

The holiday season is over and it's time to find other things to do outdoors.



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Township residents air grievances in Sylvan.  
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Scores and more.  
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Thursday, January 10, 2008

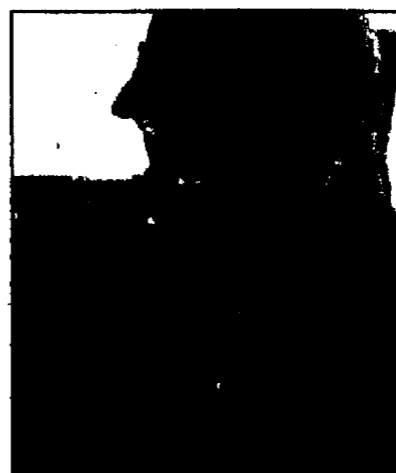
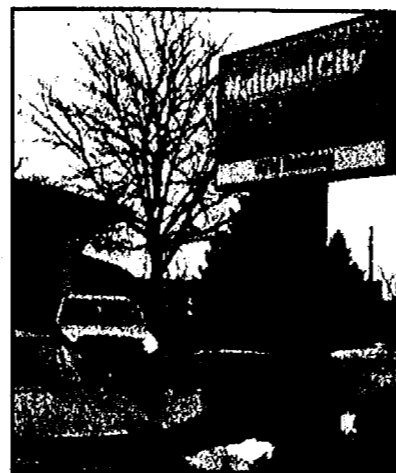
**Jackson Road bank robber still at large**

By Sean Dalton  
Staff Writer  
Washtenaw County Sheriff's deputies, the Michigan State Police and other law enforcement agencies are still looking for a robber who recently struck in Scio Township.

The man entered the National City Bank location at the corner of Zeeb and Jackson Road at about 1 p.m. Dec. 31 and asked a teller for money.

The man appeared to be unarmed, according to Sheriff's Commander Dave Egeler.

Witnesses did not see the man brandish a weapon and a security video recording of the robbery shows him at the counter in dark



Police are seeking the suspect, above center and right, in a Dec. 31 bank robbery.

clothing, leather gloves, sunglasses and a hat.

He left after the teller handed him a sum of cash, the amount of which is being withheld due to the ongoing investigation.

Witnesses saw the robber flee the scene in a silver car driven by an accomplice. The drive fled via I-94.

Egeler said that police are asking for the public's

help in identifying the suspect shown in still photos taken from the security camera recording.

Anyone with information is asked to call the sheriff's tip line at 734-973-7711.

**Truckers' argument ends in homicide at local truck stop**

By Edward Freundl  
Staff Writer  
An argument between two out-of-state tractor-trailer drivers resulted in one trucker being arrested for the other's murder at a Scio Township truck stop.

Washtenaw County Sheriff's deputies and Michigan State Police troopers were called to the T/A Travel Center at Baker Road and I-94 at

about 9:07 p.m. Dec. 29 for a report of a stabbing.

According to Cmdr. Dave Egeler, Sheriff's Department public information officer, police found the victim in the truck stop restaurant.

Witnesses pointed out the suspect in the parking lot, and police took him into custody without incident. Deputies also recovered the weapon used.

The victim was identified as Gregory Hobert, 44, of Davenport, Iowa.

Hobert was taken to the University of Michigan Hospital in Ann Arbor, where he died of his injuries shortly after 10 p.m.

Chief Assistant Prosecutor Steve Hiller identified the suspect as Bradley Scott Biebuyck, 36, of Garland, Texas.

Egeler described the cir-

cumstances leading to the assault.

"The victim, his girlfriend and her 10-year-old daughter were in one truck, and the woman's ex-husband, who is the girl's father, was in another truck, and they were having a conversation over the CB radio," Egeler said, adding that the suspect was a third party to the CB conversation, unrelated to the victim, the girl or her parents.

"The suspect intervened with lewd and rude comments about the daughter on the radio," Egeler said. The truckers pulled into the travel center and an argument between them ensued.

According to Egeler, the argument escalated into a fight and Biebuyck stabbed Hobert in the chest.

Hiller said Biebuyck was arraigned Dec. 31 on one count of open murder and one count assault with a dangerous weapon, or felonious assault.

A public defender has been appointed, and he is being held on no bond, Hiller said.

Biebuyck's preliminary exam was set for 1 p.m. Tuesday in Chief Circuit Judge Archie C. Brown's court.

The Sheriff's Department is asking anyone who may have heard the CB radio transmissions to call the sheriff's department confidential tip line at 734-973-7711.

**Bullying expert praises schools efforts**

By Edward Freundl  
Staff Writer  
A Chelsea woman who has authored a book on bullying and is a national speaker on the subject applauds Chelsea schools' efforts to prevent bullying, but said more can — and should — be done.

"Research proves that we as adults really underestimate the amount of bullying that's going on, and we tend to overestimate our own effectiveness," said Rebekah Heinrichs, who has experience in pediatric nursing and working with autistic children and is author of "Perfect Targets: Asperger's Syndrome and Bullying."

Heinrichs recommends that active participation by parents and school officials can help to quickly and effectively identify and remedy bullying behavior.

"Chelsea is a great community, but bullying exists in our schools," she said.

"It's been my experience that the more adults are committed to (reducing) it, the more the kids will feel safe to come to them when things are happening."

Administrators at both Chelsea High School and Beach Middle School say they are putting programs in place to do just that.

Julie Deppner, Chelsea High School assistant principal, said the "Link Crew" anti-bullying program is being started for freshmen.

"Link Crew is a high school transition program that welcomes freshmen and makes them feel comfortable throughout the first year of their high school experience," Deppner explained.

"Built on the belief that students can help students succeed, Link Crew trains members of the junior and senior class to be Link Leaders."

Link Crew is designed to help



Rebekah Heinrichs

increase attendance, decrease discipline referrals and improve academic performance, Deppner added.

However, while the program may not be aimed at bullying specifically, Deppner said, "the effect is to reduce incidents because it reduces the number of discipline referrals."

"If students are connected to school, they feel more confident and it produces a more positive climate," Deppner said.

Link Crew seeks to change behavior before it can develop into a problem by assuring students they are in a positive environment.

"Link Crew's goal is to provide schools with a structure in which students make real connections with each other, (and) students learn that people at school care about them and their success," Deppner said.

"After orientation the Link Crew freshmen transition program continues, providing a variety of both academic and social follow-up activities throughout the year."

Chelsea High School psychologist



Cindy Rhodes and CHS math teacher, Adam French will be trained as Link Crew leaders in April, and the program will be up and running by next fall.

Looking at slightly younger students, middle school is an especially important age for instilling anti-bullying behavior, according to Heinrichs.

"It's important for the middle school to have something because it's a breeding ground for bullying," Heinrichs said.

"Too often, our middle and high students try to deal with bullying themselves, sometimes making bad choices and too often with little adult support."

See BULLY — Page 3-A

**Regional Story**

**Winter is prime time for chimney fires**

Heating with wood can carry hidden dangers

By Edward Freundl  
Staff Writer  
A Lyndon Township family can be thankful they were delayed in leaving their home the day after Christmas.

As they prepared to go out that morning for a day of outdoor recreation, a fire in the chimney of the wood-burning stove in their living room was cooking away unseen behind the walls.

The family declined to

give their names for this report, but agreed to share their story to spare others the grief that could have befallen them.

The residence, located in the 19400 block of North Territorial Road, is home to a man, his wife and their 11-year-old son.

The first thing they noticed wasn't smoke, flame or heat, but an unusual odor, and tracked it to the woodburner.

"As we were on our way out to go tobogganing I noticed a smell, like sweet plastic burning," the wife said.

"Our noses led us in here,

and we could tell it was the chimney pipes."

The woman said when she opened the damper to give the woodburner more air, it "snowed black soot" out the chimney, then flames came shooting out of the top.

"We decided not to waste anymore time and called 911," she added.

Her son said the family was rushing around trying to leave when they smelled the odor.

"I was looking for my wallet for the longest time and that's what delayed us," he said, and that delay could

See FIRE — Page 7-A



Photo by Edward Freundl

Bulldup of creosote in this wood stove caused a chimney fire that resulted in minor damage to a Lyndon Township residence the day after Christmas. Fire officials say it's very important to have fireplaces and wood stoves checked at least once a year or more, depending on use, to avoid a fire.

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# BUSINESS SHOWCASE

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## Fans flip for Wolverine World-class gymnastics action right here at home



The 2008 Michigan Women's Gymnastics season flips into action tomorrow night in Ann Arbor with the first home meet at Crisler Arena. The tri-meet against West Virginia University and University of Arkansas, beginning at 7:30 p.m., will showcase some of the country's top gymnastic talent, promising a lively evening for the whole family.

During the season which stretches through April 26, Michigan will also host two gymnastic powerhouses at home this year, welcoming Georgia on March 7 and Utah March 22 followed by the Big Ten Championships on March 29 at Crisler Arena.

At all of the six home meets, the Wolverines are offering fabulous promotions to welcome new and old fans. At tomorrow's meet, posters and trading cards will be given away and at the meet on the 26th Girl Scouts will be entertained by special games and events before and during the competition and elementary school students and families will get in for special rates.

To honor friends and family who are fighting breast cancer, a Pink Meet on February 16 will help raise awareness of the important issues.

The Pink Meet is designed to raise awareness for the University of Michigan Cancer Center. \$1 from every ticket sold on February 16th will be donated back to the University of Michigan Cancer Center. The Women's Gymnastics team will also have a silent auction with all proceeds donated to the UMC.

Check out the team's Web site at [www.umgym.com](http://www.umgym.com) where a weekly comment from the coach, "Bev's Briefing" will give you the inside scoop on all the action and UM Team Talk will feature postings by the athletes with their thoughts on the season, life at Michigan and tid-bits right from the mat and bars. The "Ask the Team" page give fans the opportunity to address the coach or gymnasts with specific queries about a meet or about the sport.

Season tickets are available at an excellent value: \$20 for general admission tickets and \$25 for reserved seating. With free parking, just down the steps from fabulous Crisler Arena, it's a great family opportunity to be a part of some of the best collegiate gymnastics in the country.

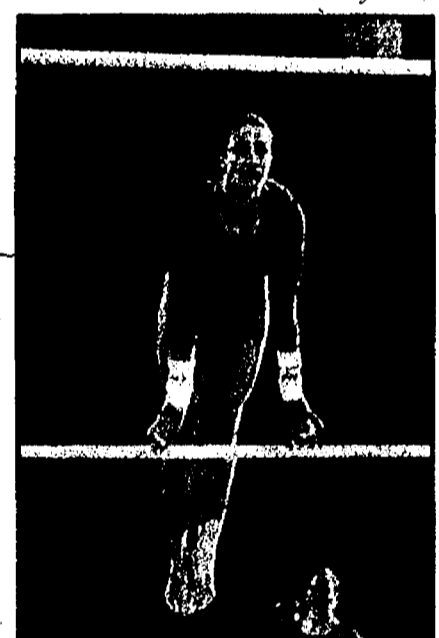
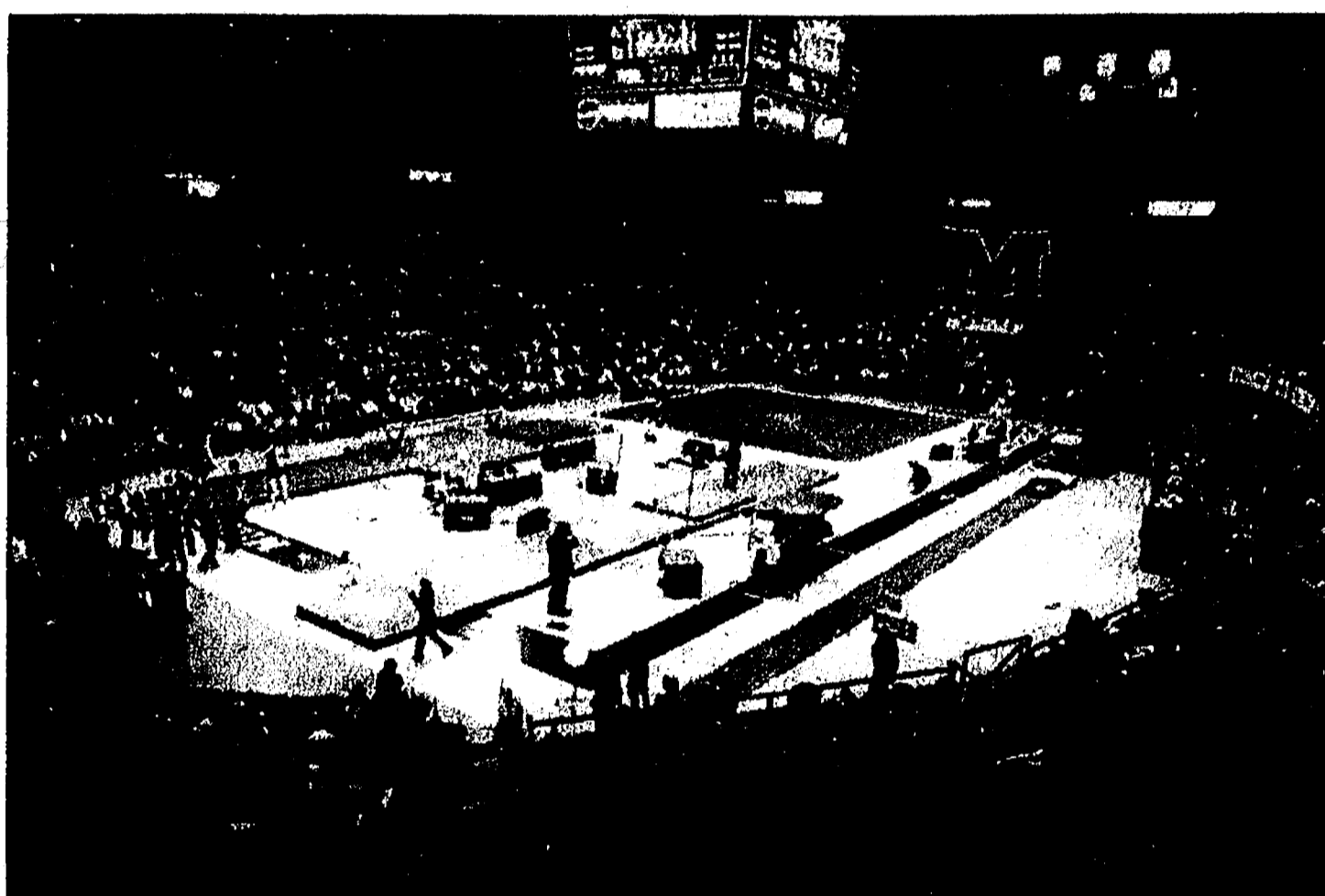
The Wolverines welcome three freshman team members this season: Kylee Botterman from New Lenox, IL; Kari Pearce from Ann Arbor Huron and Trish Wilson from Naperville, IL. GO BLUE!

The team of 15 gymnasts will stay busy this year on and off the floor. The gymnastics team also invites young

fans ages 3 - 12 to join the 10.0 Kids Club for special games, prizes, meet-the-athlete events and even the opportunity to

march-in with the gymnasts at a home meet. It's free! Parents can sign up kids for the club at any home meet or online.

See you in Ann Arbor. Go Blue!



### 2008 MICHIGAN WOMEN'S GYMNASTICS SCHEDULE

DATE	OPPONENT	SITE	TIME
Fri. Jan. 11	West Virginia & Arkansas	Ann Arbor, MI	7:30 PM
Sat. Jan. 19	at Penn State*	State College, PA	7:00 PM
Sat. Jan. 26	Michigan State*	Ann Arbor, MI	6:00 PM
Sat. Feb. 2	at State of Michigan Classic^	Ypsilanti, MI	7:00 PM
Thu. Feb. 7	at Nebraska^	Lincoln, NE	7:00 PM
Sat. Feb. 16	Minnesota*	Ann Arbor, MI	6:00 PM
Fri. Feb. 22	at North Carolina State^	Raleigh, NC	7:00 PM
Fri. Feb. 29	at Missouri (with Ohio State and California)^	Columbia, MO	6:30 PM
Sat. Mar. 7	Georgia^	Ann Arbor, MI	7:30 PM
Sat. Mar. 15	at Maryland (with Pittsburgh and Temple)^	College Park, MD	7:30 PM
Sat. Mar. 22	Utah^	Ann Arbor, MI	6:00 PM
Sat. Mar. 29	Big Ten Championships	Ann Arbor, MI	2:00 PM
Sat. Apr. 12	NCAA Regional Championships	Campus Sites	
<b>NCAA CHAMPIONSHIPS</b>			
Thu. Apr. 24	Team Prelims and All-Around	Athens, GA	
Fri. Apr. 25	Super Six Team Finals	Athens, GA	
Sat. Apr. 26	Individual Event Finals	Athens, GA	

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**GROUP RATE FOR ONE!**  
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# BULLY

Continued from Page 1-A

At Beach Middle School, Principal Patrick Little instituted "Project Wisdom," a daily motivational and philosophical "pep talk" that tries to get kids thinking about how they treat others and themselves.

"Middle school is an age when we deal with it the most regularly just because of the nature of the students, when they're developing their own personalities," Little said.

The principal addresses his students each morning with "Words of Wisdom":

"It's been really good; it sets the right tone for the school," Little said.

"It's a one-minute passage that I read to them every morning; it reinforces positive values that all people should have.

"Make it a great day ... or not. The choice is yours" is the tag line we use," Little added.

Other "words of wisdom" have included:

"A mistake is not something to complain about, or to be ashamed of. It is a great teacher."

"We should behave to our friends as we would wish our friends to behave to us."

"Peace on Earth means more than just peace between nations; it means peace between individuals like you and me. Each time we respect someone else's right to life, liberty and the pursuit of happiness, we create a little more peace in the world."

Little said it's all about talking to the students day after day about the choices they can make.

"The more the kids know what's expected of them, the less likely they are to exhibit bullying behaviors, and I think we've been very successful at it," Little said.

Heinrichs, whose children have attended both the

## Impact of bullying on schools

National statistics reveal that bullying can no longer be ignored as a very real problem in our schools.

160,000 students miss school every day due to fear of attack or intimidation by a bully — Fried & Fried (1996): "Bullies and victims: Helping your child survive the schoolyard battlefield"

7 percent of eighth-graders stay home at least once a month because of bullies. — Banks (2000): "Bullying in schools." ERIC Review

14 percent of eighth- through 12th-graders and 22 percent of fourth- through eighth-graders surveyed reported that "bullying diminished their ability to learn in school." — Hoover & Oliver (1996): "The bullying prevention handbook: A guide for principals, teachers, and counselors" National Educational Service

10 percent of students who drop out of school do so because of repeated bullying. — Weinfeld & Weinfeld (1998): "Conflict resolution: The partnership way in schools." Counseling and Human Development.

middle and high schools, said bullying exists in both schools, and it takes many forms.

"Without a doubt the most common form of bullying is verbal, the things we say to each other," she said. "The verbal bullying can many times be as damaging as a physical altercation because it can cause depression."

Although The Chelsea Standard was unable to independently verify them, Heinrichs said over the past few years she had either witnessed or been told by students and parents of the following incidents in the middle school:

Students being pushed into walls and lockers, chased and harassed on the way home from school, belongings taken and thrown on the ground, teased and harassed in the hallways, being harassed and followed to their lockers, students teased because of their differences related to a disability, students excluded from activities.

In the high school: students who are teased until a fight breaks out in the cafeteria, a student being chased and taunted to fight so he will get in trouble, stu-

dents being called names related to their race, religion or disability, students being excluded from pep rally activities because they aren't popular enough, and a student who had homophobic slurs painted on his car.

Heinrichs said the only sure way to gauge the extent of bullying is to give students anonymous surveys as a first step in making a real difference in bullying prevention.

"When I speak to groups across the country, one of the points I make is that resistance to bullying surveys can be a 'red flag' that a school or community is not ready to face the real bullying issues that students in their schools are experiencing, or at the very least, are in denial that bullying is a problem," Heinrichs said.

"I encourage all adults and students in our community who support disseminating bullying surveys to let teachers and school administrators know."

Little agreed that the middle school years are the toughest, which is why there

are two guidance counselors for two grade levels, and added that his faculty treats bullying as a "really important issue."

"Every staff member works on this," he said. "We talk about this often, and we talk about it with the kids all the time."

"We have been successful this year in avoiding physical confrontations — we've only had a few."

Little said he gets parents involved at the earliest opportunity when a bullying incident comes to his attention.

"The key is, I talk to the parents about it the first time it happens," he said. "We look at it as a learning experience, we talk about what is socially acceptable and what's not, and for that reason we don't have a lot of repeat offenders."

No matter how much training is done nor how much positive reinforcement is given, sometimes the bullying gets out of hand and a fight breaks out.

In that case, administrators have little choice but to switch from prevention to punishment.


"Being punitive is a short-term fix, which is sometimes needed," Little said, "but we're more interested in something that changes their behavior over the long haul."

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## Veigel named 2008 chair of road board

During its first meeting of the year on Jan. 3, the Washtenaw County Board of Road Commissioners elected Fred J. Veigel as its 2008 chairman, taking over for 2007 chairman Wesley Prater.

The third member of the board is David E. Rutledge, elected as the 2008 vice chairman.

The Road Commission board is appointed by the Washtenaw County Board of Commissioners.

To formulate policy and provide oversight, each board member is appointed to a six-year staggered term; that is, one commissioner is appointed every two years.

Veigel has served on the road board since January 1991, and has previously held the positions of both chair and vice-chair of the WCRC Board throughout his term of appointment.

His current term will expire Dec. 31, 2008, unless re-appointed by the County Commission.

A graduate of Ann Arbor Pioneer High School, Veigel is a longtime resident of Washtenaw County and Ypsilanti.

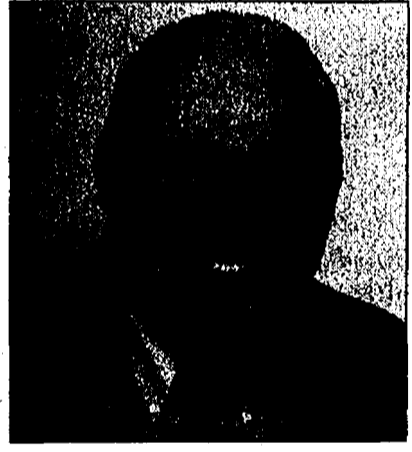
He graduated from Local 252 IBEW with a four-year electrical apprenticeship in 1958, is a U.S. Army veteran, and has held a multitude of prominent public service positions in the county that span more than 40 years.

Over the years, Veigel has acquired a strong background and leadership in labor relations and union negotiations/management, serving for the Huron Valley Central Labor Council AFL-CIO, as well as in many capacities for the IBEW Local 252.

Veigel has been president of the Huron Valley Central Labor Council AFL-CIO since 1969, a member since 1964 and has also held the positions of secretary, treasurer and vice-president.

Additionally, Veigel is a member of both the national and state AFL-CIO General Boards, and is a member of the National AFL-CIO Speakers Bureau.

He was just reappointed to serve as the Road Commission's representative on the Washtenaw County Parks & Recreation Commission, a position he has held since 2000.



Fred J. Veigel

Veigel has served on numerous committees and boards, including the Michigan United Way, the Washtenaw County CETA, the Ypsilanti City Compensation Committee, the University of Michigan Board of Directors for Replacement Hospital, and the Ypsilanti Township Construction Board of Appeals.

Rutledge has served as a road commissioner since January 2005, and Prater was appointed to another six-year term in January 2007.

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### UPCOMING EVENTS

**Networking Event**  
"Doing Business Locally - Business Speed Dating"  
Washington Street Education Center  
Thurs. Jan. 17th, 5 - 7 p.m.

**Community Event**  
Downtown Visioning Session  
Chelsea Depot  
Wed. Jan 30th, 7 - 9 p.m.

**Upcoming Business After Hours (BAH)**  
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# SECOND FRONT

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The Chelsea Standard

January 10, 2008

## Chelsea News in Brief

### Dedication of Moose lodge

Members of Ann Arbor Moose Lodge #1253 will celebrate the grand opening and dedication of their new lodge Saturday at 10160 Jackson Road in the Dexter area.

The lodge opened its doors in October, but Saturday's festivities will officially inaugurate the building.

Events begin at 2 p.m. with a ribbon-cutting, followed by new member orientation at 3, enrollment of new members at 4, building dedication at 5, a free dinner at 6 and a DJ and "Elvis" show at 7 p.m.

The lodge will be open to serve dinners Monday through Friday from 5 p.m. until sold out. Every Friday is an all-you-can-eat fish fry for \$7 and every Sunday it will serve \$1 chili dogs from 1 to 7 p.m.

The Moose is a nonprofit, nonsectarian fraternal and community service organization with more than 1.5 million members worldwide.

Some notable Moose members include U.S. presidents Theodore Roosevelt, Franklin D. Roosevelt, Warren G. Harding and Harry S. Truman; and Henry Ford, James Stewart, Woody Hayes, Arnold Palmer, Gale Sayers and Billy Sims.

### PTO to host Science Night

A kindergarten through sixth grade Science Night will take place from 6 to 8 p.m. Jan. 18 at the Washington Street Education Center in Chelsea.

Three area museums and nature centers will present hands-on displays and exhibits for a free night of family fun.

The Eddy Discovery Center will have a geology presentation; the Ann Arbor Hands-On Museum will have chemistry and physics demonstrations; and the Leslie Science & Nature Center in Ann Arbor is bringing biology and nature exhibits and a live animal show.

The Science Night takes place every other year, with a Geography Night on alternate years.

The event is organized and sponsored by the Parent-Teacher Organizations of all three Chelsea elementary schools.

### Life under the ice

The Huron River Watershed Council has planned a free nature outing on Jan. 26.

A searcher trained in the ways of the river will lead an excursion to find elusive winter stoneflies. These creatures can't be found during most of the year.

## Residents bring grievances to township

By Edward Freundl  
Staff Writer

More than 20 displeased residents of the Chelsea Springs subdivision submitted a long list of concerns Tuesday to the Sylvan Township Board of Trustees regarding the unfinished housing development.

The board assured the group that a revised development agreement was being crafted that should give the township more legal leverage against the builder, R. Cook Properties.

Barb Deppner, a member of the subdivision's advisory

board, began an hourlong discussion by reading a six-page complaint blaming the company and its officers of shoddy construction, unsound engineering and unkept promises.

The statement also accused township trustees of collusion, "good old boy" disregard for residents' concerns and questionable legal practices.

Meanwhile, advisory board members Billie Thon and Hank Schoch distributed documents and a photo collage identifying water damage and other problems

referenced in Deppner's statement.

The document questioned the housing demand that led to the subdivision's construction, the permit process for the houses and the roads that serve them, and why the developers are not being held accountable for at least two dozen unfinished items called for in the original development agreement.

Supervisor Michael Williams responded to the group's criticism by explaining that the township is currently negotiat-

ing a carefully worded revision to the development agreement that included some strictly enforceable provisions.

He noted that there were "a couple of paths we could take" to appeal to the developer.

"The first path: we could tell then we have a valid agreement and a valid letter of credit and you have not held up your end, but that would require going to court, costing even more time and money," Williams said.

A letter of credit is an

amount of cash held in escrow — in this case, \$110,000 — that the township could use to pay for work if the developer fails to do so.

"The other option: the new development agreement sets dates for particular things to be done, backed up by the letter of credit," Williams added.

"If they are not done, we have the right to draw on that letter to get things done.

"This was the path the

See GRIEVANCES — Page 6-A

## 'Forever families'

### Dexter couple adopts a second child from China

By Sheila Purslove  
Special Writer

The Patel family in Dexter had a special reason to give thanks at Thanksgiving. Earlier in the month they brought their newest daughter, Amira Chun Yu, home from China.

It was a Thanksgiving tinged with both joy and sadness. Manish Patel's father died in October, and never got to see his newest grandchild.

The Patel's adoption story started years ago.

"I always knew I would adopt, it was just a matter of when," Tammy Patel says.

The couple, Dexter residents since 2003, has two biological sons, 12-year-old Ashton and 8-year-old Brennan. Their daughter Brea was adopted from China in January 2005, at the age of 11 months.

"She has just grown so fast, so smart and beautiful, we couldn't be any prouder," Patel says.

With three children to raise and put through college, the Patels planned to adopt only once. But while in China to bring Brea home, they encountered many older children in need of "forever families."

One in particular really touched their hearts — a six-year-old girl who was special needs due to missing the lower part of her leg. Patel and her husband watched the child for hours on the plane ride home.

"She was so happy to have a family," Patel says. "I knew then, I would try to

go back and this time for an older child considered hard to place."

The couple started searching as soon as they got home — and last February found a website with a list of children waiting for families.

They were immediately drawn to a photo of a young girl, and called the agency for information.

"We looked into this beautiful little girl's eyes and knew she was ours," Patel says. "She had been waiting for a family for over seven years and finally we found each other."

Abandoned as a baby in a small garden in the middle of a busy four-lane road, the child was placed in an orphanage. Her two special needs were repaired bowed legs and facial scars.

"We looked at her and the only special need we saw was she needs a family," Patel says. "We didn't see her as 'hard to place' — she found a place in our hearts that afternoon just fine."

The couple began the adoption process again, an easier task the second time, because they knew what to do and what to expect. Their agency was Alliance for Children, based in Massachusetts. "They have been so great to work with, truly wonderful," Patel says.

In October, Patel, accompanied by her mother and Brennan, left for China to bring 8-year-old Amira Chun Yu home.

"Our trip was great," Patel says. "Brennan and Amira bonded instantly. It



The Patel family of Dexter have adopted two children from China.

was so good for both of them. My mom came on the trip again and that was such a great help."

Patel says the trip was extremely hard for her since she left her husband, Ashton and Brea at home and the trip was shortly after the death of her father-in-law. The trip went very smoothly, however, both in China and on the flight back to Michigan.

Once home in Dexter, Amira started to attend school for an hour here and there to get used to it. The first few times she was very scared and nervous, Patel says. "But thanks to such a wonderful and understanding staff at Cornerstone Elementary and to Amira's wonderful teacher, Mary

Leach, the transition has been so easy. They have all helped her feel comfortable and the kids in class were so well prepared, so helpful and understanding to the things Amira wouldn't know.

"The kids in class all say hi to her and help direct her when she is looking what to do next."

In fact, Amira was ready to stay for a full day of school before her mom was ready to let her go.

"It was hard to send her to school," Patel says. "We had been together for over a month night and day, and rarely separate unless it was just for a quick trip to the grocery store. But she was ready and waved at me to leave."

"She is the strongest, most resilient child I have ever met. If I had her strength, I would be so lucky!"

Amira started at Cornerstone — the same school where Brennan attends second grade, while Ashton is at Mill Creek Middle School — after Thanksgiving break and hasn't looked back since, her mom says. Although Amira is two months older than Brennan, she attends first grade. "With no English skills, a totally different culture and new surroundings, we couldn't very well expect her to function at grade level," Patel says.

Amira also attends the Ann Hua Chinese School in

See FAMILY — Page 6-A

### LOVING HOMES NEEDED

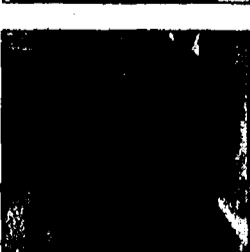
INDY is an absolutely beautiful 3-year-old German Pinscher/Doberman Pinscher mix that was brought to us by an older couple that found her as a stray. Indy has a moderate energy level, walks fairly well on a leash, and has done well with other dogs in her foster homes. Indy is a nice girl who deserves to find a home where she will be loved.



ASTRID: My goodness! Astrid is the most beautiful girl! She's a Bengal mix, brown and orange with light green eyes and a spotted coat! It's amazing to realize that she came to us as a stray. Astrid is 5 years old and is a typical Bengal, she takes life on her terms and likes being petted but will let you know if she wants to be picked up or not. She will purr like crazy when you pet her.



KIMI is a sweet black lab mix. She's just 2 years old and very smart! Kimi knows the commands "sit, down and shake", and is a friendly girl to boot! Kimi had been adopted previously but found herself unsuitable to apartment living, she needs more space to romp! According to her previous owner, she is housetrained and gets along with cats.



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Chelsea Area Fire Authority has invited several other Fire Departments and local municipalities to participate by delivering their Surplus and Overstocked items to be offered to both the public and other municipalities at public auction on SATURDAY January 26th, 2008.

Any departments interested in participating should contact Chelsea Area Fire Authority (Captain) Chris Smyth @ 734-475-8755. Auctioneer: Joseph Merkel @ 734-320-9828.

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\*All terms and conditions and other announcements made the day of the Auction are binding and take precedence over any information found herein.

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## Palmer Honored



The Suburban Detroit Ford Dealers Association board of directors recently surprised George Palmer (seated, center) at a luncheon at the Common Grill. Palmer was presented with a plaque honoring his years of service as a dedicated member of the board and for his many years as a Ford automobile dealer. Palmer retired from Palmer Ford/Mercury in Chelsea in 1997 after more than 40 years as a Ford dealer. Presenting the award were fellow board members Tom Shankie of Friendly Ford in Monroe; Todd Spittler of Brighton Ford-Lincoln-Mercury; Steve Skalnek of Skalnek Ford in Lake Orion; Kurt Atchison of Atchison Ford in Belleville; and Lou Stanford of Varsity Ford in Ann Arbor. Also present were Daryl Beagle and Jerry Kropf of SDFDA, and Donna Palmer and Suzie Palmer Weber were guests.

## GRIEVANCES

Continued from Page 4-A

township board chose to follow.

Deppner told the board it was an insufficient amount to take care of all the unfinished tasks in the subdivision.

"I would feel better with a larger letter of credit," she said.

Township Clerk Luann Koch replied: "We asked for more, but \$110,000 was what they gave us."

Williams said the board has had a series of special meetings recently about the problems.

"We asked ourselves, 'How do we get relief to you most quickly and effectively?'" he said. "This seems to be the way to go about it."

The condition of Coliseum Drive, the main road in and out of the development, was the target of

particular criticism.

Although a first layer of asphalt was applied during Phase 1, the initial construction, improper drainage is a constant problem because the drains are set at the level of a final 2-inch layer of asphalt.

It became an even bigger problem during the recent snow melt and heavy rains.

"Where is all that rain going?" Thon asked. "It's not important to (developers) Ron Cook and Rene Papo."

Coliseum Drive remains a private street and the responsibility of the developers during Phase 1, but the agreement calls for it to be dedicated as a public street if and when it reaches Phase 2.

Washtenaw County Commissioner Mark Ouimet, R-District 1, who is also liaison to the Washtenaw County Road Commission, advised the

group to attend a road commission meeting to share their concerns.

"That way there is a record of complaints when they go to Phase 2," Ouimet said. "My sense is, (the developers) are going to want to maintain it to Road Commission standards to avoid the expense of fixing it later."

Trustee David Solo went to some lengths to explain that several of the complaints were beyond the township's legal ability to remedy, such as problems with workmanship in individual homes.

"You have made a lot of assumptions about the things that are in the realm of our control," he said.

"I understand your frustration. All (the township board) can do is stay within the lines; if we try to exert that level of control, everybody will get sued."

## High school orchestra performs Monday

The award-winning Chelsea High School Symphony Orchestra, conducted by Jed Fritzemeier, will present a concert at 7:30 p.m. Jan. 14 in the Chelsea High School Auditorium.

This concert is a warm-up for a performance later this month at the Michigan Music Conference in Grand Rapids.

The Michigan Music Conference is music education's state educational forum, similar to a state championship in sports.

Groups chosen to perform at this event must submit a recording. A panel of professional educators chooses the groups based on the quality of the recorded performance.

This is the third year in a row Chelsea has sent a performing ensemble to the conference - a tremendous honor, and a tribute to the Chelsea Public Schools' students, staff and administration.

The orchestra will be performing at the Michigan Music Conference at 4 p.m. Jan. 25 at DeVos Hall in Grand Rapids.

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- March 9, 2008
- April 13, 2008

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## State

## Voters urged to participate in presidential primary

Secretary of State Terri Lynn Land reminds residents that Michigan's presidential primary election is Tuesday, Jan. 15.

Communities in 43 counties also are holding special elections on Jan. 15, which replaces the regular February election for this year only. Polls will be open from 7 a.m. to 8 p.m.

"I encourage you to go to the polls on Election Day," said Land, the state's chief election officer. "Not only will you have the opportunity to vote on presidential candidates, but you may also have the opportunity to affect your community through local ballot issues. Please take the time to vote."

This election, like all elections, is open to all registered voters. Voters do not need to be a registered member of a political party in

order to cast a ballot. However, this presidential primary is called a 'closed primary.' When they arrive at the polls and fill out their application to vote, voters are required to indicate which party's primary they wish to vote in and they will receive a ballot for that party. That ballot will also contain any special election issues. Voters who wish only to vote in the special election may request a ballot that does not include presidential candidates.

Voters are again reminded of the identification requirement. They will be asked to present photo ID at the polls, such as a Michigan driver's license or identification card.

Voters who don't have a Michigan driver's license or identification card can show one of the following forms of

photo ID as long as they are current:

- Driver's license or personal identification card issued by another state
- Federal or state government-issued photo identification
- U.S. passport
- Military identification card with photo
- Student identification with photo from a high school or an accredited institution of higher education, such as a college or university
- Tribal identification card with photo.

Anyone who does not have an acceptable form of photo ID or is not carrying one can still vote. They will sign a brief form stating that they're not in possession of photo ID. Their ballots will be included with all others and counted on Election

Day.

Land has worked with local officials to make it easier for voters with disabilities to cast ballots. For example, many communities have enhanced polling place access with help from the state under the "Improving Access for All" program. AutoMARK Voter Assist Terminals also are available at polling places. The terminals allow voters with disabilities to cast votes independently.

For more information, visit the Michigan Voter Information Center at [www.Michigan.gov/vote](http://www.Michigan.gov/vote). Residents can find information on voting by absentee ballot, Michigan's voter identification requirement, using voting equipment and contacting their local clerk. They will also find a map to their polling place.

## FAMILY

Continued from Page 4-A

Ann Arbor to keep up to date in Mandarin with her studies till she can understand English. She will continue studying there so she will be bilingual - and Brennen is also going to start Chinese classes there. A fourth-grader at Ann Hua, Amira is an apt pupil, reading and writing not only Pinyin but also the Chinese characters.

The little girl has also blended into her new family as if she had always been here, bringing out the best in everyone, Patel says. "She has taught Manish and I both, that actions do speak louder than words, she has taught us to slow down and enjoy every moment and most of all how to love unconditionally."

Each of her new siblings has a different relationship with Amira, their mother

says. Brea looks up to her big sister and does anything Amira does. Brennen and Amira, two months apart in age, are best friends and love doing everything together.

It is the relationship with Ashton that Patel finds the most surprising.

"Ashton is a very quiet kid, he loves to play viola in the Dexter Orchestra, play video games and hang out with his friends. But when he and Amira are together they are both so different - but so connected. They love to tease and play with such a spark in their eyes," Patel says.

"Each one has such a special bond, one that I would have never dreamed of when just a few months ago, we were all just strangers."

She is amazed that a child left to raise herself, no one to tuck her in, kiss her good night or to make sure her needs other than very basic are met, can trust people in a world that has so far not

been there for her. It's clear her new daughter has a huge heart, Patel says.

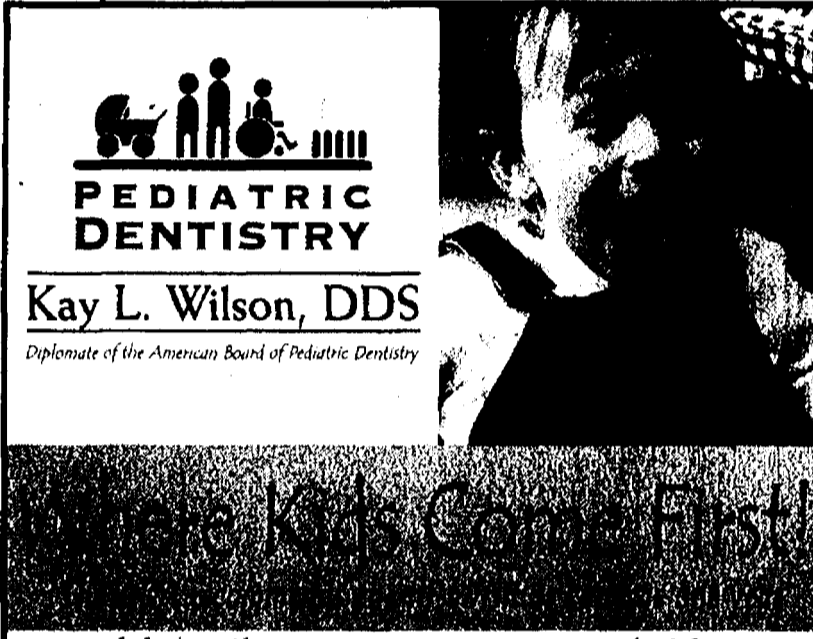
"This beautiful little girl has learned to tell us how many kisses she wants and how many hugs she would like. She has unconditionally let us into her heart and to trust us, even when she had no reason to trust

anything in the world.

"We have had so many people tell us how lucky Brea and Amira are to have been adopted.

"Our response is, and will always be, 'We are truly the lucky ones.'"

Sheila Pursglove is a freelance writer. She can be reached at [bingley51@yahoo.com](mailto:bingley51@yahoo.com).



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## Classes help prevent, fight cancer

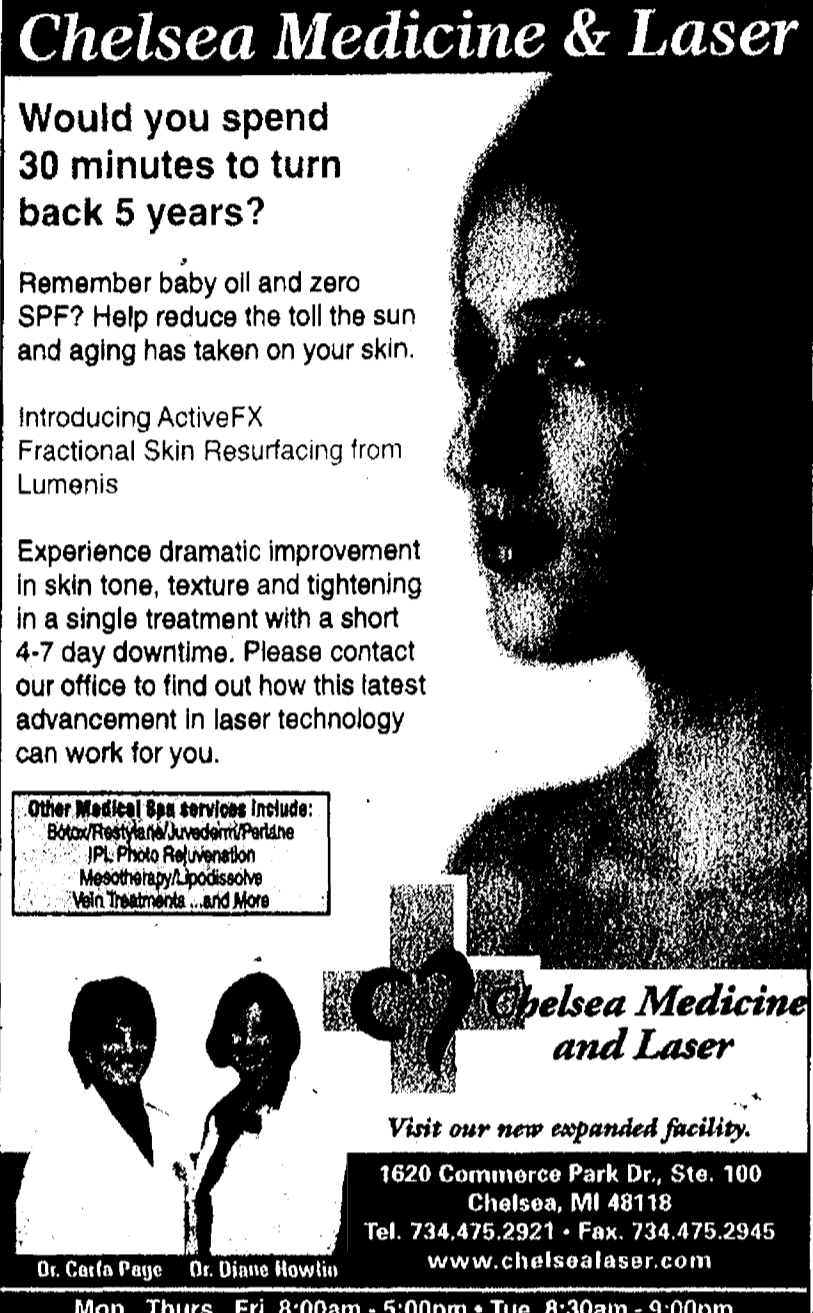
The Cancer Project, a national non-profit dedicated to advancing cancer prevention through education and research, is offering a free, eight-session cooking course designed to help Chelsea residents prevent and survive cancer through proper diet and nutrition.

"The single easiest and best thing most of us can do to prevent cancer or its recurrence is to eat right," says Jennifer Reilly, R.D., a senior nutritionist for The Cancer Project. "More than a third of all cancer deaths in this country are due to poor diet."

The Rx for better health? It's a low-fat vegetarian diet. Cut down on fatty foods and added fats and oils, particularly saturated fats, which have been linked to an increased risk of breast, colon and prostate cancer.

The class lineup is as follows: Jan. 21, 6 to 7:30 p.m., Fueling Up on Low-Fat Foods; Jan. 28, 6 to 7:30 p.m., Favoring Fiber; Feb. 4, 6 to 7:30 p.m., Discovering Dairy Alternatives; Feb. 11, 6 to 7:30 p.m., Replacing Meat; Feb. 18, 6 to 7:30 p.m., Planning Healthy Meals; Feb. 25, 6 to 7:30 p.m., Antioxidants and Phytochemicals; March 3, 6 to 7:30 p.m., Immune-Boosting Foods; March 10, 6 to 7:30 p.m., Maintaining a Healthy Weight.

For more information, visit [www.CancerProject.org](http://www.CancerProject.org) or call 202-244-5038.



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**AN EAGLE EYE VIEW**

Another EMU Tennis Season is Right Around the Corner  
By Ryan Ray  
EMU Women's Head Tennis Coach

Happy New Year to everyone!

As January is now here, we will be embarking on our spring 2008 women's tennis season very shortly. We have had many successes in the past year, both on and off the tennis court, and are looking to expand on our achievements with each new day.

Last season brought a lot of excitement and hope to the women's tennis program. Vanessa Frankowski, a current senior from Germany, reached a best national ranking of No. 45 in college tennis. Vanessa was named the Mid-American Conference Player of the Year and she was the first EMU women's tennis player to ever compete in the NCAA Singles Championships when she traveled to Athens, Georgia last May. She dropped a tight, 6-4, 7-6, match in the round of 64 to No. 14 seeded Celia Durkin of Stanford.

Also last year, the team finished in a tie for 4<sup>th</sup> place in the conference and Yana Parfenyuk was named to the All-MAC team, along with Frankowski, and also earned a spot on the All-MAC Academic squad. In the classroom the team achieved another ITA All-Academic selection as Frankowski, Parfenyuk, Catharina Bestehorn, and Aditi Krishnan were individual ITA All-Academic Award winners.

Our fall season was very successful and gives us momentum heading into the spring. We have added two new freshmen, Aleksandra Stankovic and Sandra Wikstrom, both ranked among the Top 8 juniors nationally in Sweden.

In our first fall tournament, at the University of Minnesota in September, we had an impressive start to the season as we qualified for four finals in the five brackets in which we participated. We were able to capture two of the titles in those four finals. Our travels next took us to Los Angeles with Frankowski and Wikstrom participating in the ITA All-American (Fall National Championships). Frankowski came away with two quality wins in the tournament and Wikstrom returned with a great experience in her first collegiate event.

Our last two fall tournaments included the Virginia Tech Invitational and the Midwest Regional at the University of Michigan, where Frankowski reached the round of 16 in singles.

The spring season will bring us many tough challenges as we hit the road against many top non-conference teams in January, February, and March. Included in that group are Indiana State, Wisconsin, West Virginia, Minnesota, Ohio State, and Michigan State. Our spring break travels will take us to Los Angeles to compete against UC-Santa Barbara, Cal State Fullerton, and Loyola Marymount. This year also brings us one of our best opportunities to win our first conference championship since 2002. We will need to work hard to accomplish that goal!

Please come out and support our program through the spring in our home matches at the Chippewa Club. Our home matches are as follows: Xavier and Wright St. (Feb. 2), Cincinnati (March 8), Bowling Green (March 21), Western Michigan (March 22), Ball State (April 4), and Miami (April 5).

We look forward to your support and hope that everyone has a great start to the New Year!

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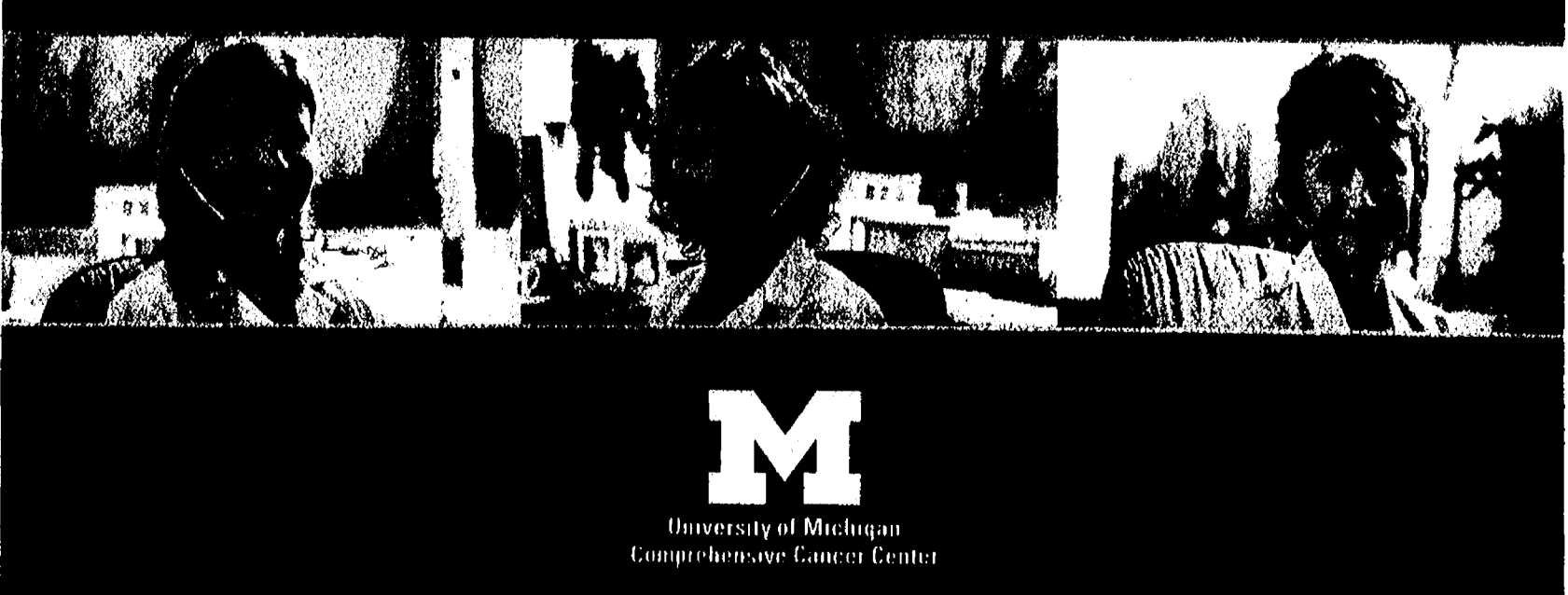
"I found a lump in my breast, and my doctor tells me I need a biopsy. How is a biopsy done?"

"Lots of people in my family have had cancer. Should I be worried that I'll get cancer too?"

"I have Stage II Prostate Cancer. What are my treatment options?"

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**FIRE**

Continued from Page 1-A

very well be the reason that the home is still standing, rather than being a smoking ruin.

The Chelsea Area Fire Authority responded with several men and at least two trucks.

"(The chimney) was plugged up, but the homeowner said he just had it cleaned," said Chief Jim Payeur.

"They'll probably have to have someone come back and inspect it, and they'll have to replace the cap."

The cap at the top of the chimney should contain a screen to keep embers and sparks in and wildlife out, but it can become plugged.

"The good thing is, nothing else is damaged," said the homeowner.

"The problem is in the cap. (The woodburner) has been in here since 1998, and we've never had a problem with it."

Payeur said the incident served as an example of what can go wrong when heating with wood.

"The fire did minimal damage, but it's a reminder for people to make sure they have their chimneys inspected and checked regularly."

The homeowner said it was a lesson learned.

"I'm going to do everything I can to keep the family safe, so this thing with the cap means I'm going to keep a closer eye on it," he said.

Capt. Christopher Smyth said CAFA is called out on several similar fires every year.

"This is the first chimney fire we've run this year, but we average up to a dozen a year," he said.

Smyth, who has a woodburner in his own home, had this advice for those who use wood for heat:

"You should clean the chimney out at least once a year, or more if you use it more," he said.

"The moisture in the wood turns to creosote, and that's what builds up and can catch fire."

Other local fire officials had similar recommendations, but the number of chimney fires varied widely depending on department.

"If we handle one it's unusual; we just don't have many in the city," said Capt. Michelle Stanbury of the Ypsilanti City Fire Department.

"I don't know if it's due to new construction or in a lot of rental units they're covered up, but we don't seem to have a lot of chimney fires."

In contrast, Capt. Don Dettling of the Dexter Area Fire Department said his personnel handle "about 20 per year."

"And about 20 percent of those become actual structure fires," Dettling added.

"We've had at least five already this year" because it turned cold earlier than usual.

**Three stages of creosote:**

Creosote is a byproduct of incomplete combustion, and is composed of tar and sap from wet, green or soft woods.

• **First degree:** brown soot, least flammable, almost fully combusted

• **Second degree:** black, flaky, brittle, partially combusted and still slightly flammable

• **Third degree:** black, dried out and brittle or gooey tar, least combusted, highly volatile and very flammable, very difficult to remove

**Three components necessary for combustion:**

• **Oxygen** (blocked chimney or poor air circulation)

• **Fuel** (wet, unseasoned or high-resin woods)

• **Heat** (green wood will burn, but not very hot)

A lack of any one of these three components results in a poorly burning, creosote-producing fire

**Three tips to avoid a chimney fire:**

• **Use hardwoods that have been dried for at least a year**

• **Have your firebox and chimney inspected by a qualified professional at least annually, or more often depending on use**

• **Dispose of ashes often, in a metal can with a lid outside the home**

The Ypsilanti Township and Milan fire departments gave estimates of the number of chimney fires handled on an average yearly basis, and the number so far this burning season.

"It varies from year to year: one year you may have 20, another year you may have none," said David Webb, who is not only Milan's fire chief but also a captain with Ypsilanti Township.

"It seems the colder the winter, the greater risk there is for chimney fires."

The Milan department was called out on a chimney fire recently that could easily have spread to the rest of the home, Webb said.

"They were starting their fireplace up for the first time this year," Webb said.

"The folks inside the house didn't know there was a fire until we showed them the flames coming out of the chimney."

Squirrels had piled up combustible material such as leaves, sticks and pine cones next to the chimney, Webb explained, and with the creosote burning inside the chimney, the material got hot enough to catch fire.

"They got very lucky," he said. "It was only about \$5,000 in damage."

Officials from each fire department in this newspaper's coverage area were asked what people should keep in mind when using a

woodburner or fireplace. "It's a concern to all of us in that they are dangerous and there are rules that should be followed to ensure safety," said Dettling.

There are laws and regulations on the books for burning wood in commercial buildings, Dettling noted, but no such rules for residential structures.

"Use only dry wood; have them cleaned yearly by a professional certified chimney-sweeping company; clean out ashes and dispose of them in a metal can with a lid," Dettling added.

"(Ashes) can remain hot for days. We've had fires (from ashes) that had been put outside the day before."

Webb, who also has a woodburner at home, said it's important to keep a few things in mind.

"The biggest thing to avoid (a chimney fire) is to have them inspected at least annually by an insured and licensed chimney sweep," he said.

"If you're a heavy burner you need to have it cleaned and inspected twice a year."

As with any fire in the home it's best to call the fire department right away, but Webb said one thing a person can do is to remove the heat source from the home.

"Pull the wood out of the wood burner or fireplace and put it outside," he said.

Firefighters have highly

specialized equipment to detect fires that a homeowner does not.

"We use a thermal imaging camera to see the heat inside the wall," Webb said.

"That makes finding the fire easier; before (we had the camera) we had to break into the walls and chase it."

Another thing to keep in mind is to use only wood that is suitable for the purpose.

"Use seasoned, dry hardwoods, they are low on resin and low on moisture, and burn really hot," Webb said.

That minimizes the buildup of creosote, which is the No. 1 culprit in chimney fires.

Creosote is a byproduct of incomplete combustion which adheres itself to the chimney walls.

Professional chimney sweeps say the longer creosote stays inside the chimney, the harder it gets and the harder it is to remove.

Kevon "Doc Flu" Binder, owner of Doctor Flue Inc., said there are three stages of creosote.

"The first degree is brown soot, that is the least flammable because the hydrocarbons have been burned the most," Binder said.

"Second degree looks like corn flakes hanging on the surface, and it can be easily knocked off by hand or with a brush."

"Third degree is the most volatile, it has been burned the least and can be very difficult to remove. It can be dried out and brittle, or be a gooey tar."

Continuing with his rule of three, Binder said three things are needed for proper combustion: temperature, fuel and oxygen.

"The lack of any of those creates tar fog or smoke," which is a prime ingredient of creosote.

"Soot is carcinogenic; even the vapors from cre-

osote can cause cancer, so you should treat it like asbestos," he said.

Binder has been in the chimney sweep business for 21 years, and his company is certified by the Chimney Safety Institute of America and does "a lot of work" in Washtenaw County.

Open fireplaces are difficult to clean by the ordinary homeowner, Binder said, but professional chimney sweeps will have the proper equipment.

Another local company, All Point Chimney Service, has been in Ypsilanti for 16 years. Owner William Martindale has 28 years of chimney experience.

"Look out for burning wet wood, green wood or pine because it burns cold, and cold fires leave lots of residue," Martindale said.

He recommended the following tips, and their repetition is an indication of their importance:

"Burn wood that's been dried for at least a year," he said.

"Clean it out one a year, and every chimney should be looked at every five years, whether used or not used, to see if it has shifted or cracked."

"Check out the chimney roof screen, which keeps animals out and keeps sparks down."

"Get someone who knows chimneys," Martindale added. "A pro can spot problems right off the bat. Most people doesn't really know what to look for, and don't have the tools for it."

As a measure of its heat-

potential, Martindale pointed out, creosote has the same amount of Btus, or British thermal units, as kerosene.

"You don't want a lot of shiny, gooey stage three creosote," he warned. "It has to be chemically removed, which is a very large job."

The experts also have some advice in the event it is too late to prevent a chimney fire.

"If you do have a chimney fire, you should have it video scanned which is a Level 2 inspection," Binder said. "Chimney fires are usually covered by most homeowners insurance."

Binder also noted that dealing with a certified, reputable company is paramount.

"A license is not required to clean a fireplace in Michigan, but a state mechanical license is required to take apart and reconnect the piping for a woodburner," he said.

Martindale said the winter is actually the best time to clean a chimney because of the natural updraft of cold air through the system, but an inspection can - and should - be done anytime.

"After a fire they have to call us, and it's \$2,000 to \$5,000, minimum, to rebuild the chimney."

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# EDITORIAL

## Letters to the Editor

Letters may be sent to editor@chelseastandard.com or to Chelsea Standard/Dexter Leader, 20750 Old US-12, Chelsea, MI 48118

## 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

JANUARY 10, 2008

## Home Front

I catalog regrets. I keep a running list of personal regrets, family regrets, career regrets, childhood regrets, romantic regrets, financial regrets, and a burgeoning category of miscellaneous regrets. It's a long list of things I wish I had or hadn't done and had or hadn't said.



BRIAN COX

I regret, for example, that in elementary school one year I joined in with friends to tease and ostracize a fourth-grade classmate.

I regret succumbing to shyness once in high school and not waving at a girl who waved at me. I chose instead to pretend I didn't see her simple wave and turned away. I should have waved. I think now I may have lost a possible friend (or, who knows, maybe even a date!).

I regret once telling my wife her new haircut made her look like a boy. I regret that one a lot because I'm not sure she has yet forgiven me.

I could go on and on. They just keep coming. So I have grown accustomed to living with regret. Regret, I have concluded, is a cornerstone of life, a natural by-product of the stubborn, steady, one-way flow of time and the inherent backward-reaching character of memory. From the conflicting nature of time and memory emerges regret.

An uncle of mine once alleged proudly that he carried no regrets, and even though I was only 15 or 16 at the time I remember being flabbergasted.

No regrets? How was that possible? Even by my mid-teens I had compiled a pretty impressive regret catalogue and could not imagine a man in his late 20s or early 30s as living with no regrets.

"If you could go back, you wouldn't change a thing you did?" I asked.

"Nope," he said. "Those things are what made me who I am today."

I pondered that a bit, and decided my uncle must hold a fairly high opinion of the man he was that day.

If his personhood were a cake just out of the oven, I imagine him looking it over, taking a small taste and declaring, "Scrumptious! Wouldn't change a thing!"

I'm a different kind of baker, I guess. I tend to think maybe a little more cinnamon or a touch less nutmeg might be an improvement.

And that is how I have come to regard regret: as an opportunity to change my personal recipe.

I was recently reviewing my regrets for 2007, and contending for the top spot was my forgetting to attend a valued friend's wedding.

That's right. It's not that he and his wife unexpectedly eloped; it's not that I didn't receive an invitation well ahead of time; it's not that the wedding was on some distant island to which I couldn't afford the airfare.

No, I forgot. I was mowing the lawn on a Saturday afternoon when I abruptly pulled up short at a startling thought: "His wedding's today!"

I checked my watch. My faulty memory was running about two hours too late. I had missed the entire affair.

Even I could not comprehend the depth of my stupidity. How hard is it, I thought, to check a calendar every once in a while so that you have an idea of what's happening - oh, maybe tomorrow, for example?

There was no way to make it better. There was no way to apologize enough. Missing the wedding immediately became a deep and abiding regret that I shall carry the rest of my days.

But I am determined not to register another regret like it.

Last week, I purchased a pocket calendar. I am writing everything down and will not forget another important date.

I can change.

OK, it may not work, but I would regret not trying.

To the Editor:

When I received the Christmas edition of The Dexter Leader, what caught my eye first was the heading at the top of Page 1. It read "Merry Christmas."

In these times when political correctness seems to outweigh common sense, it is so gratifying to see that the Leader has the courage to call it like it is - the celebration of the birth of our Lord and Savior Jesus Christ.

Hopefully we are in the midst of a backlash where people are simply tired of compromising the values they were taught as children.

It is interesting to note that for the first time the Dexter Knights of Columbus decided to try selling lawn signs saying "Jesus - the Reason for the Season."

They bought 100 of them to sell after Sunday services; and, to the dismay of many worshipers, the demand was so great that they sold out early!

I'm told that next year they will be better prepared.

I also want to commend the village management for continuing the tradition of displaying the Nativity scene in Monument Park.

While I cannot recall reading any negative comments, my sense is that there must have been a few over the years.

All I can say is, "Good for you, Dexter," for continuing to stand up for what is right and what is good.

My wife and I moved to Dexter nearly 30 years ago. Our three children attended school here, we shop here, we worship here, we do business here, our most important friends live here and our parents are buried here... and we will stay here.

Dexter is our home. Why? Because we can't imagine living anywhere else!

John Finke  
Dexter

To the Editor:

We would like to commend Carol Warshefski of Dexter for her brave and insightful letter to the editor regarding the Emergency Medical Services situation in Washtenaw County.

As the small prospective ambulance company mentioned in the letter, we share Ms. Warshefski's sentiments.

We have personally been contacted by members of many fire departments who have offered their support and shared their frustrations.

Washtenaw County is privileged to have so many fire departments and firefighters of the highest caliber.

Many people do not realize that today's firefighter is typically also a highly trained EMS professional. Most people also don't realize that in a life-or-death medical emergency, the fire department is usually first on the scene.

However, fire depart-

ments in Washtenaw County have lost their right to transport patients. They must wait for an HVA ambulance.

HVA's personnel are without question competent EMS providers. They save lives every day. But there are many other qualified providers who have their hands tied.

Every public safety official - EMS, fire and police - should have the same goal in a medical crisis: com-

passionate and efficient life saving.

We ask our fellow citizens of Washtenaw County to support all public safety officials from every agency in our efforts to help each other.

Please look at your own township or city and ensure that politics and turf issues are not preventing your fire department from transporting your family member in a time-

See LETTERS - Page 9-A

## Letters to the Editor

## Our take:

## Automakers must meet standards

The signing of the new Energy Bill by President George W. Bush ushers in a new era for the auto industry.

The Corporate Average Fuel Economy, or CAFE, standards are increased to a fleet-wide average of 35 miles per gallon by 2020 from the current level of 27.5 miles per gallon, which was set back in the 1980s. The new rules will be phased in beginning with 2011 models and will require the National Highway Traffic Safety Administration to increase the CAFE standard annually for cars and light trucks each year until 2020.

The energy bill also includes a new series of mandates, requiring the wider use of U.S.-grown biofuels. The goal incor-

porated in the new energy bill is for the United States to produce 36 million gallons per year by 2022, with 20 billion coming from non-corn-based or "advanced" biofuels.

The requirement is nine billion gallons for 2008 and 15.2 billion gallons in 2011, up from the current level of about six billion gallons.

The law also will have higher efficiency standards for consumer appliances. It also contains money for research and development funds light efficiency, smart grid technologies and advanced transportation.

The debate over the bill in both the House and the Senate, however, centered on the automobile industry. In the end, the rising concerns about the

nation's dependence on foreign oil and its impact on national security trumped worries about the jobs and the technical feasibility.

However, auto executives came out in support of the legislation, partly because the political battle over the legislation was already lost and partly because they were concerned any continuing resistance would do serious damage to the image of the industry, which has already been badly tarnished by everything from recalls, job cuts and inefficient vehicles.

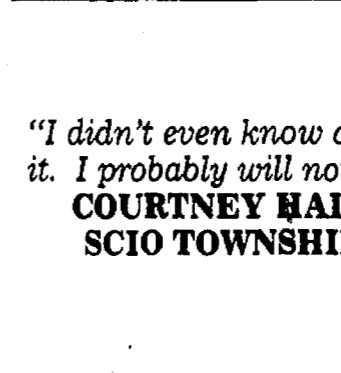
Ultimately, the industry's long opposition to increasing the standards crept into company cultures and left employees

## STREET TALK

### Are you going to go to the Auto Show next week?...



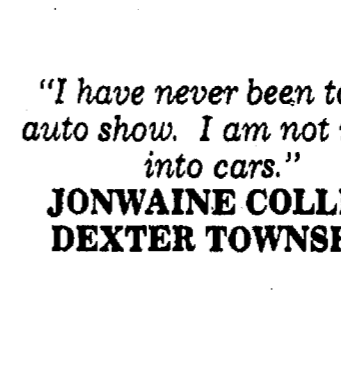
"I didn't know the auto show was next week. I would like to go."  
DANIEL SCHUDEL  
SCIO TOWNSHIP



"I didn't even know about it. I probably will not go."  
COURTNEY HALL  
SCIO TOWNSHIP



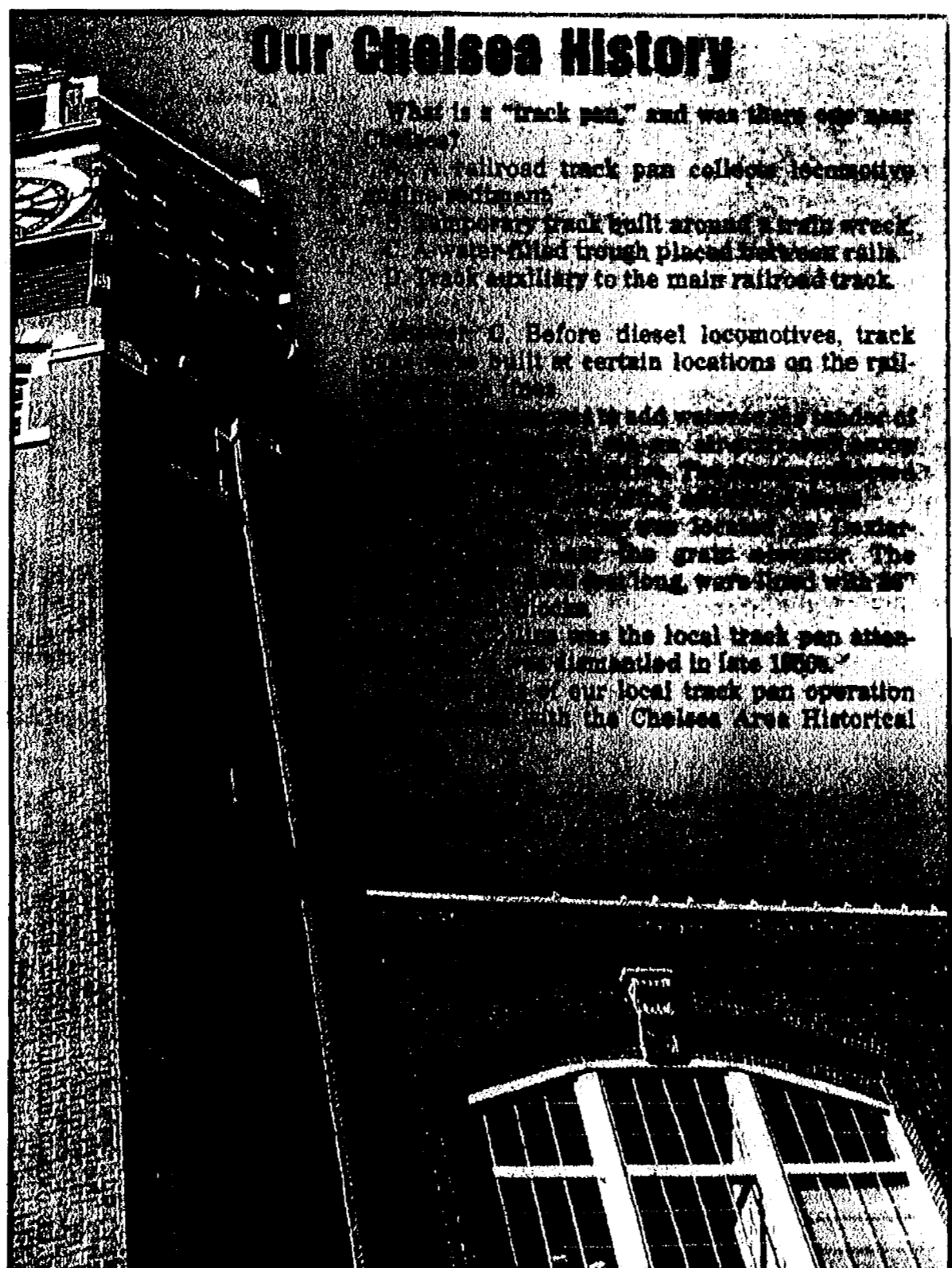
"I am going down to the show to check out the muscle cars."  
RYAN ANDERSON  
DEXTER TOWNSHIP



"I have never been to the auto show. I am not really into cars."  
JONWAYNE COLLINS  
DEXTER TOWNSHIP

By Jennifer Sinkwitz

### Our Chelsea History



What is a "track pan" and was there one near Chelsea?

A railroad track pan collects locomotive ash and cinders.

A temporary track built around a main track.

Water-filled trough placed between rails.

Track pan used to clean the main railroad track.

Before diesel locomotives, track pans were used at certain locations on the railroad.

To add water to the tank of a steam locomotive, the engineer would stop at a track pan.

The track pan was filled with water.

The local track pan attached to the Chelsea Area Historical Society.

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## LETTERS

Continued from Page 8-A

sensitive medical crisis.

**Dr. Sabah Rabiah,  
President, Care Transport  
and Care Response  
Ypsilanti**

To the Editor:

We would like to thank you for all your support and love during the first few months of Belle's chemo treatments. She is continuing to do well and she sure is an amazing strong girl!

We would like to thank the families and staff at Cornerstone Elementary School that delivered meals to us during the first months of her treatments, especially Debby Bow for organizing it.

How nice it was to come home from a long day at the hospital and have a meal waiting for us!

We would like to thank Terry Jacoby for doing such a wonderful story on Belle to help spread awareness of NF.

Also thank you to the Dexter Methodist Church for all the cards and phone calls, St. Andrew's Church for the boxes of food during the Thanksgiving Holiday, Dave Meyer Photography for taking wonderful photos of Belle for Christmas, "Shop with the Cop" program, all the teachers and office staff at Cornerstone for their extra support to Belle, Gretchen's House Child Care Center for allowing Susan to rearrange her work schedule to accommodate treatment days, Terri at Dexter Children Services for always being understanding when we change Belle's child care schedule, Jeff Kitchen for his work at the house and to everyone else who has been there!

