915, in Ypsilanti, the daughter of Grace Elizabeth (Merritt) Lawrence and William J.

Lawrence. Mrs. Henes and her family moved to Dexter, shortly after her birth. She graduated from Dexter High School in 1932, and shortly thereafter married Lawrence "Doc" Henes, who preceded her in death in 2001.

Mrs. Henes was an active, life-long member of St. Andrews United Church of Christ, and was a Sunday School and Vacation Bible School teacher there for years. She had a beautiful voice and enjoyed singing in the choir. She enjoyed fishing, swimming, tennis, gardening, canning, sewing, and crafts, but most of all, she loved and valued her family. She was a very loving, caring, and kind wife, mother, grandmother, and great-grandmother. Her children and great-grandchildren have special memories of all the wonderful ways she made them feel loved and special.

Mrs. Henes was preceded in death by her children, Nancy (Steinbach) Sell, Karen Rodriguez, David Henes, and a son-in-law, Theodore Steinbach, Sr. She is survived by sons-in-law Donald Sell of East Jordan, and Rodolfo Rodriguez of Manchester; grandchildren Karen (Robert) Keast of Manchester, Theodore (Beverly) Steinbach of Dexter, Michael (Lisa) Steinbach of Manchester, Rod (Amy) Rodriguez of Ann Arbor, and Rachel (Robert) Arocha of Chicago; great grandchildren include Ben, Thomas, and John Keast, Ryan and Renee Steinbach, Kyle and Austin Rodriguez; and beloved sisters-in-law, nieces and nephews, cousins, and close friends.

We are especially grateful to the wonderful staff at Towsley Center and Arbor Hospice for all their kindness and support for Margaret. Contributions in her name may be made to either of these organizations.

Cremation has taken place. A celebration of Margaret's life, officiated by Rev. Beth Foster, will be held Sunday, Sept. 23 at 1 p.m. in the Towsley Village Chapel, 805 W. Middle Street, Chelsea, MI, 48118.

Douglas M. Williams
Chelsea

Douglas M. Williams of Chelsea passed away on Sunday, Sept. 9, 2007 at the University of Michigan Hospital after an extended illness. He was 65.

He was born on Feb. 8, 1942 in Magoffin County, Ky., the son of Ernest and Opal (Dyer) Williams. He had lived in the Chelsea and Stockbridge area since he was 9 years old, coming from Kentucky. He was a self-employed painter and belonged to the Ann Arbor Moose lodge. He also enjoyed trap shooting, and he cherished his grandchildren.

On Oct. 3, 1964 he married Carol A. Price, and she survives; also surviving are three children: Kim (Jerry) Pace of Stockbridge, Shelley (Jason) Hatt of Fla., and Steve Williams of Chelsea; four brothers Paul (Pauline) Williams of Stockbridge, Densel (Judy) Williams of Jackson, Edsel Williams of Stockbridge, and Adrian Williams of Stockbridge; five sisters Wilma Jean Fletcher of Stockbridge, Detta (Joe)

Kelly of Stockbridge, Sue Bradley of Mason, Lena (Tom) Nottingham of California, and Delores Williams of Arizona; four grandchildren Elizabeth Salyer, Jacob Pace, Taylor Pace, Hunter Williams, as well as many nieces and nephews; also his mother-in-law Geneva (Elmer) Grace of Magoffin County, Ky. He was preceded in death by his parents, one brother Odus Williams and two brothers-in-law Alfred Fletcher and Robert Bradley.

Funeral services were held Sept. 11, 2007 from the Staffan-Mitchell Funeral Home, Chelsea with Larrell Whitaker officiating. Expressions of sympathy can be made to the Chelsea Community Hospital.

Harold J. "Scotty" Scott Jr.
Formerly of Chelsea

Harold J. "Scotty" Scott Jr. of Debary, Fla., formerly of Chelsea, died July 23, 2007. He was 87.

Born in Boyne City, on July 20, 1920, he graduated from Jackson High School in 1939, where he was a star swimmer. He joined the Navy and was a Tin Can Sailor in World War II. He was in the invasions of Iceland, Okinawa and saw the flag raised on Iwo Jima.

Survived by 2 brothers, Kenneth (Peg) and Maynard (Fran); 3 step-brothers, Ted, Dick and David Magee; all of Michigan; 2 stepdaughters, Norma Jean Knakiewicz and Jane (Joel) Kruse, both of Florida; 4 grandchildren; 8 great-grandchildren and 1 great-great-grandson. He was preceded in death by his wife of 29 years, Effie and his brother, Norman.

Mr. Scott was a member of the Barnett Memorial United Methodist Church of Enterprise; VFW; Masons; Fourtowns Moose Lodge; and Citizens Emergency Rescue Team of Debary. Visitation is from 1 to 2:30 p.m. on Thursday, Sept. 13, at the Cole Funeral Chapel, Chelsea. Burial with military honors will follow at Oak Grove Cemetery, Chelsea.

Leroy Miller
Royal Palm Beach, Fla.

Leroy Miller of Royal Palm Beach, Fla., passed away Sept. 3, 2007, at his home in Royal Palm Beach with his family present. Mr. Miller was born in Richmond, Ind., he moved to West Palm Beach in 1972. He was a Veteran of World War II, serving in the U.S. Navy. He worked in secu-

rity for several years in Palm Beach County. He enjoyed the outdoors, bird watching and walking on the beach and listening to his music.

Mr. Miller was preceded in death by his wives, Patricia Miller and Ann Miller, also two sons, James and Ronnie Dale. He leaves behind six sons, Terry Miller of Lompoc, Calif., Mike Miller of Lake Worth, David Miller of Chelsea, Robert Miller of Okeechobee, Fla., Rickey Woodward of Pendleton, Ind., and Bryon Close of Richmond, Ind. He leaves behind four daughters, Rosemary Petty of Grass Lake, Anita Lamb of Brooklyn, Kathy Perry of Royal Palm Beach, and Kitty Ramsey of Melbourne, Fla. Mr. Miller was a grandfather to 33, a great grandfather to 14, and a great-great grandfather to three. He will be missed by all his children and extended family (the Rice children).

Memorial Service was at Palms West Funeral Home in Royal Palm Beach on Sept. 6. He will rest with his wife Patricia in Chelsea. The family wants to thank Hospice by the Sea for their compassion. The family wish that any contributions be made to Hospice in Leroy Miller's name. To express condolences and/or make donations Visit PalmBeachPost.com/obituaries. Local arrangements by Staffan-Mitchell Funeral Home.

Rev. Charles W. Cookingham
Chelsea

The Rev. Charles W. Cookingham of Chelsea died Sunday, Sept. 9, 2007 at Chelsea Retirement Community. He was 94. He was born March 4, 1913

in Batavia, Illinois, the son of Charles Henry & Maude (Minnie) Cookingham.

Charles graduated from Bethel Academy in Wilmore, Ky., and received the AB degree from Taylor University in Upland, Ind. He received the B.D. degree from Drew Theological Seminary in Madison, N.J. in 1942. Rev. Cookingham served pastorates in Scotts, Mich.; Fort Wayne, Ind.; Forest, Ind.; and pastorates and Conference responsibilities in the Detroit Conference of the United Methodist Church from 1944 to 1976. Following retirement he served for 10 years on the staff of the First United Methodist Church in Hendersonville, N.C. He then retired a second time at the Crestview Retirement Community in Sylvania, Ohio. During the past 16 years he has been a resident of the Chelsea Retirement Community.

On June 2, 1936, he married Gladys Louise Longnecker in Upland, Ind., and she preceded him in death on Jan. 21, 1994. He then married M. Virnelle E. Voss in 1995, and she survives. Other survivors include his daughter, Mary Jane Cookingham (and Jean Hudnut) of Jackson; his grandson, Christopher Matthew Cookingham of Marquette; and by his step-children, Martha Zink, Linda Voss, Fred Voss, and Charles Voss; and his step-grandchildren, Craig, Andy, Anthony, Andrew and Fred Jr., and Kevin.

A memorial service will be held Friday, Sept. 14, 1:30 p.m. at the Chelsea Retirement Community Chapel, with Rev. Beth Foster and Rev. Joy Barrett officiating. Memorial contributions may be made to Arbor Hospice. Arrangements by Cole Funeral Chapel, Chelsea.

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Announcements

Engagements



Elise Sharp of Dexter and Michael Troczynski of Whitmore Lake are engaged and planning an Oct. 20, 2007 wedding at Dexter United Methodist Church.

The future bride is the daughter of Stephanie Bell and Ronald and Susannah Sharp. She graduated from Dexter High School, from the University of Michigan with a BA degree and from Michigan State University with an MA degree. She is a Quality Engineer at Lear Corporation.

The future groom is the son of Leola Troczynski and Chester Troczynski. He graduated from Dexter High School and from Eastern Michigan University. He is the owner of CJ's Party Store.



Devon Svihra of Dexter, daughter of Chris and Lauren Svihra of Dexter, and Richard Britton of

Olivet, son of Rick and Rebecca Britton of Olivet, are engaged and planning a Sept. 29, 2007 wedding at St. Joseph Catholic Church in Dexter.

The future bride graduated from Dexter High School and from Western Michigan University with a BA in Organizational Communication. She is employed with Simple Deck as a Marketing Associate.

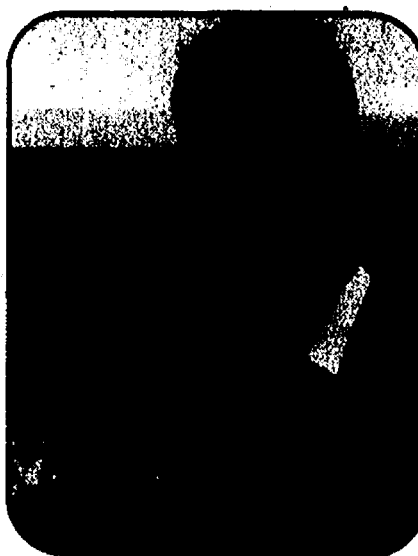
The future groom graduated from Olivet High School and from Olivet College with a degree in Business Management. He is a builder for Quality and Pride.

Weddings



A reception was held at the church hall in Grass Lake.

The couple honeymooned in Orlando, Fla., and will reside in Grass Lake.



Rachel Schoenberg, daughter of Douglas and Rebecca Schoenberg of Chelsea, and Joseph Ivanowski, son of Linda Schoonover and the late John Ivanowski of Savannah, Ga., were married March 11, 2007 at The Mulberry Inn in Savannah, Ga. with Pastor Steven Schulz officiating.

The maid of honor was Corrie Schoenberg of Brooklyn, N.Y.

Miah Ozuna of Savannah, Ga., was the flower girl.

The bridesmaids were Liz Bies of Saline, Lori Green and Tracie Morrison, both of Atlanta, Nicole Ivanowski of Pooler, Ga., and Krista Stegall of Atlanta.

The best man was James Ivanowski of Pooler, Ga.

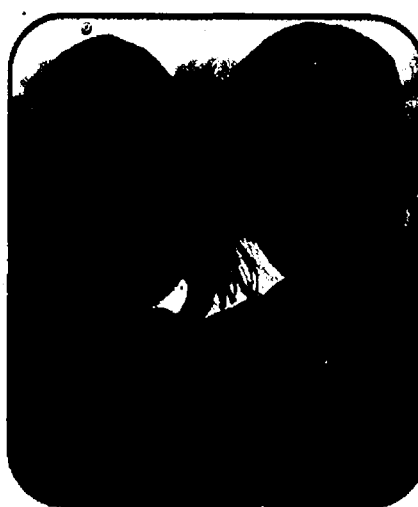
The ushers were Brian Brown of Brooklyn, N.Y., Matt Tankersley of East Pointe, Ga., Bryon Pezan of Atlanta, and Collin Behm of Savannah, Ga.

The reception was held at Belford's of Savannah. The couple honeymooned in Charleston, S.C. and Napa Valley, Calif. They reside in East Pointe, Ga.

The bride is a 1998 graduate of Chelsea High School and a 2001 graduate of Eastern Michigan University. She is employed at Cortex Hair Studio in

Atlanta, Ga.

The groom is a 1997 graduate of Jenkins High School in Savannah, and a 2003 graduate of Georgia State University. He is currently a graduate student at Georgia State University.



Sarah Hurcomb Gegenheimer, daughter of Jennifer Gegenheimer Holmes of Chelsea, and Frederick Baldassaro Jr., son of Patricia Baldassaro of Revere, Mass., were married Sept. 8, 2007 at Woodend Mansion in Chevy Chase, Md.

The maid of honor was Brett Block of Los Angeles.

The bridesmaids were Grace Ray and Alice Dickens, both of Los Angeles.

Craig Kirby of Washington D.C. was the best man.

The groomsmen were Tommy O'Neil and Jon Abelack.

The reception was held at Woodend Mansion. The couple honeymooned in Hawaii, and currently resides in Washington D.C.

The bride is a 1991 graduate of Chelsea High School

and received a BA from the University of Michigan in 1995. She is Deputy Communications Director for Sen. Hillary Rodham Clinton of New York.

The groom received a BA from Emerson College in Boston, Mass. He is Vice President of Edelman Public Relations.

Births

A son, Hunter Willen, was born Aug. 31, 2007 at William Beaumont Hospital in Royal Oak, to Brad and Jeanine Bobenmoyer of Royal Oak. He weighed 7 lbs. 2 oz. and was 20 inches long.

The grandparents are Rochelle Martinez of Chelsea; Michael and Margaret Mouilleseaux of Holland, Ohio; Bill and Cherry Willen of Indianapolis; and Butch and Susan Bobenmoyer of Onalaska, Wis.

Great-grandparents are Margarito Martinez of Dearborn; George and Jane Mouilleseaux of Clarksville, Tenn., and Maralyn Bobenmoyer of Brownsburg, Ind.

A son, Carson Alexander, was born Aug. 9, 2007 at St. Joseph Mercy Hospital in Superior Township, to Daniel and Rebecca Cobb of Dexter. He weighed 9 lbs. 2 oz. and was 20-7/8 inches long.

Maternal grandparents are Jackie Markins of Chelsea, and Alain and Dawn Yargeau of Ypsilanti. Paternal grandparents are Dan and Chris Cobb of

Chelsea.

Great-grandparents are Alice and Mark Rhodes of Tecumseh, Velma Markins of Chelsea, and Tony Wisniewski of Chelsea. Carson has a brother, Jaden, 5.

In focus

What: A One-day Video Production Workshop. The Huron River Watershed Council is offering a one-day video production workshop on Sept. 29 as part of the Miller's Creek Film Festival. Learn the basics of video production from professional film educators and work in small groups to experience all of the procedures!

Who: All ages over 12 are welcome.

When: Saturday Sept. 29, 2007 (10 a.m. - 5 p.m.)

Where: Ann Arbor

Cost: \$35 (covers Film Festival entry cost.)

How to register: Contact Joan Martin (jmartin@hrwc.org or (734) 769-5123, X11) by Sept. 26 to reserve space.

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NCUA

Local Calendar of Events

Chelsea

Thursday
Chelsea Area Cub Scouts will be registering boys in grades 1 through 5 at Fall Round Up at 7 p.m. at Pierce Lake Elementary School, 275 N. Freer Rd. Boys may attend and enjoy supervised activities while parents meet with leaders for a short presentation. For more information, call Deb Hubbard at 475-3494.

Saturday
"Fun in the Forest" fundraiser will be held from 4 to 7 p.m. at Michigan Friends Center, 7748 Clark Lake Rd., in Chelsea. The event will include dancing, food, a craft sale, games and activities for the whole family. The cost is \$50 per family and \$25 per individual payable at the door. For more information, call 475-1987 or visit www.michigan-friendscenter.org.

Sunday
24th annual Fall Fleece Fair will be held from 10 a.m. to 4 p.m. at Beach Middle School, 445 Mayer Dr., in Chelsea. Admission is free and the facilities are wheelchair accessible. For more information visit www.spinnersflock.org or call 734-747-8112.

Chelsea Area Players' annual meeting will be held at 2 p.m. at the home of Jeff and Bev Prenevost, 14001 Riker. The meeting is open to the general membership of the organization. This will be a potluck meeting lasting about two hours. For more information visit at www.chelseareplayers.org.

A family-friendly movie will be shown 6 p.m. at First Assembly of God of Chelsea, 14900 Old US-12. Refreshments will be provided. For more information, call 433-1773.

Saturday, Sept. 22
Chelsea High School Class of 1982 will hold its 25th class reunion at 6 p.m. at Chelsea Grille, 1120 S. Main St. The cost is \$20 per person or \$40 per couple. Please RSVP to Traci Fletcher-Young at 475-1296 no later than Saturday.

McKune Memorial Library
All events take place at the McKune Memorial Library, 221 S. Main St., Chelsea. For more information, call 1-734-475-8732.

Today
Historic Buildings Interest Group 7 p.m. Join this group of people interested in researching historic homes and other buildings in the Chelsea area. Held the second Thursday of each month.

Tomorrow
Teen Animanga Club 3:30 to 5:30 p.m. Something new each week. Movies, manga, food and fun.

Monday
Teen Bake-off and Short Story Contest begins. \$150 (and more) in prizes. See entry forms for details, available today for both of these contests; winners announced Oct. 20, during Teen Read Week.

Monday
Microsoft Word Basics 6:30 to 8:30 p.m.

Registration required. Continued on Sept. 24.

Tuesday
Babytime 10:30 to 11:15 a.m. Babytime is the place to introduce your baby, 0-24 months, to the world of books and reading.

Tuesday
Senior Computing One-to-One 10 a.m. to noon. Registration required. Explore the world of computers with the experts the first and third Tuesday of every month.

Wednesday
Storytimes 10:30-11 a.m. 2-3 year olds; 11:30-12 p.m. 3-5 year olds. Registration required.

Wednesday
Homecoming Dress Exchange, 6 to 8 p.m. Tired of the same old gowns, and looking for something unique and fun? Bring your gently used dresses to the McKune Memorial Library by Sept. 17, and find a new (and free!) dress, nibble fruit and chocolate, check out hair styles, share makeup tips and more.

Wednesday
Storytimes 10:30-11 a.m. 2-3 year olds; 11:30-12 p.m. 3-5 year olds registration.

Wednesday
Books & Banter 1:30 p.m. Registration. Join us for a lively discussion of new books, old books and everything in-between, hosted by librarian Michaelina Brown.

Wednesday
"Luncheon of the Boating Party" by Susan Vreeland.

Wednesday
Job Search Workshop 6:30 p.m. Registration required.

Dexter

Saturday
"All About Spiders" program will be held from 2 to 3:30 p.m. at Independence Lake at the Beach Center, 3200 Jennings Rd., in Webster Township. The program will include a brief discussion, a look at some live spiders of various types and a spider hunt using sweep nets (Spiders will be set free at the end). The program is free, but a park entry fee is required. For information, call 971-6337.

"Family Campout" will be held from 5 p.m. to Sunday morning at Independence Lake, 3200 Jennings Rd., in Webster Township. Participants will need to bring tents, sleeping bags and lawn chairs. An evening nature hike, campfire and breakfast gathering will be offered for campers. Pre-registration is required, by calling Faye Stoner at 971-6337 ext. 318 or e-mail stonerf@ewashtenaw.org. Park entry/camping fee is \$12 per family.

Saturday, Sept. 22
A free "Laughter Yoga" class will be held from 10 to 11 a.m. at The Dexter Senior Center, 7720 Ann Arbor Rd., in Dexter. This free class is open to the public. For more information, call 426-7736.

Weekly on Wednesdays
T.O.P.S. - Take Off Pounds Sensibly weight loss group

River Gallery hosts Mechanical Nature art

River Gallery will host a special exhibition introducing the work of multimedia artist John Schwarz of Chelsea.

The "Mechanical Nature Art Assemblages" will be on display from Sept. 15 through Oct. 27 at the River Gallery, 120 South Main in Chelsea. There will be an opening reception from 4 to 8 p.m. on Saturday and an Artist Talk from 4 to 5 p.m. on Sept. 29.

Known for his one-of-a-kind blending of witty imagination with found objects and mechanics, Schwarz has created a show of creatures, mythological characters and abstract wall pieces.

Schwarz has a master of fine arts degree from the University of Michigan and has worked as an arts educator for more than 20 years at Detroit Country Day School. The inspiration for his artwork comes from early experiences with tools, materials and mechanics shared with his father who was an engineer in the space program from the 1950's through the 70's. Schwarz loves science fiction, space travel and dinosaurs.

It takes a careful eye to choose the right parts from a random selection of "unhooked things" and Schwarz likens it to selecting and applying paint from pallet to canvas.

For more information, call 1-734-433-0626 or log onto www.chelsearivergallery.com.



meets at 6:30 p.m. every Wednesday at the Dexter Senior Center, 7720 Ann Arbor St., in Dexter. Open to the public. For more information, call Dorothy at 426-3813.

Dexter District Library
Dexter District Library is located at 8040 Fourth Street in Dexter. For further information, please call the library at 426-4477.

Monday
7:30 p.m. Book Club for Adults. The Endurance: Shackleton's Legendary Antarctic Expedition by Caroline Alexander. Registration required.

Monday
Fall Story Times begin. Toddler Story Times 10:30 a.m. Monday, Wednesday or

Thursday
Preschool Story Times 11:30 a.m. Monday or Thursday. Registration required.

Saturday, Oct. 6
9 a.m. to 3 p.m. Friends of the Dexter District Library Used Book Sale. If you are interested in joining The Friends of the Dexter District Library, contact Sue Smith at sueandbernie@aol.com.

Saturday, Oct. 6
11 a.m. Jeff Wawrzaszek's Comedy-Magic Show for all ages. Outside under the tent. Refreshments will be served during the program.

Saturday, Oct. 20
11 a.m. The Organization for Bat Conservation will present: "World of Bats" live animal program for all ages.

Parks

Hudson Mills Metropark
The following are programs and events scheduled for the Hudson Mills Metropark. The park is located at 8801 N. Territorial Road in Dexter. For more information or to register for programs, call 1-800-477-3191 or 1-734-426-8211.

Sept. 22
Calling All Owls, 6:30 p.m. Explore the world of owls with a short slide presentation followed by a guided hike through the woods to call owls. There is a fee of \$5 per adult and \$2 per child. Call (734) 426-8211 to pre-register for the program.

Oct. 6 Bird Hike, 8 a.m. Bring your binoculars and a field guide to observe bird species seen in the park and record dates, locations, and trends from year to year. We will explore a variety of habitats throughout the park. Fee is \$2.

Waterloo Recreation Area
The following are programs and events scheduled at the Waterloo Recreation Area. The Eddy Discovery Center is the headquarters for the WRA and is located at 17030 Bush Road in Chelsea. For more information on program and events call 1-734-475-3170.

Sept. 15-16
Geology Arts Fair, 10 a.m. to 5 p.m., Saturday and 10 a.m. to 4 p.m., Sunday. Rocks and minerals, jewelry, Petoskey stone polishing, geology walks, refreshments, and kids' program.

Sept. 22
2 p.m. Planet Earth and the Solar System. Investigate relationships among earth, moon, sun and stars in the Milky Way. Activities will give participants a better understanding of our solar system.

More Waterloo
September public programs sponsored by the Waterloo Natural History Association at the Gerald E. Eddy Discovery Center.

Geology Arts Fair: 10 a.m. to 5 p.m. Saturday, Sept. 15, 10

Motown madness

The Chelsea Senior Center and McKune Memorial Library are co-hosting an exciting event on Wednesday, Sept. 19.

The event will salute Detroiters all day with a great Detroit lunch of corn dogs, Better Made potato chips, Vernors, and Sanders Sundaes for dessert. Come listen to Motown music from 9-12 and enjoy reminiscing about growing up in Detroit.

At 1 p.m. "The Hudson's Building" movie will premiere at the Chelsea Senior Center. This documentary by acclaimed Director Gary Glasser examines the decision to close a Detroit landmark and the subsequent demolition of the Hudson's Building located on Woodward Avenue. Hear interviews with employees and customers, discussions with the city planners and Detroit City Council. Glasser will be available for questions and answers following the showing of his film.

The movie is free, lunch \$2.50 for those over 60, \$5 for everyone else. Pre-registration is required and the "Detroit Day" Celebration is open to everyone. Call 475-9242 for more information or to reserve your lunch.

a.m. to 4 p.m. Sunday, Sept. 16. The weekend activities include geology walks, demonstrations, and workshops. There will be geological specimens, fossils and jewelry for sale. Admission is free with State motor vehicle permit.

Lords of the sky - the exciting world of birds of prey: 2 p.m., Sunday, Sept. 23. Live hawks, owls, falcons and vultures from the Howell Nature Center will be featured in this entertaining and educational program. Learn more about these birds and their importance to the environment. Program length 60 minutes.

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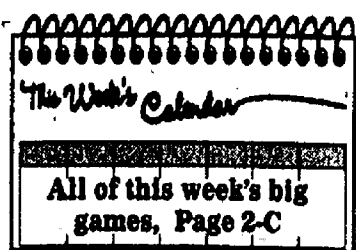
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SECTION 1

SPORTS

Don's blog

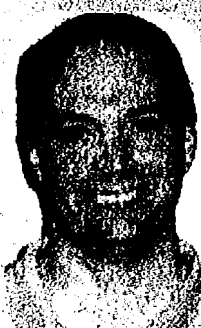
Read Don Richter's weekly blog online and be sure to tell him what you think of the Bulldogs or anything else going on in sports at www.chelsea-standard.com.

www.chelsea-standard.com

The Chelsea Standard

September 13, 2007

Chalk Talk



Chelsea Standard / Dexter Leader Sports Editor Don Richter goes beyond the final scores.

Hello, Chelsea and Dexter sports fans. Welcome to Chalk Talk, a new weekly column devoted to the local athletics scene and to everything else sports-related under the sun.

Translation: This space is devoted to whatever's on my mind each week.

I guess the powers that be decided I've been around these parts long enough to actually have something to say.

Boy, I've sure fooled them, huh? I'm kidding, of course. Really, I am.

This is my eighth season covering sports for the Chelsea and Dexter papers. This year's senior athletes were fourth-graders when I started. Personally, I don't consider that much of an accomplishment, since one of my early mentors in this business had been a local sports writing institution at the same small suburban Detroit newspaper for over 30 years when I first met him. He deserved a column.

Me? I'll always deserve to shine his shoes, carry his over-stuffed, paper-filled bags and hope against hope that I can have the same kind of long-lasting, highly-productive, community-uplifting career he carved out for himself.

Like my early mentor, sports are my life. Of course, unlike my early mentor, who was a beloved icon of the community, I've been told by quite a few people over the years that I seriously needed to get a so-called life, but that's another column for another week.

Do the powers that be really want me spouting off each week about athletics in the area and throughout the sporting world? Do they know I'm the type of guy who still years for the days when the Houston Astros wore their garish, bright orange, striped-type-of-something uniforms in the late 1970s, early '80s? Those uniforms might have been ugly, but, hey, at least when I watched on TV I knew who was playing. Today, so many teams look the same.

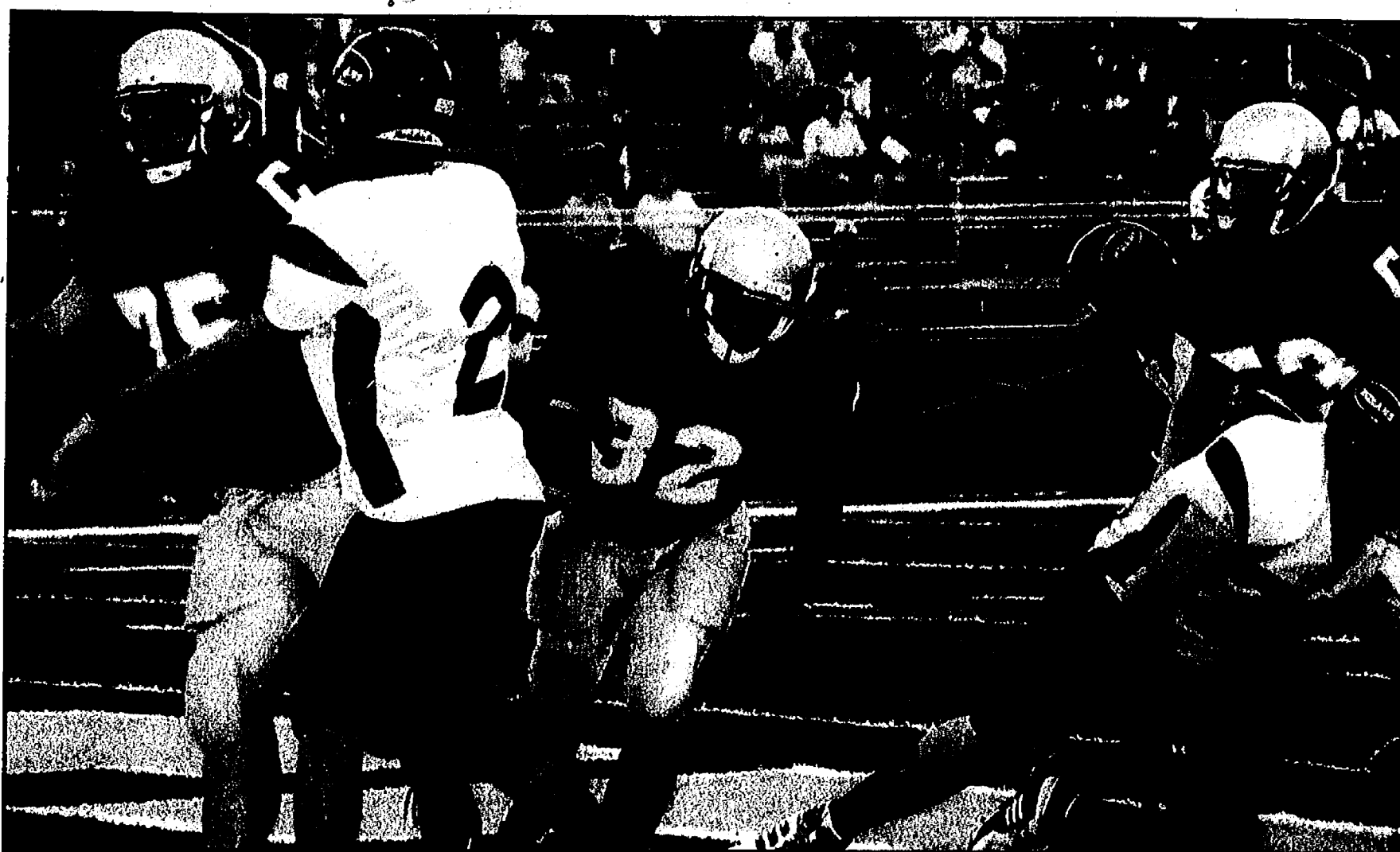
Can I get a shout-out for another dark blue and/or black team jersey and cap? Does every major league baseball team have the same designer, or what?

With so much going on in Chelsea and Dexter athletically and with so many outstanding programs and coaches between the two schools, it shouldn't be too difficult writing about my experiences covering each community.

I hope you enjoy the ride.

Can I get a shout-out? Don Richter can be reached at 475-1371 or at drichter@heritage.com.

Ground attack



Chelsea sophomore Nick Hill scores one of his four touchdowns during the Bulldogs' 41-26 victory over Southeastern Conference White Division rival Tecumseh last Friday.

Photos by Jerry Milliken

Bulldogs run all over Tecumseh for third straight win

By Don Richter
Sports Editor

Not even Mother Nature could stop Chelsea.

Despite an hour and a half third quarter delay because of lightning, the Bulldogs (3-0) defeated visiting Tecumseh 41-26 in a hard-fought, physical Southeastern Conference White Division football game last Friday.

Though out-gained yardage-wise, for the first time this season, 417 to 345, Chelsea, ranked No. 5 in the state in Division 3, controlled the game with its offensive execution and Johnny-on-the-spot defense. The Bulldogs were 5 of 5 in the red zone and forced five fumbles, recovering three.

"That's a good team that we beat," said Chelsea coach Brad Bush. "I don't really care about their record. We were able to command the game in the second half and I was pleased with that."

The Indians (0-3) are a big, powerful squad that lines up with two tight ends and plays smash-mouth football the entire game. With 6-foot-4, 200-pound junior standout Zach Galloway running the ball behind massive 6-5, 270-pound senior tackle Jon Adams and 6-5, 280-pound



Bulldog senior linebacker Stu Mann recovers a fumble in last Friday's clash against league foe Tecumseh. Chelsea is ranked No. 5 in the state in Division 3.

senior tight end Trey Searles, Tecumseh is a difficult team to stop.

Chelsea, however, refused to be pushed around up front, using its quickness, strength and gang-tackling ability to frustrate Tecumseh the entire night.

"I was pleased with our defense overall," Bush said. "We made them go 80 yards (to score). We gave up the one big play (Troy Hill's 63-yard TD), but for the most part we made them grind it out. That was our goal. It was a good

win."

The Indians are probably one of the best 0-3 teams in the state. Prior to playing the Bulldogs, Tecumseh's two losses up to that point were by a combined nine points.

"We're 0-3 because we've played three teams that are 3-0," said Tecumseh first-year coach Jason Mensing. "We've played three good football teams. All are perennial playoff teams. That's the way it is in the SEC."

"We're going to regroup and try it again next week."

Besides Chelsea, the Indians have lost to Carleton Airport in Week 1 7-0 and Adrian 44-42 in its second game of the season.

Like it has all season, the Bulldogs came out firing on all cylinders offensively to begin the game. After senior Chris Schmelz returned the opening kickoff to Tecumseh's 28-yard line, Chelsea needed only five plays to hit pay dirt as sophomore Nick Hill scored on a four-yard burst up the gut. With junior Michael Roberts' point after touchdown kick, the Bulldogs led 7-0 with 9:57 left in the first quarter.

The Indians answered with a 10-play, 82-yard drive that consumed almost six minutes off the clock, with Galloway catching a 15-yard TD pass from junior quarterback Andrew Simpson. Chelsea stuffed the two-point conversion attempt, remaining on top 7-6 with 4:02 remaining in the first quarter.

To begin the second quarter, Tecumseh mishandled the snap on a punt in its own end zone, forcing a quick kick that dribbled out to the Indians' 32-yard line.

Ten plays later, Nick Hill scored his second touchdown

See VICTORY — Page 5-C

Soccer
Bulldogs earn first victory of the year

By Don Richter

Sports Editor

Chelsea's boys' soccer team lost to visiting Ypsilanti Lincoln 7-1 Sept. 6.

"We knew they were going to be solid," said Chelsea coach Dave Pieske. "But we did not play well. We surrendered two early goals in a first half that was less than desirable."

The Bulldogs (1-6-1) entered the break trailing 4-0.

"We switched goalies," Pieske said. "Junior John Zink got his first time in a game this year and played well. He made five saves for us."

Scoring Chelsea's lone goal was Nathan Vleck.

"We played much better in the second half, but dug a hole too deep to get out," Pieske said.

Despite the loss, Pieske said numerous Bulldogs played well.

"Senior David Case played well getting the most significant playing time he has seen in any one game," he said. "Also, defender Max McLaughlin played strong in the back and midfielder Sean McQuarrie played strong in the middle."

On Sept. 4, visiting Chelsea defeated Jackson County Parma Western 2-1.

"We played a tremendous game," Pieske said.

Opening the scoring for the Bulldogs was Keifer Forsch on a penalty kick. Chelsea entered the half still leading 1-0.

"We then started the second half a little sluggish giving up a penalty kick to them which they converted," Pieske said.

The Bulldogs refused to wilt, however, scoring the game-winner with 20 minutes left in the contest.

Travis Johnson blasted a shot from 25 yards away for a score and a Chelsea victory.

Though Western pressured the Bulldogs the rest of the game, Chelsea held tight sealing its first win of the season.

"The last five minutes were stressful with the Panthers breathing down our necks," Pieske said. "They had several good shots and six corners, but goalie

See BULLDOGS — Page 2-C

Ready or not . . .
Adams rushes onto the scene for CHSBy Dan Ording
Special Writer

A quarterback rarely becomes a success overnight. For many, it takes years of preparation and mistakes. For Chelsea quarterback Jeff Adams, it took one year under fire in 2006.

After senior starter Jon Seelbach went down for the season with an injury against Saline midway through last season, backup Adams was forced to step in and lead a playoff-caliber team. Though he made a few mistakes, he also led the Bulldogs to two playoff victories.

"Jon taught me how to be a leader," Adams said. "I owe a lot to him. But, last year helped me gain experience under my belt and become more confident."

Coming off their playoff run in 2006, in which the Bulldogs reached the Division 3 state regional final, Chelsea expected more of the same in

2007. So far, the Bulldogs have delivered with three straight wins to open the season.

Adams has done more than his fair share, contributing through the air and on the ground.

"His athleticism is his biggest strength," Chelsea head coach Brad Bush said. "He can make plays running and throwing."

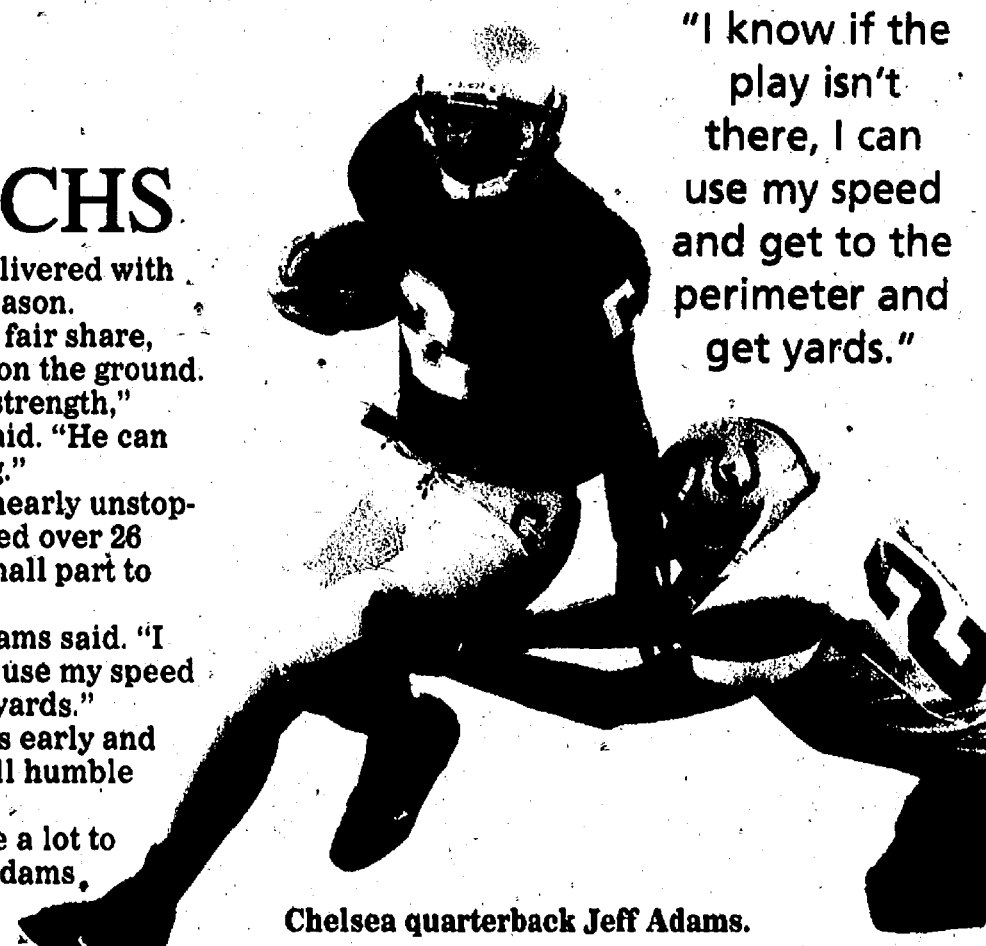
The Bulldog offense has been nearly unstoppable thus far in 2007. It has scored over 26 points in each game, due in no small part to Adams' versatility.

"I try not to force the ball," Adams said. "I know if the play isn't there, I can use my speed and get to the perimeter and get yards."

While Adams has found success early and often in his short career, he is still humble about his accomplishments.

"I've progressed a lot and I owe a lot to the guys who came before me," Adams.

See READY — Page 3-C



Chelsea quarterback Jeff Adams.

"I know if the play isn't there, I can use my speed and get to the perimeter and get yards."

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Equestrian

Chelsea riders fourth at Mason

By Don Richter
Sports Editor

Chelsea's equestrian team finished fourth at a District 4 meet in Mason last Saturday. Eighteen teams competed in the event.

Leading the Bulldogs was Corey Block who finished first in Hunt Seat and in Western.

In Gaming, which includes riding around barrels and snatching flags, Rachel Aughton scored points for Chelsea.

In Saddle Seat, which emphasizes grace and poise while riding, Megan Hardcastle earned points for the Bulldogs in the event.

Lucy Drinkwater placed first, while teammate Brittany Harmon finished second in Jumping for Chelsea.

Tony Corazzol contributed points in Cloverleaf for the Bulldogs, while Chelsea Weiss and Rebecca Heimerdinger performed well in Showmanship for Chelsea.

Also displaying skill and polish while riding were Bulldogs Casey Fry and Becca Foster in Western.

Megan Dembinski and Tori Bancroft were standouts in Gaming, while Becca Foster, Sarah Bush and Haley Eisenhardt also were key performers in Chelsea's top

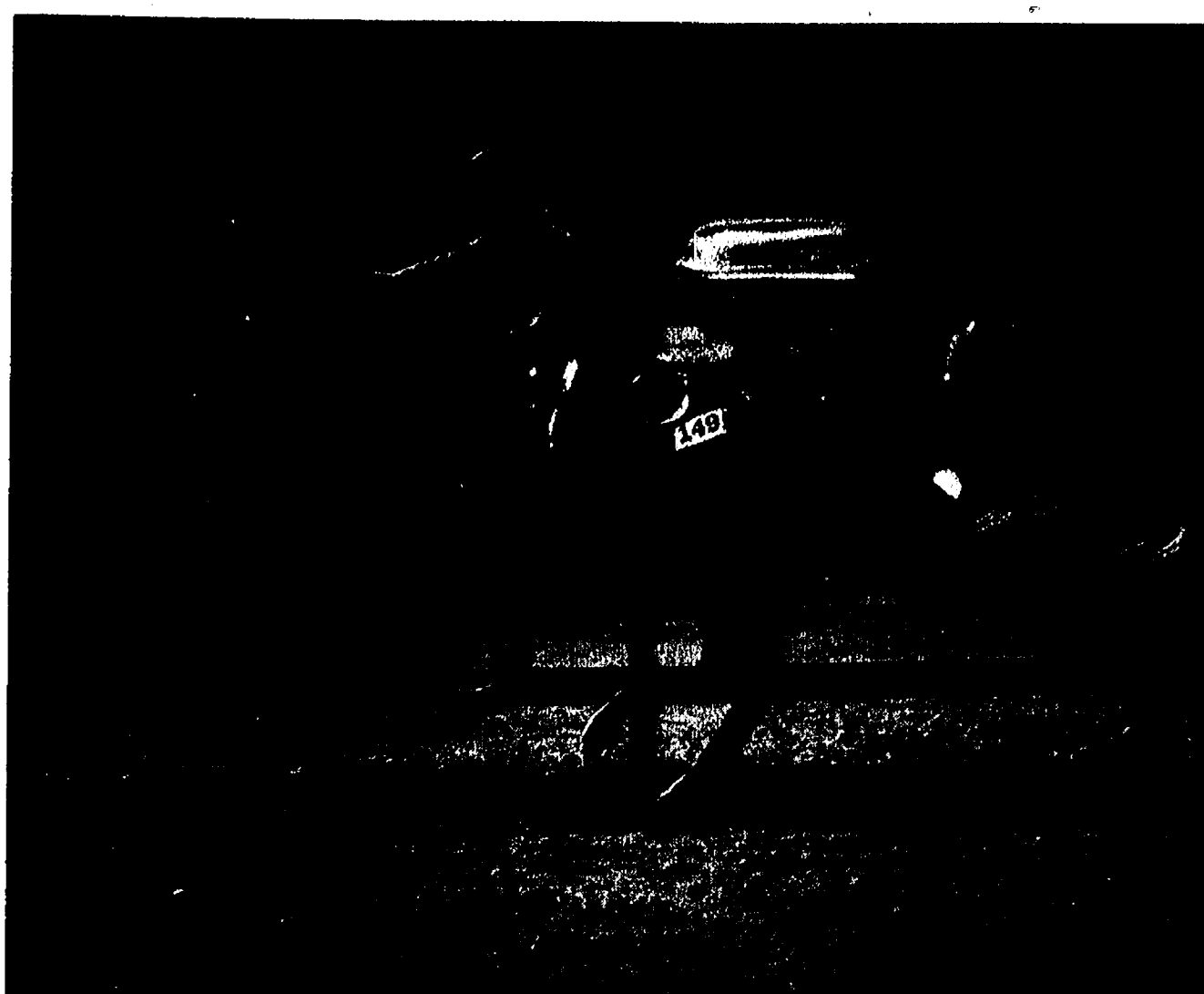


Photo courtesy of Brymer Harmon
Chelsea's Corey Block competes in the first leg of the two-man relay during the Bulldogs' District 4 meet at Mason last Saturday. As a team, Chelsea placed fourth overall.

five finish.

In Saddle Seat, Kendall Hendsman and Jessica Snay had strong rides for the Bulldogs, while Camilla Reynolds and Laura Strader stood out in Hunt Seat for

Chelsea.

The Bulldogs are a parent-led team without a coach this season.

Lucy Heimerdinger is Chelsea's parent/coach this year.

Leslie Fry and Anita Bross are parent/organizers for the Bulldogs.

Chelsea next travels to Mason Saturday to compete in its second District 4 meet.

Swimming and Diving

Bulldogs lap foes at Spartan Relays

By Don Richter
Sports Editor

Chelsea's girls' swimming and diving team finished fourth at the Spartan Relays hosted by Battle Creek Lakeview last Saturday.

The Bulldogs ended up with 186 points. The Chelsea B team finished 13th with 58 points.

Winning the 13-team meet was Saline with 254 points. "What a great pool and facility for swimming," said Chelsea assistant coach Brian Thomas. "We always seem to have great times and the host team always makes our trips to Lakeview worth the drive."

"We had the opportunity to split our team and bring a B squad to compliment our A squad. Every girl on the team had a chance to swim two events each and have a lot of fun."

Thomas said the Bulldogs performed well overall.

"As you can see, we did really well against some of the best competition in the state this year," he said. "We're very pleased with everything our team showed this weekend. We're excited to see just what this team can do in our conference this year."

In the 200 breaststroke relay, the Chelsea foursome of Meghan Bean, Becca Breeze, Michelle Kellogg and Hannah Olsen placed second in 2:25.77. The Bulldog B team of Shelby Collins, Emma Keating, Danielle Bean and Robyn Cleary finished 13th in 3:23.91.

In the 400 freestyle relay, the Bulldog group of Claire Stephens, Phoebe Conybeare, Katlin Cottrell and Jaclyn Murphy touched second in a state cut time of 3:56.64. The Chelsea B team of Gwen Eder, Amanda Johnson, Saige Rutherford and Collins placed 12th in 4:34.39.

Anna Rowland, Kristen

Angelocci, Katie McEachern and Kellogg finished seventh in the 400 medley relay with a clocking of 4:53.83. The Bulldog B team of Kaitlin Jolly, Sarah Valek, Kelly O'Keefe and Kaitlin Connin placed 13th in 5:36.34.

In the 200 butterfly relay, Donna Prieskorn, Aurora Knopper, Grace Benton and Trish Hash finished eighth in 2:25.19. The Chelsea B team of Claudia Bravo, Clara Erickson, Vinisha Rana and Valek ended up 11th in 2:30.48.

Sarah Daniel, Angelocci, Hash and Benton finished fifth in the 200 backstroke relay in 2:14.53 for the Bulldogs.

Claire Stephens, Murphy, Cottrell and McEachern touched second in the 800 freestyle relay with a time of 8:37.33. The Chelsea B foursome of Danielle Bean, Erickson, Connin and Rana finished 12th in 10:54.71.

In the 200 medley relay, Daniel, Bean, Rowland and Conybeare placed seventh in 2:09.98. The Bulldog B quartet of Abby Ingall, Alyssa Rodgers, Kate Lewis-Lakin and Bravo ended up 11th in 2:22.28.

In the 200 freestyle relay, Olsen, Breeze, Knopper and Prieskorn placed fifth in 1:56.35. The Chelsea B team of Johnson, Rutherford, Lewis-Lakin and Jolly were right behind in sixth place with a clocking of 2:03.87.

On Sept. 8, the visiting Bulldogs defeated Ypsilanti Lincoln 150-35.

Chelsea captured the top three places in nine of the meet's 12 events.

"The win was very lopsided, but it gave us a chance to swim a lot of the new and younger girls," Thomas said. "Lincoln was a good meet to start our season out with."

To open the meet, the Bulldogs swept the 200 medley relay. Angelocci, Kellogg, Rowland and Stephens fin-

ished first in 2:03.54. Hash, Breeze, Benton and Prieskorn were second in 2:14.47, while Meghan Bean, Ingall, Bravo and Johnson ended up third in 2:17.38.

In the 200 freestyle, Cottrell touched first in 2:08.62. McEachern was second in 2:12.25, while Murphy was third in 2:17.12.

Rowland bested the field in the 200 individual medley placing first in 2:46.15. Daniel was second in 2:46.68, while Benton was third in 2:49.59.

Prieskorn finished first in the 50 freestyle with a time of 28.04, while Conybeare was second in 28.13 and Meghan Bean third in 28.23.

In the one-meter diving competition, Chelsea freshman Lauren Dark placed first with 160.10 points. Rodgers was second with 118.90 points, while Olsen was fourth with 97.35 points.

Stephens touched first in the 100 butterfly in a state qualifying time of 1:04.89, while Rowland was second in 1:13.40 and Erickson third in 1:31.44.

Kellogg finished first in the 100 freestyle in 1:00.75 for the Bulldogs. Conybeare was second in 1:03.57, while Angelocci was third in 1:04.63, Johnson fourth in 1:05.88 and Rana fifth in 1:07.07.

McEachern was first in the 500 freestyle in 6:08.43.

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Continued from Page 1-C

said. "They set great examples for me and I want to pass that on to the young guys coming after me."

Supported by fellow backfield mates sophomore Nick Hill and senior Chris Schmelz, Adams has had little reason to worry in his senior season. However, Bush knows his quarterback always comes ready to work.

"He knows he has to work hard," Bush said. "He's very accountable and he has a

great work ethic. He's asked to do a lot of different things, but he continues to grow and improve."

With three wins already in this young season, including two league victories, Chelsea cannot become complacent or relax. Adams fully understands his leadership role on this team, noting his squad's readiness.

"We're the team to beat," Adams said. "Our games could make or break teams' seasons. But, we're not too worried. We just have to play one game at a time."



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Chelsea No. 1 singles player senior Josh Stiles returns a shot during last Saturday's Ann Arbor Huron Classic.

Tennis

Doubles key for Bulldogs

By Don Richter
Sports Editor

Chelsea's boys' tennis team participated in the ultra-competitive Ann Arbor Huron Classic last Saturday.

At No. 1 singles, Bulldog Josh Stiles finished 1-2 on the day. His lone win was against Huron's Steve Hanselman 6-1, 6-0.

Chris LaDuke went 1-2 at No. 2 singles for Chelsea, defeating Brighton's Matt Nielsen in three sets 6-2, 3-6, 6-2.

Teddy Eyster finished 0-3 on the day at No. 3 singles for the Bulldogs.

At No. 4 singles, Mike Kozma also ended up 0-3 in the tournament for Chelsea.

In doubles, the Bulldog No. 1 twosome of Wes Fritzmeier and Zach Gier lost all three of their matches, taking Brighton's Jeff Kelly and John Whiteside to three sets before falling 6-2, 3-6, 5-7.

At No. 2 doubles, Chelsea's Cory Vandervoort and Jordan Veenstra ended up 0-3 losing a three-set match to Brighton's Matt Emory and Zach Viaches 2-6, 6-4, 6-3.

At No. 3 doubles, Bulldogs Matt Bach and Josh Moffat finished 1-2 on the day, defeating Brighton's Trevor Houston and Charlie Whiteside 6-3, 6-4.

Chelsea's William Dark and T.J. DeRosia posted an 0-3 mark for the match, battling Brighton's Jesse Maddock and Dom Traudt 7-5, 6-2 before losing at No. 4 doubles.

Though having a somewhat rough go of it last Saturday, Bulldog coach Rahn Rosentreter said the experience of playing against some of the state's larger and most successful programs was a positive for Chelsea.

"It appears as if it was a tough day, but in reality we played really hard and improved a lot," he said. "Maybe some will look at playing three Division I programs as not healthy, but we feel it will only benefit us down the road."

"Our doubles are playing well right now. We hope to have the singles sorted out this week."

On Sept. 5, the visiting Bulldogs lost to Saline 7-1 in a dual match.