We are truly blessed with

the outreach of the community!

**The Petit family; Mike,  
Susan Hollister and Belle**

To the Editor:

I recently had the pleasure of participating in the "Shop with a Cop" program in the Dexter area. My children have been "Deputy Elves" for the last few years, and this year I decided to join the fun.

To begin the evening the children are given a bag of goodies, a visit with Santa and then fed dinner. The Washtenaw County sheriff's deputies then take the kids to Meijer to shop for gifts for themselves as well as their families.

What a sight it was to see all the vehicles with their lights and sirens going off as the children were escorted into Meijer, where they were greeted by staff members and even Colors the Clown making balloon animals.

Each child was given a specific amount to spend and plenty of special attention from the volunteers to get all the items on their list.

Then the volunteers

helped them wrap the gifts for their family members and decorate cookies. What an amazing sight to see sheriff's deputies with Santa hats on spending that special time with these kids.

As I have learned more about this program I am amazed at the time, compassion and care that has gone into creating a special event for these kids.

Special kudos to Officer Paul Mobbs. He, along with a few other officers, started this program six years ago and the program has now spread to other communities.

Officer Mobbs has had such a positive impact on many students in the Dexter area. He obviously takes his position as more than a job.

So thank you to all the Washtenaw County sheriff's deputies, donors, Meijer staff and all the elves that made for a special evening.

You touched my heart with all your selflessness and generosity.

**Allyson Lyons  
Ann Arbor**

## OURS

Continued from Page 8-A

feeling improvement was unnecessary or impossible. Muttering about the influence of environmentalists has never impressed shoppers looking for more efficient vehicles. Buyers really don't care about the limitations physics place on engineers. All they want are better vehicles.

The consequences for Detroit have been enormous and left domestic automakers with a poor image in the minds of many American consumers, according to some recent surveys. The poor image is costing carmakers sales, surveys indicate. Stopping

the slow, debilitating leak has to be one of the very top priorities at General Motors, Ford and Chrysler.

Meeting the challenges from the new energy bill offers domestic automakers an invaluable opportunity to demonstrate once again that they are creative and do know how to innovate. They aren't going to get many more chances from the American public, so we don't think it would be very smart to blow this one.

Successfully meeting the standards will give Detroit's carmakers an opportunity to show that they really are up to the diverse challenges of the 21st century. It's also the only way to rebuild their value of American automobile companies.

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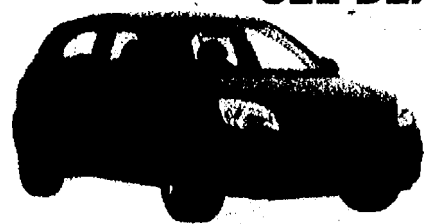
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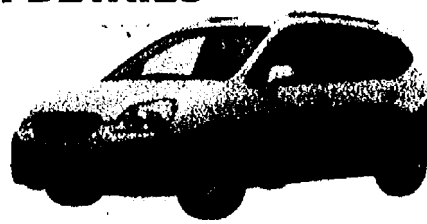
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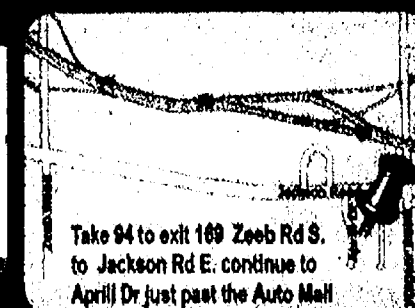


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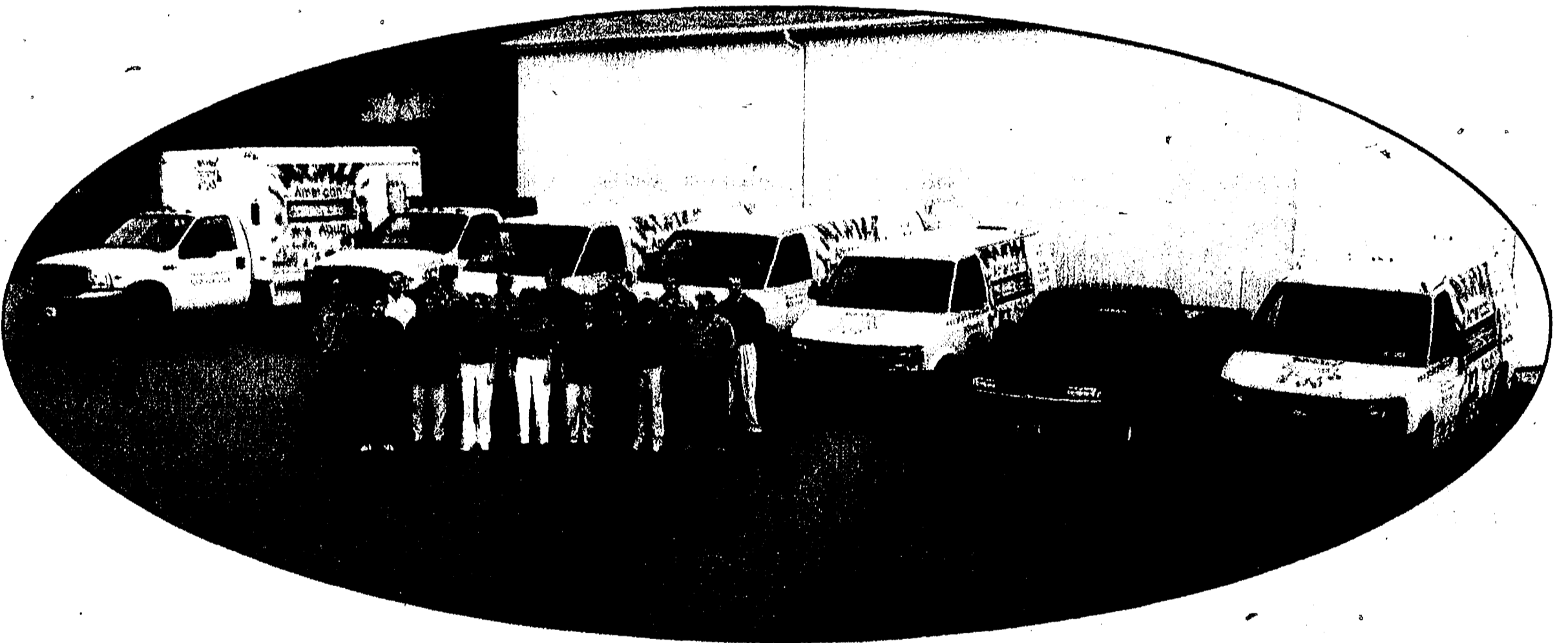
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Front row, from left: Cyril White, incoming CCH Board of Trustees member, and wife Leslie; Scott Moore, MD, and wife Meisha Moore, PhD. Back row, from left: Pat Conlin, Esq., Chair of the CCH Board of Trustees, and wife Elaine Economou; Supporters Mike and Suzi Coghlan

# HOLIDAY

## Sub



Creg Carpenter MD, of Chelsea Orthopedic Specialists, and his wife Sheila



Jack Wheeler, PhD, CCH Board of Trustees member, and wife Francey



2007 Holiday Gala Honorary Chairs Barry Nemon, MD, head of Emergency Services at Chelsea Community Hospital, and his wife, Barbara Stark-Nemon



From left, Barabra Stark-Nemon, Kathleen Griffiths, President and CEO of Chelsea Community Hospital, her husband Bob Griffiths, Bobbie Jorkos, MD, and husband Patrick Wright

*Chelsea Community Hospital's Holiday Gala last month attracted a festive group of local residents*



Jim Woods, Vice Chair of the CCH Board of Trustees, and wife Sharon Hubbard



Supporters Ann and Hal Davis



Doug Portz, MD, Chelsea Community Hospital Women's Health Center, CCH Board of Trustees member, and wife Ann Oldendorf, MD



Supporters Mark and Jennifer Darr

CANCER DECLASSIFIED

# Mammograms aren't so bad

Sure, the waiting room is boring, you need to use up a few precious hours of personal time, and everyone talks about the pain. Honestly, the discomfort of a mammogram lasts for only minutes and, for me, it may have just saved my life.



ALISON MARABLE

My family history includes two previous generations with breast cancer at fairly young ages, so I thought nothing of requesting a first mammogram in my 30s, rather than the generally recommended age of 40.

With such a history, one would think there would be no argument. The first doctor who I approached with my family history and something that I thought felt "not right" dismissed my appeal for a mammogram. She insisted that even women with a strong family history could wait until they were 40. She also implied that my concerns were simply in my head and not anything real.

After immediately changing doctors, the next one insisted that I get a mammogram right away. Had I waited the extra few years to get the mammogram, I might not be here today.

My advice is to listen to what your body tells you and demand respect from medical professionals. You bypass the crushed box of cereal at the grocery store for the flawless box; doesn't your doctor deserve the same level of scrutiny as you choose one to care for your body?

My first mammogram at a satellite office required a second one at the hospital. From the moment I walked into the crowded waiting area, I could sense that all of the other women there felt the same way. Each one held the gown tightly wrapped around her chest with her arms circling herself.

I remember the day that I returned for my follow-up mammogram because of something suspicious on the initial one. The reporters on the television in the waiting area talked about the news of finding the two missing boys abducted by a pedophile. The others in the room turned to strangers, commenting on the news, and commiserating with the televised parents.

Each time a woman returned from a mammogram, every face in the room turned away from the television to see her expression. Several women came out with the thumbs up and others gave words of encouragement to the waiting masses. There was a real sense of connection between people who most likely would never see each other again. They were all linked by the emotions tied to the fear of breast cancer.

It's an attachment you don't often see between strangers or even acquaintances — drivers on the road to shoppers in a store or in the waiting room of the general physician's office. But here, individuals thought of both themselves and the others in the room, sharing looks or actual words of support to unfamiliar people.

I came out from this second procedure crying, rushing to change my clothes and find my husband who was excluded from the female-only dressing and waiting area. Their concerns from the first mammogram had been confirmed and I would soon start the flurry of appointments at the cancer center.

I am thankful every day that I fought the urge to postpone the mammograms, for the doctor who encouraged me to get one as soon as possible because of my history, and for my husband who somehow knew the right words throughout this entire ordeal.

Had I waited, the outcome would be different. So please, take the few minutes required to schedule a mammogram.

Bring a friend. Get it over with. No matter what the results, the sooner you know, the sooner you can move on. Most likely you'll get an all-clear that allows you to relax and realize the discomfort wasn't so bad. Then spread the word to others that it wasn't so bad.

If the results turn out like mine, it's better to find out about cancer in the earlier stages so it's more treatable. You're never alone (unless you want to be) in the entire process, from the waiting room to the hospital appointments to your home. There are hospital social workers, caring employees, volunteers and the many resources available through the American Cancer Society.

Alison Marable is a breast cancer survivor and has a master's degree in social work from Eastern Michigan University. She can be reached at [alimarabelle@yahoo.com](mailto:alimarabelle@yahoo.com). Comment on her column via our staff blog, "Inside the Newsroom," at <http://heritageweststaffblog.blogspot.com> under the Nov. 13 posting "Cancer touches so many lives."

**Upcoming Topics**

■ "How to Help a Cancer Patient": Every person's preferences are unique, but for me, there were specific actions that people took that meant a great deal to me during my breast cancer treatment and recovery. The support and interaction of others brought me such great rewards, pulling me out of a dark place and providing hope to someone who never before had trouble being an optimist.

Coming Jan. 24

■ "Renewing the Spirit": For many years, I have gardened to heal myself. Anyone who has benefited from the restorative qualities of gardens knows what I mean. A simple walk through the yard pulls stress right from my body and lets it go.

Coming Feb. 7

■ "Reader Response": The night before the debut of "Cancer Declassified," I felt a sense of panic that maybe I wasn't ready to share this with the world yet. At that point, of course, it was too late to change my mind. That next morning, my inbox filled up with e-mail messages.

Coming Feb. 21

**View Video**

View video of Alison Marable's pinning ceremony at Eastern Michigan University. The special ceremony was held in late August just for her because she missed the official ceremony so she could have her breast cancer surgery.

Heritage Newspapers encourages readers to share videos and photographs online. Do you have a video that you want to share or photographs from the Relay for Life or other fund-raiser for the American Cancer Society? Is so, please upload them at <http://micentral.mycapture.com> or click on the photo sharing button on the newspaper's home page at [www.heritage.com](http://www.heritage.com).

**Your Thoughts?**

Have you been affected by cancer? Share your thoughts by adding your comments to Editor Michelle Rogers' blog entry of Nov. 13 at <http://heritageweststaffblog.blogspot.com>, which can be accessed from the newspaper's Web site in the left-hand corner.

Check the blog, "Inside the Newsroom," regularly to read what your friends and neighbors are sharing. We want to hear about your personal experiences dealing with cancer, the hardships you've endured and overcome, and advice that you have for individuals battling cancer or supporting a loved one who is going through treatment.

**Your Health**

## New Year's diet resolution . . . again?

By Paula Herzog

Guest Column

This is the year to lose weight!

You can get your doctor off your back. You can set a fine example for the children. You can excite the man or woman in your life with a rejuvenated body. Fashions will be ever so fashionable on you again. You paid a lot for the club, now you'll go there.

And by the second week in January you'll have failed...again.

It is not hard to lose weight. Really, it is NOT hard to lose weight, but it is darn near impossible if you are attempting it for selfish reasons. Do it for you.

Over the next couple of weeks please consider the ideas here to get you off to a fine start and FINISH with the big changes you are contemplating. First, use this Weight Loss Readiness QUIZ to see IF you should even try to lose weight now. Are these statements true for you?

I can make time to shop for different foods.

I can make more time to prepare meals and usually avoid restaurants.

I am willing to do inconvenient motions (exercises, walk more places...)

I know the difference between losing weight FOR someone vs. doing it with someone's support.

There will be some tough times ahead but I believe I can make plans that will work so I stay on track.

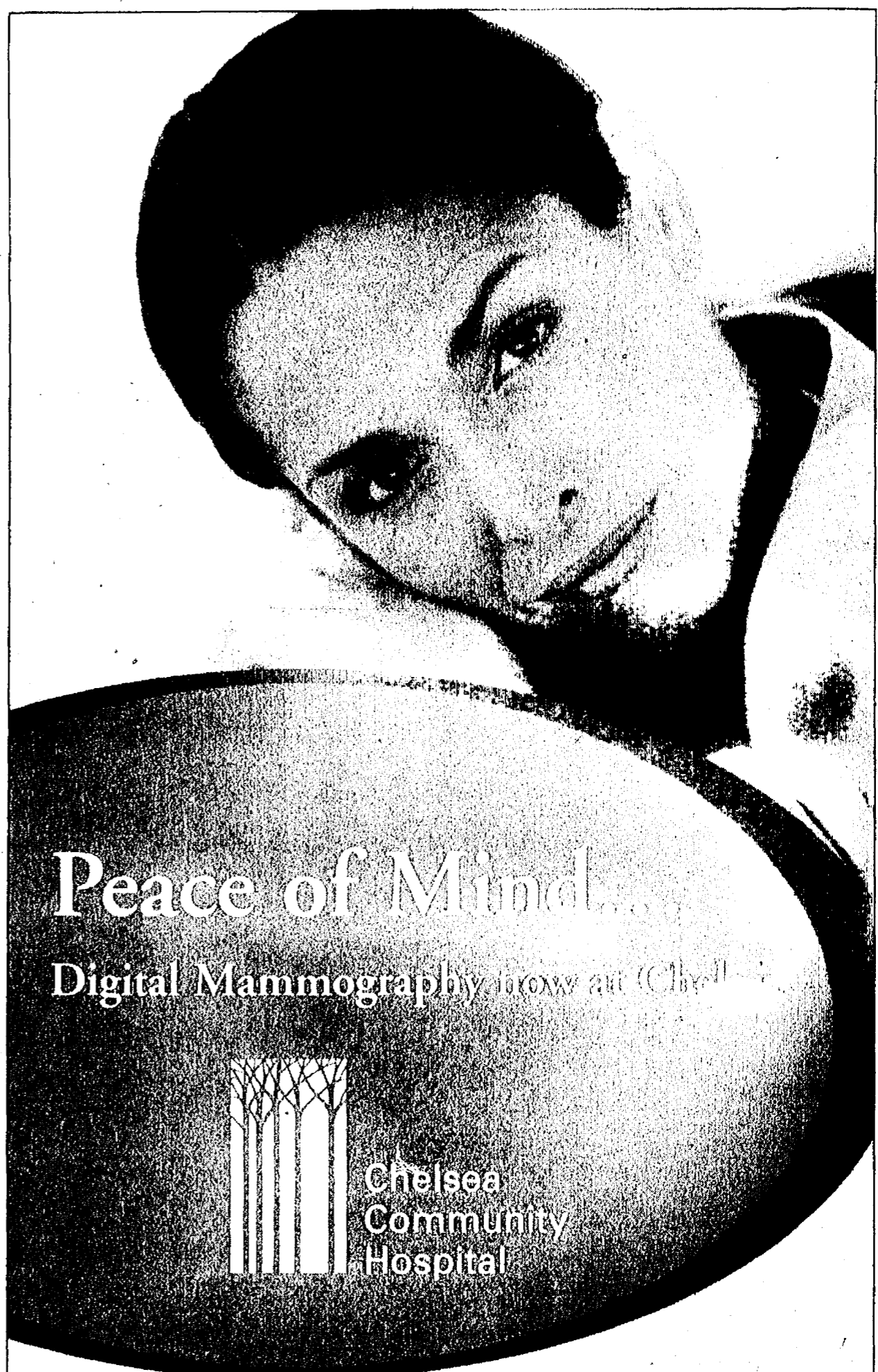
I expect to be bored if I have been entertaining myself with food/drink.

I expect to be uncomfortable if I have been comforting myself with calories.

I want the habits of a slim, healthy person and we'll just see what the body looks like as that occurs.

Are you ready? If all of these statements feel true for you, then you have con-

See HEALTH — Page 3-B



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## U-M Health Watch

# Congestive heart failure leads to greater disability and nursing home admissions

Medical breakthroughs in recent decades have allowed heart attack survivors and other heart-disease patients to live longer. But as their hearts decline into congestive heart failure, an increasing number will experience disability and the need for nursing-home care.

A new study from the University of Michigan Health System and the VA Ann Arbor Healthcare System sheds light on the degree of disability among people with CHF, as well as the implications for the health care system, community care facilities, families and the patients themselves.

In particular, the study found that CHF patients were much more likely to be disabled than people without the condition. They were found to be much more likely to have difficulties with activities of daily living, such as grocery shopping and walking across the room. And they were more likely to require care from nursing homes and family members.

"The prevalence of congestive heart failure imposes a substantial burden on

patients, families and the long-term care system," says lead author Tanya Gure, M.D., a lecturer in the Division of Geriatric Medicine at the U-M Health System. "The degree of disability in this group is quite high, and their caregiving needs are extensive. We need to make sure, in the medical community and society in general, that we are adequately meeting their health and social needs."

The study appears in the January issue of the *Journal of General Internal Medicine*. It is based on data from the 2000 data of the Health and Retirement Study, a national survey conducted by U-M's Institute for Social Research and funded by the National Institute on Aging. Data in the new study are based on responses from 10,626 survey respondents ages 65 and older.

Among the findings:

- People with CHF were much more likely to receive informal (unpaid) home care from a relative or another unpaid person (42 percent) than the other groups (18 percent and 11 percent).

Formal (paid) in-home care also was more common; it had been utilized by 13 percent of people with CHF, compared with 4 percent and 2 percent in the other groups.

- Ten percent of people with CHF were in a nursing home in the prior two years, compared with 3 percent and 2 percent.

- People with CHF were much more likely to have difficulty with activities of daily living. For example, in the category of "walking across the room," about 42 percent of people with CHF reported limitations, compared with 21 percent and more than 12 percent.

- Activities such as grocery shopping were found to be much more difficult for people with CHF than oth-

ers: more than 35 percent of people with CHF reported a limitation related to grocery shopping, compared with more than 14 percent and 8 percent.

Geriatric conditions, clinical conditions which are highly prevalent in older adults - such as urinary incontinence, dementia and injury due to falling - were more common in people with CHF. In the CHF group, 36 percent had experienced urinary incontinence, compared with 23 percent and 19 percent in the other groups.

An estimated 5.3 million Americans currently have heart failure, according to the American Heart Association. Within six years of having a heart attack, about 22 percent of

men and 46 percent of women will be disabled with CHF.

In addition to her appointment in the Division of Geriatric Medicine, Gure also was a member of the RWJ Clinical Scholars Program at U-M while work-

ing on this study. For more information about geriatric medicine at U-M, visit [www.med.umich.edu/geriatrics/](http://www.med.umich.edu/geriatrics/). For more information about the Health and Retirement Study, visit [hrsonline.isr.umich.edu/](http://hrsonline.isr.umich.edu/).

## HEALTH

Continued from Page 1-B

templated the realities of behavior change.

If some were false for you, you are not ready to make a change that will last. Do not diet now. You will not have success. You also may find it harder to try later with one more failure 'under your belt.'

So, if you aren't ready, give yourself permission to wait. If you contemplate the ideas behind the quiz you might find that they help you become ready.

Next week, look for some ideas to help you prepare for success on your new diet. You can make any diet more successful with readiness and preparation.

Paula Herzog, RD, LD,

works with The Great Plate Nutrition Services. She can be reached at 734-433-1667. Paula will be at Cranesbill Books in Chelsea from 2-3 p.m. every Saturday in January to talk about health and fitness.

## STATE

# Bill to promote economic growth

The state House recently approved legislation that will promote economic growth in Monroe County. Sen. Randy Richardville, sponsor of the bill, said in a news release.

The bill passed the Senate unanimously in October.

"This is a major step forward in enabling smaller communities to encourage economic development," said Richardville, R-Monroe.

"These communities should be commended for doing their part to keep existing businesses here, as well as bring new businesses to Michigan."

Senate Bill 455 will expand the Local Development Finance Authority Act to permit more townships to take advantage of the resources such authorities can provide. They allow a city, village or urban township to capture tax revenue from development projects to fund public infrastructure improvements.

The legislation will help the expansion of communities or townships that are lacking resources, Richardville said.

The bill is now on its way to the governor's desk.



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JAN 2008

## Calendar

### CHELSEA

**Saturday**  
The Chelsea Teddy Bear Co. located at 400 N. Main St., hosts tours every Saturday at 11 a.m., 1 p.m. and 3 p.m. Groups are by appointment, by calling 433-5499. Visit [www.chelseateddybear.com](http://www.chelseateddybear.com)

**Western Washtenaw Republican Committee** will meet 9 a.m. in the Chelsea Clock Tower, second floor. Coffee and snacks provided. For more information, call Craig McGregor at 734-891-5576.

**Wednesday, Jan. 16**  
**Friends of McKune Memorial Library** annual meeting will be held 6 p.m. in the McKune Meeting Room, 221 S. Main St., in Chelsea. This is a potluck dinner open to the public. A short meeting will follow the dinner.

For more information, call Jennifer Kundak at 475-2424 or e-mail [pilaf@charter.net](mailto:pilaf@charter.net)

The Chelsea Relay for Life Planning Committee is holding a meeting from 7 to 8 p.m. at the Chelsea Center for the Arts, 400 Congdon St., in Chelsea. For more information contact Jamie Lane at [jxextreme@comcast.net](mailto:jxextreme@comcast.net)

**Saturday, Jan. 19**  
"Almost the Wolf Moon: A January Night Hike" will be held from 7 to 9 p.m. at Park Lyndon North, 18801 N. Territorial Rd., in Lyndon Township. Faye Stoner will lead this hike to explore the world of winter nights. Hot drinks will be provided around the outdoor fire-place afterwards. Participants should dress for the weather. The event is free and open to the public. For more information, call 971-6337 ext. 318 or visit [www.parks.ewashtenaw.org](http://www.parks.ewashtenaw.org)

### DEXTER

**Sunday**  
Silver Lake Sporting Clays is having an open sporting clay shooting every Sunday from 10 a.m. to 3 p.m. at 8890 Dexter-Townhall Rd., in Dexter Township. Sign-up starts at 9 a.m. For more information, call 734-730-9749 or the Web site [www.silverlake-clays.com](http://www.silverlake-clays.com)

**Friday, Jan. 25 & Sat. Jan. 26**

Peoples Church will offer a free two-day Marriage Enrichment seminar from 9:30 a.m. to 1 p.m. The church is located at 425 W. Unadilla St. on the west side of downtown Pinckney. The seminar is open to everyone, and every couple will receive a manual. Free-will offerings will be accepted. Pre-registration is appreciated by calling the church at 734-878-3407.

**Wednesdays**  
**T.O.P.S. - Take Off Pounds** Sensibly weight loss group meets every Wednesday 6:30 p.m. at the Dexter Senior Center, 7720 Ann Arbor St., in Dexter. Open to the public. For more information, call Dorothy at 426-3813.

### COUNTY

**Heartland Hospice** is looking for caring and dedicated people to volunteer for a variety of services to the clients and their families in Washtenaw, Wayne, Livingston and Monroe counties. Winter training is coming soon. To register or for more information, call Candice Jones at 1-888-973-1145.

**Tuesday**  
"Teens Using Drugs Part 2: What To Do" free seminar will be held from 7:30 to 9 p.m. the second Tuesday of every month through June at St. Joseph Mercy Hospital Education Center, 5305 Elliott Dr., in Superior Township. For more information, call 973-7892 or visit [www.teensusingdrugs.org](http://www.teensusingdrugs.org)

**Saturday, Jan. 12**  
**Western Washtenaw Republican Committee** will meet 9 a.m. in the Chelsea Clock Tower, second floor. Coffee and snacks provided. For more information, call Craig McGregor at 734-891-5576.

## Best bet

Friends of McKune Memorial Library used book sale will be held from 10 a.m. to 3 p.m. in the McKune Meeting Room, 221 S. Main St., in Chelsea. The new Friends cookbook, "Chelsea Cooks! Heritage Cookbook" will also be available for sale. All proceeds from the book sale go to support the library. Volunteers are needed to help with the sale. For more information, call 475-5829.

### County

**Heartland Hospice** is looking for caring and dedicated people to volunteer for a variety of services to the clients and their families in Washtenaw, Wayne, Livingston and Monroe counties. Winter training is coming soon. To register or for more information, call Candice Jones at 1-888-973-1145.

### 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.

**"Bird Hike," Saturday, Jan. 12** at 8 a.m., Activity Center. Observe bird species seen in the park and record dates, locations, and trends from year-to-year. A variety of habitats will be explored. Bring binoculars and a field guide. Fee: \$2 per person. Pre-registration required.

**"Michigan Mammals," Sunday, Jan. 13** at 2 p.m., Activity Center. This indoor program will compare and contrast Michigan mammal adaptations using skulls and furs. Fee: \$3 per person. Pre-registration required.

**"Animal Track T-shirt and Hike," Saturday, Jan. 19** at 1 p.m., Activity Center. Take a hike and discover the animals making tracks at Hudson Mills Metropark, but first make an animal

### January activities at The Chelsea Senior Center

Tomorrow: Wii Preview thanks to the McKune Memorial Library we have a Wii. Don't let your grandkids have all the fun. Come to our kick-off event on January 11 from 10-n noon and give it a try!

**Saturday, Jan. 19:** Bridge Tournament at the Chelsea Grill; Saturday, Jan. 19, 9 a.m. \$35 includes prize money, Continental Breakfast and Buffet Lunch. Open to all Bridge Players. Party "Chicago Style" Format. Contact the Chelsea Senior Center for more information 475-9242.

**Saturday, Jan. 26:** Painting With Steve Wood at the Chelsea Senior Center. 10-4PM. \$55.00 includes instruction, all supplies, lunch, and a complete 16 x 20 inch painting by the end of the day. No experience necessary.

track T-shirt. Bring a white or light-colored shirt. Fee: \$2 per person. Pre-registration required.

**"Chillin' at the Mills," Saturday, Jan. 26, 11 a.m. to 2: p.m., Activity Center.** Enjoy a variety of fun-filled winter activities, including cross-country skiing, Klondike racing and dog sledding (weather permitting).

### Chelsea Center for the Arts

The Chelsea Center for the Arts, 400 Congdon St. in Chelsea, has a number of activities planned for the next few weeks.

#### Participation Saturday!

Come explore the arts offered at the Chelsea Center for the Arts. Creativity isn't for just a few talented individuals; it's an essential part of the human spirit and can be expressed in everything we do. Come take PART! Anyone can come to paint, draw, make a print or enjoy the other visual arts activities going on throughout the center from 10 a.m. to noon Jan. 12. It's free and registration is not required.

For more information, please call the CCA at 734-433-2787 or visit [www.chelseacenterforthearts.org](http://www.chelseacenterforthearts.org).

#### Watercolor workshop

Artist Todd Marsee will present a workshop from 10 a.m. to 4 p.m. Jan. 19 at the Chelsea Center for the Arts.

In this one-day workshop, people will be introduced to experimental watercolor techniques and will begin to understand how different materials and textures react with watercolor.

The focus will be on abstract techniques; however, if your interest lies in still life or landscapes, you may integrate this into your work.

Demonstrations will be followed by studio time. See Marsee's artwork at [www.marseegallery.com](http://www.marseegallery.com).

The cost of is \$75. A materials list will be available at registration, and participants should also bring a lunch. Please call the CCA at 734-433-2787 to register or for more information.



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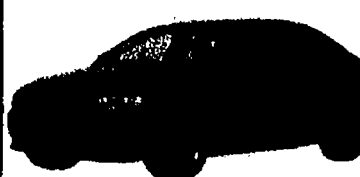
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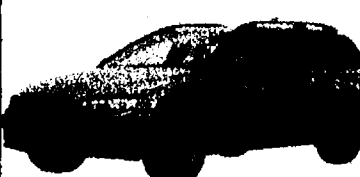
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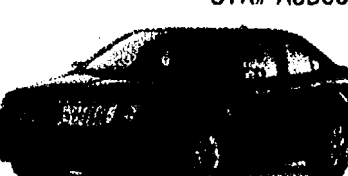
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## Chalk Talk

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



## Howell, Crane earn honors

Once again, Chelsea and Dexter athletes are turning heads and earning awards in numerous collegiate sports throughout the nation.

Former Chelsea standout Blythe Crane was recently named a National Golf Coaches Association Academic All-American Scholar. To be chosen All-American an athlete must have a grade point average of 3.50, or higher and compete in at least 50 percent of their school's regularly scheduled rounds during the year.

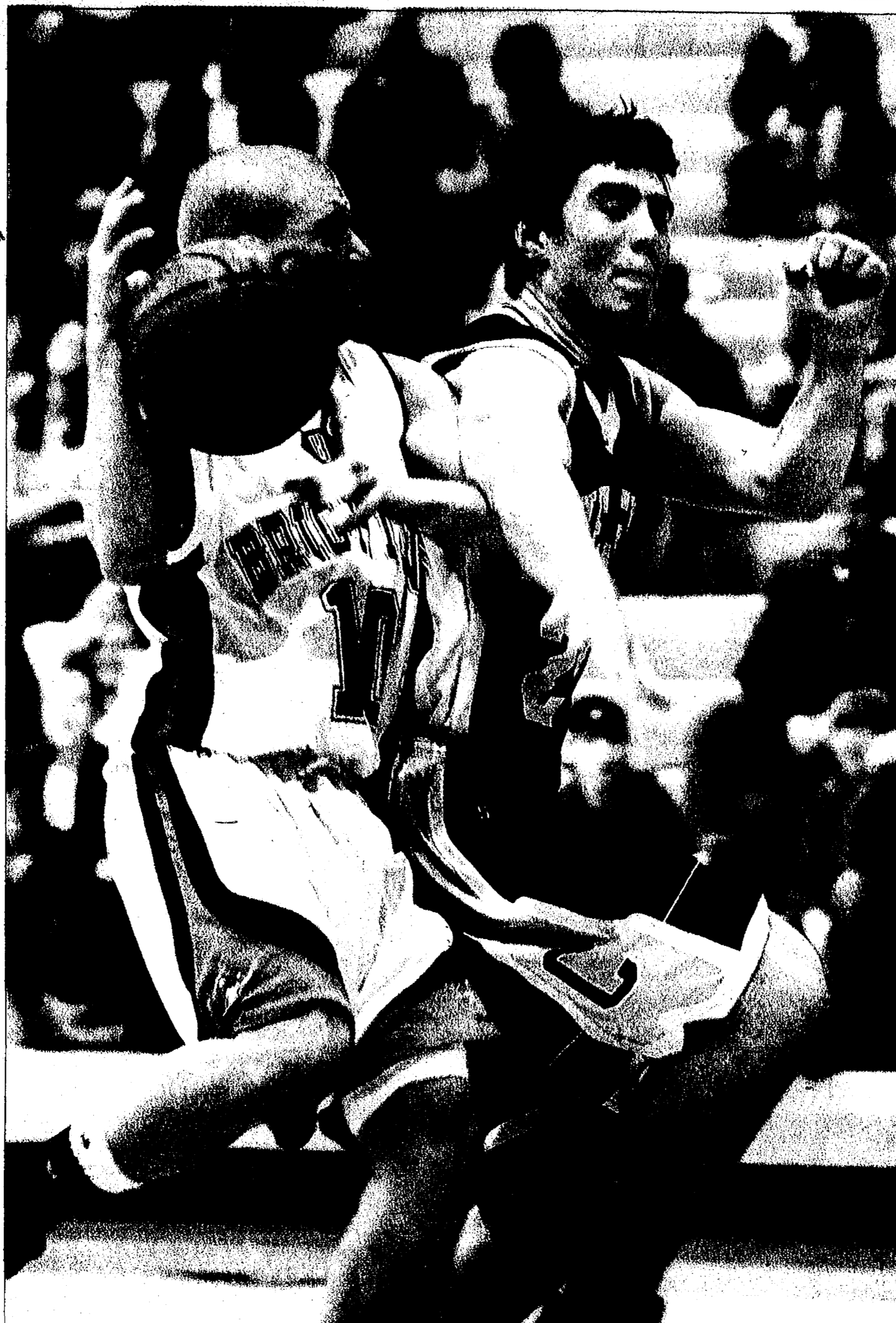
A two-time captain on Brown University's women's golf team, Crane, a senior, led the Bears to a ninth-place finish at the Yale Invitational last fall. Individually, she placed 14th overall with a two-day total of 159 (73-86). Her 73 score led all competitors during the tournament's first day.

Dexter's Kelsea Howell led Kalamazoo College's women's basketball team with 15 points, including one triple, five rebounds and three steals in the Hornets' 85-65 loss to Case Western Reserve Jan. 3. A 5-foot-10 guard, Howell, a senior tri-captain, was named Michigan Intercollegiate Athletic Association Player of the Week Dec. 16 for scoring a career-high 27 points and grabbing 10 rebounds in Kalamazoo's 84-77 win over Earlham. Howell also finished with three triples, three assists, one steal and was 4-of-4 from the free throw line.

Chelsea freshman Nate Schwarze was named a tri-captain for Phillips Exeter Academy's men's basketball team this season. Schwarze, a 5-10 guard, has helped lead Phillips Exeter to a 5-2 overall record this year.

Chelsea's Micah Hudson is a starting guard for the Lake Superior State University men's basketball team. The 6-2 freshman had five points, four rebounds and four assists in 26 minutes helping spark the Lakers to a 73-65 victory over Northwood University last Saturday. On Jan. 3, Hudson had two points and four rebounds in a 50-49 setback against Saginaw Valley State University. LSSU is 4-8 overall and 3-4

See HONORS — Page 4-C



Chelsea senior Stu Mann defends against Brighton during last Friday's 62-57 victory. Mann finished with eight points and eight rebounds.

## Basketball

# Chelsea shoots down Brighton

By Don Richter  
Sports Editor

Chelsea's boys' basketball team defeated host Brighton 62-57 last Friday.

The Bulldogs (5-3, 3-1 Southeastern Conference) led 34-31 at halftime.

In the fourth quarter, Chelsea outscored Brighton 16-11 to secure its victory.

"Our offense played really well," said Chelsea coach Robin Raymond. "We were patient against their zone. We looked for the open shot. Brighton played a match-up zone. We were able to adjust to it. We had good ball movement."

The Bulldogs received balanced scoring as four players scored in double figures.

Junior Michael Roberts led Chelsea with 11 points. Senior Elliot Marshall, senior Greg Rebuldela and jun-

ior Michael Stratman each added 10 points.

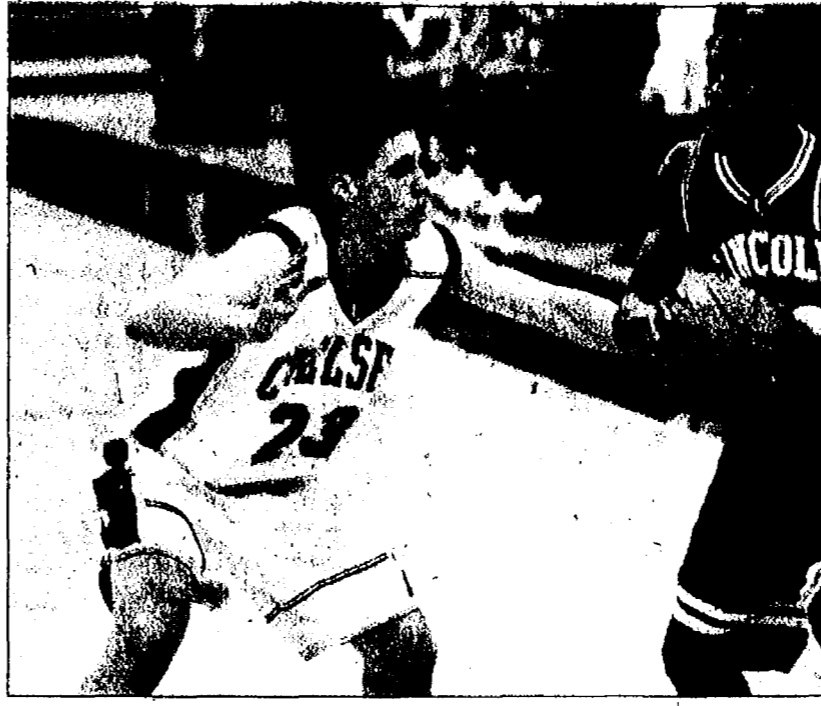
Senior Stu Mann and senior Matt Schwarze each recorded eight points, while sophomore Tyler Zegarzewski had five points for the Bulldogs.

Chelsea shot well from the free throw line, draining 17-of-19, including 12-of-12 in the fourth quarter, for 89 percent overall. Brighton was 16-of-19 for 84 percent.

On the boards, Zegarzewski led the Bulldogs with 10 rebounds. Mann hauled down eight rebounds.

On Jan. 3, host Chelsea beat Ypsilanti Lincoln 70-61.

"Our depth made the difference in this game," Raymond said. "We were able to rotate players in and out throughout the game." Schwarze was unstop-



Bulldog junior Jake Mantel had 10 points and six rebounds in Chelsea's 70-61 win over Ypsilanti Lincoln Jan. 3.

pable for the Bulldogs against the Railsplitters, finishing with a game-high 27 points, including going 7-of-8 from beyond the arc. See BRIGHTON — Page 2-C

## 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.chelseastandard.com](http://www.chelseastandard.com).

## Hockey Chiefs work as celebrity servers

The 94 Chelsea Chiefs bantam A travel hockey team will trade in their skates and sticks for sneakers and serving trays Tuesday.

The local squad will work as celebrity servers from 5 to 8 p.m. at Big Boy Restaurant in Scio Township. The restaurant is north of I-94 at 497 Zeeb Road.

The event, which includes dinner, prizes and raffles, is a fund-raiser for the Chiefs. Big Boy will donate all gratuities and 10 percent of profits earned during the three hour time slot.

Celebrity servers include Tay Atchley, Robert Bondy, Phil Bowles, Patrick Gilchrist, Ken Grundy, Joe Heinen, Brad Hepler, Dylan Johnson, Mike Martin, Cody McCracken, Spencer Peck, R.J. Pratt, Nick Rosol, Jacob Ryan, Jake Waldrup and Nate Wegryn.

Local sponsors for the event include Weber's Inn, J'Spa, Colton Bay Outfitters, GE Sport Services, Putt N Glow, Gemini Family Hair Care, Bear Claw Coffee, Dollar Store, Arctic Coliseum, Chelsea Lane's, Aberdeen Bike & Fitness, Twigg's Embroidery, Chelsea Milling Co., Tree House, Hach Multi Services, WTKA AM 1050, CVS and Chelsea's Best Car Wash.

## Field Hockey Learn field hockey for free

Chelsea Recreation is offering free indoor field hockey sessions throughout the winter starting Saturday at the Washington Street Education Center gymnasium.

The program, for girls in eighth- through 12th-grade, is an excellent opportunity for interested players to get a feel for the game of field hockey. No experience is necessary to participate in the sessions.

Besides this Saturday, the sessions will be held Jan. 19, Feb. 23, March 1 and March 9.

The sessions will be conducted from 10 a.m. through noon.

The program will emphasize learning the basics of the game, improving stick work and learning to play on a fast surface.

The program will be run by coaches and varsity players on the Washtenaw Whippets field hockey team.

Players participating in the program are asked to bring a mouth guard and gym shoes. Sticks, balls and shin guards will be provided.

For additional information, contact Roxy Block at 646-2592 or at [rlblock@provide.net](mailto:rlblock@provide.net).

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# Wrestling Chelsea fifth at Holly Invitational

By Don Richter  
Sports Editor

Chelsea wrestling finished fifth at the eight-team Holly Invitational last Saturday.

The Bulldogs ended up with 114 points.

Winning the tournament was the host Bronchos with 266 points.

Placing second was Oxford with 243 points. Highland Park was third with 179 points, while Flushing was fourth with 120 points.

"It was a good competition," said Chelsea coach Kerry Kargel. "Holly and Oxford both have good programs. And Highland Park is good, too."

Hurting Chelsea was the fact it had to void at four weight classes, including 125 pounds, 145, 152 and 160.

Individually for the Bulldogs, Steve Buss finished 3-2 overall at 103.

At 112, Andrew Nold ended up 0-5 for Chelsea.

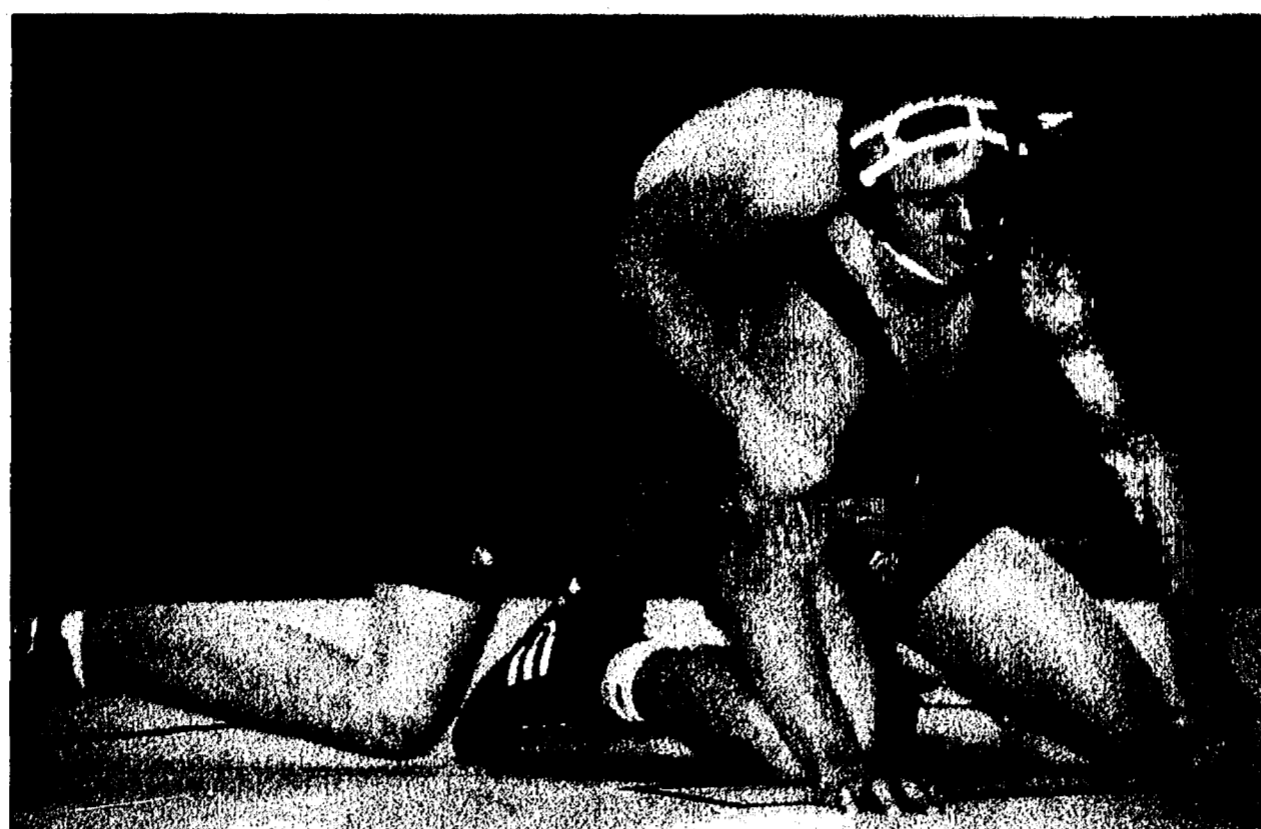
Sam Parkanzky finished 1-4 at 119 for the Bulldogs.

Jamin Breslin recorded a 3-2 overall mark at 130 for Chelsea.

Also at 130, Doug Zygnier finished 2-3 for the Bulldogs.

At 135, Chelsea's Dakota Cooley suffered his first loss of the year, going 4-1 in the tournament.

"He still beat two state qualifiers," Kargel said. "He normally wrestles at



Chelsea's Kyle Coburn finished 1-4 overall at 189 pounds at last Saturday's Holly Invitational. As a team, the Bulldogs placed fifth.

Photo courtesy of Norm Bauer

130. He wanted to bump up. He wanted the competition. He's not the type of kid who ducks competition."

Cooley lost to Holly's Josh Houldsworth 8-1. Houldsworth was a state qualifier last year.

At 140, Brandon French ended up 1-4 overall for the Bulldogs.

Kevin Rosentreter finished 3-2 at 171 for Chelsea.

At 189, Kyle Coburn ended up 1-4 for the Dawgs.

Also at 189, Tim Shoemaker finished 1-4 for

Chelsea. Freshman Cal Bauer recorded an overall mark of 2-3 at 215 for the Bulldogs.

At heavyweight, Early McGowan finished 0-3 for Chelsea.

The Bulldogs next travel to Athens to compete in its invitational Saturday at 9 a.m.

On Jan. 17, Chelsea visits Saline to participate in a tri-meet with Dexter at 5:30 p.m.

On Jan. 19, the Bulldogs host their own six-team

tournament at 9 a.m.

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

## Chelsea Olympians



Chelsea's Kolan McConiughey (left) and Tracey Keezer earned gold medals at the Special Olympics state bowling finals in Lansing last November. McConiughey rolled games of 233, 233 and 236, while Keezer had scores of 174, 175 and 167. The local twosome's scores were the highest of all participants at the state final.

## BRIGHTON

Continued from Page 1-C

Schwarze was so good against Lincoln he even swished a shot from half court as the buzzer sounded to end the first half.

"His seven triples ties a school record," Raymond said. "He was also 6-of-8 from the line. Matt's a good shooter. Lincoln left the back side wing open, and we were able to find the open man."

Junior Jake Mantel added 10 points and six rebounds for Chelsea.

On Dec. 27 through 28, the Bulldogs hosted their own Holiday Tournament.

In the tournament title game, Chelsea lost to Jackson 59-54.

With four minutes left, the Bulldogs trailed 51-50.

"We couldn't get the lead late," Raymond said. "We had Jackson back-peddling a bit. We played really well in the last four minutes."

Rebuldela led Chelsea with 15 points and six boards. Mantel added a double-double of 14 points and 10 rebounds.

"That was Greg's (Rebuldela) best game of the season," Raymond said. "He was a huge factor on the offensive end."

To open the tournament, the Bulldogs beat Howell 67-37.

Roberts paced Chelsea with 15 points. Mantel again had a double-double of 14 points and 10 rebounds, while Stratman had 12 points and six boards.

"Mantel did a great job rebounding," Raymond said. "Our defense forced seven turnovers in the second quarter that resulted in easy baskets at the other end."

Chelsea outscored the Highlanders 29-13 in the second quarter to gain control of the game.

The Bulldogs next travel

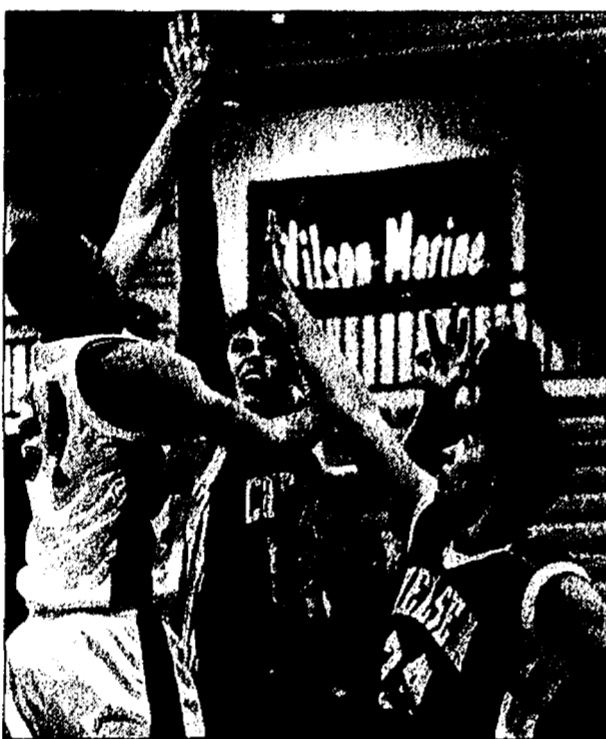


Photo courtesy of Burrill Strong

to county rival Dexter (6-1) for a game Tuesday at 7 p.m.

On Jan. 17, Chelsea hosts Tecumseh at 7 p.m.

On Jan. 24, the Bulldogs host Ann Arbor Huron at 7:15 p.m.

**JV Basketball**  
Chelsea's JV boys' basketball team defeated host Brighton 53-48 last Friday.

Colton Waterbury led the Bulldogs (5-3) with 17 points and 12 rebounds. Conor Tait chipped in 12 points. Pat Roberts had seven assists.

On Jan. 3, host Chelsea beat Ypsilanti Lincoln 59-53.

Waterbury led the Dawgs with a double-double of 21 points and 13 boards. Nate Branham added 12 points.

Nate Udell pulled down nine rebounds, while Tait had three assists.

At Chelsea's Holiday Tournament Dec. 27 through 28, the Bulldogs lost to Jackson 50-35 and defeated Howell 57-43.

Against the Vikings, Ben Sauers sparked Chelsea with 13 points. Waterbury had eight points and nine rebounds, while Udell had eight boards. Roberts dished out four assists.

Chelsea 6-foot-7 junior Michael Stratman scored 10 points in the Bulldogs' 62-57 victory over Brighton.

Versus the Highlanders, Sauers had nine points, while Sean Schrottenboer and Waterbury each netted eight points. Waterbury had nine boards, while Sauers had seven rebounds. Roberts had four assists.

"We have some tough games coming up," said Chelsea coach Mark Scheese. "They should be a great challenge for our team. Limiting turnovers will be the key for us."

**Freshman Basketball**  
Chelsea's freshman girls' basketball team defeated visiting Adrian Dec. 20.

The Bulldogs (1-5) fell behind 12-0 to begin the game.

Chelsea outscored the Maples 20-2 in the second quarter to gain control of the game.

Emily Cottrell led the Bulldogs with 13 points.

Hannah Fitzsimmons added 11 points, while Alex Liedel and Katie Frankhart each netted six points for Chelsea.

Bethany Karschnick, Diana Uihlien and Emily Shrosbree each finished with two points for the Bulldogs

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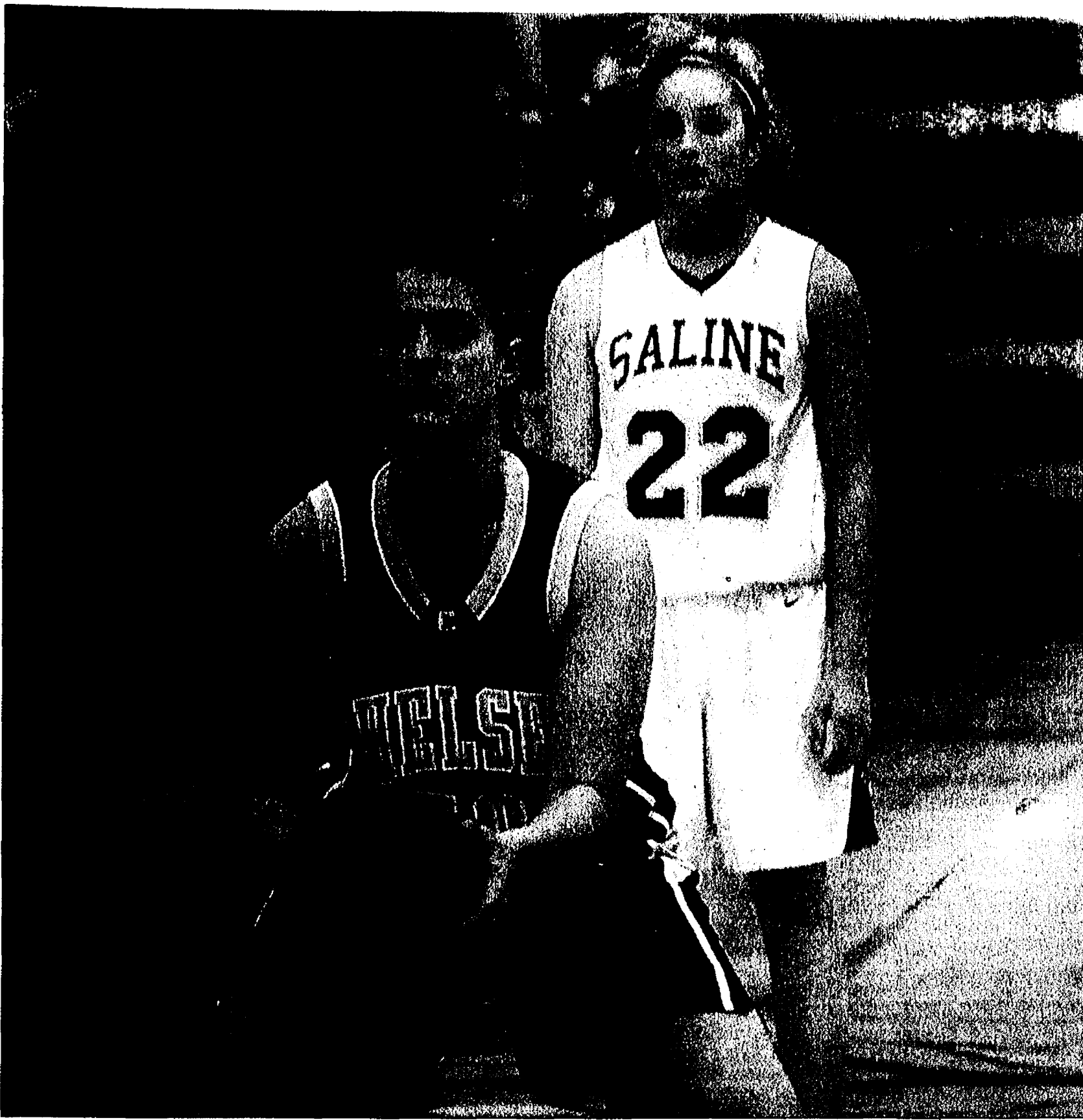


Photo courtesy of Alice Rawson

Chelsea's Nellie Daniels concentrates before shooting a free throw against Saline last December. The senior post player had one point in the Bulldogs' 50-30 win over Ypsilanti Lincoln last Friday.

## Basketball

# Defense stifles Lincoln Railsplitters

By Don Richter  
Sports Editor

Chelsea's girls' basketball team defeated host Ypsilanti Lincoln 50-30 last Friday.

The Bulldogs broke out to a 15-6 first quarter lead. At halftime, Chelsea opened up a 26-10 advantage.

In the third quarter, the Bulldogs outscored the Railsplitters 14-7 to lead 40-17 heading into the fourth stanza.

In the fourth quarter, Lincoln outscored Chelsea 13-10 for the night's final margin.

Senior Brogan Darwin led the Bulldogs with 15 points.

Senior Emily Rabbitt added 10 points, while junior Krystin Schwarze had seven points and senior Annie Hollandsworth six points for Chelsea.

Junior Megan Dunn ended up with five points, while junior Erin Benjamin had four points and senior Lizzy Bentley, senior Nellie Daniels and junior Hannah Harwood each had one point for the Bulldogs.

Chelsea out-rebounded Lincoln 41-33, including 12-11 on the offensive glass.

Both teams recorded 13 turnovers.

The Bulldogs dominated in the paint, scoring 14 points, while limiting the Rails to only four points.

At the free throw line, Chelsea finished 14-of-30 for 46 percent. Lincoln was 4-of-12 for 33 percent.

At the Bulldogs' Holiday Tournament over the break, Chelsea lost to Carleton Airport 30-27 Dec. 28.

The Bulldogs fell behind 8-6 after one quarter of play. In the second quarter, Chelsea exploded for 16 points, while limiting the Jets to seven points, taking a 22-15 lead into the locker room.

In the third quarter, Airport outscored the Bulldogs 15-5, leapfrogging over Chelsea 30-27 heading into the fourth frame.

In the fourth quarter, neither team scored. Schwarze and Rabbitt led the Bulldogs each scoring seven points.

Darwin chipped in six points and two rebounds, while Hollandsworth had five points and Bentley two points for Chelsea.

The Jets out-rebounded the Bulldogs 23-21. Chelsea, however, pulled down 10 offensive boards to Airport's nine.

From the line, the Bulldogs were 5-of-10 for 50 percent. The Jets finished 6-of-10 for 60 percent.

From the field, Chelsea was 10-of-37 for 27 percent. Airport ended up 12-of-35 for 34 percent.

On Dec. 27, the Bulldogs lost to South Lyon 45-42.

Chelsea jumped out to a 26-20 first quarter advantage.

In the second quarter, neither team scored.

Entering the fourth quarter, the Lions rallied taking a 39-34 lead. In the fourth frame, the Bulldogs outscored South Lyon 8-6 for the night's final outcome.

Darwin paced Chelsea with 15 points. Rabbitt contributed 13 points and one steal, while Dunn had five points and Hollandsworth four points.

Bentley finished with three points, while Benjamin and Schwarze each netted one point for the Bulldogs.

South Lyon out-rebounded Chelsea 30-23. Both clubs had 11 offensive boards.

The Lions controlled the paint, scoring 20 points and holding the Bulldogs to six points.

Chelsea was 8-of-18 from the foul line for 44 percent. South Lyon was 7-of-13 for 53 percent.

From the floor, the Bulldogs ended up 16-of-51 for 31 percent. The Lions were 19-of-41 for 46 percent.

Chelsea next hosts county rival Dexter Tuesday at 7 p.m.

On Jan. 18, the Bulldogs travel to Tecumseh for a game at 7 p.m.

On Jan. 24, Chelsea hosts Ann Arbor Huron at 5:30 p.m.

Sports Editor Don Richter can be reached at 475-1871 or at drichter@heritage.com.

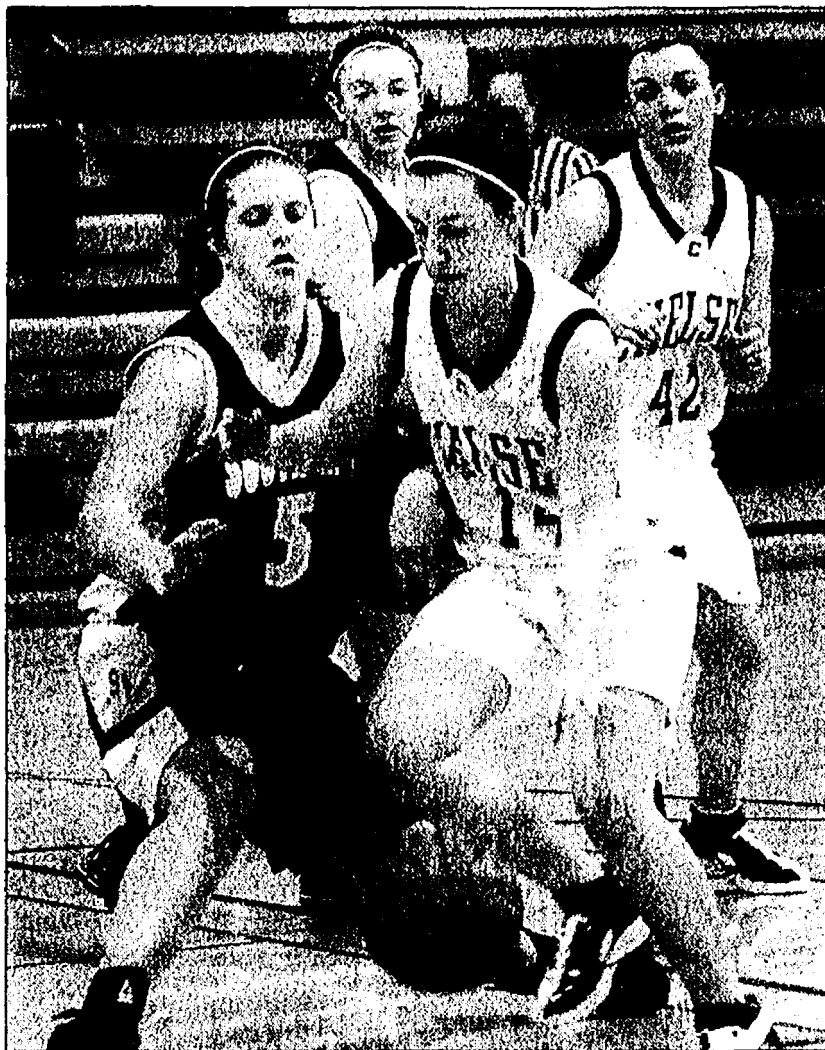


Photo courtesy of Alice Rawson

Bulldog senior guard Lizzy Bentley drives toward the basket against South Lyon last December in Chelsea's Holiday Tournament. The Bulldogs lost to South Lyon 45-42.



Photo courtesy of Alice Rawson

Chelsea senior guard Annie Hollandsworth goes up for two of her four points versus South Lyon Dec. 27.

## Winning

# Spink competes in NYC Marathon

Former Chelsea cross country and track and field standout Jeannie Spink competed in the New York City Marathon Nov. 4.

An accomplished athlete, many Chelsea residents will remember Spink as an outstanding distance runner on Bulldog coach Pat Clarke's girls' cross country team and as a key member of Chelsea coach Bill Bainton's girls' track and field squad for four years.

Spink attended Chelsea High School from 1994 through 1998. She began her running career at Chelsea's Beach Middle School.

After completing a memorable Bulldog prep career, Spink went on to run for the University of Michigan. Her coach for four and a half years at U-M was Mike McGuire.

Like she did at Chelsea, Spink rose above the crowd as a Wolverine. In 2002, she was chosen captain of the women's cross country team. Behind Spink's talent and leadership abilities, U-M captured a Big Ten championship her senior year.

Last November, in New York City, marked Spink's third marathon since concluding her U-M career.

In 2006, Spink ran in the New York City Marathon, stopping the clock in 3:14. Also in 2006, she ran the fabled Boston Marathon finishing with a time of 3:10.

In last November's New York City Marathon, Spink continued dropping her time, finishing in 3:05:29. She was the 72nd female to cross the finish line, out of 12,740 females and 39,265 overall runners. In an interesting father-daughter twist, Bob Spink ran two miles near the end of the race alongside Jeannie. He jumped in the fray near New York City's Central Park to support his daughter as she neared the finish line.

Spink, 27, currently lives in San Francisco with her fiancée Todd Sullivan. She is a member of the Impala Racing Team, which is sponsored by Nike.

When she's not running and competing in marathons, Spink works in marketing for a milk shake company called f'REAL! Foods.

## Self defense class offered for females

The Joan C. Banfield Foundation will be hosting its third Self Defense Seminar for high school age females next month.

Last year the seminar educated 25 females about self defense. The seminar is based on SHARP Sexual Harassment Assault Rape Prevention program taught across Michigan and the United States.

The class focuses on survival awareness & vehicle security, social harassment, defensive techniques, and rape prevention and date rape drugs. The seminar is broken into two, two and a half sessions that will be held on Feb. 4th and 11th from 6:30 to 9:00 p.m. at Dexter High School.

The seminar instructor is a police officer with 20 years of law enforcement experience, pressure point control tactics instructor and trainer since 1995 and a qualified SHARP instructor.

The seminar is sponsored by the Joan C. Banfield Foundation and is free of charge to the first 20 participants. Interested participants or parents should e-mail [foundation@jcb@aol.com](mailto:foundation@jcb@aol.com).

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**Hockey**

**Bulldogs fall in overtime**

By Don Richter  
Sports Editor

In a battle of two state-ranked teams, Chelsea hockey lost to visiting Flint Powers Catholic 3-2 in overtime last Saturday. The Bulldogs skated out to an early lead, but struggled late with penalties, especially in the third period.

"We gift-wrapped this one," said Chelsea coach Don Wright. "We gave them every opportunity to win the game. You don't want to do that with a strong team. But, we were right there. We had an opportunity to win."

And win is what it looked like the Bulldogs (5-4-2), ranked No. 10 in the state in Division 3, would do last Saturday.

In the first period, Randy Cox opened the scoring with a goal at the 5:53 mark. Kyle George and Drew Brown picked up assists for Chelsea on the play.

At 10:56 of the first period, the Bulldogs increased their advantage to 2-0 as Brown scored a power play goal. Cox and George recorded an assist on the goal for Chelsea.

In the second period, Powers Catholic, ranked No. 9 in the state in Division 3, began its comeback as Austin Vickney scored a power play goal with 22 seconds remaining in the stanza.



Chelsea senior Garrett Nickels battles for control of the puck against Flint Powers Catholic last Saturday.

In the third period, Jona Spurlin tied the contest for Flint with a power play goal at 13:21 of the stanza forcing overtime.

In the eight-minute extra session, Spencer Irvin scored the game-winner 25 seconds into the period on a power play.

Powers out-shot Chelsea 25-17 for the game.

"We outplayed them in the first period," Wright said. "In the second period, we didn't play well. We weren't intense. They out-

hustled us. I was concerned since we hadn't played in three weeks. It showed in the second."

Wright said penalties hurt the Bulldogs in the third period.

"We played better in the third, but we were short-handed five times," he said. "We also were two men short for a time. We did a good job of killing penalties."

Despite the loss, Wright said Chelsea goaltender Joey Hume was strong in

net.

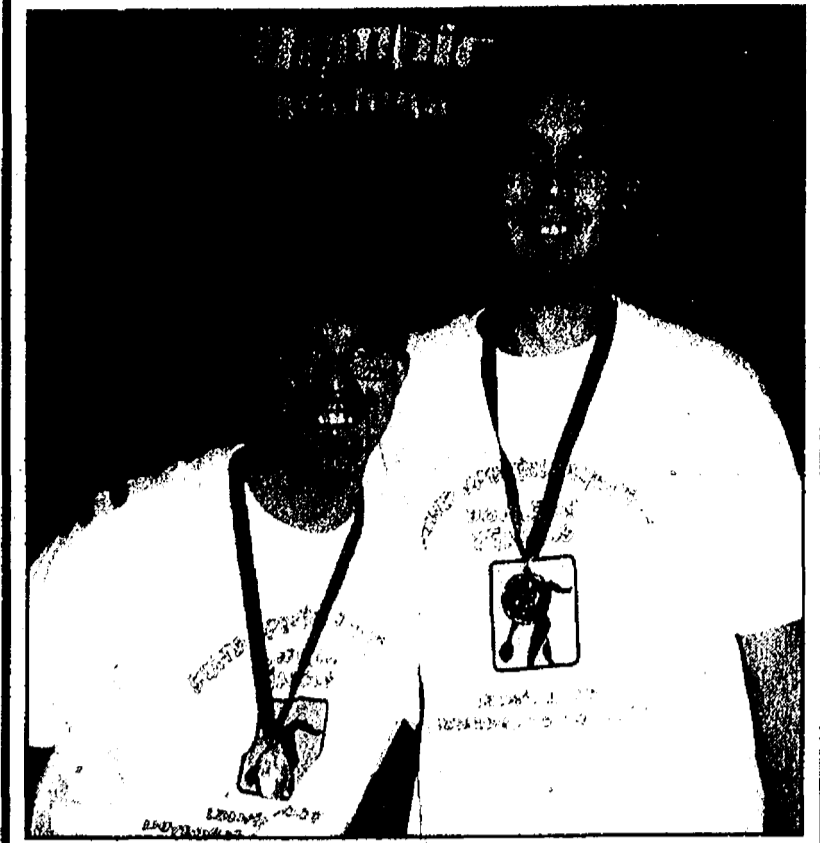
"Joey played well," he said. "He kept us in the game."

Chelsea next travels to Temperance Bedford for a game Saturday at the Toledo Ice House at 4 p.m.

On Wednesday, the Bulldogs host Downriver power Riverview at 6:30 p.m.

On Jan. 19, Chelsea hosts Ann Arbor Pioneer at 7 p.m. Sports Editor Don Richter can be reached at 475-1371 or at drichter@heritage.com.

**Chelsea Olympians**



Chelsea's Doug Peterson (left) and Lester Harrington received a gold medal at the Special Olympics state bowling finals in Lansing last November.

**BOWLING**

JUNIOR HOUSE	W	L	White Division		
12-20-07			Herrst Construction	30	5
Red Division			Cleary's Pub	29	5.5
Paris Peddler-Dexter	270	255	Mark IV Lounge	21	14
Color Express Printing	268	257	La Jolla Shoppe	13	22
Jay-Mark Associates	257	268	Chelsea Grille	11	24
Government Cheese Film	255.5	269.5	Seltz's Tavern	6	29
Lloyd Bridges Traveland	251	274	Blue Division		
White Division			Chelsea Greenhouse	29	6
Chelsea Grille	300.5	224.5	D & D Trim	24	11
La Jolla Shoppe	286.5	236.5	Robert Erke Builder	24	11
Seltz's Tavern	272	253	Chelsea Lanes	22	13
Herrst Construction	250.5	274.5	CFM	5	30
Mark IV Lounge	244.5	280.5	High Game: T. Viebahn, 300		
Cleary's Pub	231	294	High Series: D. Gipson, 847		
Blue Division					
CFM	309.5	215.5	JUNIOR HOUSE	W	L
Chelsea Greenhouse	305	220	01-03-08		
Robert Erke Builder	297	228	Red Division		
D & D Trim	260	265	Lloyd Bridges Traveland	40	30
Chelsea Lanes	199	324	Color Express Printing	38	32
High Game: R. Stanley, 267			Paris Peddler-Dexter	35	35
High Series: A. Herter, 736			Government Cheese Film	20	50
			Jay-Mark Associates	18	51.5
			White Division		
1st Half Division Winners:			Herrst Construction	52	18
Paris Peddler-Dexter			Mark IV Lounge	51	19
Chelsea Grille			Cleary's Pub	42.5	27.5
CFM			Chelsea Grille	33	37
Wildcard:			Seltz's Tavern	19	51
Chelsea Greenhouse			La Jolla Shoppe	18	52
			Blue Division		
JUNIOR HOUSE - 12-27-07	W	L	Chelsea Greenhouse	52	18
Red Division			D & D Trim	49	21
Color Express Printing	22	13	Robert Erke Builder	43	27
Government Cheese Film	14	21	Chelsea Lanes	34	36
Paris Peddler-Dexter	13	22	CFM	15	55
Lloyd Bridges Traveland	11	24	High Game: T. Viebahn, 279		
Jay-Mark Associates	5.5	29.5	High Series: D. Gipson, 752		

**Athletics**

**MHSAA to honor scholar athletes**

The applicants for the Michigan High School Athletic Association's Scholar-Athlete Award for the 2007-08 school year have been announced.

The program, which has been recognizing student-athletes since the 1989-90 school year, will honor 32 individuals who represent their member school in at least one sport in which the Association sponsors a post-season tournament. Farm Bureau Insurance underwrites the Scholar-Athlete Award, and presents a \$1,000 scholarship to each individual.

Scholarships are awarded proportionately by school classification and the number of student-ath-

letes involved in those classes; and two at-large honorees will also be selected. A total of 12 scholarships will be awarded to Class A student-athletes, six female and six male; eight scholarships will be awarded to Class B student-athletes, four female and four male; six scholarships will be awarded to Class C student-athletes, three female and three male; and four scholarships will be awarded to Class D student-athletes, two female and two male.

A school could submit as many applications as there are scholarships available in their classification. Of 477 schools which submitted applicants, 59 submitted

the maximum allowed. This year, 1,965 applications were received. All will be presented with certificates commemorating their achievement. Additional Scholar-Athlete information, including a complete list of scholarship nominees, can be found on the MHSAA Web site at the following address: <http://www.mhsaa.com/recognition/sahome.htm>.

The applications will be judged next week by a 65-member committee of school coaches, counselors, faculty members, administrators and board members from MHSAA member schools, from which the 120 finalists and 32 scholarship recipients will be selected. Finalists will be announced on Jan. 29. Class C and D scholarship recipients will be announced on Feb. 12; Class B scholarship recipients will be announced on Feb. 19; and

Class A scholarship recipients will be announced on Feb. 26. All announcements will be made on the MHSAA Web Site.

To honor the 32 Scholar-Athlete Award recipients, a ceremony will take place during halftime of the Class C Boys Basketball Finals at the Breslin Student Events Center in East Lansing on March 25.

To be eligible for the award, students must have a cumulative grade point average of 3.50 (on a 4.0 scale), and have previously won a varsity letter in at least one sport in which the MHSAA sponsors a post-season tournament. Students were also asked to respond to a series of short essay questions, submit two letters of recommendation and submit a 500-word essay on the importance of sportsmanship in educational athletics.

**HONORS**

Continued from Page 1-C

in the Great Lakes Intercollegiate Athletic Conference this season.

Dexter's Eric Ehn leads the Air Force Academy hockey team in scoring this season with six goals and 15 assists for 21 points. The Falcons are 10-6-4 overall this season and in first place with an 8-5-3 mark in the Atlantic Hockey Association.

Ehn, a two-time MVP for Air Force, had a season to remember a year ago. The 5-9, 175-pound senior center was named first-team All-American and was one of

three finalists for the Hobey Baker Award. The Hobey Baker Award is college hockey's highest individual honor. Ehn was the first service academy player ever selected for the Hobey Baker Award. Last year, he finished second in the nation in scoring with 24 goals and 40 assists for 64 points. The Atlantic Hockey Association Player of the Year led Air Force to its best season ever last year. Behind Ehn, the Falcons ended up 19-16-5 overall and lost 4-3 to Minnesota in the NCAA West Regional.

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

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**Guest Column: By Angie Thiel**

**Pay it forward comes to Dexter**

It was the day after Christmas and I had to be to work at 5:15 in the morning. I hadn't recovered from the holiday hoopla that had taken place over the past week or so and the three hours of sleep I had under my belt wasn't helping my drowsy, half-awake stupor that Wednesday morning.

I dragged myself into the coffee shop and began my opening routine. All I could think about was how much sleep I could be getting if I wasn't opening that morning. We've all had days like this—you know how the day is going to be even though it hasn't even started yet. Or so I thought. On that cold Wednesday morning, something was about to be radically different than I had anticipated.

Sighing to myself, I pulled the hanging string on the open sign at 6:00 AM. A few customers trickled in between 6:00 and 6:45 AM. Then, a regular customer, whom I don't know by name, but only by drink, walked in the door. Medium Skim Mocha No Whip ordered his usual drink. I rang him up as customary, my eyes drooping to the register below me. Then, interjecting itself into my line of sight was a \$20 bill.

"I want you to pay for who ever comes in behind me," Medium Skim Mocha No Whip said.

"Do you know who's coming in behind you?" I was now curious.

"No—just tell them Merry Christmas for me." He smiled and walked out the door.

I was confused to say the least. Pay for someone you don't know? How absurd. Or was it? My mind started to bend around this idea—I



Angie Thiel, known for her great artist skills at the Foggy Bottom, recently learned first hand how nice people can be.

began to mold it into my own, twisting and contorting the idea of how much this was going to impact the person who came in after this man.

Another pair of regulars walked in the door. Suddenly I was awake. My eyes were no longer droopy and, beyond the ridiculous amounts of caffeine I had consumed that morning, I was energized and anxious to explain the story to this couple.

They ordered their usual drinks and the man reached into his wallet. I held up my hand to signal him to stop. I explained Medium Skim Mocha No Whip's kind gesture to him.

"Do I know him?"  
"No—he just says Merry Christmas"

He looked from his coffee, to me, to his friend, mouth agape.

"Well," handing me a ten dollar bill, "I want you to pay for the next person that comes in after me."

And just like that, one customer after another, paid for the person behind them. Some gave the equivalent of what their items cost, but some were even more generous than that. Some gave me tens and twenty dollars for under five dollars worth of goods. I felt like I was giving the best gift of anyone that day—and it wasn't even me giving the gift. I was merely a vehicle for something much larger than myself.

One after another, looks of confusion and disorientation were replaced with

smiles and laughter. And one after another, people wanted to pay it forward—to do something nice for someone else. It was the best day I have ever worked. The atmosphere was a little cheerier and people seemed to smile a bit easier.

I left the coffee shop that day around two o'clock in the afternoon. The next morning I came in wondering if pay it forward had lasted the rest of the day. My co-worked told me that, indeed, people were generous even into the evening hours. And to think, it all started with a twenty-dollar bill and a kind message from a stranger.

Some of the greatest things in life come from the smallest gesture of kindness. Medium Skim Mocha No Whip started something big that day and even though it only lasted a day, I know that it will resonate within me for a long time.

Let it be a reminder to us all that even the smallest gesture of kindness can have a huge impact on the life of another.

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# THE OUTDOORS

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The Chelsea Standard THE DEXTER LEADER

January 10, 2008

The holiday season is over and it's time to find other things to do outdoors. The weather, however, is a real problem as we enter 2008.

It's just been too warm, especially if you are one of a small army of ice fishermen anxiously waiting for cold weather and frozen lakes and rivers. I don't know if this is due to so-called global warming, but something is happening.

If you like catching jumbo perch, there is a bit of action along the Detroit River near River Rouge and close to Lake Erie.

A few anglers are getting out in small boats along the river and working the canals in and around Gibraltar, with the waters just off Humbug Marina holding fish on a day-to-day basis. Wind seems to be the biggest influence on the fishing with south or westerly winds being the most favorable.

Emerald shiner minnows are the bait of choice.

A recent trip to Ballenger Park in River Rouge resulted in the discovery of a half-dozen hardy anglers working the chilly waters from the public fishing pier. This is a great place if you enjoy shore fishing.

It's also convenient as you can park within 30 yards of the fishing area and the entire pier is bordered by a cyclone fence that doubles as a rod holder. At some locations there are metal rod holders welded to the fence posts.

A portable toilet is at the south end near the boat launch, which also is open.

One of the resilient anglers along the fence last Tuesday was Kris Hanus of Dearborn Heights, a student at Wayne County Community College who was pretty busy while some nice yellow perch kept the tips of his two rods moving.

The temperature hovered in the upper 20s, but the sharp wind made it seem much colder. Kris was well-dressed, draped in windproof clothing, a balaclava around his head and chest and a big fur hat to keep his head warm.

The waters off Ballenger Park were known for walleyes, smallmouth bass and silver bass, but not yellow perch of any size or quantity. Something unusual is happening there, too.

"This has been going on since early November," Kris said as he removed

## In pursuit of Yellow bellies

BY MIKE ZIELINSKI, THE NEWS-HERALD



Steve Matyaszek and a jumbo perch taken from the shoreline in River Rouge.

yet another 10-inch fish from his rig. "I love perch and perch fishing so I try to get down here as often as possible. The holiday break has been pretty good to me with steady action most days.

"The fish seem to constantly move in and out of the area. You might not get a bite for a few hours and then the school goes on the feedbag for a while and the action can get crazy.

"You have to be ready to catch these fish when they turn on. That means paying constant attention to your gear."

Hanus already had several dozen nice perch in his bucket after two hours. I was getting envious and hungry just watching him.

Steve Matyaszek of Taylor was packing his stuff and getting ready to

anglers. It's convenient and the place is set up properly for anglers, complete with a portable toilet."

I asked Steve about his technique for success.

"Emerald shiners and light line," he said. "We are only fishing in three feet of water here, so things don't have to be too sophisticated. The guy that knows how to detect those light bites and when to set the hook will do well here."

By the looks of his bucket of jumbo yellow perch, Steve appeared to know what he was talking about.

I found most anglers used one or two hooks above a half-ounce sinker. Their hooks were positioned close the bottom, due to the shallow-water fishery. These setups are generally referred to as typical perch rigs.

Here's an interesting note: Last spring, DTE Energy and its partners, the Michigan Sea Grant, the Wildlife Habitat Council, the Detroit International Wildlife Refuge, Friends of the Detroit River, the Metropolitan Affairs Coalition, the state Department of Natural Resources and Department of Environmental Quality and the City of River Rouge, spent \$50,000 to return a small piece (200 feet) of waterfront to what is supposed to be the natural setting that was here before heavy industry invaded the waterfront.

This included re-establishing the river-bottom structure out into about six feet of water. The area is on company property and closed to the public, although it is directly north and adjacent to the Ballenger Park fishing pier and can be viewed through the cyclone fence.

I don't know if the quality perch fishing currently going on here is because of that environmental rebuild of the DTE shoreline and property, but it would be nice to believe this project has helped in some way, wouldn't it?

## DNR adopts updated management plan for Lower Peninsula

With beautiful forests, clear lakes, sparkling streams, dense swamps and rolling hills, the Pigeon River Country covers approximately 180 square miles of Cheboygan, Otsego and Montmorency counties.

It is the largest wilderness area in the Lower Peninsula and is home to Michigan's elk herd.

Ninety years ago, however, it was a barren, wrecked piece of land. The once pristine forest had become a landscape denuded of trees; its rivers choked with sand and silt, and the wildlife was gone.

But P.S. Lovejoy, the primary architect of Michigan's Conservation Department organized in 1921, and now the Department of Natural Resources, had a vision of the area as the Lower Peninsula's "Big Wild."

By 1919, the state had acquired 6,468 tax-reverted acres that became part of the Pigeon River Country State Forest. Beginning in the mid-1920s, large acreages were purchased with sportsmen's dollars or acquired through tax reversion.

The land remained little noticed by the public while its forests and wildlife were regenerating, its scars healing. The Department of Conservation assisted by bringing in elk, turkeys, trout and other wildlife and in the 1930s the federal CCC program brought forest plantings.

But even Lovejoy was unaware of the buried treasure that was some 6,000 feet beneath the wilds of the Pigeon River Country.

Through the 1940s and 1950s drilling for oil on public land was looked upon with favor by most everyone. The oil companies prospered and the public approved of those annual fees and royalties, which the state used to

pay for more forest plantings, forest fire control and other land management efforts.

Public attitudes began to change in the 1960s, and the Conservation Commission adopted a policy against drilling in the Great Lakes and key areas of public interest, such as state parks.

Nothing, however, could be done about lands already under lease, including a majority of the state lands in the Pigeon River Country State Forest.

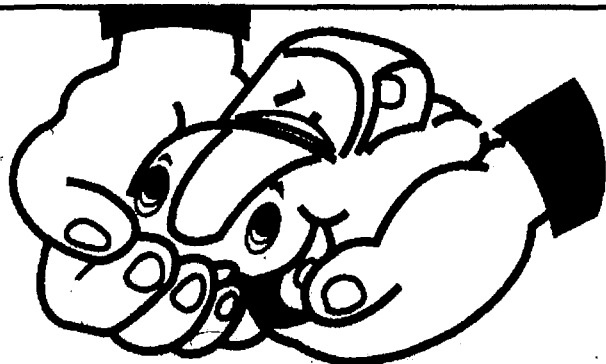
In July 1970, the Shell Oil Company struck a rich reservoir of oil that triggered a series of events that forever changed the history of Pigeon River Country.

One of those events was the adoption of a formal Concept of Management for the Pigeon River Country State Forest in December 1973. To protect its wild character from overuse, the policy said development will be more limited and people's activities will be more restricted than on most other state forest lands.

Although amended in 1983, over the past three decades, forest, wildlife and fisheries management practices have evolved with advances in scientific knowledge. Several large private tracts have been acquired by the state and added to the forest that was not covered by the original Concept of Management.

The area around the forest has experienced growth and patterns of recreational use have changed that threaten the wilderness character of the "Big Wild."

"The forest is a magnet for outdoor enthusiasts," said Mindy Koch, DNR resource management deputy. "Its wilderness character is being challenged by the overall amount of use, and we were getting a lot of complaints about different users and different events."



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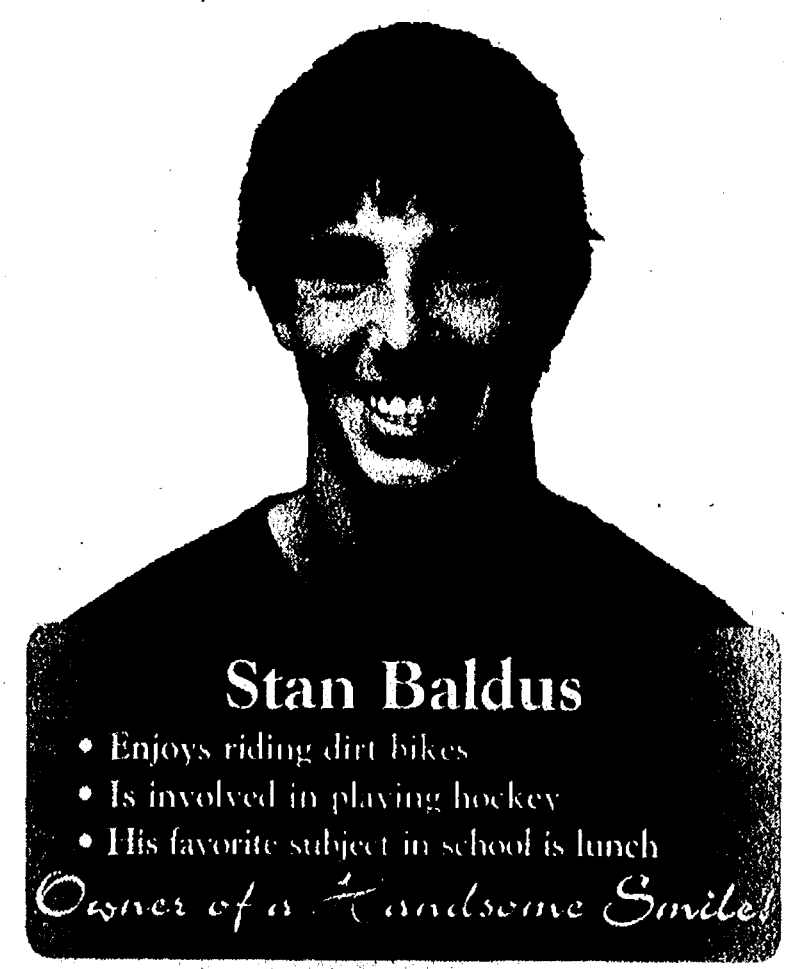
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# Music at McKune kicks off Sunday

By Sheila Pursglove  
Special Writer

It's toe-tapping time at McKune Memorial Library in Chelsea. The Music at McKune series kicks off at 2 p.m. Sunday with the sounds of jazz provided by the Glenn Persello-Seefeld Quartet.

The series, an annual library tradition co-sponsored by the Friends of McKune Memorial Library, will continue on succeeding Sundays with Matt Watroba, Straight Ahead Jazz, Nutshell and Chelsea Chamber Players.

Persello-Seefeld, a graduate of Pioneer High School in Ann Arbor, has been tickling the ivories for 13 years and has specialized in jazz for 8 years.

"Jazz for me is a way for me to channel my creative energy into music," he says.

"With its spontaneity and improvisation, jazz is one of the only art forms that allows one to truly have a unique voice, and allows such freedom."

His own choice of music

runs the gamut through jazz, funk, r&b, soul, and rap.

"Some of my biggest musical influences are Miles Davis, John Coltrane, Thelonious Monk, Bud Powell, McCoy Tyner, Wayne Shorter, Herbie Hancock, and Woody Shaw," he says. "I like all types of music, and get inspired from various other forms."

Now in his junior year in the jazz studies program at Michigan State University's College of Music, the 20-year-old is pianist in the MSU Jazz Band 1 - The Bebop Spartans - under the direction of Rodney Whitaker, world-renowned jazz bassist and director of Jazz Studies at MSU.

Persello-Seefeld has also been a student of jazz pianist Rick Roe since junior high school, and continues his private jazz piano studies with Professor Roe at MSU. He also has studied with Vincent York, of Jazzistry fame.

Last spring, Persello-Seefeld placed third in the Phillips Jazz Piano

Competition in Pensacola, Florida, a national jazz piano competition that drew talented musicians from around the country.

He also was involved last May in Mr. B's project, "Nine Pianists: Our Town, Our Time," two concerts at the Kerrytown Concert House in Ann Arbor. Nine local pianists - including Roe and Grammy-winning University of Michigan professor William Bolcom - donated time and talent to put together the two concerts and a live CD.

Proceeds from sales of the CD go toward construction of a special bike Mr. B is planning to ride across Michigan next summer - pulling a piano - to raise awareness and funds to keep music in public schools.

Persello-Seefeld has played in most of the area jazz clubs, including Ann Arbor's Firefly, Baker's Keyboard Lounge in Detroit, Bert's Marketplace and Cliff Bell's.

He spent the summer of

2006 playing solo piano at the Grand Hotel on Mackinac Island, and with the MSU Jazz Band I, has played at New York's Dizzy's Club at Lincoln Center and the Detroit Jazz Festival.

"Playing for an audience is great, because it allows you to play off their energy, and to try and transport them somewhere with you," he says. "It also keeps you in check."

The young pianist has performed several times at McKune - where his mother Karen Persello is head of Youth and Teen Services - and is looking forward to Sunday's concert.

"Although I'm not from Chelsea, from the times I've played there, the audiences have seemed interested and receptive," he says.

"I'll be playing some jazz standards, and perhaps a few of my own compositions as well."

Sheila Pursglove is a freelance writer. She can be reached at [bingley51@yahoo.com](mailto:bingley51@yahoo.com).

## Music at McKune

Music at McKune is an annual library tradition co-sponsored by the Friends of the McKune Memorial Library featuring some of the top acts. The 2008 lineup features:

Sunday, Jan. 13, 2 p.m.

Glenn Persello-Seefeld Jazz Quartet. MSU jazz student, pianist Glenn Persello-Seefeld, and his quartet will play jazz standards. Registration not required.

Sunday, Jan. 20, 2 p.m.

Matt Watroba. Matt brings his excellent guitar playing, mellow voice, friendship with his audience, knowledge of his presentations, and own special brand of humor.

Sunday, Jan. 27, 2 p.m.

Straight Ahead Jazz. Out of Detroit's lively jazz scene comes the ground breaking all-female jazz group, Straight Ahead. A group of strong, inventive instrumentalists and vocalists, their live performances are a dynamic celebration of power and joy.

Sunday, Feb. 3, 2 p.m.

Nutshell. Nutshell blends the traditional music of Ireland, Scotland, and Cape Breton. Their repertoire also includes traditional American and contemporary songs.

Sunday, Feb. 10, 2 p.m.

Chelsea Chamber Players. Since 2000, Chelsea Chamber Players have been delighting local audiences with their small-group ensemble performances at the Chelsea Depot and elsewhere. The group also coordinates workshops, summer camps, and other music opportunities in Chelsea and the surrounding area.

# One World One announces Martin Luther King Jr. Day

This is the fourth year that Chelsea has officially observed the Federal Martin Luther King Jr. Day holiday and the seventh year that One World One Family has led Chelsea in its celebration of this American hero. Chelsea's first MLK Jr. Day celebration was in January 2002.

Events this year for the Jan. 21 celebration include children's activities in the afternoon, a symbolic march through downtown Chelsea and an evening program.

This year's evening program will be highlighted by performances by Ann Arbor's Our Own Thing Chorale. Under the direction of Dr. Willis C. Patterson, The Our Own Thing Chorale has presented the public with contemporary musical compositions as well as Negro spirituals for over 30 years. Dr. Patterson is a world-renown vocalist and was the first African-American professor at the University of Michigan School of Music.

The Chorale is a community-wide group, of mixed race, age (16-84) and musical experience. During the evening, Dr. Patterson will offer historical notes and explanations about the importance of the pieces that they will perform.

In addition to keeping the spiritual form alive through performances, members of the chorale have invested years of time and dedication into the Our Own Thing

Instructional Program. Since 1959 the instructional program has offered cost-free lessons, scholarships and great experiences in the cultural arts to students from the Washtenaw County area. This group is an amazing local resource that is not to be missed!

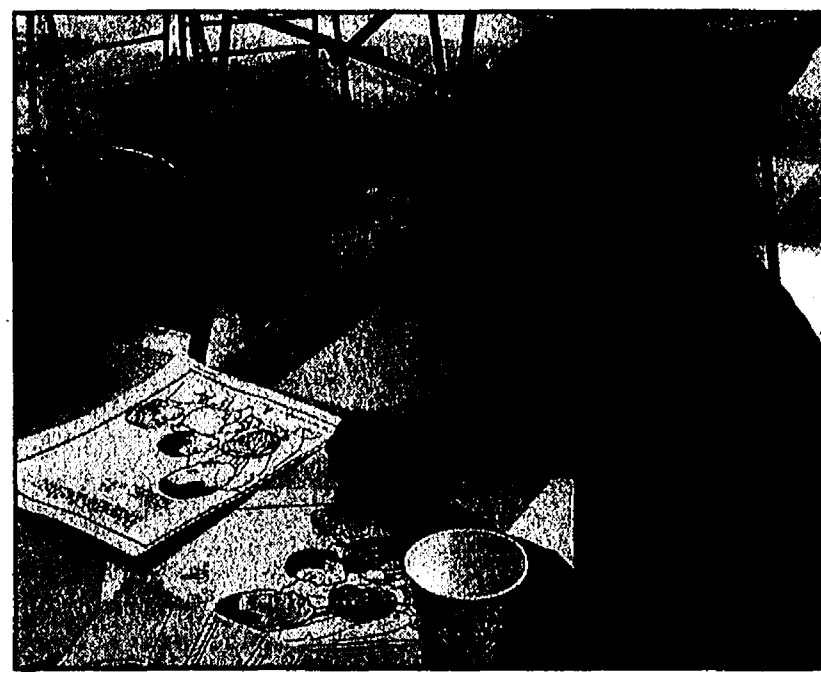
Children's activities will be from 1-3 p.m. Jan. 21 at Washington Street Education Center cafeteria. Children of all ages are welcome to participate in an art project, a movie and stories geared celebrating the life and legacy of Dr. Martin Luther King, Jr.

The group's traditional march will begin at the municipal parking lot on Park Street, between Merkel's and the First Methodist Church. They will be marching on the sidewalks on the block of Park, East, Middle and Main, returning to the starting point. Individuals and groups are invited to march. In particular, groups are encouraged to march with an identifying banner or sign.

"This is the time to publicly show that Chelsea is a welcoming community who embrace the ideals of Dr. King for all people to live together," said Joanne Ladio, one of the group's organizers.

The evening program will begin at 6:30 p.m. Jan. 21 in the Auditorium of WSEC.

In addition to Our Own Thing Chorale, winners of the Martin Luther King Jr.



Students can celebrate Martin Luther King Day in a number of fun and educational ways.

Essay Contest will be announced. Winning essays will be read by their authors; the theme this year is "Justice for All."

State Rep. Pam Byrnes will present the One World One Family Carrying the Dream Award. This award is presented annually to the person or group that has made a significant contribution to advancing the understanding of the world's different cultures, respect for diversity and non-discriminatory attitudes and practices in Chelsea, Michigan and to furthering the dreams and ideals of Dr. Martin Luther King Jr. A short video of one of Dr. King's memorable speeches will also be shown.

One World One Family is a community organization

founded in 2001 to celebrate the diversity of our human family while promoting understanding of the world's different cultures through activities and education events and to work to foster anti-discriminatory attitudes and practices in the Chelsea-area community. They have sponsored numerous activities, events, speakers and workshops over the years and are currently the sponsor of the Chelsea High School Diversity Club.

For more information, contact Joanne Ladio at 475-7612 or [jladio21@comcast.net](mailto:jladio21@comcast.net)

## ALI announces scholarships, classes

The Adult Learner's Institute is inviting the public to a kickoff event Wednesday for its winter/spring semester classes.

It will take place at 10 a.m. in the Triplett-Corporate Building at Chelsea Retirement Community, 809 W. Middle St., Chelsea.

ALI is a non-profit Lifelong Learning Institute affiliated with the Elderhostel Institute Network.

Based in Chelsea, ALI provides a diverse selection of quality, community-based learning experiences and camaraderie for adults.

ALI also announced that scholarship funding has been established for future participants, thanks to grant funding from the Chelsea Education Foundation.

Operated until recently under the guidance of the Chelsea Senior Center, this is the first semester for ALI to function as a non-profit entity and greatly welcomes the support from CEF.

Wednesday's kickoff event will be an opportunity for the public to become oriented to and register for a number of classes including:

The Crusades and Their Relevance to the 21st

Century Creative Writing: Sharing Our Stories  
Buffalo Soldiers: The Untold Stories  
Historic Eastern Washtenaw County, Civil War: Years Asunder  
Perspectives from Space  
For more information on all classes, plan to attend the kickoff, or call 734-433-4225. For more information on scholarships, contact Chelsea Senior Center Director Tina Patterson at 734-475-9242.

STATE OF MICHIGAN  
PROBATE COURT  
COUNTY OF WASHTENAW  
CIRCUIT COURT  
FAMILY DIVISION  
PUBLICATION OF NOTICE  
OF HEARING

In the matter of Laura Amelia Lucilla Cayo Chalmer  
TO ALL INTERESTED PERSONS: whose address(es) are unknown and whose interest in the matter may be barred or affected by the following:  
TAKE NOTICE: A hearing will be held on February 5, 2008 at 3:00 p.m. at Washtenaw County Courthouse, before Judge Darlene A. O'Brien for the following purpose:  
To change the name of Laura Amelia Lucilla Cayo Chalmer to Lucilla Victoria Amelia Laura Chalmer  
Date: January 2, 2008  
Karen Chalmer  
Petitioner  
5280 Westbury Road  
Chelsea, MI 48118  
Publish: January 10, 2008

**LOCH ALPINE SANITARY AUTHORITY**  
OF WEBSTER AND SCIO TOWNSHIPS  
COUNTY OF WASHTENAW, MICHIGAN

**TO WHOM IT MAY CONCERN:**  
Notice is hereby given that the regular Quarterly Meeting of the Loch Alpine Sanitary Authority of the Townships of Webster and Scio is scheduled. The meeting will be held on:  
January 16, 2008  
At the  
Scio Township Hall  
7:00 PM  
827 N. Zeeb Rd.  
Ann Arbor, MI 48103  
Nell Geri, Chairman  
Loch Alpine Sanitary Authority  
Publish: January 3, 2008  
January 10, 2008

Brooklyn  
Bridal & Prom  
**NOW OPEN**  
Tues.-Fri., 10 a.m. - 5 p.m.  
Sat., 10 a.m. - 2p.m.  
**(517) 592-8882**  
[www.brooklynbridalprom.com](http://www.brooklynbridalprom.com)  
141 N. Main St., Suite D  
Brooklyn, MI 49230

**Guess who is 50**  
**Jan. 15th**

**Love, Doris, Casey, Kelly, Mary, Bill, Carol, Amanda, Samantha, Becky and Mom**

**CHELSEA SCHOOL DISTRICT**  
**BID PACKAGE #2**

**Owner:** Chelsea School District  
**Construction:** Granger Construction Company  
**Manager:** 6267 Aurelius Road/P.O. Box 22187  
Lansing, Michigan 48909  
(517) 393-1670 Phone / (517) 393-1382 Fax

INVITATION IS HEREBY MADE TO HAVE QUALIFIED BIDDERS SUBMIT BID PROPOSALS FOR THE FOLLOWING WORK CATEGORIES:

CATEGORY	DESCRIPTION	CATEGORY	DESCRIPTION
2-02-1	EARTHWORK	2-08-1	GENERAL TRADES
2-03-1	CONCRETE	2-07-1	ROOFING
2-04-1	MASONRY	2-16-1	ELECTRICAL
2-05-1	STRUCTURAL STEEL FRAMING		

**BID PROPOSALS ARE REQUESTED AND WILL BE RECEIVED AS A "SINGLE LUMP SUM PROPOSAL" PRIOR TO 2:00 PM, LOCAL TIME, ON THURSDAY, JANUARY 17, 2008.**  
THERE WILL BE A PRE-BID MEETING AT 4:00 PM, LOCAL TIME, ON JANUARY 10, 2008 AT NORTH CREEK ELEMENTARY SCHOOL.  
BID PROPOSALS FOR THE ABOVE WORK CATEGORIES MUST BE RECEIVED ON OR BEFORE THE BID OPENING DATE AND TIME. BIDS ARE TO BE DELIVERED TO:  
Chelsea School District  
Administrative Offices,  
500 Washington Street  
Chelsea, MI 48118

BID SECURITY IN THE FORM OF BONDS ARE REQUIRED TO BE SUBMITTED WITH ALL PROPOSALS. BID SECURITY IN THE FORM OF A CERTIFIED CHECK IS ACCEPTABLE BID SECURITY ONLY FOR PROPOSAL LESS THAN \$50,000.  
ALL BIDS MUST CONTAIN A SWORN AND NOTARIZED STATEMENT DISCLOSING ANY FAMILIAL RELATIONSHIP EXISTING BETWEEN THE BIDDER OR ANY EMPLOYEE OF THE BIDDER AND ANY MEMBER OF THE SCHOOL BOARD OR THE SCHOOL SUPERINTENDENT.  
PLANS AND SPECIFICATIONS WILL BE ON FILE FOR REFERENCE AT THE FOLLOWING LOCATIONS:

GRANGER CONSTRUCTION COMPANY 8267 AURELIUS ROAD/P.O. BOX 22187 LANSING, MI 48909 (517) 393-1670	DODGE REPORTS 25330 TELEGRAPH RD., STE. 350 SOUTHFIELD, MI 48034 (248) 799-3300 / (248) 799-3339 Fax	CAM - CONSTRUCTION ASSOCIATION of MI 43636 WOODWARD AVENUE BLOOMFIELD HILLS, MI 48302 (248) 972-1000 / (248) 972-1001 Fax	CMD - CONSTRUCTION MARKET DATA 40000 GRAND RIVER AVENUE, SUITE 404 NOVI, MI 48375 (248) 471-5811 / (248) 471-6103 Fax
--	--	--	--

**BUILDERS EXCHANGE OF LANSING**  
1240 E. SAGINAW STREET  
LANSING, MI 48906  
(517) 372-8930 / (517) 372-8022 Fax

**DODGE REPORTS**  
1311 S. LINDEN ROAD, SUITE B  
FLINT, MI 48532  
(810) 733-3160 / (810) 733-3173 Fax

Washenaw Contractors Association  
3135 S. State St., #104 Ann Arbor, MI 48108  
(734) 662-2570/(734) 662-1695

The Owner reserves the right to reject any or all proposals, to accept other than a low bid, and to waive informalties, irregularities and/or errors in proposals, which they feel is in their best interest.  
**AN EQUAL OPPORTUNITY EMPLOYER**  
Publish: January 3, 2008 & January 10, 2008

**Obituaries**



**Kathleen B. Carron**  
Dexter

Kathleen B. Carron, of Dexter, passed away Monday, Jan. 7, 2008. She was 80.

Wife of the late Robert Carron. Beloved mother of Katherine (Michael) Lusk of Dexter, MI and Robert (Linda) Carron of Walled Lake, MI. Loving grandmother of Michael Cleary, Brandon (Lindsay) Lusk, Joel (Marcie) Lusk, Angela Lusk, Robert Carron and Melissa Carron Macparlane. Dearest great-grandmother of seven. Dear sister of Josephine (Jim) Ruff, Curtis (Marilyn) George and Albert (Linda) George all of England. Also survived by numerous nieces and nephews.

Kathleen was preceded in death by her parents, Albert and Mable George, her sisters Ruby Dunfee and Mabelle George and her brothers Edward North and Ronnie George.

The family received friends on Thursday, January 10, 2008 at the Hosmer-Muehlig Funeral Chapel, Dexter. A Mass of Christian Burial will be held on Friday, January 11th at 11AM at St. Joseph Catholic Church, Dexter. Burial will take place at St. Joseph Catholic Cemetery, Dexter.

**John M. "Dutch" Widmayer**  
Dexter

John M. "Dutch" Widmayer of Dexter, passed away Wednesday, Jan. 2, 2008. He was 78.

Dutch was very devoted to his family and enjoyed spending time with them. He will be greatly missed by those who knew him, especially his loving grandchildren.

Survived by his beloved wife of 52 years Phyllis (nee Maudrie). Dearest father of, Barbara (Tom) Harber and Christine (Todd) Maki. Loving grandfather of Dylan Bloodworth, Katelyn, Courtney and Thomas Harber, Nathan and Owen

Maki. Dear brother of Marilyn Britt and William Widmayer.

Also survived by many nieces and nephews.

He was preceded in death by his son, John Paul.

The family received friends on Sunday, Jan. 6 at the Hosmer-Muehlig Funeral Chapel, Dexter. A Mass of Christian Burial was held on Monday, Jan. 7, at St. Joseph Catholic Church. Burial followed at St. Joseph Catholic Cemetery.

Donations are suggested to the St. Joseph Catholic Church, Stairway to the Future, 3450 Dover, Dexter, MI 48130.

**Billie B. Meek**  
Dexter

Billie B. Meek of Dexter passed away Wednesday, Jan. 2, 2008. He was 81.

He was born on April 5, 1926, to Bryan and Ruth (Fox) Meek in Tarkio, MO.

He proudly served in the United States Marine Corps during World War II, Iwo Jima. He retired from the University of Michigan after 30 years of service.

He is survived by his daughter, Eileen (Mark) Olmsted; grandchildren Tracy (Doug) Schlaff, Beth (Brad) Wymer, Melissa Mosher, Joshua Meek, Benjamin (Tanya) Olmsted, and Raymond Olmsted.

Also survived by great-grandchildren Kathryn, David, Gabriel, Kaytlin, Tyler, Tytianna and Alexander; his sister, Marjorie Black, and nieces and nephews, also his close friend, Mary Dunlavy.

He was preceded in death by his parents, his wife Edith, daughter Sandra, son James and sister Barbara.

Bill was respected and loved by all who knew him. The family received friends on Friday, Jan. 4 at the Hosmer-Muehlig Funeral Chapel, Dexter. A Memorial Service was held on Saturday at the funeral chapel.

Donations suggested to: Pride and Honor Flights, 4302 Cornwell Lane., Whitmore Lake MI 48139.

**Jean Drinkwater**  
Formerly of Dexter

Jean Drinkwater of Mayville, died Tuesday, Jan. 1, 2008, in Covenant Health Care System Harrison Campus, Saginaw. She was 84.

She was born July 12, 1923 in Dexter to David and Mary Evelyn (Banghart) Steptoe.

She married William James Drinkwater May 6, 1945 in Dexter. He died Sept. 22, 1991.

Jean attended Albion College and received her bachelor's degree from the University of Michigan. She received her master's degree in Education from University of Detroit.

Jean was a math teacher and math specialist with the Detroit Public Schools. Jean and Bill retired to the family Centennial Homestead in 1985. She enjoyed arranging family gatherings on the farm. Jean was a former member of the Redford United Methodist Church in Detroit, St. Matthew's Methodist Church of Detroit and was a current member of the Kingston United Methodist Church.

She enjoyed quilting and was a member of the Thumb Thimbles Quilt Guild. Jean enjoyed researching family genealogy, traveling and spending time with her grandchildren.

Jean is survived by her children Janet (Tom) Burke of Littleton, Colo., Karen (Michael) Posa of Mayville and Kris (John) Leary of Rockville, Md.; grandchildren Craig (Irene) Gill, Mark (Kim) Gill, Kelley (Steve) Messall, Kristen Burke, Michael Leary and Anna Leary; great-grandchildren Brendan, Savannah, David, Jason, Travis and Ashleigh.

Also survived by son-in-law Thomas (Barb) Gill; brother, William (Mary Ann) Steptoe of Dexter; sister, Mary Kimmel of Dexter; sister-in-law, Bette Pflugrad of Southfield and several nieces and nephews.

She was preceded in death by her daughter, Judy Gill.

Funeral service held Saturday, Jan. 5, 2008 in Kranz Funeral Home Kingston with the Rev. Paul Donelson of Cass City United Methodist Church officiating. Interment was held in Utica Cemetery, Utica. Pallbearers for Mrs. Drinkwater were Kelley Messall, Kristen Burke, Michael Leary, Anna Leary, Bill Pflugrad, Steve Messall, Craig Gill, and Mark Gill.

Memorials may be made to the American Diabetes Association or Juvenile Diabetes Research Foundation International. Family and friends may share memories, prayers and stories with the family at

www.kranzfuneralhome.com

**A. Leo Weil IV**  
Chicago

A. Leo Weil IV, known in Dexter as Lee Kerr, died suddenly Dec. 22, 2007. He was 51.

Dear father of Adam, Brian and Erin. Beloved son of Jean Kerr, and grandson of Peggy Hinchey, both of Arizona.

Leo graduated from Dexter High School in 1974, Loyola University and Loyola Law School. He was a practicing attorney in Chicago.

Services were held Dec. 28, 2007 at Visitation Catholic Church in Elmhurst, Ill. Burial was at Queen of Heaven Cemetery in Hillside, Ill.

Arrangements by Ahlgrim Funeral Home in Elmhurst, Ill.

**Ethel Barbara Haist**  
Chelsea

Ethel Barbara Haist passed away Jan. 5, 2008, at Chelsea Retirement Community. She was 99.

On Oct. 28, 1908 Ethel was born in Sharon Township, Manchester, Michigan, the daughter of John and Emma (Klump) Bruestle. She was united in marriage to Erwin Haist on April 25, 1931, he preceeded her in death July 27, 1992.

Ethel was the oldest living member of Zion Lutheran Church in Chelsea. Her church was the center of her life. Ethel loved every one of her family members equally, sharing in family activities, parties, and weddings. She loved singing and dancing, gardening and taking care of her chickens.

She was a devoted wife and enjoyed working on the family farm with her husband. During that time she cooked many meals for threshers and farmhands. She attended local fairs yearly to watch her chil-

dren, grandchildren and great-grandchildren participate. She always had a positive attitude and her motto was "LIFE IS WHAT YOU MAKE IT." She lived up to that and enjoyed life to the fullest.

In addition to being a homemaker, Ethel worked for Farmer Grant's and the homes of Drs. Papo, Botsford and the Rev and Mrs. Westerman; She also worked at the Gaunt Farms, Chelsea school elections and delivered eggs in Chelsea and Ann Arbor. She volunteered at Faith In Action for 14 years. Ethel was always willing to help anyone in need.

Ethel is survived by her children, Arlene Riba (Ray Niles), Doris (David) Crocker, Kenneth (Barbara) Haist and Richard (Bonnie) Haist. Also surviving are 13 grandchildren, 19 great-grandchildren and one great-great-granddaughter. She had many special friends, including Ann Hoover.

In addition to her husband, she was preceded in death by an infant son, infant grandson Douglas Crocker, sons-in-law Bruce Bycraft and Erwin Riba, twin sister Edith Slane, sister, Alma Wahl, Emil and Harold Bruestle.

Funeral services were held Wednesday at Zion Lutheran Church with Pastors Doris Sparks and Michael Konow officiating.

Memorial contributions may be made to Zion Lutheran Church of Chelsea or the Chelsea Retirement Community Benevolent Fund.

Arrangements by Staffan Mitchell Funeral Home.

**William Dudley Wade**  
Lake City

Formerly of Chelsea William Dudley Wade of Lake City passed away Friday, Jan. 4, 2008 at the Masonic Pathways in Alma.

He was 84. Mr. Wade was born Sept. 1, 1923 in Traverse City to Stephen and Irene (Pike) Wade.

He married Merideth Greilick on Feb. 10, 1951 in Traverse City. She preceded him in death. He married Cathie McLeod on Sept. 22, 1990 in Lake City.

Mr. Wade was a mechanical engineer retiring in 1995 from General Dynamics. He was a veteran of World War II and a member of the American Legion. He served on the Caldwell Township Board of Review and was a Mac computer geek and ham radio operator.

He is survived by his wife Cathie, children Janna (Darrell) Williams and Tim Wade; stepchildren Jeanne (George) Roberts and Christie (Dave) Freestone; grandchildren Sean (Molly) Williams, Shannon Williams, Jamie Wade, Beth Wade, Christy (Aaron) Lansky, Craig Freestone, George Roberts, Lindsay (Brandon) Roberts and Beth Roberts; great-grandchildren Tess, Mari, Brianna, Brandon, Ya'rayah, Gwen, Lillyana, Bryson and Kayla.

He was preceded in death by a son, Edwin Wade in 1978, sister, Barbara Bradford, his parents and an aunt, Helen Wade.

Funeral services were held Sunday, Jan. 6, at the Northland Community Church in McBain with Pastor Randy Jenkins officiating, assisted by Don Holfenga and Dave Freestone.

Burial is in the Oakgrove Cemetery in Chelsea. Memorial contributions may be directed to the Northland Community Church.

Arrangements by the Young Funeral Home in Lake City.

**Business-style resolutions**

It's that time of year again. The time of year when friends and family ask, "What is your New Year's Resolution for next year?"

I did a little experiment and asked a bunch of friends at a holiday party. Most of them hadn't really thought about it, and those who did, gave mostly pat answers - lose weight was the most common. Two answers stuck out for me though, one was to make 25 new friends and the other idea is to remain confidential but will have a worldly impact.

These two stood out for me because they were not your typical New Year's Resolutions. They were both bold and creative. One will be a new business idea and the other will not only help his business, but will also lead to a more fulfilling life. When I asked Ken how he came up with his objective to make 25 new friends this year, he pointed to the book that inspired him. The book, "Never Eat Alone" by Keith Ferrazzi is one that everyone should have on their bookshelf. Just as we coach our clients, your relationships are the true assets in life and in business. There is nothing more important, yet we find plenty of excuses why we don't

**Your Biz coach**

By Lauren Eichner

Ironie thing about our fear of being rejected is that it feels a lot like failure. Ferrazzi makes a great point in his book by explaining that you will fail every time you allow the fear of rejection get in your way because it will prohibit you from ever taking action and introducing yourself to someone you would really like to know, be it business, dating or friendship.

If you don't introduce yourself, you have failed. If you do introduce yourself, your probability of succeeding has increased exponentially. If that person isn't interested for whatever reason (usually their own issue, not yours), you are in no different a place as when you started - except for the fact that you exercised the muscle of courage. Besides, your odds of success are much greater than your odds of failure.

Building a business and a See BUSINESS - Page 10-C

**Sudoku solutions**

EASY #37 MEDIUM #37

**his joint**

... your own backyard and ...  
... get out your ...  
... shopping a variety of ...

# FAITH

(734) 475-1371

The Chelsea Standard THE DEXTER LEADER

January 10, 2008

## The biggest 'contradiction' in the Bible

Sometimes skeptics delight in pointing out apparent contradictions in the Bible. The truth is, the greatest apparent contradiction is between the two main teachings of the Bible. These teachings are the Law and the Gospel.

The Law is that portion of the Bible that tells us what to do or what not to do, or how to be or not to be. These teachings were summarized in the Ten Commandments, given by God to Moses almost 3500 years ago in the Old Testament; all but one of those commandments are

repeated in various forms in the New Testament.

The Law is good. In fact, God Himself gave us the Law to show His eternal will for our lives. According to the Bible, living by God's Law is the way to have eternal life. There's only one catch: You would have to keep God's Law perfectly. The Bible says, "Whoever keeps the whole law and yet stumbles at just one point is guilty of breaking all of it"



### MINISTERIAL Message

By Pastor Mark Porinsky  
Faith Lutheran Church

(James 2:10). That leaves us all out of heaven. Sadly, the most significant thing about the Law of God is that no one can live up to its standards.

The other main teaching of the Bible, the Gospel, is just the opposite of the Law. The word "Gospel" literally means "Good News." What is this "good news?" It is the teaching that God has given us another way to reach Him apart from the Law, that God has given the world an alternative to the Law. In the strict Biblical sense of the word, the Gospel is the teaching that God offers eternal life as an entirely free gift. The Gospel does not tell us what to do. The Gospel simply tells us what God has done for us. The Gospel offers us forgiveness for all of our sins.

The Law and the Gospel, in one respect, are as contradictory as heaven and hell. But God Himself resolved the contradiction. The Gospel is valid only because God's Son fulfilled the demands of the Law on our behalf. All that remains is for us to believe that God the Father sent His Son Jesus to save us.

Please do. And then use the rest of your life to say "Thank You" to God.

Mark Porinsky is the pastor at the Faith Lutheran Church, 9575 North Territorial Road, Dexter. The Web site is [www.faithdexter.org](http://www.faithdexter.org)



# Celebrate Your Faith

**connexions CHURCH**

Sunday 10 AM  
Cornerstone Elementary  
7480 Dan Hoey Rd. Dexter  
(734) 424-9067

[www.connexionsec.com](http://www.connexionsec.com)  
"Lead With Compassion"  
The atmosphere is casual.  
The coffee is hot.  
The people are normal.  
The life change is real.

**Webster United Church of Christ**  
5484 Webster Church Rd.,  
Dexter, MI  
(734) 426-5115  
The Rev. LaVerne Gill

SUNDAY:  
Holy Communion 8:00 a.m.  
Church School, 9:15 a.m.  
Worship, 10:30 a.m.

**Chelsea Church of Christ**

13661 East Old US-12  
Chelsea, MI 48118  
(734) 475-8458

Chris Dawson, Preacher  
Sunday School 9:30 am  
Sunday Morning Service 10:30 am  
Sunday Evening Service 6 pm  
Wednesday Bible Class 6:30 p.m.

**First Congregational UCC**  
121 East Middle Chelsea 475-1844

Friendly Atmosphere  
Memorable Messages

Church School - All ages 9 AM  
Worship Service 10 AM  
Nursery Provided  
Visitors Warmly Welcomed  
Rev. Dr. Barbara Edema

**WATERLOO VILLAGE UNITED METHODIST CHURCH**  
8110 Washington St.  
Service:  
Sunday 11:00 a.m.  
(734) 475-1171  
Breakfast-2nd Sunday  
Sept. to May

**OUR SAVIOR LUTHERAN**  
1515 S. Main St. (M-52)  
Chelsea, MI 48118  
(Next to McDonald's)  
734.475.1404

815am Heritage Service  
930am Education Hour  
1030am Celebration Service & Childrens Church

**FAITH LUTHERAN CHURCH**

Mark Porinsky, Pastor  
(734) 426-4302

Sunday School 9:00 a.m.  
Sunday Worship 10:00 a.m.

9575 North Territorial Road  
Dexter, MI 48130  
[www.faithdexter.org](http://www.faithdexter.org)

**Immanuel Bible Church**  
145 E. Summit St.  
(734) 475-8936

Dominic Aquilino, Pastor  
Sunday School... 9:00 a.m.  
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](http://www.immanuelbiblechurch.net)

**CHELSEA NAZARENE**  
12126 Jackson Rd.  
Exit 162 off I-94  
(734) 475-2526

Sunday: Worship Services,  
11:00 a.m.

**Dexter United Methodist Church**  
7643 Huron River Dr

**Fellowship Bible Church**  
2775 Bedford Rd.  
Ann Arbor, MI 48104  
971-2837  
[www.fellowshipbibleannarbor.org](http://www.fellowshipbibleannarbor.org)  
If it's Bible you want, come to Fellowship Bible.

Sunday 9:30am - SS for all ages  
10:45am - Worship  
6:00pm - Bible Study  
Wednesday 6:30pm - Prayer Meeting, Awana, Teens, Nursery  
Saturday 7:30am - Men's Prayer Fellowship

Independent Fundamental Traditional Dispensational Premillennial Biblical Baptist Caring Pro-Family

Dr. Matthew A. Postiff, Pastor

**FAITH BAPTIST CHURCH**  
4030 Kaimbach Rd.  
(exit 156 and I-94)

10 am Sunday School  
11 am Morning Service  
6 pm Evening Service  
7 pm Wednesday Mid-week Service

Pastor Jack T. Story  
Call 734-433-1356 for details.

**Be Our Guest at St. Paul Lutheran Church - LCMS**  
7701 E. M-36 in Hamburg

SUNDAY WORSHIP SERVICES  
8:30 am Traditional Worship  
9:45 am Sunday School / Bible Class  
11:00 am Worship with a blending of traditional & contemporary elements  
Call 810-231-1033  
[www.stpaulhamburg.com](http://www.stpaulhamburg.com)  
Take U.S.-23 to East M-36.  
St. Paul is located on the right side of M-36 before Hamburg.

**NORTH LAKE UNITED METHODIST**  
14111 N. Territorial Rd.  
(734) 475-7569  
C.O.O.L. "J" Sunday School  
9 AM - Classes for all Ages  
Worship 9 AM & 10:45 AM  
Childcare Provided  
A warm hearted welcome awaits you!  
[www.northlakeumc.org](http://www.northlakeumc.org)

9AM Sun. Spinted Traditional  
Liturgy...Hymns...Church!

10:30AM Sun. Contemp  
Praise, Worship, & Energy  
[www.dexterumc.org](http://www.dexterumc.org)

**Chelsea Christian Fellowship**  
337 Wilkinson St.  
Chelsea, MI 48118  
(734) 475-8305  
Pastor Jeffrey Thomas  
Sunday School 9:00 a.m.  
Sunday Worship 10:00 a.m.

**St. Thomas Lutheran Church**  
On W. Ellsworth at Haab between Parker & Fletcher

Sunday Worship 10:00am  
Wed. Evening Service 7:30pm  
Pastor Charles R. Schulz  
734-663-7511  
<http://personal.cuaa.edu/~lchomas>

**Dexter Gospel**  
2253 Baker Road, Dexter  
(734) 426-4915  
John O'Dell, Pastor  
Sunday: Sunday school, 9:30 a.m.;  
Worship 10:30 a.m., 6 p.m.

Independent Fundamental Baptist  
Wednesdays, 6:30 p.m.  
Awana September till May

**St. James' Episcopal Church**  
3279 Broad St., Dexter  
Phone: 426-8247  
[www.stjamesdexter.org](http://www.stjamesdexter.org)

Holy Eucharist 8:00 am  
& 10:00 am on Sundays  
Sunday School at 10:00 am  
Rector- The Rev. Cynthia Guthkelch

**St. Paul United Church of Christ**  
14600 Old U.S.12  
Chelsea  
Karen Schulte, Pastor  
475-2545

Church service begins at 10:00 am  
Third Sunday Morning Praise Service  
We'd love to have you join us!

**Chelsea Free Methodist** Worship Services

at Washington Street Education Center

8:30 am Traditional Service  
11:00 am Contemporary Service

**DEXTER CHURCH OF CHRIST**  
734-945-6539

"We Care About You"  
Family Friendly-Bible Based Christianity

Sunday Morning: Bible School 9:30 AM  
Worship 10:30 AM  
Wed. Evening 7:00 PM Devotion & Bible Study

We meet at:  
MILL CREEK MIDDLE SCHOOL  
7305 Dexter Ann Arbor Road  
Dexter, MI

**St. Andrew's United Church of Christ**  
7610 Ann Arbor St.  
Dexter, Michigan  
Dr. Bob Summers, Pastor  
734-426-8610

Sunday Services  
9:00 am & 10:15 am  
"A Place for Everyone"  
[www.standrewsdexter.org](http://www.standrewsdexter.org)

**First United Methodist Church**  
128 Park Street, Chelsea, MI  
734-475-6119

Sunday Worship  
8:30am Renew 11:00am Mosaic  
Sunday School: 9:45am  
Wednesday Evenings  
5:30pm Dinner 8:00pm Programs for All

The Rev. Joy Barrett  
The Rev. Barbara Lewis-Lakin  
[www.chelseaumc.org](http://www.chelseaumc.org)

**Zion Lutheran Church (ELCA)**  
3050 S. Fletcher Rd., Chelsea  
(734) 475-8064

Sunday School 9:30am  
Worship 10:30am  
Communion 1st & 3rd Sunday

Pastor Doris Sparks  
Preparing Christ's Disciples & Sharing God's Love  
[www.zionchelsea.org](http://www.zionchelsea.org)

Christ Centered Teaching  
Inspiring Messages  
Upbeat Music  
Casual Atmosphere

734.475.1391  
[info@chelseafmc.com](mailto:info@chelseafmc.com)  
[www.chelseafmc.com](http://www.chelseafmc.com)

The Chelsea and Dexter Area Church Calendar is Co-Sponsored by

**JIFFY** mixes  
CHELSEA MILLING COMPANY  
CHELSEA, MICHIGAN 48118

To Advertise Your Church Services,  
Call Michelle at 734-429-7380 Only \$8.07 per week

## Announcements

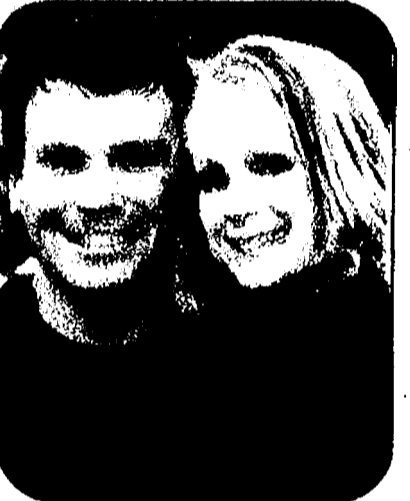
### ENGAGEMENTS



Erin Layher and Tony Trotter, both of Grass Lake, are engaged and planning a June 7, 2008 wedding at Zion Lutheran Church in Chelsea.

The future bride is the daughter of Jeff and Karen Layher of Grass Lake. She graduated from Grass Lake High School in 2003 and from the University of Michigan in 2007. She is an RN, BSN at Mott Children's Hospital.

The future groom is the son of the late David Trotter, Jerri Cole of Charlottesville, Va., and stepfather Ivan Cole of Chelsea. He graduated from Chelsea High School in 1994 and is a mechanic at Palmer Family Ford-Mercury in Chelsea.



Laura Brennan, daughter of Mark and Janet Brennan of Saline, and Zachary Parsons, son of John and Carole Parsons of Dexter, are engaged and planning a May 17, 2008 wedding at the United Methodist Church in Saline.



Kathryn Sullivan, daughter of Patrick and Anne Sullivan of Fort Wayne, Ind., and Joel Gentz, son of Steven and Judith Gentz of Grass Lake, are engaged and planning a June 2008 wedding in Fort Wayne.

The future bride graduated from Homestead High School in 2003 and pursued a Business Management degree at Purdue University. Following graduation in May 2007, Kathryn began work in Fort Wayne at the Hylant Group as an account executive.

The future groom graduated from Chelsea High School in 2002 and continued his education at Purdue University. He graduated in 2007 with an Aeronautical Engineering degree and commissioned as a 2nd Lieutenant in the United States Air Force. Joel is currently stationed in Albuquerque, N.M. as he undergoes training as a Combat Rescue Officer.

### WEDDING



Rachelle Kennedy and Daniel Strurgeon were married June 2, 2007 at St. Andrews United Church of Christ in Dexter.

Parents of the bride are Samuel and Rita Kennedy of Belleville and Ann Walters of Puerto Rico. Parents of the groom are Scott and Cindy Strurgeon of Dexter.

The maid of honor was Carla Kennedy of Chicago and the matron of honor was Jestina Kennedy-Merida of Grand Rapids, both sisters of the bride.

The bridesmaids were Anna Romine of Dexter, cousin of the groom, Aris Ervin of Belleville, Sabrina McDonald of Boston, and Lilai McDonald of East Lansing, all cousins of the bride.

The best man was Nicolas Strurgeon of Kalamazoo, brother of the groom.

The groomsmen were Ricardo Merida of Grand Rapids, brother-in-law of the bride, Joseph Romine of Pinckney, and Joshua Romine of Dexter, cousins of the groom, Duffy Fair and Cory Mann both of Hamburg, friends of the groom.

The ushers were Nate Smith of Dexter and Chris Richard of Hamburg, both friends of the groom.

A reception immediately followed at Kensington Court in Ann Arbor. The couple honeymooned in Cancun, Mexico, and currently resides in Prairie Village, Kan.

### BIRTHS

A daughter, Addison Elizabeth, was born Oct. 12, 2007 to Douglas and Jenny Steele of Lexington Park, Md. Maternal grandparents are Karen Veve of Dayton, Ohio, and Michael Veve of Fairfax, Va. Paternal grandparents are Angie Gelenius of Holly Hill, Fla., and Mrs. Frank Veve of San Antonio. Addison has two brothers, Jackson, age 4 and Benjamin, age 2.

A son, Adam James, was born Nov. 29, 2007 in Milwaukee, Wis., to Steve and Amy Tezak of Milwaukee. Maternal grandparents are Dennis and Jeanne Trinkle of Chelsea. Paternal grandparents are Leroy and Eileen Tezak of West Allis, Wis. Great-grandmother is Virginia Hinderer.

### BUSINESS

Continued from Page 8-C

life based on your best relationships is tremendously rewarding. It just makes life a lot easier. Think about it, there is nothing better in business than to meet a new prospect through your favorite client. That prospect is almost guaranteed to become a client. Likewise, meeting a new friend through your best friend equals near instant friendship.

Think for a moment, if there was no such thing as rejection, who would you want to meet?

If no one comes to mind immediately, take this week to look around you and make the inquiry.

Stop finding excuses to stay in your small little comfortable cocoon. Branch out and make this year extra special. I challenge you to take on Ken's resolution of making 25 new friends this year. It will make 2008 one of the most fulfilling years ever!

## Washtenaw County

# WWRA board OKs preliminary budget

By Edward Freund  
Staff Writer

Due to rising prices paid for all recyclable products reclaimed, the Western Washtenaw Recycling Authority enjoyed substantial revenue increases over the last three months of 2007.

On Dec. 12, its final meeting of 2007, the WWRA board finalized its 2007 budget and approved a proposed spending plan for the coming year.

Before going into budget discussions, however, the board considered several ordinary business items.

Facility Manager Phil Bolyard gave his report for the amount of recyclables handled and amount of revenue produced during October and November, and gave a forecast for December.

The facility at 8025 Werkner Road handles newspaper, office paper, glass, and several types of plastics for most of this part of the county.

According to Bolyard, October's 22 tractor-trailer loads of sorted, compacted recyclable material sold to processors was worth about \$32,000; in November, the 27 loads brought in nearly \$44,000.

"December should be another pretty good month," Bolyard predicted.

"Product prices are going up; plastics are up a few cents a pound, and newspaper is \$110 a ton, up from \$85."

The board considered new locations for recycling bins, particularly where existing bins were getting a lot of use.

Brent Courson, Dexter Township's WWRA delegate, suggested two bins be relocated from the township office on Dexter-

Pinckney Road to the Multi-Lakes Water & Sewer Authority office on North Territorial Road.

"Moving two bins from the township hall would take some pressure off," Courson said. "The other site would be more centrally located in the township."

WWRA Chairman Frank Hammer listed the costs associated with making that site ready.

"It would take \$15,000 to prep the site," Hammer said. "It would be \$12,000 for two bins, plus gravel for the pad."

The board did not vote on that suggestion, but did vote against a proposal to put a recycling drop-off station at the Cassidy Lake minimum security correctional facility.

"I don't think it's a good idea right now," Bolyard said, explaining that a state inspector submitted a laundry list of requirements for the site that would cost about \$60,000.

The state inspector wants a cleanable surface consisting of a 40-by-100-foot concrete slab, a 250-foot driveway of crushed limestone, 220-volt electrical service, five 40-cubic-yard bins with compactors, and a five-year commitment from WWRA, Bolyard said.

"Plus it would take about an hour and a half to go through their security check," Bolyard said. "It would just take up too much of the day for an ordinary pick-up."

The WWRA uses two supervised six-man crews from the boot camp to help sort materials for 30 hours a week, and the state just doubled the cost from \$15 per man per day to \$30.

"That's still a bargain, considering everything those guys do for us,"

Hammer said.

Sufficient money was available in the budget, so the increase was approved.

Bolyard requested money to install a ventilation fan in the paper baling room to cut down on the amount of particulates and dust flying around while the machinery is in operation.

"We have the money in the budget for maintenance and repairs," Bolyard said.

"When that baler is running, it's like a snowstorm in there with all the dust and ground-up paper flying around."

Bolyard said the 48-inch fan would be installed in the wall of the baling room by WWRA maintenance personnel, and gave an average price of \$1,000.

The board approved the request at a cost not to exceed \$1,500.

Bolyard also submitted a request to purchase a scale for weighing the bales of recycled materials.

He said there is no scale currently onsite, so the loads must be taken to the Chelsea Milling Co. to be weighed, which involves a lot of time loading and unloading.

Moreover, it is difficult to get an accurate weight to determine if revenue is being credited accurately.

"The way it is now, the truck drivers tell us how much a bale weighs, which is between 900 and 1,100 pounds," Bolyard said.

"The whole process takes about 12 hours because they have to handle each bale five times. If we had one here, it would eliminate that."

Bolyard gave a price of \$3,000 for a flat scale, which is portable and has a paper printout of the weight ticket.

A different type of scale

attaches directly to a lift truck and can download the weight information directly to a computer in the WWRA office, but that unit costs about \$8,000, Bolyard said.

"We can weigh them as they come off the baler, and they can go right into the truck," Bolyard told the board. "With the volume we do, the \$3,000 can be recouped in no time."

Hammer said a bar-code reader would give the most accurate tracking, and should be added to the 2008 budget.

"It seems like we need to do a little more research before making a decision," Manchester Township delegate Sybil Kolon said, and the board voted to table the decision for now.

The board also reviewed the WWRA's check-signing policy, after Lyndon Township officials expressed concern that checks only had one signature instead of the customary two for business checks.

"The state has changed requirements for signing business checks, with the interest in preventing fraud," Hammer said, assuring the board that adequate controls are in place.

"There are no checks in this office," Hammer said. "Our accounting firm (Hesse & Co. in Chelsea) has the actual checkbook, and will only cut a check on our invoice."

"It's the best protection we can have."

After a lengthy discussion of individual line items, the board approved the final 2007 budget of approximately \$780,000 in revenues and \$710,000 in expenses.

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SECTION **D**  
**FOOD**

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The Chelsea Standard

January 10, 2008

# Slow and Steady

## Win the Race With Slow Cooker Meals

### FAMILY FEATURES

After a long day at work or running errands, don't you wish that dinner was cooked and would magically appear on your table? Chances are, you already have a slow cooker collecting dust on a kitchen shelf, just waiting to make suppertime a cinch. With family schedules busier than ever, slow cooking is quickly making a comeback.

Commonly, slow cooker recipes contain few steps and ingredients, which are tenderized by cooking at a low temperature for an extended period of time. By taking just minutes in the morning to get dinner underway with a slow cooker, you can leave for hours and still have a hearty and flavorful dish at the end of the day that you'll feel good about feeding your family. It is truly the meal that cooks itself!

The folks at Campbell's Kitchen understand the need for a warm and satisfying supper — especially after a busy day. Their must-have slow cooker recipes will definitely become a regular part of your weeknight repertoire in no time.

Doubt you can prep a home-cooked meal in just 10 minutes? This crowd-pleasing pot roast dish takes only that long to prepare. *Savory Pot Roast* starts with a base of Campbell's Cream of Mushroom soup, which turns into a savory sauce for the roast. The addition of hearty potatoes and carrots makes this dish a well-rounded main course.

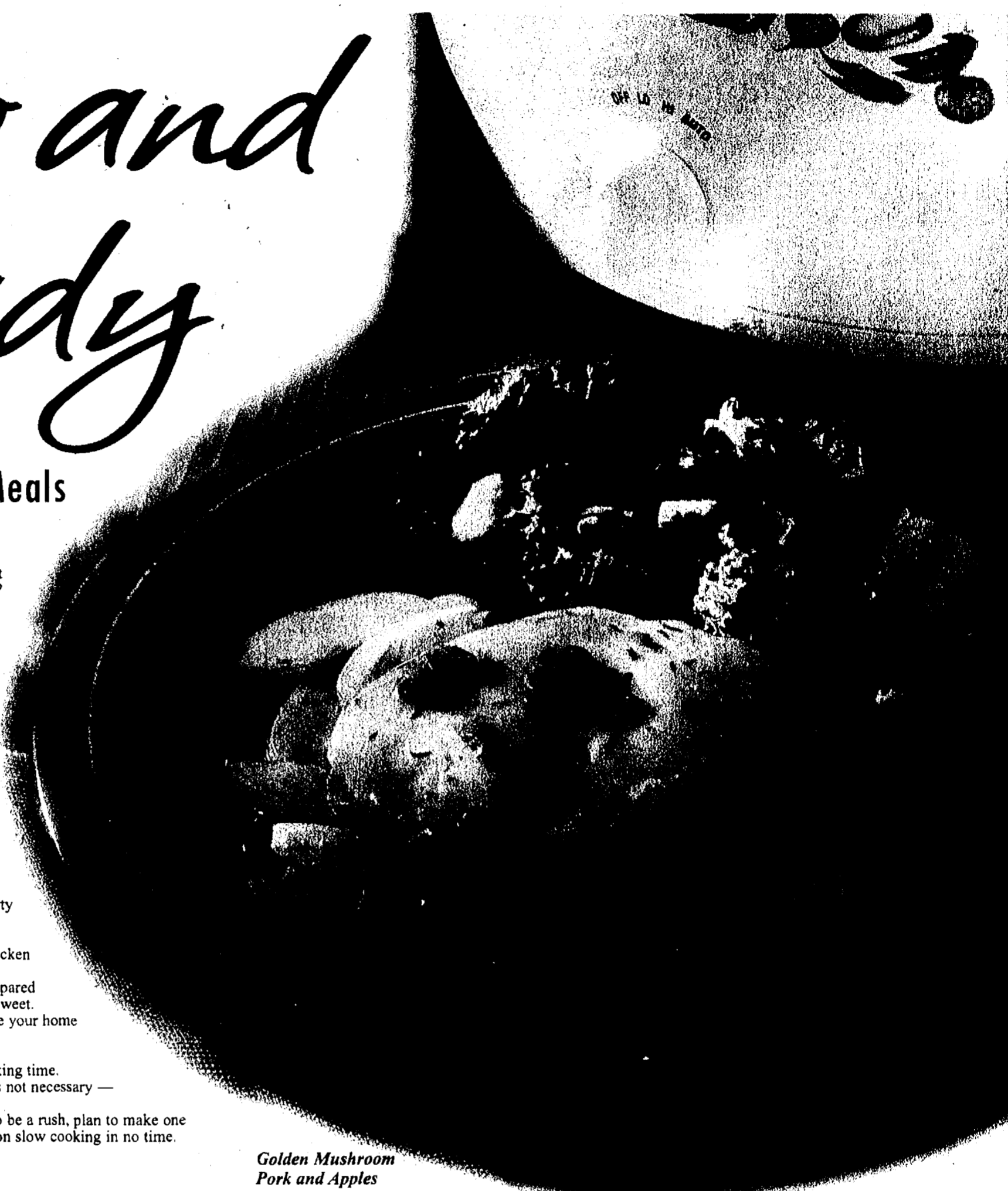
If you're craving a rich and creamy meal, *Slow-Cooker Chicken and Dumplings* will hit the spot. This easy recipe evokes the flavors of a chicken pot pie and promises to become a fast family favorite.

*Golden Mushroom Pork and Apples* — another recipe that can be prepared in just 10 minutes — offers the unmistakable sensations of savory and sweet. The perfect combination of pork with apples and brown sugar will make your home smell good all day while it simmers away.

For slow cooking success, take note of these two tips:

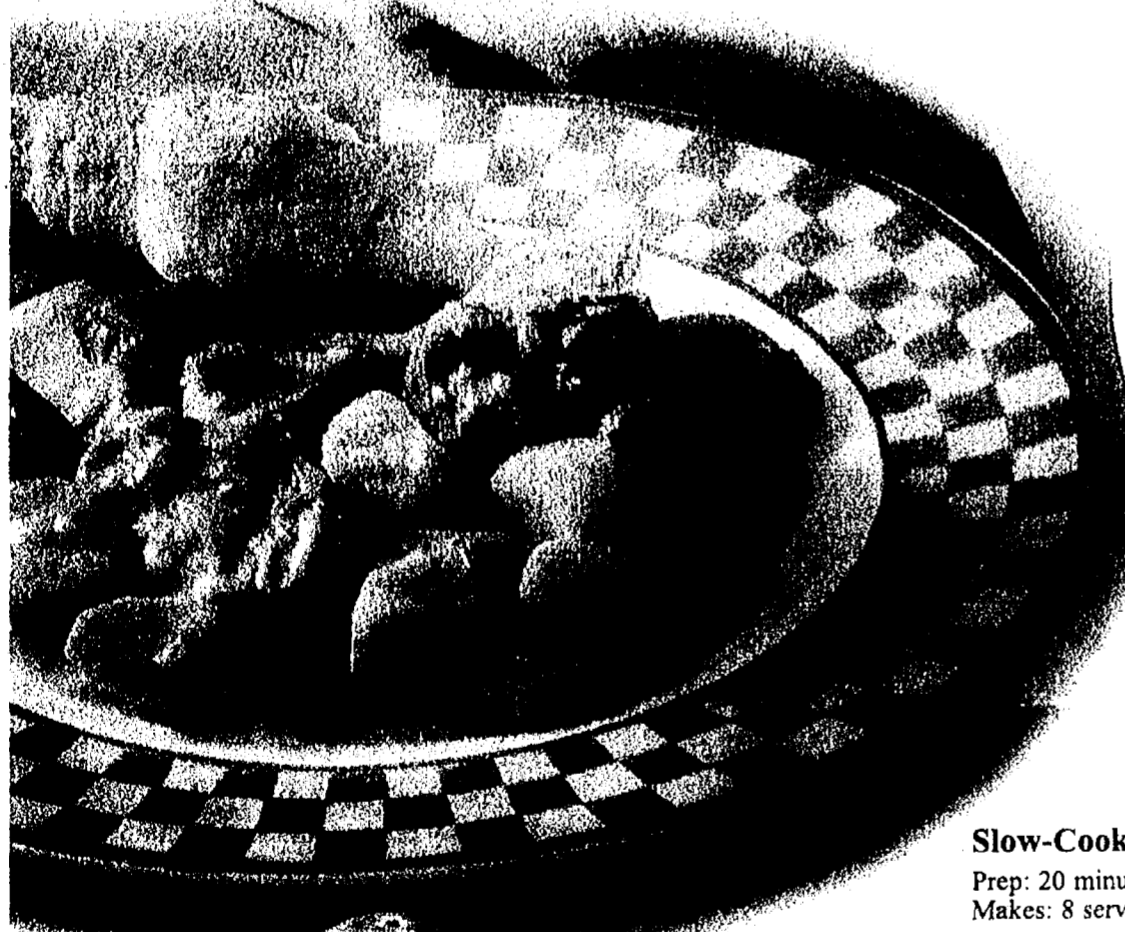
- Leave the lid on! This will keep the heat in and ensure proper cooking time.
- Also, while it seems natural to want to stir every now and then, it's not necessary — so resist the urge!

The next time you have a hectic day ahead and dinnertime is likely to be a rush, plan to make one of Campbell's warm and filling slow cooker recipes. You'll be hooked on slow cooking in no time. For more tasty recipes, visit [www.campbellskitchen.com](http://www.campbellskitchen.com).



Golden Mushroom Pork and Apples

### Slow-Cooker Savory Pot Roast



### Slow-Cooker Savory Pot Roast

Prep: 10 minutes Cook: 8 to 9 hours  
 Makes: 8 servings

- 1 can (10 3/4 ounces) Campbell's Cream of Mushroom Soup (Regular, 98% Fat Free or 25% Less Sodium)
- 1 pouch (2 ounces) Campbell's Dry Onion Soup Mix
- 6 medium potatoes, cut into 1-inch pieces
- 6 medium carrots, thickly sliced
- 3 1/2 to 4-pound boneless beef bottom round or chuck pot roast

1. Stir soup, soup mix, potatoes and carrots in 3 1/2-quart slow cooker. Top with roast and turn to coat.
2. Cover and cook on LOW 8 to 9 hours (or on HIGH 4 to 5 hours) or until roast is fork-tender.

### Golden Mushroom Pork and Apples

Prep: 10 minutes Cook: 8 to 9 hours  
 Makes: 8 servings

- 2 cans (10 3/4 ounces each) Campbell's Golden Mushroom Soup
- 1/2 cup water
- 1 tablespoon packed brown sugar
- 1 tablespoon Worcestershire sauce
- 1 teaspoon dried thyme leaves, crushed
- 8 boneless pork chops, 3/4 inch thick
- 4 large Granny Smith apples, sliced
- 2 large onions, sliced

1. Stir soup, water, brown sugar, Worcestershire and thyme in 3 1/2-quart slow cooker. Add pork, apples and onions.
2. Cover and cook on LOW 8 to 9 hours (or on HIGH 4 to 5 hours) or until pork is cooked through.