In singles, Stiles prevailed 6-4, 6-4 at the No. 1 flight.

At No. 2 singles, LaDuke lost 6-0, 6-0.

At No. 3 singles, Kozma lost 6-2, 6-2.

James Rozsa lost 6-0, 6-0 at No. 4 singles for Chelsea.

In doubles play, Fritzmeier and Gier lost 6-0, 6-0 at the No. 1 flight.

At No. 2 doubles, Vandervoort and Veenstra lost a three-set marathon 4-6, 6-2, 6-1.

At No. 3 doubles, Bach and Moffat lost 6-3, 6-2.

Dark and DeRosia fell 6-3, 6-1 at No. 4 doubles for Chelsea.

The Bulldogs next host Downriver power Grosse Ile Friday at 4 p.m.

On Saturday, Chelsea travels to Saline to participate in its invitational.

On Wednesday, the Bulldogs visit Ann Arbor Huron for a match at 4 p.m.

On Sept. 22, Chelsea hosts its own quad at 8:30 a.m.

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

Golf

Chelsea sinks Huron

By Don Richter
Sports Editor

Chelsea's girls' golf team defeated visiting Ann Arbor Huron 201-221 in a dual match at Reddeman Farms Golf Course Sept. 5.

Earning first-place match medalist honors for the Bulldogs was Krystin Schwarze with a 39.

"Krystin continues to prove that she is one of the best golfers in the area," said Chelsea coach Andrea Bareis. "On a day when her teammates had trouble scoring well, she shot a 3-over par 39 for the second time at her home course."

"As I've said previously, we seem to have trouble scoring well on our home course, so Krystin's match medalist performance is very welcome. It was fun to watch Krystin's round. She continues to play the difficult holes well. She had another birdie shot on the hardest hole on the course, the long over-the-water par 4 Ninth Hole. That's a hole that can make or break someone's round and she continues to play masterfully."

Hannah Harwood, Sarah Shrosbree and Stephanie Everard each carded a 54 rounding out Chelsea's scoring.

In the JV match, Chelsea defeated Huron 228-288.

Leading the Bulldogs was Lindsey Keyes who was match medalist shooting a season-low 44.

Anna Foley added a 60, while Kelly Schmidt had a season-low 61 and Ashley Beeman a season-low 63 for Chelsea.

"I was very pleased with Kelly and Ashley's performances," Bareis said. "They both took a large number of strokes off their scores and are on the verge of breaking into the 50s, which is a big accomplishment for young golfers. I'm sure both of them will get there by the end of the season."

Bareis said Keyes had been on a previously scheduled vacation two weeks prior to the Huron match.

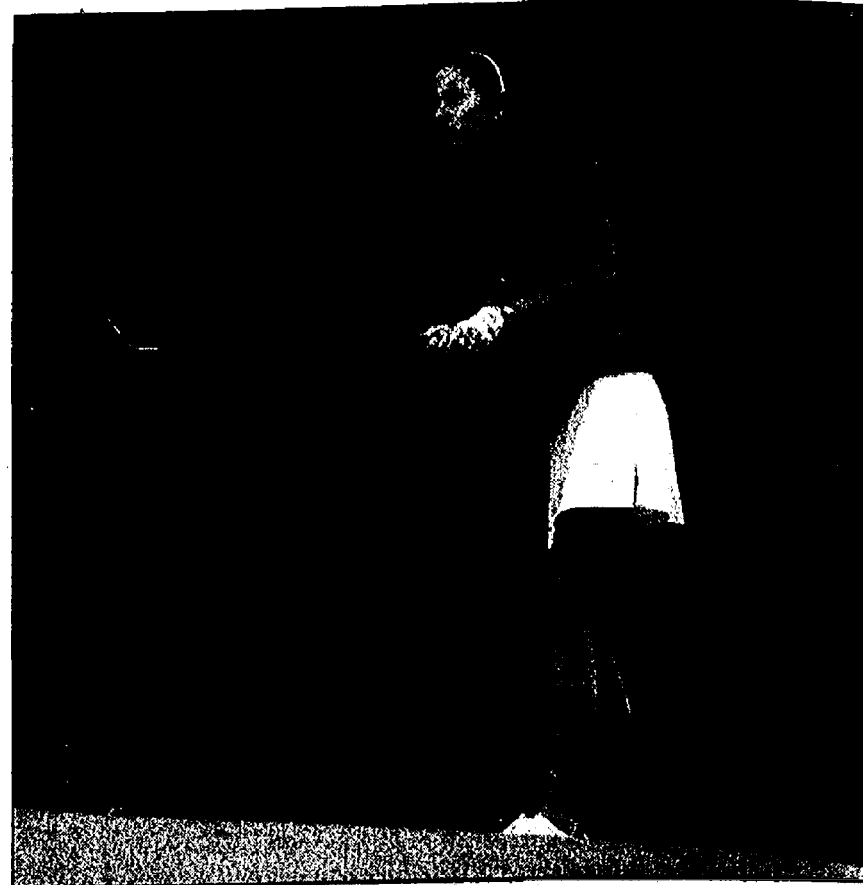


Photo courtesy of Alice Rawson

Chelsea's Stephanie Everard watches her shot during the Bulldogs' 201-221 dual match victory over Ann Arbor Huron Sept. 5.

"I thought I'd give her a warm-up round in the JV line-up," Bareis said. "Obviously she didn't need it. Lindsey's scoring has been a large part of our team's success this season. She's only been playing golf for six months and she has already proven herself an invaluable part of the team. I only wish she would have joined the team as a freshman."

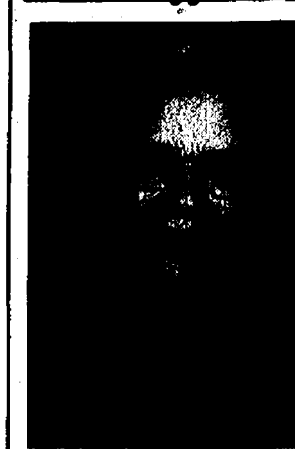
Chelsea next hosts Pinckney Monday at 3 p.m.

On Wednesday, the Bulldogs travel to Ypsilanti Lincoln to participate in a quad at Pine View Golf Course.

On Sept. 21, Chelsea visits Perry to compete in its invitational at 9 a.m.

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

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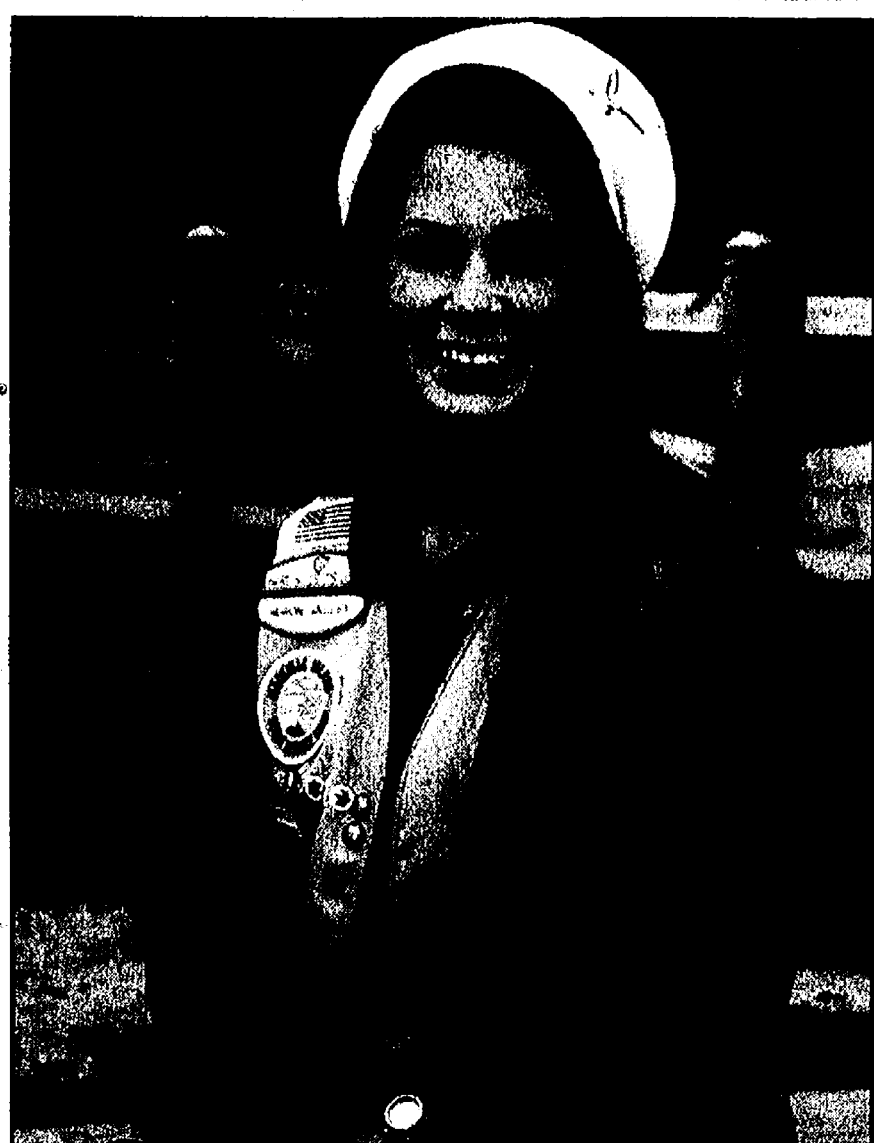
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Chelsea High School senior Rachel Voicechovski, 17.

Chelsea teen serves as Honor Scout

Rachel Voicechovski, 17, a senior at Chelsea High School, recently returned from serving as a Mackinac Island Honor Scout.

This was her third year of service and her first year as Patrol Leader. She led Patrol D, which included 14 honor scouts from the Huron Valley area. More than 60 scouts are chosen to represent the Huron Valley Girl Scout Council during their service period. Each summer, 13 Boy and Girl Scout units from around Michigan serve alternately as the Governor's Honor Guard on Mackinac Island.

During the day, the Scouts serve as guides in and around Historic Fort Mackinac to assist visitors and answer questions. In addition, they are also responsible for the daily raising and lowering of the dozens of flags around the island.

Through these events and daily routines, the scouts continue the tradition that started in 1929. Huron Valley Girl Scouts serve a 10-day session over Labor Day weekend. That is a coveted spot because the Governor spends that weekend on the island.

In 1929 the first contingent of Eagle Scouts were organized to help at Fort Mackinac on the island. Former President Gerald Ford was a member of that first group, and in 1975, Mackinac Island Honor Scouts welcomed back President Ford when his helicopter landed in the field directly in front of the Scout Barracks.

One of the highlights of Rachel's service this year was when she and three other Patrol Leaders were responsible for opening the Governor's summer residence and conducting a public tour.

Rachel moved to Chelsea from New Jersey five years ago and is currently pursuing her Gold Award, the highest award in Girl Scouting. Her Gold project will benefit the Waterloo Farm Museum with an estimated fall completion date. She is already the recipient of the Silver Award in 2004 with Troup 1264 of Chelsea, and the Bronze Award in 2002 with Troop 148 in Jefferson Township, N.J.

In addition, Rachel is a member of Chelsea Venture Crew No. 1 and this summer she served as a staff member of the Deer Trails Leadership Camp which teaches leadership skills to younger scouts.

After graduation from CHS, Rachel intends to pursue education in the medical field.

Chelsea briefs

Baton twirling

The Chelsea Baton Corps is offering twirling classes for new and returning students beginning Sept. 24. This well-known local non-profit organization has been providing twirling instruction for area youth for over 20 years. Classes are appropriate for students age 5 to teens.

Instructor Jenney Gordon, a former national champion twirler, has been teaching baton twirling for 14 years. Twirling is a unique sport offering participants the opportunity to stay physically fit, build confidence, learn teamwork and have fun.

An information meeting for interested students will be held at 6 p.m. on Monday at Pierce Lake Elementary School gymnasium. For more information, call 475-5795.

New CCH program

Chelsea Community Hospital wishes to remind the community that it provides Look Good, Feel Better and free wigs to cancer patients.

Look Good, Feel Better was founded in 1989 by the Cosmetic, Toiletry and Fragrance Association (CTFA) Foundation in partnership with the American Cancer Society (ACS) and the National Cosmetology Association (NCA).

Certified cosmetologists volunteer their time and talents to help female cancer patients improve their appearance and self-image by teaching them make-up and skincare techniques. Patients learn how to properly care for skin and nails made fragile by cancer treatment and disguise hair loss using wigs, turbans and scarves. The sessions and materials are provided free of charge to patients.

CCH has licensed cosmetologists available to provide this service to patients.

The sessions are held on the last Monday of each month, from 1 to 3 p.m. in the White Oak Atrium Room.

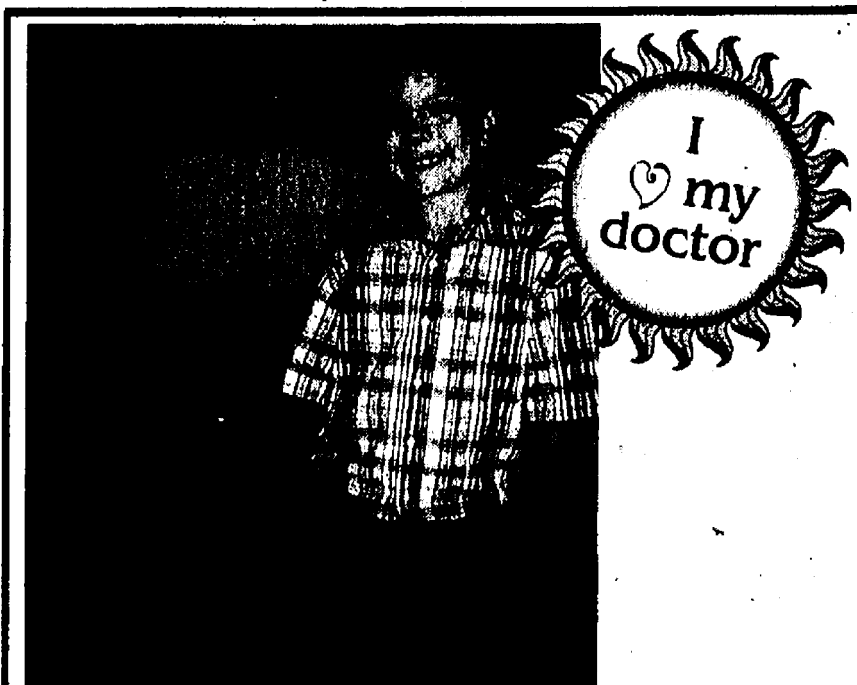
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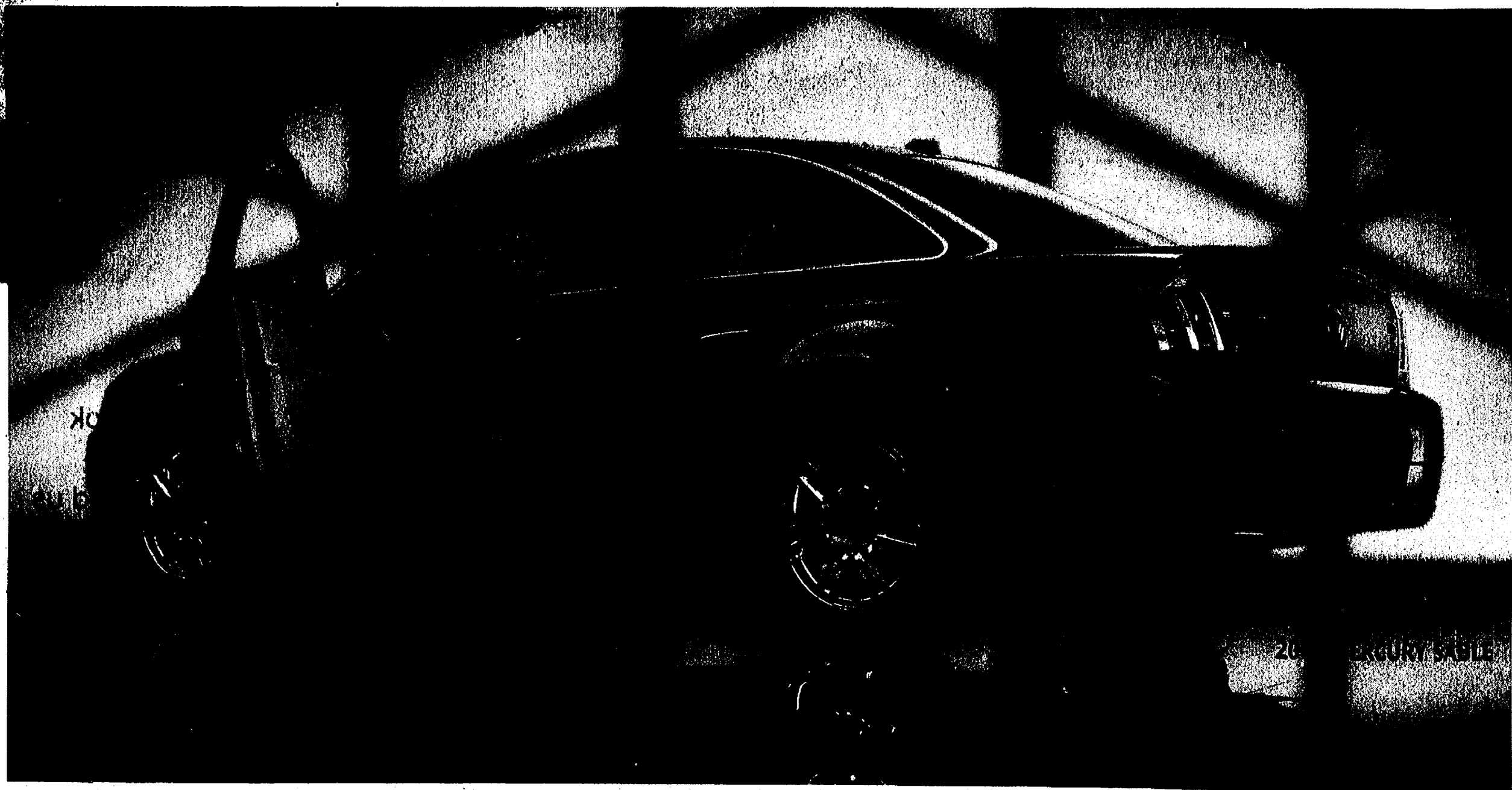
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Silver Maples hosts Grand Opening Saturday morning

By Sheila Pursglove
Special Writer

Silver Maples of Chelsea Retirement Community has added 56,000 square feet of new space that includes 28 new two-bedroom independent living apartments.

The growth also includes a substantial expansion of community areas, with a state-of-the-art meeting room, exercise room, woodworking shop, casual café and game room.

Grand Opening events began yesterday for invited guests and end Saturday with a community-wide Open House starting at 10 a.m. Entertainment, tours and refreshments will be available.

"I'm really looking forward to the new community spaces," said Shawn Personke, director of activities at Silver Maples. "We're hoping to plan some great public events to hold in The Maples Room. The Adult Learner's Institute is holding two of their fall classes there."

"I've been planning a Third Thursday Music Series, opening with a performance by String Cheese, a Celtic group featuring Chelsea resident Diana Ladio. We'll also be able to work with other community groups partnering to bring in special speakers and presentations. With our new wood shop and game room, we'll be able to plan lots of great activities. I've been studying up on my pool technique! I've talked to a couple of local artists about coming over to do workshops in both the wood shop and our arts and crafts room."

"It's an exciting time for us and I know all of us - staff and residents alike - are looking forward to using the new space."

The new facility was designed by A3C Collaborative Architecture, with construction overseen by The Christman Company. The Economic Development Corporation (EDC) of the City of Chelsea facilitated financing through the issuance of limited obligation revenue bonds and revenue refunding bonds. Comerica Bank and Chelsea State Bank are participating in the bond issue.

"We're really excited about the possibilities the new Maples Room offers," said Jerry Wilczynski, president and CEO of Silver Maples. "The community at large will be able to utilize the room, with its state-of-the-art technology, for meetings and presentation. Other groups that are looking for more banquet type events can take

At a glance

What: Silver Maples of Chelsea Open House

Where: 100 Silver Maples Dr., Chelsea

When: 10 a.m., Saturday

Why: Celebrating construction of 28 two-bedroom independent living apartments. Entertainment, tours and refreshments will be available.

RSVP: Call Danielle Clark at 475-4111

advantage of the space that is equipped with tables, linens, and food service for up to 150.

"The expansion will be a great addition to our Silver Maples community as well as the Chelsea community as a whole."

Independent living refers to senior housing designed to meet the needs of people 62 years of age and older, Wilczynski said.

"Independent living is just as the name implies - the ability to maintain one's residence and lifestyle without custodial or medical assistance."

"The key characteristics of senior independent living at Silver Maples include being able to perform one's own activities of daily living such as dressing and personal care and engage in social events, outings and other community activities on an independent basis."

Silver Maples provides housekeeping and flat linen service, full maintenance, lawn and snow removal, transportation service, social activities and outings, 20 meals a month in the Silver Maples Trellis dining room and the opportunity to purchase additional meals.

Also provided are exercise programs, 24/7 emergency call support from Silver Maples Assisted Living staff, gift shop, café and barber/beauty salon. There are full-time activities staff and a social worker.

A 501(c)(3) non-profit organization, Silver Maples is jointly sponsored by Chelsea Community Hospital and United Methodist Retirement Communities, Inc. It is affiliated with the Adult Learners Institute and hosts musical and educational programs for Silver Maples residents and for residents of the Chelsea area.

To RSVP for Saturday's Grand Opening event, call Danielle Clark at 475-4111.

Health: University of Michigan study Device helps heart transplant candidates survive

A new generation of implanted heart-assisting pump does very well at helping severely ill heart-failure patients survive, and thrive, until they receive a heart transplant, a new national study shows.

And, in addition to helping 75 percent of patients stay alive for at least six months or until a donor heart became available, the device also helped patients' original hearts regain function and allowed their other organs to heal by restoring blood flow. One patient recovered so fully that a transplant was no longer needed. Patients' quality of life also improved significantly.

The study results are published in the Aug. 30 issue of the New England Journal of Medicine by a team co-led by a University of Michigan Cardiovascular Center surgeon and a Washington Hospital Center cardiologist.

The experimental device is called the HeartMate II left ventricular assist device or LVAD. It is one of four in a new generation of heart-assisting implants that push the blood out of the heart in a continuous flow, rather than a pulsing flow approach used in older devices already on the market.

It is also much smaller than the older devices - about the size of a D-cell bat-

tery - giving it the potential to help more women, teenagers and smaller men with end-stage heart failure whose bodies aren't big enough for other devices. It's also quieter and has a smaller tube leading into the implanted device from the controller and battery pack that are worn outside the body.

The study was designed and funded by Thoratec Corporation, which makes the HeartMate II and a larger HeartMate LVAD that is already on the market, but the study's authors had independent access to the study data to prepare their analysis.

Although the study did not directly compare the HeartMate II device with any other device, the results give further evidence that the new device is more reliable than previous heart-assisting implants. In fact, 68 percent of the 133 patients in the study were still relying on the device after one year while remaining on the heart transplant list.

The same clinical trial also includes patients who aren't eligible to receive a heart transplant, and received the devices as a long-term "destination therapy."

For the full story or for more information, visit www.umcvc.org.

Washtenaw County

Popular Career Boot Camps kick off Wednesday

September marks the beginning of the Fall 2007 schedule for the popular Career Change Boot Camps. These one-day sessions provide Washtenaw County residents with an opportunity to explore their options and learn about career and job resources that are available within the community. Previous Career Change Boot Camps have provided participants with the opportunity to learn about opportunities and resources as well as to network.

Starting Your Own Business, Sept. 19: This program will help you create a

marketing plan for your business, learn about legal, accounting, franchises, business plans and financing options. You will receive one on one counseling with a business expert and have an opportunity to get advice from a variety of business experts and organizations that are available to support new ventures.

Career Change Exploration, Oct. 1: Not sure what career to choose? Find out how you can apply what you know to new industries, build a network of like-minded professionals, and explore

opportunities for job growth and education.

Careers in Health Care, Oct. 8: Health care is one of the fastest growing career areas. Learn about health-related jobs and their requirements.

Careers in Information Technology, Oct. 15: Information Technology is a growing field in the Ann Arbor region. Learn about IT jobs that are available and what it takes to get them.

All of the sessions will be held at Washtenaw Community College, Morris Lawrence Building from 9:30 a.m. - 4 p.m. Class size is limited

ed to 25 people on a first-come-first-served basis so pre-registration is encouraged. There is a \$25 fee per workshop and scholarships are available for qualified individuals.

Continental breakfast and lunch are provided.

Registration and additional information can be found on the web at the <http://www.annarborspark.org/career-services/career-change-boot-camp-series/> or contact Kevin Bulifant at bulifantk@washtenaw.org or by calling 734.481.2517 extension 241.

Event spins into Chelsea on Sunday

Fiber artists will welcome the beauty of autumn at the 24th annual Fall Fleece Fair in Chelsea on Sunday.

Handspinners, knitters, felters, weavers, and other fiber enthusiasts will have their choice of a huge selection of gorgeous natural fibers from Michigan farms. Handspun yarns, natural and dyed rovings, fleeces from member's flocks, finished goods made by members, pelts and skins, equipment and supplies including needle felting, books, and much more will be available at Beach Middle School, 445 Mayer Dr. from 10 a.m. to 4 p.m. In addition, new and used spinning wheels and small looms will be available for purchase.

Demonstrations of various fiber crafts will take place throughout the day. Hosting the event is the



Spinners Flock, a group of dedicated handspinners from mid-Michigan, northern Ohio and Indiana. The members are committed to improving and teaching the craft of handspinning and to spreading the good news of the superior quality of Michigan wool for all kinds of clothing and other fiber arts.

Admission is free and the facilities are wheelchair accessible. For further information, visit www.spinnersflock.org or call 734-747-8112.

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CCA hosts events, programs

The Chelsea Center for the Arts is drawing up plenty of fun and exciting events for the fall. Here are a few.

Registration for the event is \$35 and includes the judging fee, frame and the reception.

Paint the town

The CCA will host a plein air event on Sunday, Sept. 23 to "paint Chelsea." All types of artists using any media are invited to attend this community and public art event to produce an art piece measuring 11" x 15" inspired by nature, architecture, or people in and around the Chelsea area.

Beginning at sunrise, registered artists will arrive at the CCA and will be given an assigned location. They will then go out and create their work in one day and return it to the CCA at sundown. The art will be matted and framed, juried and displayed in the Center Gallery for an Artists' Reception from 5 to 7 p.m. on Sept. 30. Prizes for the best of show and first runner up will be awarded at the reception.

Try-it day

Curious about what's available at the CCA? Well, come on over.

Give us a try at this free, hands-on sampling of CCA's music and art programs geared toward artists of all levels and ages. The faculty will be available to answer specific questions and do mini music lessons and art activities. You could play the violin or flute, or maybe make some sidewalk chalk or a mask. There will be so much to see and do. The event is from 10 a.m. to 1 p.m. on Sept. 15.

For information on these and other programs and events, log onto www.chelsea-centerforthearts.org or call 1-734-433-2787. The CCA is located at 400 Congdon St. in Chelsea.

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One's to Watch

On October 18, Heritage Newspapers-Western Region plans to honor the top young professionals from the greater Washtenaw County Area through our annual feature called **The One's to Watch!**

Among the fields are business, religious, education, the arts, community service, health care, emergency services and government.

We'll pick the top movers and shakers who live and/or work in the communities served by the Heritage Newspapers-Western Region.



The Heritage Newspapers/West
The Saline Reporter/The Milan News-Leader/The Chelsea Standard
The Dexter Leader/The Manchester Enterprise/The View (Belleville)/The Ypsilanti Courier

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The deadline for nominations is
Noon Sept. 26. E-mail
editor@salinereporter.com
or mail your nominations to
The Saline Reporter,
c/o Editor Michelle Rogers,
106 W. Michigan Ave.
Saline, MI 48176

Elaine's Gallery under new ownership

By Sean Dalton
Staff Writer

Elaine's Gallery of Fine Arts & Framing, at 8063 Main St., downtown Dexter Village, is under new ownership after Elaine Barber and the owners of Saline Picture Frame inked a deal Sept. 1.

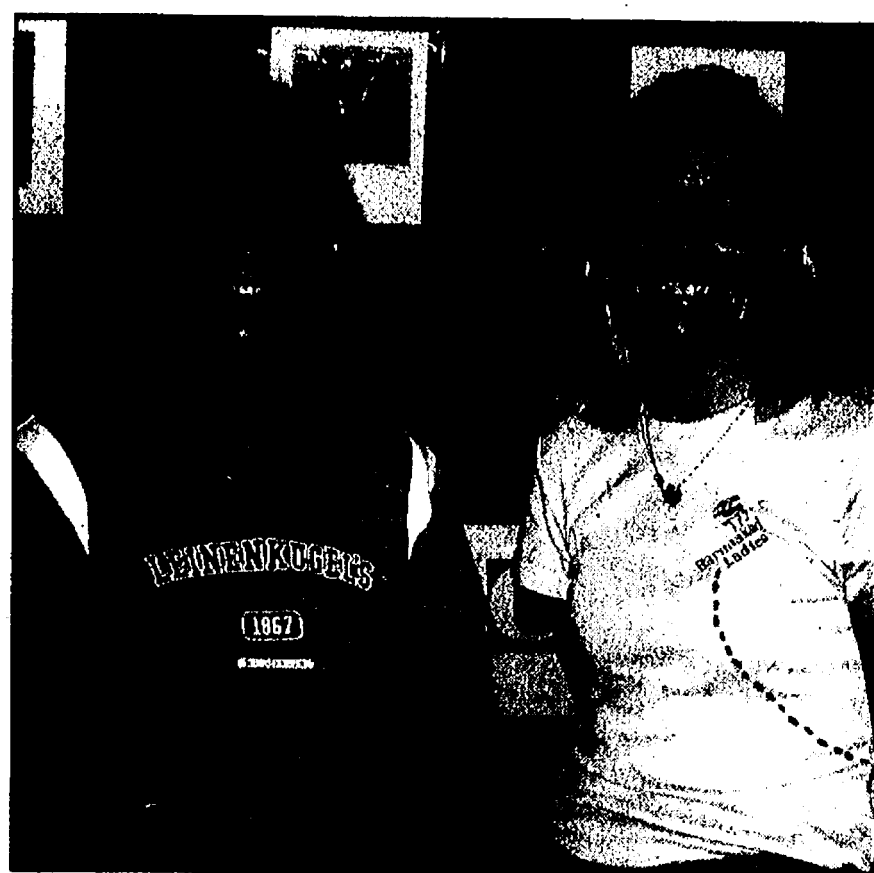
The gallery has provided a selection of fine art, limited-edition prints and custom framing in the downtown area since 1998.

The new Dexter Picture Frame Co. owners have signed a three-year lease and say they're committed to providing service in "the same vein" that Barber provided on her watch.

The two parties began talking in July and started negotiating the terms of the location transfer and building lease details in August.

Barber's final day was Sept. 1 and the owners opened up shop Wednesday, after receiving the keys Sept. 6.

Although they missed a target opening date of Sept. 10, the owners say that everything is back on track.



Sarah Bowe (left) and Mary Bowe are taking over Elaine's.

"We're just going to continue our good framing and service practices out here," said Mary Bowe, co-owner of the Saline and Dexter stores with her husband Peter Bowe and sister-in-law Sarah Bowe.

The trio has been framing since the 1970s as a hobby and opened Saline Picture Frame Co. in 1988.

"I love Dexter," Mary Bowe said. "At a time when everyone else seems to be fleeing

Michigan we decided to go for it."

Barber had decided to put her career as a registered nurse on hold while she opened the frame shop, but plans to return to the medical field.

She studied at Schoolcraft Community College and Eastern Michigan University for her degree and worked in nursing 18 years ago, until a death in the family changed her focus.

"I enjoyed (running Elaine's) very much, but I think I just burned myself out by working too many hours."

Barber says she just needs a little break, before perhaps returning to the Dexter Village downtown area with another business venture.

The Hamburg resident may open up another tea room in the community that she came to love.

"I enjoyed the people so much, just the people stopping in to chat... it was just a wonderful sense to belong to the community," Barber said.

Bowe is looking forward to tapping the community's

desire for art and sense of social responsibility with a couple of new wrinkles to the Dexter location.

"The little side room is shaping up to be a gallery of finer art," she said. "We have an awful lot of artist friends, so we may call it something like the Side Door Gallery."

Bowe said she also hopes to stay opened later on Friday nights and intends to

expand her Circle of Art silent art auction to the village.

The auction has raised \$18,000 for the Food Gatherers program over the past three years.

"It feels good here, it feels right," Bowe said.

For store hours and other information, visit www.dexterpictureframe.com.

26th annual Webster Fall Festival Sept. 22

The 26th Annual Webster Fall Festival will not only be an opportunity to celebrate the township, but also a chance to learn its history.

The Webster Township Historical Society will be there Sept. 22 to pre-sell a new book amidst the old-fashioned fall fun of hay rides, petting zoos, kids' crafts, game tents and more.

"Webster: A Time, A Place, A People" by local author and historian Grace Shackman, is a history of life in Webster Township from 1824 to the present.

"This township's history is a rich, intertwined part of our nation's history,"

said Dianna Fox, a member of the Webster Township Historical Society. "This book is not just about the famous."

It tells of the hard struggles of the early settlers to make a home in the wilderness, to found Webster Church, through the Civil War years to the present.

"Many township residents are descendants of the original families and were able to give accounts from their family histories and to lend pictures."

The book also includes a history of the Webster Fall Festival, so naturally

those who attend are encouraged to purchase the book at the society's pre-sale booth during the festival.

Other events at the festival include the opening at 10 a.m., a luncheon at 11 a.m. to 2 p.m. and a pig roast from 5 to 7 p.m.

There will be a rummage sale at 8 a.m., as well as A Taste of Webster, blacksmithing and wool spinning, antique cars, tractors and farm equipment, kids' crafts, a country store and other activities.

For more information call 1-734-426-5115.

A few financial tips for those headed down the aisle

Weddings are always in the air. If you're planning on tying the knot, you have a lot to think about: a rehearsal, a ceremony, a reception, possibly a honeymoon. But most important of all, you've got the anticipation of starting a new life together. To help make that life a happy one, you and your new spouse will need to communicate with each other on all types of issues - and one of the most important of those issues is your joint financial situation.

So, once the wedding festivities are behind you, take some steps that relate to your future financial well being. Here are a few suggestions:

Establish financial goals. You and your spouse can become disciplined money managers if you're both working toward some joint long-term financial objectives, such as a new home.

If you eventually have children, your goals may expand to include college. And throughout your working life, you'll want to put money away for retirement. No matter what your goals are, you'll have a better chance of achieving them if you set out a strategy - and stick to it.

Don't put off investing. How much money you have available to invest depends on your income and expenses. When you're just married and establishing a household, you may not feel that you have a lot of cash to spare, but make it a priority to put away something each month, even if it's only a small amount. If you can get into the investment "habit"



By Diane
Kieliszewski

right away, it will serve you well throughout your married life.

Take advantage of retirement plans. If you and your spouse are both working, you may each have access to a 401(k) or other employer-sponsored retirement plan. Contribute as much as you can afford to each plan - at least enough to earn the employer's match, if one is offered. Also, look closely at how you are each allocating your dollars within your respective plans. Try to avoid duplicating each other's investment choices.

By spreading your money around a range of investments, the two of you can potentially reduce the effects of market volatility and give yourselves more chances for success. A financial advisor can help you identify the

investment choices that are appropriate for your risk tolerance, goals and time horizon.

Get control of your debts. Your debts, and those of your new spouse, are now of concern to both of you. While some debts - such as a mortgage - may be inevitable, it's generally a good idea to keep your debt load as low as possible. That's because the more money you spend on debts, the less you'll have available to invest for your future. By going over your student loans, car loans,

credit cards, etc., you may be able to develop a strategy to reduce your overall debt load.

By following these suggestions, you can start married life off on the right foot, at least in regard to your financial situation. As for who gets to write the thank-you notes for the wedding presents - well, that's another matter.

Diane Kieliszewski is a financial advisor with Edward Jones, 134 W. Middle St., Chelsea. For more information, call 1-734-475-3295 or log onto www.edwardjones.com.

Sudoku Solutions Tips & Computer Program available at www.sudoku.com

© Puzzles by Pappocom

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

EASY #3

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

MEDIUM #3

SYLVAN TOWNSHIP
RESIDENTS FALL CLEAN UP DAY
Saturday, September 29, 2007
8:00 AM to NOON
Jim Kalmbach's Residence located at 476 Pierce Rd
1/8 mile north of Old US-12 and I-94

ITEMS TO BRING:

All appliances* (be sure all food inside is removed)	All kinds of metal
Electric tools	TV's
Vehicle batteries	Bedspreads/mattresses
Household furniture	Glass bottles
Tin cans	Newspaper, Magazines Cardboard
#1 & #2 Plastic	
Water heaters	

Tires - first 5 Passenger Car or Light Truck tires are free. Additional or larger tires charged as follows:

Passenger Car	\$1.50 each
Light Truck	\$2.00 each (first 4 are free)
Semi Truck	\$6.00 each
Tractor	\$10.00 to \$20.00 based on size

(on rim add \$0.50 for passenger car & light truck and \$6.00 for semi truck & tractor)

DO NOT BRING:

Fencing	Building supplies
Yard waste	Paints & varnishes
Burn barrels	Dry cell or flashlight batteries
House hold garbage	Trunks of any kind

*Funding for this program is provided through previous revenue sharing of solid waste funds. The funds distributed to Sylvan Townships were based in part on the population of the township outside of City limits. The collection will therefore be limited to residents outside of City limits.

*Due to limited funds and the cost to remove freon from appliances containing freon it is necessary to limit the number of freon appliances to 1 per household. Additional freon appliances will be accepted for a charge of \$10.00 each.

Propane tanks without proper overfill valves are no longer refillable. We are sorry to say that we cannot accept any propane tanks for disposal. However, actions are presently being taken by Washtenaw County to provide means to dispose of propane tanks.

Important Reminder: Please contact your local fire department and obtain a burn permit before doing any burning on your property. If you are within the Chelsea Area Fire Authority you can call 475-1339.

PLEASE BRING PROOF OF RESIDENCY
SYLVAN TOWNSHIP BOARD
Publish: September 13, 2007
September 20, 2007
September 27, 2007

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, October 1, 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 the rezoning request submitted by Robert Wood on behalf of Alpha Metal Finishing, 8155 Huron Street, HD-03-31-475-010. The applicant is requesting that 8155 Huron Street, HD-03-31-475-010, Alpha Metal Finishing be rezoned from VR-Village Residential to I1-Light Industrial. Following a recommendation from the Planning Commission the Village Council will take action on the request.

Information regarding the rezoning application is available for public inspection at the Village Offices, 8123 Main Street, Dexter, weekdays between 9:00 a.m. to 5:00 p.m. or by phone at (734) 426-8303. Written comments regarding the proposed rezoning request should be submitted to the Village Offices, and must be received no later than 5:00 p.m., Tuesday, September 25, 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, www.villageofdexter.org

Publish: September 13, 2007.

VILLAGE OF DEXTER
SYNOPSIS OF THE REGULAR MEETING
MONDAY, AUGUST 13, 2007

CALL TO ORDER AND PLEDGE OF ALLEGIANCE:
The meeting was called to order at 7:36 p.m. by President Seta in the Dexter Senior Center located at 7720 Dexter Ann Arbor Road in Dexter, Michigan.

ROLL CALL: J. Seta J. Carson P. Cousins S. Keough
J. Semifero R. Tell D. Fisher

APPROVAL OF THE MINUTES:
Motion Keough, support Carson to approve the minutes of the regular Council meeting of July 23, 2007 as presented.
Ayes: Carson, Cousins, Fisher, Keough, Semifero, Tell, Seta
Nays: None
Motion carried.

PRE-ARRANGED PUBLIC PARTICIPATION:
None.

APPROVAL OF THE AGENDA:
Motion Fisher, support Tell to approve the agenda as presented.
Ayes: Carson, Cousins, Fisher, Keough, Semifero, Tell, Seta
Nays: None
Motion carried.

PUBLIC HEARINGS:
None.

NON-ARRANGED PARTICIPATION:
None.

COMMUNICATIONS:
None.

REPORTS:
None.

CONSENT AGENDA:
Consideration of: Bills & Payroll in the amount of \$160,508.36
Consideration of: Request from Peace Lutheran Church to hold "Movie Under the Stars" night on Friday, August 17, 2007 at Monument Park.
Motion Fisher, support Carson to approve the Consent Agenda as presented.
Ayes: Carson, Cousins, Fisher, Keough, Semifero, Tell, Seta
Nays: None
Motion carried.

OLD BUSINESS:
1. Consideration of: Resolution to Declare the "1981 Promulgation of Annexation Policy" and "Amendment to the 1981 Selo Township - Village Agreement (1995)" null and void, with the exception that the policy is valid if the property owner requests to be annexed.
This item was postponed from the July 23, 2007 meeting. Discussion was held on procedural issues. No further action.
2. Consideration of: Main Street Bridge Project - Phase 2 Funding Update.
Discussion of various options for funding, intergovernmental cooperation, and project engineering. Mr. Keough to contact Dexter Township about making a presentation to their Board.

NEW BUSINESS:
1. Consideration of: Recommendation to accept Proposal for Engineering Design Services from OHM for the Third Street Improvements Project at a cost not to exceed \$27,500.
Motion Semifero, support Keough to accept the Proposal for Engineering Design Services from OHM for the Third Street Improvements Project at a cost not to exceed \$27,500.
Ayes: Carson, Keough, Semifero, Tell, Seta
Nays: Cousins, Fisher
Motion carried.
2. Consideration of: Recommendation to accept the Dexter Downtown Development Consolidated Budget Summary FY 2007-2008.
Motion Fisher, support Keough to accept the Dexter Downtown Development Consolidated Budget Summary FY 2007-2008.
Ayes: Carson, Cousins, Fisher, Keough, Semifero, Tell, Seta
Nays: None
Motion carried.
3. Consideration of: Adoption of an ordinance amending and restating the Development Plan and Tax Increment Financing Plan ("the Plan") for the Dexter Downtown Development Authority pursuant to Act 197 of the Public Acts of Michigan of 1975.
Motion Carson, support Fisher to set the Public Hearing for Monday, September 24, 2007.
Ayes: Carson, Cousins, Fisher, Keough, Semifero, Tell, Seta
Nays: None
Motion carried.
4. Consideration of: Recommendation from the Facility Committee to authorize a negotiation team to approach Schulz Development about the possibility of purchasing office space in the newly proposed Jeffords Street Redevelopment Project.
Motion Carson, support Tell to authorize a negotiation team to approach Schulz Development about the possibility of purchasing office space in the newly proposed Jeffords Street Redevelopment Project.
Ayes: Carson, Cousins, Fisher, Keough, Semifero, Tell, Seta
Nays: None
Motion carried.
5. Consideration of: Resolution of Support for Application to the Community Forestry Grant Program.
Mr. Carson left the meeting at 9:50 p.m.
Motion Fisher, support Semifero to approve the Resolution of Support for Application to the Community Forestry Grant Program.
Ayes: Cousins, Fisher, Keough, Semifero, Tell, Seta
Nays: None
Absent: Carson
Motion carried.
Mr. Carson returned to the meeting at 9:52 p.m.
6. Consideration of: Recommendation from Planning Commission to approve the proposed amendments to the Zoning Ordinance Article 2, Definitions, Open Space.
Motion Cousins, support Semifero to approve the proposed amendments to the Zoning Ordinance Article 2, Definitions, Open Space.
Ayes: Carson, Cousins, Fisher, Keough, Semifero, Tell, Seta
Nays: None
Motion carried.
7. Consideration of: Recommendation from Planning Commission to approve the proposed amendments to the Zoning Ordinance Article 21, Site Plan Review and Approval.
Motion Semifero, support Fisher to approve the proposed amendments to the Zoning Ordinance Article 21, Site Plan Review and Approval.
Ayes: Carson, Cousins, Fisher, Keough, Semifero, Tell, Seta
Nays: None
Motion carried.
8. Discussion of: Village Council Request to Planning Commission to review Article 15B, Ann Arbor Road Corridor Overlay District.
Discussion was held on Planning Commission recommendations. No further action.
9. Discussion of: Village Council Request to Planning Commission to review Article 22, Administration and Enforcement.
No discussion was held. No further action.
10. Discussion of: Action from DEQ on the Village's State Revolving Fund - SRF Project Plan No. 5291-01, and the Village's request for reconsideration.
Ms. Detling and the Village Engineer provided an update on the MDEQ's decision and the Village's next steps.
11. Consideration of: Draft Evaluation Form for the Village Manager Position.
Motion Cousins, support Keough to adopt the performance appraisal form for the Village Manager Position.
Discussion was held on time period covered by the draft form. The subcommittee verified that this form is for future use. The full Council is to provide a verbal evaluation to the Village Manager for the past evaluation period at 6:30 p.m. on August 27, 2007. The Village Manager requested a closed session for this evaluation.
Ayes: Carson, Cousins, Fisher, Keough, Semifero, Tell, Seta
Nays: None
Motion carried.

COUNCIL COMMENTS:
None.

ADJOURNMENT:
Motion Fisher, support Tell to adjourn at 10:18 p.m.
Unanimous voice vote.
Motion carried.

Respectfully Submitted:
Marie A. Sherry, Treasurer/Finance Director
Acting on behalf of the Village Clerk

Approved for Filing: August 27, 2007
NOTE: This is only a synopsis of the Regular Council Meeting. The minutes in their entirety may be viewed at the Village Office at 8123 Main Street, Dexter MI or online at www.villageofdexter.org
Publish: September 13, 2007

FAITH

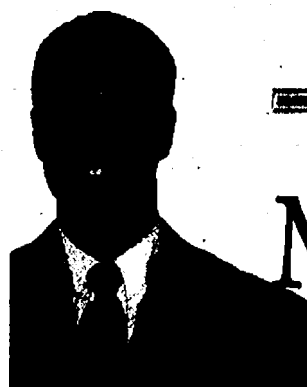
The Chelsea Standard THE DEXTER LEADER

September 13, 2007

Should women preach the Gospel?

Recent statistics show that the number of women in the ministry has more than doubled in the last 30 years. Some of the biggest name preachers in Christendom are females. Women ministers Joyce Meyer and Anne Graham Lotz (daughter of evangelist Billy Graham) are two of the most popular preachers in the world. Women preachers seem to be a popular thing even here in Chelsea as we find that a sizable portion of the churches are employing them. Let's consider the Bible view on the matter.

In the Scriptures, women are instructed to teach



MINISTERIAL Message

By Pastor Chris Dawson
Chelsea Church of Christ

other women (Titus 2:3-5). Also, they are commanded to adorn themselves with good works (1st Timothy 2:9-10). However, this does not mean that women are authorized to be preachers of the Gospel. In fact, God specifically forbids such.

Notice what the apostle Paul wrote in 1st Timothy 2:12, "I suffer not a woman

to teach, nor to usurp authority over the man, but to be in silence." Many who seek to justify women preachers are troubled over this passage.

Some have tried to eliminate the application of this verse by saying that the culture in which the Bible was written was ruled by men, but today things are much different. Things today are different; however, culture has nothing to do with Paul's instruction. In the same text, Paul explains the reason behind the prohibition against women preachers, "For Adam was first

formed, then Eve" (1st Timothy 2:14). The role of men and women is God ordained from the act of the creation.

Notice also what Paul wrote in 1st Corinthians 14:34-35 says, "Let your women keep silence in the churches...it is a shame for women to speak in the church." Did you notice that Paul said it was a SHAME? How many churches of today are rejoicing over the fact that women are now being allowed to perform public preaching?

One Web site called womenpreaching.com has a picture right at the top of the webpage of a young lady with her preaching robes on and her arms out-

stretched and held up high. This is a disgrace and a dishonor to the word of the Lord. Paul taught that they ought to be ashamed of themselves.

Regardless of whether or not the world views women preachers as a blessing, the practice is blatantly inconsistent with the doctrine of Christ. The Bible says that those who walk outside of the doctrine of Christ "have not God" (1 John 9). This means that women preachers and those who sanction such "have not God." When a person claims that God has called women to preach and that God approves of women preachers, that person is lying. God has not ordained such.

Some would say that this

"Regardless of whether or not the world views women preachers as a blessing, the practice is blatantly inconsistent with the doctrine of Christ."

is a chauvinistic and narrow-minded view. These people don't realize it, but they are indicting the Lord when they say such things. Just as God told the

See FAITH — Page 11-C



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Worship, 10:30 a.m.

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(734) 475-8458

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5:30pm Dinner 6:00pm Programs for All
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The Rev. Barbara Lewis-Lakin
www.chelseaumc.org

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930am Education Hour
1030am Celebration Service
& Childrens Church

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Mark Porinsky, Pastor
(734) 426-4302

Sunday School Sunday Worship
9:00 a.m. 10:00 a.m.

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Dexter, MI 48130
www.faithdexter.org

Immanuel Bible Church

145 E. Summit St.
(734) 475-8936

Dominic Aquilino, Pastor
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Worship Service . . 10:00 a.m.
Sunday Evening . . 6:00 p.m.
Wed. Prayer Meeting 7:00 p.m.
AWANA Club 5:30 p.m. Sundays
www.immanuelbiblechurch.net

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12126 Jackson Rd.
Exit 162 off I-94
(734) 475-2526

Sunday: Worship Services,
11:00 a.m.

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(734) 475-8305

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Sunday Worship 10:00 a.m.

St. Thomas Lutheran Church

On W. Ellsworth at Haab
between Parker & Fletcher

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Wed. Evening Service 7:30pm

Pastor Charles R. Schulz
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http://personal.cua.edu/~lcthomas

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Relay for Life 2007

Southern Washtenaw County event Saturday

By Allison Marable
Special Writer

This year's Relay for Life of Southern Washtenaw County is expected to be another fundraising success while bringing together residents in hope, support and celebration.

The American Cancer Society's 24-hour event will begin at 9 a.m. Saturday at Wilson Park.

The Milan Tae Kwon Do team is back this year with demonstrations and new members. Margie Knechtel and her husband, Gary, joined the team this year because their two young daughters are studying tae kwon do. Sarah, 3, is in preschool and her 5-year-old sister, Abby, is a kindergartener in Milan schools.

"I try to get my daughters involved and teach them to give back," Knechtel said.

In addition to selling baked goods, the Knechtel family created an eye-catching flier picturing their daughters in their uniforms kicking with the quote underneath, "Punching, kicking and yelling at cancer so it will get out of here." The flier was sent to friends, coworkers and relatives in an effort to raise funds for their team.

Last year, Margie Knechtel participated in the Michigan Breast Cancer 3-Day and this year decided the family would get involved with the local Relay for Life event.

"I turned the same age and it really hit me hard and I realized how young she really was when she lost her battle,"

Karen Kanitz

"We got involved because obviously it affects everybody," Knechtel said.

Returning disc jockey Devin O'Brien from Sounds Familiar will play music for the full 24 hours as participants walk the track. O'Brien has chosen the tunes for the Relay for Life events in Chelsea, Dundee and Monroe since he first discovered the event at Eastern Michigan University several years ago.

Shortly after attending his first Relay for Life, his own father passed away from cancer.

"I got interested, turned around and then it was more personal," he said.

This year, his siblings, mother and friends formed a team that walked in the Monroe Relay for Life. He also sang the national anthem as part of a quartet at this year's Chelsea event, which was an opportunity to display his real passion of singing.

Staying awake for 24 hours isn't even the hardest part of being the DJ at these events. O'Brien's wife and 14-month-old son will be at home in Dundee during the Milan Relay for Life.

"It makes it hard not hang-

ing out with my family — talk about missing your child," he said.

Despite the challenges of remaining wide-eyed and homesick, O'Brien finds the 24-hour period unforgettable.

In addition to music, the 24-hour event offers the thoughtful Luminaria ceremony, time to reflect, colorful costumes, live entertainment and playful antics meant to raise more money. O'Brien remembers asking participants in Dundee to match a donation if a team member kissed a pig.

"Things like that make it worthwhile and memorable," O'Brien said.

Many local families will attend the Milan Relay for Life for personal reasons. Karen Kanitz, co-captain of the Road Warriors team, raises money to honor her mother who died from leukemia 24 years ago at the age of 41.

"I turned the same age and it really hit me hard and I realized how young she really was when she lost her battle," Kanitz said.

Kanitz, her husband, Jack, and their two children also walk at the Relay for Life event for her father-in-law,

who is a prostate cancer survivor.

"I could see there was hope by looking at the cancer survivors walking around and realizing that raising the funds to find a cure was more important than ever," said Kanitz.

The Road Warriors have raised more than \$11,000 so far this year toward cancer research and programs, and are ranked as the top online fund-raisers.