### Golden Chicken With Noodles

Prep: 5 minutes Cook: 7 to 8 hours  
 Makes: 8 servings

- 2 cans (10 3/4 ounces each) Campbell's Cream of Chicken Soup (Regular or 98% Fat Free)
- 1/2 cup water
- 1/4 cup lemon juice
- 1 tablespoon Dijon mustard
- 1 1/2 teaspoons garlic powder
- 8 large carrots, thickly sliced
- 8 skinless, boneless chicken breasts
- 4 cups medium egg noodles, cooked and drained
- Chopped fresh parsley

1. Stir soup, water, lemon juice, mustard, garlic powder and carrots in 3 1/2-quart slow cooker. Add chicken and turn to coat.
2. Cover and cook on LOW 7 to 8 hours (or on HIGH 4 to 5 hours) or until chicken is cooked through. Serve with noodles. Sprinkle with parsley.

### Slow-Cooker Pulled Pork Sandwiches

Prep: 15 minutes Cook: 8 to 10 hours  
 Stand: 10 minutes  
 Makes: 12 sandwiches

- 1 tablespoon vegetable oil
- 3 1/2 to 4 pounds boneless pork shoulder, netted or tied
- 1 can (10 1/2 ounces) Campbell's French Onion Soup
- 1 cup ketchup
- 1/4 cup cider vinegar
- 3 tablespoons packed brown sugar
- 12 Pepperidge Farm Classic Sandwich Buns with Sesame Seeds, split

1. Heat oil in 10-inch skillet over medium-high heat. Add roast and cook until well browned on all sides.
2. Stir soup, ketchup, vinegar and brown sugar in 5-quart slow cooker. Add roast and turn to coat.
3. Cover and cook on LOW 8 to 10 hours (or on HIGH 4 to 5 hours) or until meat is fork-tender.
4. Remove roast from cooker to cutting board and let stand 10 minutes. Using 2 forks, shred pork. Return shredded pork to cooker.
5. Divide pork and sauce mixture among rolls.

### Slow-Cooker Tuscan Beef Stew

Prep: 15 minutes Cook: 8 to 9 hours  
 Makes: 8 servings

- 1 can (10 3/4 ounces) Campbell's Tomato Soup
- 1 can (10 1/2 ounces) Campbell's Beef Broth
- 1/2 cup Burgundy, other dry red wine or water
- 1 teaspoon dried Italian seasoning, crushed
- 1/2 teaspoon garlic powder
- 1 can (14 1/2 ounces) diced Italian-style tomatoes, undrained
- 3 large carrots, cut into 1-inch pieces
- 2 pounds beef for stew, cut into 1-inch pieces
- 2 cans (about 16 ounces each) white kidney (cannellini) beans, rinsed and drained

1. Stir soup, broth, wine, Italian seasoning, garlic powder, tomatoes, carrots and beef in 3 1/2-quart slow cooker.
2. Cover and cook on LOW 8 to 9 hours (or on HIGH 4 to 5 hours) or until meat and vegetables are fork-tender.
3. Stir in beans. Turn heat to HIGH. Cook 10 minutes more.

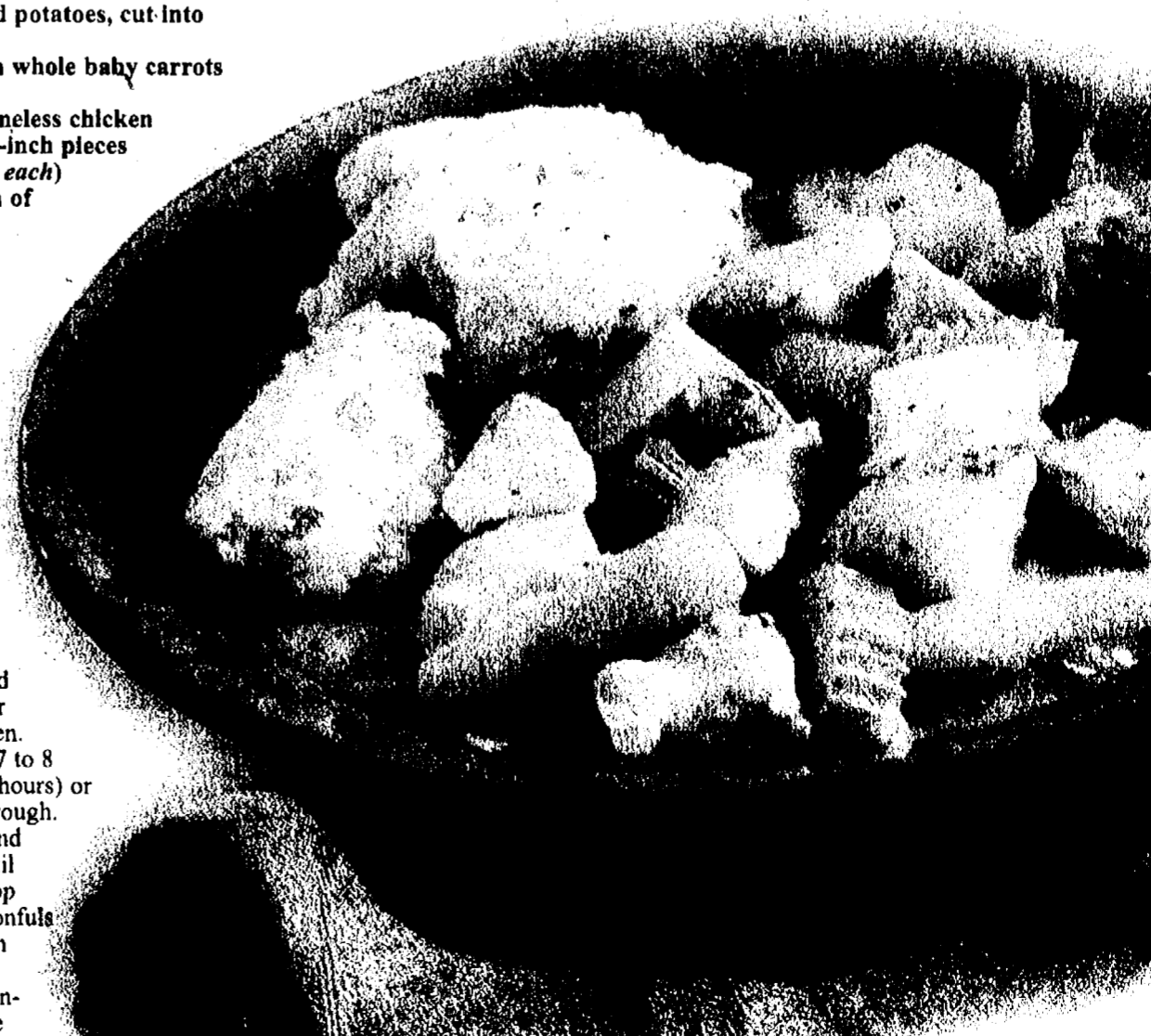
### Slow-Cooker Chicken and Dumplings

Prep: 20 minutes Cook: 7 to 8 hours  
 Makes: 8 servings

- 2 medium Yukon gold potatoes, cut into 1-inch pieces
- 2 cups fresh or frozen whole baby carrots
- 2 stalks celery, sliced
- 1 1/2 pounds skinless, boneless chicken breasts, cut into 1-inch pieces
- 2 cans (10 3/4 ounces each) Campbell's Cream of Chicken Soup (Regular or 98% Fat Free)
- 1 cup water
- 1 teaspoon dried thyme leaves, crushed
- 1/4 teaspoon ground black pepper
- 2 cups all-purpose baking mix
- 2/3 cup milk

1. Place potatoes, carrots, celery and chicken in 6-quart slow cooker.
2. Stir soup, water, thyme and black pepper in bowl. Pour over vegetables and chicken.
3. Cover and cook on LOW 7 to 8 hours (or on HIGH 4 to 5 hours) or until chicken is cooked through.
4. Stir together baking mix and milk with fork in bowl until ingredients are mixed. Drop batter by rounded tablespoonfuls over chicken mixture. Turn heat to HIGH. Tilt cooker lid to vent and cook 30 minutes or until dumplings are cooked in center.

### Slow-Cooker Chicken and Dumplings



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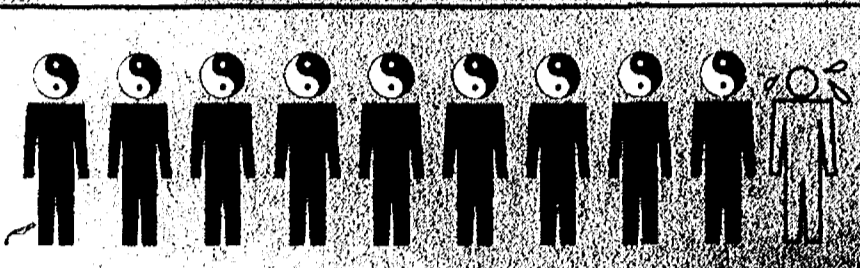
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GUARANTEED!  
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Enjoy helping others.  
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Drug free workplace.

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sales goals each month and able to focus  
on existing and new business.  
Must be a team player.

To apply,  
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Send resume to:  
Heritage Newspapers  
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New Business Manager  
One Heritage Place, Suite 100  
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**Inside Sales Professional**  
News Herald is seeking a part time  
Inside Sales Professional. Responsibilities  
include telephone sales, professional tele-  
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oriented, and able to multi-task. Must meet  
sales goals each month and able to focus on  
special interest and group pages.

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Full time for an apt complex  
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bility for the desk. You  
can multi-task, you are  
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well with people and can  
follow direction, have  
great phone skills, great  
money skills, and handle  
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Part-time 2-3 days per  
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\*Please indicate wage  
preference.

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**King Crossword**

**ACROSS**  
1 Revue segments  
5 Navigation aid  
8 Milky stone  
12 Lummox  
13 Lummox  
14 Heap  
15 Captain Corcoran's ship  
17 Sufficient, old-style  
18 Traffic problem  
19 Analyzed the grammar  
21 Point  
24 Fond du Wis.  
25 Former frosh  
28 Smooch  
30 Scenery chewer  
33 Blackbird  
34 Pony or bean  
35 Tokyo's old name ...  
36 ... and its money  
37 Black  
38 Walked hard (on)  
39 Conk out  
41 Bigfoot's cousin  
43 Bleachers  
46 The end  
50 Ringlet  
51 Seal or walrus  
54 Theater trophy  
55 Wall climber

56 Dweeb  
57 Diplomacy  
58 Ball-bearing item?  
59 Zales merchandise

**DOWN**  
1 Much of Austria  
2 Neologize  
3 Albacore, e.g.  
4 Excessive formality  
5 Long March leader  
6 Springtime abbr.  
7 incubator noise  
8 Phantom's

hangout  
9 Midsized working dog  
10 Burn soother  
11 Lascivious  
16 Winter ailment  
20 As well  
22 Epidermis  
23 Ring site, sometimes  
25 "For instance, ..."  
26 Inseparable  
27 Like some odes  
29 Eye woe  
31 Big fuss  
32 Chic, to  
34 "The —

Piper"  
38 Ability to choose the perfect moment  
40 Bay  
42 Heavy weight  
43 Marching band member  
45 Expectorate  
47 Duel tool  
48 Bacterium  
49 Finds the total  
52 — Got a Secret!  
53 Comedian Louis

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**HERITAGE NEWSPAPERS**  
**Outside Sales Professional**  
News Herald is seeking a part time  
Outside Sales Professional. Responsibilities  
include sales, hard working, detailed  
oriented, and able to multi-task. Must meet  
sales goals each month and able to focus  
on existing and new business.  
Must be a team player.

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**NO PHONE CALLS PLEASE,**  
Send resume to:  
Heritage Newspapers  
Attn: Bill Clugston,  
New Business Manager  
One Heritage Place, Suite 100  
Southgate, MI 48195

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phone etiquette, hard working, detailed  
oriented, and able to multi-task. Must meet  
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special interest and group pages.

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Send resume to:  
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Attn: Bill Clugston,  
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**Bargain**  
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**\*Merchandise for Sale \$100 & less**

\*No more than 2 items per ad (each item must be priced under \$100)

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**FILL IN ONE WORD PER LINE**

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City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
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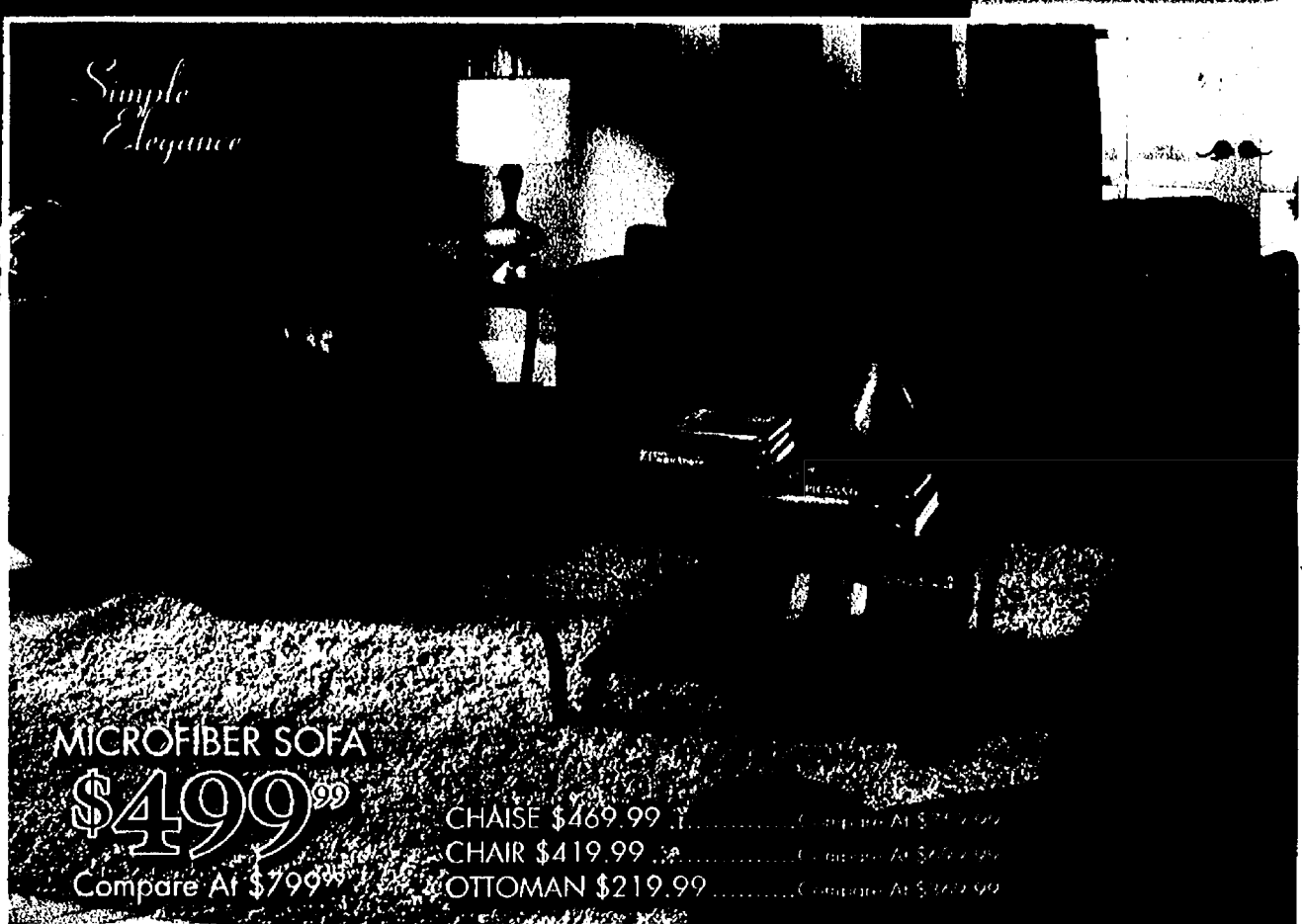
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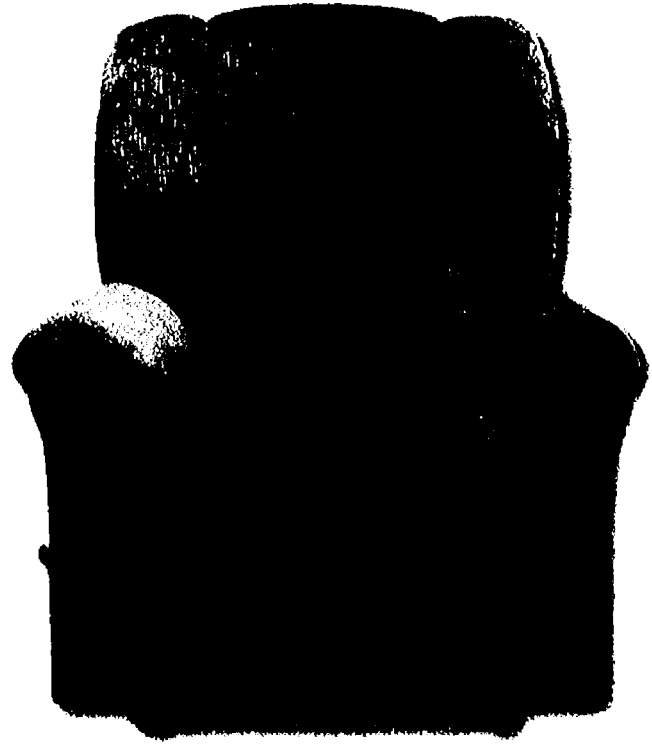
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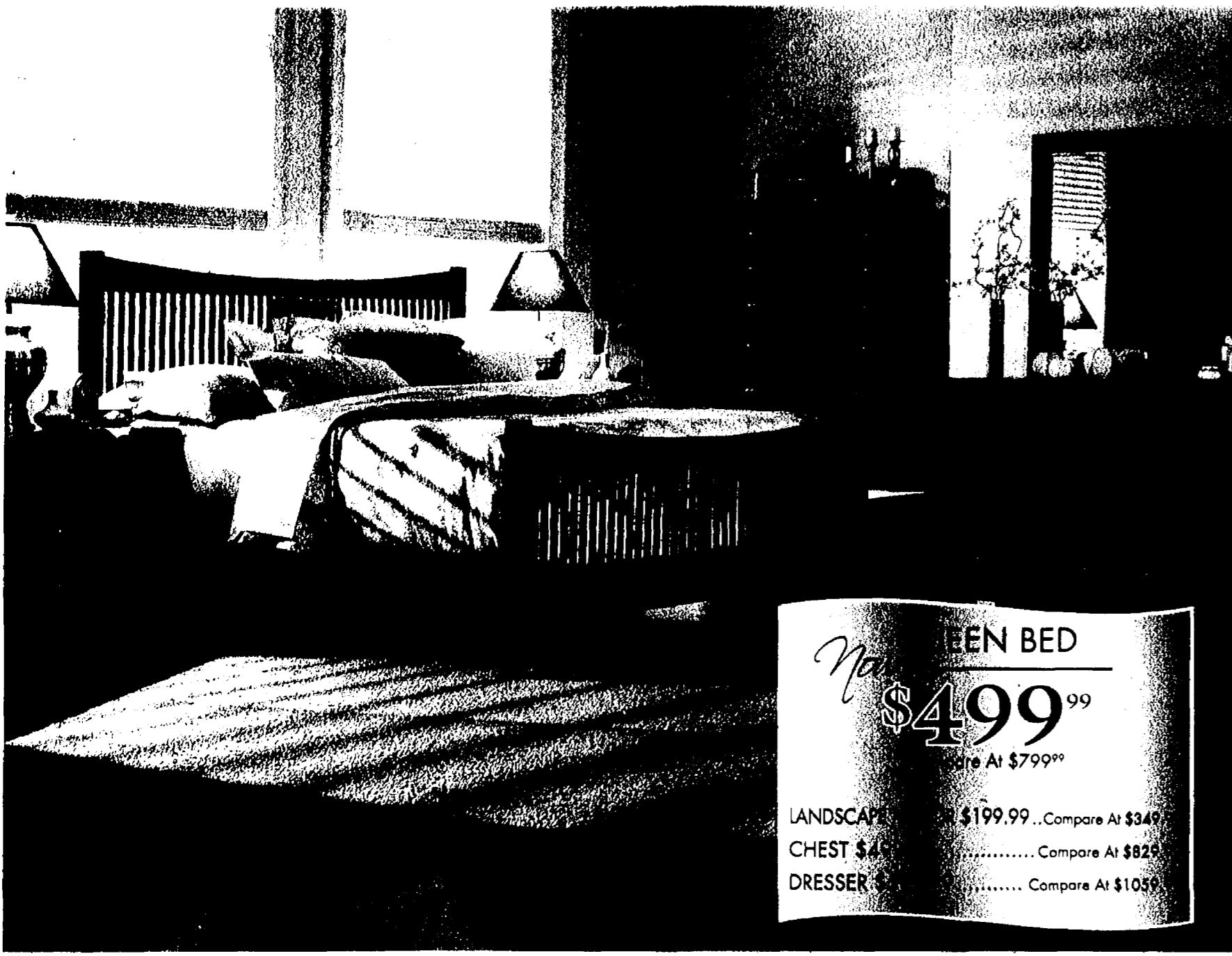


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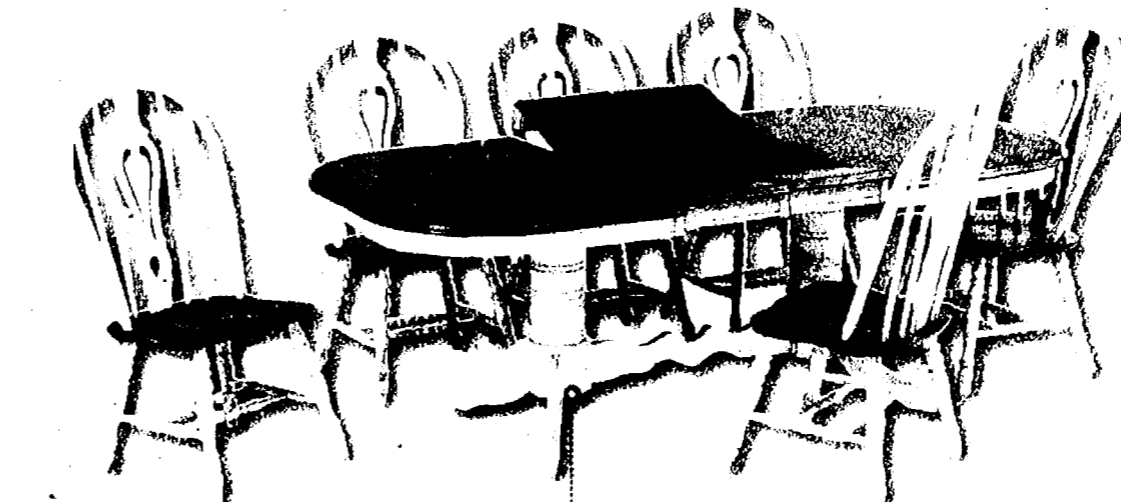


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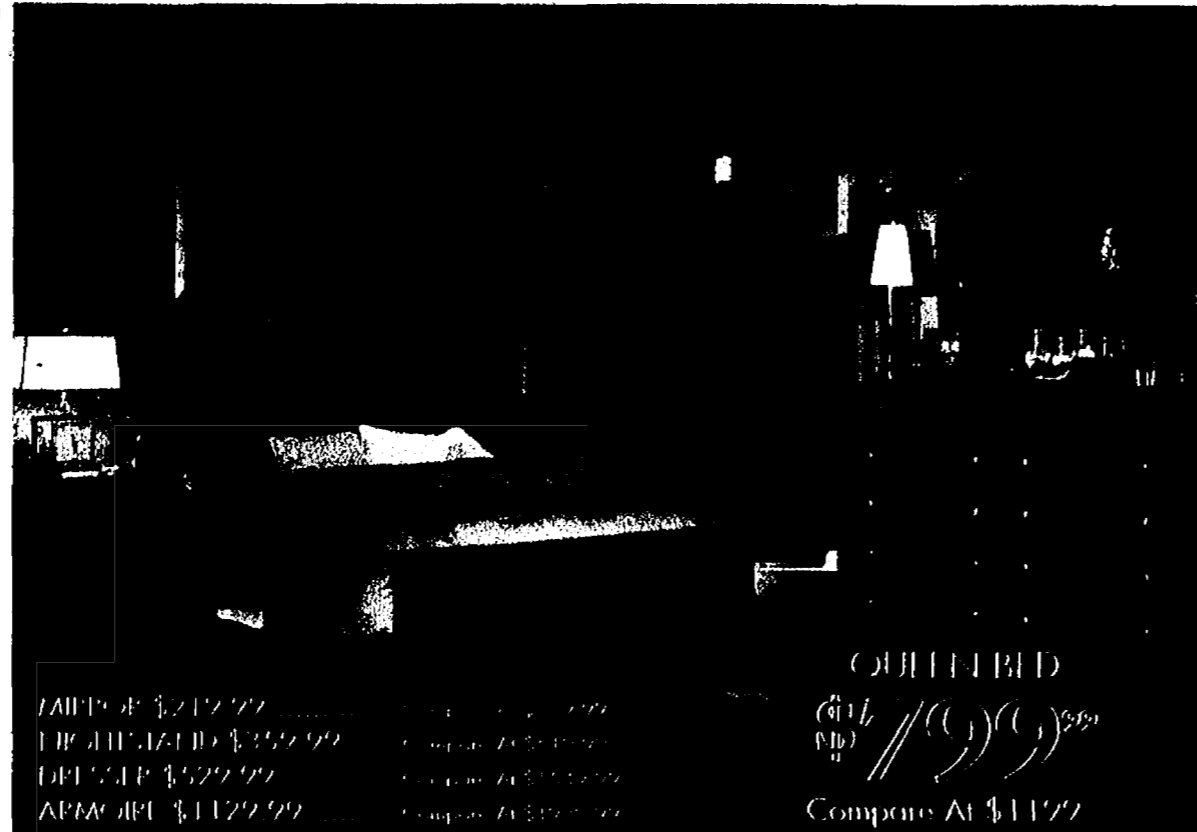


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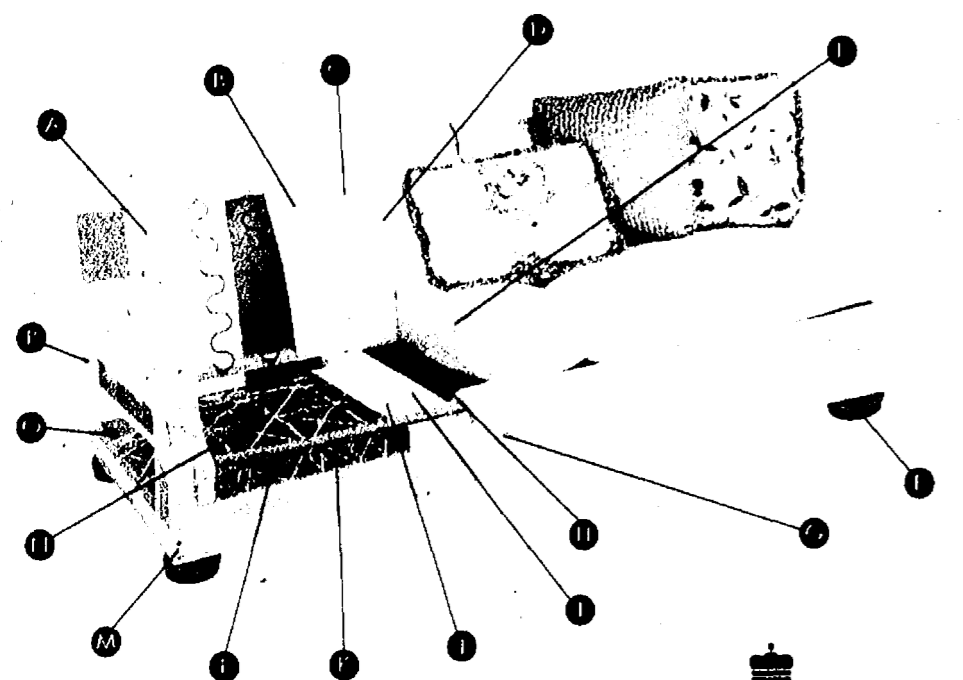
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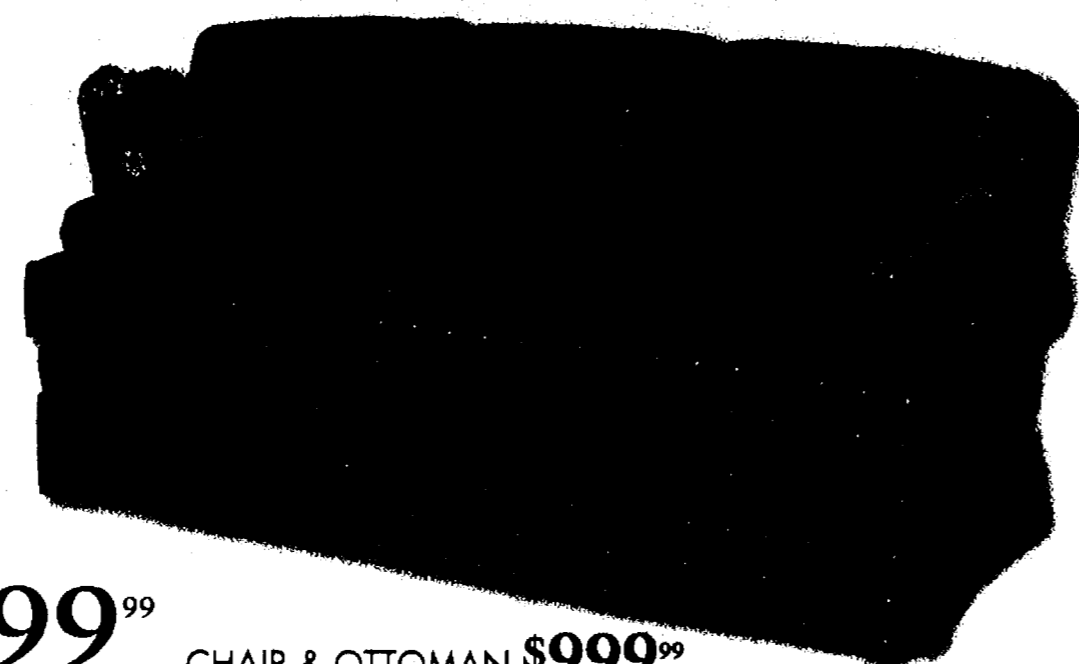
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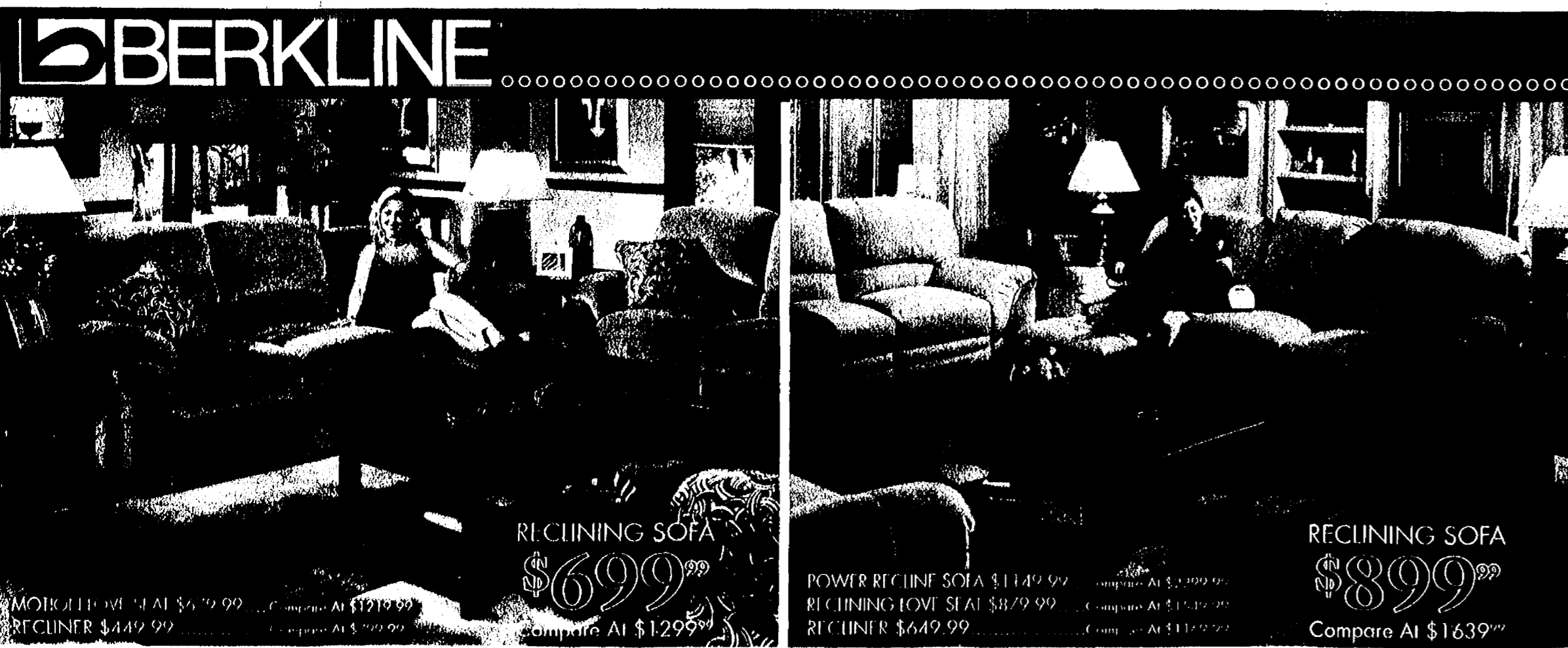
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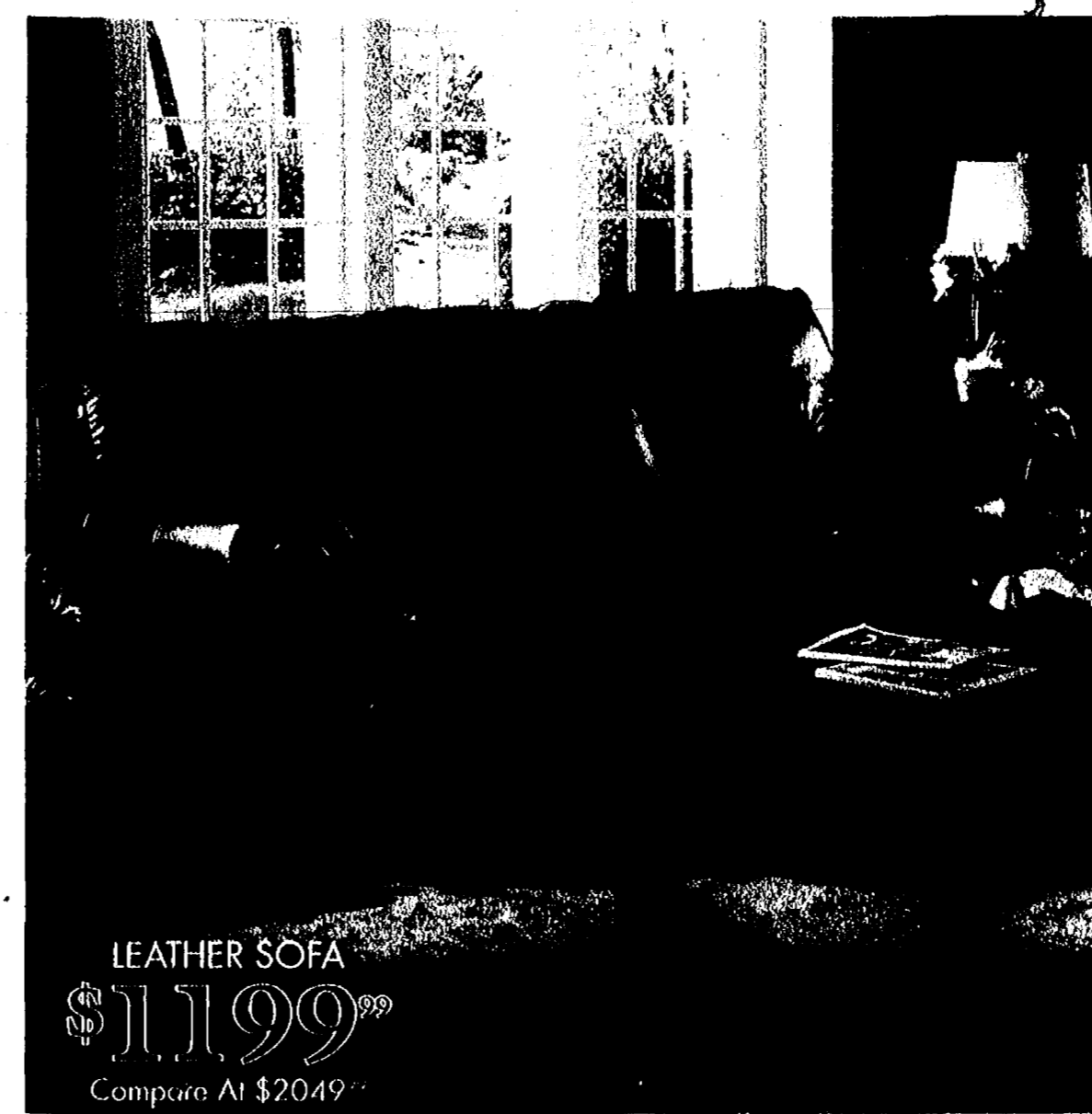
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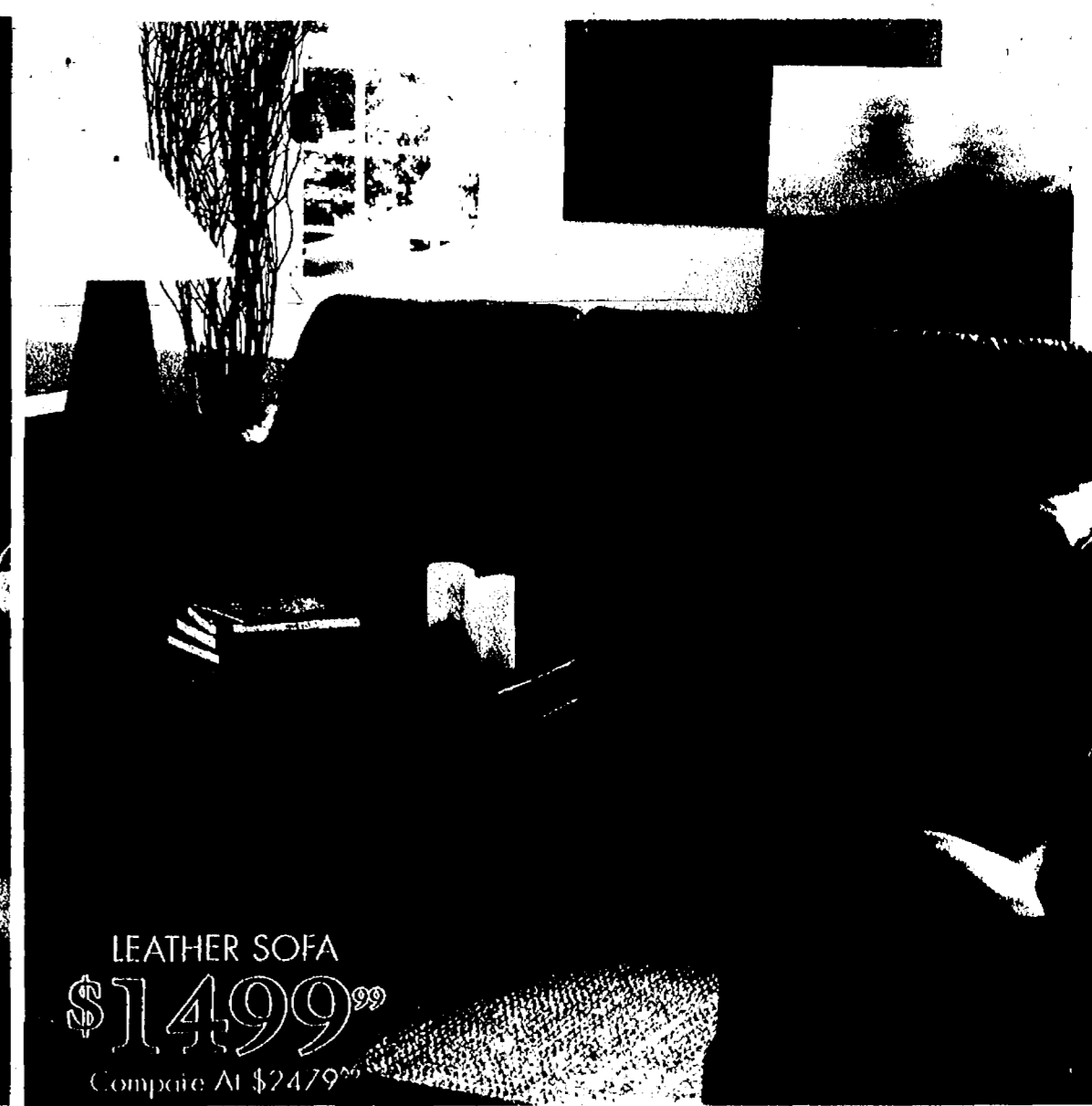
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\*With any purchase of a Serta Mattress \$699 or more

*Limited Time Offer!*

\*See store for details. Offer runs 12/26/07 - 02/29/08



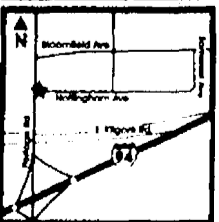
## MATTRESS CLOSEOUTS

AS-IS, DISCONTINUED, MISMATCHED, CLOSEOUT

Serta	AMBER NIGHT EUROTOP	<b>\$499<sup>99</sup></b> Queen Set
	AMBER NIGHT FIRM	<b>\$499<sup>99</sup></b> Queen Set
	AMBER NIGHT EUROTOP	<b>\$659<sup>99</sup></b> King Set

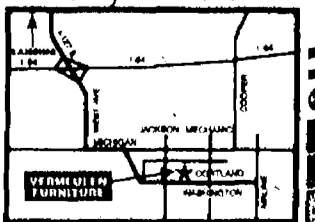
**Many more sets marked down at both locations - Only available while they last!**

**OPEN SUNDAY NOON - 4 PM**



269-344-6101  
4313 Portage St. Kalamazoo

*We Do Custom Draperies At Our Jackson Store!*



517-782-8208  
135 West Cortland, Jackson

V

Vermeulen's Home Furnishings

*You'll like the look...You'll love the price.*  
 Visit us on the Web Site! [www.vermeulenfurniture.com](http://www.vermeulenfurniture.com)



**OPEN:**

Mon & Fri.....10-9  
 Tues, Wed, Thurs & Sat.....10-5:30  
 Sunday.....Noon-4

\*With approved credit and a minimum purchase of \$1000 receive 18 months Free Financing. No Interest. No Payments and No Down Payment. Special orders require a 25% down payment. TempurPedic and Eschares items cannot be sold below MAP pricing. Merchandise photos may not represent actual colors in stock. © 2007 Knorr Marketing VERM 2310



SmartSource magazine

stop denying. start enjoying.



LEAN CUISINE Panini

HAWAIIAN walk & wellness ESCAPE

DO SOMETHING good FOR YOURSELF™

Enter to win a wellness escape at the Hyatt Regency Maui Resort and Spa. Visit LeanCuisine.com for details.

NO PURCHASE NECESSARY. PURCHASE WILL NOT INCREASE YOUR CHANCES OF WINNING. Subject to Official Rules. Open to legal residents of the 50 United States and D.C., 18 or older. Void where prohibited or restricted. To enter and for full Official Rules go to LeanCuisine.com. Limit 1 entry per person, per e-mail address for the Sweepstakes Period. Sweepstakes begins 1/4/08 and ends 12/31/08. Nestlé USA, Solon, OH 44139. Drawing date on or about 1/15/08. Odds of winning depend on number of eligible entries received. Prizes may be taken 9/21/08-9/27/08.

MANUFACTURER'S COUPON | EXPIRES 3/31/08 | LeanCuisine.com

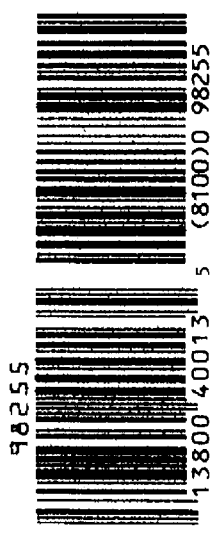
Over 90 varieties with NO PRESERVATIVES.



Save \$1.00

on any FIVE (5) LEAN CUISINE® varieties

Coupon valid if altered, copied, sold, purchased, transferred, exchanged or where prohibited or restricted by law. CONSUMER: Limit one coupon per specified item(s) purchased. This coupon good only on product sizes and varieties indicated. RETAILER: NESTLE USA will reimburse you face value plus 8¢, if submitted in compliance with NESTLE USA Manufacturer's Coupon Redemption Policy dated 10/1/05, available upon request. Consumer must pay sales tax. Good only in USA. Send coupons to NESTLE USA, CMS Dept. #00020, 1 Fawcett Drive, P.O. Box 78840, Dallas, TX 75278. Cash value 1/100¢. LEAN CUISINE® is a registered trademark of Société des Produits Nestlé S.A., Vevey, Switzerland.



5 13800 40013 5 (8100) 0 98255

\$75 Cashback Bonus®

More Cash

\$75 Cashback Bonus®

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MANUFACTURER'S COUPON | EXPIRES 3/30/08

**SAVE 50¢** on ONE (1)

LEAN POCKETS® brand, HOT POCKETS® brand, HOT POCKETS® brand CROISSANT crust,  
LEAN POCKETS® & HOT POCKETS® brand SUBS, HOT POCKETS® brand CALZONE  
Good on 8 oz. - 9 oz. packages



Coupon void if altered, copied, sold, purchased, transferred, exchanged or where prohibited or restricted by law. CONSUMER: Limit one coupon per specified item(s) purchased. This coupon good only on product sizes and varieties indicated. RETAILER: Nestlé Prepared Foods Company - Denver will reimburse you face value plus 8¢, if submitted in compliance with the Nestlé Prepared Foods Company - Denver Manufacturer's Coupon Redemption Policy dated 10/1/05, available upon request. Consumer must pay sales tax. Good only in USA. Send coupons to Nestlé Prepared Foods Company - Denver, CMS Dept. #43695, P.O. Box 00020, 1 Fawcett Drive, Del Rio, TX 78840. Cash value 1/20¢.

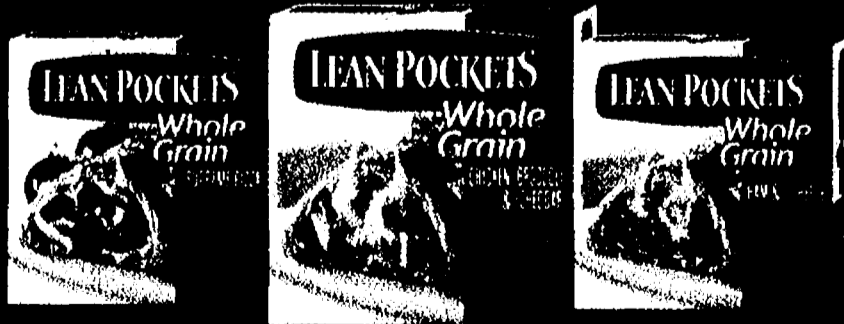


**Whole Grain on the Outside.**

**NEW!**



**Real Cheese on the Inside.**



Try all 7 Varieties of LEAN POCKETS® brand sandwiches with a Whole Grain Crust.



\$75 Cashback Bonus®

# DISCOVER FLAVORS THAT DELIGHT YOUR SENSES

Surprising variety and premium taste from Nescafé Taster's Choice.



tasterschoice.com

Manufacturer's Coupon Exp. Date 4/6/08 Nestleusa.com

## SAVE 30¢

when you purchase any  
5.3 oz or larger  
NESCAFÉ TASTER'S CHOICE™



Coupon void if altered, copied, sold, purchased, transferred, exchanged or where prohibited or restricted by law. CONSUMER: Limit one coupon per specified item(s) purchased. This coupon good only on product sizes and varieties indicated. RETAILER: NESTLÉ USA will reimburse you face value plus 8¢ if submitted in compliance with NESTLÉ USA Manufacturer's Coupon Redemption Policy dated 10/1/05, available upon request. Consumer must pay sales tax. Good only in USA. Send coupons to NESTLÉ USA, CMS Dept. #00020, 1 Fairwell Drive, Del Rio, Texas 78840. Cash value 1/20¢.

98374



5 28000 15050 6 (8100) 0 98374

## Do your kids deserve the very best?

100% juice and nothing less.

- 100% juice
- All natural ingredients
- No added sugars
- No artificial flavors or preservatives

Juicy Juice.  
The Very Best Juice for the Very Best Kids!™



juicyjuice.com

Manufacturer's Coupon Exp. Date 4/6/08 Nestleusa.com

## SAVE 50¢

when you buy any two (2) sizes of flavors of  
NESTLÉ JUICY JUICE, 100% JUICE  
or  
NESTLÉ JUICY JUICE,  
HARVEST SURPRISE™  
100% Fruit & Veggie Juice.



Coupon void if altered, copied, sold, purchased, transferred, exchanged or where prohibited or restricted by law. CONSUMER: Limit one coupon per specified item(s) purchased. This coupon good only on product sizes and varieties indicated. RETAILER: NESTLÉ USA will reimburse you face value plus 8¢ if submitted in compliance with NESTLÉ USA Manufacturer's Coupon Redemption Policy dated 10/1/05, available upon request. Consumer must pay sales tax. Good only in USA. Send coupons to NESTLÉ USA, CMS Dept. #00020, 1 Fairwell Drive, Del Rio, Texas 78840. Cash value 1/20¢.

98292

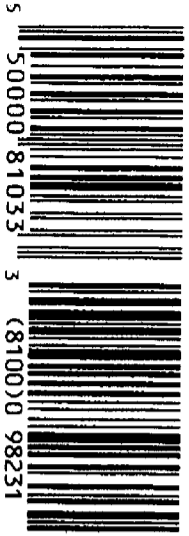


5 28000 31024 5 (8100) 0 98292

More Cash

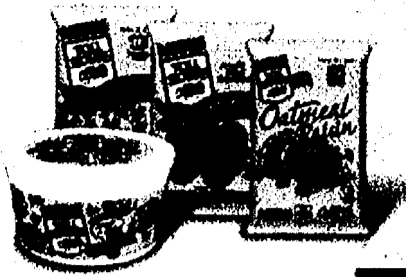
\$75 Cashback Bonus®

MANUFACTURER'S COUPON | EXPIRES 3/31/08 | VaryBestBaking.com



98231

# Save \$100



when you buy any TWO (2) packages of NESTLÉ® TOLL HOUSE® DOUGH PRODUCTS.



Coupon void if altered, copied, sold, purchased, transferred, exchanged or where prohibited or restricted by law. CONSUMER: Limit one coupon per specified item(s) purchased. This coupon good only on product sizes and varieties indicated. RETAILER: NESTLÉ USA will reimburse you face value plus 8%, if submitted in compliance with NESTLÉ USA Manufacturer's Coupon Redemption Policy dated 10/1/05, available upon request. Consumer must pay sales tax. Good only in USA. Send coupons to NESTLÉ USA, CMS Dept. #00020, 1 Fawcett Drive, Del Rio, TX 78840. Cash value 1/20¢. Unless otherwise noted, all trademarks are owned by Société des Produits Nestlé S.A., Vevey, Switzerland. Uprise and the Uprise logo are registered trademarks of Uprise, Inc. All rights reserved.

Also try  
**Oatmeal Raisin Cookies!**  
Another home-baked favorite.



So chewy, rich and chocolatey.

*Who could resist little brownie bites?*



Break, bake and enjoy  
**mini** Brownie Bites

BAKE THE VERY BEST.

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NESTLÉ  
Good Food. Good Life.

# BOOST<sup>®</sup> Nutritional Drink Glucose Control™

Great for People with Diabetes

BOOST<sup>®</sup> Glucose Control™ fits your lifestyle as a terrific anytime snack. Available in great-tasting Vanilla, Chocolate and Strawberry flavors.

- Clinically shown to help manage blood glucose levels<sup>1</sup>
- 16g of slow-digesting carbohydrates
- 16g of protein
- Only 4g of sugars per serving

<sup>1</sup>Oral Glucose Response Test — Novartis Nutrition 2006. Not to be used as a substitute for medication or insulin-regulating drugs.  
© 2007 Novartis Nutrition Corporation

EXPIRES 3/01/08

SAVE  
**\$1.25**

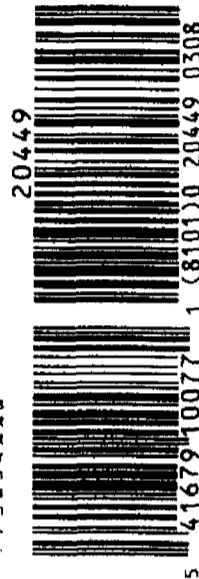


when you purchase ANY multipack of  
BOOST<sup>®</sup> Nutritional Energy Drink

Look for BOOST in the nutrition aisle

[www.boostgc.com](http://www.boostgc.com)

CONSUMER: This coupon good on any BOOST nutritional drink multipack. You pay any sales tax. This coupon is not valid for any product that is paid for in whole or in part by a government program. May not be reproduced. This offer is valid only in the 50 United States. This offer is not valid in Puerto Rico or other U.S. territories. Void if transferred to any person, firm or group prior to store redemption. RETAILER: You are authorized to act as our agent and redeem this coupon at face value on specified products. We will reimburse you for the face value of this coupon plus 8 cents if submitted in compliance with Novartis Nutrition Corporation Coupon Redemption Policy, incorporated herein by reference. Send coupons to: Coupon Redemption Center, P.O. Box 880170, El Paso, TX 88666-0170. Cash value 1/20 of 1 cent. Void where prohibited, taxed or restricted by law. ©2007 Novartis Nutrition Corporation, Minneapolis, MN 55440



\$75 Cashback Bonus<sup>®</sup>

Fortify your morning.



Look for our  
**NEW**  
plastic bottles!

MANUFACTURER'S COUPON  
EXPIRES 4/6/08  
[www.nestleusa.com](http://www.nestleusa.com)

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98303



SAVE  
**\$1.00**



WHEN YOU BUY ONE (1)  
CARNATION<sup>®</sup> INSTANT BREAKFAST<sup>®</sup> POWDER,  
ANY SIZE OR READY-TO-DRINK 4-PACK.

Essential nutrition for morning energy!  
2X the protein of an egg  
2X the calcium of yogurt\*  
21 ESSENTIAL vitamins  
and minerals per serving

[CIBc.com](http://CIBc.com)



More Cash

\$75 Cashback Bonus<sup>®</sup>

# Joint Juice

Dietary Supplement

## HYDRATE YOUR JOINTS!

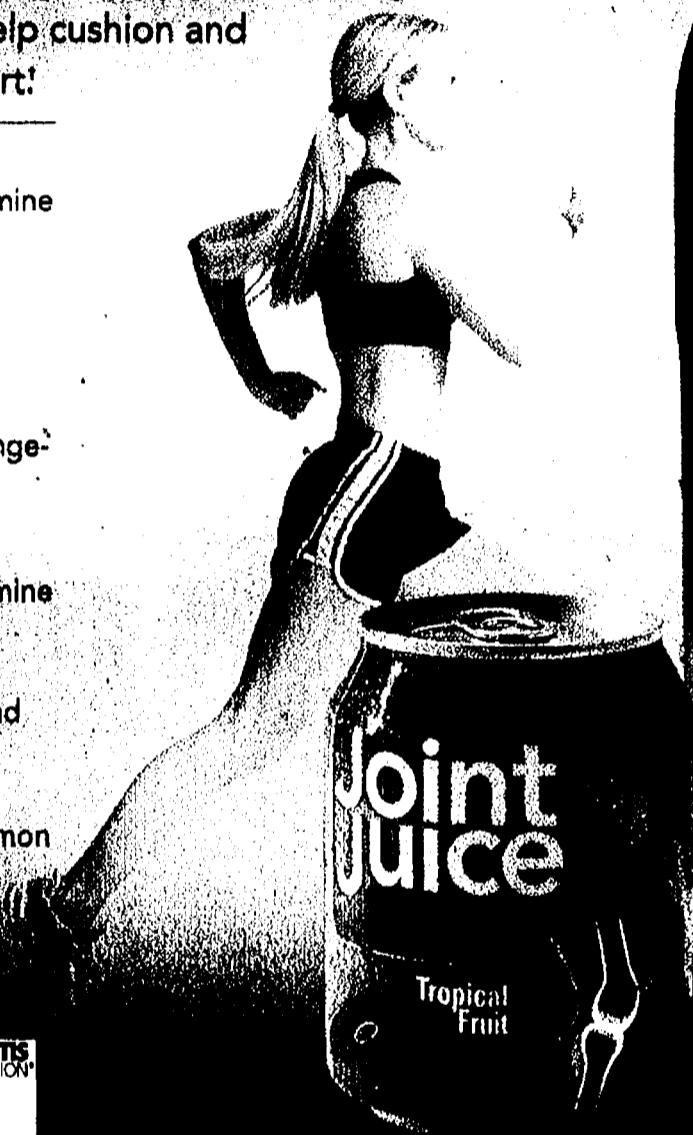
Cartilage, your joints' natural shock absorber, loses water over time and could use some hydration to keep working like it should. **Joint Juice** and **Joint Juice Fitness** are packed with a full day's supply of 1500mg of **Glucosamine** to help cushion and deliver joint comfort!

### Joint Juice

- 1500mg of Glucosamine in every can
- 10% juice and lightly carbonated
- 60mg of vitamin C
- 30 calories
- Tropical Fruit & Orange-Tangerine flavors

### Joint Juice Fitness

- 1500mg of Glucosamine in every bottle
- Lightly sweetened
- Essential vitamins and electrolytes
- 10 calories
- Kiwi Strawberry, Lemon & Berry flavors



PROUD SPONSOR of the



Joint Juice is proud to support the Arthritis Foundation's efforts to help people take control of arthritis.

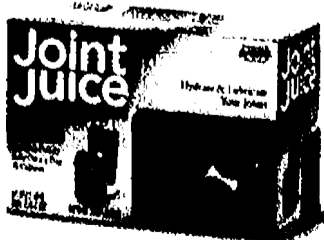
For information about arthritis, contact the Foundation at 800-568-4045 or www.arthritis.org

† The statements made have not been evaluated by the Food and Drug Administration. The product featured is not intended to diagnose, treat, cure, or prevent any disease. ©2007 Joint Juice

MANUFACTURER'S COUPON | EXPIRES 04/06/08

# SAVE \$1.00

On any Joint Juice product



Coupon void if altered, copied, sold, purchased, transferred, exchanged or where prohibited or restricted by law. **CONSUMER:** Limit one coupon per specified item(s) purchased. This coupon good only on product sizes and varieties indicated. **RETAILER:** Joint Juice, Inc. will reimburse you face value plus 8¢, if submitted in compliance with Joint Juice, Inc. Manufacturer's Coupon Redemption Policy dated 10/1/05, available upon request. Consumer must pay sales tax. Good only in USA. Send coupons to Joint Juice, Inc., CMS Dept. #00020, 1 Fawcett Drive, Del Rio, Texas 78840. Cash value 1/20¢.



5 80214 10076 0 (8100)0 98324

# Start the New Year with Savings!



\$75 Cashback Bonus®

More Cash

\$75 Cashback Bonus®

**\$2.00**

was \$2.49

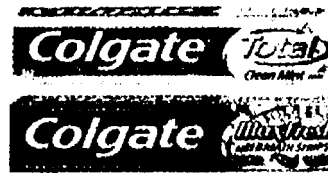
Colgate®  
Active Angle  
Toothbrush



**\$2.00**

was \$2.52

Colgate®  
Total 6 oz.  
or Colgate®  
Max Fresh®  
Toothpaste



**Rollback**

**\$2.97**

was \$3.62

Mens Speed  
Stick 24/7  
Antiperspirant



**Rollback**

**\$4.97**

was \$5.44

Softsoap® BRAND  
Liquid Hand  
Soap Refill  
80 oz.



**2 for \$6**

was \$3.67

Irish Spring®  
Body Wash  
or Bar Soap  
8 pack



**Rollback**

**\$3.97**

was \$4.97

Suavitel  
Ultra  
60 oz.



**WAL★MART**

Save money.

**GET YOUR IMMUNE SYSTEM  
BACK IN SHAPE TOO.**

**#1 Best  
Seller**



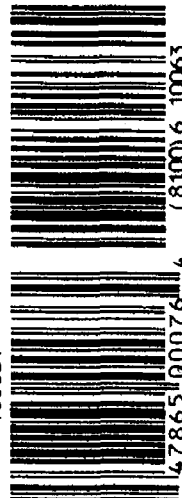
Make a resolution for a healthy immune system.  
Trust the original. Take Airborne®. The one created by  
a school teacher and trusted by millions.

\*Based on sales of immune support supplements. IRI, 10/7/07

MANUFACTURER'S COUPON EXP. 2/28/08

**SAVE  
\$1.00**

On your next purchase of  
ANY Airborne® formula.



100631

RETAILER: Send to Airborne, Inc.,  
PO Box 850430, El Paso, Texas  
88588-0430. You will be  
reimbursed the face value of this  
coupon, plus 8¢ 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  
1/20¢. ONE COUPON PER  
PURCHASE. © 2007 Airborne, Inc.  
All Rights Reserved.

**THE LITTLE SPRAY  
THAT'S  
A BIG SHOT  
OF RELIEF.**

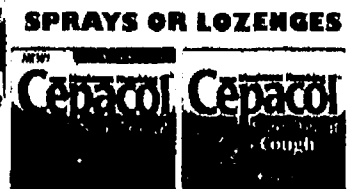


OLD-FASHIONED SPRAYS NEED FIVE...

**CĒPACOL® KNOCKS DOWN SORE THROAT PAIN IN JUST ONE SHOT.**

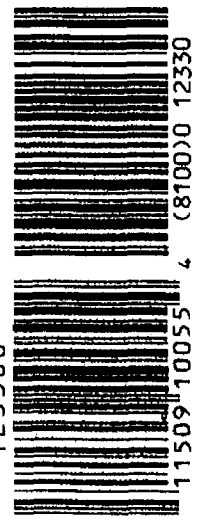
MANUFACTURER'S COUPON EXPIRES 3/31/08

**SAVE 55¢**  
ON THE  
PAIN-NUMBING  
POWER OF  
**Cēpacol®**



CONSUMER: Only one coupon is  
redeemable per purchase and only  
on one of the products indicated.  
Any other use constitutes fraud.  
You pay any sales tax. May not  
be reproduced, bought, sold or  
transferred. Valid only in USA.  
RETAILER: COMBE INCORPORATED  
will reimburse you for the face  
value plus 8¢ handling if submitted  
in compliance with COMBE's  
Coupon Redemption Policy  
incorporated herein by reference.  
We may request satisfactory proof  
of sale. For copy of policy and/or  
coupon redemption, send to:  
COMBE INCORPORATED,  
PO Box 880367, El Paso, TX  
88588-0367. Cash value 1/20¢.  
Void where prohibited, taxed or  
restricted by law. Not valid  
on trial size.

COMBE INCORPORATED



123300

5 11509 10055 4 (8100) 0 12330

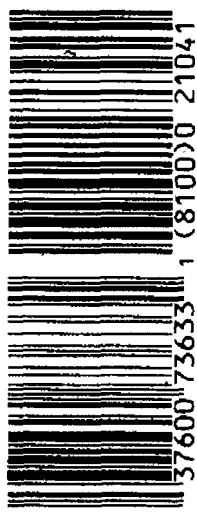
MANUFACTURER COUPON

EXPIRES 03/30/08

**\$1.00 off**

when you buy any two (2) packages of **HORMEL® NATURAL CHOICE® Deli Meat**

CONSUMER: Limit one coupon per purchase of specified product(s). Cash value 1/40¢. Coupon not transferable. Reproduction of coupon is prohibited.  
RETAILER: Hormel Foods Sales, LLC will reimburse you for the face value of the coupon plus 8¢ handling if submitted in compliance with Hormel Foods' Redemption Policy. Any other use constitutes fraud. Consumer must pay any sales tax. Coupons not properly redeemed will be voided. Void where prohibited. Mail to Hormel Foods, Dept. 37600, 1 Fawcett Drive, Del Rio, TX 78840.



5 37600 73633 1 (8100) 0 21041

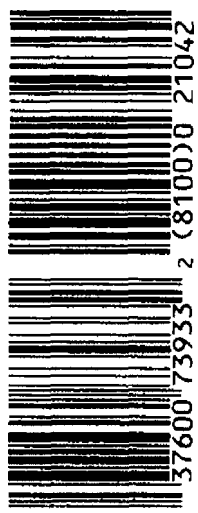
MANUFACTURER COUPON

EXPIRES 03/30/08

**\$1.00 off**

when you buy any two (2) packages of **HORMEL® NATURAL CHOICE™ Chicken Strips**

CONSUMER: Limit one coupon per purchase of specified product(s). Cash value 1/40¢. Coupon not transferable. Reproduction of coupon is prohibited.  
RETAILER: Hormel Foods Sales, LLC will reimburse you for the face value of the coupon plus 8¢ handling if submitted in compliance with Hormel Foods' Redemption Policy. Any other use constitutes fraud. Consumer must pay any sales tax. Coupons not properly redeemed will be voided. Void where prohibited. Mail to Hormel Foods, Dept. 37600, 1 Fawcett Drive, Del Rio, TX 78840.



5 37600 73933 2 (8100) 0 21042

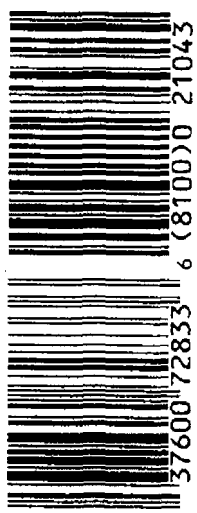
MANUFACTURER COUPON

EXPIRES 03/30/08

**\$1.00 off**

when you buy any two (2) packages of **HORMEL® NATURAL CHOICE™ Bacon**

CONSUMER: Limit one coupon per purchase of specified product(s). Cash value 1/40¢. Coupon not transferable. Reproduction of coupon is prohibited.  
RETAILER: Hormel Foods Sales, LLC will reimburse you for the face value of the coupon plus 8¢ handling if submitted in compliance with Hormel Foods' Redemption Policy. Any other use constitutes fraud. Consumer must pay any sales tax. Coupons not properly redeemed will be voided. Void where prohibited. Mail to Hormel Foods, Dept. 37600, 1 Fawcett Drive, Del Rio, TX 78840.



5 37600 72833 6 (8100) 0 21043

**\$75 Cashback Bonus®**

**Ingredients:**

Something, something, something, something,  
something, something, something, something,  
something, something, something, something,  
something, something, something, something,  
something, something, something, something.

or



Serving Suggestion

**SOMETHING GREAT**

Why settle for preservative-filled somethings?

- 100% Natural
- No Preservatives
- No Nitrates or Nitrites Added



Create something great.™

More Cash

**\$75 Cashback Bonus®**



INTRODUCING

# HEALTHZONE 365

From the brands you know and trust ←



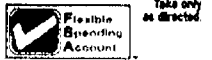
Use only as directed.

McNEIL-PPC, Inc. 2008. TYLENOL®, MOTRIN®, ST. JOSEPH® 81mg and SUDAFED® are brands and trademarks of McNeil Consumer Healthcare, Division of McNEIL-PPC, Inc.

MANUFACTURER'S COUPON EXPIRES 3/31/2008

## Save \$1.00

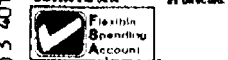
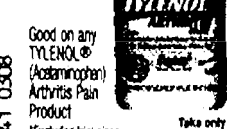
Good on any TYLENOL® (Acetaminophen) Product  
\*Excludes trial sizes



This coupon good only on purchase of product indicated. Any other use constitutes fraud. COUPON CANNOT BE BOUGHT, TRANSFERRED OR SOLD. LIMIT - ONE COUPON PER PURCHASE. VOID IF TAXED, RESTRICTED OR PROHIBITED BY LAW. To the RETAILER: McNeil Consumer Healthcare, Division of McNEIL-PPC, Inc. will reimburse you for the face value of this coupon plus 8¢ if submitted in compliance with McNeil Consumer Healthcare, Division of McNEIL-PPC, Inc. Coupon Redemption Policy and incorporated herein by reference. Cash value 1/20th of one cent. Send coupons to McNeil Consumer Healthcare, Division of McNEIL-PPC, Inc. CMS Department 00045, 1 Fawcett Drive, Del Rio, TX 78840. ©McNEIL-PPC, Inc. 2008

MANUFACTURER'S COUPON EXPIRES 3/31/2008

## Save \$1.00



This coupon good only on purchase of product indicated. Any other use constitutes fraud. COUPON CANNOT BE BOUGHT, TRANSFERRED OR SOLD. LIMIT - ONE COUPON PER PURCHASE. VOID IF TAXED, RESTRICTED OR PROHIBITED BY LAW. To the RETAILER: McNeil Consumer Healthcare, Division of McNEIL-PPC, Inc. will reimburse you for the face value of this coupon plus 8¢ if submitted in compliance with McNeil Consumer Healthcare, Division of McNEIL-PPC, Inc. Coupon Redemption Policy and incorporated herein by reference. Cash value 1/20th of one cent. Send coupons to McNeil Consumer Healthcare, Division of McNEIL-PPC, Inc. CMS Department 00045, 1 Fawcett Drive, Del Rio, TX 78840. ©McNEIL-PPC, Inc. 2008

MANUFACTURER'S COUPON EXPIRES 3/31/2008

## Save \$1.00

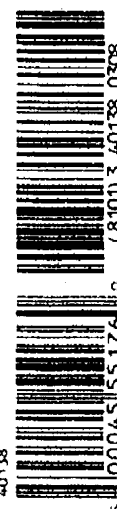


This coupon good only on purchase of product indicated. Any other use constitutes fraud. COUPON CANNOT BE BOUGHT, TRANSFERRED OR SOLD. LIMIT - ONE COUPON PER PURCHASE. VOID IF TAXED, RESTRICTED OR PROHIBITED BY LAW. To the RETAILER: McNeil Consumer Healthcare, Division of McNEIL-PPC, Inc. will reimburse you for the face value of this coupon plus 8¢ if submitted in compliance with McNeil Consumer Healthcare, Division of McNEIL-PPC, Inc. Coupon Redemption Policy and incorporated herein by reference. Cash value 1/20th of one cent. Send coupons to McNeil Consumer Healthcare, Division of McNEIL-PPC, Inc. CMS Department 00045, 1 Fawcett Drive, Del Rio, TX 78840. ©McNEIL-PPC, Inc. 2008

MANUFACTURER'S COUPON EXPIRES 3/31/2008

## Save \$1.00

Good on any ST. JOSEPH® 81mg Product  
\*Excludes trial sizes



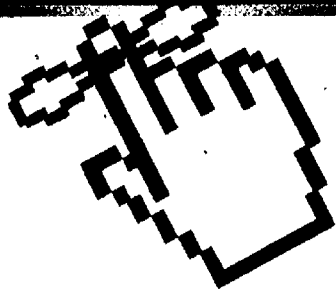
This coupon good only on purchase of product indicated. Any other use constitutes fraud. COUPON CANNOT BE BOUGHT, TRANSFERRED OR SOLD. LIMIT - ONE COUPON PER PURCHASE. VOID IF TAXED, RESTRICTED OR PROHIBITED BY LAW. To the RETAILER: McNeil Consumer Healthcare, Division of McNEIL-PPC, Inc. will reimburse you for the face value of this coupon plus 8¢ if submitted in compliance with McNeil Consumer Healthcare, Division of McNEIL-PPC, Inc. Coupon Redemption Policy and incorporated herein by reference. Cash value 1/20th of one cent. Send coupons to McNeil Consumer Healthcare, Division of McNEIL-PPC, Inc. CMS Department 00045, 1 Fawcett Drive, Del Rio, TX 78840. ©McNEIL-PPC, Inc. 2008

# GET THE DOWNLOAD TO HEALTH INFORMATION, 365 DAYS A YEAR!

ONLINE SAVINGS on Trusted Products

Reminders & Tips for Feeling Your Best

Enter ONLINE for GREAT PRIZES!



Enter for a chance to

# WIN A SPA WEEKEND GETAWAY!

## REGISTER @

### WWW.HEALTHZONE365.COM

No purchase necessary. Void where prohibited. Open to legal residents of 50 US States, including the District Columbia, who are 18 or older or age of legal majority in your state at the time of entry. The HealthZone365 sweepstakes is sponsored by McNeil Consumer Healthcare, Division of McNEIL-PPC, Inc. For official rules visit [www.healthzone365.com](http://www.healthzone365.com). Starts January 4, 2008 and ends on March 31, 2008. Excludes Medicaid/Medicare recipients.

\$75 Cashback Bonus®

More Cash

\$75 Cashback Bonus®



MANUFACTURER'S COUPON EXPIRES 3/31/2008

## Save \$1.00



Good on any **TYLENOL® Cold** (Acetaminophen) Cough and Sore Throat Product. \*Excludes trial sizes.

Flexible Spending Account

This coupon good only on purchase of product indicated. Any other use constitutes fraud. COUPON CANNOT BE BOUGHT, TRANSFERRED OR SOLD. LIMIT - ONE COUPON PER PURCHASE. VOID IF TAXED, RESTRICTED OR PROHIBITED BY LAW. To the RETAILER: McNeil Consumer Healthcare, Division of McNEIL-PPC, Inc. will reimburse you for the face value of this coupon plus be if submitted in compliance with McNeil Consumer Healthcare, Division of McNEIL-PPC, Inc. Coupon Redemption Policy and incorporated herein by reference. Cash value 1/20th of one cent. Send coupons to McNeil Consumer Healthcare, Division of McNEIL-PPC, Inc. CMS Department 0004S, 1 Fawcett Drive, Del Rio, TX 78840. ©McNEIL-PPC, Inc. 2008

MANUFACTURER'S COUPON EXPIRES 3/31/2008

## Save \$1.00



Good on any **TYLENOL® Sinus** Product. \*Excludes trial sizes.

Flexible Spending Account

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MANUFACTURER'S COUPON EXPIRES 3/31/2008

## Save \$2.50



Good on any **Children's TYLENOL® (Acetaminophen) Liquid** and **Children's MOTRIN® (Ibuprofen) Liquid**. \*Excludes trial sizes.

Flexible Spending Account

This coupon good only on purchase of product indicated. Any other use constitutes fraud. COUPON CANNOT BE BOUGHT, TRANSFERRED OR SOLD. LIMIT - ONE COUPON PER PURCHASE. VOID IF TAXED, RESTRICTED OR PROHIBITED BY LAW. To the RETAILER: McNeil Consumer Healthcare, Division of McNEIL-PPC, Inc. will reimburse you for the face value of this coupon plus be if submitted in compliance with McNeil Consumer Healthcare, Division of McNEIL-PPC, Inc. Coupon Redemption Policy and incorporated herein by reference. Cash value 1/20th of one cent. Send coupons to McNeil Consumer Healthcare, Division of McNEIL-PPC, Inc. CMS Department 0004S, 1 Fawcett Drive, Del Rio, TX 78840. ©McNEIL-PPC, Inc. 2008

MANUFACTURER'S COUPON EXPIRES 3/31/2008

## Save \$1.00



Good on any **SUDAFED PE® Product**. \*Excludes trial sizes.

Flexible Spending Account

CONSUMER: Limit one coupon per purchase specified. Any other use constitutes fraud. Void if copied, transferred or expired.

RETAILER: We will pay you for the face value of this coupon, plus be handling, if submitted in compliance with the McNEIL Consumer Healthcare, Division of McNEIL-PPC, Inc. Coupon Redemption Policy available upon request. Void where prohibited, taxed or restricted by law. Cash value 1/100th. Mail coupons to McNEIL Consumer Healthcare, Division of McNEIL-PPC, Inc., P.O. Box #880142, El Paso, TX 78588-0142. Expires 3/31/2008. For questions regarding this coupon, call 1-800-648-0027. ©McNEIL-PPC, Inc. 2007

MANUFACTURER COUPON EXPIRES 3/31/89

# Buy 1, Get 1 Free

Free REESE'S WHIPPS™  
1.9 oz. Bar when you buy one  
REESE'S WHIPPS™ 1.9 oz. Bar



14013



5 34000 11114 0 (8100) 0 14013



RETAIL PRICE PAID  
(MAX. VALUE 75¢)

Coupon printed on newspaper  
must be glossy paper.  
Do not copy.

RETAILER: PLEASE ENTER THE PURCHASE PRICE OF THE SPECIFIED PRODUCT OBTAINED WITH THIS COUPON IN THE AREA PROVIDED. We will redeem coupon for the amount specified as the shelf price, provided this price does not exceed a reasonable price, plus 8¢ handling if submitted in compliance with Hershey's redemption policy incorporated herein by reference. Customer pays any sales tax. Void if reproduced, transferred, auctioned or where prohibited by law. Good only in the USA. Cash value 1/20¢. Retailer mail coupon to: The Hershey Company, CMS Department #34000, One Fawcett Drive, Del Rio, TX 78840. LIMIT ONE COUPON PER PURCHASE.

# 40% LESS FAT\*

# TRY NEW!

# Reese's Whipp's™

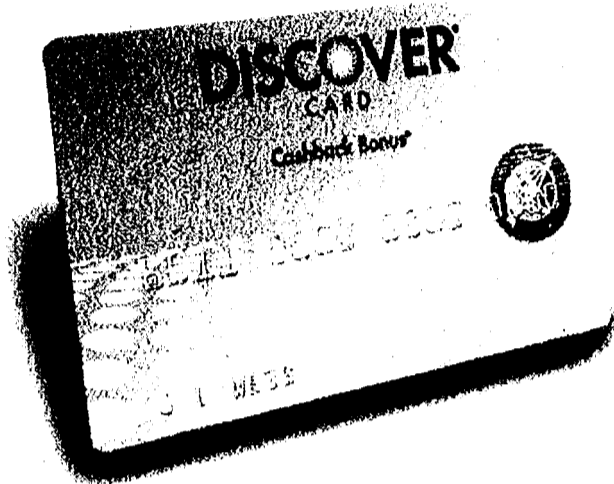
Smooth Milk Chocolate

Creamy Peanut Butter Candy

Fluffy Peanut Butter  
Flavored Nougat



More<sup>SM</sup> Ways to Earn  
**More Cash**  
 Than Anyone Else<sup>SM</sup>



**Earn 5% Cashback Bonus<sup>SM</sup>\* with the Discover<sup>SM</sup> More<sup>SM</sup> Card**

- 5% Cashback Bonus in categories like travel, home, apparel, gas, restaurants, movies and more
- 5% to 20% Cashback Bonus at top retailers through our exclusive online shopping site
- Up to 1% unlimited Cashback Bonus on all other purchases<sup>†</sup>

**Unbeatable Rate**

- 3.9% APR on balance transfers until January 2010<sup>\*\*</sup>

**Comes with Platinum Benefits and No Annual Fee!**

Discover<sup>SM</sup> More<sup>SM</sup> Card

**\$75**  
**Cashback Bonus<sup>SM</sup>**  
 when you make \$500  
 in purchases

---

**3.9%**  
 APR<sup>\*\*</sup>  
 until **2010**

---

**5%**  
**Cashback Bonus<sup>SM</sup>\***

**APPLY  
 NOW!**



**apply.Discovercard.com**



**1-800-210-9022**

Invitation Code: DAFJ

\* Earn unlimited cash rewards on all purchases. Earn a full 5% Cashback Bonus on purchases throughout the year by participating in each Get More program. In addition, earn a full 1% on all other purchases after your total annual purchases exceed \$3,000; other purchases that are part of your first \$1,500 earn 2.5% and other purchases that are part of your second \$1,500 earn 50%. Warehouse purchases (those made at select warehouse clubs, discount stores and their affiliates) earn 2.5%. We do not include warehouse purchases or Get More program purchases (up to the dollar limit specified in each applicable program) in calculating your total annual purchases to determine your tier level. Rewards are redeemable in \$20 increments. \$75 Cashback Bonus offer: Get a \$75 Cashback Bonus when you're approved by April 6, 2008 and make \$500 in purchases with your Card within 3 months of being approved. Promotional reward will be applied within 8 weeks. This promotional reward is in addition to Cashback Bonus earned on all purchases. Full terms and conditions will be sent with your Card.

\*\* Balance Transfer APR is 3.9% until the last day of the billing period ending during January, 2010. Standard purchase APR: 13.99%. Cash APR: 23.99%. Default APR: up to 28.99%. Min. financing: \$50. Cash transaction fee: 3%, min. \$5. Balance transfer fee: 3%, min. \$10. Rates as of November 1, 2007.

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**\$75 Cashback Bonus<sup>SM</sup>**

**More Ways to Earn More Cash**

**\$75 Cashback Bonus<sup>SM</sup>**

THIS COLD AND FLU SEASON...

**TRY US FREE!\***

**NEW!**



Just brush it on to stop the pain/burning and let the healing begin!

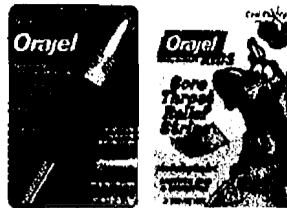


Soothes pain and irritation of your child's sore throat!

\*Free offer for Orajel Cold Sore Brush or Orajel Kids Sore Throat Relief Strips, based on \$1 instant coupon, rebate of up to \$7.00, and purchase price of \$8.00 or less.

MANUFACTURER'S COUPON EXPIRES 4/30/08

**SAVE \$1.00 NOW**



off your next purchase of one ORAJEL COLD SORE BRUSH, OR ORAJEL SORE THROAT RELIEF STRIPS, OR ORAJEL TOOTH DESENSITIZER, OR ANY ORAJEL PRODUCT.

Void if altered, copied, sold, purchased, transferred, exchanged or where prohibited or restricted by law. One coupon per purchase of specified product(s). Good only in the U.S.A., Puerto Rico, Guam, U.S. Virgin Islands, and U.S. military bases overseas. CONSUMER: No other coupon may be used with this coupon. Consumer pays any sales tax. RETAILER: Del Laboratories will reimburse you the face value of this coupon plus 8¢ if submitted in compliance with our coupon redemption policy. Copy available upon request. Cash value 1/100 cent. Send to: DEL PHARMACEUTICALS, INC., P.O. Box 880368 El Paso, TX 88588-0368

107759



5 10310 31076 3 (8100)3 10775

**SAVE UP TO \$7.00 BY MAIL**

**TO RECEIVE UP TO A \$7.00 CASH REFUND ON ORAJEL COLD SORE BRUSH, OR ORAJEL KIDS SORE THROAT RELIEF STRIPS ONLY, SEND:**

- 1 Your name, address, city, state, and zip code
- 2 The UPC code proof of purchase from the Orajel Cold Sore Brush or Orajel Kids Sore Throat Relief Strips.
- 3 Dated cash register receipt with the Orajel Cold Sore Brush or Orajel Kids Sore Throat Relief Strips item price circled. The refund will not exceed the purchase price.

Mail to: Orajel® January 2008 \$7.00 Rebate Offer, c/o Best Marketing Inc., P.O. Box 180779, Casselberry, FL 32718

Limit one refund per name, family, address, group, or organization. Offer void where taxed, restricted, or prohibited by law. Offer good only in the U.S.A., Puerto Rico, or the Virgin Islands. Allow 6-8 weeks for delivery. No facsimiles accepted. EXPIRES 4/30/08

Proven to reduce cholesterol\*  
Proven to turn unhealthy fats



At The Table  
A delicious, heart healthy alternative to butter or margarine.

MANUFACTURER'S COUPON EXPIRES 04/07/08

**save \$1.00**

on any one BENECOL® Spread. (in the dairy case.)

This coupon good only on purchase of product indicated. Any other use constitutes fraud. COUPON CANNOT BE BOUGHT, TRANSFERRED OR SOLD. LIMIT - ONE COUPON PER PURCHASE. VOID IF TAXED, RESTRICTED OR PROHIBITED BY LAW. To the Retailer: McNeil Nutritionals, LLC will reimburse you for the face value of this coupon plus 8¢ if submitted in compliance with McNeil Nutritionals, LLC Coupon Redemption Policy and incorporated herein by reference. Cash value 1/20th of one cent. Send coupons to McNeil Nutritionals, LLC, CMS Department 00045, 1 Fawcett Drive, Del Rio, TX 78840. © McNeil Nutritionals, LLC 2008



40177

(8101) 3 40177 0408

0004541176 17

**On The Go**  
Individually wrapped delicious caramel chews, perfect to enjoy any time.

**Save \$5.00**

on your ONLINE PURCHASE of any one BENECOL® Smart Chews Product.

Enter this coupon code at checkout:

**BENECOL5**

Only available for purchase ONLINE at [benecolusa.com/chews](http://benecolusa.com/chews).



The ingredients in Benecol® Spread and Smart Chews are plant sterols. Two to three delicious servings a day with meals, providing at least 1.4g of plant sterols a day, may reduce the risk of heart disease, as part of a diet low in saturated fat and cholesterol. A serving of BENECOL® Spread or Smart Chews contains 0.35g plant sterols.

Why chew a few TUMS...



When 1 Pepcid Complete will do?



Chew just 1 Pepcid Complete for all-day heartburn relief. Or you could be chewing TUMS throughout the day.



MANUFACTURER COUPON • 03/31/08

# SAVE \$1.00

Use only as directed

On any Pepcid<sup>®</sup> Product (except trial size)



This coupon good on purchase of product indicated. Any other use constitutes fraud. COUPON CANNOT BE BOUGHT, TRANSFERRED OR SOLD. LIMIT - ONE COUPON PER PURCHASE. VOID IF TAKEN, RESTRICTED OR PROHIBITED BY LAW. To the retailer: Johnson & Johnson • Merck Consumer Pharmaceuticals Co. will reimburse you for the face value of this coupon plus 8¢ if submitted in compliance with Johnson & Johnson • Merck Consumer Pharmaceuticals Company Coupon Redemption Policy. Cash value 1/20 of one cent. Send coupons to Johnson & Johnson • Merck Consumer Pharmaceuticals Co., CMS Department 00045, 1 Fawcett Drive, Del Rio, TX 78840. ©JIMCP 2008. 88406



5 16837 40076 5 (8101) 7 88406 0308

MAIL-IN CERTIFICATE OFFER EXPIRES 4/30/08

# \$5.00 REBATE

by mail

Buy: Any 2 Pepcid<sup>®</sup> products, 25 ct. or larger

Send: (a) 2 UPC codes from participating products, (b) original receipt(s) (dated between 1/6/08 and 4/30/08) with the Pepcid<sup>®</sup> purchase price circled, and (c) this original completed rebate certificate

Mail to: Pepcid \$5 Rebate Offer, P.O. Box 64668, Souderton, PA 18964

NAME: \_\_\_\_\_ (please print)

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

E-MAIL (optional): \_\_\_\_\_

Yes, I'd like to receive future offers and information from Johnson & Johnson • Merck Consumer Pharmaceuticals Co.

Note: Offer good only in U.S.A. and APO/FPO addresses. Reproduction of this offer in any medium or form without permission from Johnson & Johnson • Merck Consumer Pharmaceuticals Co., Inc. violates copyright statutes. Submissions that do not meet requirements or are duplicated will not be honored or returned. Void where prohibited or taxed. The purchase, sale, or trade of this certificate, proofs-of-purchase or cash register receipts is prohibited. Refund request must be postmarked by April 30, 2008. Please allow 6 to 8 weeks for delivery. Limit one offer per family and/or address.

# FREE! FREE! FREE!

Monogram or Symbol | Paperboard Dispenser | Custom Lettering



300 labels only \$5.95  
**SALE! \$4.95**

Don't be misled by smaller labels!

Melissa A. Stone  
Interior Design  
914 Upper Crest Lane  
Yourtown, US 12345

Other labels: 1 3/4" x 5/8"

Our labels: 2 1/4" x 3/4". Easy to read!

50% Larger!

Melissa A. Stone  
Interior Design  
914 Upper Crest Lane  
Yourtown, US 12345

Current  See more labels online at [www.CurrentLabels.com](http://www.CurrentLabels.com)

Qty	<input type="checkbox"/> 30800 Plastic Dispenser	only \$1 ea.	\$
Qty	<input type="checkbox"/> 30040 Self-Inking Stamper	\$14.95 ea.	\$
Qty	<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"/> 30124 Stonewashed	
Qty	<input type="checkbox"/> Sm. roll of 300	\$4.95 ea.	\$
	<input type="checkbox"/> Lg. roll of 600	\$7.95 ea.	
Qty	<input type="checkbox"/> Block	FREE	\$ FREE
	<input type="checkbox"/> Script	\$1 per roll	
Qty	<input type="checkbox"/> Monogram M1	Letter	\$ FREE
	<input type="checkbox"/> Symbol #	Number	
BEST BUY!		S&H \$1.75 per item	\$
600 labels—Double your quantity for just \$3.00 more!		CO Res. Add Sales Tax	\$
only \$7.95		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 \_\_\_\_\_

Line 4 \_\_\_\_\_


Mail check payable to \_\_\_\_\_

Current Labels Dept #791947, P.O. Box 310, Athens, PA 18610-0310

Get a FREE paperboard dispenser box (not shown) OR Upgrade to this custom plastic dispenser for just \$1 more!























Stamps thousands of quality Imprints! Just \$4.95!



Lettering style ONLY as shown.

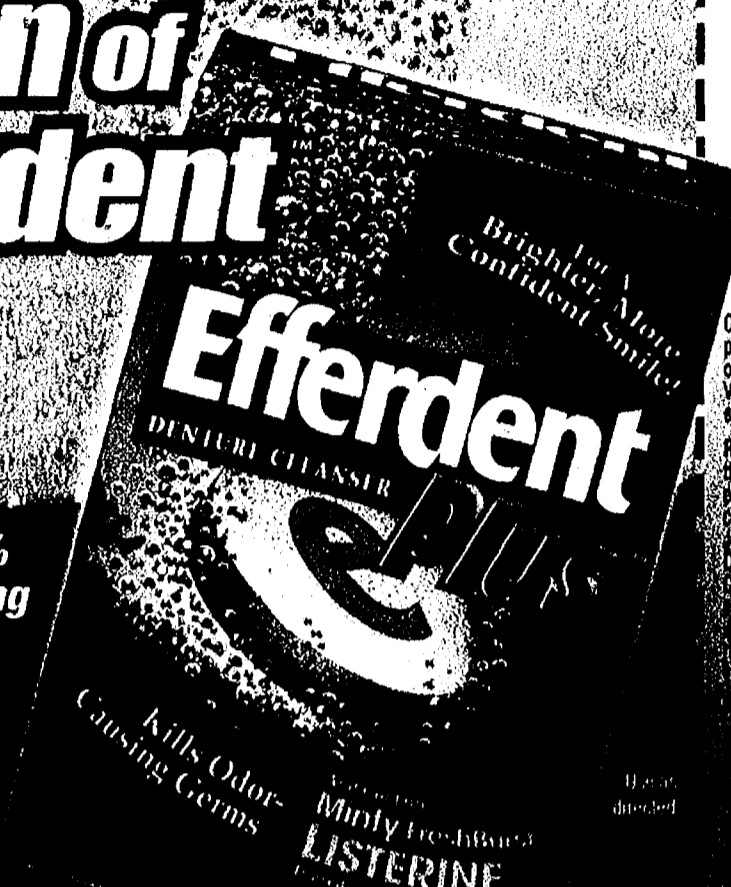
Elisabeth Jane Smith  
18011 Jo Lopez Ct.  
Apt #2A  
Del Rio, TX 78840

Customize your labels with a FREE Symbol or Monogram! (on labels only)

January is Migraine Awareness Month. Learn more at www.cacum.com

# The Confident Clean of Efferdent



- Kills Over 99% of Odor Causing Germs\*
- With Minty LISTERINE<sup>®</sup> Freshness

\*In lab tests.

## Save 50¢

on any

### Efferdent

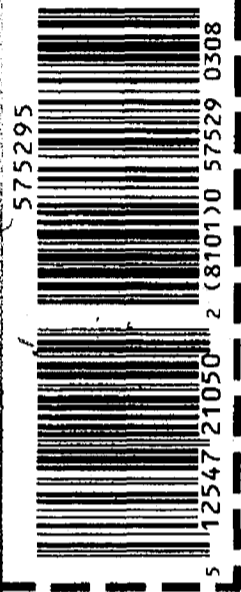
7¢ or larger



Use as directed.

**CONSUMER:** Limit one coupon per purchase specified. Any other use constitutes fraud. Void if copied, transferred or expired.

**RETAILER:** We will pay you for the face value of this coupon, plus 8¢ handling, if submitted in compliance with the Johnson & Johnson Healthcare Products Division of McNEIL-PPC, Inc. Coupon Redemption Policy, available upon request. Void where prohibited, taxed, or restricted by law. Cash value 1/100¢.

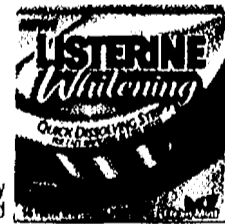


# SAVE \$500

on any

## LISTERINE WHITENING<sup>®</sup>

Quick Dissolving Strips  
56 ct.



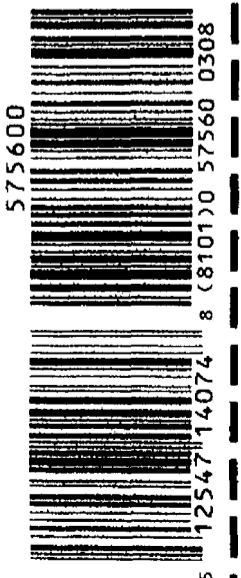
Use only as directed

[www.wheredoyouwhiten.com](http://www.wheredoyouwhiten.com)

**CONSUMER:** Limit one coupon per purchase specified. Any other use constitutes fraud. Void if copied, transferred or expired.

**RETAILER:** We will pay you for the face value of this coupon, plus 8¢ handling, if submitted in compliance with the Johnson & Johnson Healthcare Products Division of McNEIL-PPC, Inc. Coupon Redemption Policy, available upon request. Void where prohibited, taxed, or restricted by law. Cash value 1/100¢. Mail coupons to Johnson & Johnson Healthcare Products Division of McNEIL-PPC, Inc., P.O. Box #880142, El Paso, TX 78888-0142. Expires 03/31/08. For questions regarding this coupon, call 1-800-648-0027.

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Simply **Dissolves**  
to Noticeably

# White

## NEW!

### LISTERINE Whitening

QUICK DISSOLVING STRIPS  
FOR EASY WHITENING IN TWO WEEKS

Dissolves on Teeth • No Mess • Nothing to Remove

56 TEETH WHITENING STRIPS

Clean, Mint

Dissolves on Teeth

No Mess

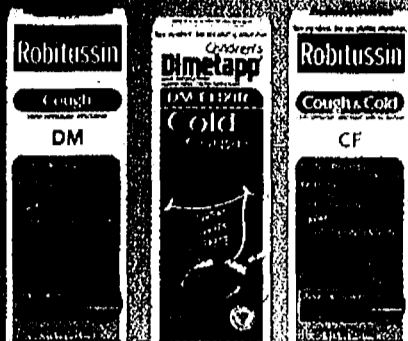
Nothing to Remove

**SMARTSOURCE BIG GAME EXTRAVAGANZA**

Any of the Three Featured  
Available at



**Walgreens**



**Robitussin® & Dimetapp®**  
Select Varieties, 8 oz.

Walgreens Feature Price: **\$6.00**



**Advil® Tablets, Caplets & Liqui-Gels®**  
Select Varieties, 100 ct. & 80 ct.

Walgreens Feature Price: **\$7.00**

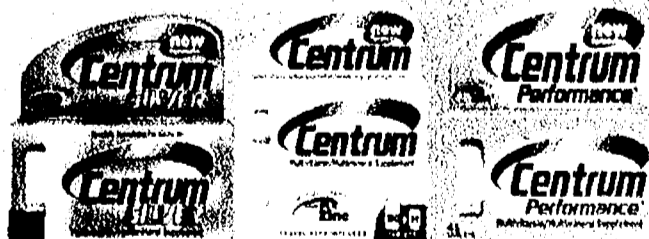


Look for  
Wyeth's Display  
at Walgreens!

**Purchase Any Three Participating  
Items and Receive Register Rewards  
Good on Next Purchase for: \$10**

**OR**

**Purchase Any Two Participating Items  
and Receive Register Rewards Good  
on Next Purchase for: \$5**



**Centrum® Multi Vitamins**  
Centrum® 130 ct., Centrum® Silver® 100 ct.,  
Centrum Performance® 45 ct.

Walgreens Feature Price: **\$7.00**

Use your Register Rewards on your NEXT in-store purchase.  
Advertised Prices Effective 1/6/08 - 1/12/08. See store for details.  
for the items designated in the ad.

**SMARTSOURCE BIG GAME EXTRAVAGANZA**

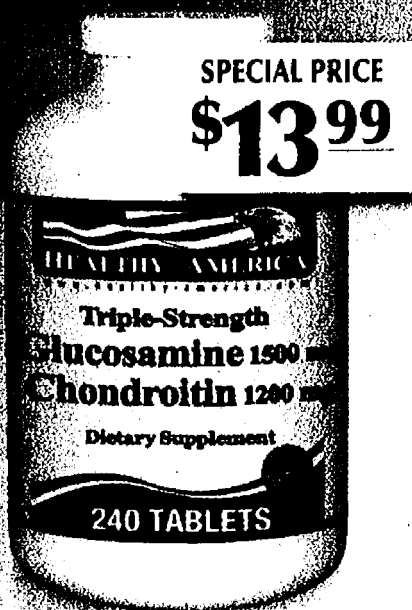
**EXCELLENCE**

January is Migraine Awareness Month. Learn more at [www.exceeding.com](http://www.exceeding.com)



# Buy Direct From the Manufacturer and Save!

## No One Can Beat These Prices!



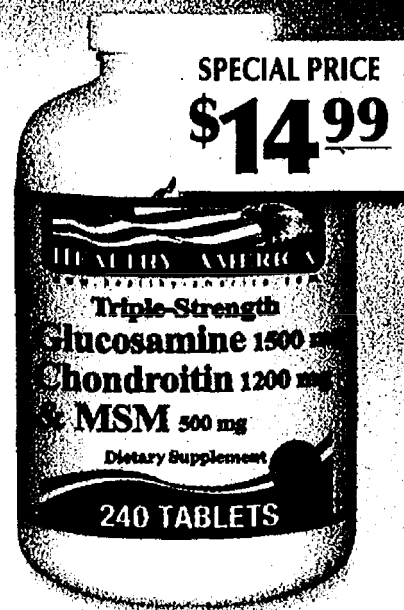
**Glucosamine Chondroitin**  
2 Tablets Per Day

**Two tablets contain:**  
 Glucosamine..... 1500 mg  
 Chondroitin ..... 1200 mg  
 • Clinically tested dosages  
 • Promotes joint comfort  
 • Encourages mobility



**Coenzyme Q10**  
300 mg

**One softgel contains:**  
 Coenzyme Q10 ..... 300 mg  
 • Supports heart, brain, and lung health  
 • A top antioxidant that every cell needs



**Glucosamine Chondroitin & MSM**  
2 Tablets Per Day

**Two tablets contain:**  
 Glucosamine..... 1500 mg  
 Chondroitin ..... 1200 mg  
 MSM ..... 500 mg  
 • Promotes joint comfort & mobility

# Call Now 1-866-733-3793

Save on Over 1,000 Quality Products at Incredible Prices.

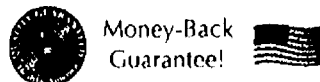
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Hurry! Offer expires 2/6/08.  
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4MJ

Product Name	Price	Qty.	Total Price
Triple-Strength Glucosamine Chondroitin (0008220)	\$13.99		
CoQ10 300 mg (0014650)	\$13.99		
Triple-Strength Glucosamine Chondroitin & MSM (000815H)	\$14.99		
Subtotal			
CA Residents, Add 7.25% Sales Tax			
Shipping & Handling			<input type="checkbox"/> \$3.00
FREE Shipping & Handling When You Buy 3 or More Bottles			<input type="checkbox"/> FREE
Total			

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Exp. Date \_\_\_\_\_

Signature (if charging) \_\_\_\_\_

Payment Enclosed (do not send cash): \$ \_\_\_\_\_

(U.S. dollars)

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These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

MANUFACTURER'S COUPON EXPIRES 3-31-08

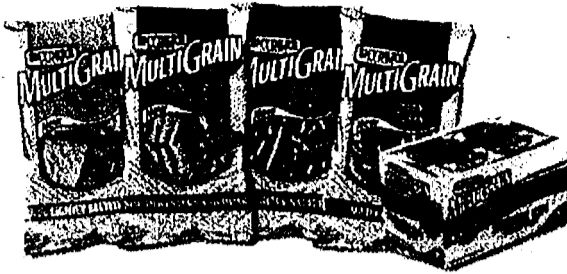
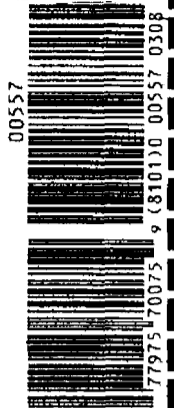


**75¢ OFF ANY 3.5 OZ OR LARGER EATSMART ALL NATURAL SNACKS**

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MANUFACTURER'S COUPON EXPIRES 3-31-08



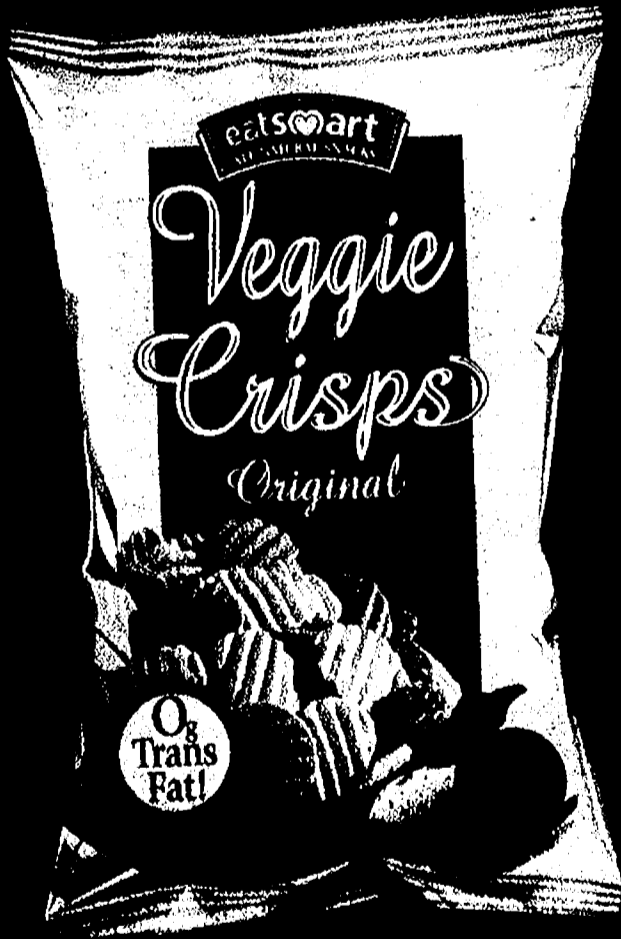
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Save

MFR COUPON

EXPIRATION DATE 3/31/08

**55¢**

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bag only (9.2 oz. or larger)



13988



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Save

MFR COUPON

EXPIRATION DATE 3/31/08

**75¢**

on any one  
HERSHEY'S 100 Calorie Bars (4.4 oz. or larger)  
or HERSHEY'S SNACKSTERS® product  
(4.44 oz. or larger)



13983



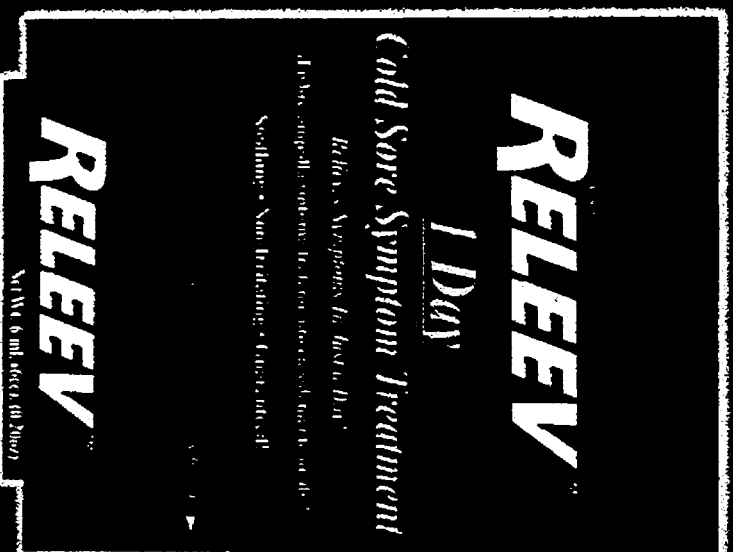
5 34000 72275 9 (8100) 0 13983

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New year, New you! *magazine*

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- RELEEV eases pain in minutes!
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  - A full 6ml (.20 oz.), more for the money than other brands.

Think about it...  
It's your choice.

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**RELEEV** - the science of natural medicine

*Making the World a Better Place...*

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SAVE \$2.00 With This Coupon

**RELEEV**  
1 Day  
*Cold Sore Symptom Treatment*

43689 11182

Customer: Required purchase restriction. No other coupon may be used to purchase the same package. Any other use constitutes fraud. Customer must pay all applicable sales taxes. One coupon per purchase. Retailer: Merch will reimburse face value, plus \$6 handling. Evidence of sufficient stock purchased to cover coupon presented may be requested. Coupons are non-transferable except to Merch. Cash value \$1000. Coupon void if reproduced. Void where prohibited, taxed or otherwise restricted by law. Mail To: Merrit Pharmaceutical Corporation, 18 F. Boulder Rd #1-204, Barrington, IL 60010

January is Migraine Awareness Month, Learn more at [www.excedrin.com](http://www.excedrin.com)

**EXCEDRIN**

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Visit [Dole.com](http://Dole.com)  
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MANUFACTURER'S COUPON EXPIRES 03/31/08

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Try all 3 Varieties

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**LOW FAT**

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EXCEEDKIN

JANUARY IS MIGRAINE AWARENESS MONTH. Learn more at www.exceedkin.com

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on purchase of any Nature Made product

Coupon good only in USA for product/ quantity indicated. LIMIT ONE COUPON PER PURCHASE. Any other use constitutes fraud. Void if copied, transferred, sold, or where prohibited, restricted or taxed. Consumer pays sales tax. **Retailer:** Pharmavite LLC will reimburse an authorized retailer of our product the face value of this coupon plus 8¢ handling if submitted in compliance with our redemption policy, available upon request. Mail to CMS Dept. #31604, Pharmavite, 1 Fawcett Drive, Del Rio, TX 78840. Cash value .001¢ ©2008 Pharmavite LLC



MANUFACTURER'S COUPON EXPIRES 4/8/08

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MANUFACTURER'S COUPON EXPIRES 4/8/08

**SAVE \$300**

on purchase of any Nature Made CholestOff®, TripleFlex® or MoodPlus®

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**SAVE \$1.00**

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TWO packages  
of BARILLA PLUS®

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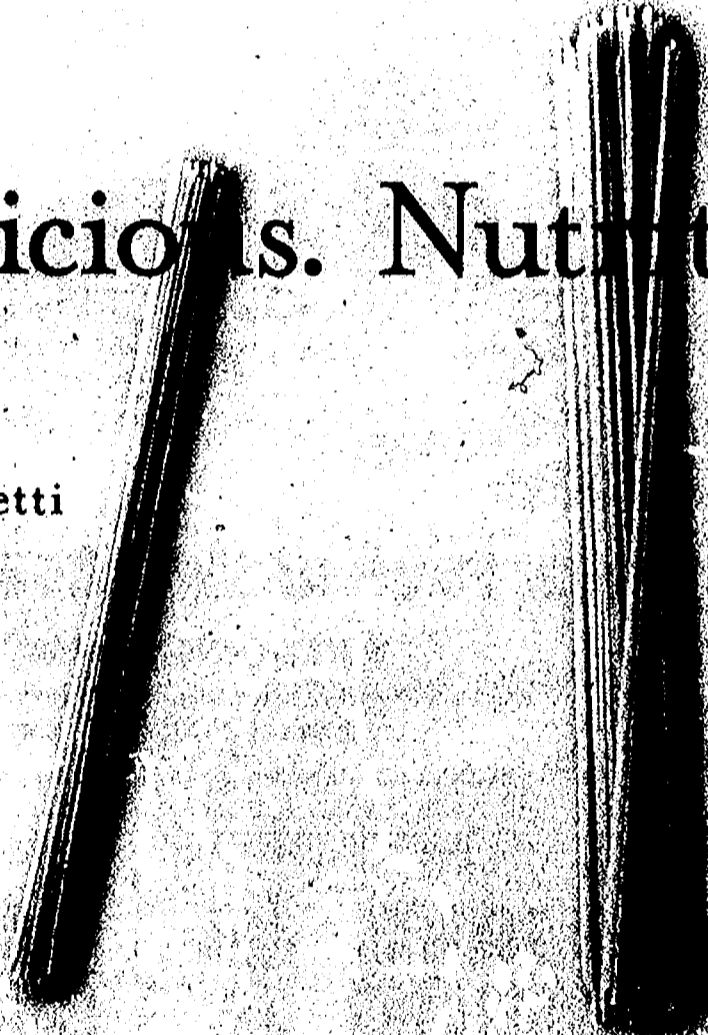


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Barilla PLUS

Thin spaghetti



Barilla PLUS

Spaghetti

Perfect harmony.



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The Laughing Cow.

only

35



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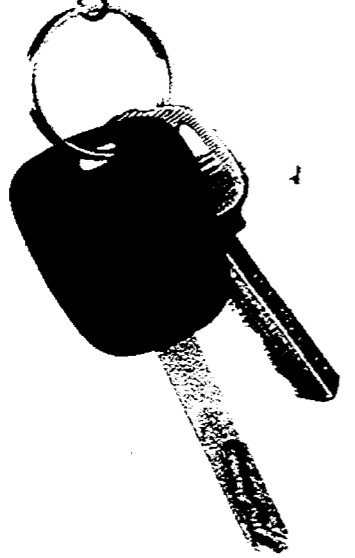
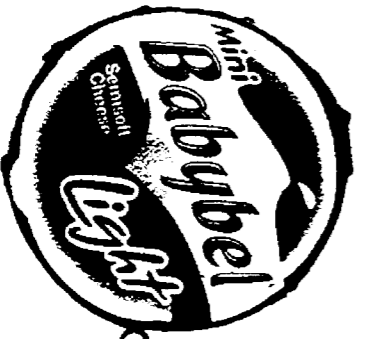


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50-Calorie Mini Babybel<sup>®</sup> Light  
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MANUFACTURER'S COUPON EXPIRES 5/31/08

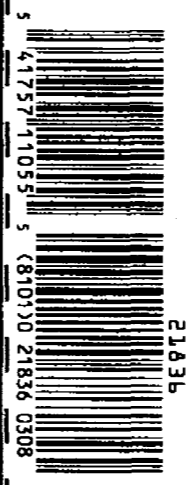
**SAVE 55¢**

When you buy ANY ONE (1) variety of  
The Laughing Cow<sup>®</sup> Cheese Wedges.



visit [www.thelaughingcow.com](http://www.thelaughingcow.com)

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- Light Garlic & Herb Flavor
- Light French Onion Flavor



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When you buy ANY ONE (1)  
variety of Mini Babybel<sup>®</sup> Cheese.



visit [www.thelaughingcow.com](http://www.thelaughingcow.com)

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**EXCEEDKIN**

January is Migraine Awareness Month. Learn more at [www.exceedkin.com](http://www.exceedkin.com)



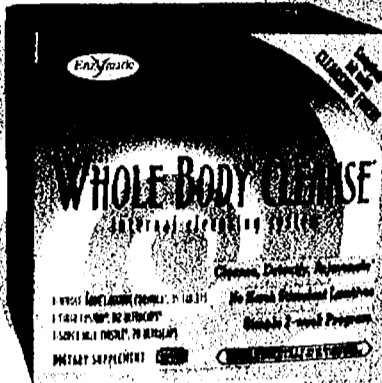
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**Jumpstart Your Diet!**

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internal cleansing system



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**Your next purchase of Whole Body Cleanse™**

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20739



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**Mission Tilapia Soft Tacos with Chipotle Cream**

4 Mission® Fajita or Soft Taco sized Tortillas (any kind)  
 1-1/2 tsp. + 1 Tbsp. vegetable oil  
 1-1/2 tsp. Mexican seasoning, ground  
 1 Tbsp. garlic, minced  
 1 lb. fresh Tilapia filets  
 2 Tbsp. cilantro, chopped  
 1 lime (juice only)  
 salt, to taste (optional)  
 1 cup lettuce, shredded

Chipotle Cream Sauce  
 2 Tbsp. prepared Chipotle salsa  
 1/4 cup sour cream

Manufacturer's Coupon

Expiration Date 04/30/08 | Do Not Double

## SAVE \$1.00

off the purchase of one (1) package of Mission® Tortillas (any size or variety).




10414



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LIMIT ONE COUPON PER ITEM PURCHASED. CONSUMER: Redeem this coupon only on the brand specified. RETAILER: Gruma Corporation will redeem for face value plus 8 cents handling provided you have complied with its terms and redemption policy. ANY OTHER USE CONSTITUTES FRAUD. Send to: Gruma Corporation, CMS Department #73731, One Fairview Drive, Del Rio, TX 78840. Void where prohibited, taxed or restricted by law. Cash value 1/100 of a cent. Valid only in U.S.A. Not negotiable or transferable. Mission® is a registered trademark of Gruma Corporation, Irving, TX.



Evenly combine ingredients for Chipotle Salsa, reserve in refrigerator. Toss together 1-1/2 tsp. oil, Mexican seasoning, garlic and tilapia filets. Heat remaining oil in a large non-stick pan over high heat. Place seasoned filets in pan. Cook 2 minutes on each side. Remove cooked filets and place in a small bowl. Add cilantro, lime juice and salt, mixing and breaking fish into chunks. Heat tortillas per package instructions and place on clean work surface. Top each tortilla with 1/4 cup lettuce, 1/4 of tilapia mixture and 2 tsp. of Chipotle Cream Sauce. Fold each tortilla in half (taco style) and serve. (Serves 4)

Find hundreds of delicious recipes at [missionmenus.com](http://missionmenus.com)

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\*Earn unlimited rewards on all purchases. Earn 2 Miles for each dollar you spend on your first \$3,000 in combined travel and restaurant purchases each year. In addition, earn 1 Mile for each dollar you spend on all other purchases, including combined annual travel and restaurant purchases in excess of \$3,000. Travel purchases are those made on airline tickets, hotel rooms, car rentals, cruises, tour operators and vacation packages purchased through travel agents, including online purchases. Restaurant purchases are those made at merchants classified as full-service restaurants, cafes, cafeterias and fast food locations. Miles have no expiration date, however, certain circumstances, such as account closure, inactivity for more than 18 months and failure to make the Minimum Payment Due by the Payment Due Date for two consecutive billing periods, will result in forfeiture of your Miles. Full terms and conditions, including redemption information, will be sent with your Card. Terms of 12,000 Bonus Miles Offer: Earn 1,000 Bonus Miles each calendar month you make a purchase for 12 months from the date your account is opened, with a cap of 12,000 Bonus Miles. We are not responsible for merchant delays in processing transactions. Bonus Miles will be applied within 8 weeks.

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EXCELRATE

# 2 Ways To Enjoy Healthy Life!

1

*Healthy Life*

**Dieter's Dream**

- 100% Whole Grain
- High Fiber
- No Trans Fat
- Low Fat
- Low Calorie

**Get a Life!**



**The Original!**

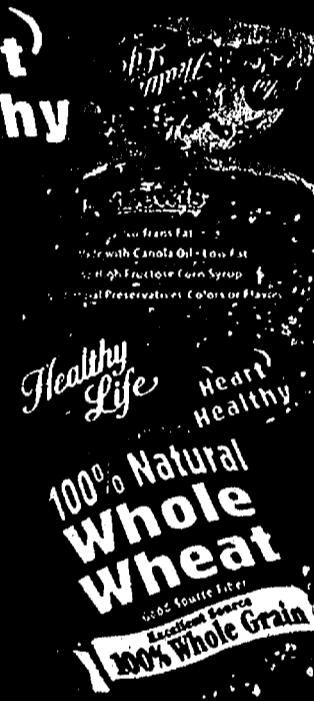
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*Healthy Life*

**100% Natural**

- 100% Whole Grain
- Good Source Fiber
- No Trans Fat
- Low Fat
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**Heart Healthy**



**Deliciously Satisfying!**

[www.healthylifebread.com](http://www.healthylifebread.com)

MANUFACTURER'S COUPON EXPIRES 3-31-2008

**SAVE 50¢**

on any variety of Healthy Life Bread, Buns & English Muffins

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**The Original Dieter's Dream!**



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20701

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20702

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Clinically Proven  
To Start Relieving  
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In **30 MINUTES.**



*Fast, Powerful  
Relief That's Easy to Swallow*

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MANUFACTURER'S COUPON EXPIRES 2/29/08

### SAVE \$300

On ANY ONE (1) Excedrin® 100 ct. Product

RETAILER: We will reimburse you for the face value of this coupon plus 8¢ if submitted in compliance with our coupon redemption policy, available upon request. Cash value 1/20¢. Mail to: Novartis Consumer Health, CMS Dept. 00067, 1 Fawcett Dr., Del Rio, TX 78840. ©2008 Novartis Consumer Health, Inc.

24260-2



5 00067 99287 9 (8101)3 24260 0208

MANUFACTURER'S COUPON EXPIRES 2/29/08

### SAVE \$200

On ANY ONE (1) Excedrin® Product

RETAILER: We will reimburse you for the face value of this coupon plus 8¢ if submitted in compliance with our coupon redemption policy, available upon request. Cash value 1/20¢. Mail to: Novartis Consumer Health, CMS Dept. 00067, 1 Fawcett Dr., Del Rio, TX 78840. ©2008 Novartis Consumer Health, Inc.

24259-4



5 00067 99282 4 (8101)3 24259 0208

EXCEDRIN

January is Migraine Awareness Month. Learn more at [www.excedrin.com](http://www.excedrin.com)





www.kroger.com



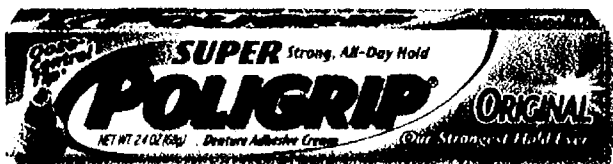
New Year, New You!



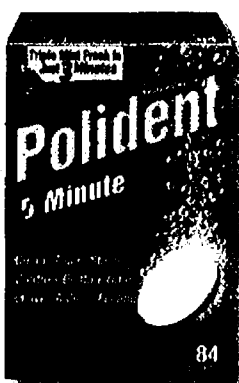
**Aquafresh® Premium Toothpaste 5.6 oz. – 6.0 oz., Advanced, Extreme Clean®, Sensitive, White and Shine™, Ultimate White™**  
 Kroger Feature Price With Plus Card **\$2.39**  
 Aquafresh® Coupon Savings **\$1.00**  
**YOUR FINAL COST... \$1.39**



**SENSODYNE®** TOOTHPASTE FOR SENSITIVE TEETH & CAVITY PREVENTION  
 9 Out of 10 Dentists Recommend Sensodyne®  
**Sensodyne® Toothpaste 4 oz. All Varieties**  
 Kroger Feature Price With Plus Card **\$4.49**  
 Look in this insert for 75¢ coupon savings



**PollGrip® 2.2 oz. – 2.4 oz. All Varieties**  
 Kroger Feature Price With Plus Card **\$4.49**  
 PollGrip® Coupon Savings **75¢**  
**YOUR FINAL COST... \$3.74**



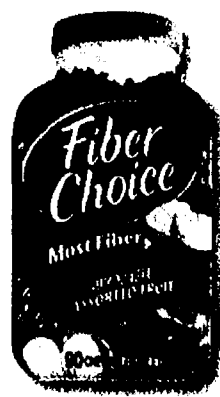
**Polident® 78 ct. – 84 ct.**  
 Kroger Feature Price With Plus Card **\$4.99**  
 Polident® Coupon Savings **50¢**  
 Kroger Double Coupon Savings **50¢**  
**YOUR FINAL COST... \$3.99**



**TUMS® 60 ct. – 150 ct. All Varieties or TUMS® Kids**  
**2/\$7.00** Kroger Feature Price With Plus Card  
 Look in this insert for \$1.00 coupon savings



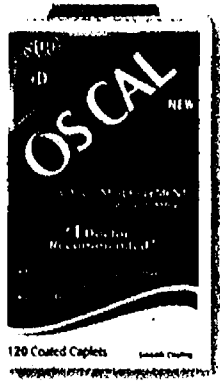
**Beano® 30 ct.**  
 Kroger Feature Price With Plus Card **\$3.99**  
 Beano® Coupon Savings **\$1.00**  
**YOUR FINAL COST... \$2.99**



**FiberChoice® 90 ct. Orange and Assorted, Regular or Sugar Free**  
 Kroger Feature Price With Plus Card **\$12.99**  
 FiberChoice® Coupon Savings **\$2.00**  
**YOUR FINAL COST... \$10.99**



**Citrucel® 100 ct. Caplets or 16 oz. Powder or Larger**  
 Kroger Feature Price With Plus Card **\$10.99**  
 Citrucel® Coupon Savings **\$2.50**  
**YOUR FINAL COST... \$8.49**



**Os-Cal® 120 ct. – 160 ct. All Varieties**  
 Kroger Feature Price With Plus Card **\$11.89**  
 Os-Cal® Coupon Savings **\$2.50**  
**YOUR FINAL COST... \$9.39**

Advertised Prices Effective 1/6/08 – 1/13/08. 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.

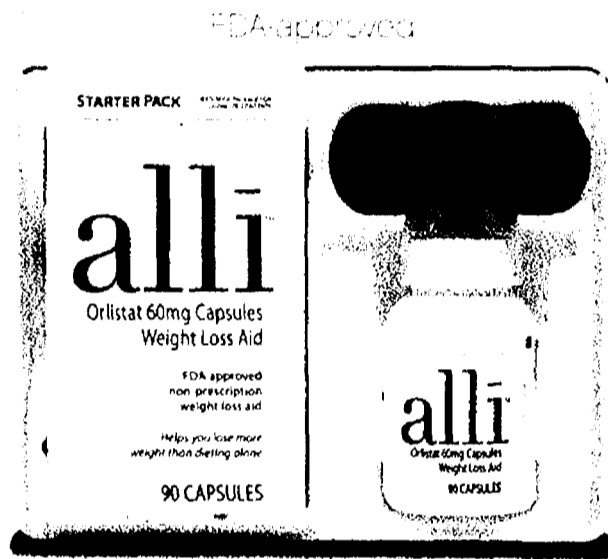
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Right Store. Right Price.®

To enter the sweepstakes for a chance to win a dream vacation for two in Jamaica from the Jamaica Tourist Board, a JuiceMan Pro Juicer Extractor or a \$50 SpaWish Spa-At-Home Boutique shopping spree, go to www.smartsource.com. No purchase necessary. See reverse side of tabs for details. Includes how to obtain Canadian Official Rules.

# weight loss can be different this time

alli can help you  
**lose 50% more weight**  
than by dieting alone



**alli is effective**—it blocks about 1/4 of the fat you eat, preventing it from turning into pounds

**alli is safe**—it works in your digestive system, so it won't make your heart race or your head spin

**alli is sensible**—it is meant to be used along with a reduced-calorie, low-fat diet

**alli**  
Orlistat 60mg Capsules  
Weight Loss Aid

myalli.com

alli is the only over the counter,  
FDA approved weight loss product

**Save Now**

MANUFACTURER'S COUPON EXPIRES 01/31/08

**\$5.00 off**

(90-count starter pack only)



**Save Later**

To get \$5.00 off your next purchase of alli\*:

- Register online at [myalli.com/rebate](http://myalli.com/rebate)
- Print out rebate form
- Buy alli® 120-ct or larger
- Send completed rebate form and receipt with purchase price circled to

alli® Rebate  
P.O. Box 1127A  
Grand Rapids, MN 55745-1127

Offer limited to one refund request per household or address and valid only for the person who purchased this product. Actual certificate and receipt must accompany request. Requests with duplicated or altered receipts will not be honored. Requests from clubs, organizations and P.O. Boxes will not be honored. U.S. Mail Fraud Statutes prohibit acts to obtain money or property by means of false pretenses. This includes use of names or addresses (18 U.S.C. 1341 and 1342). Offer may not be reprinted without written permission. Void where taxed, restricted or prohibited by law. Please allow 6 weeks for delivery. Offer good only in the U.S. Submission must be received by 3/1/08. ©2008 GlaxoSmithKline. Read and follow label directions.

Redeemable at food, drug and mass merchandise stores. CONSUMER: Limit 1 coupon per purchase of indicated product(s). You pay any sales tax. RETAILER: OSK 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 APOs, FPOs. Send coupons to: GlaxoSmithKline Consumer Healthcare, P.O. Box 830658, El Paso, Texas 75288-0658. ©2008 GlaxoSmithKline. Read and follow label directions.

New Year, New You!  
Burdess  
MISSION  
FUZE  
Dole Fruit Dargat  
WHOLE BODY CLEANSE  
HERITAGE  
Ricola  
Dole  
EXCEEDS OS-CAL  
Barilla  
alli  
Equal  
Burdess

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# FAST-ACTING, LONG-LASTING HEARTBURN RELIEF



**Gaviscon**  
Acid Breakthrough

Fast-Acting  
Long-Lasting  
14.1oz

Fast-Acting  
Long-Lasting

ORIGINAL  
14.1oz

100 Chewable Tablets

**Tagamet**  
HB 200



Tagamet® starts  
reduce acid faster  
than Pepcid AC™

Try Strawberry Flavor

Fast-acting Gaviscon  
keeps acid down for hours

\*Pepcid AC is a registered trademark of Merck & Co., Inc.

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## New Year, New You!

To enter the sweepstakes for a chance to win a dream vacation for two in Jamaica from the Jamaica Tourist Board, a Juiceman Pro Juicer Extractor or a \$50 SpaWish Spa-At-Home Boutique shopping spree, go to [www.smartsource.com](http://www.smartsource.com). No purchase necessary. See reverse side of tab for details including how to obtain complete Official Rules.

MANUFACTURER'S COUPON EXPIRES 03/31/08

# \$1.00 OFF

Any  
**Gaviscon**  
Product

[www.gaviscon.com](http://www.gaviscon.com)

Redeemable at food, drug, and mass merchandise stores. CONSUMER: Limit 1 coupon per purchase of indicated product(s). 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 face value. 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 880658, El Paso, Texas 88588-0658. ©2008 GlaxoSmithKline. Read and follow label directions.

431911



MANUFACTURER'S COUPON EXPIRES 03/31/08

# \$1.00 OFF

Any  
**Tagamet**  
Product

[www.tagamethb.com](http://www.tagamethb.com)

Redeemable at food, drug, and mass merchandise stores. CONSUMER: Limit 1 coupon per purchase of indicated product(s). 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 face value. 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 880658, El Paso, Texas 88588-0658. ©2008 GlaxoSmithKline. Read and follow label directions.

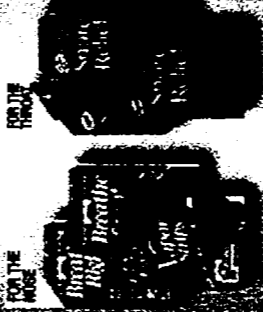
548572



MANUFACTURER'S COUPON EXPIRES 3/31/08

# SAVE \$1.00

on any Breathe Right®  
product



Redeemable at food, drug, and mass merchandise stores. CONSUMER: Limit 1 coupon per purchase of indicated product(s). 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 face value. Coupon is void if altered, copied, 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 880658, El Paso, Texas 88588-0658. ©2008 GlaxoSmithKline. Read and follow label directions.



570156

5714550076

1 (8101)3 57015 0308

Say goodnight to congestion.



Sleep better with the soothing, mentholated vapors  
in drug-free Breathe Right Vapor Strips.



# Breathe Right



THIS NEW YEAR,

# enjoy

THE FOODS YOU LOVE!



# beano

helps prevent gas *before* it starts.\*

Gas-X® doesn't.



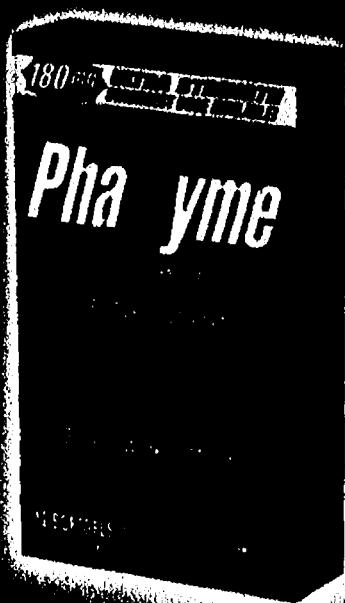
Take beano before your first bite and there'll be no gas.  
Many healthy foods cause gas...some you might not expect.  
Learn more at: [www.beanogas.com](http://www.beanogas.com)

Peanuts	Whole Grains	Pasta	Corn	Breakfast Cereals
Soy	Bagels	Carrots	Lettuce	Peppers
Oat Bran	Granola	Cauliflower	Onions	Seeds and more!

\*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

## Have serious gas?

Phazyme contains more anti-gas medicine per dose than Gas-X®.

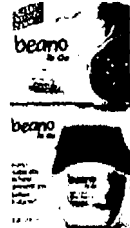


MANUFACTURER'S COUPON EXPIRES 03/31/08

# 50¢ OFF

## beano<sup>®</sup>

To Go<sup>™</sup>



Product

[www.beanogas.com](http://www.beanogas.com)

Redeemable at food, drug and mass merchandise stores. CONSUMER: Limit 1 coupon per purchase of indicated product(s). 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 APOs, FPOs. Send coupons to: GlaxoSmithKline Consumer Healthcare, P.O. Box 880658, El Paso, Texas 88588-0658. ©2008 GlaxoSmithKline. Read and follow label directions.



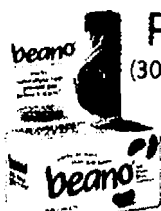
261769

5 41383 46050 5 (8101)3 26176 0308

MANUFACTURER'S COUPON EXPIRES 03/31/08

# \$1.00 OFF

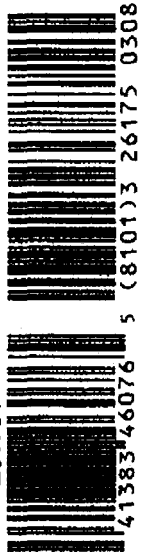
## beano<sup>®</sup>



Product  
(30 ct or Larger)

[www.beanogas.com](http://www.beanogas.com)

Redeemable at food, drug and mass merchandise stores. CONSUMER: Limit 1 coupon per purchase of indicated product(s). 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 APOs, FPOs. Send coupons to: GlaxoSmithKline Consumer Healthcare, P.O. Box 880658, El Paso, Texas 88588-0658. ©2008 GlaxoSmithKline. Read and follow label directions.



261751

5 41383 46076 5 (8101)3 26175 0308

MANUFACTURER'S COUPON EXPIRES 03/31/08

# \$1.00 OFF

## Phazyme<sup>®</sup>

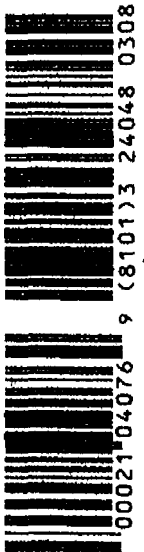
ANTI-GAS/DIMETHICONE  
180mg



Product

[www.phazyme.com](http://www.phazyme.com)

Redeemable at food, drug and mass merchandise stores. CONSUMER: Limit 1 coupon per purchase of indicated product(s). 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 APOs, FPOs. Send coupons to: GlaxoSmithKline Consumer Healthcare, P.O. Box 880658, El Paso, Texas 88588-0658. ©2008 GlaxoSmithKline. Read and follow label directions.



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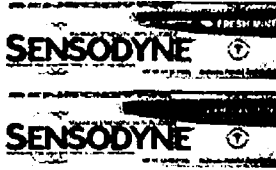
5 00021 04076 9 (8101)3 24048 0308

Equal  
alli  
Barilla  
OS-CAL  
EXCITON  
Dole  
Ricola  
HERITAGE  
WHOLE BODY CHEESE  
Dole  
FUZE  
MISSION

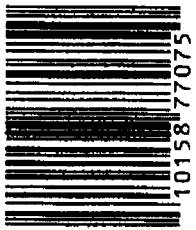
MANUFACTURER'S COUPON EXPIRES 03/29/08

# 75¢ OFF

any one  
Sensodyne®  
Toothpaste  
(except trial size)



217801



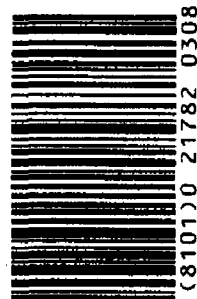
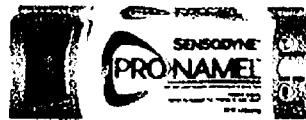
5 10158 77075 0 (8101)0 21780 0308

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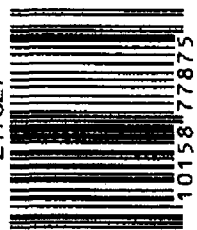
MANUFACTURER'S COUPON EXPIRES 03/29/08

# 75¢ OFF

any one  
Sensodyne® ProNamel™ Toothpaste



217827



5 10158 77875 6 (8101)0 21782 0308

Redeemable at food, drug and mass merchandise stores. CONSUMER: Limit 1 coupon per purchase of indicated product(s). 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 APOs, FPOs. Send coupons to: GlaxoSmithKline Consumer Healthcare, P.O. Box 880658, El Paso, Texas 88588-0658. ©2008 GlaxoSmithKline Read and follow label directions.

## We have a great NEW LOOK,



but **ONE THING** hasn't changed...  
9 out of 10 dentists **STILL** recommend Sensodyne®.

The same great formulas with 7 options.  
More options than any other sensitivity toothpaste.

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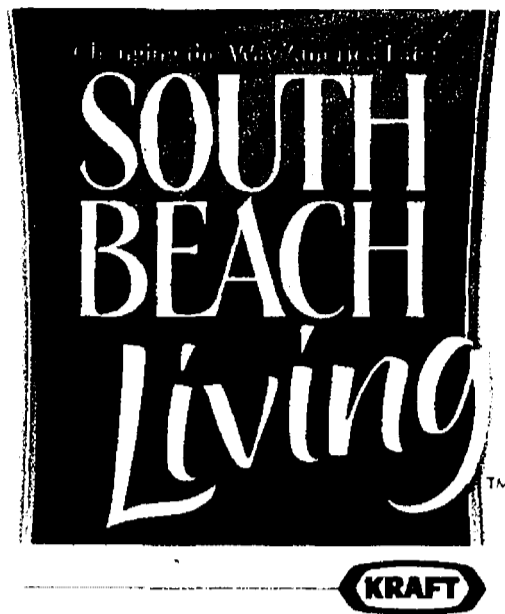
New Year, New You!

To enter the sweepstakes for a chance to win a dream vacation for two in Jamaica from the Jamaica Tourist Board, a JuiceMan Pro Juicer Extractor or a \$50 SpaWish Spa-At-Home Boutique shopping spree, go to [www.smaresource.com](http://www.smaresource.com).  
No purchase necessary. See reverse side of tab for details including how to obtain random Official Rules.



# iving

protein, fiber and whole grains.



cinnamon raisin  
cereal bar  
10g protein • 3g fiber

southwestern style  
chicken wraps  
25g protein • 15g fiber



**New Year, New You!**

To enter the sweepstakes for a chance to win a dream vacation for two in Jamaica from the Jamaica Tourist Board, a Juicerman Pro Juicer Extractor or a \$50 Spanish Spa-At-Home Boutique shopping spree, go to [www.smartsource.com](http://www.smartsource.com). No purchase necessary. See reverse side of tab for details including how to obtain complete Official Rules.



MANUFACTURER'S COUPON  
EXPIRATION DATE: 2/29/2008

\$1.00/2



MANUFACTURER'S COUPON  
EXPIRATION DATE: 2/29/2008

\$1.00/2



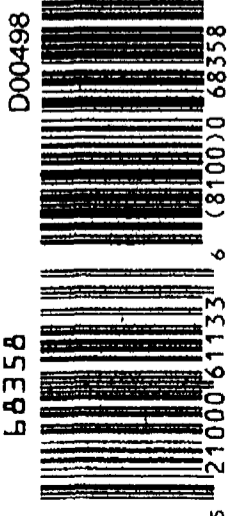
MANUFACTURER'S COUPON  
EXPIRATION DATE: 2/29/2008

\$1.00/1

**SAVE \$1.00**  
on any TWO (2)  
South Beach Living™  
Frozen Entrees



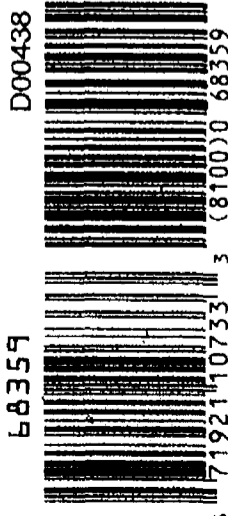
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**SAVE \$1.00**  
on any TWO (2)  
South Beach Living™  
Frozen Pizzas



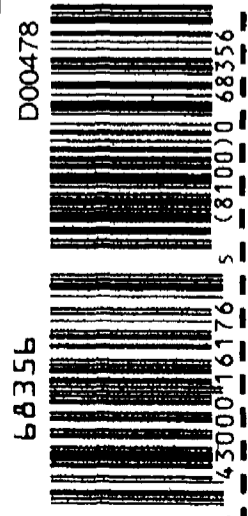
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**SAVE \$1.00**  
on any ONE (1)  
South Beach Living™  
High Protein Cereal Bars,  
Sweet Nut Creations Bars,  
or 100 Calorie Snack Bars



RETAILER: Kraft Foods Global, Inc. or a subsidiary will reimburse the face value of this coupon plus handling if submitted in compliance with its Coupon Redemption Policy, previously provided to you and available upon request. Cash value 1/100¢. Coupon can only be distributed by Kraft Foods Global, Inc. or its agent. Mail to: Kraft Foods Global, Inc., PO Box 80065, El Paso, TX 88588-0065. Offer expires 2/29/2008. CONSUMER: One coupon valid per item(s) indicated. Any other use constitutes fraud. VOID IF COPIED, TRANSFERRED, PURCHASED OR SOLD. Valid only in the USA. FPOs and APOs © 2008 Kraft Foods 08-019



MANUFACTURER'S COUPON EXPIRES 02/04/08

# SAVE 35¢

ON ANY 2 of the following Nabisco® Brands

100 CALORIE PACKS, TEDDY GRAHAMS,  
REDUCED FAT CHIPS AHOY!, FIG NEWTONS,  
SNACKWELL'S, HONEY MAID GRAHAMS,  
TRISCUIT, WHEAT THINS, RITZ, RITZ CHIPS,  
PREMIUM, GARDEN HARVEST TOASTED CHIPS,  
REDUCED FAT OREO

33953



5 44000 00021 4 (8100)0 33953

RETAILER: Kraft Foods Global, Inc. or a subsidiary, will reimburse the face value of this coupon plus handling if submitted in compliance with its Coupon Redemption Policy, previously provided to you and available upon request. Cash value 1/100¢. Coupon can only be distributed by Kraft Foods Global, Inc. or its agent. Mail to: Kraft Foods Global, Inc., P.O. Box 840055, El Paso, TX 88584-0055. Offer expires: 02/04/08. CONSUMER: One coupon valid for item(s) indicated. Any other use constitutes fraud. VOID IF COPIED, TRANSFERRED, PURCHASED OR SOLD. Valid only in the USA, FPOs and APOs.  
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NABISCO

## Delicious Snacks You'll Feel Good About



© 2008 Kraft Foods

Equal  
Barilla  
OSCAR  
Dole  
Ricola  
WHOLE BODY CLEANSE  
Dole  
FUZE  
MISSION  
K  
New Year, New You

MANUFACTURER'S COUPON EXPIRES 3/09/08



**50¢ OFF**  
ANY VARIETY OF  
**Bob Evans®**  
OATMEAL BOWLS

AVAILABLE IN YOUR GROCER'S REFRIGERATED SECTION

CONSUMER: Only use this coupon to purchase the products specified. You must pay any sales tax. RETAILER: We will reimburse the face value of this coupon plus 8¢ handling provided you honor and furnish proof of purchase on request. Coupons not redeemed legitimately could violate U.S. Mail Statutes. Void where duplicated, transferred, assigned, restricted or where prohibited. Cash value 1/100¢. Limit one coupon per purchase. Redemption Address: CMS Dept. #75300, 1 Fawcett Drive, Del Rio, TX 78840.



5 75900 75050 3 (8101) 0 11369 0308

**ALL NEW! ALL NATURAL!**  
**ALL IN MINUTES!**

- 0 Trans fat
  - 0 Cholesterol
  - 0 Preservatives.
- And with no water needed,
- 0 Chance of error.

**NEW**

**Bob Evans**  
**OATMEAL THAT'S JUUST RIGHT.**

FIND QUICK BREAKFAST IDEAS AT [BOBEVANS.COM](http://BOBEVANS.COM)

The goodness of granola with the excitement of your favorite Nabisco cookie flavors.

With 5g of whole grain and 2g of fat or less in every bar.

**SNACK PURPLE.**

RETAILER COUPON EXPIRATION DATE 3/30/2008

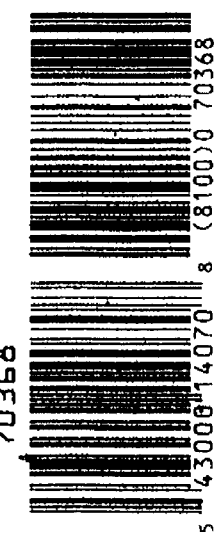
**Save 70¢**

on ANY ONE box of  
**100 Calorie Packs**  
**Chewy Granola Bars**



**SNACK PURPLE.**

RETAILER: Kraft Foods Global, Inc. or a subsidiary. Will reimburse the face value of this coupon plus handling if submitted in compliance with its Coupon Redemption Policy, previously provided to you and available upon request. Cash value 1/100¢. Coupon can only be distributed by Kraft Foods Global, Inc. or its agent. Mail to: Kraft Foods Global, Inc., P.O. Box 880055, El Paso, TX 88688-0055. Offer expires: 3/30/2008.  
CONSUMER: One coupon valid for item(s) indicated. Any other use constitutes fraud. VOID IF COPIED, TRANSFERRED, PURCHASED OR SOLD. Valid only in the USA. FPOs and APOs.  
© 2008 Kraft Foods



**New Year, New Year!**  
To enter the sweepstakes for a chance to win a dream vacation for two in Jamaica from the Jamaica Tourist Board, a Jacuzzi Pro Juicer Extractor or a \$50 SpaWish Spa-At-Home Boutique shopping spree, go to [www.snacksource.com](http://www.snacksource.com).  
No purchase necessary. See reverse side of card for details including how to obtain complete Official Rules.

100%  
yummm.  
33%  
less fat.



\*33% less fat and double the calcium of KRAFT regular shredded cheese. For better-for-you cheese ideas, go to Kraftfoods.com

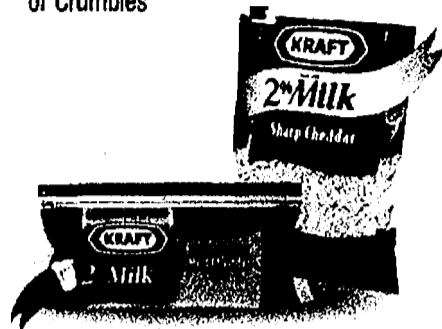
**KRAFT**

MANUFACTURER'S COUPON  
EXPIRATION DATE: 2/17/2008

55¢/2

**SAVE 55¢**

on any TWO (2) KRAFT 2% Milk Reduced Fat Shredded Cheeses, Chunk Cheeses or Crumbles

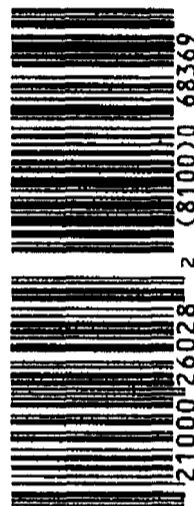


RETAILER: Kraft Foods Global, Inc., or a subsidiary, will reimburse the face value of this coupon plus handling if submitted in compliance with its Coupon Redemption Policy, previously provided to you and available upon request. Cash value 1/100¢. Coupon can only be distributed by Kraft Foods Global, Inc. or its agent. Mail to: Kraft Foods Global, Inc., PO Box 880056, El Paso, TX 88588-0056. Offer expires: 2/17/2008. CONSUMER: One coupon valid for item(s) indicated. Any other use constitutes fraud. VOID IF COPIED, TRANSFERRED, PURCHASED OR SOLD. Valid only in the USA, FPOs and APOs.