Kanitz, co-captain Frank Bruck and other members of the Road Warriors have sold candy bars, homemade Relay for Life jewelry, and baked goods. The team also held a large auction and steak fry fund-raiser dinner in July, offering such items as sports tickets and quilts.

Melissa Pettigrew, a survivor of lymphoma, lost both parents to cancer. She believes that the strides made in cancer treatment since her parents died have enabled her to battle the disease herself.

"My family and I walk and raise money in relays to help demonstrate what the American Cancer Society's HOPE can do," she said.

Additional information on the Milan Relay for Life, including top fund-raisers, team rankings, online donations, fund-raising tips and forms can be found at www.acsevents.org/relay/mil/milan.

County sponsors 4th annual teen pageant

The Miss Washtenaw County Organization is excited to sponsor the 4th annual Miss Washtenaw County's Outstanding Teen Pageant.

The Teen competition will be held in conjunction with the Miss Washtenaw County Scholarship Pageant at Chelsea High School on Nov. 3. Applications are currently being accepted through Oct. 20, 2007.

Miss Washtenaw County's Outstanding Teen Pageant is "open," meaning teens from all over the state are eligible to participate. They must be between the ages of 13 and 17 and will compete in the areas of Talent, Evening Gown, Interview, Lifestyle and Fitness in Sportswear and On-stage Question.

The winner of this year's title will advance to the state pageant and the opportunity to represent Michigan at Miss America's Outstanding Teen in Orlando next summer.

She will also make appearances with Miss Washtenaw County at parades and other events throughout the year. Scholarships are awarded at the state and national level for Outstanding Teen winners.

Information about Miss America's Outstanding Teen Program can be found at www.maocteen.org or Miss Michigan's Outstanding Teen Program at www.missmichigan.org.

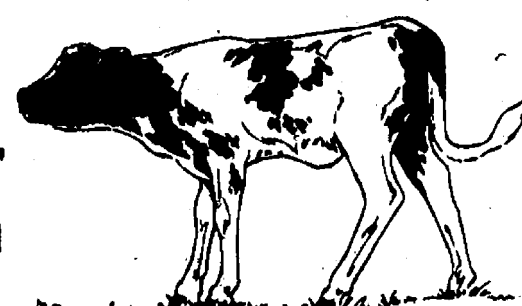
For more information or to apply, email mwcet1@msn.com.

Kiwanis Fair

A local Kiwanis Fun Fair, a family event full of balloons, music, pancakes and magic, will be held from 9 a.m. to 3 p.m. on Saturday, Sept. 29, 2007 at the Kiwanis Activities Center, West Washington at First Streets, two blocks west of Ann Arbor's Main Street. No admission charge for entry.

**Thank You
Reuben Lesser
for purchasing my calf
at the fair.**

**Connor
Christian**



Around Town

Blood drive

The American Red Cross, Washtenaw County Chapter, will host a blood drive from 8 a.m. to 2 p.m. on Sept. 28 at Dexter High School (band room 121). For more information, call 1-734-971-5300.

Trees plus

Trees, native wildflower and prairie grass plants, ferns and naturalizing flower bulbs can be ordered through Sept. 21 from the Washtenaw County Conservation District's Fall Conservation Plants Sale. Tree species available include: Concolor Fir, White Cedar, White Pine, Blue Spruce, Norway Spruce and White Spruce.

Also available are wildlife nest boxes for bats and bluebirds, marking flags, tree planting bars, weed mats, deer and rabbit repellents. Ordered trees and plants are scheduled for pick-up on Friday, Oct. 5, at the Washtenaw Farm Council Grounds, 5055 Ann Arbor-Saline Road.

For more information about the Fall Conservation Plants Sale or to obtain a catalog, contact the Washtenaw County Conservation District, 7203 Jackson Road, Ann Arbor. For more information, call 1-734-761-6721 (ext. 5). The catalog is available at www.washtenawcd.org.

Local sausage maker

The Henry Ford, America's Greatest History Attraction, in partnership with Dearborn Sausage Company, Inc., announced the launch of Greenfield Village Bantam Boy Cherry Chicken Sausage at Westborn Market Stores, a specialty food retailer serving Southeastern Michigan.

"At The Henry Ford, we are always looking for opportunities to promote the local economy," said Susan Schmidt, director of food services and catering. "We have made conscious efforts to preserve and support our local producers. This unique partnership of three longstanding local institutions is a testament to our commit-

Family fun in Grass Lake

The Grass Lake Chamber of Commerce presents its annual Fall Harvest Festival, with activities scheduled from 8 a.m. to 6 p.m. Saturday. Within the village, a 5K run/walk begins at 8 a.m. at Foote Family Medical Center, 12369 E. Michigan Ave.; Coe House Museum Heritage Day; art fair in the village, classic car show from 10 a.m. to 2 p.m.; and live music and entertainment. Outside the village, the 2007 Family Farmfest takes place from 11 a.m. to 5 p.m., with free tours of Commodity Exchange Inc. (Zenz Farms), 13944 Grass Lake Road; Dale Fisher Galleries, 1916 Norvell Road; Lutchka Angus Farm, 1439 Francisco Road; Swihart Farms, 3443 Grey Tower Road; and DeVulder's Farms, 2435 Fishville Road.

ment to this mission and to our community."

Greenfield Village Bantam Boy Cherry Chicken Sausage was developed by chefs at The Henry Ford in 2006. It is made with organic chicken from Nature's Premier farm in Frankenmuth and Michigan cherries. Dearborn Sausage Company, Inc., a family-owned business for more than 54 years, is the manufacturer and distributor of this product. Westborn Market Stores, also family-owned for more than half a century, has agreed to sell and market this product in all of its locations, including stores in Dearborn, Livonia and Berkley.

Hobo bread, made with organic Michigan-milled flour and baked-in-a-can is another of The Henry Ford's signature food products and is available in local markets including R. Hirt, Jr., Co., in Detroit's Eastern Market, Meadows Market in Ann Arbor and Westborn Market Stores in Dearborn.

For more information please visit our Web site www.thehenryford.org.

'Escanaba In Love'

Jeff Daniels' immensely

popular "Escanaba In Love" is hitting da road.

Daniels' prequel to the record-breaking "Escanaba in Da Moonlight" will open at the Gem Theatre with an official opening night on Wednesday. Tickets for the original Purple Rose Theatre Company production are on sale now.

Escanaba In Love, Daniels' 11th new play, originally premiered at The Purple Rose Theatre in September 2006 and became its longest-running and most-attended show.

The Gem Theatre production, directed by Guy Sanville (who also directed the original production), will include the original Purple Rose Theatre Company cast.

Escanaba In Love brings a touching, romantic comedy element to the rugged hunter-humor of Michigan's favorite yoooper family.

As deer hunting season arrives, the Soady men meet their biggest challenge; not a great buck, or a hunter's dream; but the camp's first female visitor, young Albert Soady Jr.'s impromptu bride Big Betty Balou. Daniels' hilarious humor kicks into high gear when the Soady

men make their best attempts to grapple with their newest family member.

Tickets (\$39.50; previews \$19.75) are on sale for performances through Nov. 4 and will be available by calling 1-313-963-9800, TicketMaster Charge By Phone 1-248-645-6666, online at www.ticketmaster.com, and in person at the Gem Theatre box office and all TicketMaster locations.

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Sept. 11-17
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FAITH

Continued from Page 10-C

prophet Samuel when the people refused to heed God's commands, "They have not rejected thee, but they have rejected me" (I

Samuel 8:7).

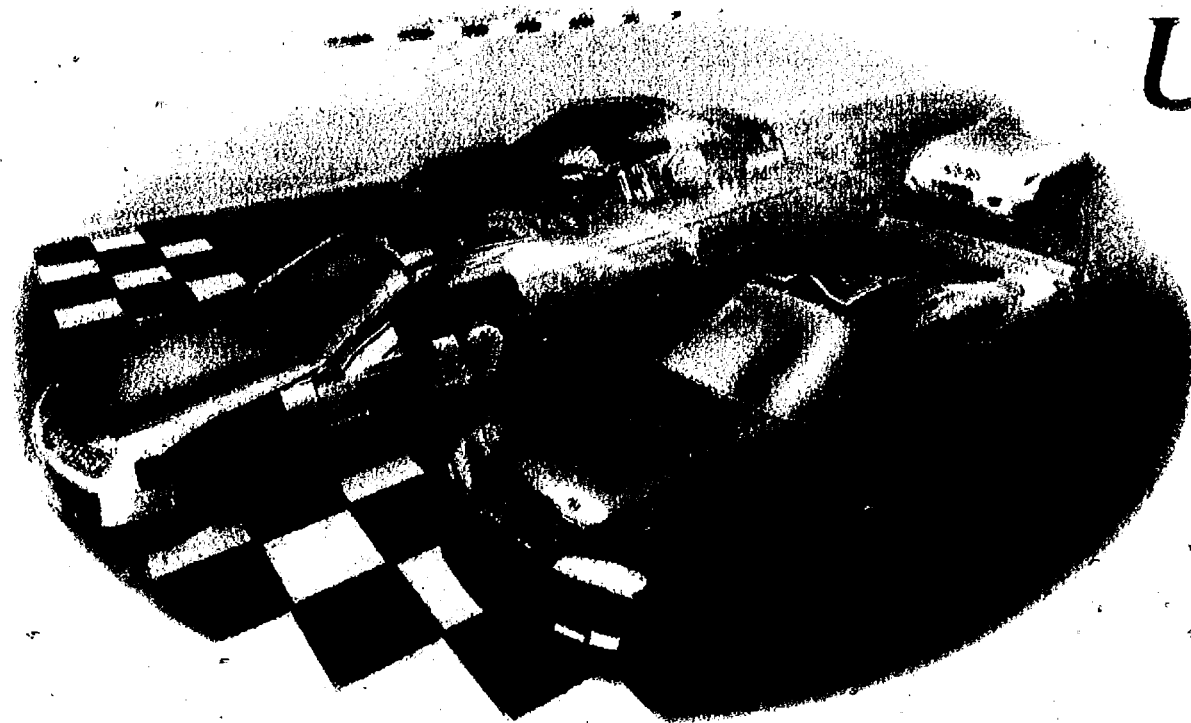
We pray that this community will wake up and see that our religion is not to be determined by what we think or feel, or by what our culture deems acceptable. God's religion is set forth in the pattern of the

New Testament. It is a straight and narrow way (Matt. 7:13-14), but it leads to eternal rewards.

Chris Dawson is a preacher with the Chelsea church of Christ. He can be contacted at 475-8458 or cdawson81@hotmail.com

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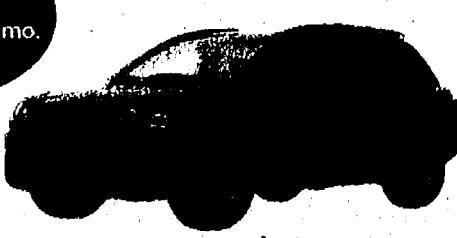
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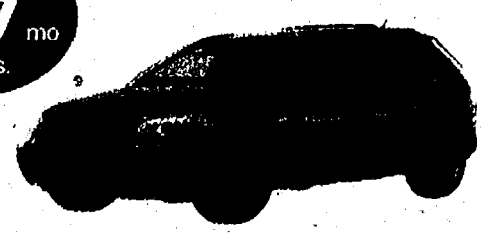
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NOW \$18,711

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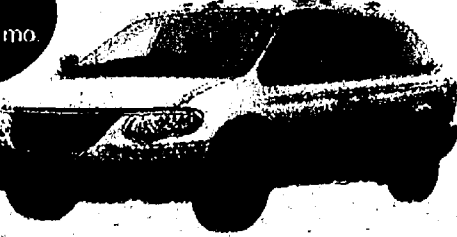
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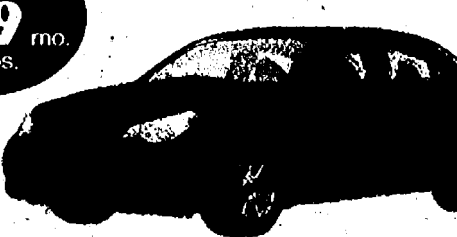
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1000 ANNOUNCEMENTS 1010 Adoptions 1020 Celebrations 1025 Card of Thanks 1030 Legal Notices 1040 Lost 1070 Found 1070 Personals/Announcements 2000 MERCHANTS 2010 Antiques 2020 Appliances 2030 Arts/Crafts/Beats 2040 Auction/Estate Sale 2050 Bargains 2060 Building Supplies 2070 Business/Office Equipment 2080 Cemetery 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 4036 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 6000 REAL ESTATE FOR SALE 6010 Open Houses 6020 Genesee County 6030 Lapeer County 6040 Livingston County 6050 Macomb County 6055 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 6055 Boatage for Lease 6060 "Budget Autos under \$2,000" 6065 Classic/Hot Rods 6070 Motorcycles/ATV 6080 Parts & 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 Dedic/Patio/Sunrooms 7175 Drywall/Plastering 7180 Education/Training 7190 Electrical 7200 Electronics Repair 7210 Entertainment 7220 Fences 7230 Flooring 7240 Floors 7250 Furniture Repair/Restoration 7260 Hair/Beauty Services 7270 Handyman 7280 Heating & Cooling 7285 Home Improvement 7290 Insurance 7300 Lawn Care/Landscaping 7310 Linens 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
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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 does 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 comply with the law, call 1-800-447-7777. The fee for this notice is \$1,000 per year. The fee for this notice is \$1,000 per year.

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Cardinal Staffing Services
 "Open Job Recruit"
 "Immediate Openings"
 General Labor Positions
 Great Working Environment
 Temp-Hire / All Shifts
 Benefits at Hire
 Apply at the following:
 Fri, Sept. 14th from 9am-12pm
 Michigan Works
 304 Harriet, Ypsilanti, MI
 (419) 283-2834
 Please bring 2 IDs

CHEMIST
 Conduct qualitative/quantitative chemical analysis for quality assurance, analytical report for compliance with regulations, analyze organic/inorganic compounds. Require BS with exp. Send resume to 8135 Main St. Dexter, MI 48130

Cleaners Needed
 Mon.-Fri.
 2:30pm-7:30pm in the Belleville area.
 Call 734-402-0073.

DETROIT AUTO AUCTION
QC INSPECTOR
 A Quality Control Inspector position is available for our Auction's Remanufacturing Detail Shop. This is a salaried, exempt position responsible for accurate and timely inspections of detailed vehicles. Position req. previous supervisory exp., able to work well with others, have an excellent understanding of prepping, buffing, detailing of ext. & int. of vehicles. Candidates must be willing to take on a variety of assignments, work in a fast paced production environment, work greater than 40 hrs/week and be available to work weekends. We are seeking a detailer who is able to bend, stop, stand and kneel in order to inspect vehicles interior and exterior. A valid driver's license & employment status are required. Starting salary to be determined based on applicants qualifications and prior work history. The offer is a competitive benefit package.

DIETARY MANAGER
 Full-time Dietary Manager needed at Maplewood Manor, Monroe, Michigan. Requirements include CDK (preferred), Tech., & MDS experience. Must have strong leadership skills. Competitive salary and benefits. Call 734-243-5100 to schedule and interview or fax resume 734-243-5427

DIRECT CARE ASSISTANT
 Enjoy helping others. Assist special population adults in residential settings. Training provided. \$7.50 per hr., plus benefits. Call 734-699-3808 and 699-6543

DIRECT CARE ASSISTANT
 Fun, enjoyable work as a special population adult in the home and in the community. \$7.80 per hr., plus benefits. Call 734-699-3808 and 699-6543

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GOVERNMENT JOBS
 Earn \$12-\$48/hr.
 Full medical benefits, paid training. FT/PT
 800-320-9353 x 2107

IT'S A SURE SALE
 In the Classified
Gym Assistant
 2 part-time positions.
 5am-10am or 10am-3pm. Apply in person only: 3045 Broad St., Suite C, Dexter.

Immediate Opening
 \$14.25 base-appt
 Customer sales/service, no telemarketing, no exp. needed, cond. apply 17c. APPLY NOW!
 734-285-7944

MAINTENANCE/TECHNICIAN
 needed full time for affordable housing community. Exp. in HVAC, plumbing, carpentry and general repairs. Exc. benefit pkg. for aggressive self starter who is willing to accept challenge. Fax resume: 734-485-8326 Equal Opportunity Employer

Michigan Institute of Aviation and Technology
FT FINANCIAL AID OFFICER
 \$17-20/hr. Must be organized, detailed, able to work in open-concept office, strong w/numbers and calculators. Exp w/MS Word/Excel a must! M-F position w/one night & occasional Sat. Cover letter/Resume/Fax: 734-485-8326 or fax 734-485-1449 atm Army

PIANIST/ORGANIST/CHOIR DIRECTOR
 St. Bridget's Presbyterian Church, Exp. in accompanying choir, Site reading a must. 5-6 hrs./wk. Call after 6pm, 617-651-7020. References and resume required.

SOMETHING NEW!
 Our fundraising openings in Southfield & Dearborn require hardworking, positive, personable people with good speech. Full-time positions start at \$10 per hr. Top producers make over \$750 a week!
 Call Amy: 313-565-5901 for phone interview.

TAX PREPARERS
 Experienced or will train. Also partnership opportunities available. Excellent pay. 800-229-9998

THE 25th DISTRICT COURT
 is seeking **PART-TIME Deputy Court Clerk**. Clerical and typing skills are a necessity. An ability to communicate well with the public is required. Prior court or legal office experience is preferable. Fax or email resumes to Carla at: Fax: (313) 382-9361 625@village.net The deadline for receiving applications is 10/5/07

WE NEED 25 OUTSIDE SALES REPS!
 You want the Highest Commissions Possible! We pay you 10% WITH NO EXPERIENCE! Selling residential Video High Speed Internet & Home Phone service. No past background check. Start immediately. Call 866-558-7268 or 866-558-7268

WOMEN, WAKE UP!
 Most women will be in charge of their own finances at some point. Are you prepared? We'll empower you with valuable financial principles. Then you can earn money as you pass them on to others! Start part-time, then watch your income and your business grow.
 Contact Sharon R. Walker 313-658-9973 248-395-7700

PRIMERICA

MEDICAL ASSISTANT
 Part-time. Please fax resume: 734-281-8815
OPTOMETRIC ASSISTANT
 Full-time, In Saline office to assist in the selection, fitting and dispensing of glasses. Must have an eye for detail & fashion. Also must enjoy working w/people. Exp. preferred. No weekends. Fax resume: 734-429-4100, or call 734-429-1908.

Service/Body Shop Assistant
 to take appointments and do data entry. Computer exp. necessary. Must work well with others and be very detail oriented. Only team players need apply of Joe Rick Arto Center 12200 Telegraph Taylor, ask for Michele or Cindy

RECEPTIONIST
 MCM Group is hiring for Receptionist/Clerical help. Good communication and organizational skills are a must. Email or fax resume to Neil at: noblen@mcmgroup.net or 734-433-6466

STORE CLERK
 Chelsea Teddy Bear Co. seeks energetic, fun person to service customers in our factory outlet store. Retail experience required. Call for interview 734-433-6444 ask for Neil.

Cuppy's Coffee Manager/Barista
 Positions starting in October. Visit Cuppy.com to apply under employment today.

ONLINE CAFE AT METRO AIRPORT
 Full-time/Part-time **COOKS & WAITSTAFF**
 Please Fax Resumes 734-942-9781

SMILING STAFF & SHIFT MGR.
 Must have morning and weekend availability. Submit application to: Tim Horton's in Saline, 524 E. Michigan

OUTSIDE ADVERTISING SALES-REAL ESTATE
 MLive.com is seeking an energetic, outgoing account executive to sell local online advertising to Michigan businesses, especially real estate brokers, builders and property managers. Media and real estate experience preferred. College degree, excellent written and oral communication skills, outside sales experience required. Send resume to: advertising@mlive.com and become part of the future!

DID YOUR NEW CAR ARRIVE?
 Let Heritage Classifieds help sell your used vehicle. 1-877-888-3202

HVAC SERVICE TECH.
 Experience in controls and DDC. Resume req'd. 248-476-7888

I.D.O.D. Grinder Hands, Surface & Die Finishers & CNC Lathe & Mill Operators
 At least 3 yrs. exp. for day shift only. Full benefits avail. including dental, vision & 401K. Please call 734-485-5900 or fax resume to 734-485-5927 or email jobs@expressd.com

AAA Always Buying US Silver/gold Coins, scrap gold, pocket watches, Lionel/Flyer Trains, old toys, old comics, old baseball cards
 734-558-2986

KOKEN HYDROLIC
 barber chair, reclines, swivels, foot rest, gold, good condition circa 1970's \$375 734-697-8925 after 6 pm
 Where the Deals Are

MUST SELL Eagle
 Plate collection, brand new in boxes, \$15 each.
 313-585-0588

APPLES \$15/bushel
 Clear 54/gal. Heavy
 Less Farm & Orchard
 Mon-Sat 9-5 Sun 1-4
 12651 Island Lake Rd. Dexter, 734-426-8009

CASH FOR WY2 PHOTOS
 Wanted Tanks & Photos
 US-German-Japanese Originals
 248-605-3787

MID 1950 Vintage Tapan
 Deluxe Gas Range, very good cond. \$500 cash & carry. 313-389-1708

PLACE AN AD
 1-877-888-3202

BLACK MAYTAG
 portable dishwasher, exc. condition, \$200. 313-857-5153

GAS DRYER
 Kenmore, heavy duty series 80. Good condition. \$95 313-388-8255

HOME GENERATOR
 like new, 12,000 watts, \$3,000. 313-389-6855

KITCHEN AID washer
 \$125, GE gas dryer \$125, washer \$150. Amana refrigerator \$250. Maytag electric stove \$150. All exc. cond. 734-379-4220

REFRIGERATOR/RANGE/WASHER/DRYER
 \$450. Clean, delivery. 734-992-2423

REFRIGERATORS
 \$100, washer, dryer, stoves \$75 each, warranty/delivery avail. 734-229-0702 www.appliancestore.com

UPRIGHT FREEZER
 16 1/2" works great, white, Frigidaire, \$99. 734-284-8712

WANTED: MAYTAG (Only)
 Square Tub Wringing washer, Model E2L. Will pick up. 419-522-8043

WASHER & Dryers
 Stoves & Refrigerators, exc. condition. Delivery available. 30 Day Warranty. 313-857-5153 or 734-306-1908

KOCH 500 lb stainless steel smoke house gas w/ smoke generator. Bird floor model grinder 3 HP 3 in. blade 220 single phase, Tulsa hydraulic stuffer 60 lb. 3 phase 220, stuffing table, 500 lb. meat hopper, 6 ft. cutting table, new knee action sink, plus 4 tubs all for \$10,000 or best offer, or will sell separate 734-282-8207, 734-552-6150

CEMETERY PLOT For Sale
 Reasonable. Our Lady of Hope, Southgate. 734-281-9140

MICHIGAN Memorial Park
 4 lots, block 31. Near Chapel. Asking \$1000 each. 231-536-7421

ALLEN PARK 15231
 Angelique, Thurs-Fri Sept 13 & 14, 8-3 & Sat. Sept 15, 9-noon. 4 families

ALLEN PARK 16014
 Jonas, Sept. 14-15 from 10-6. Huge moving Sale, furniture, and misc.

ALLEN PARK 15231
 Angelique, Thurs-Fri Sept 13 & 14, 8-3 & Sat. Sept 15, 9-noon. 4 families

ALLEN PARK 15239
 Cleveland, Sept. 14 from 9-4, 15th 9-12, 10 to 3 girls clothing, baby items, bedroom set, 5 disc cd changer/stereo.

ALLEN PARK 16268
 White, Sept. 14-15 from 9-4, baby items, and much more.

OCEANS & ALLEN RD.
 4 family sale. Oak decorating supplies, household goods & more. Fri. & Sat. 9-5

ALLEN PARK 15963
 Promenade, Sept. 13-15: 9-4pm. Multi-Family. Clothes, household items, misc., & baby items.

ALLEN PARK 17070
 Keppen Southfield/Outer Dr. Fri. Sat., 9-4 pm. Final sale, all must go!!!

ALLEN PARK 18800
 Moore, Sept. 13-15 from 9:30-4pm. Fish tanks, kiln, sporting, furniture, clothes, etc.

ALLEN PARK 19049
 Philomena, Sept. 13-15 from 10-6pm. From pretty to practical. Arts, crafts, home school items, furniture, tools, etc. Everything must go!

ALLEN PARK 7841
 Niver, Sept. 14-15 from 9-4. Furniture, household, bedding, books, kids stuff, computer desk & equipment.

ALLEN PARK 8010
 Cortland, Sept. 14-15 from 9-4pm. Disney collectibles, baby & toddler items, toys, books, movies, bikes, household, & more

ALLEN PARK 8148
 Robinson, Sat. & Sun., Sept. 15 & 16, 8-4pm. Something for everyone.

ALLEN PARK 9020
 Manor, Sept. 14-15 8-5pm. Boys clothing, toys, household goods, BIG SALE!

ALLEN PARK Big 3
 family sale. Goats, equipment, clothes, household, too much to list. Thurs-Sat 9-5. 14890 Horger.

ALLEN PARK MULTI FAMILY SALE
 Furniture & housewares. Something for everyone! 9/15-16, 9-4. 15556 Horger Ave. off Allen betw. Southfield & Outer Dr.

ALLEN PARK Rummage & Bake Sale
 with all proceeds donated to Last Chance Animal Rescue. Sat. Sept. 15, 8-3. Grace Reform Church, 7215 Pelham Rd. 1 block S. of Ecorse.

ALLEN PARK, Sept. 15 & 16
 8081 Robinson Ave. Quality items, low prices. A must see!!!

BELLEVILLE 46800
 Robson (E. off Belleville Rd. betw. Ecorse & 194) Sept. 13-15: 9-5pm. Huge Multi-Family Sale. antiques, household & more! Retiree's cleaning house, 40 yrs. accumulation. Don't Miss This One!

BROWNSTOWN
 27055 Van Horn, 1 Mile W. of Telegraph Sept. 14-16 from 9-7. Clean Sale, China cabinet, house-hold/bedding items, holiday decorations, Troy-Built trimmer on wheels, bikes, car seats & much misc.

NEED VACATION CASH?
 Sell your unwanted items with a classified ad in HERITAGE CLASSIFIEDS. You get your cash fast!
 1-877-888-3202

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BELLEVILLE 46800
 Robson (E. off Belleville Rd. betw. Ecorse & 194) Sept. 13-15: 9

REAL ESTATE



FLAT ROCK, Great 30' x 30' bldg on Telegraph w/ 3 bdr home, 1 acre, & large garage. \$189,900. 734-878-8051

WEST BRANCH Liquor store for sale, 2 rental homes on property, vacant lot on Riffle River, Year Round Business. 5 wood acres Summer Twp. \$125K/best. 989-345-0049 or 313-561-2802 ask for Stacy

Wayne County 5570
SALINETWP. Adorable 3 br ranch, arena, walkout, 3 car gar., on 10 beautiful acres. Sunsets, horses, or animals. \$279,999. 734-417-1588. 734-429-5907

Wayne County 5580
FAST CASH Sell Classified!

INVESTORS TAKE NOTICE! Leaving town & selling all fully occupied, up to code, 2 family. Great location. 734-626-4553

Wayne County 5585
DEARBORN HTS. 3 bdr, brick ranch, many upgrades \$155. 313-359-3087

FLATROCK: Updated Brick Ranch, 3 bedrooms, 2 baths, finished basement, nicely landscaped, garage, \$155,000. Must see! 734-782-3919

GROSSE ILE 4 bdr, 2.5 bath ranch, 2450 sq. ft. updated, 4 car \$335K. 734-819-3432

ROMULUS All appliances incl. 3 bdr, 1 bath, AC 4 car garage. \$130,000. 734-516-0158

SOUTHGATE MOTIVATED SELLER 12189 Manor, 175,000 850-892-9837

TRENTON 3 bdr, 1.5 bath, family room, 4 car bsmt. 2.5 car gar. 734-250-0743

Northern Property 5540
ALDEN/TORCH Lake Area: 5 bdr Acres short drive to Torch Lake and trails. Ideal vacation spot. Paved road, driveway, cleared site, electric. \$33,900 \$500 down. \$390/mo. 11% Land Contract. www.northernprop.com Northern Land Company 1-800-968-3118

Wayne County 5590
100'S OF Newer Bank Repo's w/ guaranteed financing, save up to \$30,000 family homes. 866-251-1670

ANN ARBOR 1500 sq. ft. 3 bdr 2 bath, incl. frpl, large deck & shed, all appls. new carpet in living rm & bdr, located in Orchard Grove, Price to Sell! Call 734-428-8776

Fast Cash Sell Classified

BELLEVILLE Estate Sale 14X70 2 bdr, a/c, center kitchen, tub & shower separate. \$9,000/best. 734-439-0663

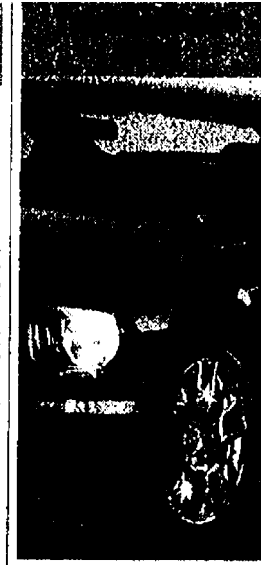
MINNEAPOLIS New & pre-owned homes now available 2001 Holly Park 14x66, \$14,900/option, Financing available Free Lot Rent! 734-362-7336

DR. DANIELS AND SON Real Estate Loans & Cash for Cars, Notes on Real Estate. 248-335-6166, 800-937-6166 danielson@drdanielson.com

SELL YOUR HOUSE! At a fair price. On the date of your choice. We buy houses. Local call 313-910-9722

JACKSON COUNTY. Chelsea Schools. 2 half acre parcels 155 x 146, parked, ready to build. \$39,900/ea. 734-320-3196

SUMMIT TWP. on Dunn Rd. between Sumpter Rd. & Martinsville Rd. near the Township Hall & Police Dept. 16.16 acres, has access road for entry. \$225,000/best offer. 734-740-2847 or 734-461-0978



2004, PARK AVE. warranty, very good condition, \$14,995. 313-408-4296

List your auction where the action is - HERITAGE CLASSIFIEDS. Try our total package which covers all the areas from Dearborn to the Ohio line, and from the Detroit River to Washington County. 1-877-888-3202

DEVILLE, 2002, candy apple red, fully loaded, exc. cond. 74K, \$10,400. 734-283-9940

CHEVY CAVALIER 1994, manual trans, mission \$1,000/best. Call James 313-363-2916

COUGAR, '95, 128K, runs good, looks good. 313-382-4152

FORD ESCORT, 1996, 4 dr, auto, 88K mi, no rust, clean, well maintained. \$1,650. 734-934-8364

JAGUAR XJ6 1989 3.6L, new Alpine stereo, new tires and battery \$3000/best. 734-675-0217 alt 5pm

MUSTANG COUP. 2003, 66,000 mi, auto, A/C, premium sound. \$6500 734-624-4422

MUSTANG GT, '97, stick, low mileage, ~~factory~~ chrome pipes, hub caps, 10 disk cd, Mook II sound, Nice ride. \$7,000 313-408-0529

SEASONAL SPORTING equipment is a best seller in classified.

NISSAN 300 ZX '86 20-30 mpg., all maint. records since brand new, radio broken. \$2,100. 313-865-3950

SATURN SLT, 5 spd, 1996, 100K mi, many new parts. \$2100. 734-334-8517

MERCEDES BENZ SL320 1995. Convertible, exc. cond. \$17,500. 734-676-2372

TOP \$ paid for junk cars. \$100 and up. Free towing. OPEN 7 DAYS 7 a.m. - 8 p.m. 734-223-5551 617-605-6388

PLACE AN AD 1-877-888-3202

1978 YACRAFT 17', 1/0, 140HP, w/trailer, some newer seats & fish finder. \$2,500 /best. 313-580-6704

1989 SYLVAN w/ Johnson 80HP, runs great, ship to shore radio, bilge pump, life jackets, lights, horn, new depth finder, anchors, trailers, boat cover. \$3000. 313-382-5369 or 313-615-9900

MONTE CARLO SS 1988 black, needs exhaust, \$1200 734-934-8256

MONTE CARLO SS, 2000, black, 8,000 miles, stored, perfect cond. \$12,500 734-284-9386

ESCAPE XLT, 2002, loaded, leather, low miles 38K, \$9,900 313-617-2776

ESCORT 1993 4 door wagon, red, automatic, good transportation. \$625 313-769-6198

FOCUS 2003 ZX3 hatchback, 70K miles, Charcoal grey, \$7500. 734-479-8426

FORD F150 1994 XLT 100K Mi., runs good, good shape, \$1850 /best.SOLD

MUSTANG 1995 low miles, V6, auto, adult owned. \$3000. 734-285-0321

MARK VIII 1997 139K Hwy. miles, 32V 4.6L V6, black on black leather, heated seats, CD, power everything, well taken care of. Great condition. \$3900 or best offer 313-622-4156 Howell

FORD MODEL A 1930, 2 door, driveable, extra parts. \$6,500 734-626-5701

CORVETTES WANTED, 1963-72, any condition competitive buyer 800-850-3856 corvettebuyer.com

5000! POLICE Impounded Cars from \$500 for listings 800-498-0660 x134

TOYOTA CELICA 1992 GTS, 111K mi, leather, power, \$800. 734-489-7955

CAMARO Z28 1998, 363 Lingenfelter package, w/450+ HP, low miles, \$28K/best. 734-946-5810

REDUCED! 3 BR, 1 BA ranch in riverside sub, close to schools, shopping & park. Great open layout & good-sized rooms, granite kitchen counters & laminate wood flooring. Must see! View www.4884Argyle.com or Call 947-209551

Open Sunday 2-4 PM 1440 Truman Loop, Milan Great Price! Great Value! Nearly new 4 BR, 3 1/2 BA Craftsman style in Delcor's popular Uptown Village. Enjoy fireplace, CA, garden tub, rec room, & appliances incl. View www.1440Truman.com or Call Carpenter to Arkona. Now \$209,000. #2708651

Barbara Gaines 439-8405 www.SoldTeamUSA.com

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Price Break! Now \$284,900! 4 BR, 3 1/2 BA ranch w/fantastic curb appeal. Fenced acre on cul-de-sac, 2-C garage + 2 1/2-C detached garage. Finished walk-out barn w/family rm & kitchenette. View www.4288Cordova.com #2713109

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Barbara Gaines 439-8405 www.SoldTeamUSA.com

1983 HONDA HTC 185S, runs good, \$350 firm. SOLD. after 5PM

2002 HARLEY Davidson 1200 custom, forward controls, leather saddle bag, windshield, 6300 miles, nice bike, \$6200. 734-231-2390

HARLEY ULTRA Classic 2002 15,500 mi. Warranty, Extras. Exc. condition, \$15K. 313-518-6215

HONDA 400 1979, clean, 9,000 miles, \$1,000 734-626-5701

HONDA 750 automatic, 1978, & 1983 Honda 750 Night Hawk, \$1,800/best. 734-671-0892 between Noon & 4p.m.

ROYAL STAR Venture 2002 loaded, black and chrome beauty. 17K mi., payoff \$9900 734-379-2176

COLEMAN BAYSIDE Pop-up 2003, w/slide-out add-a-room, new tires, very clean. \$7500. 313-582-5950

CLASSIFIED Does it All!

FUN TIME 1983 Travel Trailer, 25ft, very good condition, sleeps 7, \$2400/best. 734-934-7040

JAY FLIGHT 2005 w/ slideout, furnace, stove w/ oven, refrigerator, freezer, microwave, air, many extras, sleeps 8 comfortably, only \$13,500. 734-671-8412

REAL ESTATE AUCTIONS 700+ MI HOMES FEATURED LOCALLY...

• 1915 Sheffield Dr, Ypsilanti. For local info call Diane Klein, Real Estate One, 734-591-9200

• 401 Argyle Court, Milan, 3/1, 1325sf. Call Rex Wonsay, Keller Williams Team Wonsay, 734-339-3900. The above two homes will sell on Sat, 9/22 at 10am.

• 721 Dexter, Milan. Call Patricia Muller, 734-769-7223. This home will sell on Sun, Sep 23rd at 1pm. All three will sell from the Ford Motor Company Conference & Event Center, 1151 Village Rd, Dearborn.

Open house 9/15 & 16 from 1-3pm. Call for details!

FOR TERMS, PHOTOS AND MORE GO TO hudsonandmarshall.com

FOR A FREE AUCTION BROCHURE WITH TERMS & CONDITIONS CALL 1-800-441-9401

HUDSON & MARSHALL REAL ESTATE AUCTIONS

Ask About Our Broker Participation Program \$3000 certified funds required to bid. 5% buyer's premium on each sale. In conjunction with L. Rosser, Bkr # 6504140780.

506 Bristol Chelsea: 2 bd 2 full bath ranch condo with full bsmt. Open floor plan, hardwood fl. in foyer, kitchen, dining rm. First fl. laundry w/ mud rm entry from garage. Must see! \$193,500

440 N. Portage Jackson (Leoni Twp): Cute & clean 2 bed 1 bath home on 2 gorgeous acres. Updated bath, lg. living rm., screened front porch. Quilt area, grass LL schools, Leoni Twp. taxes. 3k credit toward new roof. \$135,500

3175 Cardinal Ann Arbor: Very nice 3 bd 2.5 bath condo end unit that has been freshly painted with a few updates. The main floor has a fantastic open floor plan with the kitchen overlooking the living and dining space. Hardwood floors throughout, finished barn, plenty of storage, master bdr, fenced yard with deck. Two car Port-Cochere with storage. Condo backs up to the Doyle Park tree line. Very quiet neighborhood \$278,000

Kristen Snyder, Surovell Realtors 734-276-9010

Two Great Neighborhoods, Two Great Locations! Built by Cornerstone Homes

Manchester Meadows

• Brand new subdivision in the Village of Manchester featuring 16 private village home-sites with walk-out & view-out sites available

• 1 spec home under construction

• Custom ranch style homes, side entry garages, underground utilities

• M-52, right on Main St., left on Macomb, right on Territorial, left on Shafer, left on Baker

• Model at 342 Baker. Call for an appointment

• Priced from the low \$200,000's

For details on either location call Darrell Kenney • 734-417-3651

Reinhart teamElizabeth brien 734-665-5989 734-645-4444 734-665-0300 734-669-5989

Reinhart Realtors.com Charles Reinhart Company Realtors

STAR CRAFT Pop Up, 1990, exc. condition, sleeps 6, sink, ice box, awning, \$1300 /best. 313-269-1675

FORD RANGER 1994 4 wheel drive, runs good, many new parts, \$3995/best. 734-782-2698

CHRYSLER TOWN & Country, 1994, newer tires, brakes, & tune-up. Runs good. \$1500. 734-284-7362

FORD E-250 2003 Cargo Van, 89K miles, excellent condition, perfect body. \$10300/734-676-4886

FORD E350 super duty 2000 1 ton, auto, air, great work van first \$2100 takes ready for work 734-255-8020

FORD ECONOLINE Work Van, '98, new starter, brakes, & front end. Air, overdrive trans., 108K mi, \$2000, or best. 313-272-8497

FORD WINDSTAR 1999 V6 auto, air, dual sliders, 7 passenger, loaded! \$3900. 734-649-3887

MERCURY VILLAGER 1999 very good condition, \$4450/best. 586-850-5733

HERITAGE CLASSIFIEDS GET RESULTS RESULTS RESULTS 1-877-888-3202

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teamElizabeth brien Dir: 734.669.5989 Cell: 734.645.4444 Office: 734.665.0300 www.elizabethbrien.com elizabeth@elizabethbrien.com

King Crossword Answers Solution time: 21 mins.

DAM HAIKS MEW
IDO ADIEU IVE
PAPER MILL LID
ALI ATOLLS
MASTER YAMS
ANT YEW NITER
SNOB RAJ TORE
TONED DEC NON
EARS WRYEST
KOWTOW EYE
EVA WALLPAPER
PAL SLEET ABO
ILL YEARS NBC

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King Crossword Answers Solution time: 21 mins.

DAM HAIKS MEW
IDO ADIEU IVE
PAPER MILL LID
ALI ATOLLS
MASTER YAMS
ANT YEW NITER
SNOB RAJ TORE
TONED DEC NON
EARS WRYEST
KOWTOW EYE
EVA WALLPAPER
PAL SLEET ABO
ILL YEARS NBC

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Community Beat

UMHS Schedule of Community Events - Fall/Winter 2007



Healthy Hearing

Are You Healthy? Know the Signs.
Stay Healthy. Learn to Live with
Hearing Loss - Food and Cooking Classes

Vital health information for your total well-being.

Welcome to the fall/winter edition of the University of Michigan Health System's *Community Beat*. This issue focuses on cardiovascular health. Heart disease is the leading cause of death in the United States. According to the American Heart Association, Michigan has the eighth highest coronary death rate in the United States and the 12th highest death rate from all heart and vascular diseases combined. In fact, cardiovascular disease kills more Americans, and more Michiganders, than the next five causes of death (cancer, chronic lower respiratory disease, accidents, diabetes mellitus and influenza/pneumonia) combined.

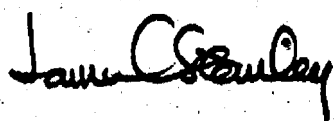
The University of Michigan Health System is on the forefront of advanced efforts to change these statistics, and the U-M Cardiovascular Center is one of the nation's top-rated centers for heart and vascular care. Four months ago, our spectacular new clinical building opened its doors, and we received a \$50 million anonymous gift in recognition and support of our innovative ways of treating and studying cardiovascular disease in Michigan and throughout the nation.

I invite you to visit the center's website (www.med.umich.edu/cvc/) and learn more about the new model of care. You can even take a virtual tour of the new building. For toll-free access to all our cardiovascular services and our Nurse AnswerLine, call (888) 287-1082.

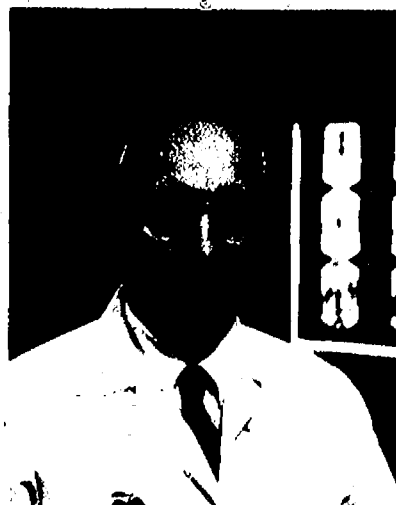
As a leading center, we're known for our ability to handle the most advanced cases, but one of our goals is to keep cardiovascular disease from becoming advanced in the first place. This issue of *Community Beat* also includes articles with eye-opening news about peripheral arterial disease (PAD, page 10) and encouraging news about the treatment of heart attacks (page 4).

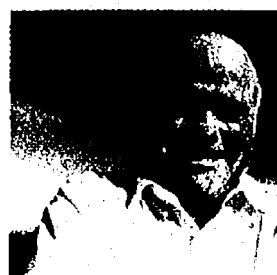
In addition to the extensive listings for UMHS programs available to the community, you will also find support groups, volunteer opportunities and UMHS locations in your area. We hope you find information that will help you and your loved ones lead healthier lives and have healthier hearts.

Sincerely,

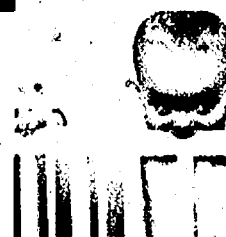


James C. Stanley, M.D.
Director, U-M Cardiovascular Center
Professor of Surgery
Marion and David Handleman Research Professor of Vascular Surgery
Associate Chair, Department of Surgery





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Modern Treatments for Heart Attack and Chest Pain Offer Patients More Hope

Today, there's good news for people who suffer a heart attack or severe chest pain. According to an international study published in the May 3 issue of the *Journal of the American Medical Association*, patients who get modern treatments are much less likely to die, or to experience long-lasting negative effects, than their counterparts even a few years ago. The results suggest that concerted efforts to standardize heart care are working.

The study is from the Global Registry of Acute Coronary Events (GRACE), which has collected data from 44,372 patients treated at 113 hospitals in 14 countries. The new paper is led by cardiologists from the University of Michigan Cardiovascular Center, the University of Edinburgh in Scotland, and Hospital Bichat in France. It's the first time that a study has shown a significant drop in the rate of heart failure and death over such a short time in this population. All the patients had suffered either a kind of severe heart attack or had chest pain (unstable angina). In the seven years of the study, patients became much more likely to receive heart-protecting drugs, including aspirin, cholesterol-lowering statins, clot-reducing drugs, blood thinners and blood pressure-reducing drugs. At the same time, two other treatments increased — an angiography test used to see blocked arteries in the heart, and an angioplasty procedure used as an emergency or post-attack treatment to reopen blockages.

As all these treatments increased, the death rate for patients both in the hospital and in their first six months after going home decreased significantly. So did the risk that patients would develop heart failure or suffer a stroke in their first six months after hospitalization.

"These data are extremely encouraging, and suggest that we're definitely improving heart care and patients' outcomes through the uniform use of evidence-based, proven treatments and the development of guidelines to help providers understand the evidence behind them," says Kim Eagle, M.D., FACC, a co-author on the paper and co-chair of the publication committee for GRACE. He is the Albion Walter Hewlett Professor of Cardiovascular Medicine at the U-M Medical School and a director of the U-M Cardiovascular Center.

For more information, see www.outcomes-umassmed.org/GRACE.

Access to care

Interpreters Available

Free medical interpreters are available for limited-English-speaking or deaf patients with U-M clinic appointments. Patients may request interpreters when making their appointments or may call the numbers listed below.

Fee: Free

Preregistration: Not required

Location: Any U-M Health System Location

Phone: (734) 936-7021, or

Chinese: (734) 615-5443, Japanese:

(734) 615-1714, Russian: (734) 764-8193,

TDD (deaf): (734) 615-5840

Date: Ongoing

URL: www.med.umich.edu/interpreter



Michigan House Calls

A phone call away — Michigan House Calls offers nurse practitioners and physicians who provide in-home medical care to adults who have difficulty leaving their homes.

Fee: Varies

Preregistration: Required

Location: In the patient's home

Phone: (734) 677-1515

Date: Ongoing

URL: www.umvn.org

Michigan Visiting Nurses — Private Duty Service

MVN's Private Duty service works with families who have needs in areas such as daily-living activities, companionship, respiratory care and ventilator management for pediatrics and adults. Our services include care from 4 hours per week to 24 hours a day/7 days a week.

Fee: Varies

Preregistration: Required

Location: In the patient's home

Phone: (734) 677-1515

Date: Ongoing

URL: www.umvn.org

New Hope Outreach Clinic

Accessible primary healthcare services, health screening and referrals for seniors. Operated as a partnership between the New Hope Baptist Church of Ann Arbor and the University of Michigan Health System.

Fee: Varies

Preregistration: Required

Location: 229 Chapin Street, Ann Arbor

Phone: (734) 998-6085

Date: Mondays 8:00 a.m.—noon;

Fridays 1:30 p.m.—4:30 p.m.

URL: www.med.umich.edu/geriatrics/patientprograms/newhope.htm

Regional Alliance for Healthy Schools

The Regional Alliance for Healthy Schools (RAHS) is a school-based health center program that provides access to preventive and primary physical and mental health services for students and families of Bryant, Carpenter, Mitchell and Pittsfield Elementary Schools, Scarlett, East and West Middle Schools, and Stone High School. Services are sponsored by the University of Michigan, the Michigan Departments of Education and Community Health and the Ann Arbor and Ypsilanti Public Schools.

Fee: Free

Preregistration: Required

Location: Scarlett Middle School, 3300 Lorraine, Ann Arbor; Stone High School, 2800 Stone School Road, Ann Arbor; East Middle School, 510 Emerick, Ypsilanti; West Middle School, 105 N. Mansfield, Ypsilanti

Phone: (734) 971-2665

Date: During the school year

URL: www.a2schools.org/rahs/



Health Tip

A Woman's Heart

Most women believe cancer is their greatest health threat — especially breast cancer. However, the reality is that almost twice as many women die from heart disease and stroke than from all forms of cancer combined. Most women also are unaware that heart disease does not strike all women equally. Diagnosing a heart attack presents an additional challenge. While most women recognize chest pain, shortness of breath and pain in the left arm as signs of a heart attack, they often experience the less common symptoms which may include: dizziness, fatigue, nausea and abdominal pain. The U-M Women's Heart Program helps women who have survived a heart-related crisis — or those who face a major risk of having one in the future — to identify, evaluate and reduce cardiovascular risk factors through preventive strategies, early detection and specialized treatment. Call toll free, (888) 287-1082, for an appointment.



University of Michigan Visiting Nurses Lifeline Program

Get 10% off Lifeline Service! Lifeline is an easy-to-use personal-response service that provides quick assistance 24 hours a day, 365 days a year. Available to U-M employees, faculty members, retirees, students or alumni, and to all family members across the United States, who are also eligible to receive a 10% discount off the monthly fee.

Fee: Varies depending upon model selected

Preregistration: Required

Location: United States

Phone: (734) 477-7229

Date: Available now —

call Michigan Visiting Nurses for details

URL: www.umvn.org/lifeline.asp

Cancer Support Groups

Bladder Cancer Support Group

(734) 615-0564

Blood Cancer Discussion Group

(734) 936-5965

Bone Marrow Transplant (BMT) Support Group

(734) 936-5965

Brain Tumor Support Group

(734) 936-9010

Breast Cancer Monthly Support Group

(734) 936-9469

Gynecological Cancer Monthly Support Group

(734) 764-3132

Head & Neck Cancer Support Group

(734) 936-6037

Lung Cancer Support Group

(734) 936-5372

Lymphoma Support Group

(734) 763-9956

Prostate Cancer Support Group

(734) 936-5938

Young Adults with Cancer Support Group

(734) 764-3115

Child and Teen Health

Meningitis Shots for Students and Travelers

U-M's Michigan Visiting Nurses provides meningitis shots to high school and college students and travelers. Call to schedule an appointment or a private clinic at your location (groups of 15 or more).

Fee: \$125.00.

Preregistration: Required

Location: 2850 S. Industrial Highway, Suite 75, Ann Arbor

Phone: (734) 477-7229

Date: Ongoing

URL: www.umvn.org

MFit Youth Exercise/Sports Performance Programs

Get the special assistance that youth, teen and young adult exercisers require. The U-M MFit Health Promotion Division offers programs ranging from general activity and fitness to athletic performance. Participants receive a tailored exercise program, fitness testing, personal training and supervised training sessions with a qualified MFit health and fitness professional. Age requirements may apply.

E-mail: mfitfitnesscenter@med.umich.edu.

Fee: \$275.00

Preregistration: Required

Location: MFit Fitness Center at the Ice Cube, 2121 Oak Valley Drive, Ann Arbor

Phone: (734) 998-8700

Date: 7 days per week; times vary

URL: www.med.umich.edu/mfit/fitness.htm

Safe Sitter

This national program for boys and girls, ages 11-13, teaches skills needed for babysitting, including: what to do when a child is choking, safety for the sitter, how to call for emergency help, babysitting business skills, basic childcare skills and how to entertain children while keeping them safe.

Fee: \$50.00;

scholarships available;

fee includes safe-sitter kit

Preregistration: Required

Location: Various Ann Arbor Locations

Phone: (734) 647-5645

Date: Offered several times throughout the year;

call for dates, times and locations

URL: www.med.umich.edu/mfit/herc



Fitness

Massage Therapy

The Spine Program offers massage therapy at its convenient location just west of Art Van Furniture. Certified massage therapists help with muscular tightness and soreness associated with stress, physical activity or past injury. Myofascial, sports, deep tissue and trigger-point therapy are some of the massage forms we practice.

Fee: \$60.00 for 60 minutes, \$35.00 for 30 minutes

Preregistration: Required

Location: The Spine Program (next to Art Van Furniture), 325 E. Eisenhower, 2nd Floor, Ann Arbor

Phone: (734) 763-4990

Date: Mondays 11:00 a.m.–7:00 p.m.,

Tuesdays and Thursdays 10:00 a.m.–7:00 p.m.,

Wednesdays 10:00 a.m.–5:00 p.m.,

Fridays 8:30 a.m.–6:00 p.m.

URL: www.med.umich.edu/pmr/spine/classes.htm

MFit Exercise and Relaxation Classes

MFit's Exercise and Relaxation classes go on year-round (three sessions each year). Choose classes from Yoga, Tai Chi and Pilates to Body Sculpting, Step Aerobics, and Zumba Dance Fitness and everything in between. Classes meet one or two times per week, for a period of 12–15 weeks.