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C00358

68369



5 2100026028 2 (810070 68369

**KRAFT** your salad

barbecue ranch  
chicken salad  
kraftfoods.com



Watch for our new look  
at your local retailer

**KRAFT**

MANUFACTURER'S COUPON  
EXPIRATION DATE: 2/3/2008

75¢/2

**SAVE 75¢**

when you buy  
any TWO (2)  
16 oz. bottles of  
KRAFT Salad  
Dressing

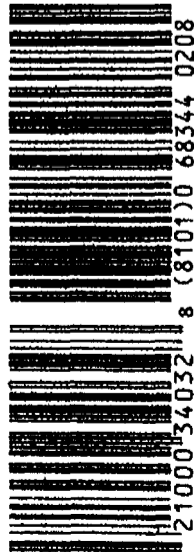


RETAILER: Kraft Foods Global, Inc. or a subsidiary, will reimburse the face value of this coupon plus handling if submitted in compliance with its Coupon Redemption Policy, previously provided to you and available upon request. Cash value 1/100¢. Coupon can only be distributed by Kraft Foods Global, Inc. or its agent. Mail to: Kraft Foods Global, Inc., P.O. Box 880056, El Paso, TX 88588-0056. Offer expires: 2/3/2008. CONSUMER: One coupon valid for item(s) indicated. Any other use constitutes fraud. VOID IF COPIED, TRANSFERRED, PURCHASED OR SOLD. Valid only in the USA, FPOs and APOs.

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80108

68369



5 2100034032 8 (81010 68344 0208

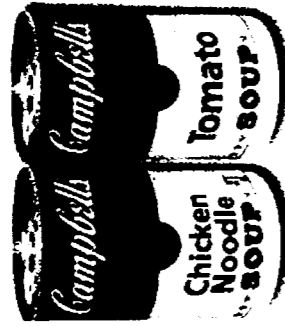
**New Year, New You!**

To enter the sweepstakes for a chance to win a dream vacation for two in Jamaica from the Jamaica Tourist Board, a Juiceman Pro Juicer Extractor or a \$50 SpaWish Spa-At-Home Boutique shopping spree, go to [www.smartsource.com](http://www.smartsource.com). No purchase necessary. See reverse side of tab for details including how to obtain complete Official Rules.

MANUFACTURER COUPON EXPIRES: 03/31/08

Save **40¢** on any 4

Campbell's® Condensed Chicken Noodle or Tomato Soups (except Cream)



CONSUMER: One coupon per purchase. Good only on product outside consumer's zip code. Not valid for cash, photocopy, transfer or resale. Redeemable by electronic, photographic, digital or other means in any media. FEDERAL: Not valid in states that prohibit such purchases or product returns. ANY OTHER USE DAMAGES YOUR RIGHTS. \*In compliance with Campbell Soup Company's Coupon Redemption Policy (copies available upon request), you will be reimbursed for value plus 5¢. Mail to: CAMPBELL SOUP COMPANY, ONE DEPOT, 65100, ONE CAMPBELL DRIVE, DEPT. 117, THRU, FAIRFAX, VA 22033. Subject to purchase or request received upon purchase of stock covering coupons may void all coupons submitted. Void if used, restricted, prohibited or reserved by other than retailer of our products. Cash value: 1/10¢. ©2007 CSC, Brand LP

02589



5 1000 11022 5 (8100) 0 02589

MANUFACTURER COUPON EXPIRES: 03/31/08

Save **40¢** on any 2

Campbell's® SpaghettiOs® Pasta



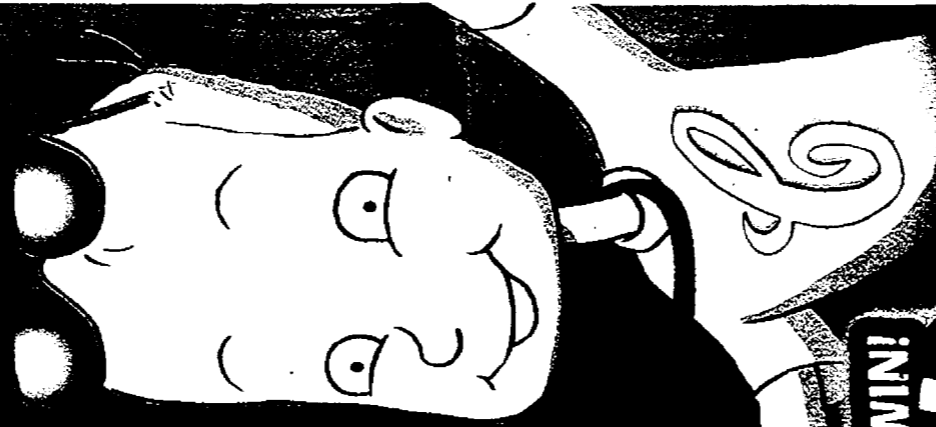
CONSUMER: One coupon per purchase. Good only on product outside consumer's zip code. Not valid for cash, photocopy, transfer or resale. Redeemable by electronic, photographic, digital or other means in any media. FEDERAL: Not valid in states that prohibit such purchases or product returns. ANY OTHER USE DAMAGES YOUR RIGHTS. \*In compliance with Campbell Soup Company's Coupon Redemption Policy (copies available upon request), you will be reimbursed for value plus 5¢. Mail to: CAMPBELL SOUP COMPANY, ONE DEPOT, 65100, ONE CAMPBELL DRIVE, DEPT. 117, THRU, FAIRFAX, VA 22033. Subject to purchase or request received upon purchase of stock covering coupons may void all coupons submitted. Void if used, restricted, prohibited or reserved by other than retailer of our products. Cash value: 1/10¢. ©2007 CSC, Brand LP

44667



5 1000 21022 2 (8100) 0 44667

**Hey Mom,  
Treat Them  
to All Their Favorites**



Kids Can WIN!

**Rule THE PARK!** *Slurpstakes*

You can **WIN**

a **V.I.P. Vacation**

to Universal Orlando Resort® UNIVERSAL

ENTER THE CODE found on the end of ANY Campbell's condensed soup or SpaghettiOs pasta can at [mySlurp.com](http://mySlurp.com)



# Eat Well & Feel Great This New Year!

Look for *Campbell's® Select™* soup varieties that offer:\*

- 100 calories or less,
- Low fat, or
- Good source of fiber\*



Satisfies. Restores.  
Lifts you up.™

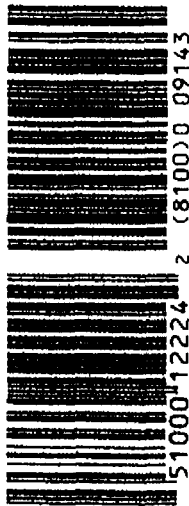


To find out more visit [www.StartTasting.com](http://www.StartTasting.com)

\*per serving, see Nutrition Facts on label for details. †≥ 3 grams per serving. © 2007 CSC Brands LP

MANUFACTURER COUPON EXPIRES: 03/31/2008

**Save 50¢**  
on 2  
Good on any  
*Campbell's® Select™*  
soup can



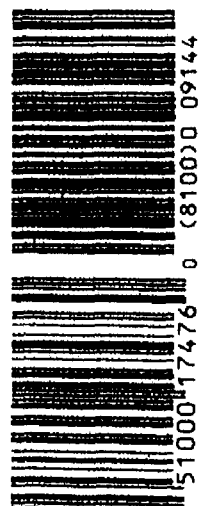
5 51000 12224 2 (8100) 0 09143

[www.campbellselect.com](http://www.campbellselect.com)

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

MANUFACTURER COUPON EXPIRES: 03/31/2008

**Save \$1.00**  
on 1  
Good on any  
*Campbell's® Select™*  
Gold Label soup



5 51000 17476 0 (8100) 0 09144

[www.campbellselect.com](http://www.campbellselect.com)

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

New Year, New You! Mission Fuze Dole Raisins OSCAR Barilla Equal

MANUFACTURER COUPON EXPIRES: 03/31/08



**SAVE 50¢**  
Good on one (6 pack) of  
V8 5.5 oz. cans

CONSUMER: One coupon per purchase. Good only on product indicated. Consumer pays any sales tax. Void if sold, changed, transferred or reproduced including by electronic, photographic, optical or other means in any media. RETAILER: Register on terms stated by consumer upon purchase of product indicated. ANY OTHER USE CONSTITUTES FRAUD. See Company's Coupon Redemption Policy, request available upon request. You will be reimbursed for your pack & mail to CAMPBELL SOUP COMPANY, CDS DEPT. #1100, ONE HANCOCK DRIVE, DEW, TN 37411. Failure to produce or request invoice promptly, purchase of stock or other coupons submitted, void if lost, restricted, prohibited or presented by other than readers of our products. Cash value: 1/100¢. ©2007 CSC Brands, LP.

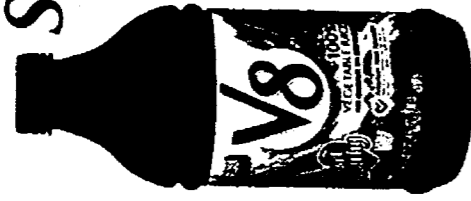
41375



5 51000 41450 7 (8100)0 41375

MANUFACTURER COUPON EXPIRES: 03/31/08

**SAVE 40¢**  
on 2



**V8 100%**  
Vegetable Juice

41374



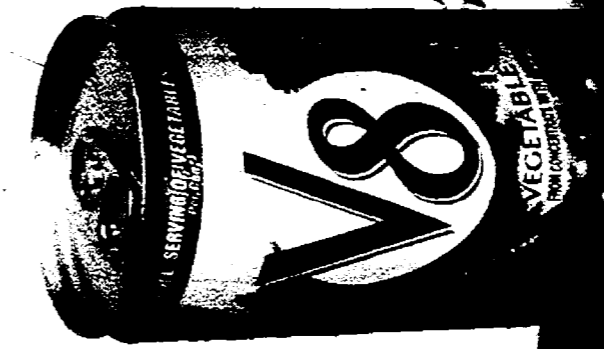
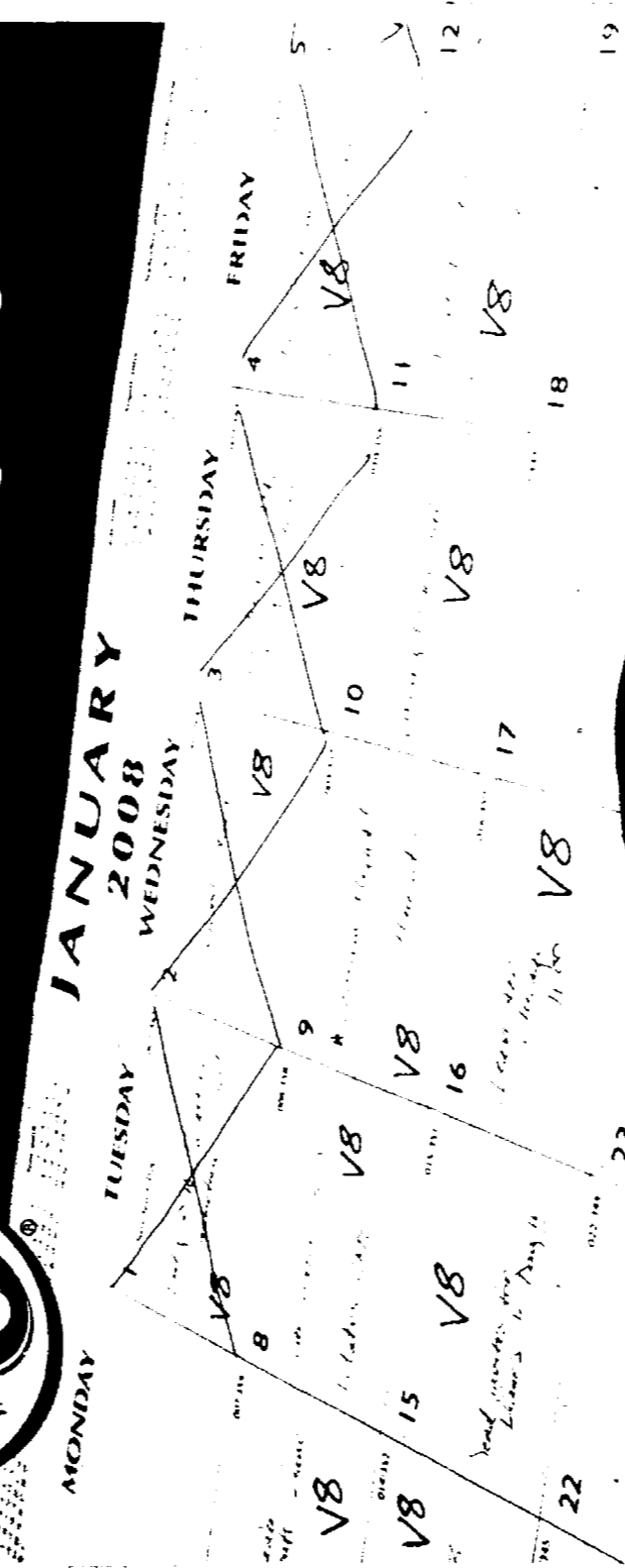
5 51000 41022 6 (8100)0 41374

# New Year, New You!

To enter the sweepstakes for a chance to win a dream vacation for two in Jamaica from the Jamaica Tourist Board, a Juiceman Pro Juicer Extractor or a \$50 SpaWish Spa-At-Home Boutique shopping spree, go to [www.smartsource.com](http://www.smartsource.com). No purchase necessary. See reverse side of tab for details including how to obtain complete Official Rules.

## Start a Healthy Habit.

One small can a day...  
One full serving of vegetables.



# COULD'VE HAD A V8

**Campbell's**

Healthy Request

Try **NEW** Lower Sodium\* Soups  
with Amazing Taste!



Now in **24** Varieties!

**M'm! M'm! GOOD!**  
with Lower Sodium  
Natural Sea Salt

\*up to 50% less sodium than  
Campbell's® Soup comparable varieties

**CHUNKY**

**Select**



© 2007 CSC Brands LP

MANUFACTURER COUPON EXPIRES: 03/31/2008

**Save 50¢**

on any 2

Campbell's® **Chunky™**  
Healthy Request® Cans  
or any **Chunky™** Bowls



09152



5 51000 12024 8 (8100) 0 09152

MANUFACTURER COUPON EXPIRES: 03/31/2008

**Save 50¢**

on any 2

Campbell's® **Select™**  
Healthy Request® Cans  
or any **Select™** Bowls



09153



5 51000 12024 8 (8100) 0 09153

MANUFACTURER COUPON EXPIRES: 03/31/2008

**Save 40¢**

on any 2

Campbell's®  
**Healthy Request®**  
Condensed Soups



02577



5 51000 11122 2 (8100) 0 02577

MANUFACTURER COUPON EXPIRES: 03/31/2008

**Save 40¢**

on any 2

Campbell's® **25% Less Sodium**  
Condensed Chicken Noodle  
or Tomato Soups



02578



5 51000 11122 9 (8100) 0 02578

Equal  
Dole  
Garden of Eatin'  
Mission  
New Year, New You!

**Energizer**

Get **More** From Your  
**Holiday Gifts**

With the  
**World's Longest Lasting**  
AA & AAA Batteries  
in High-Tech Devices



For more information, visit  
[www.energizer.com](http://www.energizer.com)

**Keep  
Going**



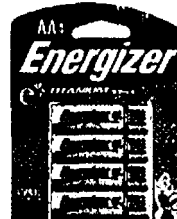
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and other marks are trademarks of Energizer

MANUFACTURER'S COUPON

EXPIRES 2/28/08

**SAVE \$1.00**

on any ONE (1) pack of Energizer® Brand batteries



RETAILER: We will pay you the face value plus 8¢ if all terms are met. TERMS: Retailer mail to: Energizer, CMS Department 39800, 1 Fincoett Dr., Del Rio, TX 78840. Good only in the U.S.A. on specified product(s). Limit 1 coupon (any kind) per purchase. Coupon void if a reproduction, transferred before store redemption, prohibited, licensed, taxed, or restricted by law; not presented by you or agency authorized by us; or if you do not show on request product invoices for all redeemed coupons. Consumer pays sales tax. Cash value 1/20¢. Any other use is fraudulent. CONSUMER: Coupon may not be transferred, sold, auctioned, altered, or reproduced. Limit one coupon per purchase as specified above. Any other use is fraudulent. Energizer does not authorize any coupon promotions that can be printed on home computer equipment. Counterfeits printed on home computer equipment will not be honored. © 2008 Energizer

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22127



5 39800 10076 9 (8101) 0 22127 0208

**New Year, New Year!**

To enter the sweepstakes for a chance to win a dream vacation for two in Jamaica from the Jamaica Tourist Board, a JuiceMan Pro Juicer Extractor or a \$50 SpaWish Spa-At-Home Boutique shopping spree, go to [www.smartsource.com](http://www.smartsource.com). No purchase necessary. See reverse side of tab for details, including how to obtain complete Official Rules.

Look What's  
**More Absorbent**  
Than Ever!

**Depend**  
Underwear

NEW AND  
IMPROVED  
**BEST  
Protection**

Talk to your doctor if bladder control becomes a problem.

[Depend.com](http://Depend.com)

Manufacturer's Coupon

Expires 03/01/08

**SAVE \$2.00**

On any ONE (1) **DEPEND®**  
Absorbent Product



Kimberly-Clark

**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 \$0.08 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.

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© 2008 KCWW  
EAD 487/C-007302



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5

MAKE  
**FRESH & CLEAN**  
PART OF YOUR POST GAME PLAN



The Best Offense is a Great Defense



MANUFACTURER'S COUPON  
EXPIRES 02/28/08

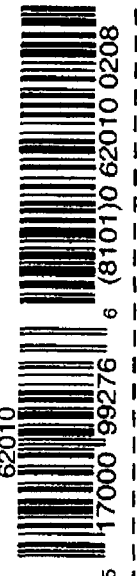
Save \$1.00

Off Any ONE  
Right Guard®  
Anti-Perspirant  
Deodorant



(excluding RGX™ Bodyspray and trial-sized items)

RETAILER: The Dial Corporation will reimburse you the face value of coupon plus 8¢ if submitted in compliance with our redemption policy, available upon request. Cash value 1/100¢. Mail to: THE DIAL CORPORATION, PO BOX 880090, EL PASO, TX 88588-0090. Void if copied, prohibited, restricted, or transferred prior to redemption. One coupon per purchase ©2008 THE DIAL CORPORATION



MANUFACTURER'S COUPON  
EXPIRES 02/28/08

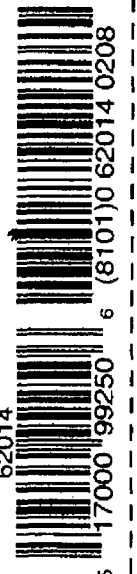
Save \$.50

Off Any ONE  
Soft & Dri®  
or Dry Idea®



Anti-Perspirant Deodorant  
(excluding trial-sized items)

RETAILER: The Dial Corporation will reimburse you the face value of coupon plus 8¢ if submitted in compliance with our redemption policy, available upon request. Cash value 1/100¢. Mail to: THE DIAL CORPORATION, PO BOX 880090, EL PASO, TX 88588-0090. Void if copied, prohibited, restricted, or transferred prior to redemption. One coupon per purchase ©2008 THE DIAL CORPORATION



Welch's  
SINCE 1869

*Original* **FAMILY ADVENTURE**



Squeeze more fun into your family's day with the delicious taste of Welch's.

MANUFACTURER'S COUPON EXPIRES 3/31/08

**SAVE 75¢**

on any ONE Welch's Jam, Jelly or Spread (22 oz., any flavor)



CONSUMER: You may only use this coupon to purchase specified product(s). You pay any sales tax. Void if reproduced, altered, transferred, sold or prohibited. **LIMIT ONE COUPON PER PURCHASE.** RETAILER: Your redemption signifies compliance with Welch's Coupon Redemption Policy currently in effect. Free copy available by writing to Welch Foods Inc., P.O. Box 880070, El Paso, TX 88588-0070. Send properly redeemed coupons to same address. Cash value 1/100 of 1¢. Welch's and the Welch's banner are registered trademarks of Welch Foods Inc., A Cooperative, Concord, MA 01742.



Look for specially marked packages for a code to enter!

Visit [WelchShare.com](http://WelchShare.com) to enter. 3¢ per purchase. Expires 12/31/08. Code PL 12 1 and code PL 13 1 will give you PL 1 22¢ off when you purchase and enter a code. Subject to US and state laws, this offer is void where prohibited. One coupon per purchase. Offer good on select packages of jam. See details on product packaging.

Wendy's, Dunkin' Donuts, Mission, FUZE, Dole, Wide Body Cereals, Raisins, Dole, OSCAR, Equil

New Year, New You!

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No purchase necessary. See reverse side of tab for details including how to obtain complete Official Rules.

We can help you  
**Enjoy a Dinner**  
 with family and friends!

80% of denture wearers wish they could sit down to a nice dinner with family and friends regularly. We think that's a great idea. That's why we created the Family Dinner promotion.

Buy any 3 Polident® and/or Poligrip® products and earn a \$5 Darden Restaurants® Gift Card, or buy any 4 to earn a \$10 Gift Card, redeemable at any Red Lobster®, Olive Garden® or Bahama Breeze® restaurant in the United States.

Read instructions below to learn how to receive your Darden Restaurants Gift Card.



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Visit [www.mydenturecare.com](http://www.mydenturecare.com) for more information on connecting with friends and family.

**MAKING A Helping Hand through the Denture Journey™**

**MAIL-IN GIFT CARD OFFER FORM**

- (a) Receive Your Mail-In Darden Restaurants® (Olive Garden®, Bahama Breeze®, Red Lobster®, Olive Garden®) Gift Card:**
- Buy the required number of (any size) Polident® and/or Poligrip® products necessary to qualify for the number of Darden Restaurants Gift Cards (1 Gift Card).
  - Indicate the number of UPC symbols you are submitting to qualify for the number of gift cards you select, e.g., 3 UPC symbols for one (1) \$5.00 gift card, 4 UPC symbols for one (1) \$10.00 gift card, etc.
- (b) Receive a \$5.00 Darden Restaurants Gift Card with your purchase of any combination of three (3) Polident or Poligrip products.**
- (c) Receive a \$10.00 Darden Restaurants Gift Card with your purchase of any combination of four (4) Polident or Poligrip products.**

**Total Number of \$5.00 Gift Cards Requested** \_\_\_\_\_ **Total Number of UPC Symbols Submitted** \_\_\_\_\_

**Total Number of \$10.00 Darden Restaurants Gift Cards Requested** \_\_\_\_\_ **Total Number of UPC Symbols Submitted** \_\_\_\_\_

MANUFACTURER'S COUPON EXPIRES 03/28/08

**50¢ OFF**  
 (78 count or larger)

Any one Polident® Tablets  
 or Polident® fresh cleanser®

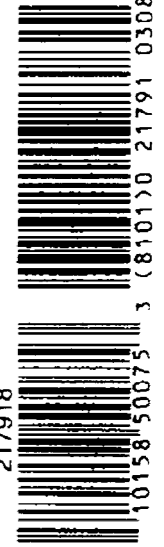


217926  
 10158 53050 7 (8101)0 21792 0308

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**75¢ OFF**

Any one Poligrip® Comfort Seal® Strips or Cream



217918  
 10158 50075 3 (8101)0 21791 0308

**NOT REDEEMABLE AT RETAIL**

3. Mail your cash register receipts, dated between 1/20/08 and 1/31/08, containing the address of the participating retailer, the date, and the purchase price of products checked AND the appropriate number of UPC symbols TOGETHER with this completed Request Form in a properly stamped envelope, postmarked no later than 1/31/09 to: Food, Family & Friends Rebate, P.O. Box 1297, Grand Rapids MI 49545-1297.

You are eligible to receive as many Gift Cards that you qualify for provided you have submitted the requisite number of UPC symbols and are otherwise in compliance with this offer's conditions.

YOUR NAME \_\_\_\_\_ AGE \_\_\_\_\_  
 ADDRESS \_\_\_\_\_  
 (CITY, STATE, ZIP) \_\_\_\_\_ (EVENING)  
 PHONE (DAY) \_\_\_\_\_ (EVENING) \_\_\_\_\_

Please Note Offer expires 1/31/08. Allow 6-8 weeks for delivery of your Darden Restaurants Gift Cards!

GO TO [WWW.POLIDENT.COM](http://WWW.POLIDENT.COM) for full details and rules.

Redeemable at participating Darden Restaurants. Limit one coupon per purchase of Polident® or Poligrip® products. The offer is valid only at participating Darden Restaurants. See reverse side of tab for details. © 2008 Polident, Inc. All rights reserved. See reverse side of tab for details.

MANUFACTURER'S COUPON EXPIRES 03/28/08

New! Next... New! Next... New! Next...  
 FUZE... Dole... Dole... Dole... Dole... Dole...  
 Equal... Equal... Equal... Equal... Equal...  
 OSCAR... OSCAR... OSCAR... OSCAR... OSCAR...  
 Dole... Dole... Dole... Dole... Dole...  
 FUZE... FUZE... FUZE... FUZE... FUZE...  
 OSCAR... OSCAR... OSCAR... OSCAR... OSCAR...

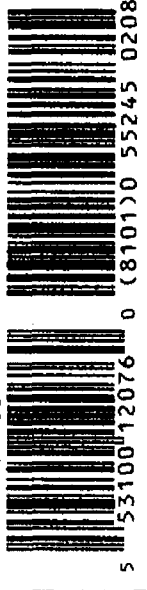
MANUFACTURER'S COUPON EXPIRES 02/10/08

**\$100 OFF**

any Aquafresh® Premium Toothpaste (Aquafresh® Advanced®, White & Shine™, Extreme Clean®, or Sensitive) (5.6oz or larger)



Redeemable at food, drug and mass merchandise stores. CONSUMER Limit 1 coupon per purchase of indicated product(s). 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 AFPOs, FPOs. Based on purchase of 1000 units. ©2008 GlaxoSmithKline. Read and follow label directions.



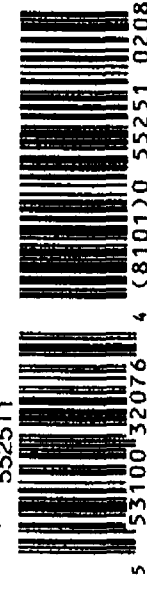
MANUFACTURER'S COUPON EXPIRES 02/10/08

**\$100 OFF**

Any Premium Toothbrush (Aquafresh® Gel Flex OR Aquafresh® Deep Action)



Redeemable at food, drug and mass merchandise stores. CONSUMER Limit 1 coupon per purchase of indicated product(s). 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 AFPOs, FPOs. Based on purchase of 1000 units. ©2008 GlaxoSmithKline. Read and follow label directions.



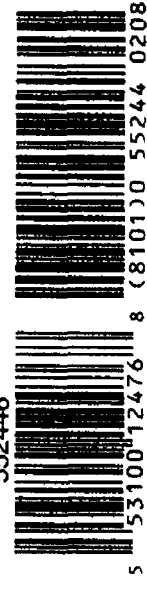
MANUFACTURER'S COUPON EXPIRES 02/10/08

**\$100 OFF**

Aquafresh® Advanced® (5.6oz or larger)



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For a feeling of clean like nothing else.

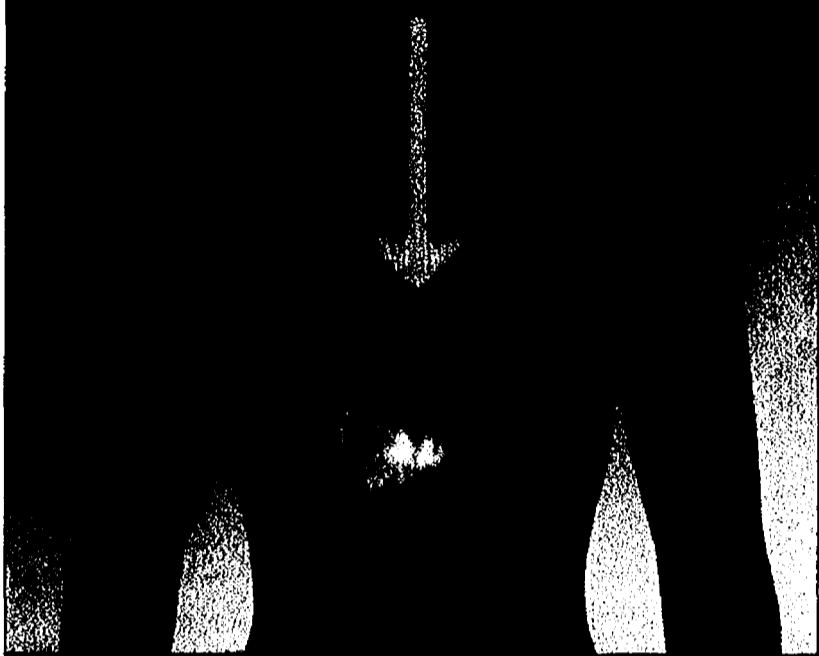
Coming Soon:  
Aquafresh®  
Extreme Clean®  
Polishing Action



www.Aquafresh.com

POLISHED TEETH™  
**CLEANER, LONGER**

# TUMS®



**TUMS works on contact  
Nothing is faster**

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548531



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TUMS.**

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Kids  
antacid/calcium  
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- Whitens 30% Better ✓
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- Grips, Doesn't Slip ✓

Use Aquafresh White Trays once a day, start seeing results in just 3 days, full results in 7

Whitening that fits you™



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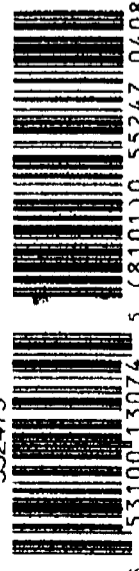
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**SAVE  
\$5.00**

on Aquafresh® White Trays™



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New Year, New You!

To enter the sweepstakes for a chance to win a dream vacation for two in Jamaica from the Jamaica Tourist Board, a Juiceman Pro Juicer Extractor or a \$50 Spanish Spa-At-Home Boutique shopping spree, go to [www.smarthouse.com](http://www.smarthouse.com).  
An American Manufacturer. See package details for details. Excludes Hawaii to obtain immediate Official Rules.



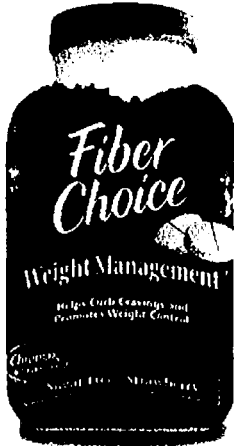
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The Smart Choice™ for the Most Fiber\*\*



Plus 2-in-1 Convenience



Helps curb cravings and promotes weight control.\*\*



The only fiber supplement with 500mg of Calcium and Vitamin D.

THIS STATEMENT HAS NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE. When used as part of a healthy diet and exercise program. Most fiber per serving vs. other convenient fiber supplements.)

MANUFACTURER'S COUPON EXPIRES 3/31/08

SAVE \$2.00

any 90 ct. FiberChoice® fiber supplement in the fiber aisle



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570792



5 57145 81082 2 (8101)3 57079 0308

MANUFACTURER'S COUPON EXPIRES 3/31/08

SAVE \$3.00



90 ct. FiberChoice® Weight Management fiber supplement OR 90 ct. FiberChoice® Plus Calcium fiber supplement OR 90 ct. FiberChoice® Plus Multivitamins fiber supplement

In the fiber aisle

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570800

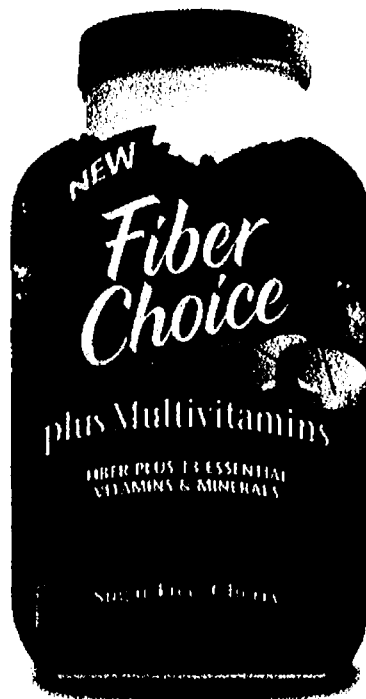


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NEW

And Introducing FiberChoice® plus Multivitamins

- Makes it convenient to get your daily fiber and multivitamins in one serving
- Provides a powerful combination of 13 essential vitamins and minerals



Complete 13 Essential Vitamins & Minerals Multivitamin



The Smart Choice™ for the Most Fiber:

Most fiber per serving vs. other convenient fiber supplements.)

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Equul, Barilla, O'SCAL, Dole, FUZE, MISSION, Dole, WHOLE BODY BLENDING, Dole

FIBER ISN'T FIBER. &  
*{Well it isn't.}*

# CITRUCEL®

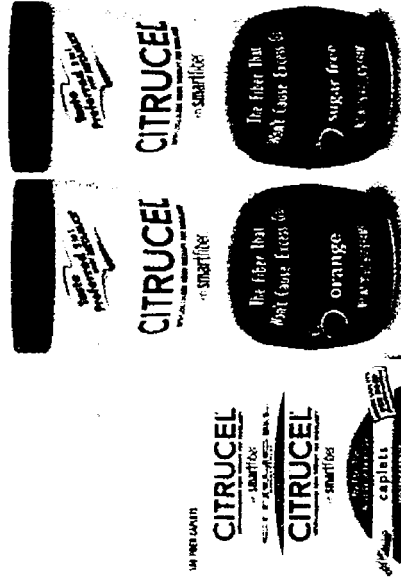
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The ONLY fiber that  
 won't cause excess gas

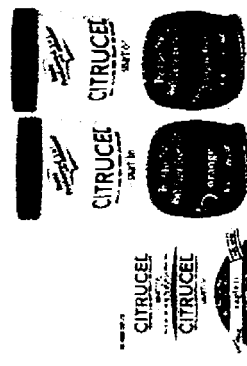
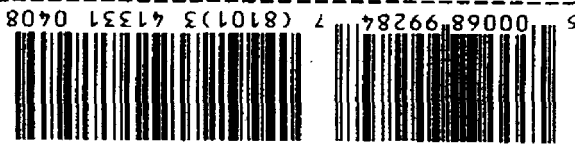
Try our  
 convenient  
 caplets!

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**New Year, New You!**

MANUFACTURER'S COUPON | EXPIRES 04/26/08  
**SAVE \$250**

on any  
**CITRUCEL** product  
 smartfiber

To enter the sweepstakes for a chance to win a dream vacation for two in Jamaica from the Jamaica Tourist Board, a Juiceman Pro Juicer Extractor or a \$50 SpaWish Spa-At-Home Boutique shopping spree, go to [www.smartsource.com](http://www.smartsource.com). No purchase necessary. See reverse side of tab for details including how to obtain complete Official Rules.



# New Year Resolutions

**NICODERM CC**  
 CLEAR SmartControl  
 NICO DERM CC  
 WHOLESOME THERAPY WITH  
 ALLIUM SULFATE  
 STOP SMOKING AID

**\$43.99**  
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 With Plus Card

NicoDerm® CC\*  
 Nicotine Patches 14 ct.  
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**Breath Right**  
 Nasal Strips  
 28 ct. - 30 ct.

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**Breath Right**  
 Nasal Strips  
 28 ct. - 30 ct.

**\$9.99**  
 Kroger Feature Price  
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**Breath Right**  
 Nasal Strips  
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New Users: New Users!   
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## Flowing Vapors

Portable Vapor Fan

### Get Non-Medicated SOOTHING COMFORT For A Good Night's Rest

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**NEW!** Battery Operated

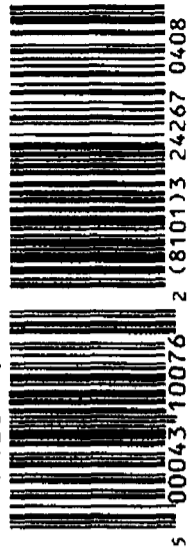
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**Triaminic. We Care As Much As You Do.™**

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# SAVE \$1.00

On ANY ONE (1) Product From The Makers Of Triaminic®



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24267-6

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# SAVE \$2.00

On ONE (1) Flowing Vapors® From The Makers Of Triaminic®



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24268-4

## Powerful Relief. Soothing Vapors.

### Maximum Nighttime Comfort.

**Theraflu**

SEVERE COLD

**Vapor Patch**

BATTERY OPERATED VAPORS

**Theraflu**

Instantly Soothing. Powerful Relief.

Comforting Vapors: Without The Mess.

See Therapist. Use Only As Directed.

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# SAVE \$1.50

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Also available in anytime

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24263-6



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New Year, New You!

To enter the sweepstakes for a chance to win a dream vacation for two in Jamaica from the Jamaica Tourist Board, a Juiceman Pro Juicer Extractor or a \$50 SpaWish Spa-At-Home Boutique shopping spree, go to [www.smartsource.com](http://www.smartsource.com). No purchase necessary. See reverse side of tab for details including how to obtain complete Official Rules.

New Year, New You! • New Year, New You! • New Year, New You! • New Year, New You! • New Year, New You! • New Year, New You!

New Year, New You! • New Year, New You! • New Year, New You! • New Year, New You! • New Year, New You! • New Year, New You!

SAVE \$1.00



on any size  
Equal.  
Packets,  
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SWEET  
for your coffee  
SMART  
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31105

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SWEET AND SMART



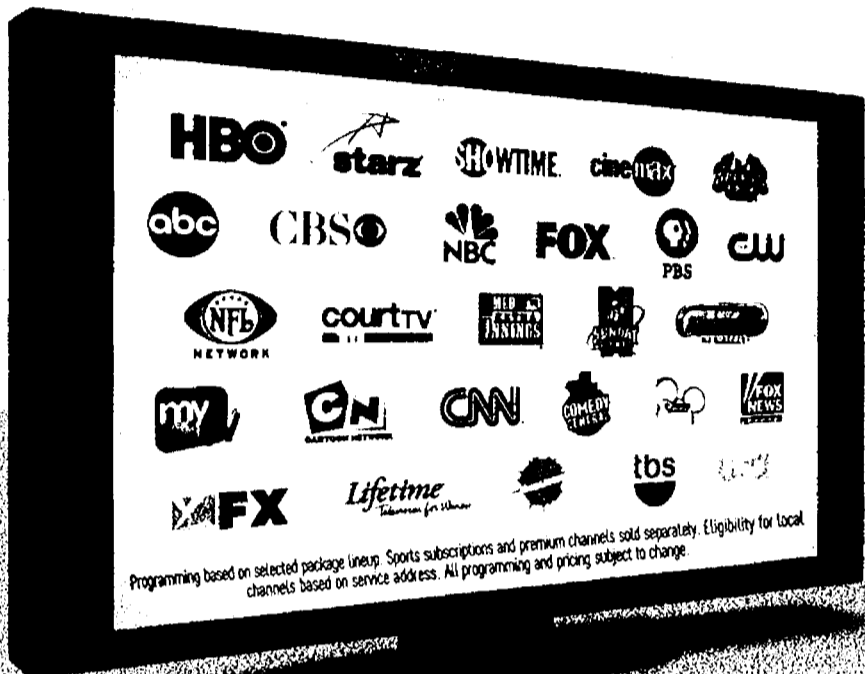
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- Also available! DIRECTV Más™ Service Over 45 channels En Español!†

Hurry! Act now and get all this FREE:

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Professional  
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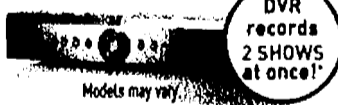


Lease fee of \$4.99/mo. for second and each additional receiver. Complex/custom installation extra. Handling and delivery fee \$19.95.

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DVR lets you pause, rewind and record live TV with 100+ hours of recording capacity!



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Credit card not required in MA and PA. †Eligibility for local channels based on service address. ††Source: 2007 American Customer Satisfaction Index, University of Michigan Business School. Among the largest U.S. Cable & Satellite TV providers, tied with DISH Network for the highest ACSII score in 2007. \*\*Includes English-language broadcast channels with alternate Spanish audio. †††Actual recording capacity depends on type of programming being recorded. ††††Number of channels subject to available HD programming and varies by programming package. \*Professional installation highly recommended. (Land-based phone line connection required.) **BILL CREDIT/PROGRAMMING OFFER:** Upon DIRECTV System activation, customer must complete and sign redemption form (included in customer's first DIRECTV bill, a separate mailing or, in the state of New York, from retailer) and comply with the terms of the form. Account must be in "good standing," as determined by DIRECTV in its sole discretion, to remain eligible. DIRECTV not responsible for late, lost, illegible, mislabeled, incomplete, misdirected or postage-due mail. Limit one bill credit offer per account. IF, AFTER 12 CONSECUTIVE MONTHS (3 MONTHS FOR HBO/STARZ/SHOWTIME/CINEMAX), CUSTOMER DOES NOT CONTACT DIRECTV TO CHANGE SERVICE, THEN ALL SERVICES TO WHICH CUSTOMER IS SUBSCRIBING WILL AUTOMATICALLY CONTINUE ON THE 13TH MONTH (4TH MONTH FOR HBO/STARZ/SHOWTIME/CINEMAX) AT THE THEN-PREVAILING RATES, INCLUDING THE \$4.99/MO. LEASE FEE FOR THE 2ND AND EACH ADDITIONAL RECEIVER. In certain markets, programming/pricing may vary. Package pricing at [directv.com/packages](http://directv.com/packages). DIRECTV System has a feature which restricts access to channels. \*\***INSTANT REBATE:** Advanced equipment instant rebate requires activation of the CHOICE XTRA package (\$54.99/mo.) or above; FAMILIAR ULTRA or above; JADEWORLD, or any qualifying international service bundle, which shall include PREFERRED CHOICE programming package (valued at \$29.99/mo.); DVR service commitment (\$5.99/mo.) required for DVR and HD DVR lease; HD Access fee (\$9.99/mo.) required for HD and HD DVR lease. LIMIT ONE ADVANCED EQUIPMENT REBATE PER DIRECTV ACCOUNT. **INSTALLATION:** Standard professional installation only. Custom installation extra. **SYSTEM LEASE:** Purchase of 18 consecutive months (24 months for advanced receivers) of any DIRECTV base programming package (\$29.99/mo. or above) or qualifying international services bundle required. **FAILURE TO ACTIVATE ALL DIRECTV SYSTEM EQUIPMENT IN ACCORDANCE WITH THE EQUIPMENT LEASE ADDENDUM MAY RESULT IN A CHARGE OF \$150 PER RECEIVER NOT ACTIVATED. IF YOU FAIL TO MAINTAIN YOUR PROGRAMMING COMMITMENT, DIRECTV MAY CHARGE A PRORATED FEE OF UP TO \$400. RECEIVERS ARE AT ALL TIMES PROPERTY OF DIRECTV AND MUST BE RETURNED UPON CANCELLATION OF SERVICE, OR ADDITIONAL FEES MAY APPLY. VISIT [directv.com](http://directv.com) OR CALL 1-800-DIRECTV FOR DETAILS.** Programming, pricing, terms and conditions subject to change at any time. Pricing residential. Taxes not included. Receipt of DIRECTV programming subject to DIRECTV Customer Agreement, copy provided at [directv.com/legal](http://directv.com/legal) and in first bill. HBO and Cinemax are registered service marks of Home Box Office, Inc. Starz and related channels and service marks are the property of Starz Entertainment Group LLC. SHOWTIME and related marks are trademarks of Showtime, Inc., a Viacom Company ©2007 DIRECTV, Inc. DIRECTV and the Cyclone Design Logo, FAMILY and DIRECTV Más are trademarks of DIRECTV, Inc. All other trademarks and service marks are the property of their respective owners.

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Kill 99.9% of cold and flu viruses\* with KLEENEX® Anti-Viral\* Tissues.

let it out  
**Kleenex**®  
BRAND TISSUE

\* In the tissue within 15 minutes. Virucidal against Rhinoviruses Type 1A and 2 (rhinoviruses are the leading cause of the common cold, Influenza A and Influenza B (causes of the flu), Respiratory Syncytial Virus (RSV, the leading cause of lower respiratory infection in children). This product has not been tested against bacteria, fungi or other viruses. Not intended to kill viruses on the skin or other surfaces.



## SAVE 50¢

on any **THREE (3)** Packages of KLEENEX® Facial Tissues or **ONE (1) BUNDLE PACK**®

(Excluding individual KLEENEX® Pocket Pack or Juniors Tissue)

657266



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Kimberly-Clark

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## SAVE 40¢

on any **ONE (1)** Package of KLEENEX® Anti-Viral\* Facial Tissues

657282



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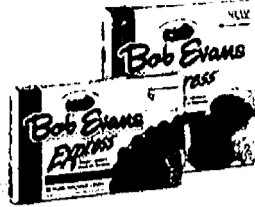
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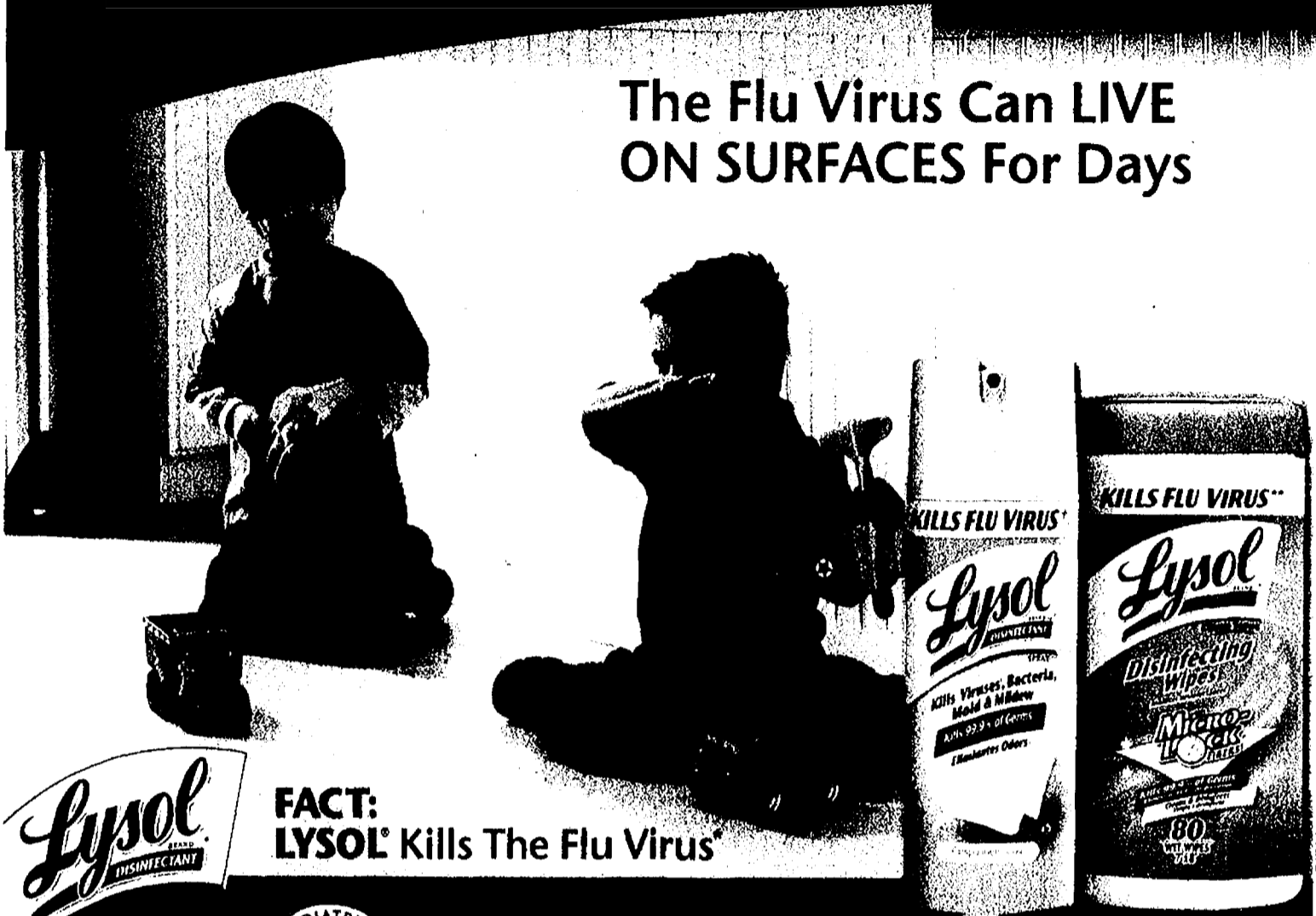
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**SAVE 50¢ ON ANY**  
**LYSOL® Toilet Bowl Cleaner**

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Go to [www.LYSOL.com](http://www.LYSOL.com) for details.



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\*LYSOL® Disinfectant Spray, LYSOL® Disinfecting Wipes, LYSOL® All Purpose Cleaner Trigger, LYSOL® Antibacterial Kitchen Cleaner and LYSOL® Bathroom Cleaner kill Influenza A on hard surfaces. LYSOL® Toilet Bowl Cleaners and LYSOL® All Purpose Cleaner Pourables kill the Rotavirus when used as directed.

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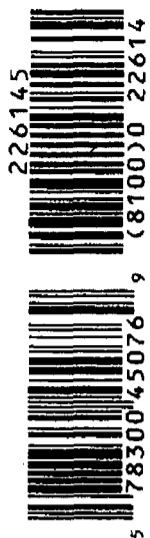
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**SAVE \$1.00**

on your purchase of any one (1) box of Playtex® Gentle Glide™ plastic applicator tampons 16 count or larger

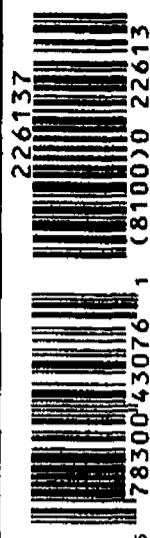


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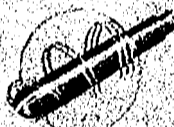


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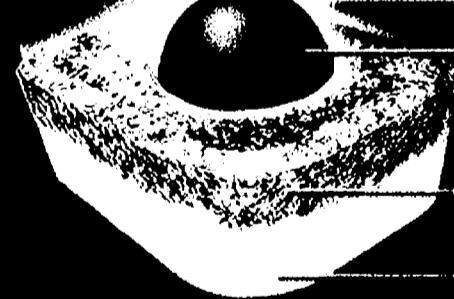
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Still Washing Dishes the  
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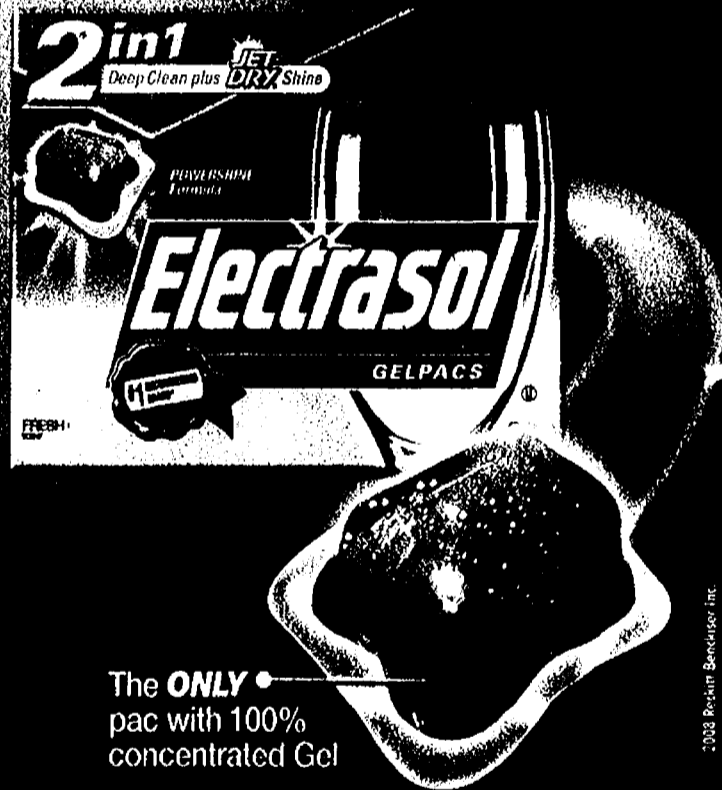


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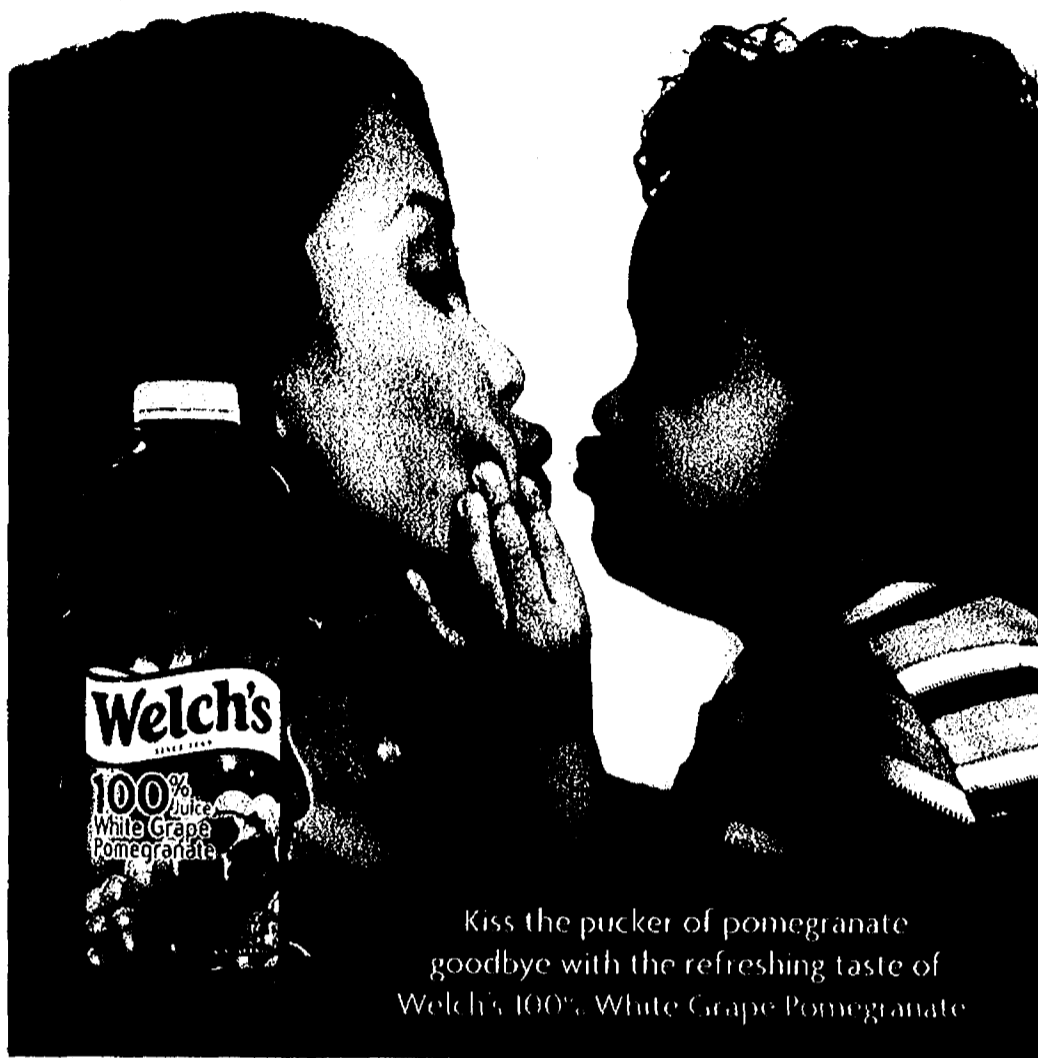
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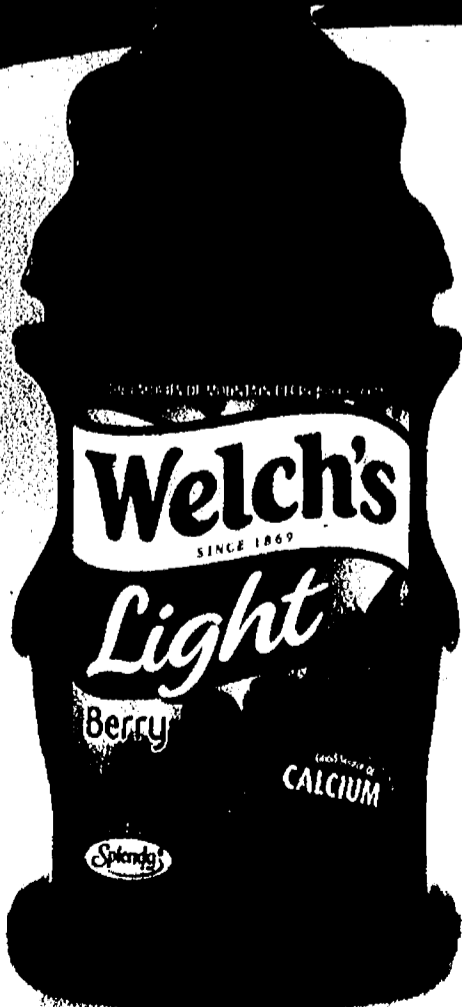
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Kiss the pucker of pomegranate  
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All the  
Berry taste  
with  
half the  
calories\*!

\*Half the calories of Welch's regular juices.

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**100% White Grape  
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- Two servings of fruit in every 8 oz. glass
- Absolutely no added sugar
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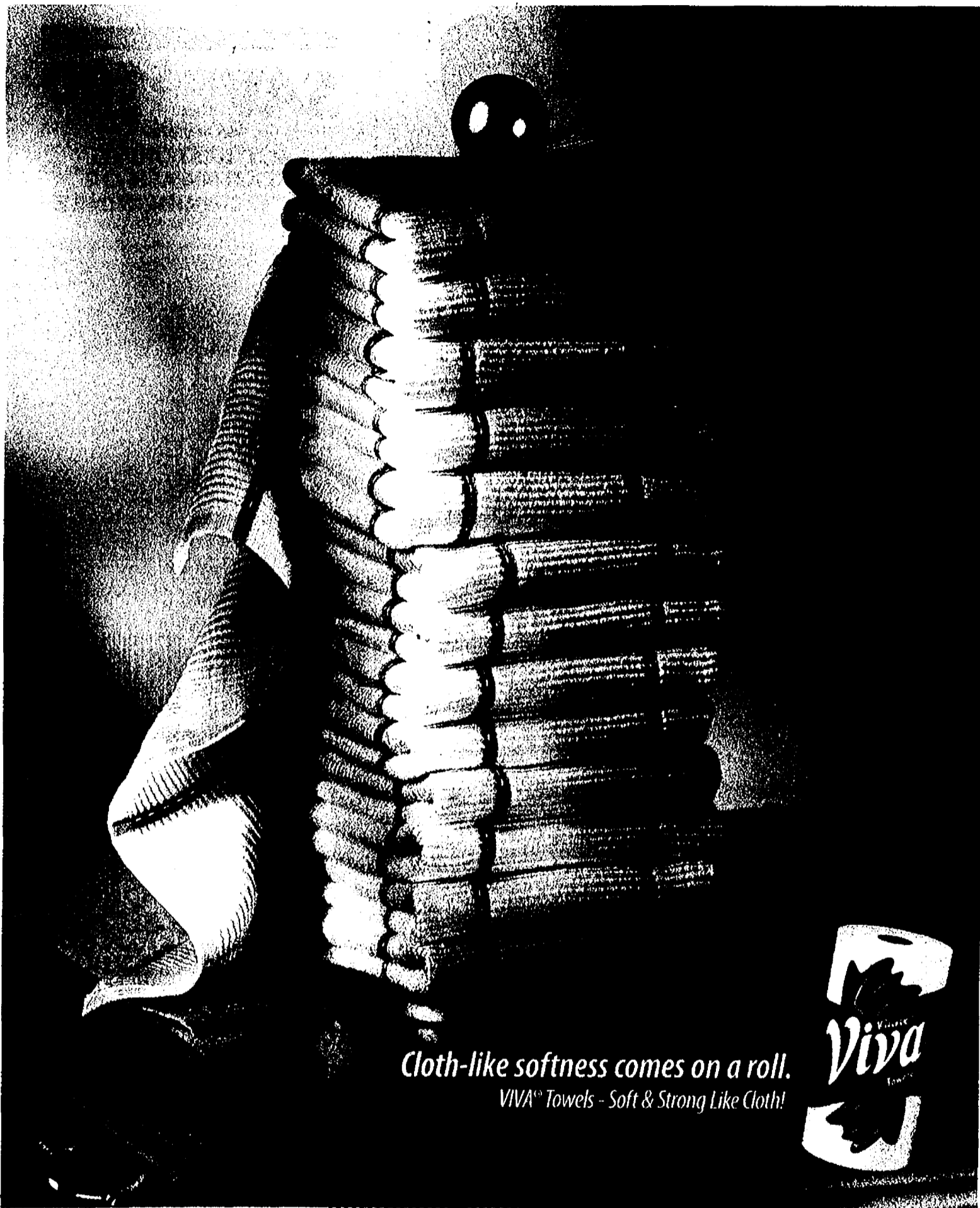


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**Light Berry Juice Cocktail**

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Kimberly-Clark

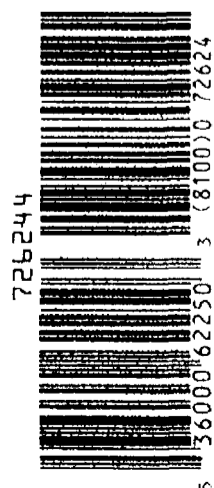
Manufacturer's Coupon

Expires 8/31/08

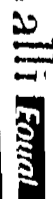


**Save 50¢**  
 on any One (1) VIVA® Towels  
 Big Roll Package

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Wash Wipes Wash Wipes



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**ACT**

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**SAVE \$1.00**

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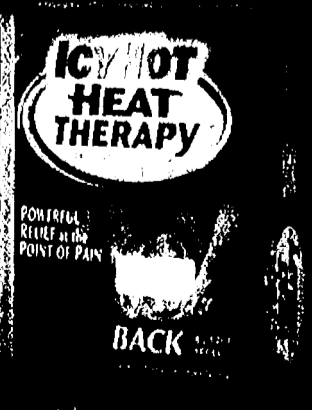
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Up to 8 hours of muscle relaxing, pain relieving heat

Portable, soothing, relaxing heat that goes where you go

POWERFUL RELIEF at the POINT OF PAIN

POWERFUL RELIEF at the POINT OF PAIN

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**SAVE \$1.00** on any one Aspercreme®, Capzasin®, Sportscreme® or Flexall™ product



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321045



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RESERVATION APPLICATION

The Danbury Mint  
47 Richards Avenue  
Norwalk, CT 06857

**HARTLEY**

Send  
no money  
now.

Name \_\_\_\_\_  
Please print clearly.

YES! Reserve *Hartley, The Boyds Valentine's Day Bear* for me as described in this announcement.

Address \_\_\_\_\_

Signature \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Orders subject to acceptance.

For fastest delivery, call 1-800-726-1184  
or order online at [www.danburymint.com](http://www.danburymint.com)

71560015KFCE

For guaranteed Valentine's Day delivery call  
toll-free 1-800-726-1184 by noon February 12, 2008.  
[www.danburymint.com](http://www.danburymint.com)

"Bearing" gifts for my love...

**HARTLEY**  
*The Boyds  
Valentine's Day Bear*

with red silken roses, hand-delivered  
by this genuine Boyds teddy!

Give your honey a "bear-y" special gift this Valentine's Day with this adorable furry fellow! Presenting... *Hartley, The Boyds Valentine's Day Bear*, a handcrafted bear so cuddly, he's sure to melt hearts!

**Brimmin' with  
Boyds Bears charm!**

Crafted of the softest plush, *Hartley* is dressed in a dapper, entirely hand-tailored ensemble. From his top hat to his velveteen vest to his striped trousers, he's full of Boydsian charm! A heart-shaped pendant "bears" the famous Boyds

Bear paw print, with the message "I ♥ You" engraved on the back.

Offering his bouquet of silken red roses tied with a red ribbon, he's simply irresistible.

**"Bear-y" affordable at just \$79.**

Officially licensed by the Boyds Collection Ltd., *Hartley* can be yours for \$79 plus \$780 shipping and service, payable in two monthly installments of just \$43.40. Your satisfaction is completely guaranteed.

**Ensure delivery in time for Valentine's Day!**

To order, call toll-free 1-800-726-1184, 24 hours a day, 7 days a week. Valentine's Day delivery is guaranteed for all orders received by noon on February 12, 2008. Reply today!

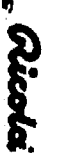
*The Danbury Mint*

47 Richards Avenue • Norwalk, CT 06857

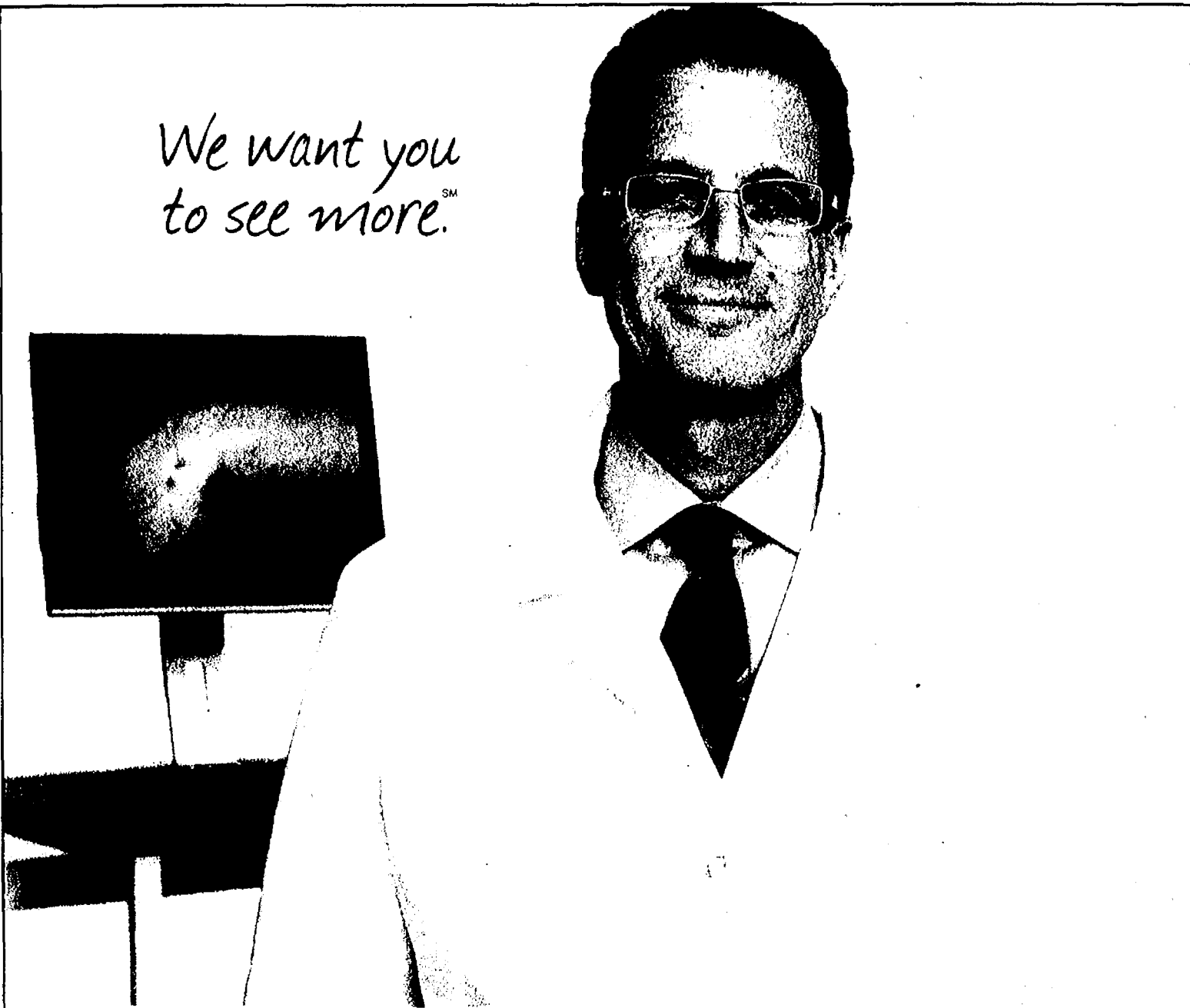
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The new optomap<sup>®</sup> retinal exam available from the Independent Doctor of Optometry next to Pearle Vision<sup>®</sup> is a state-of-the-art way to look at your retina. It allows your doctor to see more of the retina at one time than ever before (often without dilation\*\*), making it much easier to help determine the health of your eyes.

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**optomap<sup>®</sup>**  
Retinal Exam

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\*\*Some situations may require a dilated eye exam.

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**AARP<sup>®</sup>** Health  
Vision Discount  
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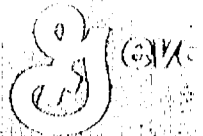
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A14023A1 0108



7047090022 8

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# SAVE 50¢

when you buy any variety 19 OZ. - 24 OZ. ONLY  
Green Giant® Frozen Bagged Vegetables

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*Sliced Carrots, Sugar Snap Peas, Black Beans and Edamame Lightly Tossed with Butter Sauce*

**Unique Blends!**

\* The ChefsBest™ Award for Best Taste is awarded to the brand rated highest overall among leading frozen boxed broccoli and cheese sauce brands by independent professional chefs.

*Great Taste Fresh From The Valley!*

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when you buy TWO any variety Green Giant® Frozen Boxed Vegetables

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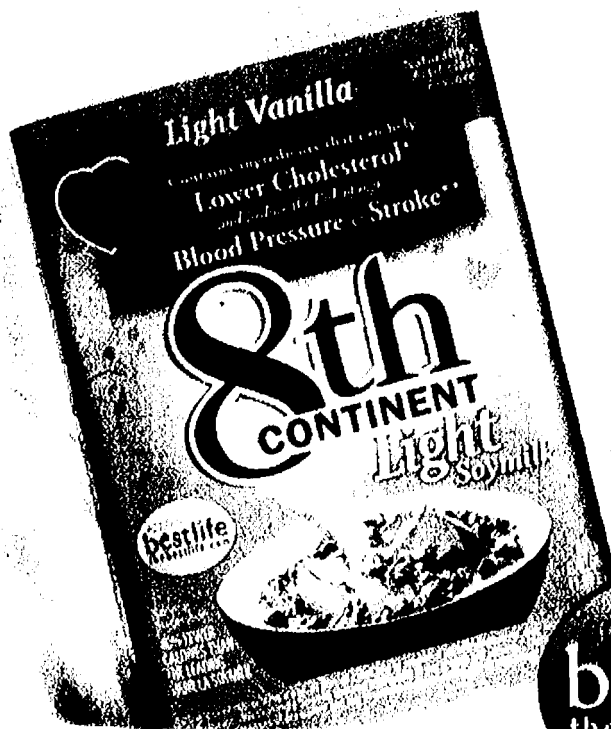


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Now contains ingredients that can help

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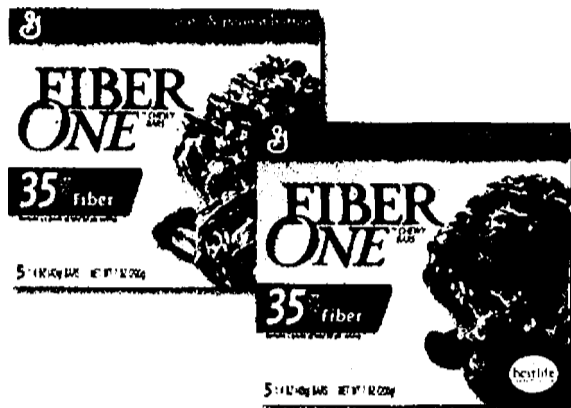
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MFR COUPON

EXPIRES 3/1/08

SAVE 40¢

when you buy ONE BOX  
any flavor Fiber One® Chewy Bars



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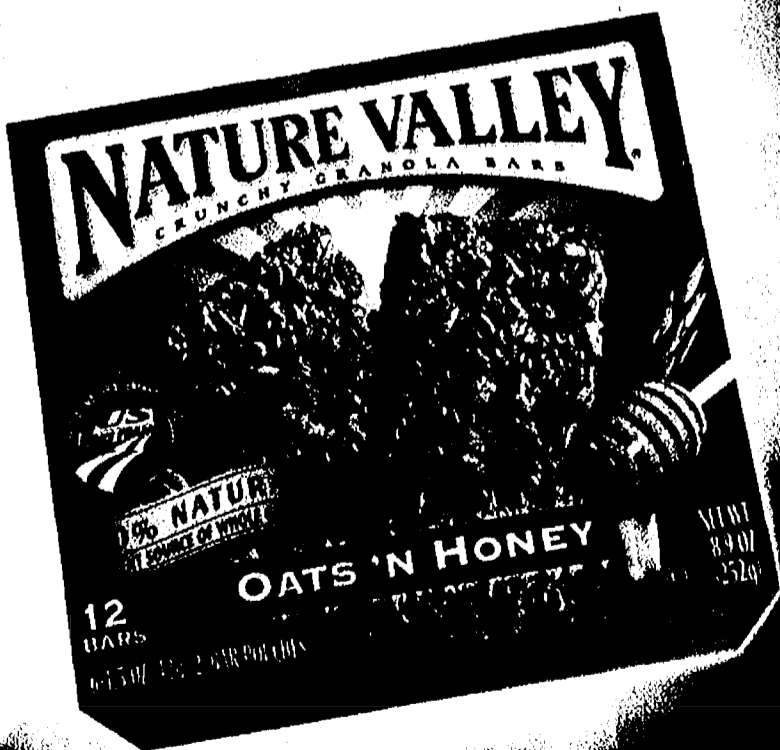
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5 1600045740 4 (8100)0 62502

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WholeGrainNation.com

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MFR COUPON EXPIRES 2/18/08

**SAVE \$1.00 ON TWO**

when you buy any **TWO** General Mills cereals

- Basic 4<sup>®</sup> • Bon Berry<sup>®</sup> • Cheerios<sup>®</sup> (any) • Chex<sup>®</sup> (any) • Cinnamon Toast Crunch<sup>®</sup> • Cocoa Puffs<sup>®</sup> • Cookie Crisp<sup>®</sup> (any) • Count Chocula<sup>®</sup> • Curves<sup>®</sup> • Disney's<sup>®</sup> • Dora the Explorer<sup>®</sup> • Fiber One<sup>®</sup> (any) • Franken Berry<sup>®</sup> • French Toast Crunch<sup>®</sup> • Golden Grahams<sup>®</sup> • Honey Nut Clusters<sup>®</sup> • Kix<sup>®</sup> • Lucky Charms<sup>®</sup> (any) • Nature Valley<sup>®</sup> (any) • Nestle<sup>®</sup> La Lechera<sup>®</sup> Flakes • Oatmeal Crisp<sup>®</sup> (any) • Raisin Nut Bran • Reese's<sup>®</sup> Puffs<sup>®</sup> • Total<sup>®</sup> (any) • Trix<sup>®</sup> • Wheaties<sup>®</sup>

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when you buy **ONE BOX** any flavor/variety Pop-Secret® Microwave Popcorn

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With Live And Active Cultures!

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**SAVE \$1.00 ON TWO**

when you buy **TWO** any flavor Yoplait® products listed:

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**New! Baked, Not Fried**

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ENLARGED TO SHOW DETAIL  
KEEP FROZEN  
NET WT. 12 OZ (340g)



*Great Taste Fresh From The Valley!*

**Try All Three!**



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**SAVE 50¢**

when you buy ONE any variety Green Giant® Giant Bites™ Frozen Breaded Vegetables



**Found in the frozen vegetable aisle!**

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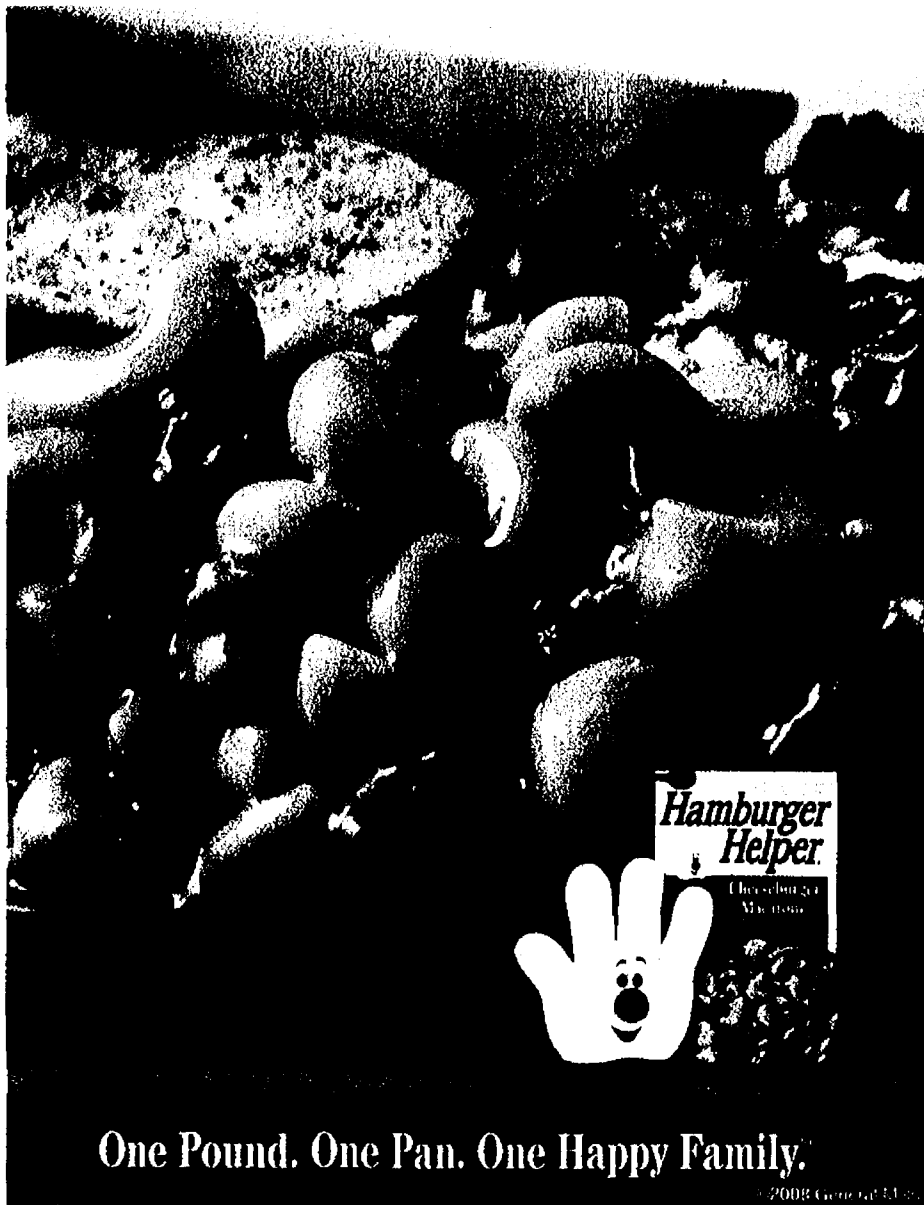


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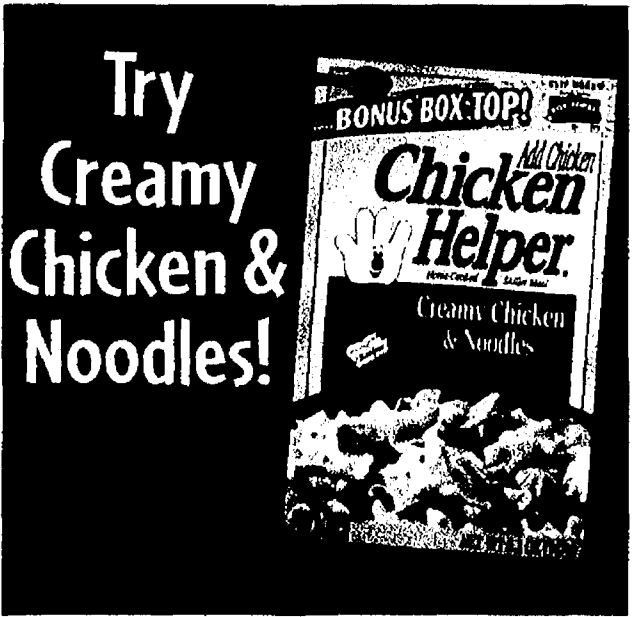
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ACCESS NECESSARY TO ENTER OR MAIL VOID WHERE SHIPPED. Sweepstakes New Year, New You! Sweepstakes begins at 12:01 AM Eastern Time (ET) on 1/6/08 and ends at 11:59:59 PM ET on 2/4/08 at www.generalmills.com. You may also enter by printing your name, address, and e-mail address on a postcard and mailing it to an envelope with: Best Game Postcard to: Sweepstakes, P.O. Box 414, General Mills, MN 55724-0414. Cash value: 1/100 cent. Void where prohibited. © 2008 General Mills. All rights reserved.



One Pound. One Pan. One Happy Family.



**Try Creamy Chicken & Noodles!**

**SAVE 75¢ ON THREE**

**MFR COUPON EXPIRES 3/1/08**

when you buy **THREE** any flavor Hamburger Helper®, Tuna Helper® or Chicken Helper® Skillet Mixes

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**Hamburger Helper**

**MICROWAVE SINGLES**

**Cheeseburger Macaroni**

**Made with REAL Meat!**

**4 Servings**

*Betty Crocker*

Enjoy Hamburger Helper Anytime!

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**MFR COUPON EXPIRES 3/1/08**

when you buy any flavor Hamburger Helper® or Chicken Helper® Microwave Singles®

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MFR COUPON EXPIRES 3/1/08

**SAVE 50¢**  
ON TWO

when you buy **TWO BOXES** any flavor Betty Crocker® Fruit by the Foot®, Fruit Gushers®, Fruit Roll-Ups® **OR** Fruit Roll-Ups® Fruit Stackerz™ Fruit Flavored Snacks



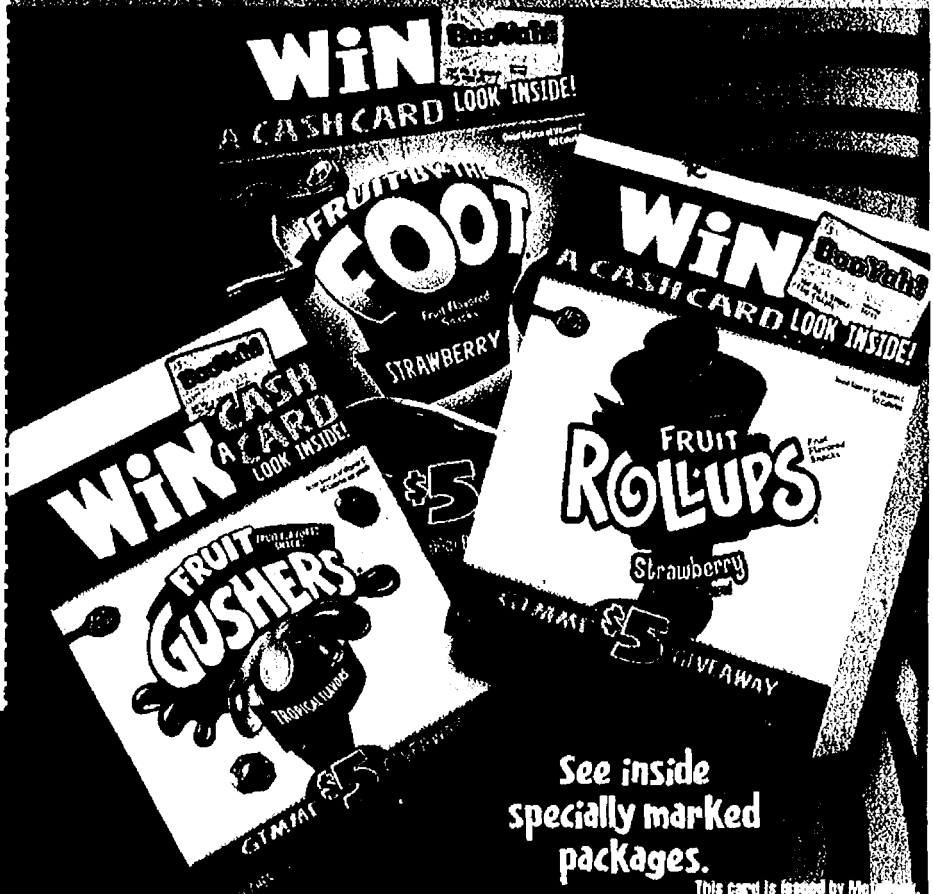
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NO PURCHASE NECESSARY TO ENTER OR PLAY. A PURCHASE WILL NOT INCREASE YOUR CHANCES OF WINNING. MANY WILL ENTER, FEW WILL WIN. Open only to legal residents of the United States. Sweepstakes starts January 7, 2008 and ends April 30, 2009. For Official Rules, free method of entry, prize descriptions and odds disclosure, see specially-marked packages of Fruit Gushers, Fruit Roll Ups and Fruit by the Foot fruit flavored snacks or mail a stamped, self addressed envelope to Gimme \$5 Giveaway Sweepstakes, P.O. Box 72359, Dept. B, Rockford, MN 55572. Sponsor: General Mills Sales Inc., One General Mills Blvd., Minneapolis, MN 55410. ©2008 General Mills

**WIN A CASHCARD INSTANTLY!**



See inside specially marked packages.

This card is issued by MasterCard.

MFR COUPON EXPIRES 3/1/08

**SAVE 50¢**

when you buy any flavor Cheerios® Snack Mix



Find them in the snack aisle!

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**ORIGINAL**  
65% Less Fat  
than regular potato chips

see nutrition information for sodium content

New! Place, More, More! FUZE Dole Whole Body Cleanse HERITAGE Rivalta Dole EXTENSION OSCAR Baniella Alli Equal

## Curves Bars Contain:

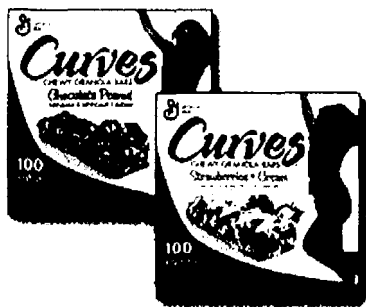
- 100 calories per bar
- 5g of fiber

MFR COUPON EXPIRES 9/1/00

# SAVE 50¢

when you buy any **ONE** Curves™ Chewy Granola Bars

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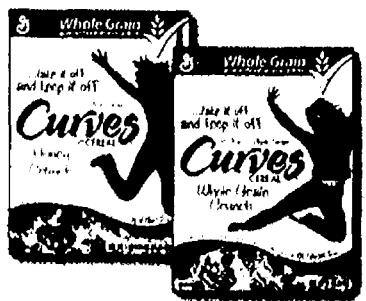


MFR COUPON EXPIRES 2/10/00

# SAVE 75¢

when you buy any **ONE BOX** Curves™ Cereal

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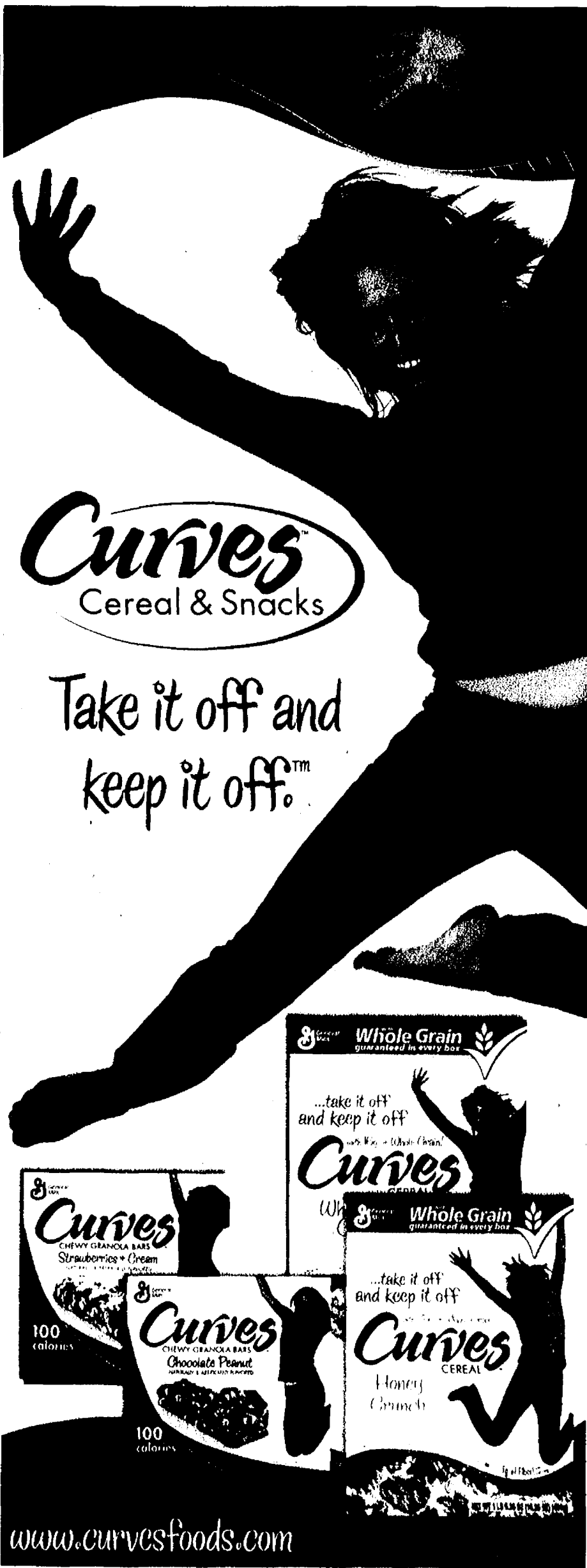


### Whole Grain Crunch

- 100 calories per bar
- 5g of fiber
- 10g of protein
- 10g of whole grain

### Honey Crunch

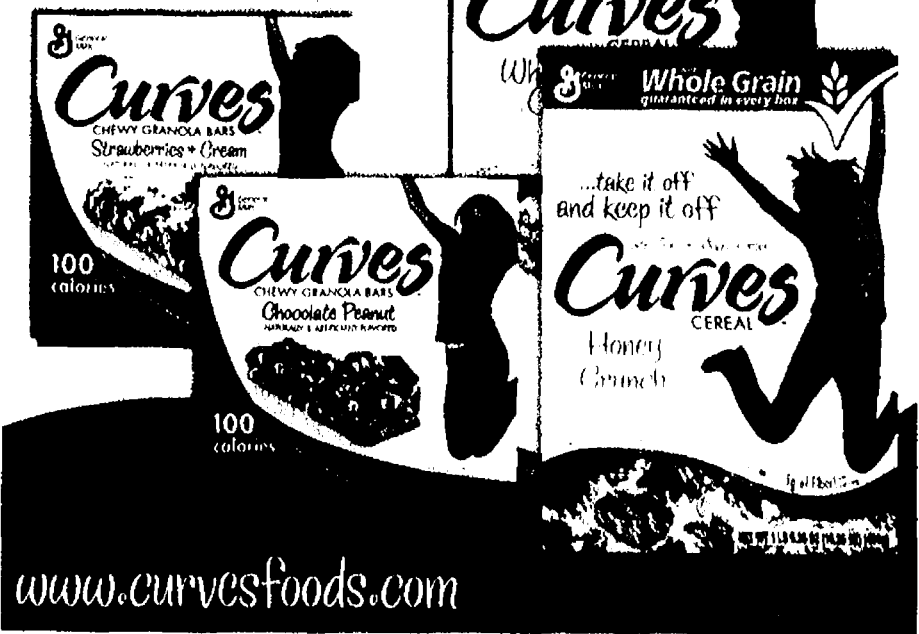
- 100 calories per bar
- 5g of fiber
- 10g of protein
- 10g of whole grain



# Curves™

Cereal & Snacks

Take it off and  
keep it off.™



www.curvesfoods.com

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# SmartSource

New Year, New You! *magazine*



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Optical

**New Year.  
New Pair.**

**\$99**  
eyeglasses\*

**Includes:**

- Scratch-resistant, plastic lenses
- Single-vision, lined and no-line bifocal lenses

— PLUS —

**Buy More, Save More**  
Save up to **30% off\*\***

Save an additional 10% off 2nd pair, 20% off 3rd pair, 30% off 4th pair

**Always feel confident with your purchase.**

Try them for **90 days** and if you are not satisfied for **ANY** reason, return them for a full refund.†

\*SINGLE-VISION, LINED OR NO-LINE BIFOCAL. SCRATCH-RESISTANT PLASTIC LENSES included with the purchase of any frame up to \$120. Lens upgrades and enhancements are half-price. Accessories are additional. Additional charge may be applied for strong prescriptions or specialty lenses. Valid prescription required. Offer may not be combined with other discounts, coupons, vision or insurance plans or prior orders. Not valid in OK and PR; Pittsburgh, PA; Westover, WV; Albany, NY; Lanesboro, MA; Columbia/Florence, SC; Dallas/Ft. Worth, Knoxville, TN; La Jolla and El Cajon, CA and where prohibited. Some restrictions apply. See Optical Associate for details. RIS, NNI. Offer ends 3/1/2008.

\*\*Highest discount off lowest-priced pair. Lowest discount off highest-priced pair. Complete pair (frame and lenses) purchase required. Discount off tag price. Maximum purchase of four complete pairs. Valid on multiple prescriptions. Excludes non-prescription sunglasses and readers. Accessories are additional. BMSM, RIS, DMI†. Associate apply discount to lenses. Offer ends 3/1/2008.

†Our goal is that you are completely satisfied with your purchase. If for any reason you are not satisfied, simply return your pair base in its original packaging with your receipt within 90 days of your purchase for a refund or exchange. If you are not satisfied with your purchase after these time periods, please let us know. Your satisfaction is important to Sears Optical. The Sears trademark is registered and used under license from Sears Brands, LLC.

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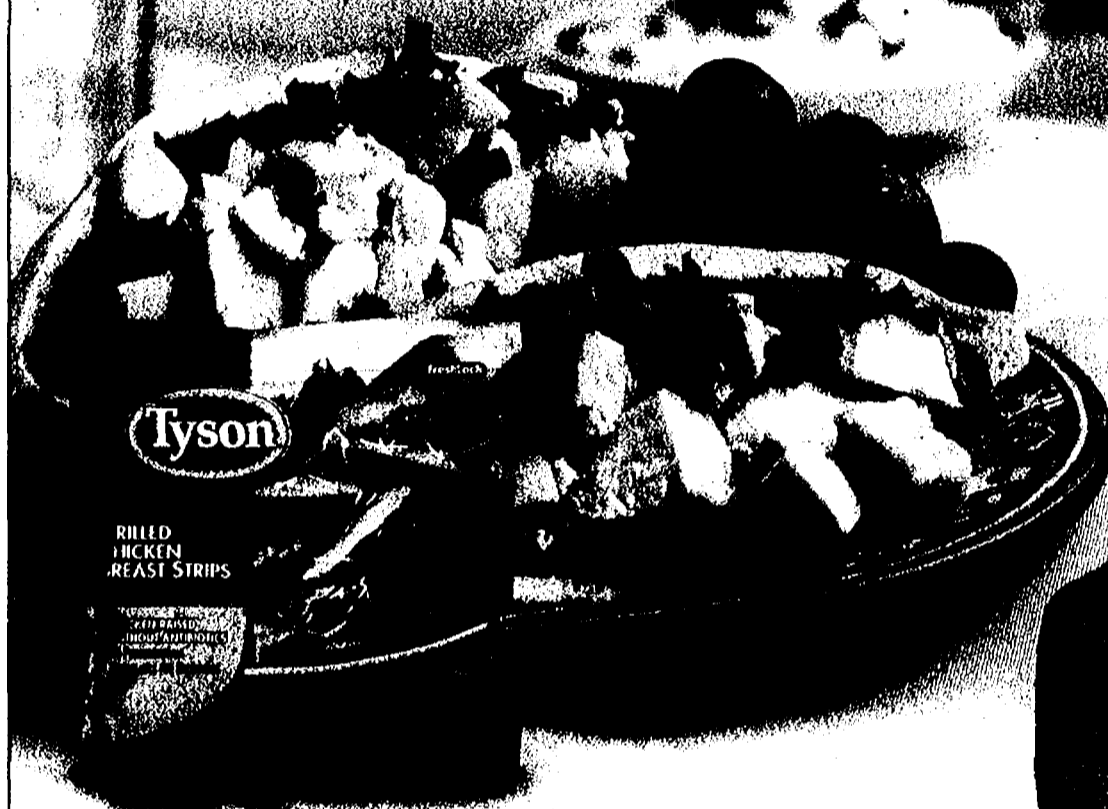
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# Think healthy. Eat delicious.



Tyson® Refrigerated Chicken Strips made with 100% Chicken  
contain no preservatives and are seasoned with fresh herbs.



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## SAVE 55¢

on one package of Tyson® Refrigerated Chicken or Steak Strips



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Get a **FREE\*** Denise Austin Get Fit Fast full-length fitness DVD when you buy any Tyson® Frozen or Refrigerated Ingredient Meat or Canned Chicken product. Simply mail this form, one proof of purchase and a check or money order for \$3.99 shipping and handling to Denise Austin DVD Offer, P.O. Box 44489, Eden Prairie, MN 55344 or for more details, visit [www.tyson.com](http://www.tyson.com).



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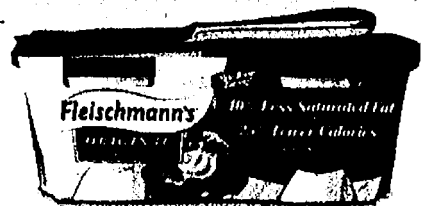
And look for these other Denise Austin DVDs available now!  
Yoga Body Burn • Burn Fat Fast • Hit the Spot



\*Plus \$3.99 shipping and handling

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Now **Fleischmann's**  
has 40% less saturated fat  
and 25% fewer calories  
than Smart Balance!\*

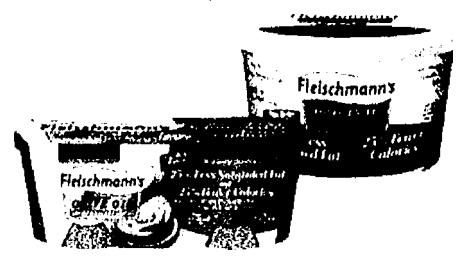


\*Per serving, as compared to Smart Balance original flavor. Smart Balance is a registered trademark of Smart Balance, Inc. www.fleischmanns.com © ConAgra Foods, Inc. All Rights Reserved.

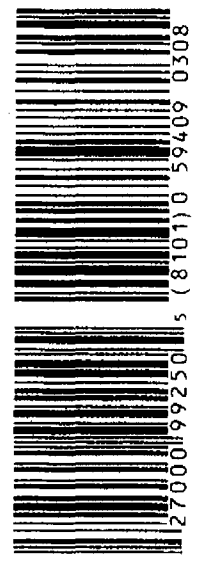
MANUFACTURER'S COUPON EXPIRES 03/02/08

**Save 50¢**

On any ONE (1) Fleischmann's  
Margarine or Spread.



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**DANNON® Light & Fit™ 6 oz. Cups**

Meijer Feature Price 10/\$4

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(Off 1 ea Light & Fit™ 6 oz. Cups)

**FINAL COST** **10/\$3.00**  
(With Manufacturer's Coupon)



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# Make 2008 Your Best Year Ever!

The only national nonfat yogurt  
with 60 calories\* per 6 oz. serving.



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*Now here's two more reasons to start today!*

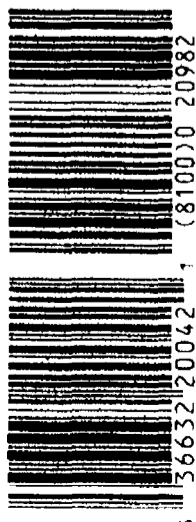
MANUFACTURER'S COUPON EXPIRES 4/4/08

## SAVE \$1.00

On ANY TEN (10) Dannon® Light & Fit™  
6 oz. Single-Serve Cups



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## SAVE \$1.00

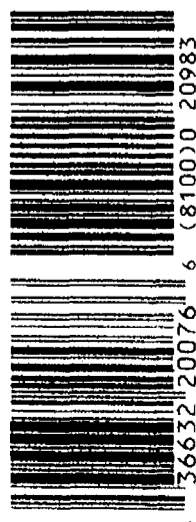
On ANY ONE (1) Dannon®  
Light & Fit™ Smoothie  
(4-pack)

OR

ANY ONE (1) Dannon®  
Light & Fit™ Cups  
(8- or 12-pack)



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• New Year, New You! • New Year, New You! • New Year, New You! • New Year, New You!

# Naturally Effective Herbal Cough Drops

Does anyone have a Ricola?



## Ricola

The Original  
Natural Herb  
Cough Drops

Cough Suppressant • Throat Drops

Fights Coughs Naturally  
Soothes Sore Throats  
From Switzerland

21 Drops



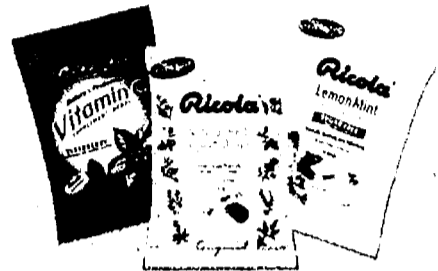
Try  
Ricola® Sugar Free  
Green Tea with Echinacea  
Experience the natural goodness  
of Green Tea & Echinacea

Manufacturer's Coupon

Expires 3/31/08

## \$1.00 OFF

When you buy any three bags of Ricola® Cough and Throat Drops



### Ricola

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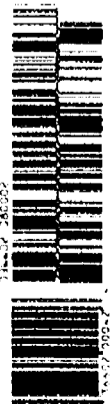
## \$1.00 OFF

When you buy any three bags of Ricola® Cough and Throat Drops



### Ricola

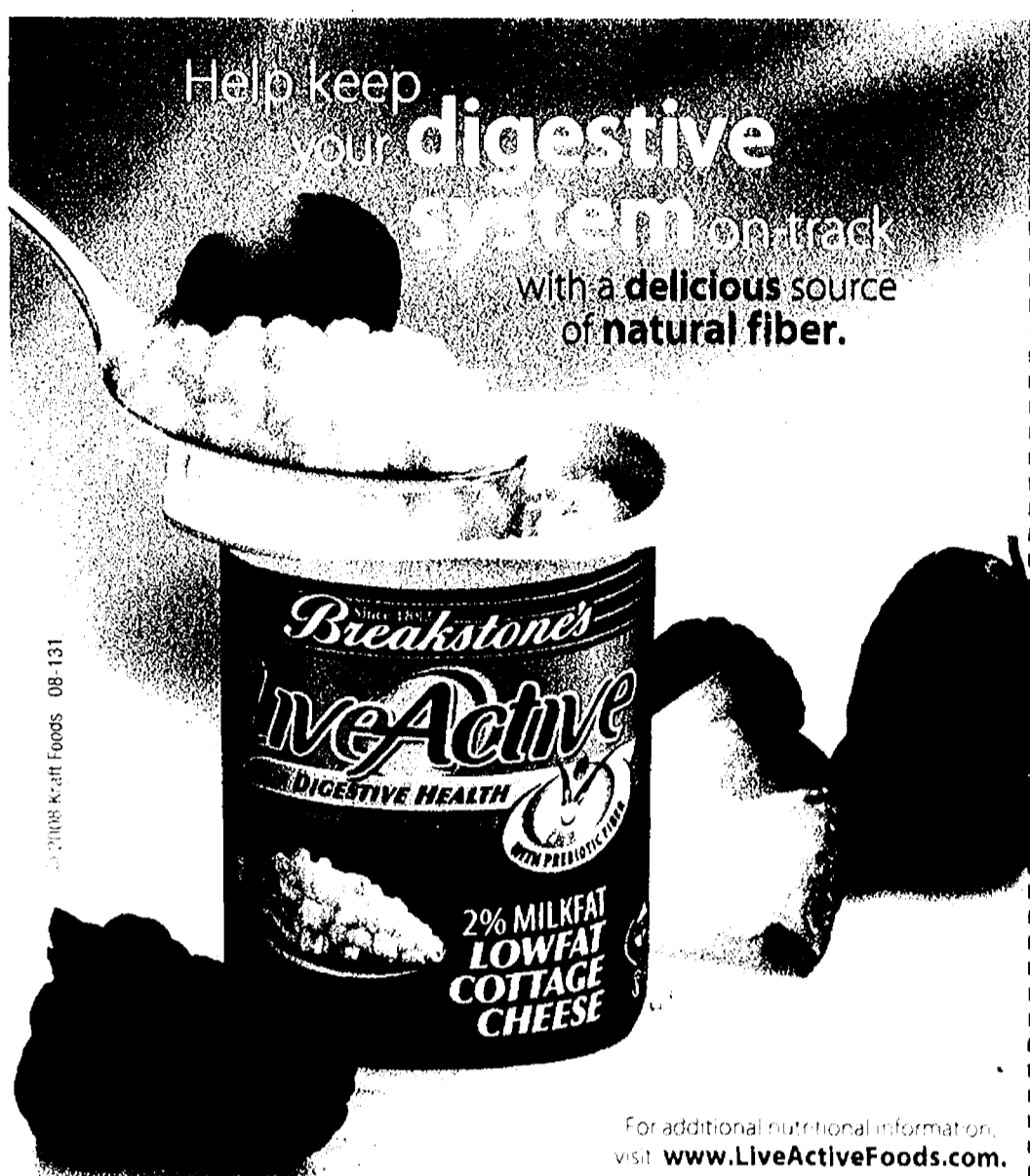
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Help keep your **digestive system** on track with a **delicious** source of **natural fiber**.

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For additional nutritional information, visit [www.LiveActiveFoods.com](http://www.LiveActiveFoods.com).

**KRAFT** MFR'S COUPON | EXP: 2/17/08 75¢/1

**SAVE 75¢**

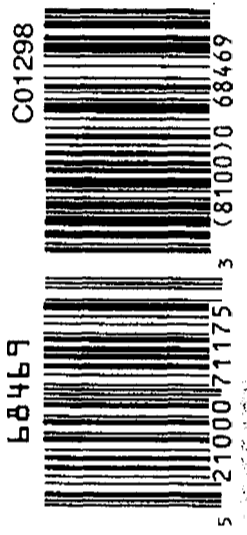
on ANY ONE (1) *LiveActive* Cottage Cheese 4-pack from BREAKSTONE'S

TRY THESE VARIETIES

- Cottage Cheese:
- Plain
- Mixed Berry
- Pineapple



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Try our **14 DAY GUARANTEE**

**Get results OR GET IT FREE.\***

\*Up to \$9.00. Offer expires 7/31/2008. Good on LiveActive Cheese Sticks and Cubes. See details at [www.LiveActiveFoods.com](http://www.LiveActiveFoods.com).

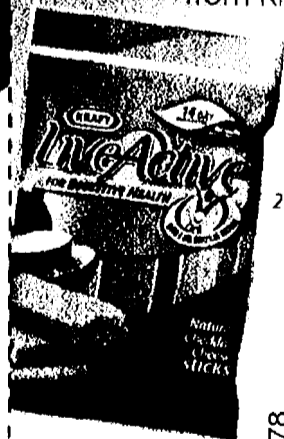
Natural Cheddar Cheese STICKS

Helps promote regularity in 14 days.

**KRAFT** MFR'S COUPON | EXP: 2/17/08 \$1.00/1

**SAVE \$1.00**

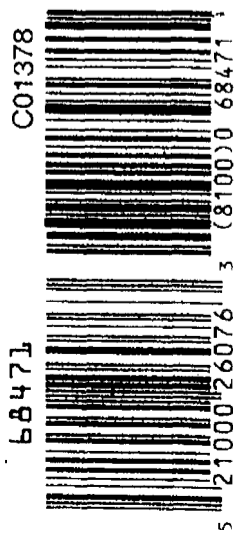
on ANY ONE (1) *LiveActive* Natural Cheese Snacks from KRAFT



GET STARTED TODAY

- Cheese Sticks Cheddar
- 2% Colby & Monterey Jack Mozzarella
- Cheese Cubes
- 2% White Cheddar
- Colby & Monterey Jack

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**TRY ALL THE  
STEAMFRESH® SINGLES!**



MANUFACTURER'S COUPON EXPIRES 02/30/08

**SAVE 50¢**

on any ONE (1) package of  
Birds Eye® Steamfresh®



RETAILER: Birds Eye Foods, Inc. will reimburse you for the face value plus 8¢ handling if used in accordance with the offer stated herein and in compliance with our established redemption policy, available upon request. LIMIT ONE

COUPON PER PURCHASE

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Now it's even easier with **NEW** Steamfresh® Singles!  
4 single serve portions perfect for individual tastes.

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• New Year, New You! • New Year, New You! • New Year, New You! • New Year, New You!

New Year, New You! • New Year, New You! • New Year, New You! • New Year, New You! • New Year, New You! • New Year, New You! • New Year, New You! • New Year, New You!

# Lose up to 6 lbs



Tak



MANUFACTURER COUPON / EXPIRES FEBRUARY 17, 2008

**SAVE \$1.00**

On Any TWO Packages of Kellogg's® Special K® Cereals (12 oz. or Larger, Any Flavor, Mix or Match)

CONSUMER OFFER IS LIMITED TO ONE COUPON PER TWO (2) 12 OZ. OR LARGER PACKAGES PURCHASED. COUPON MAY NOT BE REPRODUCED OR TRANSFERRED. RETAILER: KELLOGG SALES COMPANY will redeem this coupon in accordance with our redemption policy, copies available upon request. Cash value 1/100¢. Void where prohibited. Void or restricted by law. Mail coupons to: KELLOGG COMPANY, P.O. BOX 882099, EL PASO, TX 79969-0299. © 2008 Kellogg Co.



MANUFACTURER COUPON / EXPIRES MARCH 2, 2008

**SAVE \$1.00**

On Any TWO Multi-Packs of Kellogg's™ Special K™ Protein Products (4 ct. or Larger, Any Flavor, Mix or Match)

You can find Special K Protein Products in the Diet and Nutrition aisle!

CONSUMER OFFER IS LIMITED TO ONE COUPON PER TWO (2) 4 CT. OR LARGER PACKAGES PURCHASED. COUPON MAY NOT BE REPRODUCED OR TRANSFERRED. RETAILER: KELLOGG SALES COMPANY will redeem this coupon in accordance with our redemption policy, copies available upon request. Cash value 1/100¢. Void where prohibited. Void or restricted by law. Mail coupons to: KELLOGG COMPANY, P.O. BOX 882099, EL PASO, TX 79969-0299. © 2008 Kellogg Co.



• New Year, New You! • New Year, New You! • New Year, New You! • New Year, New You!

• New Year, New You! • New Year, New You! • New Year, New You! • New Year, New You!

# lbs in 2 weeks.<sup>†</sup>



Join the new Special **K** Challenge.™

MANUFACTURER COUPON / EXPIRES MARCH 2, 2008

**SAVE \$1.00**

On Any TWO Packages of Kellogg's® Special K® Bars and/or Kellogg's® Special K® Snack Bites  
(16 ct. or Larger Any Flavor: Mix or Match)

467670

5 38000 80033 2 (8100)0 46767

CONSUMER OFFER IS LIMITED TO ONE COUPON PER TWO (2) CT OR LARGER PACKAGES PURCHASED. COUPON MAY NOT BE REPRODUCED OR TRANSFERRED. RETAILER WILL REDEMPT THIS COUPON IN ACCORDANCE WITH OUR RETENTION POLICY. COUPON AVAILABLE UPON REQUEST. Cash value .1170¢. Void where prohibited, taxed or restricted by law. Mail coupons to: KELLOGG COMPANY, P.O. BOX 880293, Ft. Lauderdale, FL 33388-0293.

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Special K  **YAHOO!**

Design your plan today!



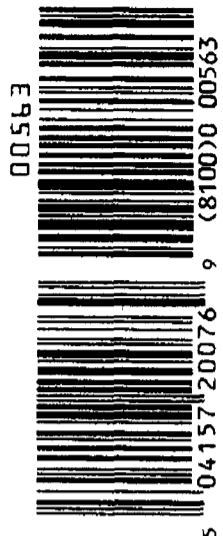
• New Year, New You! • New Year, New You! • New Year, New You! • New Year, New You!

MANUFACTURER'S COUPON

EXPIRATION DATE 4/6/08

# SAVE \$1<sup>00</sup>

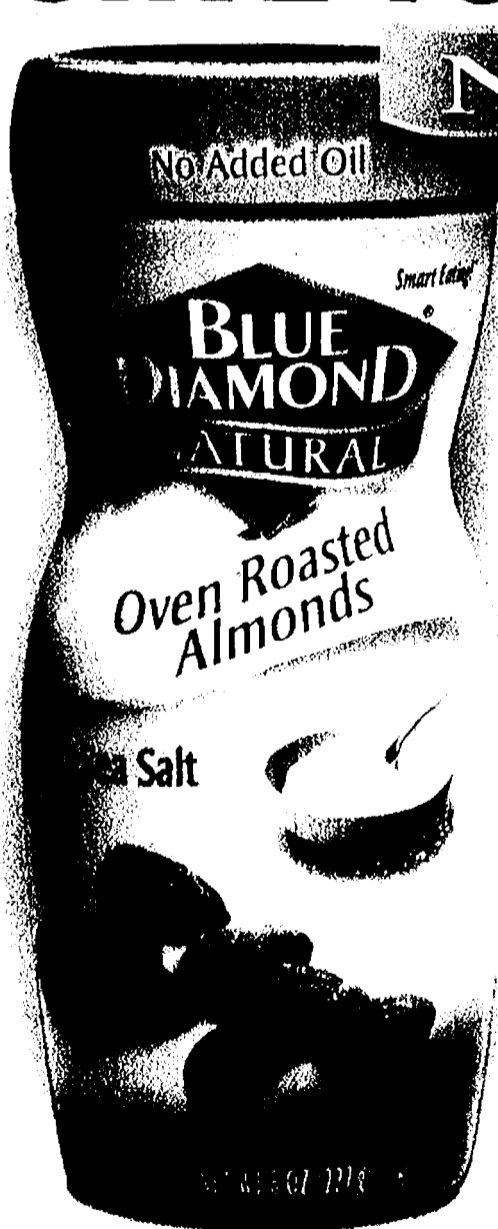
On any 8 oz. jar of  
**Blue Diamond®**  
**Oven Roasted Almonds**



Try our product locator and find delicious Oven Roasted products near you! [www.bluediamond.com](http://www.bluediamond.com)

**RETAILER:** You will be paid face value plus 8¢ handling allowance provided you and the consumer have complied with the offer (good only on Blue Diamond® Oven Roasted Almonds). Limit one coupon to a customer. Invoices proving purchase of sufficient stock of Blue Diamond® Oven Roasted Almonds must be shown upon prompt payment of this coupon, mail to **Blue Diamond® Growers, Dept. #41570, 1 Fawcett Drive, Del Rio, TX 78840.** Cash Value 1/20¢ Note: Offer void where prohibited.

# CURVE YOUR HUNGER.



**New** Blue Diamond® Oven Roasted Almonds, baked to perfection, making each handful **MORE** flavorful and **MORE** satisfying...curving your hunger, so you can make the most of your day. Need we say **MORE?**



Easy Pour Pop-Top Lid •  
Portion Control Side Window

Sea Salt | No Salt | Cinnamon Brown Sugar | No Salt

## MORE THAN A SNACK®

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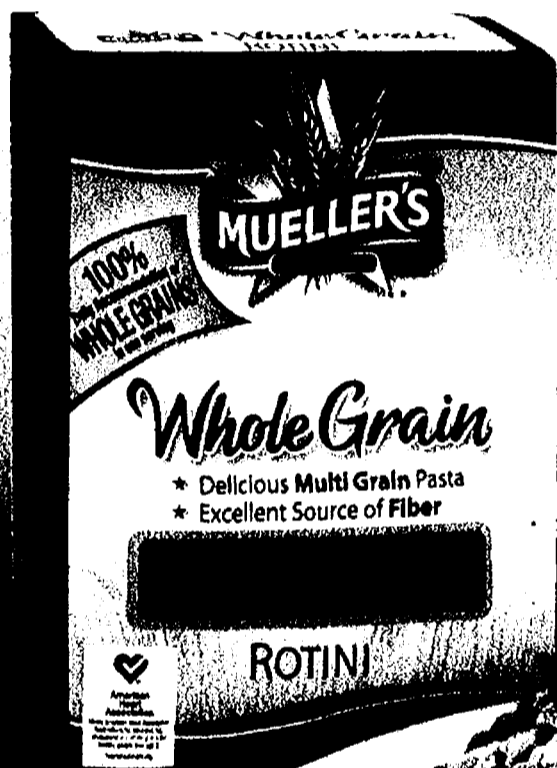
NO PURCHASE OR PAYMENT NECESSARY TO ENTER OR WIN. VOID WHERE PROHIBITED. Sweepstakes New Year New You! Sweepstakes begins at 12:01 AM Eastern Time (ET) on 1/6/08 and ends at 11:59:59 PM ET on 2/4/08. Enter online by 11:59:59 PM ET on 2/4/08 at [www.smartsource.com](http://www.smartsource.com). You may also enter by printing your name, address and telephone number on a 3" x 5" piece of paper and mailing it in an envelope with first class postage to: SmartSource, New Year New You! Sweepstakes, PO Box 100, Grand Rapids, MI 49501-0100. Official Sponsor of the 2008 Winter Olympics.



NO PURCHASE OR MONEY ACCESS NECESSARY TO ENTER OR WIN. VOID WHERE PROHIBITED. Sweepstakes New Year, New You! Sweepstakes begins at 12:01 AM Eastern Time (ET) on 2/4/08 and ends at 11:59:59 PM ET on 2/4/08. Enter online at www.muellers.com. You may also enter by printing your name, address and daytime telephone number on a 3" x 5" piece of paper and mailing it in an envelope with first class postage to: Sweepstakes, P.O. Box 418, Grand Rapids, MI 49501-0418. The sweepstakes ends on 2/4/08 at 11:59:59 PM ET. © 2007 American Italian Pasta Company



100% of Your Daily Whole Grains  
100% Delicious



Mueller's® pasta gives you 100% of the daily USDA recommendation of Whole Grains in one delicious serving. With the great flavor and natural goodness of three whole grains, Mueller's® is the Whole Grain pasta your family will love with the nutrition they need.



Mueller's  
Tomato Basil Rotini

For delicious, family favorite recipes, see the back of our packages and visit us online: [www.makesameal.com](http://www.makesameal.com)

MANUFACTURERS COUPON EXPIRES 3/31/08

**SAVE \$1.00**  
On Any Two Mueller's®  
Whole Grain Pasta

CONSUMER: Limit one coupon per purchase of product specified. Any other use constitutes fraud. Void if copied, transferred, prohibited, taxed or restricted. Consumer pays sales tax. DEALER OR AUTHORIZED CLEARING HOUSE: You will be reimbursed for face value plus 8¢ handling in accordance with our redemption policy (only available upon request if received on sale of product indicated). Invoices showing purchases sufficient to cover coupons submitted must be presented upon request. For reimbursement mail to: American Italian Pasta Company, PO Box 880001, El Paso, TX 78588-0001. Failure to comply with these terms, the submission of an unauthorized party, or submission of void coupons, submitted for redemption. Good only in USA, APOs and FPOs. Cash redemption value: 1/100¢. © 2007 American Italian Pasta Company



5 29200 00033 2 (8100) 0 30159

**Tomato Basil  
Whole Grain Rotini**

- > 12 oz. Mueller's Whole Grain Rotini
- > 1 lb. (2 cups) chopped plum tomatoes
- > 1 ¼ cups pasta sauce
- > 1 lb. cooked chicken, sliced
- > ¼ cup fresh basil leaves, cut into thin strips or 1 tablespoon dried basil leaves
- > 1 tablespoon olive oil
- > 1 clove garlic, minced or 1 teaspoon garlic powder
- > 1 ¼ cups crumbled feta cheese

Prep time: 15 minutes  
Cook time: 10 minutes  
Serves 4 to 6

- Cook and drain pasta according to package directions.
- In large bowl combine tomatoes, pasta sauce, chicken, basil, oil and garlic.
- Add cooked pasta; toss to combine.
- Top with feta cheese. Serve warm.

New!

Healthy Ones™  
A healthy balance  
of taste & nutrition

Resolve to make this year  
a healthy one.

# I ♡

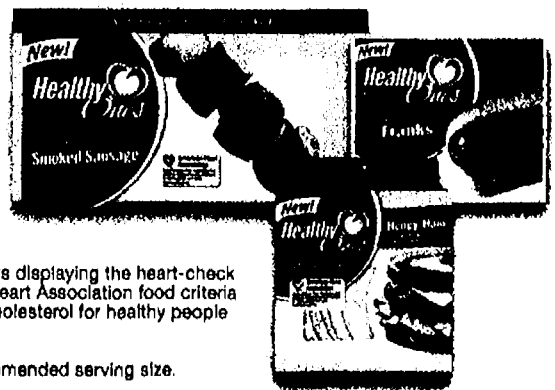


New Healthy Ones™ is a complete line of lunchmeats, hot dogs, smoked sausage —even fresh-sliced deli meats—all carrying the American Heart Association heart-check mark. With so many ways to enjoy the foods you love, deciding to eat healthier has never been easier. **Learn more at [Healthy-Ones.com](http://Healthy-Ones.com).**

American Heart Association

Healthy Ones™ products displaying the heart-check mark meet American Heart Association food criteria for saturated fat and cholesterol for healthy people over age 2.

See package for recommended serving size.



**New!**  
Healthy Ones™

MANUFACTURER'S COUPON | EXP 3/31/2008

**\$1.00 off**

any one (1) Healthy Ones™  
smoked sausage, packaged  
lunchmeat or hot dogs

61010

5 30900 99276 6 (8101)0 61010 0308

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**New!**  
Healthy Ones™

MANUFACTURER'S COUPON | EXP 3/31/2008

**\$1.00 off**

1lb. of any Healthy Ones™ product  
sliced fresh from the deli OR  
any one package of pre-sliced deli meat

61009

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Wheat Thins, Most Heart's, Jambalaya, Mission, FUZE, Dole, Whole Body (LIFE), Heritage, Ricola, Dole, EXOTIC, OSCAL, Barilla, alli, Equal, Borden

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# SAVE \$100



MANUFACTURER'S COUPON    EXPIRES 04/06/08    NO DOUBLING

Consumer Coupon valid for \$1.00 off any one FRESCHETTA PIZZAMORÉ™ products. Consumer pays sales tax. Grocer: Schwan's Consumer Brands North America, Inc. will reimburse you for the face value of this coupon plus 8¢ handling, providing you and the consumer have complied with the terms herein. Invoices proving purchase of sufficient stock to cover coupons presented for redemption must be shown upon request. Coupons cannot be mechanically reproduced. Coupons not assignable or transferable. Cash redemption value 1/20 of 1¢. Void where taxed, restricted or prohibited. Mail Coupons to: Schwan's Consumer Brands North America, Inc., Coupon Redemption Center, CMS Dept. 72180-1, Fawcett Drive, Del Rio, TX 78840. ©2007 Schwan's Consumer Brands North America, Inc. All Rights Reserved.



On any one (1) FRESCHETTA PIZZAMORÉ™ Pizza

Excludes FRESCHETTA® Stuffed Breadsticks, Brick Oven, Naturally Rising, Ultra Thin, 2-Pack Singles.



For take-out taste at your place...  
**TRY FRESCHETTA PIZZAMORÉ**  
Pizza & Stuffed Breadsticks



**BAKE & SERVE TRAY • PRE-SLICED • PREMIUM TOPPINGS**

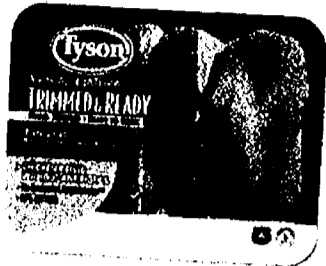
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# SAVE \$1

MANUFACTURER'S COUPON EXPIRES 4/30/08

on Tyson® Thin Sliced or any other *Trimmed & Ready™* Fresh Chicken item



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*Saving time never felt so good.™*

10420



5 75620 99276 4 (8101)0 10420 0408



www.tyson.com

Get a **FREE\*** Denise Austin Get Fit Fast full-length fitness DVD when you buy any Tyson® *Trimmed & Ready™* product. Simply mail this form, one proof of purchase or register receipt and a check or money order for \$3.99 shipping and handling to Denise Austin DVD Offer, P.O. Box 44489, Eden Prairie, MN 55344 or for more details, visit [www.tyson.com](http://www.tyson.com).



Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_

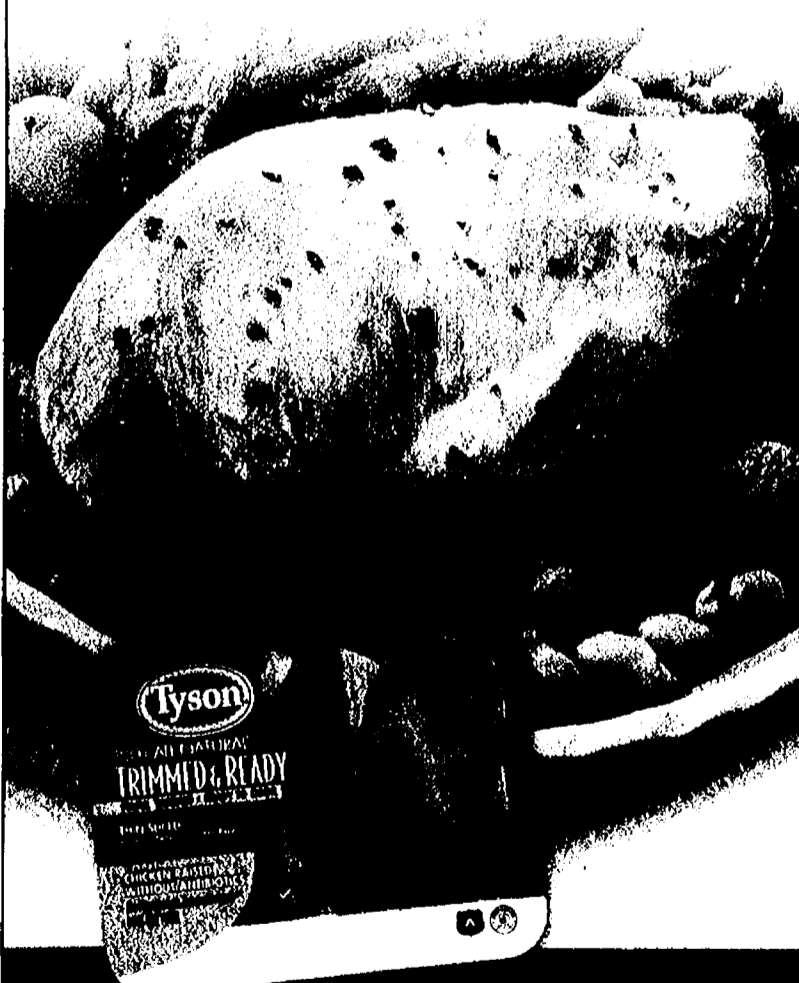
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And look for these other Denise Austin DVDs available now!

Yoga Body Burn • Burn Fat Fast • Hit the Spot



## Get trimmed and ready now with Tyson® THIN SLICED Fresh Chicken!



### Moroccan Chicken

Prep 10 min Cook 25 min Total 35 min Servings 4

- |  |                                |
|--|--------------------------------|
| 4 Tyson® <i>Trimmed &amp; Ready™</i> Thin Sliced Boneless Skinless Chicken Breasts | 1/4 cup dried apricots, halved |
| 1 can (15 oz.) chickpeas, drained and rinsed                                       | 1 cinnamon stick               |
| 1 cup chicken broth  | 1/2 teaspoon salt              |
|  | 1/4 teaspoon pepper            |
|  | 2 tablespoons chopped parsley  |

- Preheat oven to 425°F. Combine chickpeas, broth, apricots and cinnamon stick in 13 x 9-inch baking dish.
- Wash hands. Arrange chicken on top of chickpea mixture. Wash hands. Sprinkle chicken with salt and pepper, spray with nonstick cooking spray.
- Cover and bake 25 minutes or until chicken is done (internal temp 170°F).

**SERVING SUGGESTION:** Remove cinnamon stick from casserole, sprinkle chicken with parsley. Serve with steamed fresh asparagus spears. Refrigerate leftovers.

For more recipes, visit [www.tyson.com](http://www.tyson.com).

- \* Hand trimmed to save you time
- \*\* 100% All Natural\*\*
- \*\* *Trimmed & Ready™* Thin Sliced Boneless Skinless Chicken Breasts are 99% fat free.
- \*\* CHICKEN RAISED WITHOUT ANTIBIOTICS\*\*

**Celebrate the new, healthier you with Tyson and Denise Austin.**



# Why just mask joint discomfort when you can actually improve your joint health?

WITH THE ADVANTAGE OF **4**

**UNIFLEX®** protects

JOINT FLUID

**GLUCOSAMINE** rebuilds

**CHONDROITIN** lubricates

**Move Free® Advanced** has the formula with the Advantage of 4, so it actually helps improve your joint health. And it is the only formula clinically shown to be 2X more effective at comforting sore joints vs. Glucosamine and Chondroitin alone.<sup>1</sup>

### Find out for yourself why...

- ✓ 9 out of 10 doctors prefer the Move Free® Advanced formula.<sup>1</sup>
- ✓ 9 out of 10 consumers, after trying Move Free® Advanced, said they would recommend it to others.<sup>2</sup>
- ✓ 7 out of 10 consumers said Move Free® Advanced was better than what they had been using in the past for joint discomfort.<sup>3</sup>



For more information, visit [www.MoveFreeAdvanced.com](http://www.MoveFreeAdvanced.com) or call 1-800-526-6251

THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE OR PREVENT ANY DISEASE.

PROUD SPONSOR of the



Schiff, the maker of Move Free® is proud to support the Arthritis Foundation's efforts to help people take control of arthritis. For information about arthritis, contact the Foundation at 800-568-4045 or [www.arthritis.org](http://www.arthritis.org)

<sup>1</sup> Independent, preliminary, prospective, randomized, double-blind, placebo-controlled study of glucosamine, Uniflex® and Joint Fluid (hyaluronic acid) vs. 1500 mg glucosamine with 1200 mg chondroitin and vs. 1500 mg glucosamine alone conducted for two months. Additional chondroitin has been added to Move Free® Advanced. (Miami, 2004)

<sup>2</sup> In a 2006 independent Internet survey, doctors recommending glucosamine preferred the Move Free® Advanced formula over formulas containing only glucosamine or glucosamine and chondroitin

<sup>3</sup> 2006 survey of Move Free® Advanced consumers

Uniflex® Proprietary Extra-Us covered by U.S. Patent No. 7,108,868; No. 7,192,611 and additional patents pending

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MANUFACTURER'S COUPON EXPIRES 04/30/08

# SAVE \$5.00

Off any Schiff® Move Free® (80 count or higher only)



5 20525 14074 1 (8101) 0 21312 0408

NO PURCHASE OR RESUME ACCESS NECESSARY TO ENTER OR WIN. VOID WHERE PROHIBITED. Sweepstakes New Year's Eve Sweepstakes begins at 12:01 AM Eastern Time (ET) on 2/1/08. Ends at 11:59:59 PM ET on 2/1/08. Enter online by 11:59:59 PM ET on 2/1/08 at [www.schiffnutrition.com](http://www.schiffnutrition.com). You may also enter by printing your name, address and daytime telephone number on a 3" x 5" piece of paper and mailing it in an envelope with first class postage to: [NewYearSweepstakes@schiffnutrition.com](mailto:NewYearSweepstakes@schiffnutrition.com), P.O. Box 948, Grand Rapids, MI 55723-0948. Limit one entry per person. Winner selected by random drawing on 2/15/08. Odds of winning are 1 in 1,000,000. Sweepstakes ends on 2/15/08. Void where prohibited. © 2008 Schiff Nutrition Group, Inc.

MANUFACTURER'S COUPON | EXPIRATION DATE: 04/30/08

MANUFACTURER'S COUPON | EXPIRATION DATE: 04/30/08

MANUFACTURER'S COUPON | EXPIRATION DATE: 04/30/08

SAVE \$1.00

Off any 8 Beech-Nut® Jars



CONSUMER: Purchase necessary. Limit one coupon per purchase. Coupon may not be copied or transferred. No other coupon may be used to purchase the same package(s). RETAILER: Beech-Nut Nutrition Corp., CMS Department 75300, 1 Fawcett Drive, Del Rio, TX 78840, will redeem this coupon per our Coupon Redemption Policy (available upon request). Consumer must pay sales tax. Good only in the U.S.A. A.P.O.'s and F.P.O.'s Void where prohibited. Cash value 1/20¢. ©2008 Beech-Nut Nutrition Corp. Printed in U.S.A.



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22465

SAVE \$1.50

Off any 2 Beech-Nut® Cereals



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22466

SAVE \$1.00

Off any 6 Beech-Nut® DHApplus® Jars



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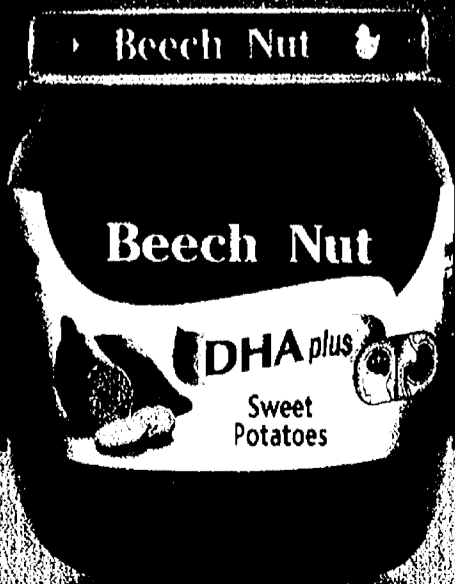
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# New Beech-Nut DHA+

Get the Value of Smart Nutrition

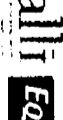


to support healthy brain and eye development

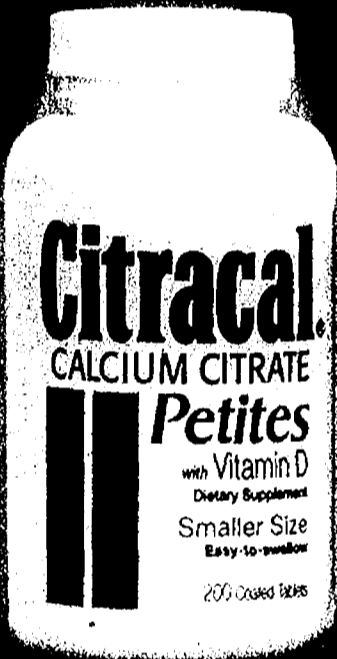


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New! New! New! New!



# Make Good Health Your Priority!



Calcium Citrate plus Vitamin D  
for Unsurpassed Absorption



With Choline to Support  
Healthy Brain Function\*



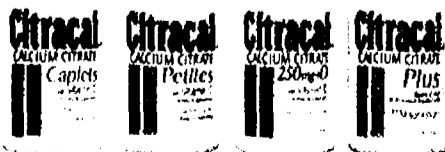
Supports the Immune System with  
Vitamins C, E, and Beta-Carotene



MANUFACTURER'S COUPON | EXPIRES 3/31/08

## SAVE \$1.50

off any Citracal® Product (Excluding Creamy Bites)



733481



00178 11178 7 (8101)3 73348 0308

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MANUFACTURER'S COUPON | EXPIRES 3/31/08

## SAVE \$1.00

on any Flintstones™ Multivitamin Product



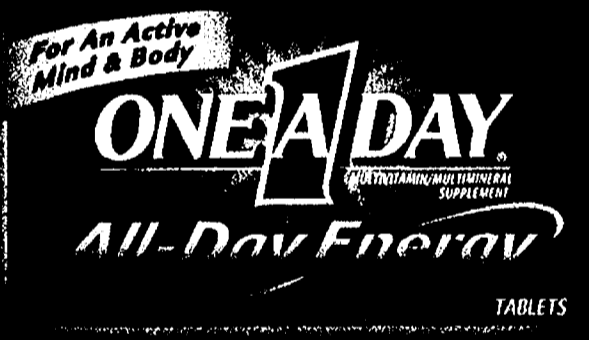
733122



16500 46076 8 (8101)0 73312 0308

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New Year, New You!



More of What Matters To You.

\*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

MANUFACTURER'S COUPON | EXPIRES 3/31/08

**SAVE \$2.00**

on any ONE A DAY® Adult Multivitamin Product



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733361



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MANUFACTURER'S COUPON | EXPIRES 3/31/08

**SAVE \$3.00**

on any ONE A DAY® Women's 50+ Advantage, Men's 50+ Advantage, WeightSmart®, or All-Day Energy Adult Multivitamin Products



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733353



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MANUFACTURER'S COUPON OFFER EXPIRES 2/28/08

# SAVE \$2.00

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On Any ALEVE  
20ct. or larger.  
Excludes ALEVE  
Cold Products



732966

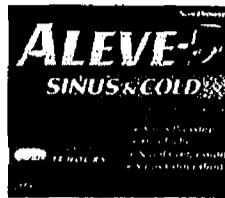


MANUFACTURER'S COUPON OFFER EXPIRES 2/28/08

# SAVE \$2.00

©2008 Bayer HealthCare LLC. Redeemable at Food, Drug, and Discount Stores. **CONSUMER:** Void if sold, copied, transferred, altered, or auctioned. Only one coupon is redeemable per purchase and only on specified product(s) and size(s). You pay any sales tax. **RETAILER:** You are authorized to act as our agent and redeem this coupon at face value on specified product(s). We will reimburse you for the face value of this coupon plus 8¢ if submitted in compliance with the Bayer HealthCare LLC Coupon Redemption Policy incorporated herein by reference. **USE NOT CONSISTENT WITH THESE TERMS MAY CONSTITUTE FRAUD AND MAY VOID ALL COUPONS SUBMITTED.** Send coupons to: Bayer HealthCare LLC, P.O. Box 880319, Ft. Paso, TX 78588-0319. Cash value: 1/20th of 1¢. Good only in U.S.A.

On Any  
ALEVE-D  
10ct or 20ct.



732974



## Move Pain-Free All Day Long.



Nothing beats the all day strength  
of Aleve for your tough pain.\*

**ALEVE-D**  
SINUS & COLD

12 HOURS

- Sinus Pressure
- Headache
- Nasal Congestion
- Sinus Congestion

Aleve-D combines  
powerful all day pain relief  
with the most powerful  
all day decongestant.

- Intense sinus pressure
- Pounding headache
- Tough all day nasal congestion

Make  
**Good Health**  
Your Priority!

EXPECT WONDERS.™

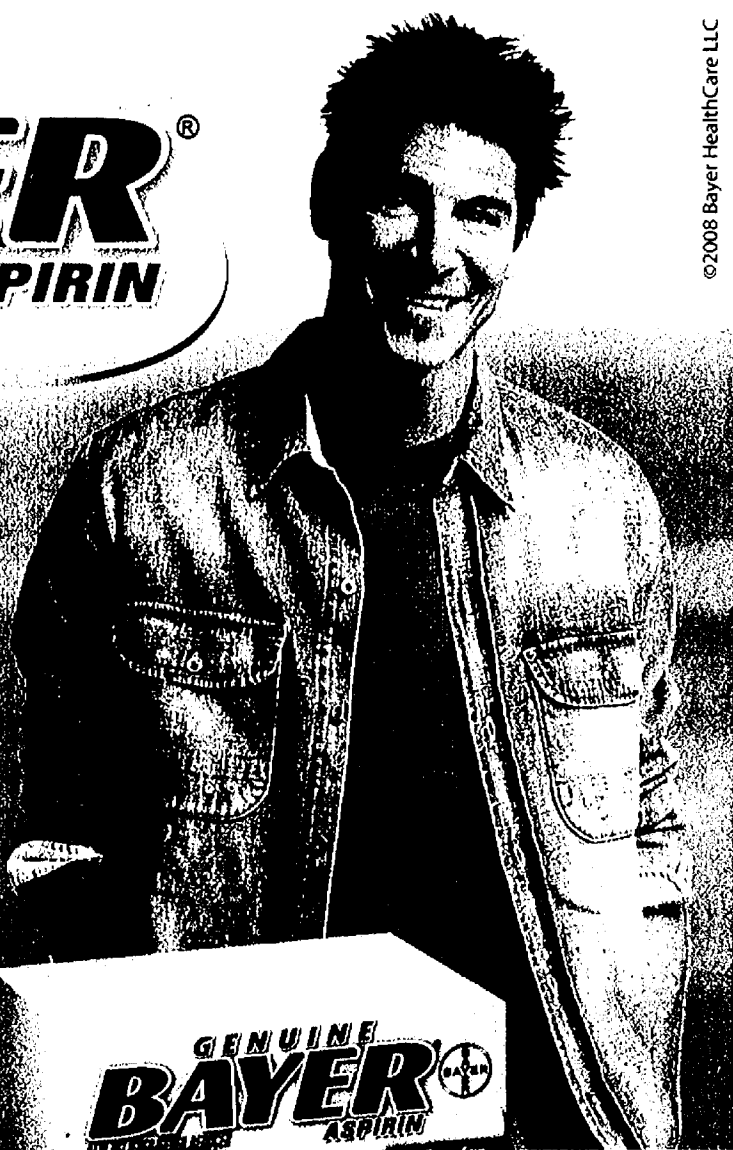
# BAYER®

ASPIRIN

## Start a healthy habit today!

Walk. Eat heart healthy foods.  
Ask your doctor if an aspirin regimen may be right for you.

— Ty Pennington



### Aspirin can help reduce the risk of a heart attack by up to 32% in patients at appropriate risk.

Aspirin is not appropriate for everyone, so be sure to talk to your doctor before you begin an aspirin regimen.

Bayer is a proud supporter of



American Heart Association



Learn and Live.

Use as directed.

wonderdrug.com

# SAVE \$100

MANUFACTURER'S COUPON OFFER EXPIRES 1/31/08



on any Bayer® Aspirin Product 24ct. or larger.



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incorporated herein by reference. USE NOT CONSISTENT WITH THESE TERMS MAY CONSTITUTE FRAUD AND MAY VOID ALL COUPONS SUBMITTED.

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733143



12843 41076 7 (8101)3 73314 0108

# SAVE \$200

MANUFACTURER'S COUPON OFFER EXPIRES 1/31/08



on any Bayer® Aspirin Product 50ct. or larger.



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incorporated herein by reference. USE NOT CONSISTENT WITH THESE TERMS MAY CONSTITUTE FRAUD AND MAY VOID ALL COUPONS SUBMITTED.

Send coupons to: Bayer HealthCare LLC, P.O. Box 880319, El Paso, TX 88588-0319. Cash value: 1/20th of 1¢. Good only in USA.

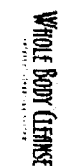
733150



12843 41082 8 (8101)3 73315 0108

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New Year, New You!





MANUFACTURER'S COUPON  
EXPIRES 3/31/08

**SAVE \$1.00**



on any  
Neo-Synephrine  
product

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Redeemable at Food, Drug, and Discount Stores.  
CONSUMER: Void if sold, copied, transferred, altered, or auctioned. Only one coupon is redeemable per purchase and only on specified product(s) and store(s). You pay any sales tax. RETAILER: You are authorized to act as our agent and redeem this coupon at face value on specified product(s). We will reimburse you for the face value of this coupon plus 8¢ if submitted in compliance with the Bayer HealthCare LLC Coupon Redemption Policy, incorporated herein by reference. USE NOT CONSISTENT WITH THESE TERMS MAY CONSTITUTE FRAUD AND MAY VOID ALL COUPONS SUBMITTED. Send coupons to: Bayer HealthCare LLC, P. O. Box 880319, El Paso, TX 88588-0319. Cash value: 1/20th of 1¢. Good only in U.S.A.

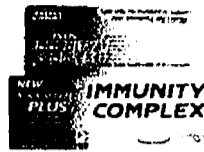
733289



5 00024 21076 3 (8101)3 73328 0308

MANUFACTURER'S COUPON  
EXPIRES 3/31/08

**SAVE \$1.50**



on  
Alka-Seltzer  
Plus  
Immunity  
Complex

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CONSUMER: Void if sold, copied, transferred, altered, or auctioned. Only one coupon is redeemable per purchase and only on specified product(s) and store(s). You pay any sales tax. RETAILER: You are authorized to act as our agent and redeem this coupon at face value on specified product(s). We will reimburse you for the face value of this coupon plus 8¢ if submitted in compliance with the Bayer HealthCare LLC Coupon Redemption Policy, incorporated herein by reference. USE NOT CONSISTENT WITH THESE TERMS MAY CONSTITUTE FRAUD AND MAY VOID ALL COUPONS SUBMITTED. Send coupons to: Bayer HealthCare LLC, P. O. Box 880319, El Paso, TX 88588-0319. Cash value: 1/20th of 1¢. Good only in U.S.A.

733270



5 16500 32478 7 (8101)0 73327 0308

MANUFACTURER'S COUPON  
EXPIRES 3/31/08

**SAVE \$1.00**



on any  
Campho-  
Phenique  
product

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CONSUMER: Void if sold, copied, transferred, altered, or auctioned. Only one coupon is redeemable per purchase and only on specified product(s) and store(s). You pay any sales tax. RETAILER: You are authorized to act as our agent and redeem this coupon at face value on specified product(s). We will reimburse you for the face value of this coupon plus 8¢ if submitted in compliance with the Bayer HealthCare LLC Coupon Redemption Policy, incorporated herein by reference. USE NOT CONSISTENT WITH THESE TERMS MAY CONSTITUTE FRAUD AND MAY VOID ALL COUPONS SUBMITTED. Send coupons to: Bayer HealthCare LLC, P. O. Box 880319, El Paso, TX 88588-0319. Cash value: 1/20th of 1¢. Good only in U.S.A.