Fee: Varies

Preregistration: Required

Location: Various

Phone: (734) 975-3024

Date: Call or go on the website for dates and times

URL: www.med.umich.edu/mfit/employee/classes.htm

MFit Fitness Assessments and Body Composition Testing

UMHS MFit Health Promotion Division offers fitness and body composition testing. MFit staff is experienced and qualified to perform testing for many ages and for various fitness and activity levels. Results are an important resource for MFit health and fitness professionals to design or modify your exercise program. E-mail: mfitfitnesscenter@med.umich.edu

Fee: Discounts for MFit Fitness Center members and U-M students

Preregistration: Required

Location: MFit Fitness Center, Central Campus Recreation Building and Other Rec Sports Buildings, Ann Arbor

Phone: (734) 647-7714

Date: Available 7 days per week at various times

URL: www.med.umich.edu/mfit/fitness

MFit Fitness Center Memberships

Get the assistance and care you need and deserve. The University of Michigan MFit Health Promotion Division offers Fitness Center memberships to community members and employees. As a medically oriented fitness center, we are able to serve individuals with complex health histories, seniors, youth, athletes, as well as the general community. MFit offers 3-, 6- and 12-month memberships.

Fee: Discounts for U-M employees and senior citizens

Preregistration: Not required

Location: MFit Fitness Center at the Ice Cube, 2121 Oak Valley Drive, Ann Arbor

Phone: (734) 998-8700

Date: Fitness Center open 7 days per week; call for hours

URL: www.med.umich.edu/mfit/fitness

MFit Fit-Script Special Needs Exercise Programs

UMHS MFit Health Promotion offers assisted and supervised fitness programs for people with special health needs or complex health history. Fit-Script participants



benefit from the expertise of a certified Medical Exercise Specialist, assuring the very best in care and program design. Fit-Script is appropriate for persons

with chronic conditions, post-physical rehabilitation or who have a physician's recommendation to become more active.

Fee: Varies

Preregistration: Required

Location: MFit Fitness Center at the Ice Cube, 2121 Oak Valley Drive, Ann Arbor

Phone: (734) 998-8700

Date: Call for more information

URL: www.med.umich.edu/mfit/fitness

MFit Personal Training Services

MFit Personal Training Services are for individuals of any age or fitness level. Clients receive individualized attention from MFit health and fitness professionals qualified with degrees in exercise science and related fields and with certifications from organizations such as the American College of Sports Medicine. MFit can help you meet your specific needs and goals.

Fee: Discounts for U-M students and MFit Fitness Center members

Preregistration: Required

Location: MFit Fitness Center and U-M Recreation Sports Facilities, Ann Arbor

Phone: (734) 998-8700

Date: 7 days per week, during business hours; hours vary by location

URL: www.med.umich.edu/mfit/fitness/pt.htm

Pilates Classes

Pilates is an effective approach to restoring the natural curves of your spine and relieving tension, while lengthening and strengthening muscles. Classes are taught by certified STOTT instructors and last approximately 60 minutes. Beginner and Advanced Beginner classes are available. Visit the website for current schedules of the specific class levels.



Fee: Varies based upon duration of session; see website for more info.

Preregistration: Required

Location: The Spine Program (next to Art Van Furniture), Aerobics Room, 325 E. Eisenhower, 2nd Floor, Ann Arbor

Phone: (734) 763-4990

Date: Mondays, Tuesdays and Thursdays, 5:30 p.m. and 6:45 p.m.; Wednesdays, 8:30 a.m. and 9:30 a.m.

URL: www.med.umich.edu/pmr/spine/classes.htm

Healthy Living & Mental Well-Being

Beginning Meditation

Meditation is a technique that can be practiced alone, without equipment or expense. It is an amazing mind/body tool that has proven to be effective in managing high blood pressure, sleep disorders, lifestyle changes, habit management and physical or emotional pain. This four-week training is designed for people new to meditation.

Fee: \$80.00

Preregistration: Required

Location: Domino's Farms, Ann Arbor

Phone: (734) 998-5679

Date: Wednesdays, September 19–October 24, 6:00 p.m.–7:30 p.m.

URL: www.med.umich.edu/cvc/health/classes_stress.html



Health Tip

Reducing Stress

In today's busy world, it's impossible to eliminate all external stressors. However, everyone can learn to respond more positively to stress and reduce its negative effects. By doing so, you can become happier, healthier and more effective at managing your life no matter what your circumstances. Stress wears down the immune system and can cause or aggravate symptoms such as chest pain, high blood pressure, irregular heartbeats, anxiety, depression, insomnia and headaches. On the job, stress can contribute to decreased energy and poor concentration. U-M Cardiovascular Medicine at Domino's Farms offers several services to help patients reduce stress and enhance health. Stress management services are also open to people who do not have heart disease, but wish to decrease stress and improve their health and well-being. For more information, visit: www.med.umich.edu/cvc/health/classes_stress.html.

Building Better Bones — Exercise for People with Osteoporosis

This five-week program is designed to provide education about osteoporosis/osteopenia and the causes of bone loss. Learn the many ways to strengthen bone through strength-training and weight-bearing activities, as well as posture/balance and flexibility exercises. You'll also learn about the anatomy of your spine, how to move correctly and safely in your everyday activities and how to avoid postures that could put you at risk for fractures.

Fee: \$80.00; checks or credit cards accepted

Preregistration: Required

Location: The Spine Program, 325 E. Eisenhower, 2nd Floor, Ann Arbor

Phone: (734) 763-4990

Date: Wednesdays only:
September 12–October 10,
October 24–December 5,
January 9–February 6, February 27–
March 26, 5:30 p.m.–7:00 p.m.

Deepening Meditation

This five-week series is for meditators who have finished the first training (Beginning Meditation) and/or those who have had a personal meditation practice for at least several months. The sessions are designed to help those who are sincerely trying to make meditation a part of their everyday lives.

Fee: \$104.00

Preregistration: Required

Location: Domino's Farms, Ann Arbor

Phone: (734) 998-5679

Date: Wednesdays, October 24–
November 28, 6:00 p.m.–7:30 p.m.

URL: www.med.umich.edu/cvc/health/classes_stress.html



MFit Weight Management Program — Healthy Habits for Life

Join the MFit Weight Management program and manage your weight, increase your energy and feel better for life. Our team of registered dietitians and physical-activity and health-behavior experts will guide you toward effective techniques to help you balance your food intake and physical activity to achieve a healthier lifestyle.

Fee: Varies

Preregistration: Required

Location: Various Ann Arbor Locations

Phone: (734) 975-3024

Date: Sessions start in September, January and April; call for dates and locations

URL: www.med.umich.edu/mfit/weight

Restoring Balance: Tools for Stress Management

Learn ways to feel an increased sense of control and calm. In this six-week course, participants learn to manage stress using techniques that bring a sense of well-being, insight and a positive attitude.

Fee: \$115.00

Preregistration: Required

Location: Domino's Farms, Ann Arbor

Phone: (734) 998-5679

Date: Wednesdays, September 19–October 12, 5:30 p.m.–7:00 p.m.

URL: www.med.umich.edu/cvc/health/classes_stress.html

So, My Kidneys Are Failing... Now What?

This program is for patients, their families and friends who are interested in learning more about kidney disease and the treatments available for kidney failure. The class is facilitated by a team of renal professionals, as well as a kidney patient.

Fee: Free

Preregistration: Required; class space is limited to 25; please call the week prior to the meeting to register

Location: B1 C11 University Hospital, 1500 E. Medical Center Drive, Ann Arbor

Phone: (734) 936-2055

Date: First Thursday of every month, 2:30 p.m.–4:40 p.m.

UMHS Tobacco Consultation Service Kick the Habit

UMHS Tobacco Consultation Service, an MFit affiliate, offers this eight-sessions-in-seven-weeks program. The first three weeks are spent preparing to quit. The fourth week is quit day plus a 48-hour follow-up meeting. The last three weeks are spent working on relapse prevention, avoiding weight gain and starting an exercise program. Members will be contacted at 1, 3, 6 and 12 months after group ends. A new group begins each month. Call for next date.

Fee: \$100.00; free to qualified participants

Preregistration: Required

Location: U-M Hospital, 1500 E. Medical Center Drive, Ann Arbor

Phone: (734) 936-5988

Date: Ongoing

URL: www.med.umich.edu/mfit/tobacco

Pregnancy



Breastfeeding Class

A breastfeeding expert presents information regarding the benefits of breastfeeding and infant nutrition. Subjects include breast anatomy and physiology, common problems and solutions, and practical tips for preparing and beginning your breastfeeding experience. Classes taught by an RN, BSN.

Fee: \$30.00

Preregistration: Required

Location: U-M Family Housing Community Center, 1000 McIntyre, Ann Arbor

Phone: (734) 647-1636

Date: Call for dates and times

Childbirth Education — Michigan Visiting Nurses

Expectant parents learn tips for labor and delivery, including breathing and relaxation techniques, in this childbirth education class for new families. Classes last three hours.

English-speaking classes meet two times a month. Private, in-home sessions are available for Spanish-speaking clients.

Fee: \$40.00

Preregistration: Required

Location: TBD, Ann Arbor

Phone: (734) 477-7297 for English-speaking classes; (734) 477-7258 for Spanish-speaking sessions

Date: Call to register or for details

URL: www.ymvn.org

Leg Pain Can Mean Heart Danger: Pay Attention to These Signs

David Dow thought he was having back problems and his legs were hurting as a result. That pain may have saved his life. His doctor's tests revealed the true cause — the arteries going to his legs were nearly 100 percent blocked.

Years of heavy smoking, high-fat meals and other factors had caused cholesterol, scar tissue and blood clots to build up inside his blood vessels. Most people think this kind of clogged artery disease, or arteriosclerosis, happens only in the heart. But as Dow's case shows, it can happen throughout the body. When it does, it's called peripheral arterial disease, or PAD.



Dow isn't alone, says James Stanley, M.D., a director of the University of Michigan Cardiovascular Center and the vascular surgeon who operated on Dow. In his decades as a professor of vascular surgery at the U-M Medical School, Dr. Stanley has operated on thousands of patients with severe PAD. Nearly 30 million people in the United States have some form of the disease, including almost one in five over the age of 70. In some, PAD causes leg pain, which acts as an "early warning" that someone is at high risk for a heart attack or stroke. The vast majority, though, are "silent" cases that don't cause symptoms.

Who's most at risk for PAD? People over 50, smokers, people with diabetes, high blood pressure, high cholesterol, and who are overweight or obese, Stanley explains. It's the same group of individuals who have a high risk of heart attack and stroke. So the advice for preventing PAD, or stopping it before it gets serious, is largely the same: Quit smoking, eat healthier, get more exercise, control your blood sugar if you have diabetes, lose weight, and get your blood pressure and cholesterol levels checked. Plus, ask your doctor if you should take a daily aspirin to prevent clots, or drugs to reduce your blood pressure and cholesterol.

Dr. Stanley recommends that anyone who has discomfort in one or both legs, especially new pain that lasts more than a week, should talk to a doctor. She or he might perform a Doppler examination — a painless, non-invasive ultrasound test that detects blood pressure in the extremity. And the best weapon against PAD is better knowledge of the fact that pain in the legs is more than an inconvenience. "If one has PAD, there are two issues," says Dr. Stanley, "what happens to your leg, and what happens to your life."

Find more information on the Web at: U-M Cardiovascular Center: Peripheral Arterial (or Vascular) Disease:
http://www.med.umich.edu/libr/aha/aha_pervasdi_crs.htm.

Childbirth Refresher Class

This class is designed for women who have taken the Prepared Childbirth class in the past and want to practice their coping strategies, or who have already had a baby and would like a refresher. This class helps you to perfect your relaxation, breathing and coping strategies for labor.

Fee: \$40.00

Preregistration: Required

Location: U-M Family Housing Community Center, 1000 McIntyre, Ann Arbor

Phone: (734) 647-1636

Date: Call for dates and times, this is a 2.5-hour class

CPR: Infant and Child Class

This class is designed to teach basic infant CPR and airway obstruction. Time is provided during the class to practice with CPR mannequins.

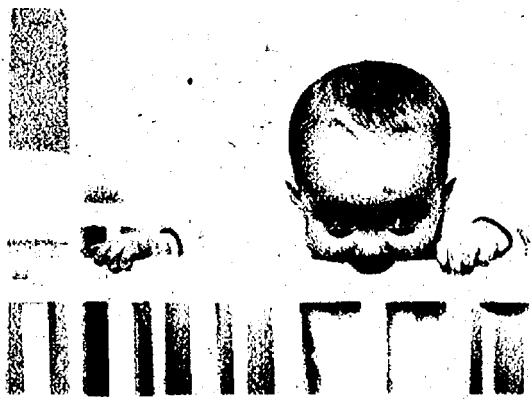
Fee: \$40.00

Preregistration: Required

Location: U-M Family Housing Community Center, 1000 McIntyre, Ann Arbor

Phone: (734) 647-1636

Date: Call for dates and times



Happiest Baby on the Block Class

This class teaches the methods from *Happiest Baby on the Block*, Harvey Karp's popular book about how to soothe babies. Attendees will learn about the "Missing 4th Trimester," the "Calming Reflex," the "5 S's" and the "Cuddle Cure."

Fee: \$20.00; class participants receive materials with a retail value of \$40.00

Preregistration: Required

Location: The U-M Women's Health Resource Center, 1500 E. Medical Center Drive, Ann Arbor

Phone: (734) 936-8886

Date: Third Monday of each month, 6:00 p.m.-8:00 p.m.

URL: www.thehappiestbaby.org



Health Tip

It's Time to Quit

Did you know that your risk for coronary heart disease (clogged heart arteries), the most common cause of death in the U.S., is cut in half following only a year after you stop smoking? Quitting smoking also reduces the likelihood of having breathing problems and lung and other cancers. Here are a few quit-smoking tips from UMHS Tobacco Consultation Services (TCS) to help you break the tobacco cycle:

- Set a quit date.
- Tell family, friends and co-workers of quit plan.
- Ask for support.
- Get rid of all tobacco paraphernalia.
- Know your triggers.
- Drink lots of juice and water.
- Eat frozen grapes.
- Begin a new exercise program.
- Reward yourself.
- Think positively.
- Don't be discouraged. You can do it. Never stop trying!

UMHS TCS, an affiliate of MFit, is dedicated to assisting individuals who wish to be free from tobacco addiction. Visit: www.med.umich.edu/mfit/tobacco or call (734) 936-5988.

MFit Baby Care Basics

Learn the basics of caring for your newborn once you come home from the hospital. This class covers normal newborn appearance, diapering, bathing, burping and other important topics for new parents.

Fee: \$10.00 per person

Preregistration: Required

Location: Brighton Health Center, Canton Health Center, Chelsea Health Center and East Ann Arbor Health & Geriatrics Center

Phone: (734) 647-5645

Date: Call for dates and times

URL: www.med.umich.edu/mfit/herc

MFit Mommy and Me Exercise Class

Mommy and Me will help cultivate physical, mental and emotional well-being for you and your baby. Class begins with aerobic activity, is followed by strengthening and flexibility exercises, and ends with relaxation techniques and an opportunity to share information with other new mothers. You may start this class with your baby at any time, and the cost of the class will be prorated. Most new mothers are ready to start an exercise program six weeks after giving birth. A baby carrier (e.g., baby bjorn) is recommended, and a physician's clearance is necessary to participate.

Fee: \$80.00

Preregistration: Required

Location: East Ann Arbor Health & Geriatrics Center, Lower Level Conference Room, 4260 Plymouth Road, Ann Arbor

Phone: (734) 975-3024

Date: Mondays, September 10-October 29, 10:00 a.m.-11:00 a.m.

URL: www.med.umich.edu/mfit/employee/classes.htm

MFit Realities of Parenthood

Becoming a parent is a wonderful, exciting and beautiful thing! The reality is that having a baby is also stressful, confusing and exhausting. A baby changes everything! Learn how to keep your relationship strong, how to take care of yourself, handle the stress that a baby brings, how to build support and much more.

Fee: \$10.00 per person

Preregistration: Required

Location: East Ann Arbor Health & Geriatrics Center,
Lower Level Conference Room,
4260 Plymouth Road, Ann Arbor

Phone: (734) 647-5645

Date: October 6 and December 1, 10:00 a.m.–noon;
call for additional dates and times

URL: www.med.umich.edu/mfit/herc

Newborn Care & Infant Massage

This class teaches what every parent should know about caring for their newborn. Experience hands-on practice with swaddling and diapering. Infant massage will teach you special strokes and moves to soothe and stimulate babies in a nurturing, bonding experience. Babies will cry less, sleep better, are less colicky, and can handle more stress and stimulation.

Fee: \$40.00

Preregistration: Required

Location: U-M Family Housing Community Center,
1000 McIntyre, Ann Arbor

Phone: (734) 647-1636

Date: Call for dates and times

New Parents' Survival Guide

New parents face new challenges when they bring their baby home from the hospital. This class gives you tools to deal with sleepless nights. Learn skills and find out about resources for surviving and thriving during those crucial first weeks with your new baby.

Fee: \$35.00

Preregistration: Required

Location: U-M Family Housing Community Center,
1000 McIntyre, Ann Arbor

Phone: (734) 647-1636

Date: Call for dates and times

Prepared Childbirth Class

This is a Lamaze-based childbirth program. Our comprehensive class covers topics specific to the preparation for the birth of your baby, including signs and stages of labor as well as the emotional and physical aspects of labor and delivery. Strong emphasis is placed on breathing, massage, coaching and coping techniques.

Fee: \$90.00; covered by M-Care

Preregistration: Required

Location: U-M Family Housing Community Center,
1000 McIntyre, Ann Arbor

Phone: (734) 647-1636

Date: Call for dates and times;
classes are offered in several formats



Sibling Celebration Class

Come celebrate becoming a big brother or sister! Designed for children ages 2–6 years of age. Parents will learn how to prepare their child for the "new baby."

Fee: \$25.00

Preregistration: Required

Location: U-M Family Housing Community Center,
1000 McIntyre, Ann Arbor

Phone: (734) 647-1636

Date: Call for dates and times

Senior Health

Advance Directives

Get help planning for future medical and healthcare decisions. Individual appointments may be scheduled for preparation of durable power of attorney for health care (to appoint your patient advocate) and a living will, with assistance from a trained volunteer. Information and forms provided.

Fee: Free

Preregistration: Required

Location: Turner Senior Resource Center,
2401 Plymouth Road, Ann Arbor

Phone: (734) 764-2556

Date: Mondays 1:00 p.m. or 2:00 p.m., by appointment

URL: www.med.umich.edu/geriatrics



Caring for Aging Relatives

This six-week caregiver seminar is for anyone needing information about caring for aging relatives. Each session covers a specific topic, such as: Medicare/Medicaid, community resources, dementia, legal issues, pharmacy, substance abuse,

depression and the physical changes of aging.

Fee: Varies

Preregistration: Required

Location: Turner Senior Resource Center,
2401 Plymouth Road, Ann Arbor

Phone: (734) 764-2556

Date: Thursdays, September 27–November 1,
6:00 p.m.–8:00 p.m.

URL: www.med.umich.edu/geriatrics

Coffeehouse

Coffeehouse is an education and support program for people with early memory loss. Participants are encouraged to talk about their concerns, frustrations and experiences living with memory loss, as well as take an active role in celebrating life. Services include educational support for caregivers.

Fee: Varies, based on income

Preregistration: Required

Location: Turner Senior Resource Center,
2401 Plymouth Road, Ann Arbor

Phone: (734) 998-9352

Date: Thursdays 9:30 a.m.–1:30 p.m.

URL: www.med.umich.edu/geriatrics/

Fitness over 60

Classes offered include strength training, low-impact aerobics and Tai Chi. All classes are modified to meet the needs of your fitness level and to increase strength, balance and flexibility. Join at any time if space permits; fees will be prorated.

Fee: Scholarships available.

Preregistration: Required

Location: Turner Senior Resource Center,
2401 Plymouth Road, Suite C, Ann Arbor

Phone: (734) 998-1198

Date: 7-week classes; days and times vary according to the class

URL: www.med.umich.edu/geriatrics/

Functional Fitness for Older Adults

This exercise program was developed for individuals 60 years and older who are interested in increasing their fitness level, knowledge of health and overall well-being. Participants will be oriented to equipment and exercises to enhance strength, cardiovascular fitness, balance, posture and flexibility. Individuals must be able to walk independently without assistive devices and able to understand verbal and visual instruction. Limited class size.

Fee: \$135.00; renewal fee \$90.00

Preregistration: Required

Location: The Spine Program, 2nd Floor, 325 E. Eisenhower, Ann Arbor

Phone: (734) 763-4990

Date: Twice a week for 8 weeks; days and times vary; check website for details

URL: www.med.umich.edu/pmr/spine/classes.htm



Health Tip

Tart Cherries

Tart cherries may be good for more than just making pie, according to new data from an animal study conducted by University of Michigan Health System researchers. In a study involving rats, the researchers report that animals receiving powdered tart cherries in their diet had lower total cholesterol, lower blood sugar, less fat storage in the liver, lower oxidative stress and increased production of a molecule that helps the body handle fat and sugar, compared with rats that didn't receive cherries as part of an otherwise similar diet. All of the rats had a predisposition toward high cholesterol and prediabetes, but not obesity. The researchers say the correlation between cherry intake and significant changes in metabolic measurements suggests a positive effect from the high concentrations of antioxidant compounds called anthocyanins, which are found in tart cherries. It's not yet known if cherry-rich diets might have a similar impact in humans, but a U-M team will soon launch a small clinical trial to find out. Meanwhile, additional research is being carried out in animals prone to both obesity and diabetes. To read more about the study, visit: www.med.umich.edu/opm/newspage/2007/cherries.htm.

Housing Bureau for Seniors

This program provides services to seniors in the community. Services include housing/relocation information, counseling services regarding housing options, homeshare services and assistance in paying taxes.

Fee: Free

Preregistration: Not required

Location: Turner Senior Resource Center,
2401 Plymouth Road, Suite C, Ann Arbor

Phone: (734) 998-9339

Date: Mondays–Fridays, 8:00 a.m.–5:00 p.m.

URL: www.med.umich.edu/chs/senior.htm

Improving Your Memory

This three-session memory-improvement course covers how memory changes with age, factors that cause changes in memory and techniques and strategies for improving memory. The fee includes the book, *Improving Your Memory: How to Remember What You're Starting to Forget*, by Janet Fogler and Lynn Stern.

Fee: \$40.00

Preregistration: Required

Location: Turner Senior Resource Center,
2401 Plymouth Road, Suite C, Ann Arbor

Phone: (734) 764-2556

Date: October 31, November 7 and 14,
2:00 p.m.–4:00 p.m.

URL: www.med.umich.edu/geriatrics/

Improving Your Memory Class for Baby Boomers

Do you want to learn techniques to keep your memory sharp in your work life or as you move into retirement? Do you want to understand how memory works? If so, attend the two-session memory course, which includes the book, *Improving Your Memory: How to Remember What You're Starting to Forget*, by Janet Fogler and Lynn Stern.

Fee: \$40.00

Preregistration: Required

Location: Turner Senior Resource Center,
2401 Plymouth Road, Ann Arbor

Phone: (734) 764-2556

Date: October 16 and 23,
5:30 p.m.–7:30 p.m.

URL: www.med.umich.edu/geriatrics/

Meals to Homebound Seniors

Motor Meals delivers meals to homebound seniors, unable to drive or take the bus.

Fee: Donation varies

Preregistration: Required

Location: Your home in Ann Arbor

Phone: (734) 998-6686

Date: Ongoing

URL: www.med.umich.edu/chs/meals.htm

Memory Keepers



Memory Keepers is an early-stage memory-loss group focused on reminiscence therapy and cognitive games. Lunch is included

with the group sessions.

Fee: Varies, based on income

Preregistration: Not required

Location: Turner Senior Resource Center, 2401 Plymouth Road, Ann Arbor

Phone: (734) 764-2556

Date: Tuesdays 9:30 a.m.–1:30 p.m.

Mind Matters

A new four-week program for early-stage individuals recently diagnosed with mild cognitive impairment, Alzheimer's disease or other dementia, and for their family members. This education program is co-sponsored by Silver Club Programs, the Alzheimer's Association and St. Joseph Mercy Senior Health Services.

Fee: Free

Preregistration: Required

Location: Turner Senior Resource Center, 2401 Plymouth Road, Ann Arbor

Phone: (734) 998-9352

Date: October 17, 24, 31 and November 7, 4:30 p.m.–6:30 p.m.

URL: www.med.umich.edu/geriatrics

Older Adult Counseling

Turner Geriatric Clinic social workers provide counseling services for older adults. Persons who could benefit from counseling may be feeling depressed, adjusting to illness, experiencing stress, having marital problems, grieving or having concern for an elderly parent or loved one. The counselors work with people to set achievable goals and find ways to attain them.



Health Tip

Aspirin

Aspirin may reduce your risk of having a heart attack, but whether or not you should take aspirin is something you should discuss with your healthcare provider. Research shows that the benefits of a daily aspirin depend on your age and gender. Aspirin affects the way blood clots, making your blood less likely to clot and block a narrowed artery. Aspirin may have benefits during a heart attack, while recovering from a heart attack or after heart surgery. Not everyone should take aspirin regularly. Daily use of aspirin can cause symptoms such as stomach irritation, internal bleeding and hearing loss. Do not take aspirin unless you first talk with your healthcare provider.

Fee: Covered by Medicare; co-payments may be covered by secondary insurance

Preregistration: Required

Location: Turner Geriatric Clinic Social Work, East Ann Arbor Health & Geriatrics Center, 4260 Plymouth Road, Ann Arbor

Phone: (734) 764-2556

Date: Ongoing

URL: www.med.umich.edu/geriatrics

Osher Lifelong Learning

Institute (formerly Learning in Retirement)

Offered year-round, the Osher Lifelong Learning Institute provides lectures, mini-courses and study groups on a wide range of topics for adults, age 55 and older. Speakers include guests from the community and U-M faculty. Join us for a lecture, mini-course, writing group or one of the following study groups: opera, current events, camera club, investment club, foreign language, history, literature. There is something for everyone's interest.

Fee: \$15.00 annual membership; class and lecture fees vary; scholarships available

Preregistration: Required

Location: Turner Senior Resource Center, 2401 Plymouth Road, Suite C, Ann Arbor; 4260 Plymouth Road, Ann Arbor

Phone: (734) 998-9351

Date: Mondays–Fridays year-round; dates and times vary

URL: www.ollumich.org

Silver Club

Silver Club is designed to meet the needs of older adults with memory loss. This group meets in Ann Arbor (Tues., Thurs, Fri., Sat.) and Ypsilanti (Mon., Wed.). Activities — exercise, music, gardening, socialization and service projects — are designed for fun, to stimulate memory and to promote continued independence.

Fee: Varies, based on income

Preregistration: Required

Location: Turner Senior Resource Center, 2401 Plymouth Road, Ann Arbor; Brown Chapel AME Church, Ypsilanti



Phone: (734) 998-9352

Date: Days vary based on location

URL: www.med.umich.edu/geriatrics/

Smoking Cessation for Seniors

It's never too late to quit smoking! Turner Social Work and the Tobacco Consultation Service sponsor quit-smoking classes designed for older adults. Class scholarships, assistance with transportation and assistance obtaining nicotine replacement are available. The first three weeks are preparation to quit, everyone quits on the fourth session, and the last remaining weeks focus on relapse prevention. Call for more information.

Fee: Free

Preregistration: Required

Location: Turner Senior Resource Center,
2401 Plymouth Road, Ann Arbor

Phone: (734) 936-5988

Date: September 8–October 30; November 6–December 18

URL: www.med.umich.edu/geriatrics

Turner Asian American Outreach

The Asian American Outreach Program offers a variety of educational and recreational activities for Korean and Chinese older adults. Participants engage in activities such as health lectures, book groups, calligraphy, water color,

computer learning, lunch and Asian holiday celebrations. Program's mission is to improve and enhance the quality of life for Asian American older adults, based on their culture. To learn more, leave a message in English, Korean or Chinese at (734) 998-6311.

Fee: Free

Preregistration: Required

Location: Turner Senior Resource Center, Suite C,
2401 Plymouth Road, Ann Arbor

Phone: (734) 998-6311

Date: Mondays–Fridays, 9:00 a.m.–5:00 p.m.

URL: www.med.umich.edu/geriatrics

Turner Senior Resource Center

Take advantage of programs and services to improve healthy living and the quality of life for older adults.

Services and facilities include: computer instruction, exercise classes, cooking demonstrations, health education seminars, chess, special events and much more.

Fee: Free

Preregistration: Not required

Location: Turner Senior Resource Center,
2401 Plymouth Road, Ann Arbor

Phone: (734) 998-9353

Date: Mondays–Fridays, 9:00 a.m.–5:00 p.m.

URL: www.med.umich.edu/geriatrics/

2007-2008 MFit Culinary Class Schedule

Renowned culinary experts make high-fit, low-fat cooking and eating tastier, healthier and easier than ever! All classes \$30.00 or \$50.00 for 2 except Knife Skills, which is \$35.00 or \$60.00 for 2.

2007

- Sept. 12** Knife Skills
- Sept. 26** Fall's Bountiful Harvest
- Oct. 10** Whole Grains & Leafy Greens
- Oct. 24** The Kids' Choice: Selecting Scrumptious Snacks
- Nov. 7** Sensational Seafood with Monahan's Seafood Market
- Nov. 28** Festive Party Fare
- Dec. 12** DASH Your Way to Better Health with Super Easy Suppers

2008

- Jan. 9** Knife Skills
- Jan. 23** Real Meals in 30 Minutes with Guest Chef Rebecca Miller from Busch's
- Feb. 6** Gone Fishin' with Lizzie & Kathy
- Feb. 27** Splendid Soups
- Mar. 12** More Amazing Vegetarian Recipes with Guest Chefs Susan & Maggie from Whole Foods Market
- Apr. 9** Salads for Spring, Summer or Anytime...
- Apr. 23** Knife Skills
- May 7** Eat to Win (No Grain = No Gain!) with Guest Presenter Caroline Mandel, MS, RD, Director Sports Nutrition, U-M Athletic Dept.
- May 21** In the Herb Garden with Guest Presenter Peter Stark from Renaissance Acres Organic Herb Farm

All classes are held at the East Ann Arbor Health & Geriatrics Center in the lower-level demonstration kitchen, 4260 Plymouth Road, Ann Arbor.

To register or for more information, visit www.med.umich.edu/mfit/nutrition/cooking.htm or call (734) 975-3024.



Senior Support Groups

African-American Alzheimer's Support Group

(734) 482-9891

Caring for Aging Relatives Support Group

(734) 764-2556

Caring for Your Mate Support Group

(734) 764-2556

Diabetes Support Group for Older Adults

(734) 763-4781

GLOW (Gays/Lesbians Older & Wiser)

(734) 764-2556

Hearing-Loss Support Group

(734) 998-9353

Intergenerational Women's Support Group

(734) 764-2556

Low-Vision Support Group

(734) 764-2556

New Outlooks Support Group

(734) 764-2556

Smoke-Free Support Group for Older Adults

(734) 764-2556

Weight-Loss Support Group for Older Adults with Diabetes

(734) 763-4781

Weight-Loss Support Group for Seniors

(734) 764-2556

Special Events

The Big House Big Heart Run

The race starts and finishes at U-M's famous football stadium, The Big House. This chip-timed 5K starts in the parking lot east of The Big House, and takes you through campus to The Big House tunnel and onto the field.

Fee: \$28.00 prior to, and \$30.00 after September 1; \$35.00 on race weekend; \$7.00 of the entry fee is a tax-deductible contribution

Preregistration: Not required

Location: Michigan Stadium, Ann Arbor

Phone: (734) 929-9027

Date: September 30, 9:00 a.m.

URL: www.bighousebigheart.com

Gemini Benefit Concert for Holden NICU

All are invited to a concert for children and families performed by the well-known group, Gemini, to raise money for the Holden NICU.

Fee: \$10.00

Preregistration: Not required

Location: 637 1/2 S. Main Street, Ann Arbor

Phone: (734) 761-1451

Date: November 25, 1:00 p.m.

URL: www.a2ark.org

Save-A-Heart Celebration of Wine and Food

This annual event features 150 wines available for tasting plus food samples from some of the area's most popular restaurants. The event includes live jazz and a silent auction. The proceeds benefit the U-M Congenital Heart Center at C.S. Mott Children's Hospital.

Fee: \$60.00 per person

Preregistration: Not required

Location: Michigan League, 911 N. University, Ann Arbor

Phone: (734) 936-9134

Date: November 9, call for details

URL: www.umsaveaheart.org

University of Michigan Transplant/Gift of Life Michigan

Sign up now to receive a heart sticker for your driver's license or state ID card, designating your wish to be a donor. Go to our website for more information on how to register.

Fee: Free

Preregistration: Not required

Phone: (800) 482-4881

URL: www.giftoflifemichigan.org/showusyourheart

Van Boven Benefit Day

On November 4th, 15% of the sales from Van Boven's Men's Clothing will benefit the construction of the new U-M Women's and Children's Hospital.

Fee: Free

Preregistration: Not required

Location: Van Boven Men's Clothing,

326 S. State Street, Ann Arbor

Phone: (734) 936-9134

Date: November 4, noon-5:00 p.m.

URL: www.mottchildrenshospital.org

Walk to Cure Diabetes

Help make a difference in the lives of people with type 1 diabetes! Enjoy morning refreshments, post-walk snacks, entertainment, children's activities and plenty of family fun!

Fee: Each walker is asked to raise a minimum of \$100.00

Preregistration: Not required

Location: Register at Huron High School; walk at Gallup Park (southwest corner of Geddes and Huron Parkway)

Phone: (248) 355-1133

Date: September 23, registration starts at 8:30 a.m.; walk starts at 9:30 a.m.

URL: <http://www.walk.jdrf.org/index.cfm>

Walk to Remember and Tree Planting Ceremony

The Mott, Women's and Holden Hospitals and the Nichols Arboretum will host "A Walk to Remember and Tree Planting Ceremony." This annual event recognizes "National

MFit Cherry Pear Cobbler

Serves 8

A recent study shows that tart cherries may have several benefits for your health. Turn to the Health Tip on page 13 to learn more. This recipe can be made in a 9x11x2-inch baking dish instead of individual ramekins. However, we like the individual ramekins, which provide portion control and the ability to freeze any leftover servings for later!

FILLING:

2 teaspoons unsalted butter
4 pears firm-ripe, peeled and diced
4 cups tart cherries (frozen, pitted, Montmorency red tart cherries)
3/4 cup sugar
3 tablespoons crystallized ginger, finely chopped and divided
3 tablespoons all-purpose flour
4 teaspoons unsalted butter

TOPPING:

2/3 cup sugar
3/4 cup all-purpose flour
1 teaspoon baking soda
1/2 teaspoon salt
1/2 teaspoon cardamom
4 tablespoons almond paste, broken into small chunks
1 tablespoon butter, cut into cubes
3/4 cup low-fat buttermilk, chilled

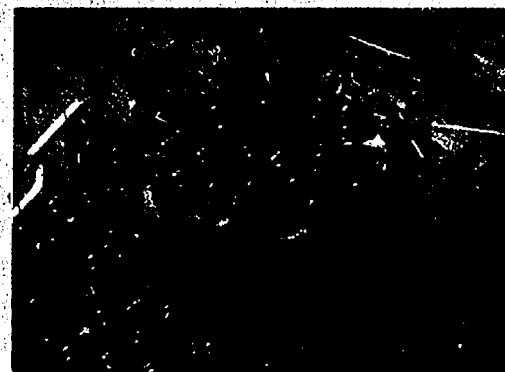
Preheat oven to 350°F. Melt 2 teaspoons of butter and lightly brush 8, 1-cup ovenproof ramekins or custard cups with the butter. Place baking cups onto a rimmed baking sheet. In a large mixing bowl, combine pears, cherries, 3/4 cup sugar, 1 tablespoon ginger and 3 tablespoons all-purpose flour. Distribute fruit mixture between the 8 baking cups. Dot each cup with 1/2 teaspoon of butter (cut into tiny pieces). Bake in preheated oven for about 25 minutes or until fruit is bubbly.

While the filling is baking, combine the topping ingredients in the bowl of a food processor, pulsing the blade to process after each addition (the mixture will be quite moist). Remove fruit from the oven and drop batter in heaping tablespoons on top of the fruit — about 3 tablespoons per cup. Sprinkle with the reserved 2 tablespoons of chopped ginger and return to the oven to bake about 20 minutes, until the topping is golden brown and the filling is bubbling thickly. Serve warm or at room temperature, with a small scoop of frozen yogurt.

Nutrient calculations: Per Serving (excluding unknown items): 372 Calories, 7g Fat (16.7% calories from fat), 4g Protein, 77g Carbohydrate, 4g Dietary Fiber, 12mg Cholesterol, 335mg Sodium. Exchanges: 1 Grain (Starch), 1 1/2 Fruit, 0 Non-Fat Milk, 1 1/2 Fat, 2 1/2 Other Carbohydrates.

For more information about our programs, or to order an MFit cookbook, visit: www.med.umich.edu/mfit/nutrition/.

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Pregnancy and Infant Loss Awareness Month." Anyone who has experienced perinatal loss and all U-M staff are invited.

Fee: Free

Preregistration: Not required

Location: M-29 Parking Lot at UMMC & Nichols Arboretum, off E. Medical Center Drive, Ann Arbor

Date: October 20, 12:30 p.m. (parking in the M-29 Lot, a.k.a. "The Pit," is restricted for use only by guests at this event; all other vehicles will need to vacate by 10:00 p.m. October 19 until 4:00 p.m. October 20)

URL: www.med.umich.edu/nursing/holden/walktoremember.html

Support Groups

ALS Support Group

(734) 615-2070

Amputee Support Group

(734) 975-3139

Cystic Fibrosis Support Group

(734) 764-5417

Depression after Delivery Support Group

(734) 615-0322

Depression Support Group

(734) 764-0267

(Adult) Heart Transplant Support Group, Pre- & Post-Treatment

(734) 763-9788

Hemophilia Support Group

(734) 936-6393

HIV+ Support Group

(734) 763-9227

Kidney Education Class

(734) 936-2055

Kidney & Pancreas Transplant Support Group

(734) 936-4600

Lung Transplant Support Group

(734) 936-3124

SHARING Support Group

(734) 936-9758

Washtenaw Alliance for Mentally Ill

(734) 994-6611

Volunteer Opportunities

There are many ways you can support deserving organizations in your community. Volunteer today! Give a gift to yourself and to others—the possibilities are endless. Please call for more information.

Art Cart Volunteers

Love people? Like art? Share famous paintings with patients and their families and spread cheer at the same time! Gifts of Art is seeking volunteers for its Art Cart program, a lending library of framed poster art for patients at the University of Michigan Hospitals. Call Gifts of Art at (734) 936-ARTS or e-mail goa@umich.edu for more information.

U-M Blood Drives

You can save a life—donate blood. You're encouraged to secure a donor appointment by visiting www.givelife.org. Search the "goblue" sponsor code and choose from a list of all U-M sponsored blood drives.

U-M Comprehensive Cancer Center Volunteers

Volunteers at the U-M Comprehensive Cancer Center "give a little... get a lot." Regardless of your assignment, you can play a critical role in our mission to conquer cancer. To find out about the many meaningful opportunities, call (734) 936-8307.

Elder Life Volunteers

Consider volunteering with Elder Life, a University of Michigan Hospital program, to help maintain cognitive, physical and emotional well-being in hospitalized older patients. Assist with therapeutic activities, supportive visits, feeding assistance and early mobilization. Excellent training with a one-year commitment, 3-4 hours a week. (734) 936-5964



FRIENDS Gift Shops

Participate in all aspects of retail shop operations at the University of Michigan Health System gift shops. All proceeds go to worthwhile organizations that benefit patients and families. (734) 936-4327

Michigan Visiting Nurses

Volunteer with clerical support in a small-office setting. (734) 477-7222

Motor Meals of Ann Arbor



Need a lunch date? Volunteers deliver lunch and dinner to homebound Ann Arbor residents, Monday-Saturday. Volunteer drivers use their own car, and deliver on average 13 meals per route. Sign up to deliver meals once a week, once every other week, once a month, or whatever fits into your schedule. Meals are delivered noon-2:00 p.m. (734) 998-6686

Mott Hospital Family Resource Center Volunteers

Responsibilities all focus on supporting families at Mott Hospital. Tasks include greeting families, reception, bedside communication, kitchen duty, computer assistance, data collection, telephone work... whatever a family needs, we're there to help and support! (734) 763-3656

Turner Geriatric Clinic & Resource Center

Interested in working with older adults? Come, share your skills and learn new ones—older adult specialty services, health promotion, community resources and learning programs. Opportunities are available for greeters, resource persons, friendly visitors, committee members, computer helpers, facilitators, Silver Club helpers and special event supporters. (734) 764-2556

Women's Health Resource Center

Help staff the resource library and assist women and their families to discover free health information. (734) 936-8886

UMHS Volunteer Services

Assist U-M Hospital staff and faculty by adding a unique, personal dimension to the provision of patient/client care. (734) 936-4327

University of Michigan Health System

Ann Arbor

Briarwood Family Medicine
1801 Briarwood Circle, Bldg. 10
(734) 998-7390

Briarwood Health Associates
325 Briarwood Circle, Bldg. 5
(734) 647-9000

Briarwood Medical Group
375 Briarwood Circle, Bldg. 3
(734) 998-7207

East Ann Arbor Health and Geriatrics Center
4260 Plymouth Road
(734) 647-5670

Family Medicine at Domino's Farms
24 Frank Lloyd Wright Drive, Lobby H
(734) 647-5640

Integrative Family Medicine
1801 Briarwood Circle, Bldg. 10
(734) 615-1900

Kellogg Eye Center in Ann Arbor
1000 Wall Street
(734) 763-1415

Kellogg Eye Center at Briarwood
325 Briarwood Circle, Bldg. 5
(734) 647-9000

Taubman General Medicine
1500 E. Medical Center Drive
3rd Level Taubman Center
Reception Area B
(734) 936-5582

West Ann Arbor Health Center
4900-A Jackson Road
(734) 998-7380

Brighton

Brighton Health Center
8001 Challis Road
(810) 227-9510

Kellogg Eye Center in Brighton
5728 Whitmore Lake Road
(810) 227-2357

Canton

Canton Health Center
1051 N. Canton Center Road
(734) 844-5400

Kellogg Eye Center in Canton
1051 N. Canton Center Road
(734) 844-5400

Chelsea

Chelsea Health Center
14700 E. Old U.S. Highway 12
Chelsea Family Practice (734) 475-1321
Internal Medicine Specialists of Chelsea
(734) 475-4003

Dexter

Dexter Family Medicine
7300 Dexter-Ann Arbor Road
Suite 110
(734) 426-2796

Howell

Howell Pediatrics
711 Byron
(517) 548-1020

Livonia

Kellogg Eye Center in Livonia
19900 Haggerty Road
(734) 432-7811

Livonia Center for Specialty Care
19900 Haggerty Road
(734) 432-7811

Livonia Health Center

20321 Farmington Road
(248) 888-9000

Milford

Kellogg Eye Center in Milford
320 W. Commerce
(248) 684-7337

Saline

Saline Health Center
700 E. Woodland Drive
(734) 944-1260

West Bloomfield

Kellogg Eye Center in W. Bloomfield
5829 W. Maple Road
(248) 855-2071

Ypsilanti

Kellogg Eye Center in Ypsilanti
Barron Professional Building
4870 Clark Road, Suite 102
(734) 434-0404

Reichert Health Building

5333 McAuley Drive
Allergy/Asthma (734) 572-8834
Dermatology (734) 936-4054
Ophthalmology (734) 434-2810

Ypsilanti Health Center

200 Arnet Street
(734) 482-6221

For maps and physician listings, visit:
www2.med.umich.edu/healthcenters/



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We will be: The first place where people want to come when they need health care. The leaders in education and advancing medical and health service. The place where people prefer to work.

Fall/Winter 2007

The *Community Beat* website includes all of the events in this publication and additional events.

For more information, visit www.med.umich.edu/communitybeat/.

September

- 6 Kidney Disease and Treatment Class (9)*
- 8 Smoking Cessation for Seniors Class Begins (15)
- 10 MFit Mommy and Me Exercise Class Begins (11)
- 12 Building Better Bones Exercise Class Begins (8)
- 17 Happiest Baby on the Block Class (11)
- 19 Beginning Meditation Course Begins (8)
- 19 Restoring Balance, Stress Management Course Begins (9)
- 23 Walk to Cure Diabetes (16)
- 27 Caring for Aging Relatives Seminar Begins (12)
- 30 The Big House Big Heart Run (16)

October

- 4 Kidney Disease and Treatment Class (9)
- 6 MFit Realities of Parenthood Class (11)
- 15 Happiest Baby on the Block Class (11)
- 16 Improving Your Memory for Baby Boomers Course Begins (13)
- 17 Mind Matters, Dementia Program Begins (14)

- 20 Walk to Remember and Tree Planting Ceremony (16)

- 24 Building Better Bones Exercise Class Begins (8)
- 24 Deepening Meditation Course Begins (8)
- 31 Improving Your Memory Course Begins (13)

November

- 1 Kidney Disease and Treatment Class (9)
- 4 Van Boven Benefit Day (16)
- 6 Smoking Cessation for Seniors Class Begins (15)
- 9 Save-A-Heart Celebration (16)
- 19 Happiest Baby on the Block Class (11)
- 25 Gemini Benefit Concert for Holden NICU (16)

December

- 1 MFit Realities of Parenthood Class (11)
- 6 Kidney Disease and Treatment Class (9)
- 17 Happiest Baby on the Block Class (11)

January

- 3 Kidney Disease and Treatment Class (9)
- 9 Building Better Bones Exercise Class Begins (8)
- 21 Happiest Baby on the Block Class (11)

February

- 7 Kidney Disease and Treatment Class (9)
- 18 Happiest Baby on the Block Class (11)
- 27 Building Better Bones Exercise Class Begins (8)

March

- 6 Kidney Disease and Treatment Class (9)
- 17 Happiest Baby on the Block Class (11)

April

- 3 Kidney Disease and Treatment Class (9)
- 21 Happiest Baby on the Block Class (11)

May

- 1 Kidney Disease and Treatment Class (9)
- 19 Happiest Baby on the Block Class (11)

*(page number)

A Phone Call Away

Access to Mental Health Services
Information and Referral
(800) 525-5188

Cancer AnswerLine
Cancer Information and Referral
(800) 865-1125

Physician Referral Services
UMHS Physician Information and Referral
(800) 211-8181

U-M Health System
Patient - Visitor Information
(734) 936-4000

U-M Telecare
Recorded Hospital, Health
and Referral Information
(800) 742-2300

U-M Telecare-by-Fax
Maps, Directions, Information by Fax
#2500 then request doc. #1113
(800) 742-2300

Women's Health Resource Center
• Health and Wellness
Information
Resources for Women
(734) 936-8886



Community

HEALTH GUIDE

SAINT
JOSEPH
MERCY
HEALTH SYSTEM
A MEMBER OF TRINITY HEALTH

Fall 2007

Classes
Programs
Support Groups

REMAINS THE SAME
FOR THE BEST

Community



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.

What's Inside

- 3 Cancer Education and Research
- 4 Children's, Adolescent and Teen Health
- 4 CPR/Basic Life Support/ACLS
- 5 Health Exploration Station
- 5 Diabetes Education
- 6 Exercise and Fitness
- 6 Healthier Living
- 7 Healthy Cooking
- 7 Heart/Cardiovascular
- 8 Lungs/Pulmonary
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- 14 Weight Loss Programs
- 14 Women's Health
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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.



CyberKnife® Revolutionary Cancer Treatment is Here

Saint Joseph Mercy Health System is the first and only health care system in the state of Michigan to offer the CyberKnife®, an advanced radiosurgery system that delivers targeted treatment to tumors anywhere in the body. Learn more at www.sjmercyhealth.org or call 888-474-HOPE (888-474-4673).

Cancer Education and Research

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, September 19-November 7 and November 14-January 23;
11 a.m.-12:30 p.m.

734-712-5800

Cancer Research Studies - Seeking Volunteers

Vaginal Dryness Study: Postmenopausal women, with or without history of cancer, who are experiencing vaginal symptoms of dryness and/or itching and are looking for a non-hormonal treatment can participate in this study.

Mindful Relaxation Study: Teaches cancer patients before their first chemotherapy treatment relaxation techniques that may help relax the mind and body while receiving treatments.

Men's Hot Flash Study: Being treated for Prostate Cancer? Experiencing an average of four or more hot flashes per day? This study will be evaluating the effectiveness of study medications on men's hot flash symptoms and on quality of life.

Selenium Study: Patients diagnosed with Stage I Lung Cancer, who had the cancer removed, are invited to participate in a clinical trial to prevent another primary cancer from coming back.

Fatigue Study: Low energy? Experiencing cancer related fatigue? An exciting new study may be available for you.

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 a.m.-12 p.m.

888-635-9257

Prostate Cancer Screening

For men 50 and over (40+ if African American or family history). Includes PSA and digital rectal exam. Breast cancer risk assessment and light refreshments available. Free


Ypsilanti/Cancer Center:

September 18, 5-8 p.m.

Brighton/Woodland Cancer Center:


October 9, 5-7 p.m.

800-231-2211



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Visit us online at www.sjmercyhealth.org/careers to explore employment opportunities.

Children's, Adolescent and Teen Health

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

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.

Canton/Canton Health Center:

Sunday, September 30; 1-5 p.m.

Ypsilanti/Women's Health Center:

Sunday, November 11; 1-5 p.m.

734-712-5400/800-231-2211

Transitions

For girls ages 13-17, this therapy group will provide the tools needed in today's world to successfully transition from middle school to high school. Fee involved (may be covered by insurance).

Ann Arbor/Behavioral Services:

734-786-8032

ShapeDown

Parents and children ages 6-18 work together in this innovative ten-week weight management program to learn how healthy eating, an active lifestyle and effective communication promote weight loss. Free orientations listed below. Scholarships available. \$400 (may be covered by insurance).

Ypsilanti/Women's Health Center:

Thursday, September 27; 6:30-7:30 p.m.

Thursday, November 1; 6-7 p.m.

Thursday, December 6; 6-7 p.m.

734-712-5800

Advanced ShapeDown

Ongoing meetings held every other Thursday; 6:30-8 p.m. A parent/child exercise session is held on the alternate Thursdays, 6:30-7:30 p.m., for a total of ten sessions. Scholarships available. \$175/10 sessions (may be covered by insurance).

734-712-5800

CPR/Basic Life Support/ACLS

ACLS

ACLS re-certification class for healthcare professionals, must have current ACLS card to attend. \$145

Howell/SJM Livingston Hospital:

Thursday, November 8; 8 a.m.-1 p.m.

517-545-6517

Adult & Pediatric CPR & First Aid

This initial class, designed for day care providers, teachers and/or for employment, covers CPR, choking, AED and first aid for adult, child and infant. \$95

Howell/SJM Livingston Hospital:

Saturday, September 29, 8:30 a.m.-4 p.m.

517-545-6517

Adult & Pediatric Heartsaver CPR

American Heart Association (AHA) CPR course covers adult, child and infant CPR, foreign body airway obstruction maneuver and automated external defibrillation (AED). Recommended for day care providers, teachers, and/or for employment. Prerequisite for First Aid class. \$55

Howell/SJM Livingston Hospital:

Tuesday, October 9; 6-9:30 p.m.

517-545-6517

Basic Life Support for Healthcare Providers

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 two years, book included. Call for dates and times or register online at www.sjmercyhealth.org. Initial Certification - \$130; Renewal - \$70

Howell/SJM Livingston Hospital:

517-545-6517

Basic Life Support Skill Check

For students who have completed the online AHA Healthcare Provider Course. Online certification is required prior to taking this course. Call for dates and times or register online at www.sjmercyhealth.org. \$15

Howell/SJM Livingston Hospital:

517-545-6517

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 large, interactive exhibit gallery is open to the public on the fourth Thursday of each month.

CPR Family and Friends

AHA class for community members over the age of 16 who are interested in learning the basic skills necessary to respond to emergencies. It does not meet the requirements for persons seeking a credential for CPR. \$38

Ypsilanti/Women's Health Center:

Monday, October 15, November 17, December 10; 6-9 p.m.
734-712-5800

Howell/SJM Livingston Hospital:

Thursday, September 27, October 25, November 29; 7-9:30 p.m.
517-545-6517

Family & Friends First Aid for Children

A basic first aid AHA class for community members for ages 16 and over, with limited or no medical training. This course does not meet the requirements for a credential in first aid training. \$38

Ypsilanti/Women's Health Center:

Thursday, September 27, October 25; 6-9 p.m.
734-712-5800

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 I 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

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



Send a Gift!

Send flowers, candy, balloons or 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.

Exercise and Fitness Classes

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: September 10 - October 22 and November 5 - December 21.

			Fee
Ageless Strength Training (55+)	Tuesday	9:30-10:15 a.m.	\$40
Ageless Strength Training (55+)	Thursday	9:30-10:15 a.m.	\$40
Cardio Circuit	Monday	7:30-8:15 a.m.	\$40
Cardio Core!	Wednesday	7:30-8:15 a.m.	\$40
Cardio Kickboxing	Monday	6:30-7:30 p.m.	\$68
Cardio Kickboxing	Wednesday	6:30-7:30 p.m.	\$68
Cardio Kickboxing	Thursday	7-8 p.m.	\$68
Cardio Strength	Wednesday	4:15-5 p.m.	\$40
Pilates	Tuesday	4:25-5:25 p.m.	\$68
Pilates	Tuesday	5:30-6:30 p.m.	\$68
Pilates	Wednesday	9:30-10:30 a.m.	\$68
Pilates	Thursday	5:30-6:30 p.m.	\$68
Pilates	Friday	9:30-10:30 a.m.	\$68
Strength Training	Monday	12:15-12:50 p.m.	\$30
Strength Training	Monday	4:15-5 p.m.	\$40
Strength Training	Tuesday	12:15-12:50 p.m.	\$30
Strength Training	Thursday	11:30 a.m.-12:05 p.m.	\$30
Tai Chi*	Friday	12:05-12:55 p.m.	\$90
Teen Fitness	Tuesday	6:45-7:30 p.m.	\$40
Yoga	Monday	11:30 a.m.-12:05 p.m.	\$35
Yoga	Monday	5:15-6:15 p.m.	\$68
Yoga	Wednesday	12:15-12:50 p.m.	\$35
Yoga - Intermediate	Thursday	12:15-12:50 p.m.	\$35
Yoga/Pilates Fusion	Monday	9:30-10:30 a.m.	\$68
Yoga/Pilates Fusion	Wednesday	11:30 a.m.-12:05 p.m.	\$35
Yoga/Stretch	Wednesday	5:15-6:15 p.m.	\$68

*Tai Chi sessions are Aug. 31 - Oct. 26 & Nov. 2 - Dec. 21

Healthier Living

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

This highly-effective session combines the power of hypnotic conditioning with behavior modification techniques to help you stop smoking. 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 St. Joseph Mercy Hospital:

Saturday, October 13; 10 a.m.-12 p.m.

800-848-2822

Kidney Replacement Therapy Education

Do you or a family member have kidney disease? Reduce stress and fear by learning about the different options for kidney replacement therapy. A nurse, dietitian, social worker and patient advocate will be available to answer questions.

Ypsilanti/Women's Health Center:

Tuesday, October 9, November 6; 10 a.m.-2 p.m.

734-712-3470

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, September 18, November 20; 7:30-9 a.m.

734-712-4543

Classes are \$30 each unless otherwise noted, and are held at the Ellen Thompson Women's Health Center Culinary Studio. 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
Living Well with Diabetes	Monday, September 17	5:30 p.m.
Get Hooked on Fish	Thursday, September 20	5:30 p.m.
Healthy Harvest Menu	Thursday, October 4	5:30 p.m.
Exploring Gluten-Free Grains	Monday, October 8	5:30 p.m.
Exploring Gluten-Free Grains	Tuesday, October 9	5:30 p.m.
Vegetarian Wonders	Monday, October 15	5:30 p.m.
Soups On!	Monday, October 22	5:30 p.m.
Whole Grain Exploration	Thursday, October 29	5:30 p.m.
Try Thai	Monday, November 5	5:30 p.m.
Marvelous Meats	Thursday, November 8	5:30 p.m.
Mediterranean Style Cooking	Monday, November 12	5:30 p.m.
It's a Family Affair (\$18.50/person)	Monday, November 19	5:30 p.m.
Joy of Soy	Monday, December 3	5:30 p.m.
Get Hooked on Fish II	Thursday, December 6	5:30 p.m.
Kid's Cook I (\$18.50/person)	Monday, December 10	5:30 p.m.

Private Hands-On Cooking Classes

Choose from an array of healthy cooking classes taught by Registered Dietitians who are Culinary Specialists including ethnic cuisine. \$35/person (ten-person minimum requirement).

Ypsilanti/Women's Health Center:

734-712-5800

"...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:

734-712-3105

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

Watch for these and other upcoming MHVI Fall Events:

Legs for Life: Tuesday, September 18, 8 a.m.-4 p.m., MHVI, Ann Arbor. A national screening program to identify patients at risk for peripheral vascular disease. Blood pressure screening, stroke risk assessment and ankle brachial index measurements taken. Each participant meets with a peripheral vascular specialist to discuss his or her risk for developing peripheral vascular disease. Free

Atrial Fibrillation A to Z: Options for Care: September 29, 8:30 a.m.-12:30 p.m. Hellenic Cultural Center, Westland. This program is intended to give insight to our community, patients and their family members on the basics of atrial fibrillation. Free

Peripheral Vascular Conference: Brain Attack! New Treatments for Stroke: November 3, 8:30 a.m.-12:30 p.m., MHVI Auditorium, Ann Arbor. This event is for anyone interested in learning about the risk factors, diagnosis and management of stroke. Free

All of these programs require registration.
- Visit www.mhvi.org or call 800-231-2211.

Heart/Cardiovascular (Cont.)

Chair Yoga

Not comfortable doing yoga on the floor? Enjoy the benefits of yoga and relaxation from a chair or from your wheelchair with gentle yoga poses and stretches to increase flexibility, strength and reduce muscle tension. Learn breathing and relaxation techniques to manage stress and calm the mind with our registered yoga instructor. \$60/six sessions

Ypsilanti/Michigan Heart & Vascular Institute:
Thursdays; 5:30-6:30 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.-12 p.m.
734-712-5100

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

Yoga for Health

Gentle stretching, yoga postures and techniques for relaxation and stress management. Ideal for people with or at risk for cardiovascular disease, but everyone is welcome. Certified Cardiac Yoga Instructor. Free trial class! \$60/six sessions

Ypsilanti/Michigan Heart & Vascular Institute:
Tuesdays; 5:30-6:45 p.m.
734-712-3546

Lungs/Pulmonary

Pulmonary Rehabilitation

Exercise and educational program for those who suffer from lung disease. Supervised by a respiratory therapist. Fee involved.

Ypsilanti/Howell: 734-712-5367

Pregnancy, Childbirth and Infant Care

101 Answers for New Parents

A question and answer session with a board certified pediatrician. Topics include fussiness, colic, fevers, breastfeeding, digestive concerns, sleep positions, cold symptoms and infant breathing patterns. Free

Howell/SJM Livingston Hospital:
Second Monday monthly; 7-8 p.m.
517-545-6600

Baby Basics

Designed for first time parents. Learn the skills of feeding, bathing, diapering, skin care, soothing and safety. \$40

Howell/SJM Livingston Hospital:
Saturday, November 10; 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

Breastfeeding Support Services

One-on-one appointments with a lactation consultant for new moms having breastfeeding problems or concerns. Fee involved (may be covered by insurance).

Howell/SJM Livingston Hospital:
517-545-6830

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. \$75/couple

Ypsilanti/Brighton/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

Canton/Canton Health Center:

Saturday, October 27; 9 a.m.-12 p.m.

Howell/SJM Livingston Hospital:

Saturday, September 29, October 27; 9 a.m.-12 p.m.

Ypsilanti/Women's Health Center:

Saturday, October 13, November 10, December 8;
9 a.m.-12 p.m.

Community Baby Shower

An educational fair that hosts a wide range of vendors who serve families in Washtenaw County. Over 40 vendors will be on hand to provide information on baby and motherhood products and care, breastfeeding, doulas and midwives, financial planning and more. Open to the public and designed for expectant parents and families with young children. Snacks and door prizes will be provided. Free

Ypsilanti/Women's Health Center:

Saturday, October 6; 10 a.m.-2 p.m.

734-544-2973

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

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, October 10, November 14, December 12; 7-9 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

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, November 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

Howell/SJM Livingston Hospital:

Tuesday, October 9, November 13, December 11; 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, October 1; 7:30-9:00 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, September 13, November 8; 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 ten-minute video tour!

Seniors

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

Home Assessment

An Occupational Therapist will come to your home and evaluate your environment in order to determine any areas that may hinder your independence with basic living activities as well as any safety issues. A prescription from a medical doctor is required. Fee involved, may be covered by insurance

517-545-6710

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

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.



Low Vision Rehabilitation Program

This program is designed to prevent falls and increase independence and safety of adults when a loss of vision is severe enough to hinder performance with basic living activities. A prescription from a doctor, ophthalmologist or optometrist is required. Fee involved, may be covered by insurance.

Howell/SJM Livingston Hospital:

517-545-6710

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

Nutrition for Healthy Aging

Please join us as a clinical nutritionist discusses changes in nutritional needs as we age. Explore nutrition's role in slowing or preventing age related declines in health and function. Please call to register. Payment at the door. \$5

Ypsilanti/Senior Health Building:

Friday, November 9; 1-3 p.m.

734-712-2804

Pre-Driving Rehabilitation

This program is designed to evaluate the basic skills of driving and is preformed by a licensed occupational therapist. A prescription from a medical doctor is required. Fee involved, may be covered by insurance.

Howell/SJM Livingston Hospital:

517-545-6710

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

Sharp at Any Age: Techniques for Improving Your Memory

A fun and practical four-week workshop in which participants will learn a variety of methods to maintain and improve memory function. Each highly interactive session will build on information from prior weeks. Call to register. \$35/series

Ypsilanti/Senior Health Building:

Wednesdays, October 3-24; 1-2:30 p.m.

734-712-2126

Silver Advantage

For those 50 and over, this health, wellness and educational program is 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

Specialty Services

Massage Therapy & Bodywork 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 cardiovascular assessments. Call for rates and appointments.

734-712-5419

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



Asian Indian Women's Association

"Women's Day" Forum

Explore a variety of exhibits, free chair massages, blood pressure, blood sugar and cholesterol checks, and prizes. Lunch with keynote speakers and entertainment. \$20 members, \$30 non-members.

Novi/Rock Financial Showplace:

Sunday, September 23, 2007, 9:30 a.m.-5:30 p.m.

313-277-5692

100 Top Hospitals Celebration

Saint Joseph Mercy Saline Hospital is one of the nation's 100 Top Hospitals. Join in the fun as we celebrate, featuring Radio Disney and their live D-Tour show with music, games and prizes.

Saline/SJM Saline Hospital:

Sunday, September 16; 2-4 p.m.

734-429-0235

Making Strides Against Breast Cancer Walk

Join our SJMH Cancer Center team as we participate in this American Cancer Society event to support breast cancer prevention, early detection, lifesaving research, and programs that help breast cancer patients and their families. For more information and to register, visit <http://makingstrides.acsevents.org> or call 734-712-7264.

Ann Arbor/Gallup Park:

Saturday, October 20

Passport to Safety

Visit us at the largest indoor kids safety event of its type in the Midwest! Kids can learn about stranger danger, 911 training, safety in automobiles, on bicycles and water safety. Go to www.livoniapassporttosafety.com for more information.

Livonia/Laurel Park Mall:

Saturday, September 22, 2007; 11 a.m.-3 p.m.

Saint Joseph Mercy Saline Hospital

Dinner at Eight

Proceeds from the Saint Joseph Mercy Saline Hospital Dinner at Eight event will benefit the Hospital's Community Health Pavilion project.

Ann Arbor/Travis Pointe Country Club:

Saturday, September 29; 7 p.m.-12 a.m.

734-712-5412

Saint Joseph Mercy Livingston Hospital

Harvest Ball

Proceeds from the 2007 Saint Joseph Mercy Livingston Harvest Ball will benefit research and programs at the Warren R. and Lauraine A. Hoensheid Cancer Center at the Woodland Health Center.

Brighton/Lakelands Golf & Country Club:

Saturday, November 10; 7 p.m.-12 a.m.

734-712-8684

2007 St. Joe's Holiday Ball, As Time Goes By

Proceeds from the 2007 St. Joe's Holiday Ball, As Time Goes By, will benefit the Oncology Unit/Patient Towers project.

Ypsilanti/EMU Convocation Center:

Saturday, December 8; 6:30 p.m.-12 a.m.

734-712-4040

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

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.

Ypsilanti/Administration Services:

Tuesdays; 7:30-9 p.m. Call for dates. 734-973-7892

Howell SJM Livingston Hospital:

Call for dates. 517-545-6312

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 and related diseases.

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

Breather's Club

Reduce the impact of lung disease and improve your breathing in this free support group. Call for topics.

Ypsilanti/St. Joseph Mercy Hospital:
Second Wednesday monthly
734-712-5367

Howell/SJM Livingston Hospital:
Second Tuesday monthly; 12-1 p.m.
517-545-6020

Stroke Club

For stroke survivors and/or their caregivers, family and friends.

Ypsilanti/St. Joseph Mercy Hospital:
Second Wednesday monthly; 3:30-4:30 p.m.
734-712-4290

Howell/SJM Livingston Hospital:
Third Tuesday monthly; 12:30-2 p.m.
517-545-6710

Surviving After Suicide

Support group for people who have lost a loved one to suicide.

Howell/SJM Livingston Hospital:
First Tuesday monthly; 7-9 p.m.
517-540-9037

What Now? From Maternity to Motherhood

Drop-in monthly meeting for new mom and her baby. An informal discussion to share ideas and learn more about caring for yourself and your newborn. Free

Ypsilanti/Women's Health Center:
Wednesday, October 3, November 7, December 5; 10 a.m.-12 p.m.
734-712-5400/800-231-2211

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 those 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/SJM Livingston Hospice:
Individual and family grief counseling available for anyone
grieving the loss of a loved one. 517-540-9125

Support Groups and Programs (Cont.)

Heart/Cardiovascular Support Groups

Amputee Support Group: 734-712-3516

Group Heart-to-Heart Network: 734-712-3852
(for people with cardiovascular disease)

Heart Failure Support Group: 734-712-5100

Implanted Cardioverter Defibrillators Support Group:
734-712-8036

Partners at Heart: 734-712-3852

For spouses/significant others of people with cardiovascular disease.

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

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, September 20; 7-8:30 p.m.

Saturday, November 10; 1-2:30 p.m.

734-712-5800

NutriCare Fitness Program

An ongoing, all-inclusive lifestyle weight management program focusing on nutrition, exercise and lifestyle changes. Classes are led by a Registered Dietitian, Social Worker and Exercise Physiologist. Classes begin every 3 weeks. Call for dates and to register. \$145/12-week session

Ypsilanti/Women's Health Center:

734-712-5800

NutriCare Healthy Eating, Weight & Cholesterol Management Program

This interactive 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. Call to register. \$288 (may be covered by insurance)

Ypsilanti/Women's Health Center:

Tuesdays, September 11-October 2 and November 6-27;
6-7:30 p.m.

734-712-5800



Weight Loss Programs

HMR Weight Management Programs

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. Call for free orientation dates.

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/St. Joseph Mercy Hospital:

Saturday, October 13; 1-3 p.m.

Howell/SJM Livingston Hospital:

Wednesday, October 18; 6:30-8:30 p.m.

800-848-2822

Women's Health

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

Register online at www.sjmercyhealth.org

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 an 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

No One Dies Alone

Seeking volunteers to sit with and provide comfort to patients who are dying and have no loved ones present. There is no patient care involved; volunteers will act as companions for a few hours.

Ypsilanti/St. Joseph Mercy Hospital: 734-712-3508

Hospital

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

Some classes are non-refundable, but are transferable. Call 800-231-2211 for more information.

CLASS REGISTRATION FORM

Do you have a scholarship? Yes <input type="checkbox"/> No <input type="checkbox"/> Pending <input type="checkbox"/> ID# _____ Change in address or phone for registration since last registration? Yes <input type="checkbox"/> No <input type="checkbox"/> Change in address or phone for payor since last registration? Yes <input type="checkbox"/> No <input type="checkbox"/> Are there any special conditions or disabilities? Yes <input type="checkbox"/> Describe _____					
CLASS SELECTION			PARTICIPANT INFORMATION		Office Use
CLASS	NAME OF CLASS	COST	FIRST NAME		CK <input type="checkbox"/> CA <input type="checkbox"/>
1ST CHOICE		\$	LAST NAME		CC <input type="checkbox"/> CR <input type="checkbox"/>
ALT. CHOICE		\$	BIRTHDATE	GRADE _____ GENDER M <input type="checkbox"/> F <input type="checkbox"/>	
ALT. CHOICE		\$	ADDRESS	CITY	Total \$
			ST	ZIP	Disc.
			EMAIL		
Payor Name (Person Paying for Class(es))	FIRST NAME		LAST NAME		1 Make check payable to: Saint Joseph Mercy Health System
	ADDRESS		CITY		
Credit Cards Please complete entire section	HOME PHONE ()		WORK PHONE ()		2 Include payment: Credit from account: \$ _____ \$ _____ AMOUNT PAID
	EMAIL		BIRTHDATE		
	GENDER M <input type="checkbox"/> F <input type="checkbox"/>				
	PAYMENT INFORMATION <input type="checkbox"/> CHECK <input type="checkbox"/> CREDIT CARD <input type="checkbox"/> OTHER <input type="checkbox"/> CREDIT ON ACCOUNT				
Credit Cards Please complete entire section	NAME		TOTAL FEE (Required) \$		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 996 Ann Arbor, MI 48106
	<input type="checkbox"/> VISA <input type="checkbox"/> MASTERCARD <input type="checkbox"/> AM EXPRESS Sorry we cannot accept debit cards at this time				
	CARD #		EXP. DATE		
	SIGNATURE (REQUIRED)				

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

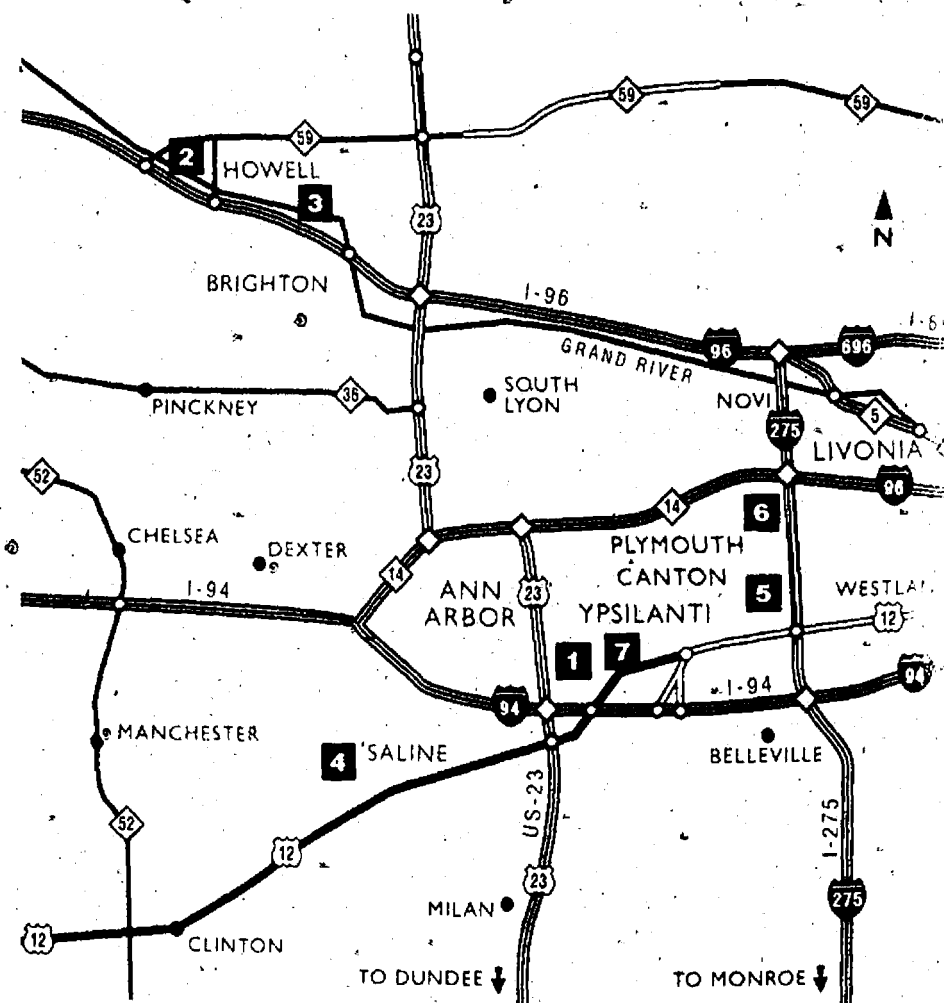
620 Byron Road
Howell, MI 48843
Phone: 517-545-6000

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

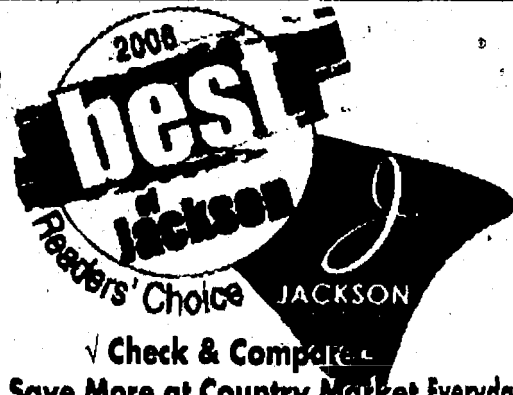
990 W. Ann Arbor Trail
Plymouth, MI 48170
Phone: 734-414-1010

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.

Country Market



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201 PARK AVENUE
517-783-4226

JACKSON
1210 W. PARNALL RD.
517-796-4606

JACKSON
1821 SPRING ARBOR RD.
517-787-5228

JACKSON
2119 FERGUSON RD.
517-787-6096

CHELSEA
1255 S. MAIN ST.
734-433-0130

BROOKLYN
11301 BROOKLYN RD.
517-592-4040

SALINE
1335 E. MICHIGAN AVE.
734-944-7878

ADRIAN
1535 W. MAUMEE
517-265-4190

ADRIAN
1392 S. ADRIAN HWY.
517-263-0569

DEXTER
7001 ANN ARBOR/DEXTER RD.
734-424-9600

MICHIGAN LOTTERY

PACKAGED LIQUOR

DOUBLE COUPONS TO 50¢

OPEN 6 AM TO MIDNIGHT
7 DAYS A WEEK

Sale prices effective Wednesday September 12 thru Tuesday September 18, 2007

**POWERADE
ISOTONIC
DRINKS**
Selected Varieties
32 oz.

2/\$1

LIMIT 6
per customer with
\$15 additional
purchase

**PILLSBURY
GRANDS!
BISCUITS**
Selected Varieties
16 - 17.3 oz.

2/\$1

LIMIT 2
per customer with
\$15 additional
purchase

**USDA Choice Beef
BONELESS
RIBEYE
STEAKS**

\$7.99
LB.

**"Pork"
The Other White Meat
PORK
STEAK
Family Pack**

\$1.09
LB.

**California
Red or Green
SEEDLESS
GRAPES**

98¢
LB.

FRONT PAGE BONUS BUYS!

These Prices Are For You!! Our Customers That Shop With Us, Day In,
Day Out, Rain or Shine!!! These Bonus Buys Are Your Reward For
Being A Loyal Country Market Customer!!!
Compare Our Hometown Prices to Anyone!



**CAMPBELL'S
SPAGHETTI &
SPAGHETTIO'S**
Selected Varieties
14.8 - 15 oz.

5/\$2

LIMIT 5
per customer with
\$15 additional
purchase

**BANQUET
POT PIES**
Selected Varieties
7 oz.

4/\$1

LIMIT 8
per customer with
\$15 additional
purchase

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: marykennedy@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!



KELLOGG'S SPECIAL K CEREAL & SNACK BARS
4.62 - 4.88 oz.
Selected Varieties

2/\$3

KELLOGG'S 30% FREE BONUS PACK CEREALS
Frosted Flakes 19 oz., Froot Loops 19 oz., Corn Pops 19 oz.

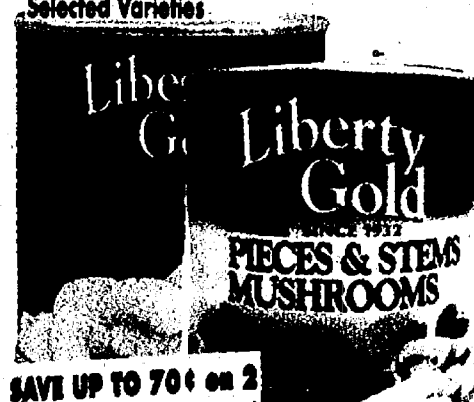
2/\$5

GENERAL MILLS CEREAL & QUAKER CAP'N CRUNCH & LIFE CEREALS
11.5 - 16 oz.
Selected Varieties

5/\$9

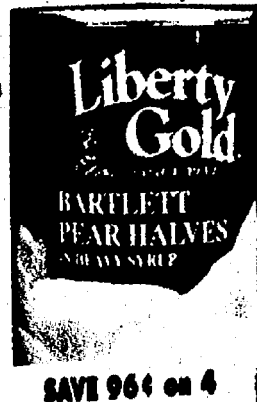
LIBBY JUICY JUICE
64 oz.
Selected Varieties

\$2.00



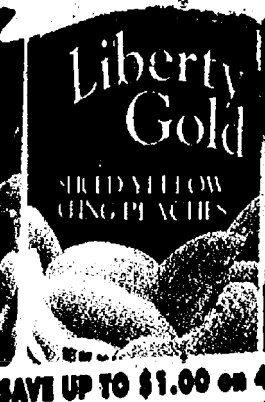
LIBERTY GOLD MUSHROOMS & MANDARIN ORANGES
4 - 11 oz.

2/\$1



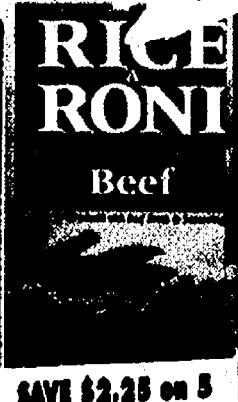
LIBERTY GOLD CANNED FRUITS
15 - 20 oz.
Selected Varieties

4/\$3



LIBERTY GOLD PEACHES
29 oz. Value Size
Selected Varieties or PINEAPPLE JUICE
46 oz.

4/\$5



GOLDEN GRAINS RICE A RONI OR PASTA RONI
3.8 - 7.2 oz.
Selected Varieties

5/\$5



KEN'S DRESSINGS
16 oz.
Selected Varieties

\$1.75

BREAD & GRAINS



AUNT MILLIE'S HOMESTYLE BREADS
24 oz.
Cracked Wheat or Buttermilk

2/\$3



AUNT MILLIE'S MONEY STYLE HAMBURGER OR HOT DOG BUNS
8 ct.

2/\$3



SARA LEE WHOLE GRAIN BREADS
20 oz.

2/\$3



D'ITALIANO BREADS
16 oz.
Regular or Light

2/\$3



PILLSBURY BISCUITS & DINNER ROLLS
12.4 - 25 oz.
Selected Varieties

2/\$5

TOTAL BOTTOM LINE SAVINGS!



KRAFT DELUXE OR VELVEETA MAC N CHEESE
9.4 - 14 oz. Selected Varieties **2/\$3**

BETTY CROCKER HELPERS
4.5 - 8.7 oz. Selected Varieties **5/\$5**

PREGO PASTA SAUCE
25.5 - 26 oz. Selected Varieties **\$1.25**

DEL MONTE CANNED VEGETABLES
11 - 15.25 oz. Selected Varieties **2/\$1**



OUR FAMILY MICROWAVE POPCORN
9 - 10.5 oz. Selected Varieties **3/\$3**

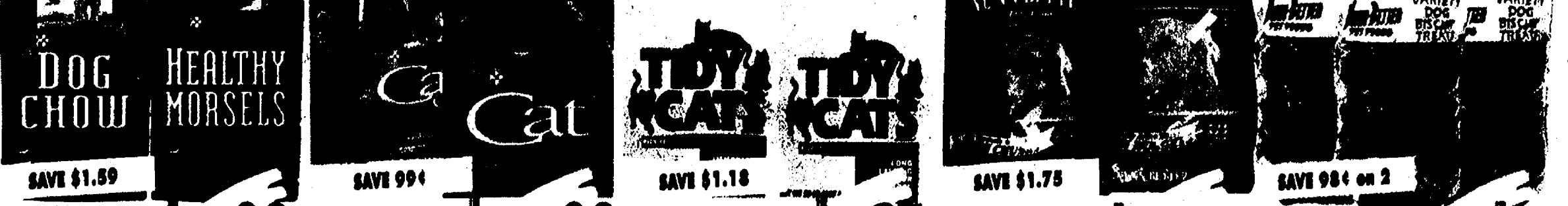
PLANTERS DRY ROASTED & COCKTAIL PEANUTS
16 oz. Selected Varieties **2/\$4**

OREO CAKESTERS
12 oz. Original or Chocolate Creme **2/\$4**

BETTY CROCKER FRUIT SNACKS
4.5 - 9 oz. Selected Varieties **3/\$4.95**

KEEBLER CHIPS DELUXE COOKIE SALE
12.5 - 18 oz. Selected Varieties **2/\$4.50**

PET CARE SAVINGS



PURINA DOG CHOW
17.6 - 22 lb. Selected Varieties **\$9.00**

PURINA CAT CHOW
18 lb. Selected Varieties **\$11.00**

TIDY CATS CAT LITTER
20 lb. Selected Varieties **\$3.25**

NUNN BETTER LARGE BAG DRY DOG FOOD
33 lb. Mini Chunks or Golden Nuggets **\$8.00**

NUNN BETTER DOG BISCUITS
4 lb. Bag Medium Variety or Large Golden **2/\$5**

START THE DAY THE RIGHT WAY!

BAY'S ENGLISH MUFFINS
Original or Sour Dough
6 ct.

2/\$3

SAVE UP TO \$1.30 ON 2

BAY'S

ENGLISH SOURDOGH

OSCAR MAYER BACON
Selected Varieties
12 - 16 oz.

2/\$7

Quaker Oatmeal

QUAKER Chewy

QUAKER BANANA BREAKFAST
SAVE UP TO \$8.80 ON 4

QUAKER FUEL LINE BREAKFAST & GRANOLA BAR SALE
Selected Varieties
7.1 - 16 oz.

4/\$7

QUAKER OATMEAL

QUAKER CINNAMON ROLL

QUAKER INSTANT OATMEAL
Selected Varieties
10.5 - 16.2 oz.

2/\$4



OUR FAMILY APPLE JUICE
Selected Varieties
64 oz.

SAVE UP TO \$1.68 ON 4

4/\$5

Aunt Jemima

Buttermilk COMPLETE
Pancake & Waffle Mix
Just Add Water

QUAKER QUICK 1 MINUTE

QUAKER OATS
SAVE UP TO \$1.78 ON 2

QUAKER OATS
Old Fashioned or Quick
18 oz.

2/\$3



MOTT'S APPLE SAUCE
Selected Varieties
23 - 24 oz.

SAVE UP TO \$2.00 ON 4

4/\$5

AUNT JEMIMA PANCAKE MIX
Selected Varieties
32 oz.

Aunt Jemima
The Original

Aunt Jemima Lite

OUR FAMILY FROSTED APPLE PASTRIES
NATURALLY & ARTIFICIALLY FLAVORED
Frosted Chocolate Fudge
6 PACK

OUR FAMILY TOASTER PASTRIES
Frosted Apple
SAVE UP TO \$2.25 ON 5

OUR FAMILY TOASTER PASTRIES
Selected Varieties
11 oz.

5/\$5

SAVE UP TO \$2.00 ON 4

2/\$3

SAVE UP TO \$2.00 ON 4

A Good Source of CALCIUM & IRON

Aunt Jemima Original

AUNT JEMIMA SYRUP
Selected Varieties
24 oz.

\$2.00

SAVE UP TO \$1.75

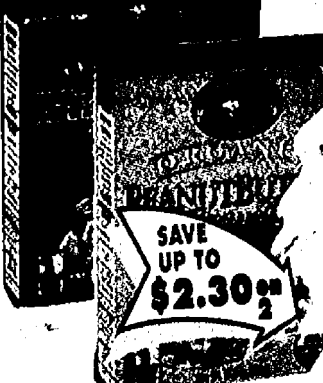
EGG LAND'S BEST GRADE A EGGS LARGE
ONE DOZEN

EGG LAND'S BEST GRADE A EGGS LARGE
ONE DOZEN


EGG LAND'S BEST LARGE EGGS
Dozen

2/\$3


NATURAL & ORGANIC FOODS!




NATURE'S PATH GRANOLA
11.5 - 13.25 oz.
Selected Varieties
2/\$5
SAVE UP TO \$2.30



NATURE'S PATH OPTIMUM
14 oz.
Selected Varieties
2/\$6
SAVE UP TO 90¢



ORGANIC VALLEY MILK
64 oz.
Selected Varieties
2/\$6.50
SAVE UP TO 50¢



NABISCO BACK TO NATURE BARS
5 - 5.3 oz.
Selected Varieties
2/\$5
SAVE UP TO \$1.98



ANNIE'S ORGANIC HOMEGROWN MAC & CHEESE
6 oz.
Selected Varieties
4/\$5
SAVE UP TO \$2.40



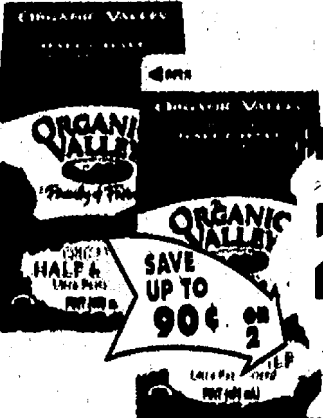
DELALLO IMPORTED ORGANIC SAUCES
24.7 oz.
Selected Varieties
2/\$7.50
SAVE UP TO \$4.48



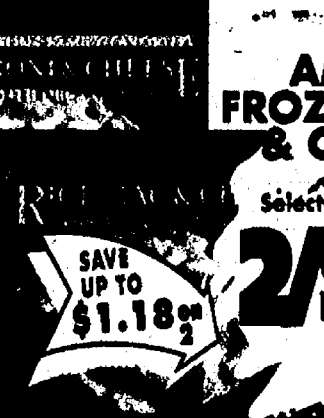
DELALLO CERTIFIED ORGANIC SEMOLINA PASTA
1 lb.
Selected Varieties
4/\$5
SAVE UP TO \$4.56




DELALLO ORGANIC SPECIALTY OLIVE OIL
16 oz.
Regular or Unfiltered
\$5.00
SAVE UP TO \$2.75




ORGANIC VALLEY HALF & HALF
16 oz.
2/\$3
SAVE UP TO 90¢



AMY'S FROZEN MAC & CHEESE
9 oz.
Selected Varieties
2/\$4
SAVE UP TO \$1.18




AMY'S FROZEN BREAKFAST BURRITO
6 oz.
Selected Varieties
4/\$7
SAVE UP TO \$2.56



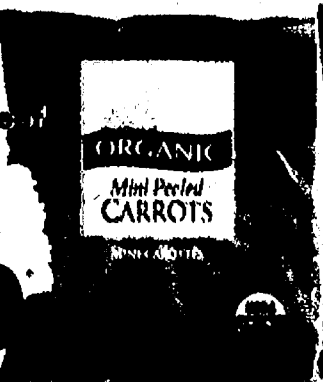
AMY'S FROZEN POCKETS
4.5 oz.
Selected Varieties
4/\$7
SAVE UP TO \$2.56

ALL NATURAL FRESH MEATS & VEGETABLES


NO ANTIBIOTICS, NO PRESERVATIVES, NO ADDED HORMONES & ALWAYS VEGETARIAN FED!



Star Ranch Natural Angus Beef BONELESS RIBEYE STEAKS
\$8.99 LB.




ORGANIC Baby Peeled CARROTS
1 lb. Bag
2/\$3



Organic STRAWBERRY
1 lb.
\$2.98

USDA Choice Meats at Low, Low Prices!

 <p>"Pork" The Other White Meat WESTERN STYLE RIBS</p> <p>\$149 LB.</p>	 <p>Star Ranch Natural Angus Beef BONELESS RIBEYE STEAKS</p> <p>\$899 LB.</p>	 <p>"Pork" The Other White Meat FRESH SPARE RIBS</p> <p>\$169 LB.</p>	 <p>USDA Choice Beef BOTTOM ROUND STEAK</p> <p>\$249 LB.</p>	 <p>USDA Choice Beef BOTTOM ROUND ROAST</p> <p>\$239 LB.</p>	 <p>Certified GROUND BEEF FROM ROUND</p> <p>\$229 LB.</p>	 <p>Boneless Beef CUBE STEAKS</p> <p>\$299 LB.</p>	 <p>American Lamb LAMB LOIN CHOPS</p> <p>\$679 LB.</p>	 <p>USDA Choice Beef VEAL LOIN CHOPS</p> <p>\$699 LB.</p>	 <p>"Pork" The Other White Meat PORK TENDERLOINS</p> <p>\$349 LB.</p>
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<p><i>Deli</i></p>  <p>ECKRICH VIRGINIA OR HONEY HAM \$449 LB. CADDY CREEK PEPPERJACK CHEESE \$529 LB. LEON'S MACARONI SALAD \$199 LB. SANDRIDGE HAM SALAD \$499 LB. GARDEN FRESH THREE POTATO SALAD \$199 LB. NONNI'S CRISPINI Sesame or Sesame Garlic \$299 5 OZ.</p>	<p><i>DeLallo</i></p>  <p>Premium Meats, No MSG, No Artificial color or additives DELALLO PRIVATE STOCK PROVOLONE \$459 LB. DELALLO MUENSTER CHEESE \$459 LB. DELALLO GOLD TOP ROUND CORNED BEEF \$499 LB. DELALLO GOLD TOP ROUND ROAST BEEF \$499 LB.</p>	<p><i>Boar's Head</i></p>  <p>Available at Chelsea, Dexter, Saline, Adrian, W. Maumee, Brooklyn & Ferguson BOAR'S HEAD HONEY MAPLE HAM \$649 LB. BOAR'S HEAD HONEY MAPLE TURKEY \$699 LB. BOAR'S HEAD VERMONT CHEDDAR White or Yellow \$599 LB.</p>	<p><i>Fresh Seafood</i></p>  <p>All Polly's/Country Market Seafood is U.S.D.A. & HACCP-Inspected Boneless STEELHEAD SALMON FILLETS \$599 LB. CATFISH FILLETS \$389 LB. PHILLIPS CRABMEAT CLAW \$569 8 OZ. BAY SCALLOPS \$499 12 OZ.</p>	<p><i>Fresh Chicken</i></p>  <p>Fieldale Farms Amish Chicken EVERY DAY LOW PRICING! BONELESS, SKINLESS CHICKEN BREAST Family Pack \$339 LB. CHICKEN THIGHS Family Pack \$119 LB. CHICKEN WINGS Family Pack \$179 LB. CHICKEN DRUMSTICKS Family Pack \$119 LB.</p>
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<p>Farm Raised/China Frozen TILAPIA FILLETS 10 lb. \$229 LB.</p>	<p>AQUASTAR SHRIMP Selected Varieties 9-12 oz. \$399</p>	<p>ECKRICH GRILLERS Selected Varieties 1 lb. 2/\$5</p>	<p>ARMOUR SLICED PEPPERONI 3 oz. 99¢</p>	<p>CARL BUDDIG DELI CUTS Selected Varieties 12 oz. 2/\$5</p>	<p>OSCAR MAYER BACON Selected Varieties 12-16 oz. 2/\$7</p>	<p>KOWALSKI NATURAL CASING FRANKS Selected Varieties 13 oz. \$349</p>	<p>TYSON CHICKEN Selected Varieties 6 oz. 2/\$5</p>	<p>BAR-S JUMBO HOT DOGS 1 lb. 99¢</p>	<p>CUMBERLAND GAP BONELESS HAM STEAK OR SLICES 12 oz. \$299</p>
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SAVINGS ON SNACKS & BEVERAGES!



SAVE UP TO \$2.25

DASANI PREMIUM DRINKING WATER
24 Pk. 1/2 Liter Bottles

\$4.00



SAVE UP TO \$1.00

COCA-COLA PRODUCTS
12 Pk. 12 oz. Cans
Selected Varieties

2/\$7.50



SAVE UP TO \$2.00

7-UP PRODUCTS
12 Pk. 12 oz. Cans
Selected Varieties

2/\$6.50



SAVE UP TO .25¢

PEPSI-COLA PRODUCTS
8 Pk. 12 oz. Plastic
Selected Varieties

\$2.75



OUR FAMILY SODA POP
12 Pk. 12 oz. Cans
Selected Varieties

4/\$7



SAVE \$2.70 on 2

NABISCO RITZ BITS SANDWICHES
9 - 9.5 oz.
Selected Varieties

2/\$4



SAVE \$2.70 on 2

JAYS POTATO CHIP SALE
11.5 oz.
Selected Varieties

2/\$3



SAVE \$2.70 on 2

JAYS O-KE DOKE POPCORN
9 oz.
Selected Varieties

2/\$3



SAVE 43¢

SNYDER'S OF HANOVER TORTILLA CHIPS FULL POUND SALE
16 oz.
Selected Varieties


\$2.00



SAVE \$1.88 on 2

DORITOS TORTILLA CHIPS
13 oz.
Selected Varieties

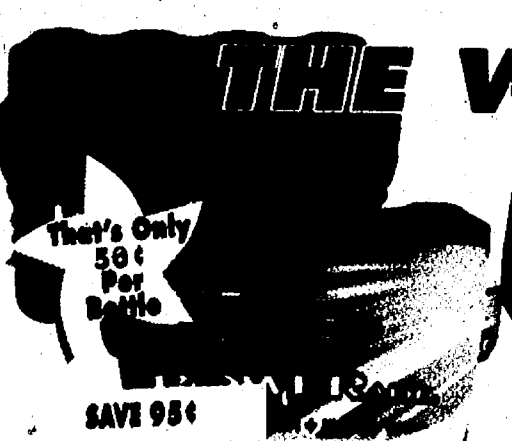
2/\$4.50



SAVE \$1.25 on 3

O-INFUSED NUTRIENT FORTIFIED WATER
17 oz.
Selected Varieties

5/\$5

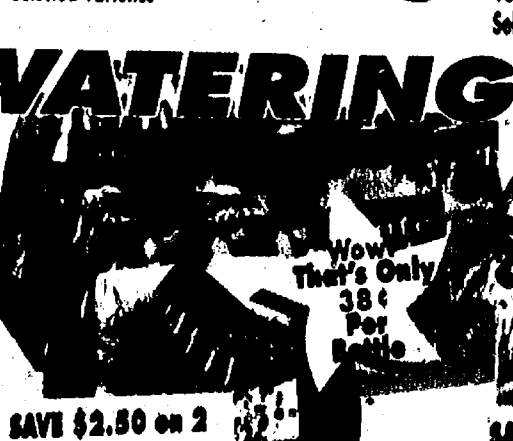


That's Only 50¢ Per Bottle

SAVE 95¢

POWERADE DRINKS
8 Pk. 20 oz. Bottles
Selected Varieties

\$4.00

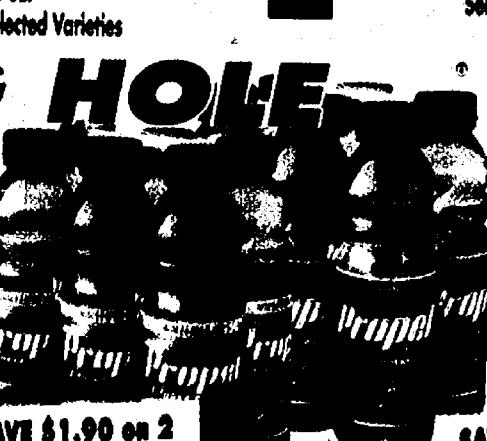


Wow! That's Only 38¢ Per Bottle

SAVE \$2.50 on 2

NESTEA TEAS, MINUTE MAID LEMONADE & DASANI FLAVORED WATER
12 Pk. 1/2 Liter Bottles
Selected Varieties

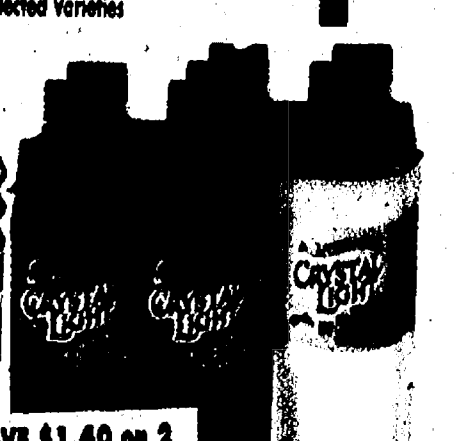
2/\$9



SAVE \$1.90 on 2

PROPEL WATER
6 Pk. 16.9 oz. Bottles
Selected Varieties

2/\$6




SAVE \$1.40 on 2

CRYSTAL LIGHT READY TO DRINK
4 Pk.
Selected Varieties

2/\$5.50


Check out our Wine Cellar & Beer Barrel Specials



ECO DOMANI ITALIAN WINES
750 ml
Selected Varieties

SAVE UP TO \$4.34


\$6.95 + tax



SUTTER HOME WINES
1.5 Liter
Selected Varieties

SAVE UP TO \$3.08 on 2

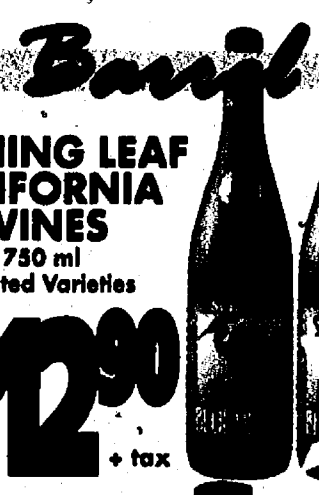
\$12.99 + tax



TURNING LEAF CALIFORNIA WINES
750 ml
Selected Varieties

SAVE UP TO \$3.88 on 2

\$12.90 + tax



ST. JULIAN RED HERON OR BLUE HERON
750 ml

SAVE UP TO \$3.50 on 2

\$24.10 + tax



BERINGER NAPA VALLEY CHARDONNAY
750 ml

SAVE UP TO \$3.00

\$10.95 + tax



TRUCK, BLACKSTONE & FAT BASTARD WINES
750 ml
Selected Varieties

SAVE UP TO \$4.04

\$7.95 + tax



JACK DANIELS WHISKEY
750 ml
Where Liquor is Sold!

\$21.97 + tax



KAHLUA COFFEE LIQUEUR
750 ml
Selected Varieties
Where Liquor is Sold!

\$20.96 + tax



Tiger Time

SAVE 80¢

\$6.75 + dep + tax



ARBOR BREWING COMPANY MICRO BREW & HARD CREAMERS
6 Pk. 12 oz. Bottles
Selected Varieties

SAVE UP TO \$1.49

\$7.00 + dep + tax



BECK'S & SIERRA NEVADA PALE ALE
12 Pk. 12 oz. Bottles
Selected Varieties

SAVE UP TO \$2.50

\$12.25 + dep + tax



KILLIANS BEER
12 Pk. 12 oz. Bottles

SAVE \$1.04


\$9.95 + dep + tax



MILLER & COORS BEER
18 Pk. 12 oz. Cans
Selected Varieties

SAVE \$1.75


\$10.00 + dep + tax



MICHELOB SPECIAL
20 Pk. 12 oz. Bottles
Selected Varieties

SAVE \$4.04

\$11.95 + dep + tax



BUSCH & BUSCH LIGHT
12 Pk. 12 oz. Cans

SAVE 30¢

\$5.95 + dep + tax



MILWAUKEE'S BEST & KEYSTONE BEER
30 Pk. 12 oz. Cans
Selected Varieties

\$12.25 + dep + tax

HOUSEHOLD / NON-FOOD SAVINGS!



**OUR FAMILY
LATEX
GLOVES**
1 ct.
Selected Sizes

89¢



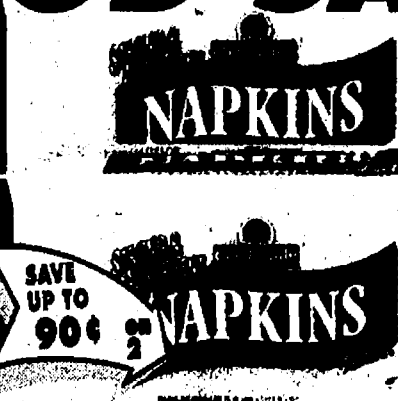
**OUR FAMILY
COFFEE
FILTERS**
40 ct.

\$1.00



**OUR FAMILY
LAWN & LEAF
BAGS**
10 ct.

\$2.00



**OUR FAMILY
NAPKINS**
230 ct.

2/\$3



**CASCADE
DISHWASHER
DETERGENT**
43 oz. Powder or Gel
Selected Varieties

2/\$5



**BOUNTY BASIC
PAPER TOWELS**
8 Roll

2/\$9



**PUREX
LAUNDRY
DETERGENT**
100 oz.
Selected Varieties

2/\$6



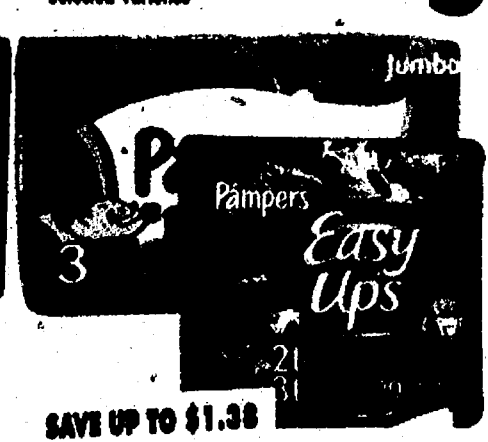
**ERA
LAUNDRY
DETERGENT**
200 oz.
Original or Max

\$5.95



**KLEENEX
COTTONELLE
BATH TISSUE**
6 ct. Double Rolls
Selected Varieties

2/\$6



**PAMPERS
DIAPER
SALE**
21 - 44 ct.
Selected Varieties

\$9.00

HEALTH & BEAUTY CARE



**OUR FAMILY
BABY
WIPES**
80 ct.
Scented or Unscented

2/\$4



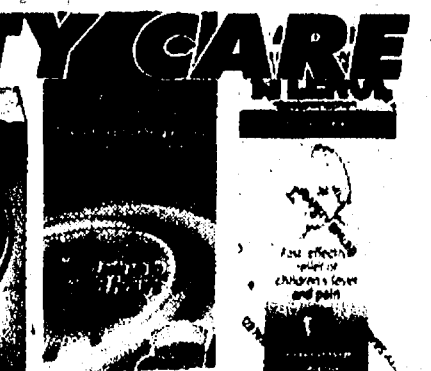
**KLEENEX
FACIAL
TISSUE**
75 - 184 ct.
Selected Varieties

3/\$3.96



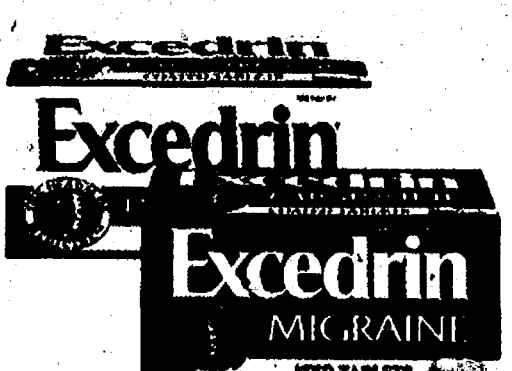
**DIAL
BAR SOAP**
12 - 13.5 oz. 3 Pk.
Selected Varieties

3/\$4.95



**TYLENOL OR
CHILDREN'S
MOTRIN**
4 oz.
Selected Varieties

\$4.89



EXCEDRIN
24 ct.
Selected Varieties

\$2.79

DAIRY & FROZEN SAVINGS!



**DOLE CHILLED
ORANGE JUICE &
FRUIT BLENDS**
64 oz.
Selected Varieties

2/\$4



**CRYSTAL
FARMS
BUTTER**
16 oz.

\$1.90

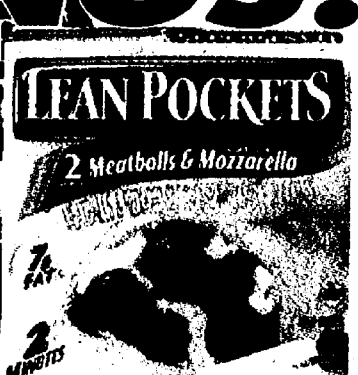


**COLE'S
GARLIC BREAD
& TOAST**
9 - 16 oz.
Selected Varieties

2/\$3



**NESTLE
HOT POCKETS**
9 oz.
Selected Varieties



4/\$7



**COUNTRY
MARKET
BAGELS**
18 oz.
Selected Varieties

\$1.00



**BAREMAN'S
ORANGE
JUICE**
Gallon

\$3.00



**YOPLAIT
YOGURTS**
4 - 6 oz.
Selected Varieties

2/\$1



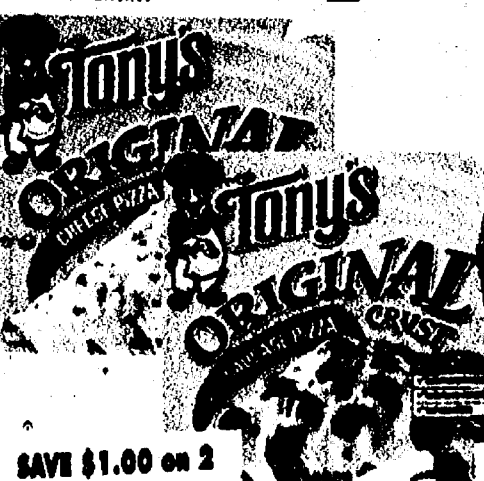
**DANNON
DANACTIVE &
ACTIVIA YOGURTS**
4 Pk.
Selected Varieties

2/\$4



**CRYSTAL FARMS
CHEESE
SINGLES**
8 oz.
Selected Varieties

\$2.00



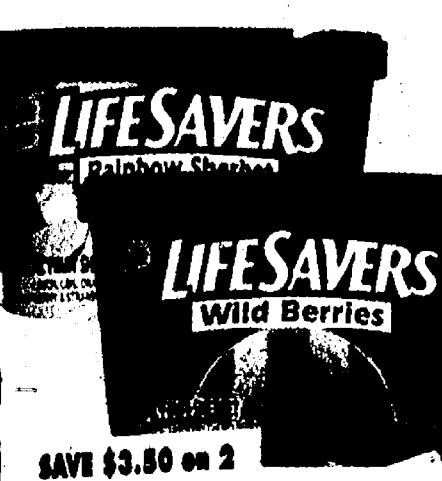
**TONY'S
ORIGINAL
PIZZA**
13.65 - 17.6 oz.
Selected Varieties

2/\$4



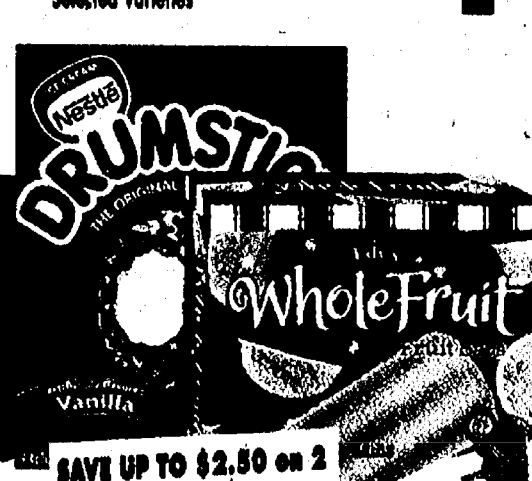
**GREEN GIANT
SELECT BIG
SAUCE BAGS**
19 - 24 oz.
Selected Varieties

2/\$5



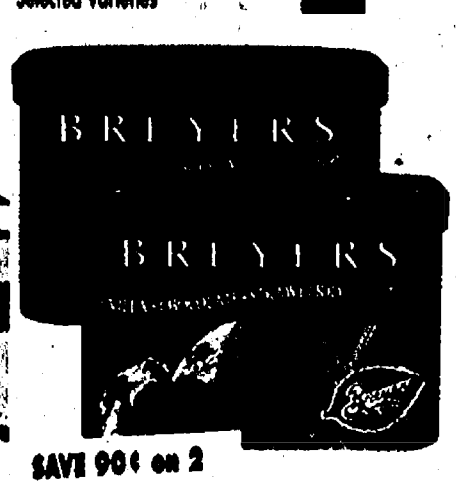
**LIFESAVERS
SHERBETS**
56 oz.
Selected Varieties

2/\$4



**NESTLE
DRUMSTICKS**
4 Pk. or
EDY'S FRUIT BARS
6 - 12 Pk.
Selected Varieties

2/\$5



**BREYERS
PREMIUM
ICE CREAM**
56 oz.
Selected Varieties

2/\$7

WEATHER'S GETTING COOLER, BUT THE SAVINGS ARE HEATING UP!

Enjoy 5 Savings on Fresh Fruits & Vegetables Each Day for Better Health

California
Red or Green
**SEEDLESS
GRAPES**

98¢
LB.

Jumbo
**CALIFORNIA
CANTALOUPE**

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Michigan
**RED DELICIOUS
APPLES**

\$1.88
3 LB.
Bag

Sweet
California
**BARTLETT
PEARS**

88¢
LB.

Home Grown
**BI-COLOR
SWEET CORN**

2/\$2

Dole
Classic Romaine

Dole
Greener Selection

Greener Select or
Classic Romaine
**DOLE
SALADS**

2/\$3
10 - 12 oz.
Bag

New Crop
Idaho
**RUSSET
POTATOES**

2/\$3
5 LB.
Bag

NUCCIO

NUCCIO

White
**NUCCIO
MUSHROOMS**

\$1.28
8 oz.
Pkg.



Fresh Floral Department

**FALL FRESH
BOUQUET**

\$4.99
EACH

MAY NOT BE EXACTLY AS ILLUSTRATED



Fresh Bakery



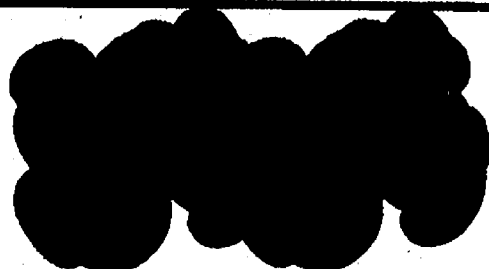
Fresh Baked
**SOFT
DINNER ROLLS**

\$1.39
12
COUNT



Fresh Baked
**PETITE
CINNAMON
ROLLS**

\$1.39
9
COUNT



**MINI
DONUTS**
Crunch, Powdered or Cinnamon

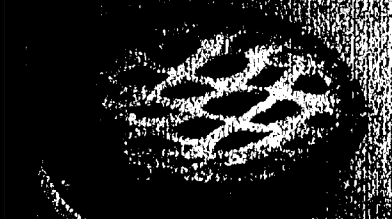
\$1.79
8 OZ.



**GIVE & GO
MINI CAKES**
Selected Varieties

\$2.69
8 OZ.

Pie of the Month



**RED RASPBERRY
PIE**

9
INCH

SmartSource

magazine

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back to savings**

Enter for a chance to
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scholarship prize!



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ROASTED PORK LOIN

BRAIDED STEAK
PARMESAN

BREADED STEAK
PARMESAN

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ADD A 1 LB. PORTERHOUSE ENTRÉE FOR \$5.99 MORE.

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Buffet Other valid
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4 pm - Close
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& Sunday

PONDEROSA
STEAKHOUSE

FAMILY MEAL DEAL

\$5 OFF A Purchase of \$25
or more.
Dine-In or To-Go

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STEAKHOUSE

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\$1.50 OFFany Glucerna® product
Try New Snack Shakes
in 4 8-fl-oz cans

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\$4.00 OFFany two (2)
Glucerna® Products Shown

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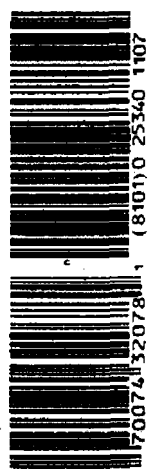
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\$1.50 OFFany one (1)
Glucerna®
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Use Glucerna under medical supervision as part of your diabetes management plan.

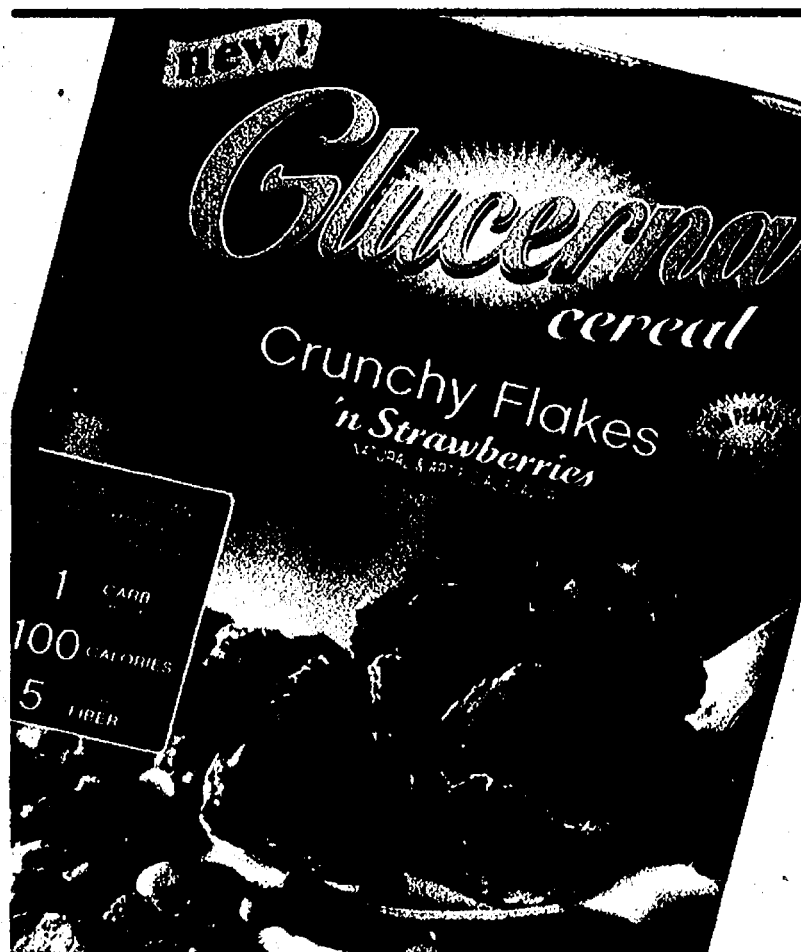
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not your blood sugar**



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**back to school
back to savings**
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to win a \$25,000
Upright
scholarship prize!

Four ways to enter:

1. Go to SmartSource.com and print any coupon. Must be registered with SmartSource Online Savings Network.*
2. Register as a new Upromise member for free at upromise.com.
3. Buy any eligible Upromise product from a participating grocery or drug store and, at checkout, use the grocery or drug store card you have registered with your Upromise account. Go to Upromise.com/bts for a listing of eligible products.
4. Mail in the entry form on the right.



See Official Rules for details
No purchase necessary. Sweepstakes ends 12/31/99.

back to school ♻️ back to savings

NO PURCHASE OR ONLINE SUBSCRIPTION NECESSARY. A PURCHASE DOES NOT INCREASE YOUR CHANCES OF WINNING. Sweepstakes begins at 12:01 AM Eastern Time ("ET") on 8/17/07 until 11:59 PM ET on 8/16/08. NOW LIMIT TO FOUR entries which will consist of Official City Farm Fries and Spinach standing inline ("FSI") or Hard print your Name, address and daytime phone number, including code on a T-shirt and all other items received from Sponsor's retail store subsequent to Back To School, Back to Savings Sweepstakes, P.O. Box 4082, Grand Rapids, MI 55730-4082. All US Mail entries must be postmarked by 8/26/07 and received by 10/5/07. 2.) U.S. residents who are registered with the SmartSource Online Savings Network ("SN") may enter online at www.smartsource.com (or at any of the approximately 80 participating eRetailSource Online Savings Network ("SAN") partner's website) by submitting an online request to print one or more available coupons [as defined below] between 12:01 AM ET on 8/12/07 and 11:59 PM ET on 8/26/07; 3.) Register as a new Upromise Member for those at first view.upromise.com between 12:01 AM ET on 8/12/07 and 11:59 PM ET on 8/26/07; or 4.) If you are a Upromise member, purchase any participating Upromise product and use the grocery or drug store card you have earned while purchasing said eligible Upromise product. You can also register online at ([http://www.view.upromise.com](#)) for a full of participating eligible products and their rules and conditions of all eligible Upromise product purchases under the given program. Drug stores registered with Upromise include Walgreens, Duane Reade, Rite Aid, Kmart, and others.
All prizes awarded through 8/16/08 and 11:59 PM ET on 8/26/07 must either be ready to deliver or receive by August 31st. However, new subscribers to Upromise must allow approximately two (4) days for their registration to be entered into the Upromise system and for their membership to be activated before such subscriber can make a purchase which qualifies to receive a Sweepstakes entry. Limit one online entry via email method #2 above per person per day regardless of the number of coupons you print that day. For example, if you select "Print All Coupons" option, you will only receive one entry for that day! An "available coupon" is a coupon offered at view.smartsource.com or at any one of its approximately 80 participating SmartSource Online Savings Network ("SAN") partner's websites and which may be printed up to two times only per email address. For purposes of these Official Rules, it shall mean that after 12:01 AM ET on 8/12/07 and one online entry by registering as a Upromise member per person. Limit one person per e-mail address. For all US Mail entries, entrants are asked to send back only mail, no money mailed, postage due, or misdirected entries, incomplete, unreadable, inaccurate, unrecognizable, or late entries or entries which do not comply with these Official Rules will be disqualified. Considers entering through the Internet must provide a valid e-mail address. All entries become the property of the Sponsor and will not be acknowledged or returned. Sponsor reserves the right to, in its sole discretion, claim, modify or suspend any portion of this Sweepstakes (or the entire Sweepstakes) should any computer virus, bug-or other technical difficulties or other causes beyond the control of the Sponsor commit the administration, security or propriety of the Sweepstakes, at which time, Sponsor will select winner by conducting a random drawing from among all eligible entries received at the time of the Sweepstakes termination. In no event will more than the number of prizes stated in these Official Rules be awarded. Subject to all federal, state, and local laws and regulations. Your Outside State Winner(s), if they exist, will be selected randomly from among winners residing outside the United States, Puerto Rico, Alaska, Hawaii, Guam, American Samoa, Columbia, age 18 or older except employees, officers, directors and agents of News America Marketing FSI, LLC, Central Marketing & Communications, LLC, and Upromise, Inc., and each of their respective affiliates, subsidiaries, sales representatives, distributors, advertising/promotion agencies, and the immediate family members (spouses, parents, children, siblings and their spouses) or household members of them. Online entrant/s must have internet access as of 8/17/07. In the event of a dispute as to the identity of the winner if the selected winning entry is an internet-related entry, the winner will be deemed to be the person in whose name the e-mail account associated with the provided e-mail address is opened, at the time of registration. In the event of a dispute as to the identity of the winner if selected winning entry is a Upromise product purchase related entry, the winner will be deemed to be the Upromise member who received a Upromise confirmation in connection with such purchase. 3. SELECTION OF WINNER: On or about September 11, 2007, the Sponsor will conduct a random drawing to determine the grand prize winner. The selection process will be conducted by independent methods, Random drawing will be conducted by Central Marketing & Communications, LLC, an independent third party organization, whose services fees and honoraria will be paid by Sponsor. Selected winner will be notified by US Mail and/or e-mail on or about 12/21/07 if a random notification is returned as undeliverable or prize cannot be awarded to a selected winner for any reason, the prize may be forfeited and awarded to an alternate winner if it proves difficult among the remaining eligible entries received. 4. PRIZE: ONE (1) GRAND PRIZE: \$25,000 Upromise Scholarship Prize deposited into winner's Upromise account. The Appropriate Retail Value of the Grand Prize, \$25,000. Subject to all terms and conditions of Upromise and its services set forth at [view.upromise.com](#) and all applicable federal and state laws. Grand Prize may be withdrawn from winner's Upromise account in accordance with Upromise's standard procedures, which may take up to sixty (60) days after the funds have passed to the winner's Upromise account. In the event that Grand Prize Winner incurs a solely responsible providing proof of loss to the bank where the prize was held, the Winner will be required to reimburse an alternate member for five percent (5%) plus acceptance of prize and the \$25,000 will be repaid into the Grand Prize Winner's Upromise account. Grand Prize Winner will lose the chance to win again unless he/she loses his/her prize. Prizes are non-transferable. No substitutions or cash redemptions, accept, by Sponsor Due to prize unavailability, in which case a prize of equal or greater retail value will be awarded. Potential Grand Prize Winner will be required to endorse and return an Affidavit of Eligibility and Liability and Publicity Release within 14 days of notification attempt or the prize may be forfeited and an alternate winner may be selected. In the event that a minor (under applicable state law) wins the prize, it will be awarded in the name of a parent or legal guardian who must sign and return all required documentation. Sponsors reserve the right to award prize to the parent or legal guardian of a winner who is a minor under applicable state law as determined in Sponsor's sole discretion. Grand Prize Winner will be required to supply Sponsor with her/his social security number for tax purposes. Upromise, Inc. is solely responsible for providing prize to the Winner. GENERAL: Sponsor and Upromise, Inc., and each of their respective associates and affiliates and each of their respective subsidiaries, divisions, offices, departments, branches, locations, franchises, licenseses, contractors, consultants, vendors, suppliers, subcontractors, agents, attorneys, insurance policies, possession, use or misuse of prize, or participation in the Sweepstakes or any prize related activities. By participating, each entrant agrees to be bound by the Official Rules and the judges' decisions. By accepting a prize, winner consents to the use of his/her name/likeness, and biographical information for publicity purposes without further compensation, except where prohibited by law. Winner will be solely responsible for all applicable federal, state and local taxes on prizes. Pritze winner agrees that neither Sponsor nor Upromise, Inc. has made nor are responsible or liable for any warranty, representation, or guarantee, express or implied, in fact or in law, relative to any prize, including but not limited to its quality, mechanical condition or fitness. 5. NAME OF WINNER: For the name of the winner, available Fall 11/15/08, send a stamped, self-addressed envelope to: Post Office Box 4082, Back to Savings Sweepstakes, PO BOX 4082, Grand Rapids, MI 55730-4082 by 7/15/08. 7. OFFICIAL RULES: Sweepstakes subject to complete Official Rules posted here and attached, drawings and awards are not retroactive. NO CASH PRIZES WILL BE AWARDED FOR ANY REASON. ALL OTHER TERMS AND CONDITIONS ARE SUBJECT TO THE SPONSOR'S DECISION. P.O. Box 4082, Grand Rapids, MI 55730-4082 by 7/15/08. See Official Rules at [view.smartsource.com](#) if entering the Sweepstakes via the Internet. SPONSORS: News America Marketing FSI, LLC, 1211 Avenue of Americas, New York, NY 10020 © 2007 News America Marketing FSI, LLC All rights reserved.

back to school back to savings

Official Sweepstakes Entry Form

Name _____

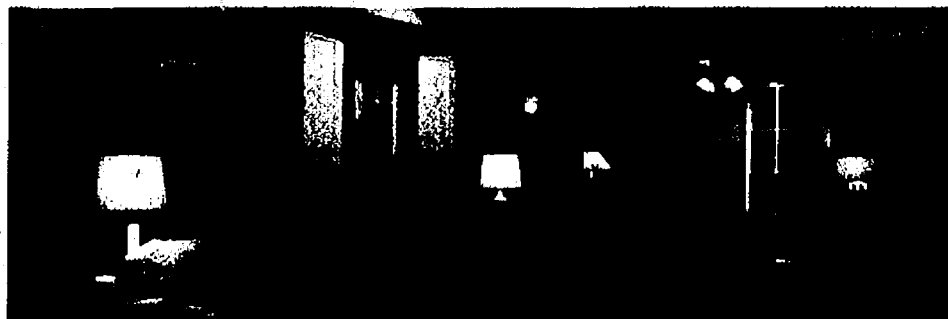
Address _____

City/State/Zip _____

Telephone () _____

Mail your entry to: Back To School, Back to Savings Sweepstakes, P.O. Box 4082, Grand Rapids, MN 55730-4082. No purchase or online subscription necessary. Entrants must be legal residents of the 50 United States and the District of Columbia who are 18 years or older. Void outside the 50 United States and the District of Columbia and where prohibited. See Official Rules for details. Mail entries must be postmarked by 9/28/07 and received by 10/5/07. You may enter by mail as often as you wish.

back to school • back to savings



Every interior designer's
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Check out what the right lighting can do for your home in our designer-inspired "Right Light, Right Now Weekend Projects" DVD available **free** at www.gelighting.com. And while you're there, enter to win our **right light, right now!** sweepstakes,* with over \$100,000 worth of prizes in all!



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**SAVE
\$1.00**

On your purchase of any **GE Reveal®** or **GE Reveal® Halogen** or **GE Edison™ Halogen** lighting product



Coupon Expires December 31, 2007

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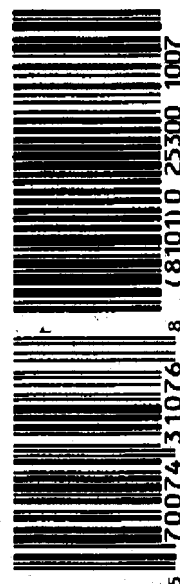
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Ensure® High Protein,
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Ensure® Fiber, and on
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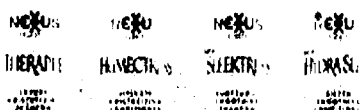


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— earn a Pay-On-Time BonusSM twice a year, every year when you pay on time every month!

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BONUSSM**
equal to next
month's interest

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Buy a Duncan Hines® Frosting &
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CONSUMER: One coupon per purchase. Good only on product indicated. Consumer pays any sales tax. Void if copied, sold, exchanged or transferred. **RETAILER:** Redeem on terms stated for consumer upon purchase of product indicated. ANY OTHER USE CONSTITUTES FRAUD. If submitted in compliance with Pinnacle Foods Corp.'s Coupon Redemption Policy (copies available upon request), you will be reimbursed face value plus 8¢. Mail to: PINNACLE FOODS CORP., CMS DEPT. #54100, ONE FAWCETT DRIVE, DEL RIO, TX 78840. Failure to produce on request invoices proving purchase of stock covering coupons may void all coupons submitted. Void if taxed, restricted, prohibited or presented by other than retailers of our products. Cash value 1/100¢.

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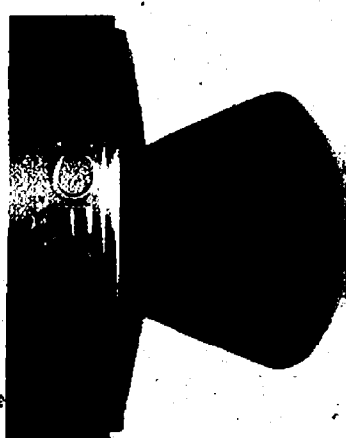
5 71429 10024 9 (8100) 0 38003

NO PURCHASE NECESSARY. Zatarain's Jazzmatazz 2007 Sweepstakes is subject to Official Rules posted at www.zatarains.com through 11/6/07. Open to legal residents of the contiguous U.S., age 21 or older. Void in AK, HI and where prohibited. Sweepstakes begins 8/14/07 at 12:00 AM ET and ends 11/6/07 at 11:59 PM ET. To enter, go to www.zatarains.com and click on the Jazzmatazz 2007 Sweepstakes link to access the online entry form. Complete the entry form and submit so that it is received by the Sponsor's server by 11:59 PM ET on 11/6/07. Limit one entry per person per day. Prizes: (1) Grand Prize - trip for two to Mardi Gras, 2008. AIR \$1,500. (5000) First Prizes - Zatarain's gift box. AIR \$20. Odds of winning depend on the number of eligible entries received. Sponsor: MacMillan Marketing LLC, Penn Center West Four, Suite 400, Pittsburgh, PA 15226. © Zatarain's 2007. All rights reserved.

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preservative-free
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mess-free

new from L'Oréal Paris
BARE NATUREL
gentle mineral makeup



Penelope Cruz is wearing Bare Naturel Foundation in Buff Beige (466), Concealer in Medium (482), Blush in Soft Rose (488), Soft-Focus Finish (401), Eye Shadow in Barely There (480), Telescopic Clean Definition Mascara in Black, and Colour Riche Gloss in Soft Nude. ©2007 L'Oréal USA, Inc. www.lorealparis.com

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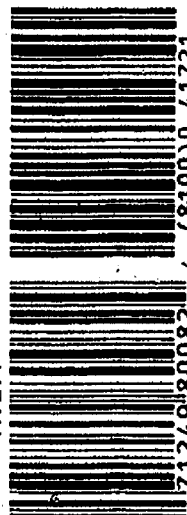
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BARE NATUREL

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blush,
finish,
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or eyeshadow



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REDEEMABLE AT DRUG, FOOD, AND MASS MERCHANDISE STORES
CONSUMER: THIS COUPON GOOD ONLY ON PURCHASE OF PRODUCT INDICATED. ANY OTHER USE
CONSTITUTES FRAUD. LIMIT ONE COUPON PER PURCHASE. RETAILER: L'ORÉAL USA, INC.
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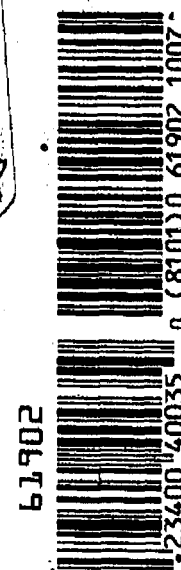
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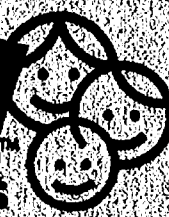


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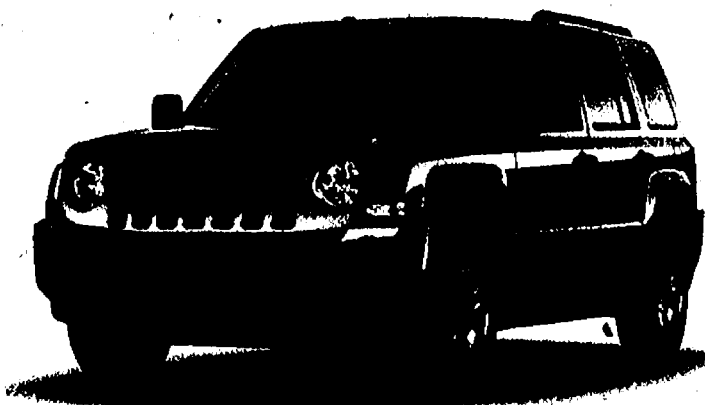
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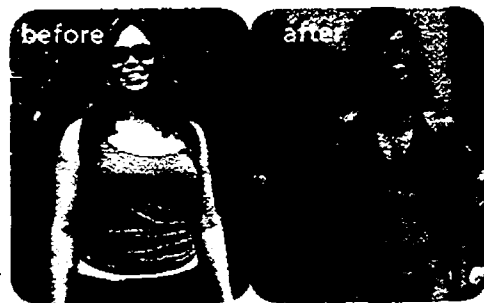
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† Offer good on new Auto-Delivery order only. Limit one per customer. With Auto-Delivery, you automatically receive your 28-Day program once every 4 weeks unless you cancel. You can cancel Auto-Delivery at any time, however for this offer you must stay on Auto-Delivery for at least two consecutive 28-Day program deliveries to receive the second free week. One additional free week of food will be included with your first and second deliveries. Cannot be combined with any prior or current discount or offer. ©2007 NutriSystem, Inc. All rights reserved

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EXPIRES 11/1/07



SAVE \$1.00

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Renuzit® Pearl Scents™
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SAVE 75¢

Off Any ONE 13oz Renuzit®
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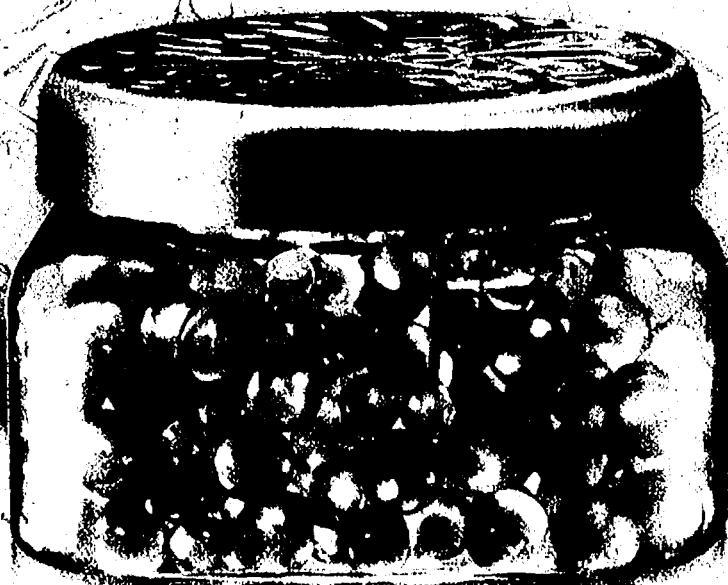
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Renuzit® Pearl Scents™

Super Odor Neutralizer®

It's a pretty little stink slayer.



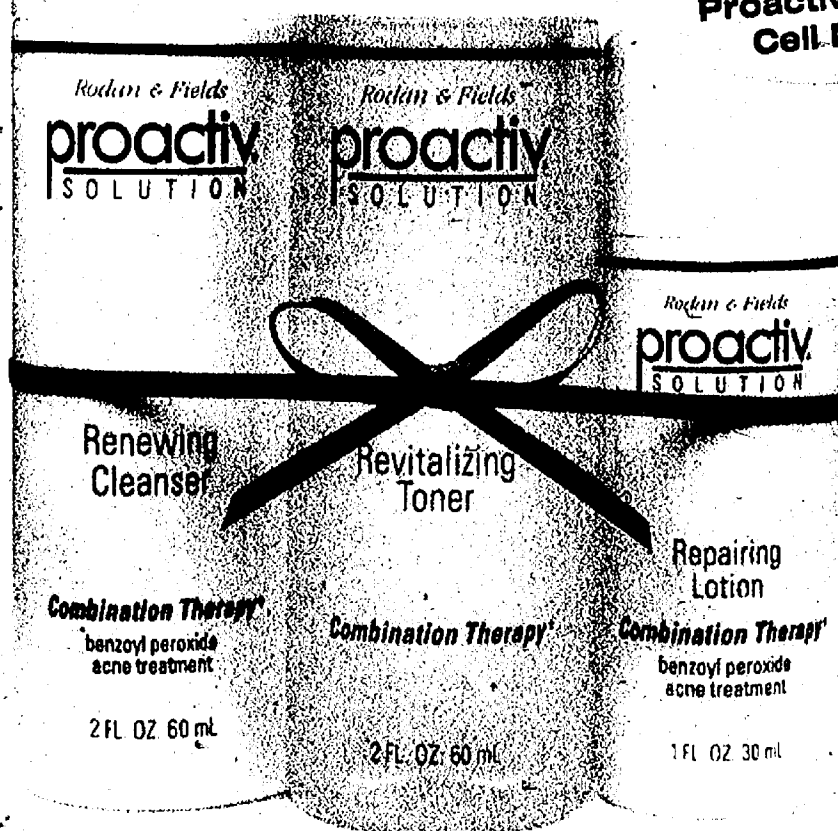
Renuzit®

Eliminates odors & leaves a light, fresh scent for up to 30 days.
Available in three fresh scents: After the Rain®, Orchard Garden®, Pure Breeze™

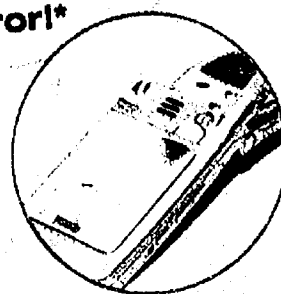


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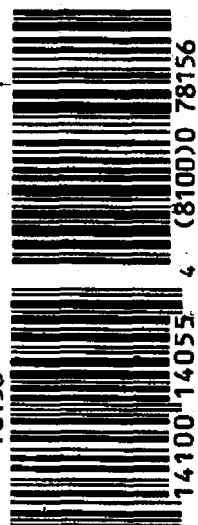
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**100% Whole Wheat
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**Raisin Cinnamon
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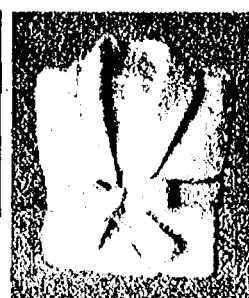
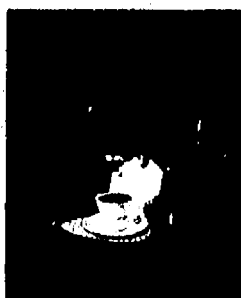
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Choose from
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But you'd better hurry,

No coupon necessary. Not valid with other offers or promotional discounts. Valid
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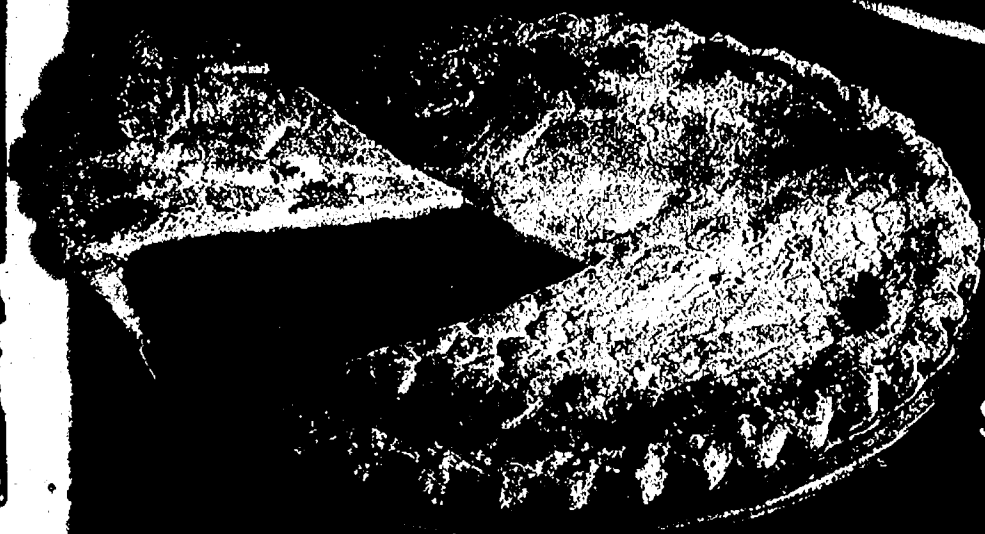
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Best in the Pie

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Choose from
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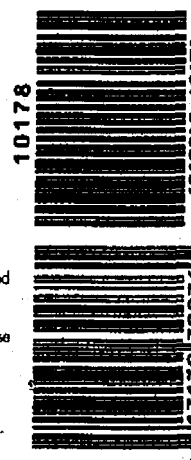
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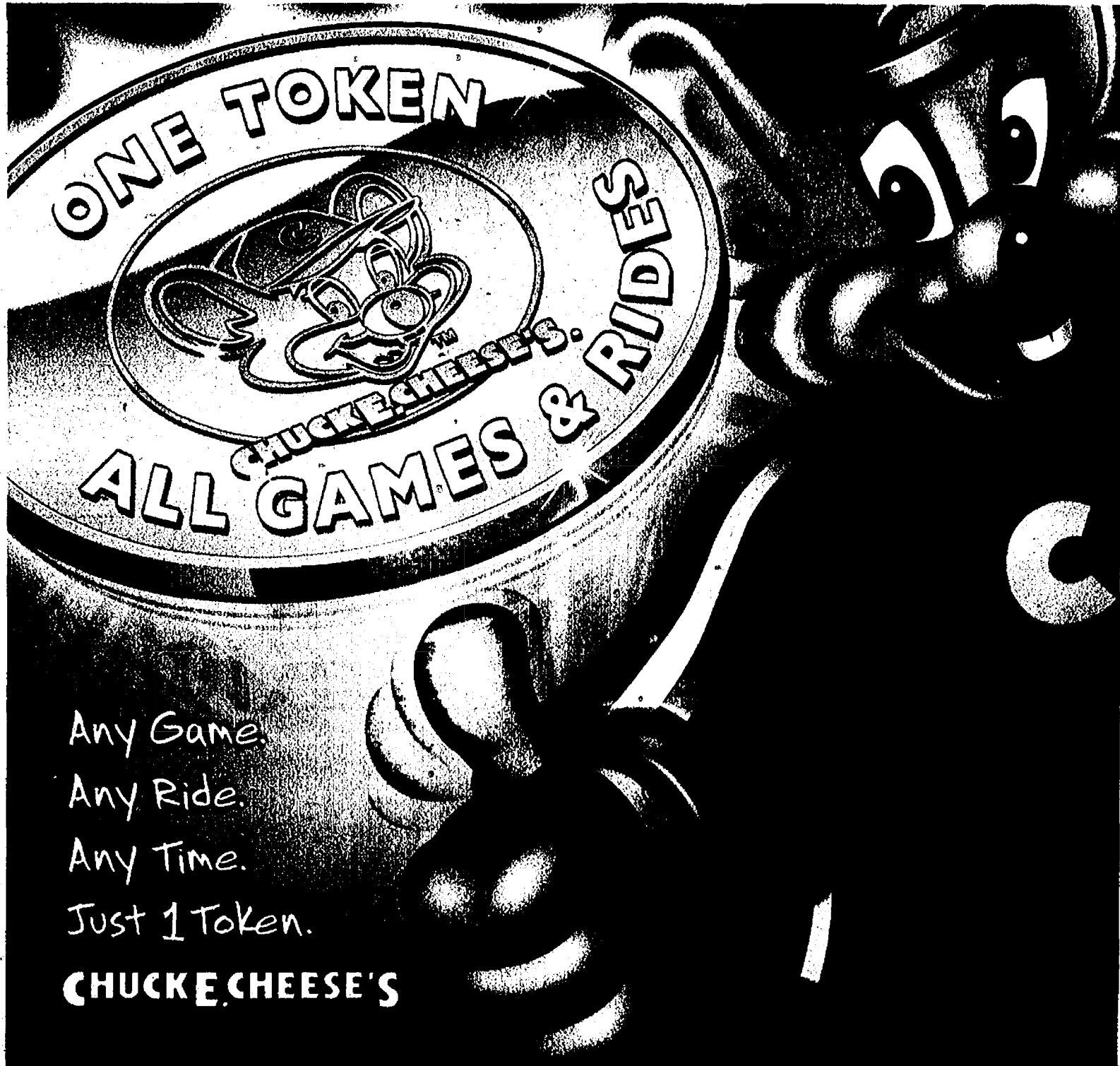


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Flamingo Single Monogram



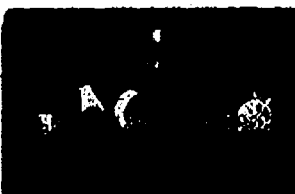
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**Purchase APR is 0% until the last day of the billing period ending during April 2008. Balance Transfer APR is 0% until the last day of the billing period ending during October 2008. Standard purchase APR 13.99% Cash APR 20.99% Default APR up to 28.99%. Min. fin. chg. \$.50. Cash transaction fee: 3%, min. \$.50 and no max. Balance transfer fee: 3%, min. \$10, max. \$75. Rates as of July 1, 2007.

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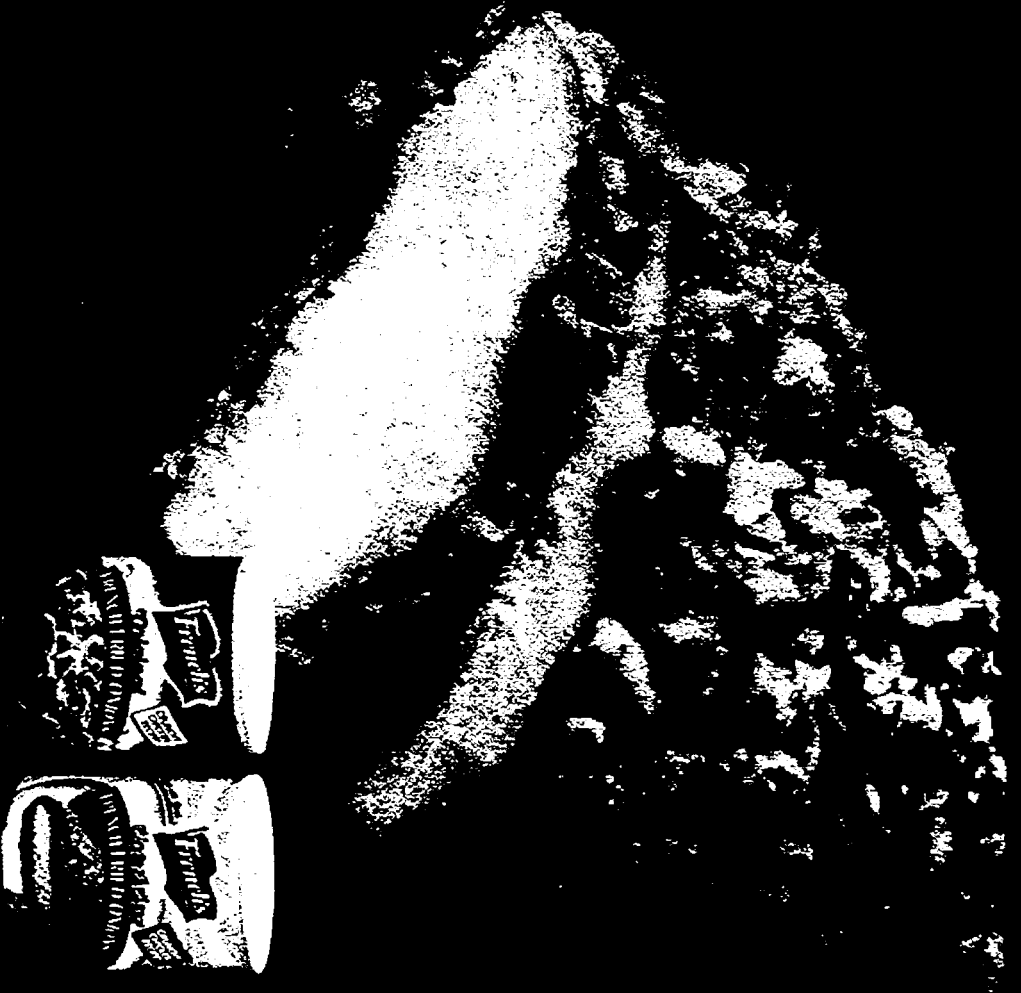
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Crunchy. Tasty. Better than Breadcrumbs.™

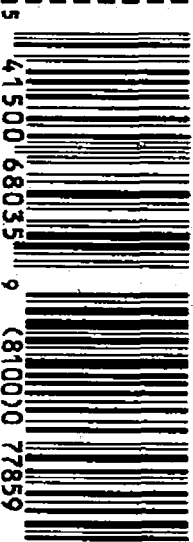


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Crush French Fried Onions in plastic bag.
Dip chicken into egg, then coat in onion crumbs.
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Microwavable Bowl
Soups



SHOOTER: One coupon per purchase. Good only on product indicated. Customer pays any sales tax. Void if sold, exchanged, transferred or reproduced (including by electronic, photographic, digital or other means) in any medium. **EXPIRES:** Payment in stores valid for consumer use purchase of product indicated. **ANY OTHER USE, CONSTITUTES FRAUD.** I understand in compliance with Campbell Soup Company's Coupon Redemption Policy (copies available upon request), you do not intend to use this coupon for the sale of **CAMPBELL SOUP COMPANY, CUP NOPE, STEAK, ME, PINEAPPLE JUICE, MEAL MIX, ITS PUMPKIN**. Failure to purchase in respect to these items may constitute a purchase of stock covering company. Void if coupon sold, transferred, or otherwise used in violation of applicable law. Void if altered, reproduced, prohibited or presented by other than listed retailers of our products. **SEE BOTTOM LEFT: 02907 025, Expiry 12/31/2011**

08945



5 51000 12524 3 (8100) 0 08945

Save 50¢

on any 2
Campbell's® Select®
Microwavable Bowl
Soups



DISCLAIMER: Our coupons are not cash. Good only on products indicated. Consumer pays any sales tax. Void if torn, exchanged, transferred or reproduced (including by electronic, photographic, digital or other means in any media). **NEVER** Redeem on items listed for consumer goods purchases of **WALMART**. Redeem only **ANY OTHER USE CONSTITUTES FRAUD**. If submitted in compliance with Campbell Soup Company's Campbell Redeemable Policy (also available upon request), you will be responsible later when you list the item to **CAMPBELL SOUP COMPANY, ONE BEPPY AVENUE, ONE FROSTBITE DRIVE, DEL. NJ, 07804**. Failure to produce an original receipt paying purchase of stock covering coupons void of all coupons submitted. Void if torn, scratched, produced or presented by other retailers of any products. Call sales 1-800-GEORGES for more info.

08948



5 51000 12724 7 (8100)0 08948



NEW!

Campbell's®

(CHUNKY) FULLY LOADED

SOUP

Campbell's
CHUNKY
FULLY
LOADED
STROGANOFF
BEEF



Campbell's
CHUNKY
FULLY
LOADED
TURKEY
POT PIE



Campbell's
CHUNKY
FULLY
LOADED
RIGATONI
& MEATBALLS

Campbell's
HUNKY
FULLY
LOADED
BEEF
STEW

SOUP

EXTREME
AMOUNTS
OF MEAT!



THE OFFICIAL SOUP & CHILI SPONSOR OF THE NFL

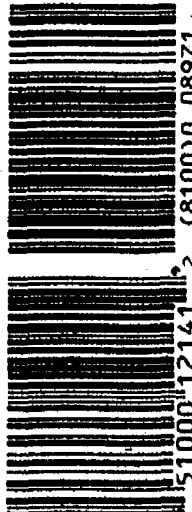
FEED YOUR NFL SIZE HUNGER!

MANUFACTURER COUPON EXPIRES: 10/21/2007

Save 50¢
on 4

Good on any
Chunky™ Soup
can variety

www.Chunky.com



08971

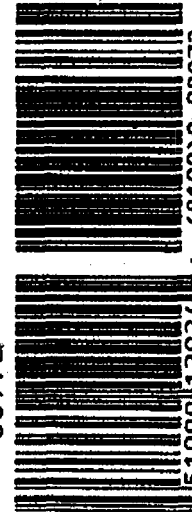
51000 12141 2 (81000) 08971

MANUFACTURER COUPON EXPIRES: 10/21/2007

Save 50¢
on 2

Good on any
Chunky™ Fully Loaded
Soup variety

www.Chunky.com



08972

51000 12924 1 (81000) 08972

CONSUMER: One coupon per purchase. Good only on product indicated. Consumer pays any sales tax. Void if sold, exchanged, transferred or reproduced (including by electronic, photographic, digital or other means in any media). RETAILER: Redeem on terms stated for consumer upon purchase of product indicated. ANY OTHER USE CONSTITUTES FRAUD. If submitted in compliance with Campbell Soup Company's Coupon Redemption Policy (copies available upon request), you will be reimbursed face value plus 8¢. Mail to: CAMPBELL SOUP COMPANY, CMS DEPT., #51000, ONE FAWCETT DRIVE, DEL RIO, TX 78840. Failure to produce on request invoices proving purchase of stock covering coupons may void all coupons submitted. Void if taxed, restricted, prohibited or presented by other than retailers of our products. Cash value 1/100¢. ©2007 CSC Brands LP.

CONSUMER: One coupon per purchase. Good only on product indicated. Consumer pays any sales tax. Void if sold, exchanged, transferred or reproduced (including by electronic, photographic, digital or other means in any media). RETAILER: Redeem on terms stated for consumer upon purchase of product indicated. ANY OTHER USE CONSTITUTES FRAUD. If submitted in compliance with Campbell Soup Company's Coupon Redemption Policy (copies available upon request), you will be reimbursed face value plus 8¢. Mail to: CAMPBELL SOUP COMPANY, CMS DEPT., #51000, ONE FAWCETT DRIVE, DEL RIO, TX 78840. Failure to produce on request invoices proving purchase of stock covering coupons may void all coupons submitted. Void if taxed, restricted, prohibited or presented by other than retailers of our products. Cash value 1/100¢. ©2007 CSC Brands LP.



**Sweet Tomato Taste and Savory Italian Seasonings.
Heart Healthy Goodness!**



Your Heart Will Appreciate The 25% Less Sodium*

*than our regular sauce

WHAT'S INSIDE YOU?

**TELL US YOUR PASSION
AT PREGO.COM
AND IT COULD BE WORTH \$5,000**



DANCING



PAINTING



GARDENING

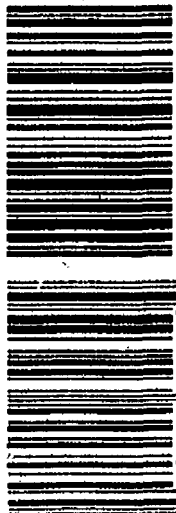
MANUFACTURER COUPON EXPIRES 11/03/07

**SAVE
50¢**

on any ONE (1)

Prego
Heart Smart

Italian Sauce
(Traditional or Mushroom
26.5 oz. or larger)



48379

51000 31650 4 (8100) 0 48379

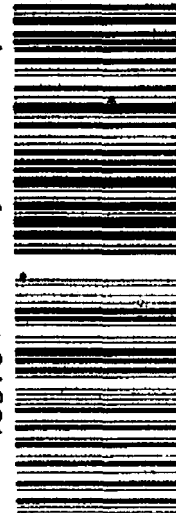
MANUFACTURER COUPON EXPIRES 11/03/07

**SAVE
75¢**

on any THREE (3)

Prego

Italian Sauces
(26 oz. or larger)



48378

51000 31032 8 (8100) 0 48378

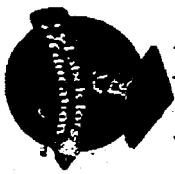
CONSUMER: One coupon per purchase. Good only on product indicated. Consumer pays any sales tax. Void if sold, exchanged, transferred or reproduced (including by electronic, photographic, digital or other means in any media). RETAILER: Redeem on terms stated for consumer upon purchase of product indicated. ANY OTHER USE CONSTITUTES FRAUD. If submitted in compliance with Campbell Soup Company's Coupon Redemption Policy (copies available upon request), you will be reimbursed face value plus 5¢. Mail to: CAMPBELL SOUP COMPANY, CDS DEPT., 60100, ONE FAUCETT DRIVE, DEL RIO, TX 78840. Failure to produce on request invoices proving purchase of stock covering coupons may void all coupons submitted. Void if taxed, restricted, prohibited or presented by other than retailers of our products. Cash value 1/100¢. ©2007 CSC Brands LP

CONSUMER: One coupon per purchase. Good only on product indicated. Consumer pays any sales tax. Void if sold, exchanged, transferred or reproduced (including by electronic, photographic, digital or other means in any media). RETAILER: Redeem on terms stated for consumer upon purchase of product indicated. ANY OTHER USE CONSTITUTES FRAUD. If submitted in compliance with Campbell Soup Company's Coupon Redemption Policy (copies available upon request), you will be reimbursed face value plus 5¢. Mail to: CAMPBELL SOUP COMPANY, CDS DEPT., 60100, ONE FAUCETT DRIVE, DEL RIO, TX 78840. Failure to produce on request invoices proving purchase of stock covering coupons may void all coupons submitted. Void if taxed, restricted, prohibited or presented by other than retailers of our products. Cash value 1/100¢. ©2007 CSC Brands LP

MANUFACTURER COUPON EXPIRES: 11/1/87



Save 50¢
on any
Campbell's®
Condensed,
Chicken Noodle
or Tomato Soups
(except Cream)



02510



5 51000 11241 0 (8100) 0 02510

MANUFACTURER COUPON EXPIRES: 11/1/87



Save 40¢
on any
Campbell's®
Condensed Soups
(except Chicken Noodle,
Tomato & Cream)



02509



5 51000 11122 2 (8100) 0 02509

CONSUMER: One coupon per purchase. Good only on product indicated. Consumer pays any sales tax. Void if used, antedated, backdated or reproduced (including by electronic, photographic, digital or other means in any model). **RETAILER:** Redeem or items needed by consumer upon purchase of product indicated. ANY OTHER USE CONSTITUTES FRAUD. If antedated in conjunction with Campbell Soup Company's Coupon Redemption Policy (copies available upon request), you will be reimbursed hereafter paid by Mail to CAMPBELL SOUP COMPANY, CASE DEPT. 16100, ONE HAWKSTREET DRIVE, DEL. RD. 17, TOWNE, PA 17067. Failure to produce on request in whole or in part, voids coupon. Coupon may void all coupons submitted. Void if used, antedated, backdated or reproduced by other than retailer of our products. Cash value 1/10¢. ©2001 CSC Brands LP

CONSUMER: One coupon per purchase. Good only on product indicated. Consumer pays any sales tax. Void if used, antedated, backdated or reproduced (including by electronic, photographic, digital or other means in any model). **RETAILER:** Redeem or items needed by consumer upon purchase of product indicated. ANY OTHER USE CONSTITUTES FRAUD. If antedated in conjunction with Campbell Soup Company's Coupon Redemption Policy (copies available upon request), you will be reimbursed hereafter paid by Mail to CAMPBELL SOUP COMPANY, CASE DEPT. 16100, ONE HAWKSTREET DRIVE, DEL. RD. 17, TOWNE, PA 17067. Failure to produce on request in whole or in part, voids coupon. Coupon may void all coupons submitted. Void if used, antedated, backdated or reproduced by other than retailer of our products. Cash value 1/10¢. ©2001 CSC Brands LP



NO ARTIFICIAL FLAVORS!

Serve Some Slurpin'
Dunkin' Wholesome Fun!



Mmm! Mmm! Good!
POSSIBLE VARIETIES

NEW

Aquafresh

TRIPLE PROTECTION

advanced

STRENGTHENS TEETH FROM THE INSIDE OUT

don't just clean,
STRENGTHEN



MANUFACTURER'S COUPON EXPIRES 10/31/07

\$100 OFF

Any Premium Toothpaste
Aquafresh® Advanced® Extreme Clean®,
White & Shine™ Berry Fresh (4.3 oz or larger)

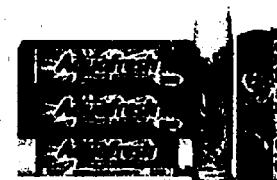


Redeemable at food, drug and mass merchandise stores. CONSUMER: Limit 1 coupon per purchase of indicated products. You pay any sales tax. RETAILER: GSK will reimburse you the face value of this coupon plus 12¢ Handling Fee if submitted in compliance with our Redemption Policy. Copy available upon request. Cash value 1/100 of 1¢. Coupon is void if altered, transferred, exchanged, sold, copied or if prohibited by law. Good only in USA and at APDs. FPOs. Send coupons to: GlaxoSmithKline Consumer Healthcare, P.O. Box 880558, El Paso, Texas 88588-0558. ©2007 GlaxoSmithKline Read and follow label directions.

MANUFACTURER'S COUPON EXPIRES 10/31/07

75¢ OFF

Aquafresh® Cavity Protection, Extra Fresh,
Tartar Control Whitening, Aquafresh® Kids
Toothpaste, Aquafresh® Dr. Seuss™ Kids
Toothpaste (4.3 oz or larger)



Redeemable at food, drug and mass merchandise stores. CONSUMER: Limit 1 coupon per purchase of indicated products. You pay any sales tax. RETAILER: GSK will reimburse you the face value of this coupon plus 12¢ Handling Fee if submitted in compliance with our Redemption Policy. Copy available upon request. Cash value 1/100 of 1¢. Coupon is void if altered, transferred, exchanged, sold, copied or if prohibited by law. Good only in USA and at APDs. FPOs. Send coupons to: GlaxoSmithKline Consumer Healthcare, P.O. Box 880558, El Paso, Texas 88588-0558. ©2007 GlaxoSmithKline Read and follow label directions.

552149

552156

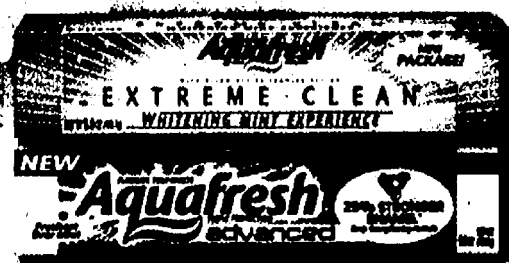


www.kroger.com

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that fits you™
Aquafresh®
White Trays™ 14 ct.

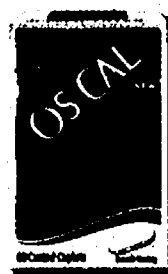


Aquafresh® Premium Toothpaste 5.6 oz. - 6.0 oz.,
Extreme Clean®, Advanced®, White & Shine™,
Sensitive, Ultimate White™

Kroger Feature Price With Plus Card \$1.99
Aquafresh® Coupon Savings \$1.00

YOUR FINAL COST... 99¢

don't just clean,
STRENGTHEN



Otc-Cal®
60 ct. - 75 ct.

CAN MAKE
ALL THE
difference



Commit® Nicotine
Lozenge 72 ct.

When you're ready to quit,
we're here to help.

Advertised Prices Effective 9/9/07 - 9/16/07. Look elsewhere in this insert for Manufacturer Coupon Savings! The items pictured are for display purposes only and the sale prices are for the items designated in the ad copy. "Price Feature Plus" is an exclusive property of News America Marketing.

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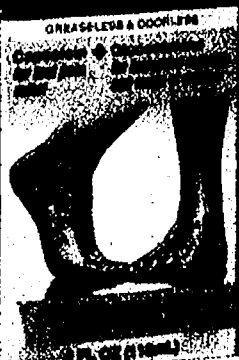
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**Right Store.
Right Price.**

Relieve Foot and Ankle Pain In Just 30 Seconds – Guaranteed!

Foot Pain Relieved In
30 Seconds

NEW
synovium



Try it Now And Save \$2.00!

BLISSFUL, INSTANT RELIEF FOR SWOLLEN, ACHING FEET!

synovium™ is the only pain reliever formulated specifically for ankles and feet. Clear penetrating gel has Capsaicin for instant pain relief, plus Glucosamine for ease and range of motion. Relieves pain in 30 seconds, and continues providing warm, soothing relief for hours. Try it now and save \$2.00.

Available at
**CVS, Rite-Aid,
and Walgreens**
in the foot care section

**SATISFACTION GUARANTEED
OR RETURN EMPTY BOX TO
MANUFACTURER WITH PROOF OF
PURCHASE FOR PROMPT REFUND.**

Dramatic Proof!

After just one application of **synovium**, the foot on the right shows significant enhancement of circulation.

Coupon Expires 12/31/08

SAVE \$2.00

On Any Purchase of the 4 oz. Size
synovium™
Pain Relieving Gel

CONSUMER: One coupon per purchase. Good only on product indicated. Consumer pays sales tax. Void if sold, exchanged or transferred.
RETAILER: PROFOOT, Inc. will reimburse you for the face value of this coupon plus 8¢ handling if redeemed in compliance with our redemption policy. Copy sent upon request. Cash value 1/100¢. Mail coupons to P.O. Box 880124, El Paso, TX 78858-0124

102051



5 80376 52482 4 (8100)0 10205

Coupon Expires 12/31/08

SAVE \$2.00

On Any Purchase of the 4 oz. Size
synovium™
Pain Relieving Gel

CONSUMER: One coupon per purchase. Good only on product indicated. Consumer pays sales tax. Void if sold, exchanged or transferred.
RETAILER: PROFOOT, Inc. will reimburse you for the face value of this coupon plus 8¢ handling if redeemed in compliance with our redemption policy. Copy sent upon request. Cash value 1/100¢. Mail coupons to P.O. Box 880124, El Paso, TX 78858-0124

102051



5 80376 52482 4 (8100)0 10205

The Natural Choice For Allergy Eyes

Similasan's soothing Healthy Relief formula stimulates your body's natural ability to relieve itchy burning eyes.

✓ **NO HARSH CHEMICALS**
✓ **EYE DOCTOR RECOMMENDED**

Trusted Medicine... Naturally.



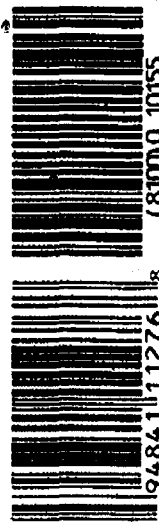
Manufacturer's Coupon Exp. 12/31/08

Save \$1.00



Similasan™ Allergy Eye Relief™ eye drops are available wherever medicines are sold.

Consumer: Limit one coupon per purchase specified. Any other use constitutes fraud. Void if copied, transferred or expired. Coupon valid only on specified product. Retailer: Your redemption signifies compliance with the Similasan Corporation Coupon Redemption Policy dated 11/4/05; copies available upon request. 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 product specified. Invoices proving sufficient stock must be shown upon request. Coupons not properly redeemed will be void and held. Redemption of this coupon is expressly prohibited. Void where taxed or restricted. Mail to Similasan, CVS Dept. 94841, 11 Forest Dr., Del Rio, TX 78840. Cash Value .001¢. NO DOLLAR IS PERMITTED.



5 94841 11276 18 (8100)0 10155

Read and follow label warnings and directions

SimilasanUSA.com

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Take The Excedrin® Challenge And Try Us For FREE!

With Coupon And Mail-In Rebate On Any Excedrin 24 ct

See For Yourself If Excedrin Is Faster And Better
Than Your Current Brand

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Formula

Pain
Reliever

Pain
Blocker

EXCEDRIN.
BACK & BODY

► Clinically Proven To
Relieve Migraines
In Just 1 Dose

Dose

EXCEDRIN.
MIGRAINE

► Starts Relieving
Headache Pain
In 15 Minutes

15
minutes

EXCEDRIN.
EXTRA
STRENGTH

Visit us at www.excedrin.com

Use Only As Directed.
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U-00132-00

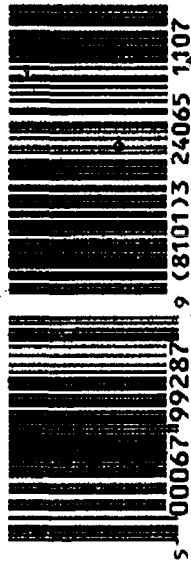
MANUFACTURER'S COUPON

EXPIRES 11/30/07

**SAVE
\$300**

On ANY ONE (1)
Excedrin®
100 ct
Product

RETAILER: We will reimburse you for the face value of this coupon plus \$4 if submitted in compliance with our coupon redemption policy, available upon request. Cash value 1/20¢. Mail to: Novartis Consumer Health, Inc., P.O. Box 880355, El Paso, TX 88588-0355. Limit one coupon per purchase. ©2007 Novartis Consumer Health, Inc.



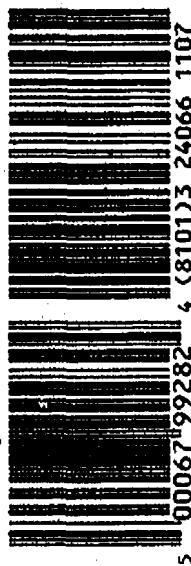
MANUFACTURER'S COUPON

EXPIRES 11/30/07

**SAVE
\$200**

On ANY
ONE (1)
Excedrin®
Product

RETAILER: We will reimburse you for the face value of this coupon plus \$4 if submitted in compliance with our coupon redemption policy, available upon request. Cash value 1/20¢. Mail to: Novartis Consumer Health, Inc., P.O. Box 880355, El Paso, TX 88588-0355. Limit one coupon per purchase. ©2007 Novartis Consumer Health, Inc.



*Save up to \$4.99 when you buy ANY ONE (1)
Excedrin® 24 ct product

To receive your rebate check by mail: Buy ANY Excedrin® 24 ct or larger product and mail this required certificate along with the UPC symbol and the original, store-identified cash register receipt dated between 9/9/07 and 11/30/07 with the purchase price circled. Actual rebate amount will equal purchase price minus \$2 coupon value, up to \$2.99, not including tax. Request must be postmarked by 11/30/07 and received by 12/7/07.

Mail to: Excedrin 24 ct Rebate Offer
P.O. Box 2889, West Caldwell, NJ 07007-2889

Name _____

Address _____

City _____ St. _____ Zip _____

E-mail (optional) _____

Limit one (1) rebate per person, family, household or address. Duplicate requests constitute fraud. Allow 6-8 weeks for rebate. Void in RI and where restricted, prohibited or taxed. Offer good only in the USA. Requests submitted with duplicated, photocopied or altered receipts will not be honored. May not be reproduced, traded or sold. Cash redemption value 1/100 of 1 cent. ©2007 Novartis Consumer Health, Inc.



Available in your
Grocer's Freezer
Section

**\$1.00 Off
ANY One (1)**



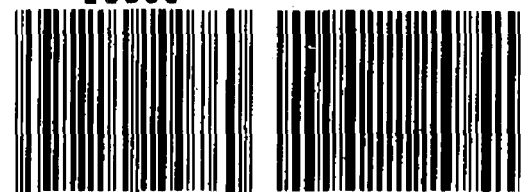
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MANUFACTURER'S COUPON

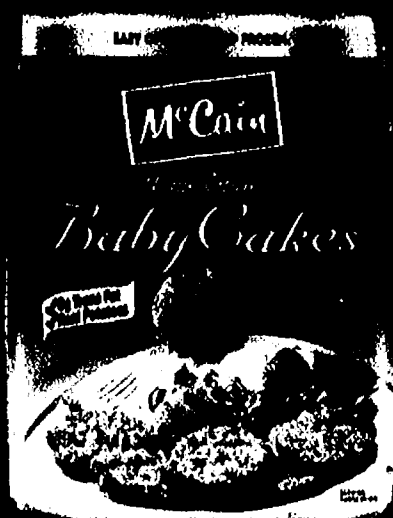
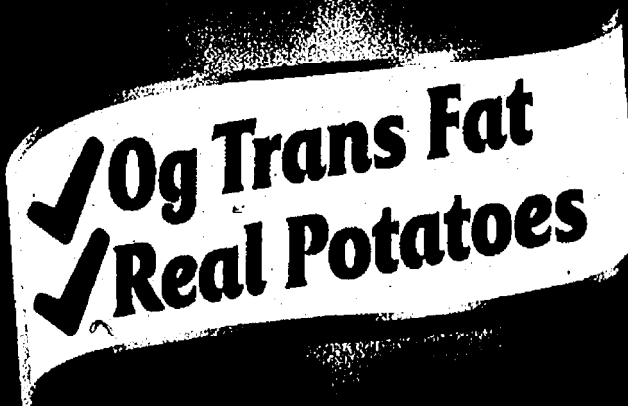
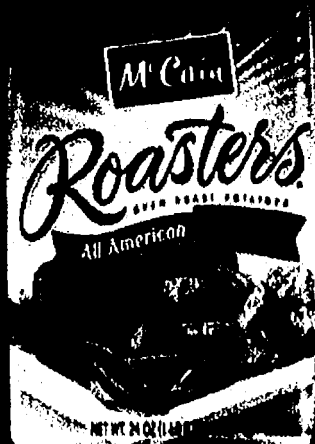
EXPIRES 10/31/07

RETAILER: We will reimburse you for the face value of this coupon plus 8¢ handling provided it is redeemed by the consumer 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. Consumer must pay any sales tax. Cash value 1/20¢. Mail to: McCain Foods USA, Inc., CMS Dept. 72714, One Fawcett Drive, Del Rio, TX 78840. Limit: ONE COUPON PER PURCHASE.

20088



5 72714 10076 0 (8100)0 20088



**Not just plain potatoes...
McCain® Potatoes!™**

Delicious Meal in Minutes

from BUMBLE BEE and Minute

Already Cooked • Just Heat & Serve



White Rice

Garlic & Herb Chicken with Conforti Rice

1 cup chicken broth
1 cup Minute® White Rice
1 cup red, green and yellow bell peppers, diced small
2 Bumble Bee® Prime Fillet® Chicken Breasts,
Garlic & Herb

Bumble Bee® Prime Fillet® chicken breasts are fully cooked and seasoned 100% whole chicken breast. Just heat and serve in 30 seconds!

Visit minute.com and bumblebee.com for additional recipe ideas.



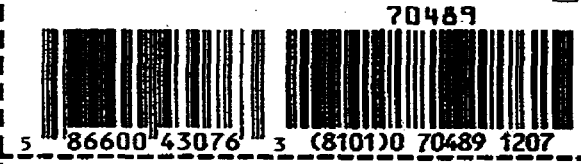
MANUFACTURER'S COUPON EXPIRES 12/31/2007

SAVE \$1.00

on one Bumble Bee® Prime Fillet® Chicken Breast 4oz. 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 \$0.06 handling, in accordance with the offer. Offer herein provides proof of purchase of sufficient quantities of stock to cover the coupons must be shown upon request. Coupon is void if tampered with or otherwise altered. No cash value. Not redeemable for cash. Good only on the brand specified. See store for restrictions. © 2007 Bumble Bee Foods, LLC



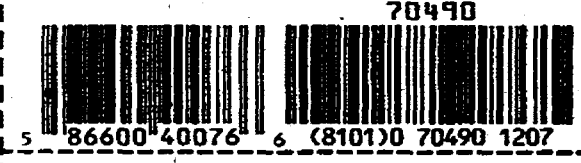
MANUFACTURER'S COUPON EXPIRES 12/31/2007

SAVE \$1.00

on one Bumble Bee® Prime Fillet® 4oz. 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 \$0.06 handling, in accordance with the offer. Offer herein provides proof of purchase of sufficient quantities of stock to cover the coupons must be shown upon request. Coupon is void if tampered with or otherwise altered. No cash value. Not redeemable for cash. Good only on the brand specified. See store for restrictions. © 2007 Bumble Bee Foods, LLC



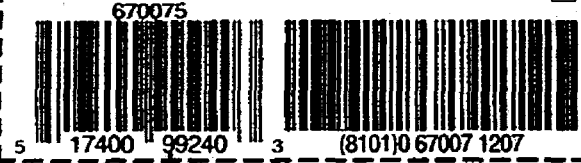
MANUFACTURER'S COUPON EXPIRES 12/31/2007

SAVE 40¢

When you buy any one Minute® Rice Product

www.minuterice.com

RETAILER: Coupon will be redeemed for face value plus \$1.00 handling in accordance with the offer. Offer herein provides proof of purchase of sufficient quantities of stock to cover the coupons must be shown upon request. Coupon is void if tampered with or otherwise altered. No cash value. Not redeemable for cash. Good only on the brand specified. See store for restrictions. © 2007 Minute Rice Foods, Inc.



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is where you'll find all the style you'll need to
look beautiful this fall

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or visit NEWPORTNEWS.COM

NEWPORTNEWS.COM 1-800-894-9639

MANUFACTURER'S COUPON / EXPIRES 12/31/07

SAVE \$3.00 on any one
luminous color glaze™

Consumer: Limit one coupon per purchase on specified product. You pay sales tax. Void if altered, transferred, reproduced or sold. Retailer: Kao Brands Company will reimburse you the face value of this coupon plus 8¢ handling if submitted in full compliance with Kao Brands Company redemption policy, (available upon request). Void where prohibited, taxed or otherwise restricted. Send coupons to: Kao Brands Company, CMS Dept 18100, 1 Fawcett Drive, Del Rio, TX 78840.

03346



5 17226 90087 3 (8101)0 03346 1207

MANUFACTURER'S COUPON / EXPIRES 12/31/07

SAVE \$3.00 on any two
John Frieda® Collection products
excluding luminous color glaze™

Consumer: Limit one coupon per purchase on specified product. You pay sales tax. Void if altered, transferred, reproduced or sold. Retailer: Kao Brands Company will reimburse you the face value of this coupon plus 8¢ handling if submitted in full compliance with Kao Brands Company redemption policy, (available upon request). Void where prohibited, taxed or otherwise restricted. Send coupons to: Kao Brands Company, CMS Dept 18100, 1 Fawcett Drive, Del Rio, TX 78840.

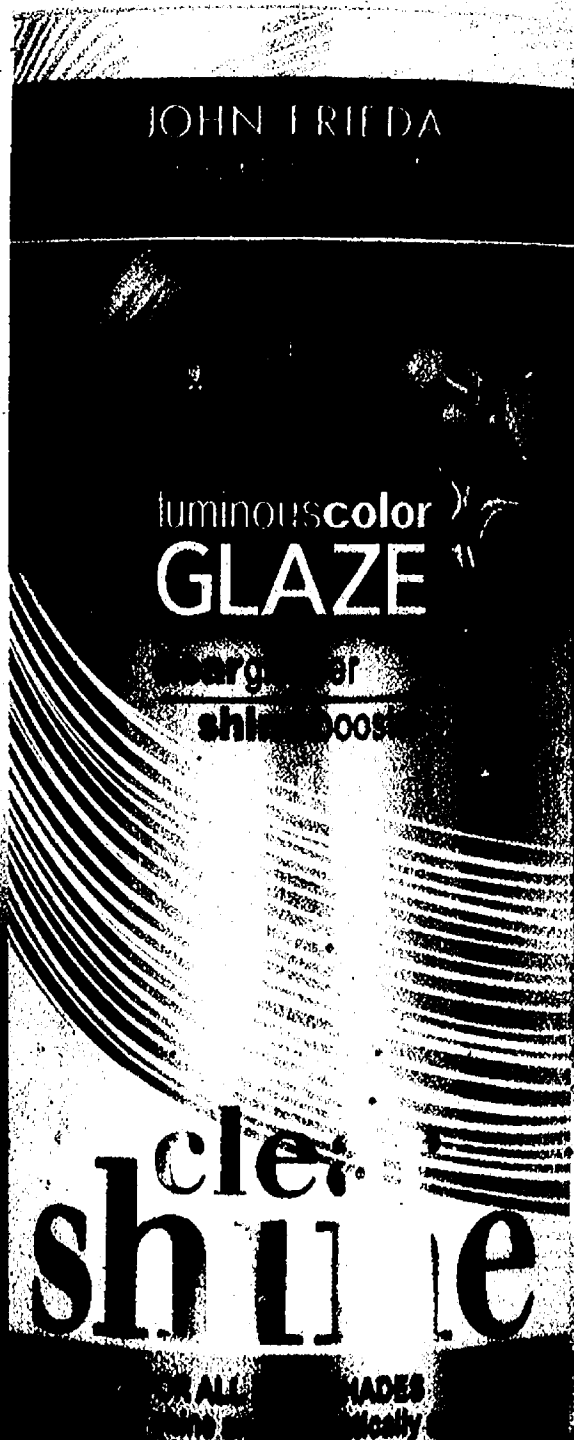
03347



5 17226 70008 4 (8101)0 03347 1207

JOHN FRIEDA
COLLECTION

SAVE



Luminous Color Glaze™
clear shine
for all shades

**dazzling
shine,
every time**

For all hair shades,
Luminous Color Glaze™
clear shine infuses hair with
a blast of shine and transforms
hair's texture to a silky smooth feel.

Love the shine and want to add a hint of color? Use your
favorite color-enhancing shade of Luminous Color Glaze™.

Look for Luminous Color Glaze™ in the hair care aisle,
next to the John Frieda® Collection. www.johnfrieda.com

FACT: His Day Was Filled With Math, Reading And Millions Of BACTERIA AND VIRUSES



Disinfect
To Protect.



LYSOL® Kills The Germs™
Kids Bring Home From School



**SAVE
\$5.00***

**On A
Pediatrician Visit!**

When you buy ANY TWO (2)
different LYSOL® Products.

\$5.00 Mail-In Reward Valid 6/24/07-12/31/07.
Open to legal U.S. residents, excluding RI.
Void where prohibited.

Go to
www.LYSOL.com for details.



*LYSOL® Cares About
Your Family's Health!*

www.LYSOL.com

*Kills germs on hard nonporous surfaces when used as directed.
LYSOL® Disinfectant Spray, LYSOL® Disinfecting Wipes, LYSOL® Antibacterial Kitchen Cleaner and LYSOL® Bathroom Cleaner Kill Influenza A on hard surfaces.
LYSOL® Disinfectant Spray, LYSOL® Toilet Bowl Cleaner and LYSOL® All Purpose Cleaner Pourables and Triggers kill the Rotavirus when used as directed.

MANUFACTURER'S COUPON EXPIRES 11/5/07

SAVE 50¢ ON ANY
LYSOL® Toilet Bowl Cleaner

Consumer: Only one coupon is redeemable per purchase and only on specified products and sizes. You pay any sales tax. May not be reproduced, purchased, traded or sold. Any other use constitutes fraud. Retailer: You are authorized to act as our agent and redeem this coupon in acceptance with RB Coupon Redemption Policy face value plus 8¢. Send coupons to Reckitt Benckiser Inc., CMS Dept. #26600, Del Rio, TX 78840. Cash value 1/100 of 1¢. Good only in the U.S.A. Void where prohibited.

57834



5 19200 30050 1 (8100)0 57834

MANUFACTURER'S COUPON EXPIRES 11/5/07

SAVE 50¢ ON ANY
LYSOL® All Purpose Cleaner

Consumer: Only one coupon is redeemable per purchase and only on specified products and sizes. You pay any sales tax. May not be reproduced, purchased, traded or sold. Any other use constitutes fraud. Retailer: You are authorized to act as our agent and redeem this coupon in acceptance with RB Coupon Redemption Policy face value plus 8¢. Send coupons to Reckitt Benckiser Inc., CMS Dept. #26600, Del Rio, TX 78840. Cash value 1/100 of 1¢. Good only in the U.S.A. Void where prohibited.

57889



5 19200 21050 3 (8100)0 57889

MANUFACTURER'S COUPON EXPIRES 11/5/07

SAVE \$1.00 ON ANY
LYSOL® Disinfectant Spray

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57867



5 19200 11076 6 (8100)0 57867

MANUFACTURER'S COUPON EXPIRES 11/5/07

SAVE \$1.00 ON ANY TWO (2)
LYSOL® Disinfecting Wipes

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57855



5 19200 34233 4 (8100)0 57855

MANUFACTURER'S COUPON EXPIRES 11/5/07

SAVE 50¢ ON ANY
LYSOL® Bathroom Cleaner or Mildew Remover

Consumer: Only one coupon is redeemable per purchase and only on specified products and sizes. You pay any sales tax. May not be reproduced, purchased, traded or sold. Any other use constitutes fraud. Retailer: You are authorized to act as our agent and redeem this coupon in acceptance with RB Coupon Redemption Policy face value plus 8¢. Send coupons to Reckitt Benckiser Inc., CMS Dept. #26600, Del Rio, TX 78840. Cash value 1/100 of 1¢. Good only in the U.S.A. Void where prohibited.

57844



5 19200 30050 1 (8100)0 57844

MANUFACTURER'S COUPON EXPIRES 11/5/07

SAVE 50¢ ON ANY
LYSOL® Food Surface Sanitizer or Antibacterial Kitchen Cleaner

Consumer: Only one coupon is redeemable per purchase and only on specified products and sizes. You pay any sales tax. May not be reproduced, purchased, traded or sold. Any other use constitutes fraud. Retailer: You are authorized to act as our agent and redeem this coupon in acceptance with RB Coupon Redemption Policy face value plus 8¢. Send coupons to Reckitt Benckiser Inc., CMS Dept. #26600, Del Rio, TX 78840. Cash value 1/100 of 1¢. Good only in the U.S.A. Void where prohibited.

57873



5 19200 20050 4 (8100)0 57873

MANUFACTURER'S COUPON EXP. 11/30/07

**SAVE
\$1.00**



On your next purchase of ANY Airborne® formula.

RETAILER: Send to Airborne, Inc., PO Box 880430, El Paso, Texas 88588-0430. You will be reimbursed the face value of this coupon plus \$4 handling, if submitted in compliance with our redemption policy. Copies available upon request. Void if copied, prohibited or regulated. Good only on brand specified. Cash value 1/204. ONE COUPON PER PURCHASE. © 2007 Airborne, Inc. All Rights Reserved.

100482



5 47865 00076 4 (8100) 6 10048

MANUFACTURER'S COUPON EXP. 11/30/07

Try NEW Airborne® Seasonal.

**SAVE
\$2.00**



Airborne Seasonal is a non-drowsy formula containing a nutritional blend that promotes normal histamine levels.

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100490



5 47865 30082 6 (8100) 6 10049

Will your immune system
pass the test this
back-to-school season?



FOR USE IN:

- Airplanes
- Offices
- Schools
- Restaurants
- Health Clubs
- Theaters...

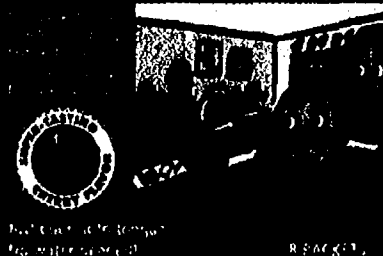


NEW!
EXP. 11/30/07

#1
Best Seller
in the
USA

Airborne
Power Pixies™

CREATED BY A SCHOOL TEACHER!



Just Pour it on to
your water source!

8 PACKETS

**For Mom and Dad
Airborne® Health Formula**

When your kids go back to school, it means hectic schedules, lack of sleep, stress and who knows what else for you. Keep your immune system strong. Take Airborne.

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Airborne® Power Pixies™**

Fun, quick-dissolve powder and cherry taste kids love. Just pour onto tongue. No water needed!



Get a free sample at
www.AirborneSample.com.

Reach for
the Best...

Depend®

Underwear



Now more
absorbent
than ever!

depend.com

Talk with your doctor about
bladder control problems.



NOT GOOD ON TRIAL SIZE
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. © 2007 KCWW EAD-177/C-008756

Manufacturer's Coupon

Expires 11/04/07

SAVE \$2.00

On any ONE (1) DEPEND® Absorbent Product

669030



5 36000 41082 7 (8100) 0 66903

Some changes are good. Others are not.

Trust Dulcolax®
for guaranteed relief
from constipation.

Overnight Relief

Dulcolax
LAXATIVE
(bisacodyl USP 5 mg)

1 Trusted for
Guaranteed Relief

Gentle Yet Effective

COMFORT COATED
TABLETS

Gentle, Effective, and
Recommended by Doctors and Pharmacists

Use as directed.
Dulcolax

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Ingelheim
DLX0707-000

MANUFACTURER'S COUPON

OFFER EXPIRES 12/31/07

Save
\$1.00

On any Tablet 25ct or larger,
Suppositories 4 ct or larger



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RETAILER: We will reimburse the face value plus 6¢ handling if submitted in accordance with our Redemption Policy. For policy and/or coupon redemption, send to Boehringer Ingelheim Consumer Health Care Products Division, P.O. Box 160000, St. Paul, TX 75666-0000. Improper use constitutes fraud.

202235



MANUFACTURER'S COUPON

OFFER EXPIRES 12/31/07

Save
\$1.00

On Stool Softener
25ct or larger



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202243



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in minutes to hours

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LAXATIVE
(bisacodyl USP 5 mg)

1 Trusted for
Guaranteed Relief

Gentle Yet Effective

Dulcolax
LAXATIVE
(bisacodyl USP 5 mg)

1 Trusted for
Guaranteed Relief

Gentle Yet Effective

COMFORT COATED
TABLETS

Dulcolax
STOOL SOFTENER

Dulcolax
STOOL SOFTENER

Gentle and Easy

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Ingelheim
DLX0707-000

Use as directed.

www.dulcolax.com

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Expect something extra®

Dulcolax®

Tablets, 25 ct.,
Stool Softener, 25 ct.
and Suppositories, 4 ct.

CVS/pharmacy
Feature
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with card

Dulcolax®
Coupon Savings... **\$1.00**

YOUR FINAL COST...

\$4.99
with card and coupon

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BOSTON MARKET
EST. 1983

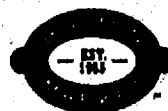
RESTAURANT COUPON • EXPIRES OCTOBER 21, 2007

\$1 Off

any Individual Meal or Carver Combo™

Good only at all participating Boston Market® restaurants. Present certificate when ordering. Not valid with any other special or reduced price offer. Not redeemable for cash or gift card purchase. Not applicable for catering orders, grocery items, chilled holiday take-home banquets, or kids' meals. Only one certificate per customer per visit. Applicable taxes paid by bearer.

WWW.BOSTONMARKET.COM



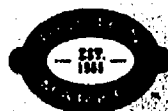
RESTAURANT COUPON • EXPIRES OCTOBER 21, 2007

\$1 Off

any Individual Meal or Carver Combo™

Good only at all participating Boston Market® restaurants. Present certificate when ordering. Not valid with any other special or reduced price offer. Not redeemable for cash or gift card purchase. Not applicable for catering orders, grocery items, chilled holiday take-home banquets, or kids' meals. Only one certificate per customer per visit. Applicable taxes paid by bearer.

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RESTAURANT COUPON • EXPIRES OCTOBER 21, 2007

\$2 Off

any \$10 Purchase

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RESTAURANT COUPON • EXPIRES OCTOBER 21, 2007

\$4 Off

any \$20 Purchase

Good only at all participating Boston Market® restaurants. Present certificate when ordering. Not valid with any other special or reduced price offer. Not redeemable for cash or gift card purchase. Not applicable for catering orders, grocery items, chilled holiday take-home banquets, or kids' meals. Only one certificate per customer per visit. Applicable taxes paid by bearer.

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See hard water stains on your shower?

See what it does to your clothes:

Use CALGON® along with your detergent to remove minerals from your wash water

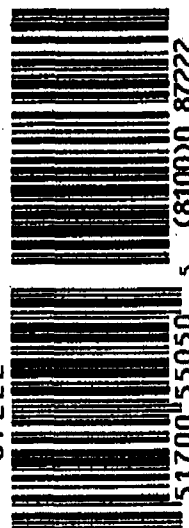
MANUFACTURER'S COUPON EXPIRES 11/11/07

SAVE 50¢



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87222

5 51700 55050 5 (81000) 87222

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Monogram or Symbol

Paperboard Dispenser

Custom Lettering



300 labels
only \$5.95
SALE!
\$4.95

Melissa A. Stone
Interior Design
914 Upper Crest Lane
Yourtown, US 12345

50%
Larger!

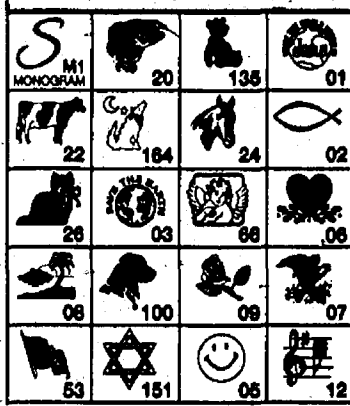
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www.CurrentLabels.com



Customize your labels with a **FREE**
Symbol or Monogram! (on labels only)



QTY	<input type="checkbox"/> 30800 Plastic Dispenser	only \$1 ea.	► \$
QTY	<input type="checkbox"/> 30040 Self-Inking Stamper	\$14.95 ea.	► \$
Label Color	<input type="checkbox"/> 30110 Gold <input type="checkbox"/> 30112 Silver <input type="checkbox"/> 30114 Clear <input type="checkbox"/> 30116 White <input type="checkbox"/> 30118 Rainbow <input type="checkbox"/> 30134 Stonewashed		
QTY	<input type="checkbox"/> Sm. roll of 300 \$4.95 ea. <input type="checkbox"/> Lg. roll of 600 \$7.95 ea.	<input type="checkbox"/> Add 50¢ for In-plant Rush!	► \$
Labels Only	<input type="checkbox"/> Block FREE <input type="checkbox"/> Italic FREE <input type="checkbox"/> Script \$1 per roll <input type="checkbox"/> Contempo \$1 per roll		► \$ FREE
	<input type="checkbox"/> Monogram M1 _____ or <input type="checkbox"/> Symbol # _____ \$1 per roll Letter \$1 per roll Number		► \$ 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, 28 characters and spaces per line.)

Line 1 _____

Line 2 _____

Line 3 _____

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Mail check payable to: _____ If mailing address is different from above, OR for additional orders, please use a separate sheet of paper.

LIGHT UP THE NIGHT

Glow-In-The-Dark Candy Canes

FREE
Shipping & Handling
when buying 2 sets

Set Of **10** **FOR ONLY \$7.97**



Glow
In The Dark

•No Electricity
•No Costly Wiring!

www.DreamProductsCatalog.com (website offers may vary)

GLOW-IN-THE-DARK CANDY CANES Dept. 2876

(90096) _____ Set(s) Candy Canes(s) @ \$7.97 \$

CA residents must add 7.25% sales tax \$

Add \$3.95 Shipping & Handling (S&H)/1st set \$

FREE S&H when buying 2 or more sets

☐ Check or money order payable to: **Dream Products, Inc.**

Charge my: ☐ VISA ☐ MasterCard ☐ Discover®/NOVUS™ Cards

Card# _____ Expiration Date _____

Name _____

Address _____

City _____ ST _____ Zip _____

SEND ORDER TO:
Dream Products, Inc.
 412 DREAM LANE, VAN NUYS, CA 91406

Solar Powered Candy Canes Light The Way

Add a festive touch to your walkway, driveway or sidewalk with these incredible glow-in-the-dark candy canes. Jumbo 15" ornaments absorb light during the day so they can glow at night for that extra holiday touch. No electricity, wires, batteries or maintenance needed. Just set them out and enjoy! Made of durable weather resistant man-made materials to last year after year. Only \$7.97 and receive **FREE SHIPPING & HANDLING** when buying 2 sets or more.

Satisfaction Guaranteed or Return For Your Money Back

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Only
\$4.99
each
bra
Sold in
Matching
Sets of 2

Classic Comfort Bra™

**So Incredibly Comfortable,
Some Prefer To Sleep In It!**



**Exceptional Comfort
With lasting Support
At/Affordable Price**



**Open Back Design
Lends Additional
Comfort**

- Lasting Support Without Underwire or Tight Elastics
- Superior Stretch Fabric Shapes Magnificently & Prevents Sagging Breasts
- Silky Soft Nylon/Spandex Blend Cradles You in Comfort
- Extra Wide Comfort Straps Reduce Strain
- Easy-Reach Front Closure For Added Convenience
- Special Stretch Cup Design Fits B, C & D Sizes
- Machine Washable

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**So Comfortable
You'll Forget You've Got it On**

So Comfortable You'll Wear It All Day and All Night! Our amazing comfort bra provides exceptional support and comfort without compromising on quality or fit. You might forget you have one on. Specially blended Spandex / Nylon material forms to the delicate contours of your breast, provides lasting support and prevents sagging. Superior width shoulder straps eliminate strain. Specially designed cup fits B, C and D Sizes. Gently ribbed fabric is silky soft to the touch and provides a touch of classical elegance to your wardrobe. Machine washable and available in sizes 34 - 48.

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ClearPoint Direct.Com

P.O. Box 3508 Champlain, NY 12919

UG70909

Specify how many matching sets of 2 on size chart

Size	34	36	38	40	42	44	46	48
0218-00 White (Set of 2)								
0218-01 Black (Set of 2)								
0218-02 Beige (Set of 2)								

Matching Sets	Price	Quantity	Total
Set of 2 Classic Comfort Bras	\$9.99		
Shipping & Handling - no matter how many sets ordered			\$3.95
(Check or Money Order payable to ClearPoint, No C.O.D.)		Total	

(Please print)

Name: _____

Address: _____ Apt.: _____

City: _____ State: _____

Zip: _____ Tel.: (____) _____

Did you indicate quantity and bra size?

Money Back Guarantee: Return merchandise within 90 days for refund less Shipping & Handling if not entirely satisfied.

- Hundreds of Kitchen-Tested Recipes Including Appetizers & Beverages, Soups & Stews, Main Dishes, Desserts & More.
- Recipes Shown in Full-Color Photos
- Spiral Binding Stays Open
- Limited Quantities - Order Yours Today!

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UG70908

Name: _____

Address: _____ Apt.: _____

City: _____ State: _____

Zip: _____ Tel.: (____) _____

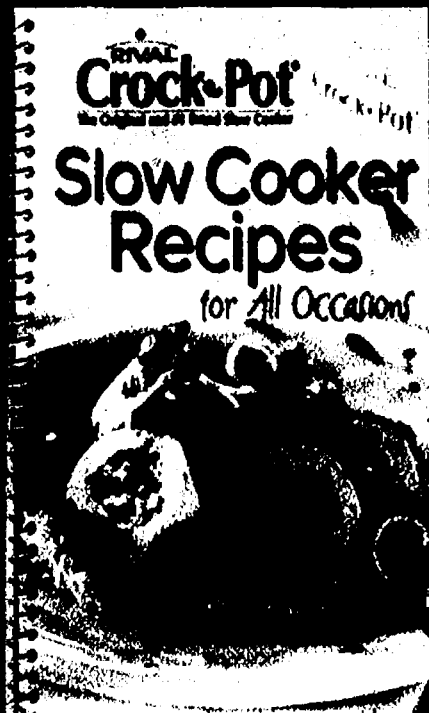
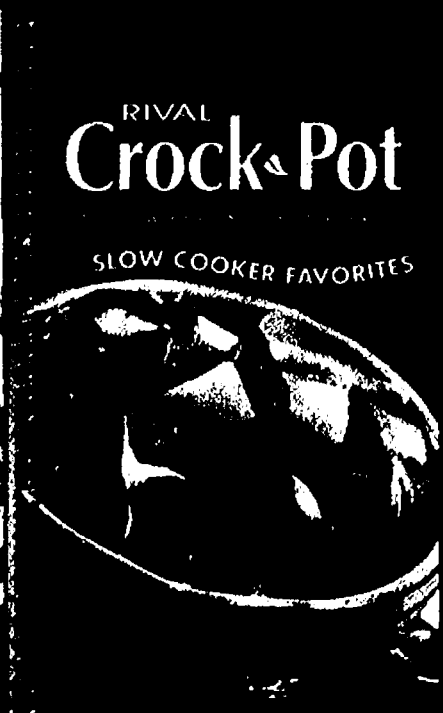
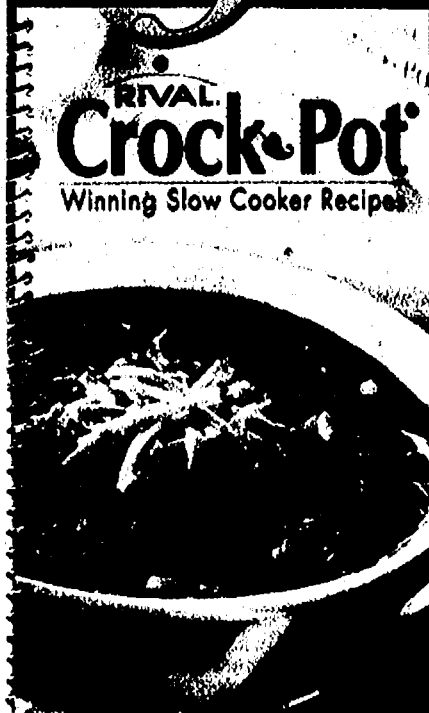
Item (#1079)	Price	Quantity	Total
Set of 3 Cookbooks	\$9.95		
Shipping & Handling			\$3.95
(No C.O.D.)		Total for Order	

Enclosed is \$ _____ made payable to **ClearPoint**

Money Back Guarantee: Return merchandise within 90 days for refund less Shipping & Handling if not entirely satisfied.

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Set of 3 Cookbooks *Slow Cooker Recipes For Today's Fast Paced Lifestyle Come Home to Great Taste*



Crock-Pot
A Name
You Can Trust

**Only
\$9.95
For The
Entire Set**

**You'll
Get All 3
Books!**

3-Book Set Contains Hundreds of Mouthwatering Recipes Your Family Will Love

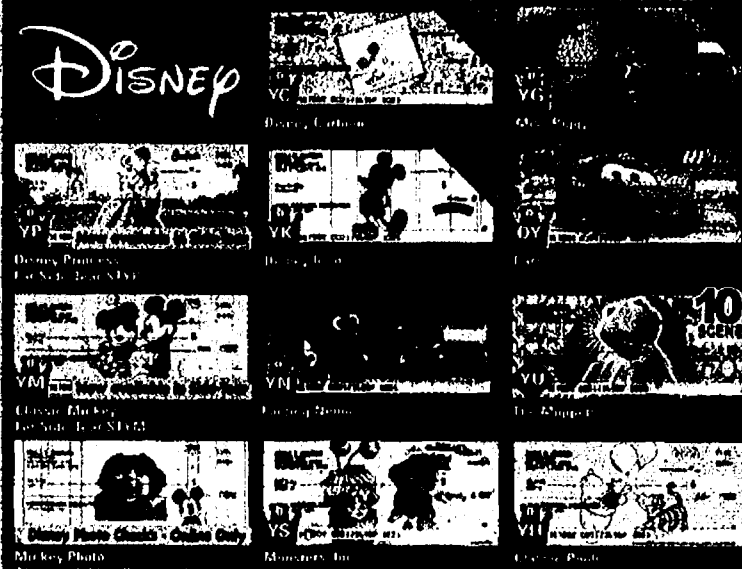


Checks Only \$3.99*

PER BOX

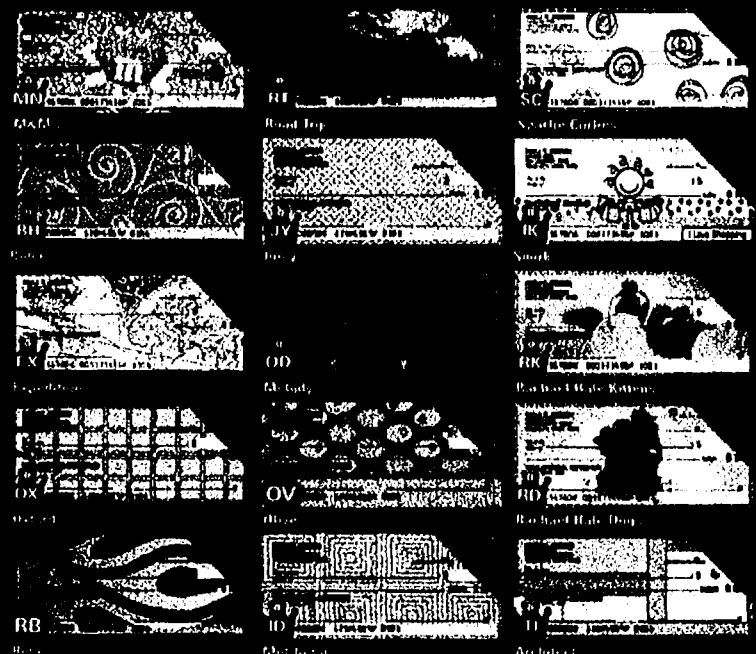
DEPOSIT TICKETS 4TH BOX OF CHECKS TRANSACTION REGISTER

ORDER TODAY AT:

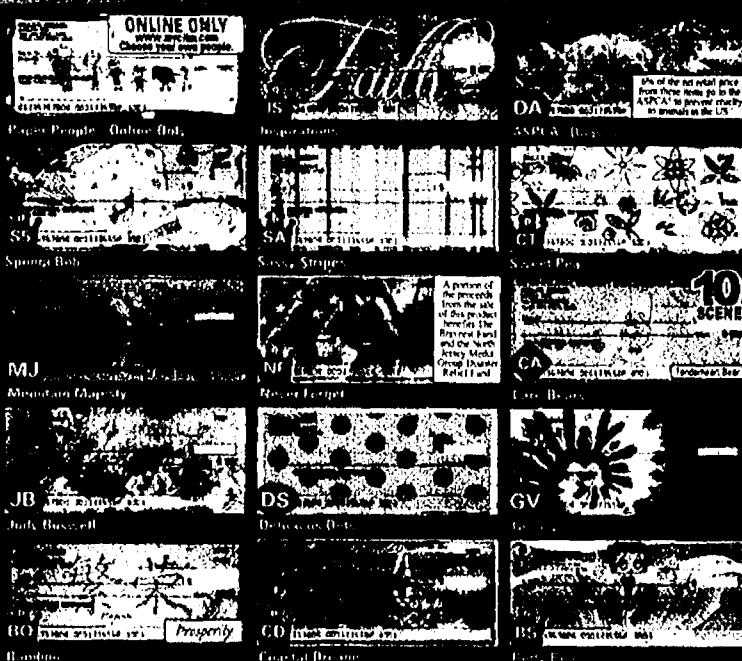


Preview Yours at mydisneychecks.com

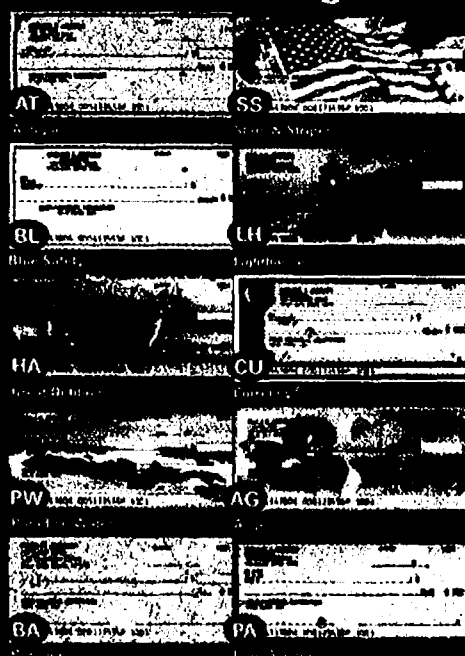
New Designs



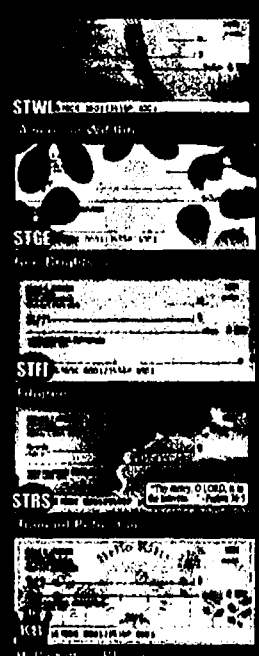
Familiar Favorites



Classic Designs



Side Tear



4 Easy Ways To Order:

- 1** **phone:** 1-800-733-4443
Mon-Fri 9am-5pm Sat 9am-1pm Sun 12pm-4pm
- 2** **fax:** 1-800-822-0005
24 hours a day 7 days a week
- 3** **mail to:** Checks In The Mail
2435 Goodwin Lane • New Braunfels, TX 78135
If ordering by Mail, please include:
• VOIDED CHECK or credit card to verify account
• DEPOSIT TICKET from same account
• PAYMENT check, money order, payable to CIMA
or electronic debit
- 4** **mail to:** Checks In The Mail
2435 Goodwin Lane • New Braunfels, TX 78135

1 START HERE and Follow Each Step to Properly Complete Order Form. **MENTION AD CODE**

Name _____ Phone () _____

E-mail _____

Design Code _____ Check Name _____ Check Start# _____

2 **CHECKS**

	1 Box	2 Boxes	4 Boxes	4th BOX FREE
Single	\$3.99	\$7.98	\$15.97	\$
Duplicate	\$5.49	\$10.98	\$21.97	\$
Single	\$9.99	\$19.98	\$39.97	\$
Duplicate	\$12.99	\$25.98	\$51.97	\$
Single	\$15.99	\$31.98	\$63.97	\$
Duplicate	\$17.99	\$35.98	\$71.97	\$

3 **DESIGNER LETTERING** #31 Standard #36 REGAL #41 JAZZ \$FREE

IN-PLANT RUSH Saves up to 2 days in production. Only on check orders. add \$4.95

IDENTITYCARE \$1.05

EXTRA Deposit Tickets Single (100) \$5.99 Triplicate (40) \$4.99

Required handling for EACH BOX / ITEM. \$2.95 x 2.00 BOXES = \$5.90

4 SHIPPING - This Section only Applies to Shipping Fees.

SECURE TRACK TRACKABLE - GUARANTEED DELIVERY (7 BUS. DAYS) CHECK BOXES SHIPPED TOGETHER. PLEASE MATCH # OF BOXES IN STEP 1

Untrackable delivery (2-3 weeks) All items shipped separately. **FREE**

Shipment to AK/HI/GU/PR/APO/FPO (REQUIRED) add \$5.00

Other shipment options not available in these areas

5 CHECKOUT - For Your Security, Check Orders WILL NOT be Forwarded.

ORDER PAYMENTS WILL BE VERIFIED. GRAND TOTAL \$

Please electronically debit my account.

Signature _____

I am enclosing a check / money order for payment. Your check will be electronically presented for payment.



Introductory offer exclusively for first time customers. \$3.99 pricing applies for Collections Series Singles only. Buy 3 boxes of checks, get 1th box free.

Take 'em both home!



Buy Beggin'® and Get Carvers® FREE!

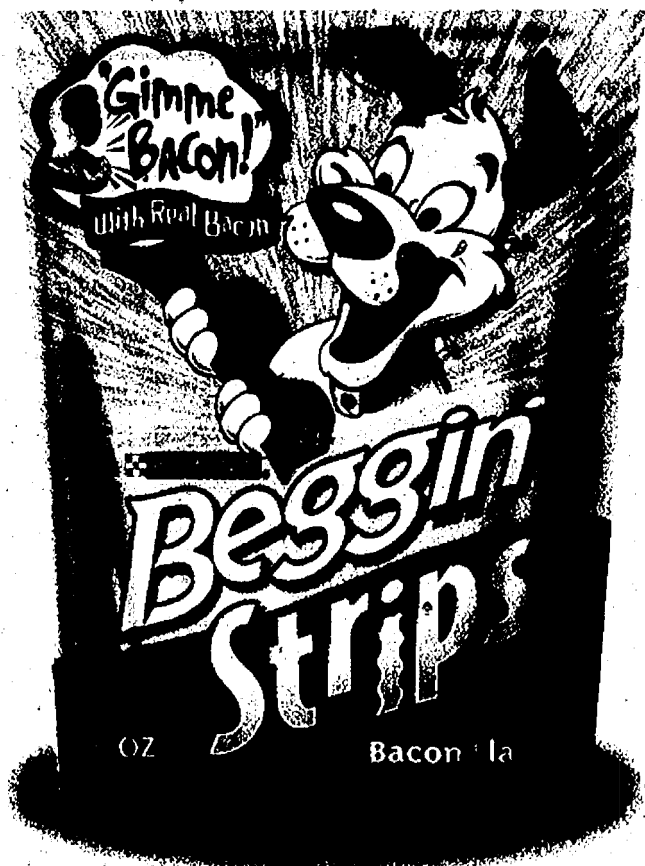
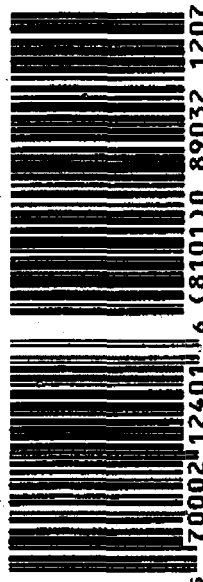
(up to \$3.00)

Buy one (1) 6 oz. or larger package of Purina® Beggin'® brand Dog Snack, any variety, and Get one (1) FREE (up to \$3.00) 3.5 oz. package of Purina® Carvers® brand Dog Snack, any variety

CONSUMER: Required purchase necessary. Coupon may not be copied or transferred. No other coupon may be used to purchase the same package(s). Fraudulent submission or receipt could result in legal action or prosecution under federal mail and/or computer fraud statutes. RETAILER: Nestlé Purina PetCare Company, CMS, Dept. #17800, 1 Pawcett Drive, Del Rio, TX 78840 will redeem this coupon per our Coupon Redemption Policy, available upon request (in the case of free goods, shelf price). Consumer must pay sales tax. GOOD ONLY IN USA, APO'S, FPO'S. Void where prohibited. Cash value: 1/20¢. Trademarks owned by Société des Produits Nestlé S.A., Vevey, Switzerland. Printed in U.S.A.

89032

Cashier:
Write in
Shelf Price
(up to \$3.00)



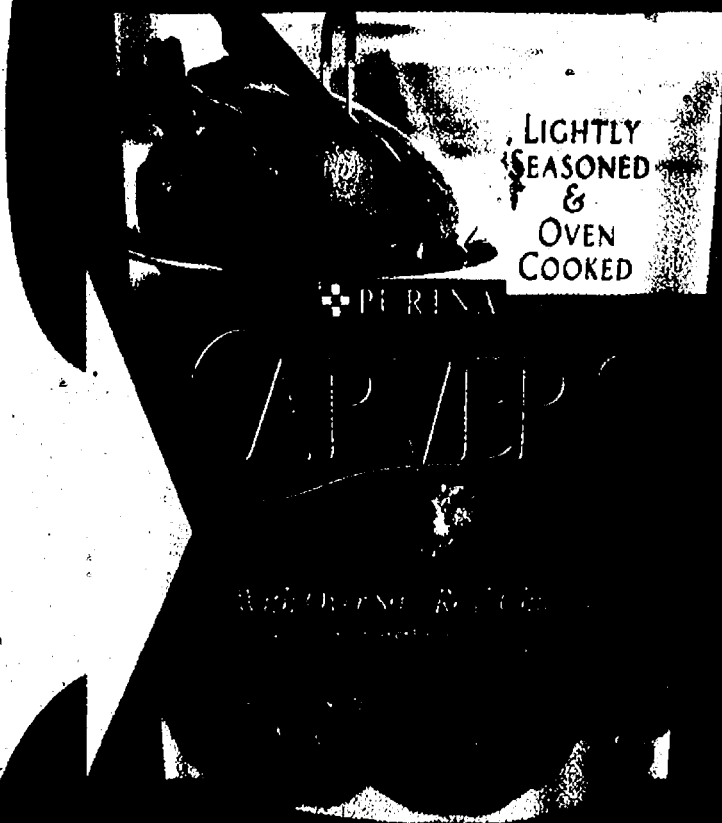
Buy Beggin'®

MADE WITH REAL BACON

Get FREE Carvers®

(up to \$3.00)

Made With Over 80%
REAL CHICKEN or BEEF!



Other pads just wing it.

Only **Kotex®**
Ultra Thin® pads
have a unique **Gently
Raised Center**
that conforms to fit
your body...

Plus,
**Wrap-Around
Wings** that stay in
place for comfortable,
secure protection...



Kotex fits. Period.®

Combined, that's
Total Protection
that fits your body.



Get a
FREE
sample
at kotex.com.

Excludes other brands. Expires 11/30/07

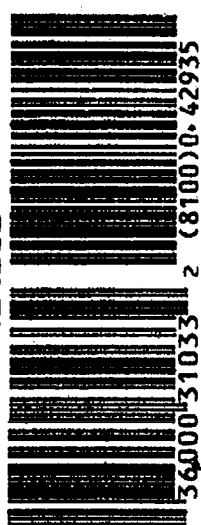
SAVE \$1.00



Good on any
TWO packages
of KOTEX® Pads

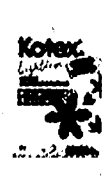
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Excludes other brands. Expires 11/30/07

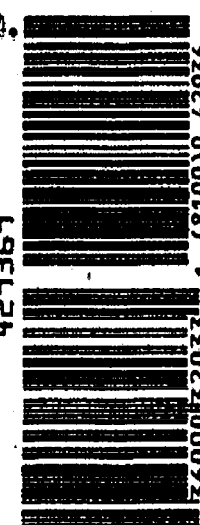
SAVE \$1.00



Good on any **TWO**
packages of KOTEX®
LIGHTDAYS®
Pantliners
(40 ct. or larger)

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Blue Absorb-Loc[™] Core

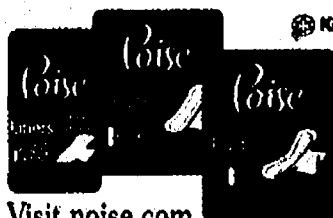
Locks in wetness better than
period-only pads,* and
neutralizes odors.

Worry-free protection
when you laugh,
cough or sneeze.



*vs. similar size period-only pads

For more information
on little bladder leaks,
visit poise.com



Visit poise.com

Talk with your doctor about bladder control solutions.

NOT GOOD ON TRIAL SIZE
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SAVE \$1.00

On Any One POISE[®] Pads or Panty,
or Two Liners

658660



RESOLVE

*Cleans fabrics that CAN'T FIT
in the washing machine*

BEFORE

AFTER



Trust RESOLVE. Forget Stains.

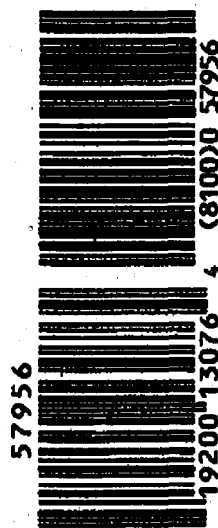
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SAVE \$1.00

on ANY ONE RESOLVE® product



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TRUST SPRAY 'n WASH® FORGET STAINS!



Unbeatable Stain Removal!

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*vs Shout® trigger

MANUFACTURER'S COUPON EXPIRES 10/21/07

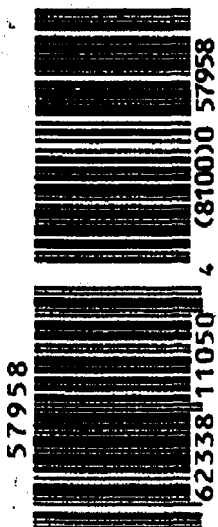
SAVE 50¢

on ANY ONE SPRAY 'n WASH®



Visit www.SPRAYNWASH.com

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Keep Your Home Smelling Fresh Automatically!

FRESHMATIC®
Ultra

FRESHMATIC®
mini

Choose from
3 time
settings to
spray fresh
fragrance
around
the clock



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MANUFACTURER'S COUPON EXPIRES 10/21/07

SAVE \$500

On Any AIR WICK®
Ultra Freshmatic® Starter Kit

www.FreshMatic.com

57920



5 62338 33774 1 (8100)0 57920

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MANUFACTURER'S COUPON EXPIRES 10/21/07

SAVE \$400

On Any AIR WICK®
Mini Freshmatic® Starter Kit

www.FreshMatic.com

57919



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Powerful protection.
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BE A SMART MITCHUM MAN.

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THE
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KNOWS PROGRESS
WHEN HE CAN'T SEE IT.

No White
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75¢ OFF

ON ANY MITCHUM OR MITCHUM
FOR WOMEN PRODUCT



MANUFACTURER'S COUPON EXPIRATION DATE 11/30/07

Retailer: Limit one coupon per purchase. Cannot be used in combination with any other coupon offer. Revlon will redeem this coupon for face value plus 8¢ handling. Redemption signifies compliance with coupon policy RBDC-CRI incorporated herein by reference. Policy available upon request. Void if reproduced or where prohibited, taxed or restricted. Cash value 1/20¢. Mail coupon to: Revlon, P.O. Box 870128, El Paso, TX 88587-0128. ©2007 Revlon Consumer Products Corp., New York, NY 10017

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Find The Newest
REVLON® Looks at

CVS/pharmacy®

Expect something *extra*®

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PRECISE
WRINKLE ERASER
WITH BOTAFIRM



Start with....

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Precise Wrinkle Eraser
with Botafirm®

- Fills in facial lines instantly with unique targeted applicator

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WITH BOTAFIRM

CVS/pharmacy
Feature Price

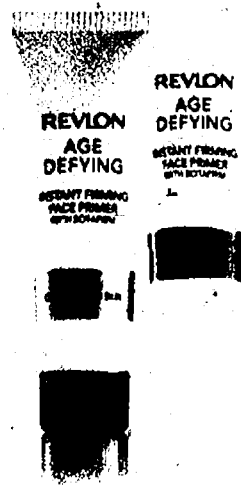
Buy 1, Get 2nd

50% OFF

ALL REVLON Face

Advertised Prices Effective

9/9-9/15

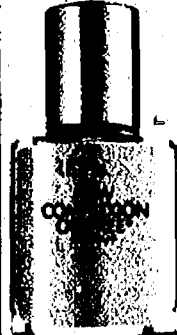


Next use...

NEW

Instant Firming Face Primer
with Botafirm®

- Firms and smoothes skin for better makeup application
- Formulated for your skin type



Finish with...

Any Revlon Foundation for
the optimal flawless finish

Use the REVLON® coupons in this insert for additional savings!

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REVLON®

Manufacturer's Coupon

Expiration Date: 1/9/08

\$1 OFF any **REVLON** Beauty Tool



446323



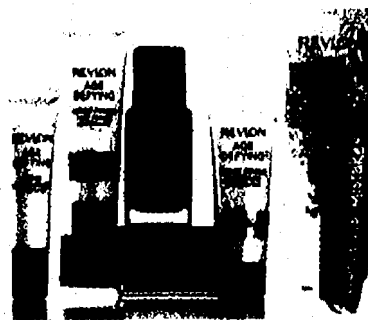
00997 50076 2 (8101) 3 44632 0108

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Manufacturer's Coupon

Expiration Date: 1/9/08

\$2 OFF Age Defying Makeup or any **REVLON** Color Cosmetics Product



446646

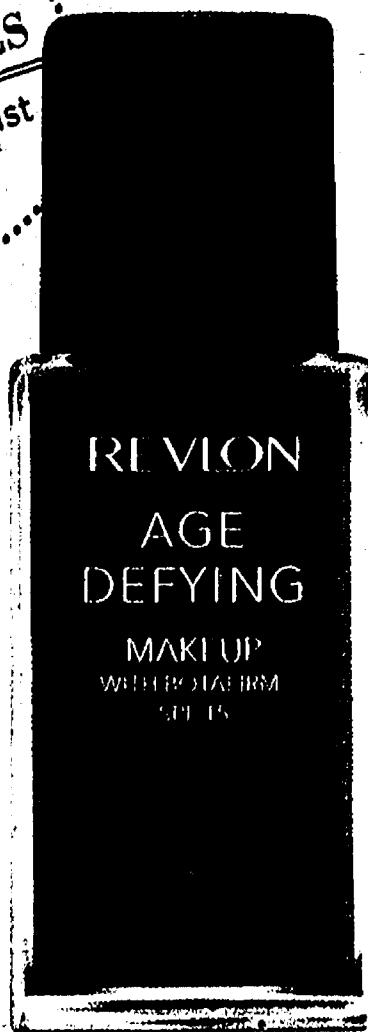


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Defy Age

REDUCES FINE LINES
by 50% in just 2 weeks.*

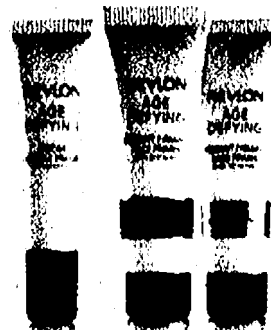


Age Defying Makeup with Botafirm® fights the fine lines of aging, even after you've taken it off.

Available for Dry and Normal/Combination skin.

●●●●● IN 10 ALL-DAY BEAUTIFUL SHADES.

NEW



Use NEW Age Defying Face Primers before Age Defying Makeup for the optimal flawless finish.

REVLON

Sears

Optical

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Prescription Eyeglasses

50% off Buy More, Save More!
 1st pair Save **60% off** 2nd pair*
 Save **70% off** 3rd pair*
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Prescription Eyeglasses*
 — For you, a friend or a family member —

*Highest discount off lowest-priced pair. Lowest discount off highest-priced pair. Complete pair (frame and lenses) purchase required. Discount off regular retail price. Maximum of four complete pairs. Excludes non-prescription sunglasses. Valid on multiple prescriptions. Lens enhancements and accessories are additional. Valid prescription required. Offers may not be combined with other discounts, coupons, vision or insurance 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. 50% RIS, FCP, BMSM, RIS, BMS Associate apply discount to lenses. Offer ends 9/22/2007.

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Great Kids' Deal!

2 for \$99
Kids' Prescription Eyeglasses**
 Includes any frame up to \$100 and ULTRALIGHT polycarbonate lenses.

**Valid for children 14 years and under. Includes any frame up to \$100 with ULTRALIGHT™ polycarbonate lenses. Lens enhancements and accessories are additional. Valid prescription required. Offers may not be combined with other discounts, coupons, vision or insurance 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. RIS, KIS Associate apply discount to lenses. Offer ends 9/22/2007.

Sears
Optical

Contact Lenses

Biggest Savings of the Year on ALL Contact Lenses!

After mail-in rebate and 10% in-store discount. Save \$30 to \$100 on an annual supply, after mail-in rebate. Price before rebates is \$22.99 to \$78.99 per box.

After mail-in rebate, annual supply and additional 10% off in-store discounts. Annual supply purchase required. In-store rebate in CT. Valid contact lens prescription required. See Optical Associate for details. Not valid in OK, AR, RI and PR. Void in La Jolla and El Cajon, CA and where prohibited. RIS, LRY. Offer ends 9/22/2007.

Sears
where it begins

Betty
Crocker

Cheerios



COUPONS
INSIDE!



EVERYDAY SAVER

OVER
\$13 IN
SAVINGS

GENERAL MILLS

DOLLAR DAYS

SAVE
BIG
ON BIG BRANDS!

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FOR MORE SAVINGS, VISIT WWW.PILLSBURY.COM/SAVINGS



Pillsbury

Tostitos



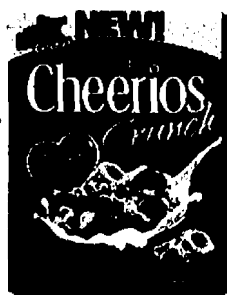
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SAVE 75¢

when you buy Cheerios® Crunch cereal

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A13284A1 0907



612412



5 1600071775 1 (8100)0 61241

Try
newest
flavors

whole
grain
family!



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SAVE \$1.00

ON THREE

when you buy any **THREE**
General Mills cereals

- Basic 4's • Boo Berry • Cheerios® (any) • Chex® (any) • Cinnamon Toast Crunch®
- Cocoa Puffs® • Cookie Crisp® (any) • Count Chocula® • Curves® • Disney's®
- Dora the Explorer® • Fiber One® (any) • Franken Berry® • French Toast Crunch®
- Golden Grahams® • Honey Nut Clusters® • Kix® • Lucky Charms® (any)
- Nature Valley® • Nestle® La Lechera® Flakes • Oatmeal Crisp® (any)
- Raisin Nut Bran • Reese's® Puffs® • Total® (any) • Trix® • Wheaties®



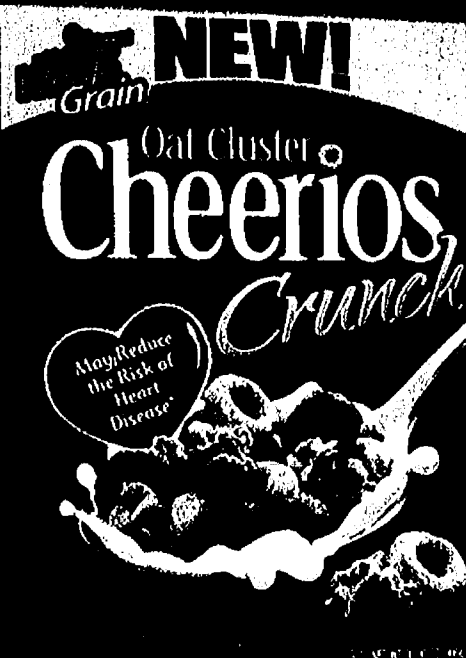
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A13284A1 0907

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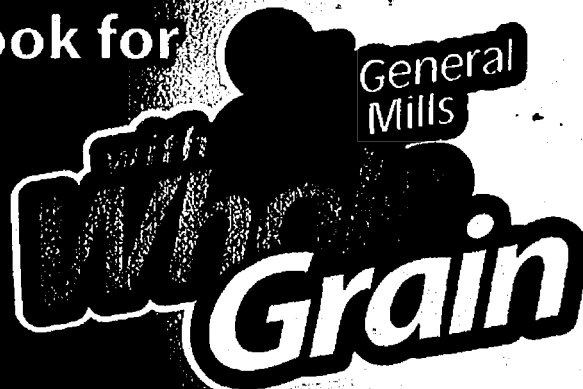
5 1600070042 5 (8100)0 61247



Bring Breakfast to Life

- Oats, Wheat, Corn, Rice, Barley
5 WHOLE GRAINS
- Delicious crunchy
OAT CLUSTERS
- Low in fat and naturally
CHOLESTEROL FREE

Look for



on all General Mills
Big G Cereals!



Be a Part of the Whole Grain Nation!

All General Mills Big G cereals are a good source (at least 8g per serving) or excellent source (at least 16g per serving) of whole grain. At least 48g of whole grain recommended daily.

WholeGrainMatters.com

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Great Tasting Goodness From Nature Valley!



MFR COUPON EXPIRES 11/4/07

SAVE 75¢ ON TWO

when you buy **TWO BOXES** any flavor/
variety Nature Valley® Granola Bars



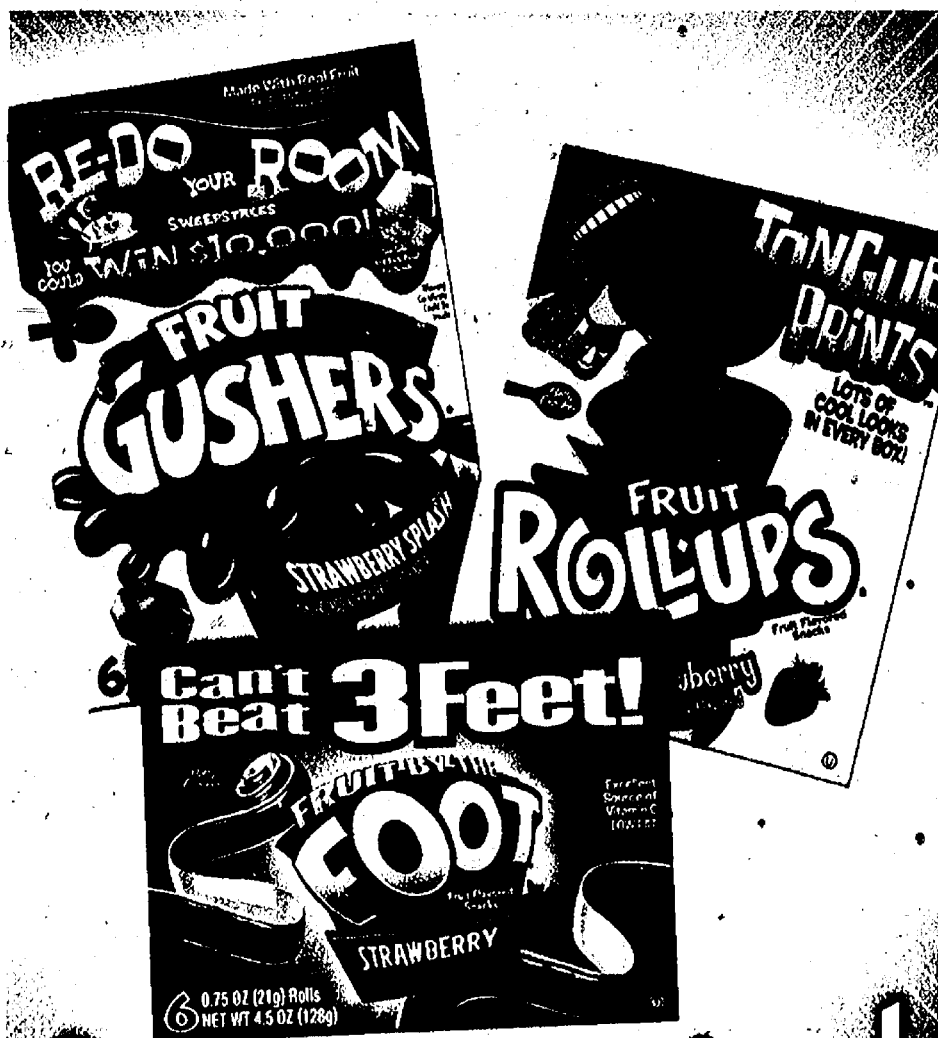
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A12936A1 0807

607149



5 1600045032 0 (8100)0 60714



Save on all their favorites!

MFR COUPON EXPIRES 11/4/07

SAVE 50¢ ON TWO

when you buy **TWO BOXES** any flavor
Betty Crocker® Fruit by the Foot®,
Fruit Gushers® **OR** Fruit Roll-Ups®
Fruit Flavored Snacks



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A12936A1 0907

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5 1600044024 6 (8100)0 60717

**COFFEE
BREAK
NOW IN
A BAR**



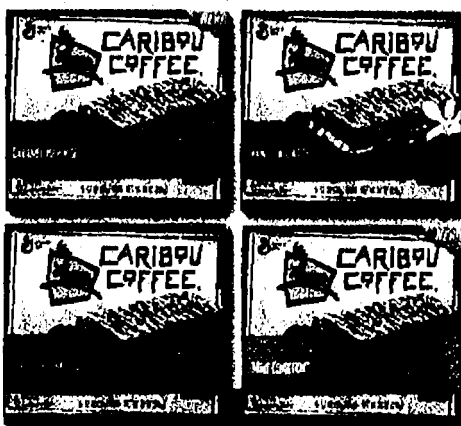
DISCOVER US AT CARIBOUCOFFEE.COM/COFFEEBARS

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SAVE 50¢

when you buy **ONE BOX** any flavor Caribou Coffee® Chewy Granola Bars



IN THE GRANOLA BAR SECTION

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A12934A1 0907

607115



5 1600045650 6 (8100)0 60711

**The Fiber
You Love
To Taste!™**

**FIBER
ONE™** CHEWY BARS

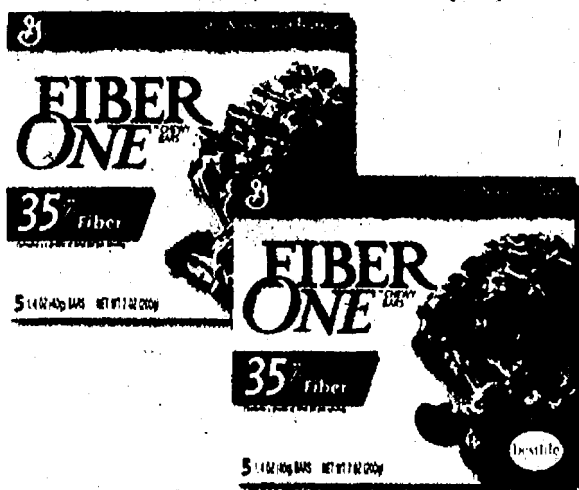
35% of the Daily Value of Fiber

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MFR COUPON EXPIRES 11/4/07

SAVE 50¢

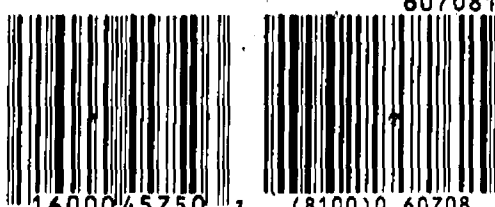
when you buy **ONE BOX** any flavor Fiber One™ Chewy Bars



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5 1600045750 3 (8100)0 60708



**Mini Size,
Maximum
Delight!**



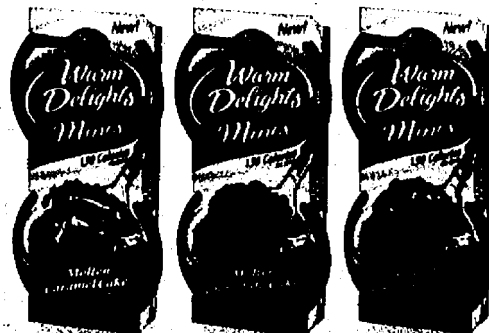
BettyCrocker.com
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MFR COUPON

EXPIRES 11/4/07

Save \$1.00
when you buy ONE any flavor
Betty Crocker® Warm Delights® Minis Bowls

NEW!



150 Calories! per bowl

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A13113A1 0907

607305



5 1600035376 8

(8100)0 60730



BettyCrocker.com
©2007 General Mills

MFR COUPON

EXPIRES 11/4/07

Save 50¢
when you buy BOTH Betty Crocker® Cake Mix
AND Betty Crocker® Frosting
(any flavors/varieties)



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A13113A1 0907

607339



5 1600030024 3

(8100)0 60733

Pillsbury

Toaster Strudel® The One Kids Want To Eat!

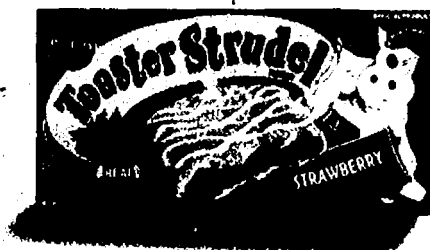


visit www.pillsbury.com

MFR COUPON EXPIRES 11/17/07

SAVE 50¢

when you buy any Pillsbury®
Toaster Strudel® Pastries



IN THE FROZEN BREAKFAST SECTION

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A13068A1 0907

608234



5 1800081150 7

(8100)0 60823

Totino's
**Pizza
Rolls.**

Satisfy Their Hunger!



MFR COUPON EXPIRES 11/17/07

IN THE FROZEN CASE

SAVE 40¢

when you buy any flavor/variety
Totino's® Rolls Snacks



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A13068A1 0907

608251



5 4280011640 1

(8100)0 60825

NEW!

MFR COUPON EXPIRES 11/17/07

SAVE 30¢

when you buy any **ONE** Pillsbury® Sweet Rolls **OR** Grands!® Sweet Rolls

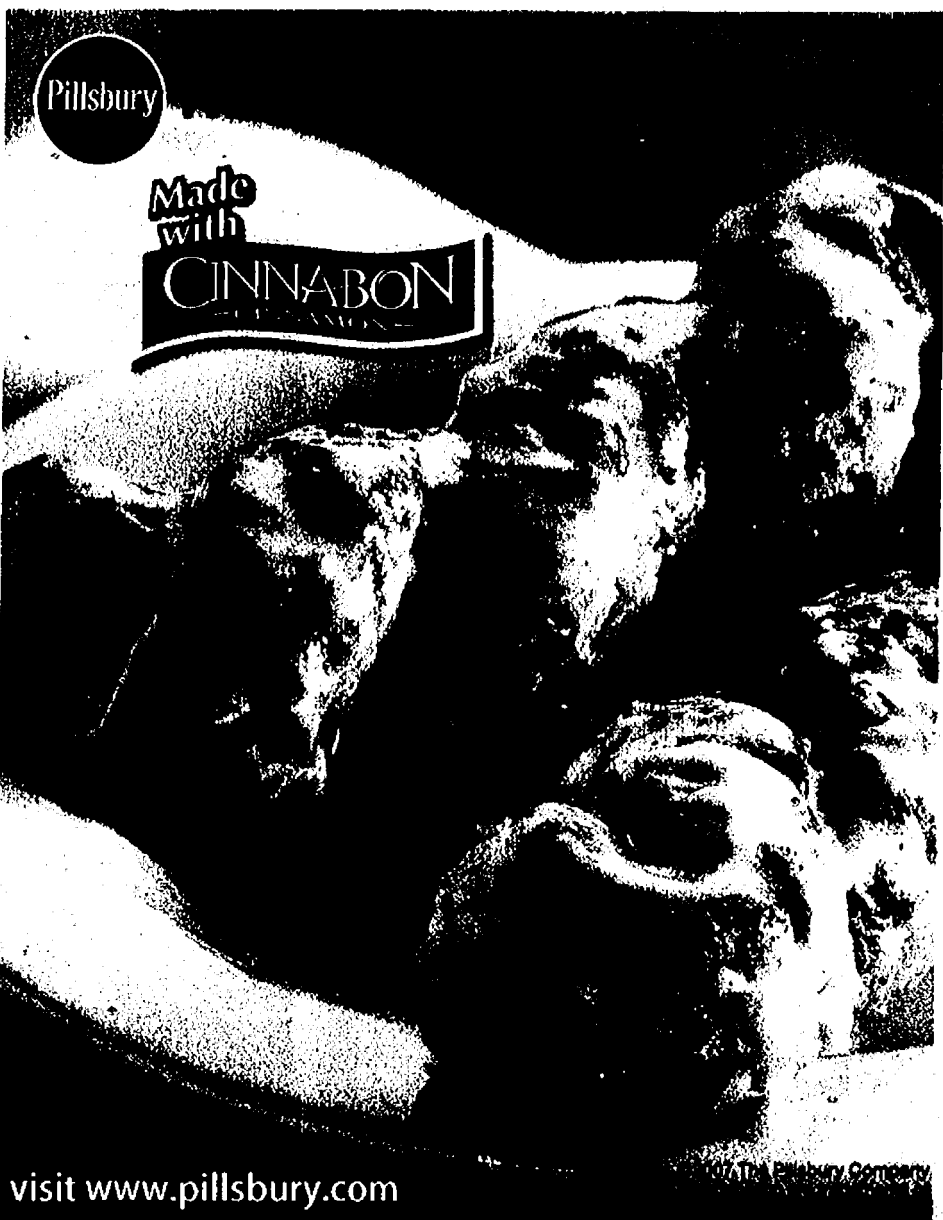


IN THE REFRIGERATED DOUGH CASE

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A13060A1 0907

609075



visit www.pillsbury.com

SAVE 75¢

MFR COUPON EXPIRES 11/17/07

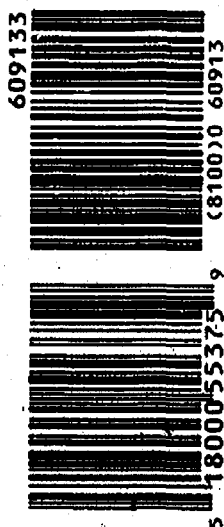
when you buy any Frozen Pillsbury® Grands!® Biscuits



(BETTER FOR CASH)

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A13060A1 0907



SAVE 50¢

MFR COUPON EXPIRES 11/17/07

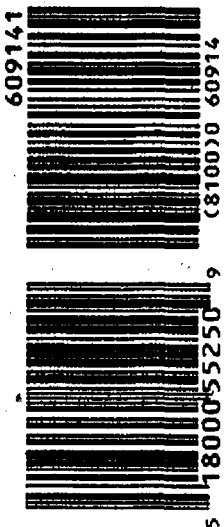
when you buy any Frozen Pillsbury® Dinner Rolls



(BETTER FOR CASH)

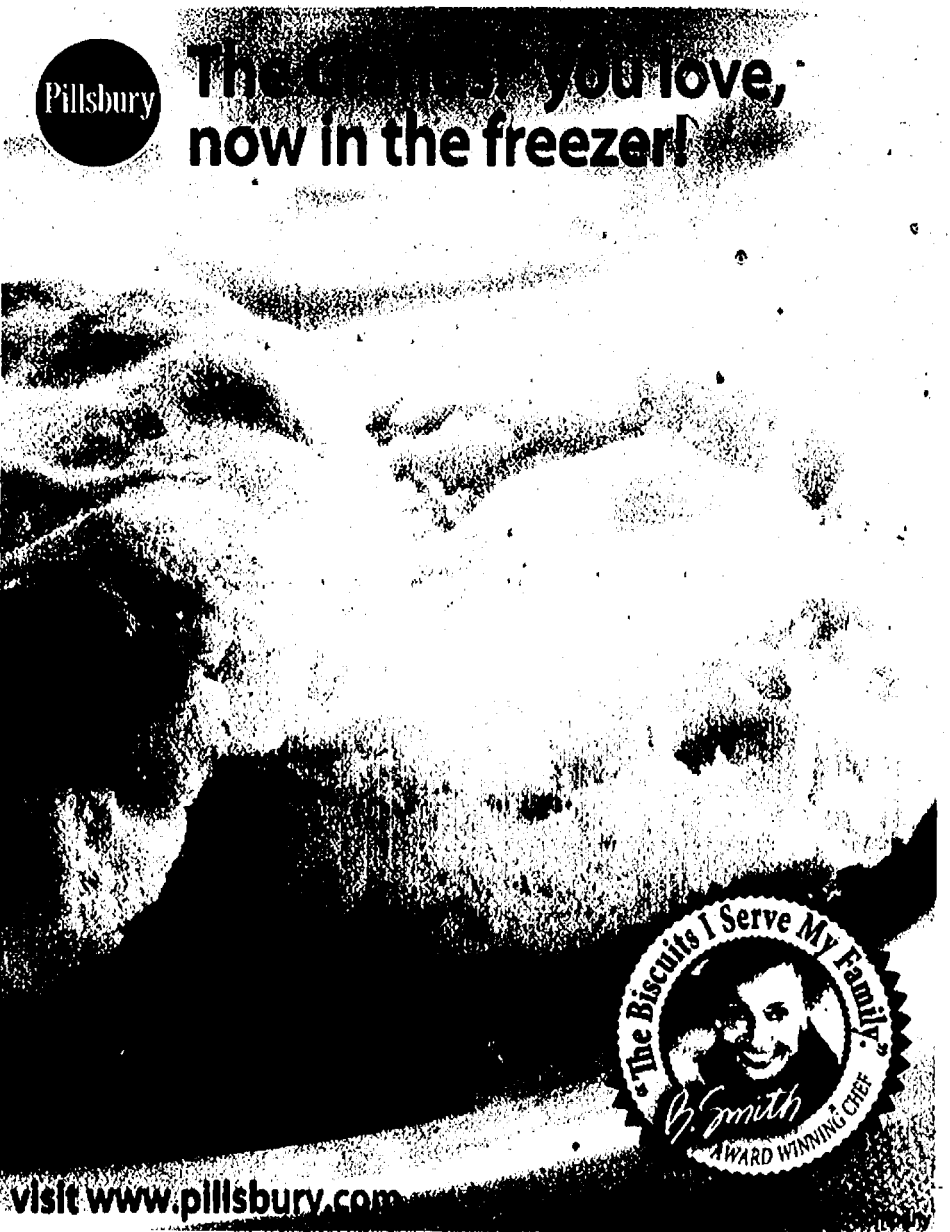
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A13060A1 0907



Pillsbury

The Grands! you love, now in the freezer!



visit www.pillsbury.com

MFR COUPON EXPIRES 11/17/07

SAVE \$1.00

ON TWO

when you buy **TWO PACKAGES**
any Pillsbury® Ready to Bake!™ Cookies
or Simply Bake® Bars

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A13084A1 0907

IN THE REFRIGERATED DOUGH CASE

608309



5 18000 09033 9 (8100) 0 60830

Also
Try
NEW
Simply Bake® Bars



Pillsbury Fresh Cookies From The Oven!



visit www.pillsbury.com

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Pillsbury The Great Crescent Taste,
Place 'n Bake!



visit www.pillsbury.com

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NEW! MFR COUPON EXPIRES 11/17/07

SAVE 25¢

when you buy any
Pillsbury® Crescent Dinner Rolls



IN THE REFRIGERATED DOUGH CASE

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A13159A3 0907

608440



5 18000 15925 8 (8100) 0 60844

MFR COUPON EXPIRES 11/17/07

SAVE 50¢

when you buy any Pillsbury®
Refrigerated Brownie Batter

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A13084A1 0907

IN THE REFRIGERATED DOUGH CASE

608325



5 18000 09150 3 (8100) 0 60832

Pillsbury Brownie Batter now in
the Refrigerated Section!



visit www.pillsbury.com

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Pillsbury Pillsbury Pizza Crust
Just Unroll, Top & Bake!



visit www.pillsbury.com

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MFR COUPON EXPIRES 11/17/07

SAVE 75¢

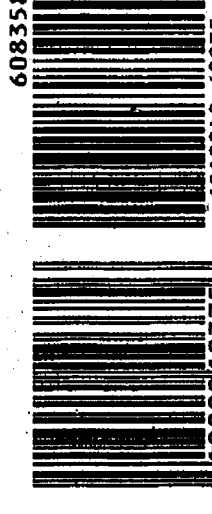
when you buy
any Pillsbury®
Refrigerated
Pizza Crust



IN THE REFRIGERATED DOUGH CASE

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A13159A3 0907



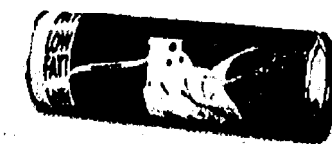
5 18000 10375 6 (8100) 0 60835

MFR COUPON EXPIRES 11/17/07

SAVE 40¢

ON TWO

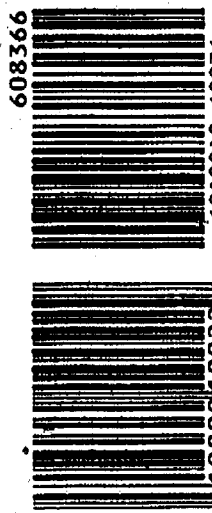
when you buy
any **TWO**
Pillsbury® Italian
Meal Breads
(Includes any Loaves,
Breadsticks, Dinner
Rolls, and Pizza Crust)



IN THE REFRIGERATED DOUGH CASE

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A13159A3 0907



5 18000 10022 9 (8100) 0 60836



Just Cut, Spread and Bake!



MFR COUPON EXPIRES 11/3/07

SAVE 75¢ ON TWO

when you buy **TWO** any flavor Yoplait® products listed:
Yoplait® Go-GURT® Yogurt, Yoplait® Go-GURT® Fizzix™
Yogurt, Yoplait® Go-GURT® Smoothie

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A13266A1 0907

611750



5 7047092032 5 (8100)0 61175

**WIDE
VARIETY
NARROW
WAIST**



**GET TWO CUPS
FREE!**

SEE COUPON FOR DETAILS

\$ MFR COUPON EXPIRES 11/4/07

RETAILER: Please fill in your retail price (up to \$1.75)

FREE (up to \$1.75)

TWO CUPS any variety Yoplait® Yogurt
WHEN YOU BUY

TEN any variety Yoplait® Yogurt (Includes Original, Light, Thick & Creamy, or Whips!®) or any flavor Yoplait® Original **OR** Light Smoothie.



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A13266A1 0907



611818



5 7047091047 0 (8100)0 61181



Enjoy A Great Taste For One, Anytime!

Choose the Progresso® soup that's right for you!



50% fewer calories than regular ready-to-serve soups.

Visit www.Pet.com

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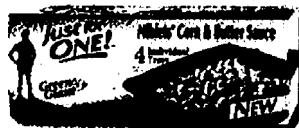
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MFR COUPON EXPIRES 11/3/07

SAVE 50¢

when you buy any variety Green Giant® Just For One!™ vegetables

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A13135A1 0907

606812

Green Giant



5 2000031250 2

(8100)0 60681

SAVE 50¢ ON TWO

MFR COUPON

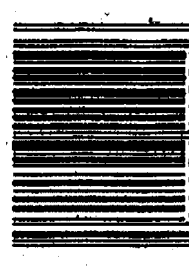
EXPIRES 11/3/07

when you buy TWO any flavor Progresso® Soups



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606846



A13135A1 0907

5 NEW PROGRESSO SOUPS

ENDORSED BY

Weight Watchers



60 CALORIES

per serving

NEW! SAVE 25¢

MFR COUPON

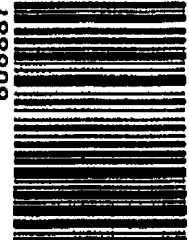
EXPIRES 11/3/07

when you buy ONE any variety Progresso Light® Soup



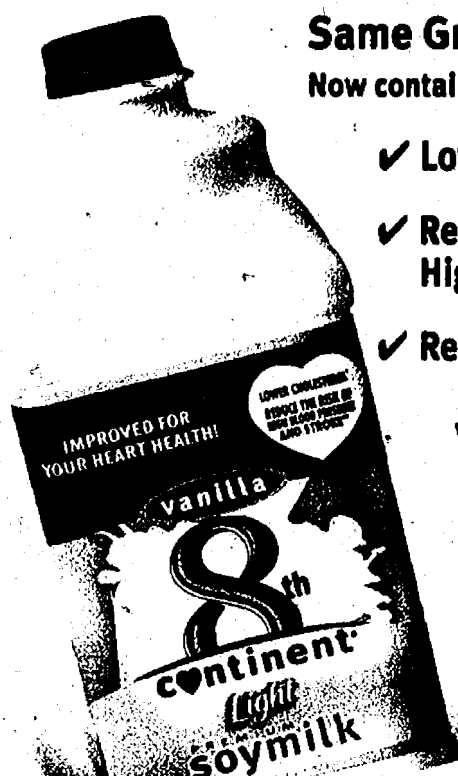
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606887



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IMPROVED FOR YOUR HEART HEALTH!



Same Great Taste!

Now contains ingredients that can help

- ✓ Lower Cholesterol*
- ✓ Reduce the Risk of High Blood Pressure**
- ✓ Reduce the Risk of Stroke**

Visit www.8thcontinent.com for additional savings



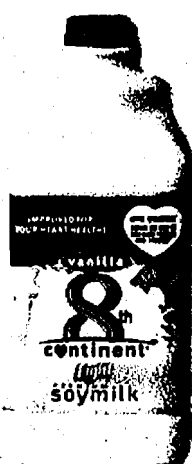
*25 grams of soy protein a day, as part of a diet low in saturated fat and cholesterol, may reduce the risk of heart disease. 8th Continent soymilk contains 6.25 grams of soy protein per serving. **Diets containing foods that are good sources of potassium and low in sodium may reduce the risk of high blood pressure and stroke.

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MFR COUPON EXPIRES 11/4/07

SAVE 50¢

when you buy any flavor, variety or size 8th Continent® Product



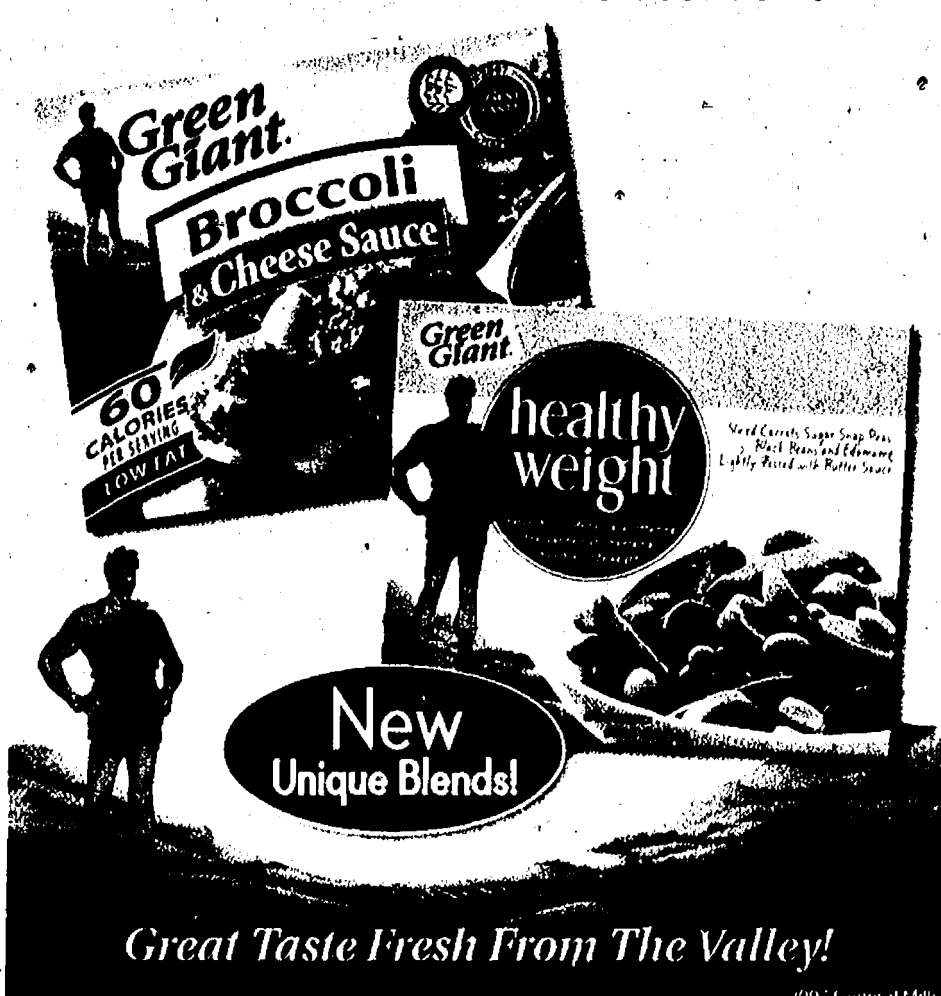
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A13114A1 0907



5 7047095050 6 (8100)0 60910

Look What's Fresh From Green Giant®!



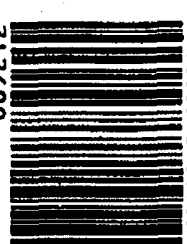
SAVE 50¢ ON TWO

MFR COUPON EXPIRES 11/4/07

when you buy TWO any variety Green Giant® Frozen Boxed Vegetables



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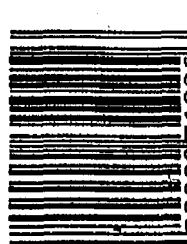
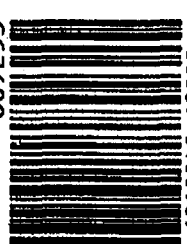
SAVE 25¢

MFR COUPON EXPIRES 11/4/07

when you buy any variety Green Giant® Healthy Weight, Healthy Vision or Immunity Boost Frozen Boxed Vegetables



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A13114A1 0907

Betty Crocker

BettyCrocker.com

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MFR COUPON

EXPIRES 11/4/07

Save 50¢

ON TWO

when you buy TWO any flavor Betty Crocker®
Box Supreme Brownie Mixes

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A13081A1 0907

607370



Bring Home the Taste Your
Little Sprouts Will Love!



Great Taste Fresh From The Valley!

MFR COUPON

EXPIRES 11/3/07

THE PEPPER CASE

SAVE 50¢

when you buy any flavor
19 OZ. OR 24 OZ. ONLY

Green Giant® Frozen Bagged Vegetables
with Sauce or Seasonings



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A13081A1 0907

606978



For more fun ways to
play and learn with
your vegetables go to
www.mightygiants.com

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湾仔码头
Wanchai Ferry™

NEW

*Amazing Chinese.
Created By You.*



湾仔码头
Wanchai Ferry

SWEET & SOUR CHICKEN

Add Chicken

WHAT
INCLUDES

1 Dinner Kit (Serves 2-3)
1 Sauce Packet
1 Chicken Packet
1 Vegetable Packet
1 Rice Packet

TRY ALL FOUR!

SWEET & SOUR CHICKEN

CASHEW CHICKEN

KUNG PAO CHICKEN

SPICY GARLIC CHICKEN

WANCHAI FERRY

NEW!

MFR COUPON

EXPIRES 11/3/07

SAVE \$1.00

when you buy any flavor
Wanchai Ferry™ Dinner Kit

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A13254A1 0907



5



1600056376

1

(8100)0 61173

611737

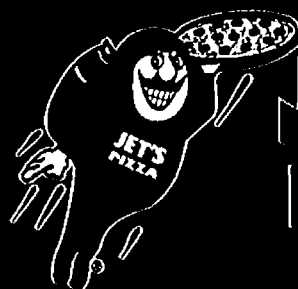
Available
in the
International
Asian aisle





PIZZA, BREAD, AND A TWO-LITER
THEY WRITE SONGS
EXPERIENCES LIKE

Nothing compares to the
Award-Winning taste of Jet's!



THE
COM

1 Large Pizza w/Ch

Add your favorite SIDEKICK



\$5.49

Small Salad
Antipasto, Garden or Greek



\$5.49

Jet's Boat
Cheese & 1 Topping, Butter Romano
Crust available upon request.



\$5.49

16 Pc. Jet's Bread
Bacon or Pepperoni



\$5.99

Jet's Boneless Chicken
10 pc.



\$5.99

Jet's Wings
1lb. Italian, Hot & Spicy or BBQ

Try Our New
Garlic Butter
Dipping Cup
For an additional .59
or 2 for \$1

A Must For
All Pizzas

Cinnamon Stix
A Sweet Ending to a Quality Meal



\$3.29

Any Two 8inch JET'S® FAMOUS SUBS

Italian Sub, Ham & Cheese Sub, Vegetarian Sub,
Steak & Cheese Sub, Pizza Sub, Tuna Sub, Grilled Chicken Sub,
Chicken Parmesan Sub, Meatball Sub.



\$8.99



Large Hawaiian

w/Cheese, Pineapple, Ham & Bacon

Available in Deep Dish, Hand Tossed Round or Thin Crust



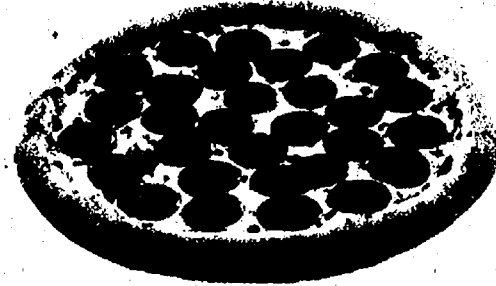
\$10.99

Available in all sizes



Medium Round

Cheese & 1 Topping, 8 delicious slices



\$5.99

Available in all sizes



Think Thin

Small w/Cheese & 3 Toppings
& Small Salad (Antipasto, Garden or Greek)



\$11.99

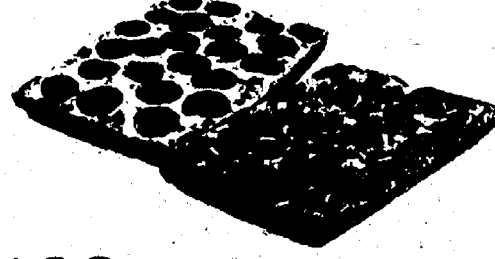
Available in all sizes



Family Pac®

2 large Pizzas, one with 5 toppings for the
adults and one with 1 topping for the kids

Available in Deep Dish, Hand Tossed Round or Thin Crust



\$19.99

available in all sizes



\$9.99

Cheese & 1 Topping

JET'S® NEW EIGHT CORNER PIZZA

NEW!

Corner-Pizza

Large Jet 10®

Mozzarella Cheese, Pepperoni, Ham,
Mushrooms, Onions, Green Peppers, Hamburger,
Italian Sausage, Bacon & Black Olives.

Available in Deep Dish, Hand Tossed Round or Thin Crust



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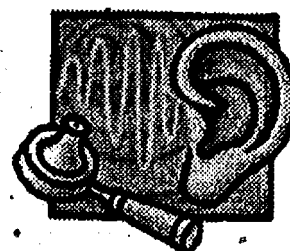
Chelsea Office

134 West Middle St.

Chelsea, MI 48118

Phone 800-543-1965

734-475-9109



Office Hours

Monday through Thursday

9:00AM - 4:30 PM

Friday 9:00AM - 1:00PM

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Rick Benson BC-HIS

Board Certified Hearing
Instrument Specialist
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TIME

Tuesday, September 18th 2007
11:00 am to Noon
Lunch to follow

Location

Chelsea Grille
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Free seats.

Call Toll-Free **888-679-7084** **TODAY** to reserve seats

YOUR PRESENTER



Richard A. Groth is a well known financial educator and respected author in Michigan. **Articles about his book "What Your Broker Never Tells You" have appeared in Moneysworth Magazine and The Commuter Times (San Francisco).** Mr. Groth has also taught an investment class based on his book. For more than 20 years, he has been teaching senior investors how to preserve their assets, increase their income and reduce taxes. He has taught more than 25,000 adults including employees and retiree's of the Big three automakers, EDS, and Dow Chemical how to become better investors and protect their assets. Consequently, he is regarded as a local expert on the financial risks & opportunities of retirement. Richard and his wife Beverly live in Oakland County and have two children. If you attend one presentation this year, don't miss this opportunity to hear from one of Michigan's most knowledgeable speakers.

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