733297



5 00024 11076 6 (8101)3 73329 0308

MANUFACTURER'S COUPON  
EXPIRES 3/31/08

**SAVE \$2.00**



on any  
Alka-Seltzer  
Plus  
product

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CONSUMER: Void if sold, copied, transferred, altered, or auctioned. Only one coupon is redeemable per purchase and only on specified product(s) and store(s). You pay any sales tax. RETAILER: You are authorized to act as our agent and redeem this coupon at face value on specified product(s). We will reimburse you for the face value of this coupon plus 8¢ if submitted in compliance with the Bayer HealthCare LLC Coupon Redemption Policy, incorporated herein by reference. USE NOT CONSISTENT WITH THESE TERMS MAY CONSTITUTE FRAUD AND MAY VOID ALL COUPONS SUBMITTED. Send coupons to: Bayer HealthCare LLC, P. O. Box 880319, El Paso, TX 88588-0319. Cash value: 1/20th of 1¢. Good only in U.S.A.

733262



5 16500 30082 8 (8101)0 73326 0308

Make  
**Good Health**  
Your Priority!

Get The Right Care  
For This Cold Season!



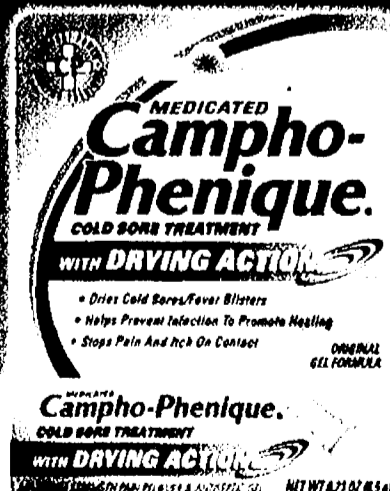
Goes Right  
to the Core  
of Your Nasal  
Congestion.

ALKA-SELTZER  
**PLUS**

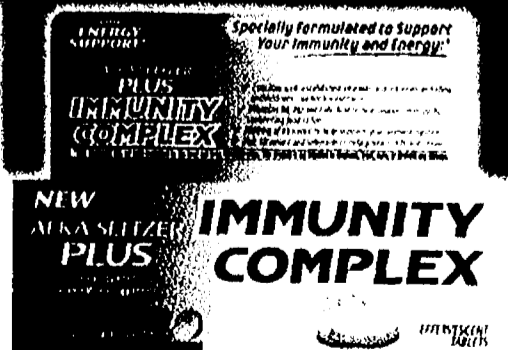
**COLD**

FORMULA  
Sparkling Original  
Nasal Congestion  
Runny Nose  
Headache • Body Ache  
Sore Throat  
Sinus Pressure

Feel Relieved.  
Feel Restored.



Stops Pain and Itch  
on Contact.



A New Way to Support  
Your Immunity and Energy.

Use as directed.

bayercare.com

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**FREE**  
Box of Checks  
**FREE**  
Shipping & Handling  
**FREE**  
Custom Lettering

**CHECKS**  
for only  
**\$5.50**

- Order 4 boxes of checks and your 4th box is FREE!
- FREE Shipping & Handling!
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Join over 4.3 million Customers who've made Checks Unlimited their #1 choice for checks.



Limited-time offer—for first-time Customers only.



**SAVE TIME!**  
Order by Phone  
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Se habla español.

**NEW**  
329 Pebbles 4 Designs

**NEW**  
423 Tom and Jerry 4 Designs

**NEW**  
738 Scooby Doo Mystery Inc. 4 Designs

**NEW**  
633 Looney Tunes 8 Designs

**NEW**  
724 Totally Tweety'd Designs

**NEW**  
545 Major League Baseball  
29011 A-tos 29911 Red Sox  
29019 Cardinals 29014 White Sox  
29021 Cubs 29019 Yankees

**NEW**  
209 Precious Moments 4 Designs

**NEW**  
444 Quiet Escapes by Thomas Bunkade 4 Designs

**NEW**  
635 Pampered Girls 4 Designs

**NEW**  
419 Floral Fairies 5 Designs

**NEW**  
622 Palm Trees 4 Designs

**NEW**  
626 Neon Safari 4 Designs

**NEW**  
655 Pretty in Pink 4 Designs

**NEW**  
421 Sunny Days 4 Designs

**NEW**  
557 Zen 4 Designs

**NEW**  
119 Platinum 1 Design

**3 EASY WAYS TO ORDER...**

- PHONE** Quick and easy. Call toll-free **1-800-565-8332**. Se habla español. 2-box minimum and processing fee will apply. Mention code **YY3C** to receive this special introductory offer.
- INTERNET** See all of our great designs online! **SAFE SECURE SITE** [www.ChecksUnlimited.com](http://www.ChecksUnlimited.com). Enter code **YY3C** on the Shopping Cart page to receive this special introductory offer. 2-box minimum.
- MAIL** Send completed **Order Form**. Also include from same account:
  1. **Payment Check** made out to Checks Unlimited.
  2. **Reorder Form** from your existing check supply OR a **Voided Check**. Note any changes.
  3. **Deposit Bill**.
 Mail to: Checks Unlimited  
PO Box 35630 Colorado Springs, CO 80935-3563

This is a special offer for first-time Customers only. If you've ordered from Checks Unlimited before, call 1-800-204-2244 to take advantage of special offers exclusively for return Customers.

Based on a survey of mail order checks conducted by Equifax, an independent research firm.

Your checks should arrive in 2-3 weeks. Faster options available, including In-Plant Rush! Call for details.

Occasionally Checks Unlimited shares name, address, and other purchase information (not bank identifiers or account numbers) with direct mailers/catalog mailers providing consumer products/services or offering special promotions, and with non-profit organizations. If you do not want these mailings from other companies or if you would like to view our privacy policy, please call 1-800-565-8332.

Business and Computer Checks Available! Call for a FREE Brochure.

Make Your Checks Even More Secure With EZShield!  
EZShield™ Check Fraud Protection Program\* (Patent Pending). Guard your checks from unauthorized use of up to \$25,000 for only \$1.95 per box. Underwritten by Lloyd's of London. See order form. To learn more, visit [www.ezshield.net](http://www.ezshield.net).

**CHECKS UNLIMITED**  
#1 for Checks Direct!

**CHECKS UNLIMITED Order Form** Offer expires January 15, 2009.

Check Design #	Check Start #
<b>MLS Team Name/Code</b> If applicable	
<b>CHECK PRICES: MARK YOUR CHOICE(S) AND ENTER PRICE TOTAL BELOW</b>	
<b>DESIGNER COLLECTION CHECKS</b> OFFER AVAILABLE TO FIRST-TIME CUSTOMERS ONLY	
ONE-PART <input type="radio"/> \$5.50 Regular \$10.95	2 BOXES <input type="radio"/> \$11.00
DUPLICATE <input type="radio"/> \$6.50 Regular \$13.95	4 BOXES <input type="radio"/> \$16.50
	4th BOX <input type="radio"/> \$19.50 <b>FREE!</b>
<b>SPECIAL EDITION CHECKS</b> OFFER AVAILABLE TO FIRST-TIME CUSTOMERS ONLY.	
ONE-PART <input type="radio"/> \$5.50 Regular \$13.95	2 BOXES <input type="radio"/> \$11.00
DUPLICATE <input type="radio"/> \$6.50 Regular \$16.95	4 BOXES <input type="radio"/> \$16.50
	4th BOX <input type="radio"/> \$19.50 <b>FREE!</b>
<b>CHECKS - PERSONAL DESK SET</b>	
Available in Nature's Majesty, Safety Check, Tinker Bell and Winnie the Pooh designs. 6" x 2.75" x .50". Free 4th box not available with Desk Sets.	
ONE-PART <input type="radio"/> 300 \$29.00	2 UNITS <input type="radio"/> 600 \$50.50
DUPLICATE <input type="radio"/> 300 \$39.95	4 UNITS <input type="radio"/> 1200 \$89.95
	DUPLICATE <input type="radio"/> 600 \$68.95
	DUPLICATE <input type="radio"/> 1200 \$122.95
<b>CHECK PRICE TOTAL FROM THE BOX(ES) YOU MARKED ABOVE \$</b>	
<b>SIDE-TEAR CHECKS</b> add \$1.00 per box. <b>(FREE 4TH BOX!)</b> \$	
SIX DESIGNS SHOWN ON THIS AD. SEE ALL SIDE-TEAR DESIGNS ONLINE!	
<b>CUSTOM LETTERING:</b> <input type="radio"/> Trade <input type="radio"/> ARTISAN <input type="radio"/> Calligraphy <b>FREE!</b>	
<input type="radio"/> STANDARD (FREE) <input type="radio"/> Contempo <input type="radio"/> Script <input type="radio"/> Windsor \$2.50	
<input type="radio"/> 18834 Burgundy Checkbook Cover LEATHER add \$13.95 \$	
<input type="radio"/> 66478 Burgundy Desk Set Binder BOWED LEATHER add \$22.95 \$	
ADDITIONAL CHECK REGISTER #04924 \$2.50 each \$	
<b>EZSHIELD™ CHECK FRAUD PROTECTION PROGRAM*</b> \$1.95 per box/unit \$	
<b>SHIPPING &amp; HANDLING</b> Checks: \$2.65 per box/unit Covers: \$2.65 each <b>FREE!</b>	
<b>Save Time, Call NOW! 1-800-865-8332</b> SUBTOTAL \$	
Sales Tax for delivery to CO 2.9% \$	
<b>TRACKABLE-GUARANTEED DELIVERY \$7.95</b>	
Recommended (faster delivery after printing - checks only) Allow 4-10 business days \$	
No PO boxes. *Delivery times guaranteed in contiguous U.S. only.	
kc: <b>YY3C</b>	ob: <b>PM08</b>
TOTAL \$	

**Disney**  
Desk Sets, too!

**NEW**  
744 Tinker Bell 4 Designs  
Available in Side-Tear #823

**NEW**  
755 Mickey & Co. 4 Designs  
Available in Side-Tear #922

**NEW**  
428 Winnie the Pooh 4 Designs  
Desk Sets, too!

**NEW**  
928 Disney Classics 8 Designs

**NEW**  
435 Disney Classics, Series II 5 Designs

**NEW**  
826 Happily Ever After 4 Designs

**NEW**  
117 Ratafouille's Vase Parc 5 Designs

**NEW**  
649 Natural Inspirations 4 Designs

**NEW**  
801 Retro Graphics 4 Designs

**NEW**  
108 Safety Check 1 Design

**NEW**  
924 Hope for the Cure 4 Designs  
Available in Side-Tear #837

**NEW**  
523 In Full Bloom by Kathy Davis 4 Designs

**NEW**  
327 Harley Davidson 4 Designs  
Available in Side-Tear #439

**NEW**  
822 Ocean World by Wyland 4 Designs

**NEW**  
722 Believe 4 Designs

**NEW**  
346 Angel Faces 4 Designs

**NEW**  
116 Nature's Majesty 4 Designs

**NEW**  
905 Barnyard Buddies 4 Designs

**NEW**  
224 Laura Ashley 4 Designs

**NEW**  
419 Floral Fairies 5 Designs

**NEW**  
419 Floral Fairies 5 Designs

**NEW**  
419 Floral Fairies 5 Designs

New Year, New Year!  
Puritan  
MISSION  
FUZE  
Dole  
WHOLE BODY FITNESS  
HERITAGE  
Crisco  
Dole  
EXERCISE  
OS-CAL  
Bartlett  
Alli  
Equal  
Puritan  
Dole



# CREAM OF WHEAT

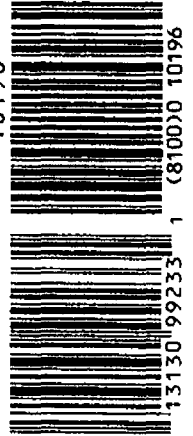


- GRANDMA'S Original Gold Standard Molasses
- MAPLE GROVE FARMS OF VERMONT Pure Maple Syrup
- POLANER ALL FRUIT or POLANER SUGAR FREE preserves
- Fresh strawberries, raspberries, blueberries or bananas

MANUFACTURER'S COUPON EXPIRES 2/4/2008

## SAVE \$1.00

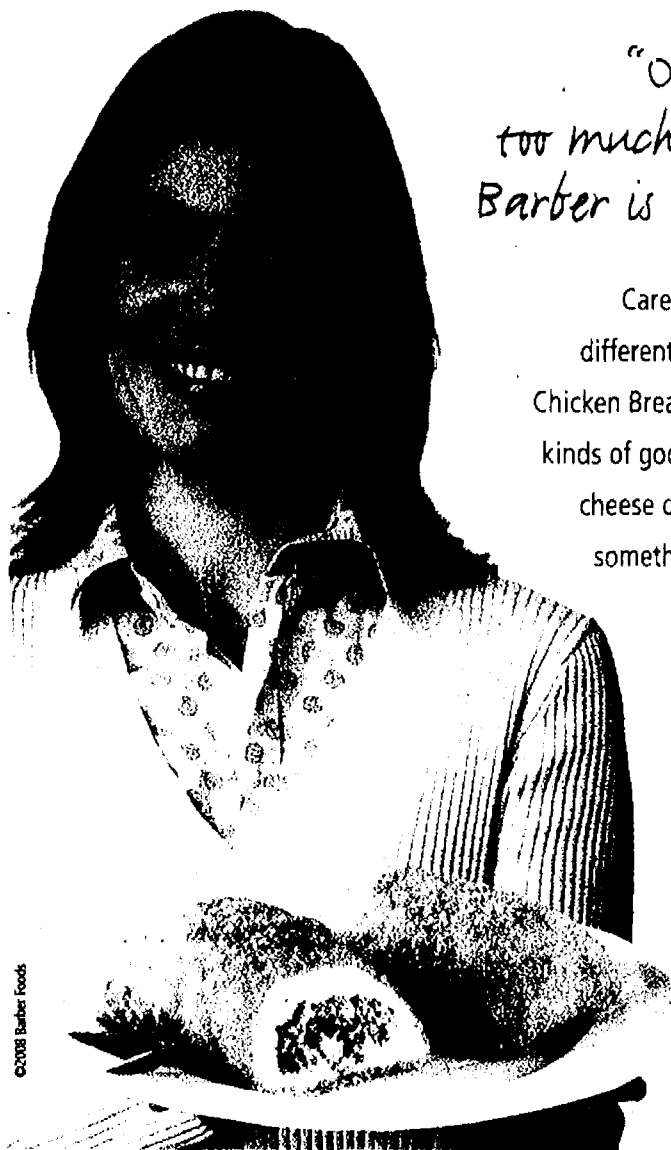
On any two (2) participating products: Cream of Wheat, Polaner Spreads or Maple Grove Farms.



To Retailer: B&G Foods, Inc. will reimburse you for the face value of this coupon plus 8 cents handling provided it is redeemed by a consumer at the time of purchase of the items specified. Coupons not properly redeemed will be void and need not be returned. Use of this coupon is expressly prohibited. Any other use is void. ©2007 B&G Foods, Inc. All rights reserved. B&G Foods, Inc. 13130 99233 1 (8100) 0 10196

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*"On days I have too much on my plate, Barber is on my table."*

Care to try something a little different? Barber Foods® Stuffed Chicken Breasts are bursting with all kinds of good things, like broccoli & cheese or ham & swiss. Serve up something unexpected tonight.



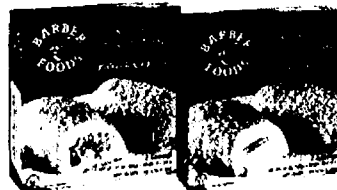
Make dinner. Better.

www.barberfoods.com

MANUFACTURER'S COUPON EXPIRES 2/23/08

**\$1.00 OFF**

Any ONE Barber Foods® Stuffed Chicken Breasts



Look for us in your grocer's freezer.

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116987



5 73461 00076 1 (8100)0 11698



The ONLY ONE you can TAKE ANY TIME OF NIGHT Before going to sleep or in the middle of the night AND WAKE UP ALERT!

Natural Sleep Ingredients

**MidNite**

Helps get you back to sleep fast anytime, and wake alert!

Herbal Supplement • Patented No Morning Grogginess • Not Habit Forming

30 Chewable or Fast Dissolve Tablets. No Need for Water!

- Natural Sleep Ingredients
- Non Habit Forming
- Chewable
- Drug Free

Take ANYTIME to help relax to sleep with NO MORNING GROGGINESS

Problems falling asleep? Take just before bedtime. Waking in the middle of the night? Take right from bed. Great for naps and long flights too!

Always follow usage instructions. See product label for full usage instructions. Allow a minimum of 1 hour for sleep.

MANUFACTURER'S COUPON EXPIRATION DATE 7/31/08

**SAVE \$1.00**

on one (1) package of MidNite



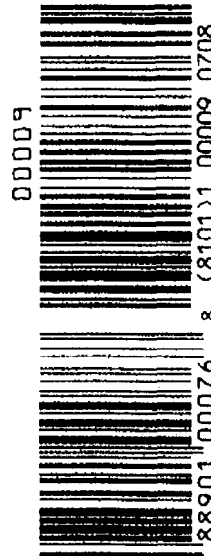
QUESTIONS?

1-866-4-MIDNITE (1-866-464-3648) Mon-Fri, 9am-5pm EST

OR VISIT

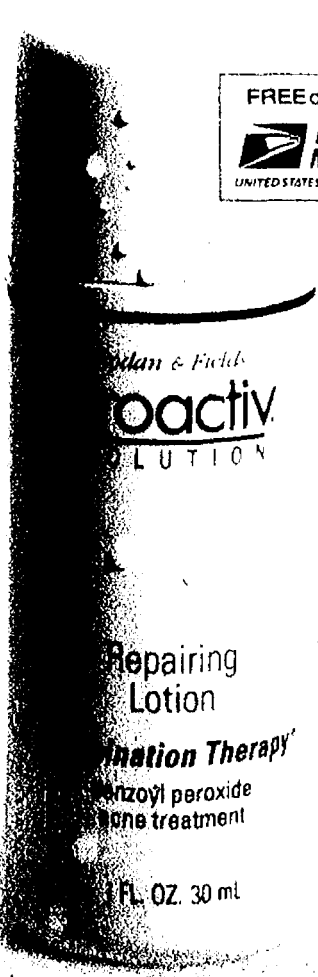
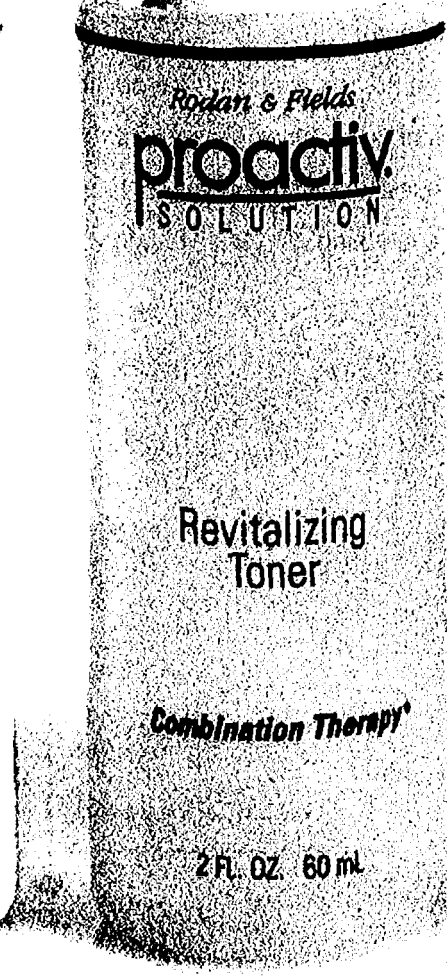
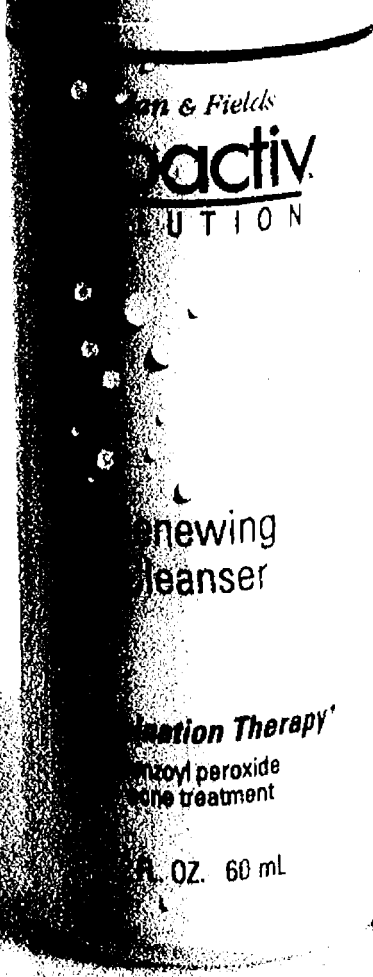
www.midnitesleep.com

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**Call Now!**

**1-888-714-1818**

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**2 FREE BONUSES, A \$20 VALUE!**

Order now and get the Proactiv<sup>®</sup> Solution Refining Mask with its deep cleansing Sulfur formula that complements the 3-Step System. Plus, you'll get Face the Facts, with answers to your acne questions.



Rodan & Fields  
**proactiv**  
SOLUTION

**YES!** I would love to have clear, smooth, blemish-free skin! Send me my Proactiv<sup>®</sup> Solution 30-day kit with a risk-free 60 day guarantee! One complete system for only \$19.95 plus \$5.95 shipping & handling via PRIORITY MAIL (U.S. funds only). CA, IA, NC & PA residents please add applicable sales tax.

**Payment method:**  
 Check or Money Order enclosed for \$25.90 (\$19.95 + \$5.95 s/h) plus applicable sales tax, payable to Proactiv<sup>®</sup> Solution.  
 Charge my  VISA  M/C  AmEx  Discover  
 Signature \_\_\_\_\_  
 Acct. # \_\_\_\_\_ Exp. \_\_\_\_\_

By ordering now, you'll be automatically enrolled in the Proactiv<sup>®</sup> Solution Clear Skin Club. After 30 days, you'll automatically receive a new 60 day kit (less two free bonuses) every two months, and you'll lock in the low price of only \$19.95 per month (plus s/h and any applicable sales tax per shipment), charged to the credit card provided above, for as long as you are a member. There are no minimum number of kits to buy, and you can cancel future shipments by calling customer service at any time.

Name \_\_\_\_\_  
 Address \_\_\_\_\_ Apt. # \_\_\_\_\_  
 City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
 Phone (\_\_\_\_) \_\_\_\_\_

(in case we have a question about your order)  
**CALL NOW, OR MAIL TO:**  
 Proactiv<sup>®</sup> Solution, c/o Guthy-Renker,<sup>®</sup>  
 P.O. Box 382985, Des Moines, IA 50336  
 www.proactiv.com



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retail price

**On Select Hill's® Science Diet®  
Adult and Light Adult Pet Foods**

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Light Adult 40 lb

Light Adult  
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Light Adult 20 lb  
Hairball Control  
Light Adult 17.5 lb



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Manufacturer's Coupon Expires 3/31/08

**SAVE \$1**

on any Science Diet® Canine  
Treats or any 3 Science Diet®  
Canine or Feline Cans  
(any size)



Valid only at

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007370

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**FREE POSTAGE!**

**Men's SURE-STRAP  
Leather Casuals**

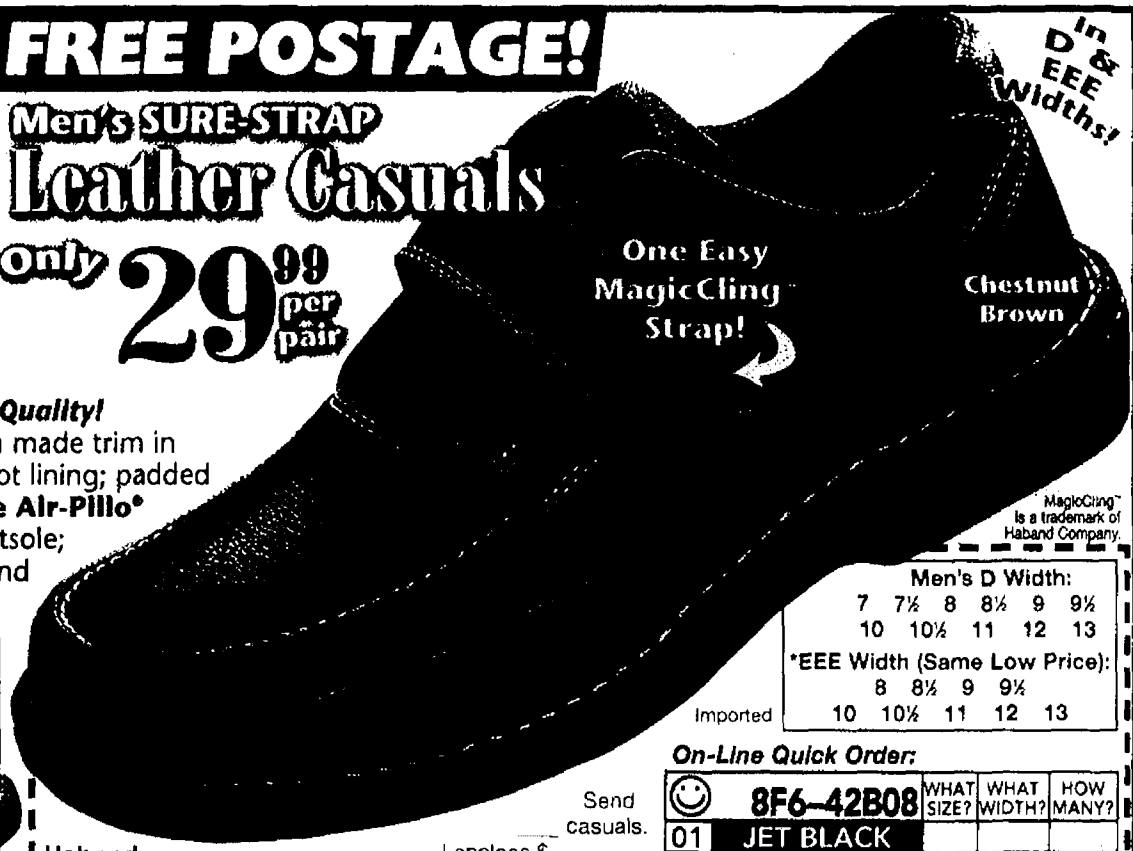
Open the strap wide & you'll say "ahhh" in relief!

No more shoving, stuffing, pulling, or pushing feet into shoes that show no mercy.

**Dr. Scholl's® knows Comfort & Quality!**

**Genuine Leather** uppers, man made trim in updated, stylish design; soft tricot lining; padded ankle collar; Dr. Scholl's® **Double Air-Pillo®** insole; flexible, long-wearing outsole; easy on/off MagicCling™ strap and **FREE Postage! Hurry!**

**only 29<sup>99</sup> per pair**



One Easy MagicCling™ Strap!

Chestnut Brown

In D & EEE Widths!

MagicCling™ is a trademark of Haband Company.

Men's D Width:					
7	7½	8	8½	9	9½
10	10½	11	12	13	
*EEE Width (Same Low Price):					
8	8½	9	9½		
10	10½	11	12	13	



Stylish Updated Details!

Black

Grey

Desert Tan

New Color!

**Haband!**  
1-800-543-4810  
Shop Online: Haband.com

Haband  
#1 Bargain Place,  
Jessup, PA 18434-1834

I enclose \$  
purchase price plus \$5.99  
postage. In GA add sales tax. **FREE**

**Dr. Scholl's®  
Leather Casuals**  
**29<sup>99</sup>**  
2 pairs 55.40  
3 pairs 80.75

Visa    MasterCard    Discover® Network    AmEx    Check

Card # \_\_\_\_\_ Exp: \_\_\_\_ / \_\_\_\_

Mr. Mrs. Ms. \_\_\_\_\_

Address \_\_\_\_\_ Apt. # \_\_\_\_\_

City & State \_\_\_\_\_ Zip \_\_\_\_\_

Email \_\_\_\_\_

**On-Line Quick Order:**

☺	<b>8F6-42B08</b>	WHAT SIZE?	WHAT WIDTH?	HOW MANY?
01	JET BLACK			
J2	DESERT TAN			
4T	CHESTNUT BROWN			
06	GREY			

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**100% Satisfaction Guaranteed or Full Refund of Purchase Price at Any Time!**

- You Get All 3 96-Page Books
- Hundreds of Kitchen Tested Recipes
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- All Recipes Shown in Full-Color Photos
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**ClearPoint Direct.Com** UG80108  
P.O. Box 3508, Champlain, NY 12919

Item (#0441)	Price	Quantity	Total
Set of 3 Cookbooks	\$7.95		
	Shipping & Handling		\$3.95
(No C.O.D.)	Total for Order		

Name: \_\_\_\_\_

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City: \_\_\_\_\_ State: \_\_\_\_\_

Zip: \_\_\_\_\_ Tel: (\_\_\_\_) \_\_\_\_\_

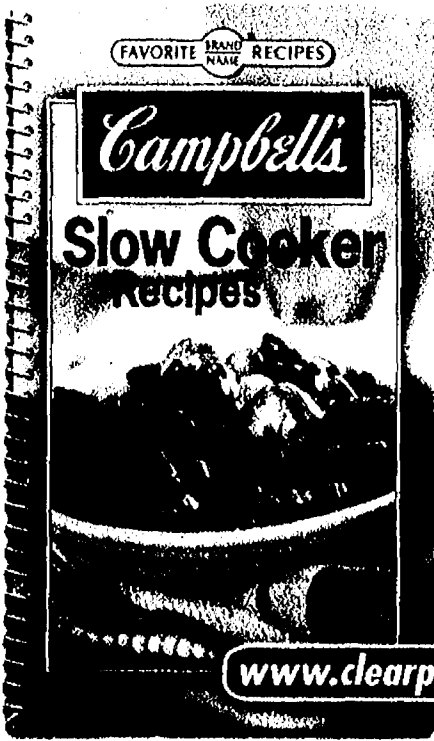
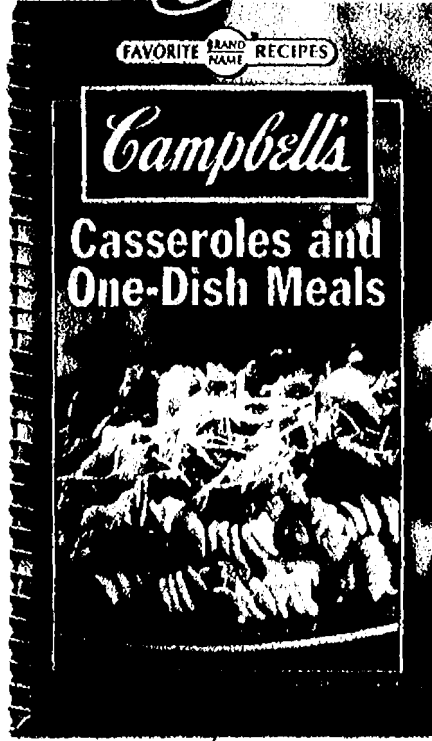
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Limited time offer. Other offers may vary





# ARE YOU READY FOR A HUGE SURPRISE?



**WIN**  
**\$5,000.00**  
**A WEEK FOR LIFE**  
**ON FEBRUARY 29th**  
**FROM PUBLISHERS CLEARING HOUSE!**

Enter the Publishers Clearing House Sweepstakes at [www.pch.com/surprise](http://www.pch.com/surprise) or by mailing the form below! IT'S ABSOLUTELY FREE!

**OFFICIAL RULES: ALL PRIZES GUARANTEED TO BE AWARDED AS OFFERED. NO PURCHASE NECESSARY TO WIN. VOID WHERE PROHIBITED. SWEEPSTAKES FACTS:** Giveaway 11/70 End Date 2/28/09 Est Odds Of Winning 1 in 505,000,000 You Have Not Yet Won. All Entries Have The Same Chance Of Winning. We don't know who the winner is Enter For Free. You don't have to buy anything to enter Enter As Often As You Like. You may submit additional entries by sending to the address at right. Each entry request must be mailed separately. **Buying Won't Help You Win.** Your chance of winning without a purchase is the same as someone who buys something. Prize paid \$5,000.00 per week \$10 Million minimum. Winner must sign an Affidavit of Eligibility within 30 days or alternate winner will be selected. Principals and employees of PCH and their immediate families are not eligible. Subject to complete official rules available at website or mail address at right. Entry must be received by 1/23/08.

(CUT OUT, COMPLETE AND SEND TO ADDRESS BELOW)

**MAIL TO: \$5,000.00 A WEEK FOR LIFE ENTRY FORM**

**MUST ARRIVE BY JANUARY 23**

NAME:

ADDRESS:

CITY:

STATE:

ZIP:

**MAIL TO:**

Publishers Clearing House, P.O. Box 1200  
 Syosset, NY 11791-0490

Or enter right now at [www.pch.com/surprise](http://www.pch.com/surprise)

|||||●●●●●●●●●●●●●●●●

2A620

# Winter Smiles, HOT Savings!

Limited Time Offer!

## 35 Portraits

only **5.99**

Introductory package

Includes:

1-8x10, 2-5x7s, 4-3½x5s,  
24 wallets & 4 keepsakes

*plus*

### FREE

*and mention this ad*

## 4 Bonus Portraits\*

(4-3½x5s)

\*Purchase of Introductory one-pose package required.

- ✓ **No session fees**
- ✓ **For even greater savings**  
combine your \$5.99 special with in-studio discounts on portraits, gifts and specialty products
- ✓ **Act NOW! Save up to 60%**  
on portrait collections

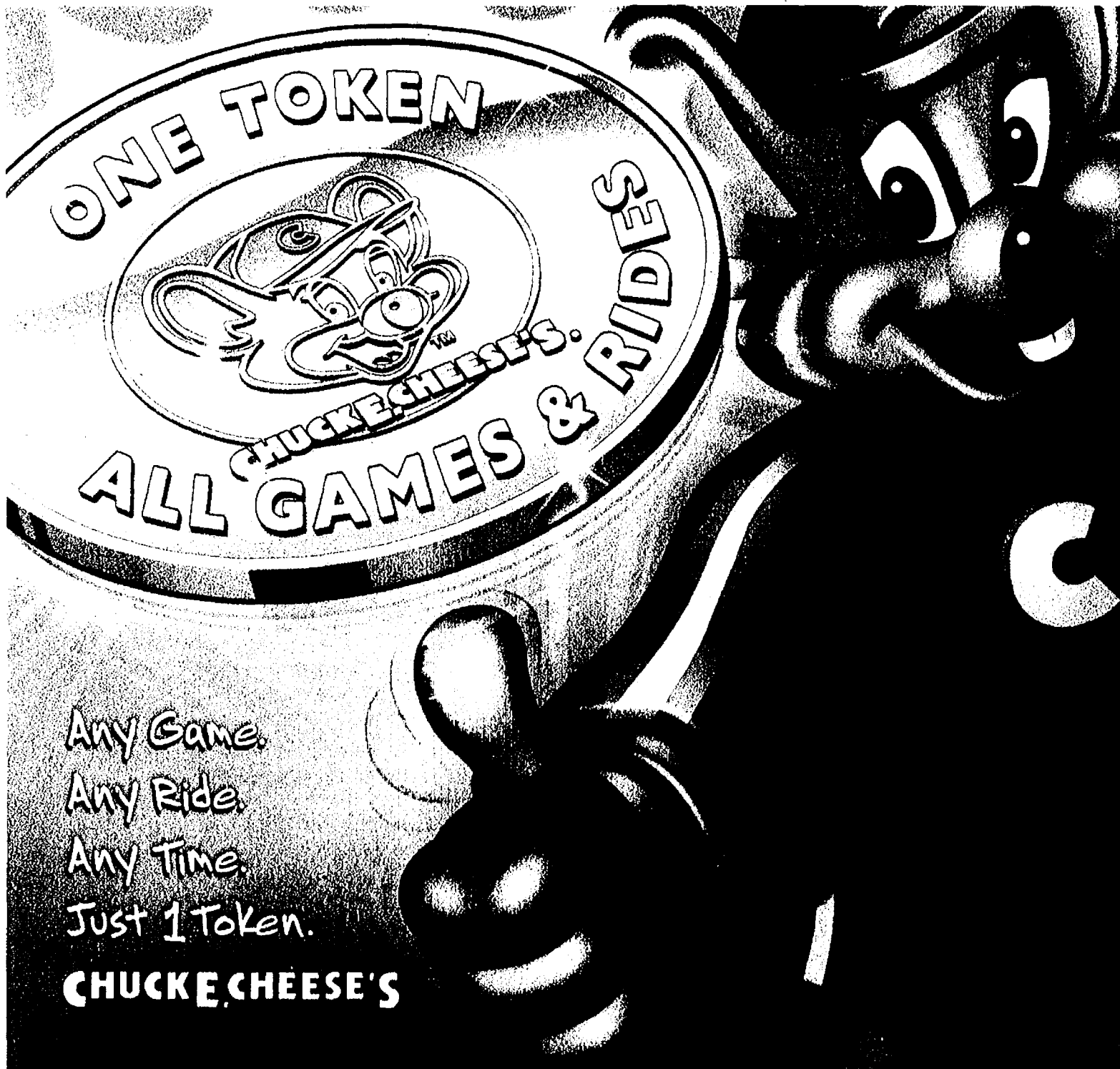
**Don't forget!**

**Valentine's Day is  
February 14<sup>th</sup>**

**Portraits are the perfect  
way to say**

*'I Love You'*

\*One 10x14 and 3 1/2x5s in same pose as introductory package. Limit one introductory package, free wall portrait and bonus 4-3 1/2x5s per family. Backgrounds may vary by location. Includes online orders and e-orders. Mention this ad at time of session. Offer expires February 23, 2008.



Any Game.  
Any Ride.  
Any Time.  
Just 1 Token.

**CHUCKE CHEESE'S**

**USE 2 COUPONS TO SAVE EVEN MORE!**

  
**CHUCKE CHEESE'S**  
1 Large Pizza  
(1-2 Toppings or our Super Combo)  
4 *Coca-Cola* Soft Drinks  
30 Game Tokens  
**\$19.99** #105  
Save up to **\$14.00**

HURRY! VALID UNTIL 2/23/08  
Valid with coupon only at participating continental  
U.S. stores. No cash value.

  
**CHUCKE CHEESE'S**  
Buy 40 Tokens  
and get  
40 Tokens Free  
A Total of 80 Tokens  
**\$10.00** #323  
Save **\$10.00**

HURRY! VALID UNTIL 2/23/08  
Valid with coupon only at participating continental  
U.S. stores. No cash value. Taxes may apply.

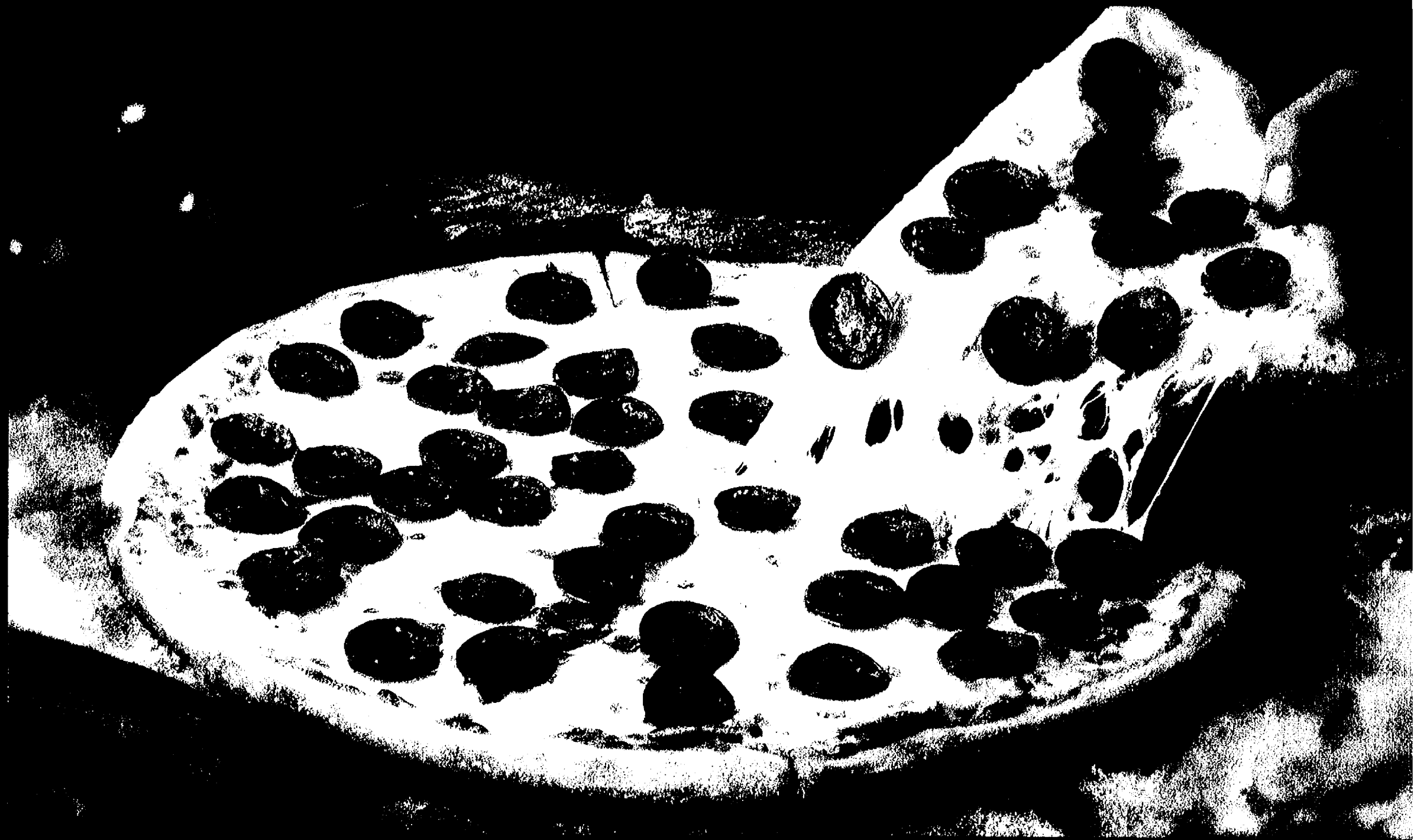
  
**CHUCKE CHEESE'S**  
1 Large One Topping  
Pizza  
2 *Coca-Cola* Soft Drinks  
20 Game Tokens  
**\$16.99** #197  
Save up to **\$7.00**

HURRY! VALID UNTIL 2/23/08  
Valid with coupon only at participating continental  
U.S. stores. No cash value.

  
**CHUCKE CHEESE'S**  
1 Large Pizza  
(1-2 Toppings or our Super Combo)  
4 *Coca-Cola* Soft Drinks  
100 Game Tokens  
**\$29.99** #156  
Save up to **\$21.00**

HURRY! VALID UNTIL 2/23/08  
Valid with coupon only at participating continental  
U.S. stores. No cash value.

WE DELIVER



**INTRODUCING THE JET'S<sup>™</sup> NY STYLE BOLD FOLD PIZZA  
SO BOLD IT'S LIKE A CHEESE AND PEPPERONI  
FISTFIGHT IN YOUR MOUTH.**

Nothing compares to the  
Award-Winning taste of Jet's!



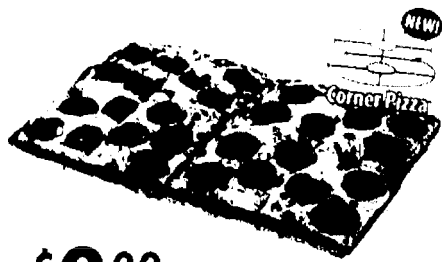
LIFE IS SHORT. EAT BETTER PIZZA.

**NY Style Bold Fold** **\$9.99**  
**6-Large Slices**  
With Mozzarella Cheese & Spicy Pepperoni *for only*

Add additional toppings for only \$1.49 each

## 8 Corner Pizza

Mozzarella Cheese & 1 Topping  
Additional Toppings Only \$1.99

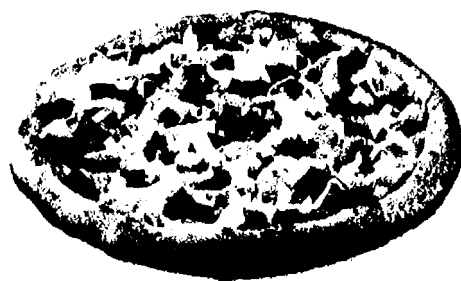


\$9<sup>99</sup>



## BLT

Mozzarella Cheese, Bacon, Lettuce, Tomato & Mayo.

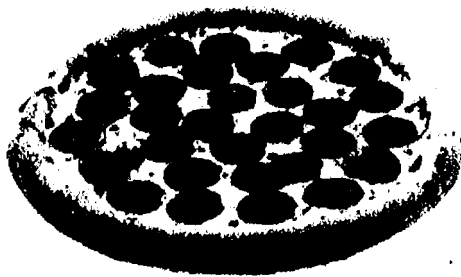


\$7<sup>99</sup> Small    \$9<sup>99</sup> Medium    \$11<sup>99</sup> Large



## Medium Round

Mozzarella Cheese & 1 Topping

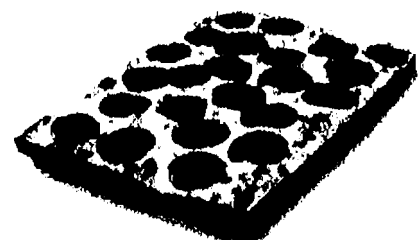


\$5<sup>99</sup>



## Delicious Deal-e-o

Mozzarella Cheese & 1 Topping



\$5<sup>99</sup> Small    \$8<sup>99</sup> Large    \$11<sup>99</sup> X Large



WE DELIVER

Add your favorite

# SIDEKICK



\$5<sup>49</sup>

**Small Salad**  
Antipasto, Garden or Greek



\$5<sup>49</sup>

**Jet's Boat**  
Cheese & 1 Topping.



\$5<sup>49</sup>

**16 Pc. Jet's Bread™**  
Bacon or Pepperoni



\$6<sup>49</sup>

**Jet's Boneless Chicken**  
10 pc.



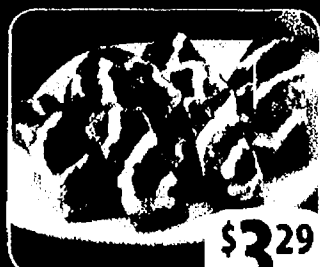
\$6<sup>49</sup>

**Jet's Wings**  
1lb. Italian, Hot & Spicy or BBQ



\$5<sup>99</sup>

**Deli Boat**  
Italian, Veggie, Steak, Tuna or Ham & Cheese



\$3<sup>29</sup>

**Cinnamon Stix**  
Stix that kick out the Cinnamon Jams



**Dipping Cups**  
A must for all Pizzas

# LIFE IS SHORT. EAT BETTER PIZZA.

**ANN ARBOR/  
PITTSFIELD TWP.**  
3127 Oak Valley Dr.  
Ann Arbor Saline  
& Waters Rd.  
(734) 222-7544

**BELLEVILLE**  
243 Main St.  
(734) 697-7500

**BROWNSTOWN**  
Telegraph & Sibley  
(734) 229-1399

**CANTON**  
Lilley & Warren  
(734) 414-0831  
Palmer Rd. & Haggerty  
(734) 397-8700

45241 Cherry Hill Rd.  
(734) 981-8500

**CHELSEA**  
506 N. Main St.  
(734) 433-9700

**DEARBORN**  
Ford & Telegraph  
(313) 274-2600

13735 West Warren  
Warren & Schafer  
(313) 584-1400

**DEARBORN HEIGHTS**  
Telegraph, Between  
Van Born And Mich Ave.  
(313) 359-5387

**DEXTER**  
7200 Dan Hoey Rd.  
(734) 424-9810

**FARMINGTON**  
Orchard Lake Rd.  
& Grand River  
(248) 442-8900

**FLAT ROCK**  
Telegraph at  
Huron River Drive  
(734) 783-0999

**GARDEN CITY/  
WESTLAND**  
Ford Rd. West of  
Middlebelt  
(734) 762-9800

**LIVONIA**  
7 Mile & Farmington  
(248) 473-3999

5 Mile & Middlebelt  
(734) 266-9333

**NORTHVILLE TWP./S.W.  
LIVONIA**  
Five Mile & Haggerty  
(734) 420-9756

**NOVI/NORTHVILLE**  
Novi Rd. & 8 Mile  
(248) 449-5387

**PLYMOUTH**  
Ann Arbor Rd. &  
Sheldon Rd.  
(734) 416-5385

**PLYMOUTH/NORTHVILLE**  
47273 5 Mile Road  
(734) 414-9800

**REDFORD**  
SW corner of Plymouth  
Rd. & Telegraph  
(313) 533-5323

**ROMULUS**  
35681 Van Born Rd.  
(734) 728-5387

**SALINE**  
715 W. Michigan Ave.  
(734) 429-9700

**SOUTHFIELD**  
9 Mile East of Telegraph  
(248) 357-8300

**SOUTHFIELD/  
BEVERLY HILLS**  
Southfield N. of 12 Mile  
(248) 905-5387

**WESTLAND/S. LIVONIA**  
Wayne Btwn. Ford  
& Warren  
(734) 728-4400

**WIXOM**  
Pontiac Trail & Wixom Rd.  
(248) 668-0606

**YPSILANTI**  
1298 Anna J. Stepp  
(734) 484-1900



Open til midnight Friday & Saturday at participating locations 1.08.C

So Many Flavors. So Little Time. Try Our TASTE-TASTIC CRUST.  
Butter, Garlic, Romano, Poppy Seed, Sesame Seed, and Cajun.

## Choose Your Combo

Your Choice of a 1 Topping Pizza, Order of Jet's Bread with Sauce, and a 2 Liter of Coke

Combo #1    Combo #2    Combo #3



\$11<sup>49</sup> Combo #1 Small    \$12<sup>99</sup> Combo #2 Medium    \$15<sup>49</sup> Combo #3 Large



## BBQ Chicken

Grilled Chicken, Mozzarella Cheese, Red Onions, Bacon, and Sweet Baby Ray's BBQ Sauce.



\$7<sup>99</sup> Small    \$9<sup>99</sup> Medium    \$11<sup>99</sup> Large



## Pick Your Pac

1 Pizza with 2 Toppings, an Order of Jet's® Bread with Pizza Sauce, and a Anitpasto, Garden, or Greek Salad.

Baby Pac:    Jet Pac:



\$14<sup>99</sup> Baby Pac    \$21<sup>99</sup> Jet Pac



## Cracker Crust

with Mozzarella Cheese & 3 Toppings



\$7<sup>99</sup> Small    \$11<sup>99</sup> Large



# Tests That Can Help Save Your Life

## 4 Tests in Less Than 1 Hour

Stroke is America's third leading killer. It is also the #1 cause for nursing home admissions. Unfortunately, half of all stroke victims have no warning signs before a stroke occurs.



### *We'll be in Your Neighborhood!*

**Where: Comfort Inn - Chelsea**

**When: Tuesday, January 22, 2008**

**Pre-registration is required. Call 1-800-909-4837**

Source Code: FZJL-171

Life Line Screening is America's leading provider of quality health screenings. Our screenings are fast, accurate and available at an affordable rate.

*We provide these non-invasive, completely painless screenings using Doppler ultrasound technology.*

#### **Stroke Screening/ Carotid Artery**

This screens the carotid arteries in the neck for plaque buildup. The #1 cause of stroke is linked to carotid artery blockage.

#### **Atrial Fibrillation Screening**

This screens for the most common irregular heart beat, which increases the risk of stroke 5-fold.

#### **Abdominal Aortic Aneurysm Screening**

This screens for the existence of an aneurysm in the abdominal aorta. The vast majority of people who have an aneurysm have no symptoms.

#### **Peripheral Arterial Disease Screening**

It is 4-5 times more likely that you will die of heart disease if you have peripheral arterial disease.

*New finger stick blood tests are now available – see the reverse side*


 **Life Line Screening**  
Protect your health. Protect your life.®

**“Thank you for saving my husband's life. The doctor told my husband that he would have had a massive stroke.”**

Mrs. Dorothy Halbert,  
Streator, IL

# Select the screenings that are best for you:

## Recommended Baseline Screenings:

- Stroke/Carotid Artery** – Ultrasound Screening of the carotid arteries in the neck for plaque buildup which is the #1 cause of **stroke**.
- Atrial Fibrillation**  – More than 2 million Americans have this irregular heart beat condition which increases your risk of **stroke and heart failure**.
- Abdominal Aortic Aneurysm Screening (AAA)** – Screens for the existence of an **aneurysm** in the abdominal aorta. The vast majority of people who have an aneurysm have no symptoms. If an AAA ruptures, the death rate is as high as 80%, with many not surviving long enough to reach the hospital.
- Peripheral Arterial Disease (PAD)** – You are 4 - 5 times more likely to die of heart disease if you have PAD. Uses painless ultrasound technology to check plaque buildup in the arms and legs.

## Add these for a more comprehensive risk assessment:

- C-Reactive Protein (CRP)** – This new test for C-reactive protein can detect elevated levels of CRP **in healthy individuals who show no symptoms**. Elevated CRP levels are an independent risk factor for cardiovascular disease and are associated with an increased risk for **stroke, heart disease, peripheral arterial disease and type-2 diabetes**.
- Complete Lipid Panel (Cholesterol)** – This comprehensive test checks your **total cholesterol, "good" HDL, "bad" LDL and triglycerides**. High levels of cholesterol (particularly LDL) contribute to the formation of plaque on the artery walls. Plaque can restrict the flow of blood and oxygen to your heart, which can cause a **heart attack**.
- Blood Glucose** - (blood sugar) – Glucose is a measure of your blood sugar level, which can **determine your risk for diabetes**. More than 20 million Americans have diabetes, and nearly 1 in 3 does not know it. **Heart attacks and strokes** are four times more common in diabetics, occur at a younger age, and have a much greater death rate.
- Osteoporosis** – Ultrasound screen for bone loss in men and women. Osteoporosis is painless and silent in its early stages.

**Pick 4 screenings for \$140**

**Select all 8 screenings for only \$199 (a savings of over \$80!)**

You will receive your results in 21 days. Screenings in Kansas are performed by Life Line Screening of America, LLC on behalf of Life Line Screening Physicians, P.A.

**Insurance Note:** Life Line Screening does not participate in the Medicare program and the cost of these screening services is not reimbursable by Medicare. Life Line Screening does not file insurance claims.

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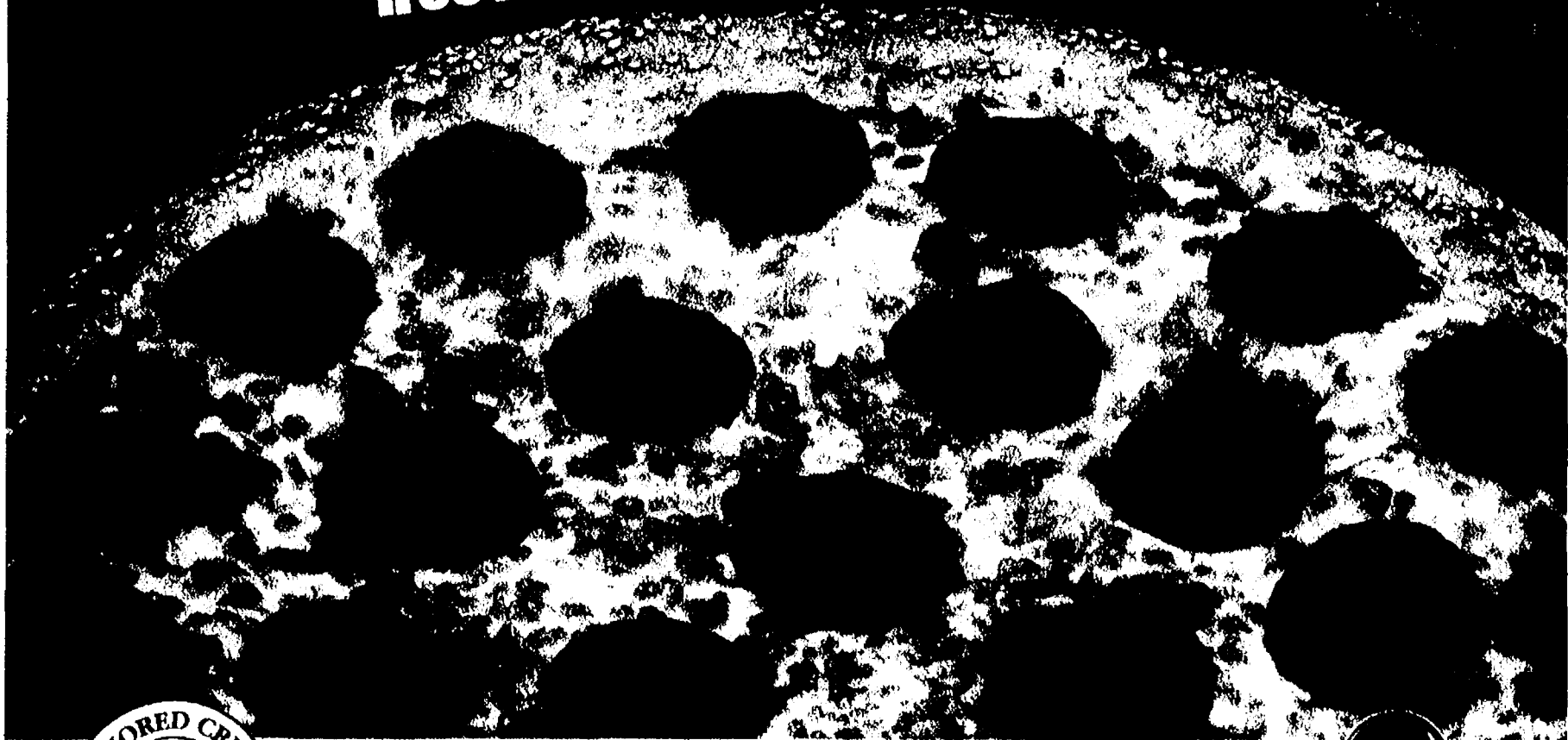
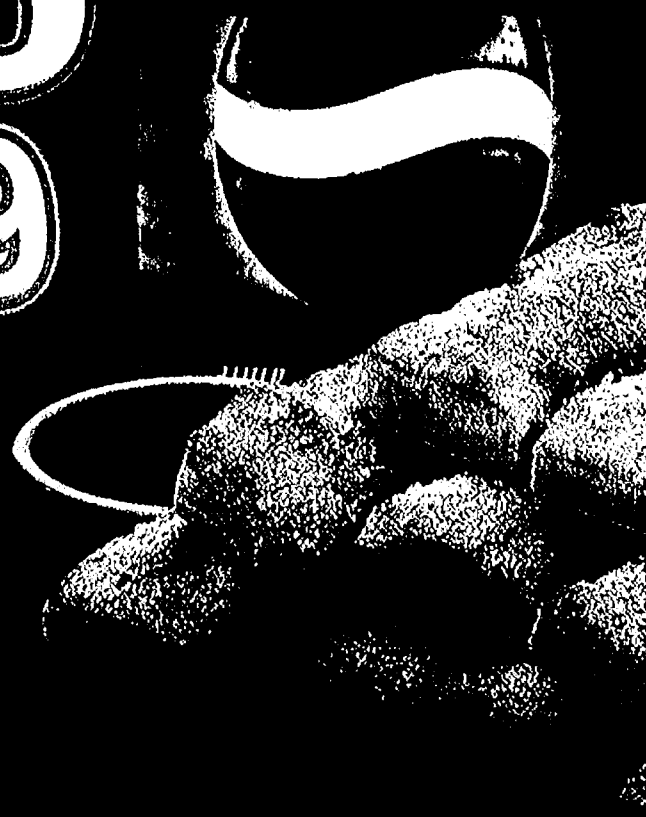
Pick & Choose Back 12/07

# HOWIE COMBO

just \$13.99

# PEPSI

Large 1-topping pizza,  
Howie Bread & sauce,  
free 2-liter of Pepsi!



## Hungry Howie's Pizza



HOME OF THE FREE FLAVORED CRUST

Original • Butter • Butter Cheese • Garlic Herb • Ranch • Onion • Sesame • Cajun

[hungryhowies.com](http://hungryhowies.com) (Delivery, tax extra • Available at participating locations • Expires 1/31/08)





# Hungry Howie's Pizza

FREE "Flavored Crust" Choose from Original, Butter, Butter Cheese, Garlic Herb, Ranch, Onion, Sesame & Cajun.

## Pizza

AVAILABLE IN FOUR SIZES  
10" Small, 12" Medium, 14" Large, 16" X-Large.  
Crisp 'N Thin crust available in Medium only.

### FREE FLAVORED CRUST

Original, Butter, Butter Cheese,  
Garlic Herb, Ranch, Onion, Sesame, Cajun.

### TOPPINGS

Pepperoni, Ham, Mushroom, Onion, Green Pepper,  
Italian Sausage, Bacon, Ground Beef, Black Olive,  
Fresh Tomato, Pineapple, Mild Pepper.

### SPECIALTY PIZZAS

#### MEAT EATERS

Pepperoni, Ham, Sausage, Beef, Mozzarella Cheese.

#### BACON CHEDDAR CHEESEBURGER

Beef, Bacon, Cheddar and Mozzarella Cheese.

#### PHILLY STEAK

Green Pepper, Onions, Steak, Mozzarella Cheese.

#### VEGGIE

Onion, Green Pepper, Sliced Tomato, Mushroom, Olive,  
Mozzarella Cheese.

#### HOWIE MAUI

Pineapple, Bacon, Ham, Mozzarella Cheese.

#### HOWIE SPECIAL

Pepperoni, Mushroom, Ham, Green Pepper, Onion,  
Mozzarella Cheese.

#### 3-CHEESER PEPPERONI PLEASER

Pepperoni, Cheddar, Mozzarella and Parmesan Cheese.

#### PEPPERONI PLUS

Xtra Pepperoni and Extra Cheese

#### COLD DRINKS

Pepsi, Diet Pepsi, Sierra Mist, Mountain Dew, Aquafina.

## Subs

CALZONE STYLE

### DELUXE ITALIAN

Sliced Ham, Salami, Melted Cheese, Lettuce, Tomato,  
Italian Dressing on the Side.

### TURKEY SUB

Sliced Turkey Breast, Melted Cheese, Lettuce, Tomato,  
Mayonnaise on the Side.

### TURKEY CLUB SUB

Sliced Turkey Breast, Ham, Bacon, Melted Cheese,  
Lettuce, Tomato, Mayonnaise on the Side.

### STEAK, CHEESE & MUSHROOM

Steak, Melted Cheese, Mushroom, Lettuce, Tomato,  
Italian Dressing on the Side.

### HAM & CHEESE

Stacked Ham, Melted Cheese, Lettuce, Tomato, Italian  
Dressing on the Side.

### VEGETARIAN SUB

Cheddar Cheese, Green Pepper, Onion, Mushroom, Black  
Olive, Lettuce, Tomato, Italian Dressing on the Side.

### PIZZA SUB

Loaded with Extra Cheese, Pepperoni, Pizza Sauce.

### PIZZA SUB SPECIAL

Cheese, Pepperoni, Ham, Mushroom, Onion, Green  
Pepper, Pizza Sauce.

\*Mild peppers for all subs available on request.

### HOWIE WINGS

Buffalo-Style Chicken Wings seasoned just right.

### CHICKEN TENDERS

100% White Meat cooked to golden brown. Served with  
a dipping sauce.

## Salads

### GARDEN

Fresh Crisp Lettuce, Tomato, Onion, Green Pepper, Black  
Olive. Served with your choice of Dressing.

### CHEF

Fresh Crisp Lettuce, Tomato, Onion, Topped with  
Sliced Ham, Cheese, Black Olive. Served with  
your choice of Dressing.

### GREEK

Fresh Crisp Lettuce, Tomato, Onion, Feta Cheese, Sliced  
Beet, Pepperoncini, Black Olive. Served with our Authentic  
Greek Dressing.

### ANTIPASTO

Fresh Crisp Lettuce, Tomato, Black Olive, Onion,  
Pepperoncini, Ham, Salami, Cheese. Served with our  
Gourmet Italian Dressing.

### HOWIE BREAD

16 Hot Buttered Garlic Sticks topped with Parmesan Cheese.  
Served with Zesty Sauce for Dipping.

### CAJUN BREAD

16 Hot Buttered Bread Sticks sprinkled with Special Cajun  
Seasonings. Served with Zesty Sauce for Dipping.

### 3-CHEESER HOWIE BREAD

16 Hot Buttered Garlic Sticks covered with Parmesan,  
Mozzarella, and Cheddar Cheese. Served with Zesty Sauce  
for Dipping.

### HOWIE CINNAMON BREAD

16 Hot Buttery Bread Sticks sprinkled with Cinnamon and  
Sugar. Served with a side of sweet white icing.

Hungry Howie's Pizza

**TRIPLE PLAY**  
**\$11.99**

3 Small Pizzas With Cheese &  
Any 1 Topping

Mix Or Match From 8 Flavored Crusts And 12 Toppings

2.9 Plus Tax • Delivery Extra • Limited Area • Expires 03/01/08

Hungry Howie's Pizza

2 Pizzas With 2 Toppings  
Plus Your Choice - One Order of Howie Bread or Cajun Bread  
**2 Mediums ...\$17.99 2 Large ...\$20.99**  
**2 X-Larges ...\$23.99**

With Coupon • Tax & Delivery Extra • Limited Area • Expires 03/01/08

Hungry Howie's Pizza

**DOUBLE  
TOPPER**

**\$7.99**

1 Medium Pizza  
With Cheese & Any 2 Toppings  
(Additional Toppings Extra)  
Large \$9.99

Plus Tax • Delivery Extra • Limited Area • Expires 03/01/08

Hungry Howie's Pizza

### HOWIE BREAD OR WINGS

16 Pieces of Hot Buttered Garlic  
Bread Smothered with Parmesan  
Cheese. Sauce Included.

**\$3.99**

10 HOWIE WINGS\*  
Buffalo Style Chicken Wings  
\*At Participating Locations

**\$6.49**

5.4 Plus Tax • Delivery Extra • Limited Area • Expires 03/01/08

Hungry Howie's Pizza

**SUNDAY  
SPECIAL**

**\$6.99**

1 Large Pizza  
With Cheese + 1 Topping  
Extra Toppings 99¢ each  
Limit 10 Pizzas At This Special Price  
Carry-out Only

With Coupon • Tax Extra • Limited Area • Expires 03/01/08

Hungry Howie's Pizza

### FAMILY COMBO

One Pizza with up to 5 Toppings  
of Your Choice for the Adults  
One Pizza with up to 2 Toppings  
of Your Choice for the Kids

2 Small | 2 Mediums | 2 Large  
**'14.99 | '17.99 | '20.99**

Plus Tax • Delivery Extra • Limited Area • Expires 03/01/08

Mason 222 North Cedar just north of Speedway 676-6622

Williamston 205 West Grand River 655-5900

Chapel Hill 200 South Clinton 851-7447

Chapel Hill 140 South Main 433-1200

Brown Mill 240 South Main in the new Fountain Park 897-2225

**SPECIAL  
OFFER**  
see reverse side

# YOUR HOME

is your most valuable asset.



Call My Handyman to give your home the attention it deserves.



# Don't trust your home to just any handyman.

Get your "to-do" list ready and call My Handyman! He can take care of all your household jobs large or small, inside and out. And rest assured, your neighborhood My Handyman is an experienced and insured professional with a reputation for quality workmanship.

## Put My Handyman to work for you!

- |   |   |
|---|---|
| <input checked="" type="checkbox"/> Cabinetry/Counters        | <input checked="" type="checkbox"/> Drywall repair/Painting |
| <input checked="" type="checkbox"/> Wood rot                  | <input checked="" type="checkbox"/> Caulking/Grouting       |
| <input checked="" type="checkbox"/> Windows/Doors             | <input checked="" type="checkbox"/> Faucet replacement      |
| <input checked="" type="checkbox"/> Light fixture replacement | <input checked="" type="checkbox"/> And much more!          |



Here's another reason to call now.

# \$25 OFF

*Valid for \$25 worth of services provided by My Handyman.*

2 hour minimum required.

Offer valid one time per household. Available at participating locations only. Not valid with any other offer.

## 734-662-5555

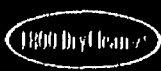
License# 2101177774

Limited time offer.

We are fully insured with general liability and workers' compensation.



*My Handyman is a member of the Service Brands International family.*



[www.myhandyman.com](http://www.myhandyman.com)

COMMUNITY

# HEALTH GUIDE

SAINT  
JOSEPH  
MERCY  
HEALTH SYSTEM



Winter 2008



Classes  
Programs  
Support Groups

REMARKABLE MEDICINE  
REMARKABLE CARE

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HEALTH GUIDE

SAINT JOSEPH  
MERCY  
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Winter 2008



Classes  
Programs  
Support Groups

REMARKABLE MEDICINE  
REMARKABLE CARE

# Community |



## Welcome

SAINT  
JOSEPH  
MERCY  
HEALTH SYSTEM



### 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

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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.

## 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, January 30-March 26 and April 2-May 21; 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.

**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.

**Mindful Relaxation Study:** Teaches cancer patients before their first chemotherapy treatment relaxation techniques that may help relax the mind and body while receiving treatments.

**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.



### 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](http://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.

### 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.

**Brighton Woodland Cancer Center:**

Second Wednesday monthly; 10 a.m.-12 p.m.

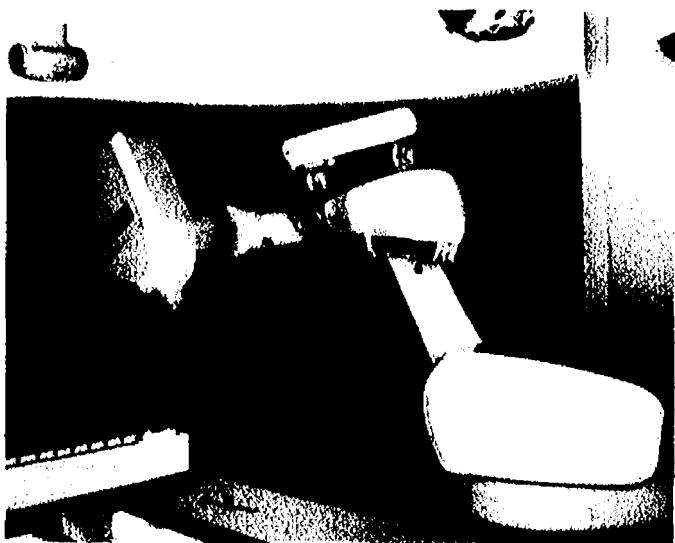
800-227-2345



Vita Sullivan, MD  
Cardio/Thoracic Surgeon

## CyberKnife® Revolutionary Cancer Treatment

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](http://www.sjmercyhealth.org) or call 888-474-HOPE (888-474-4673).







## 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 preschool through high school. Our larger than life interactive exhibit gallery is open to the public on the fourth Thursday of each month.

## 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, April 20; 1-4 p.m.

Ypsilanti/Women's Health Center:  
Sunday, March 16; 1-4 p.m.  
734-712-5400/800-231-2211

### 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, January 24; 6:30-7:30 p.m.  
Thursday, March 6 and April 3; 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

### "Surgi-nauts" Pre-operative Teaching Program

This unique program helps children and their parents understand the surgical process, thus easing their fear of surgery. A tour is included. Registration required.

Howell/SJM Livingston Hospital:  
First and third Saturday monthly at 10 a.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

## CPR/Basic Life Support

### 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](http://www.sjmercyhealth.org). Initial Certification - \$130; Renewal - \$70

Howell SJM Livingston Hospital:  
517-545-6517

### 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:  
Thursday, January 31, April 10; 6-9 p.m.  
Monday, February 18, March 10; 6-9 p.m.  
734-712-5800

Howell SJM Livingston Hospital:  
Thursday, January 24, February 28, March 27, April 24; 7-9:30 p.m.  
517-545-6517

Register online at [www.sjmercyhealth.org](http://www.sjmercyhealth.org)

## Diabetes Education

Live well with diabetes. Learn how to control your blood sugar, eat properly and prevent complications. This program is a combination of individual and group sessions. Fee involved (may be covered by insurance). Physician referral required. Call for an appointment.

Ypsilanti Women's Health Center:

734-712-2431

Howell SJM Livingston Hospital:

517-545-6125

## Insulin Pump Program

Learn about the benefits of insulin pump therapy for Type 1 Diabetes. Explore different insulin pumps, experience wearing a pump and review carbohydrate counting. Fee involved (may be covered by insurance). Physician referral required.

Ypsilanti Women's Health Center:

734-712-2431

Howell SJM Livingston Hospital:

517-545-6125

## 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



For more information or to register, visit [www.sjmercyhealth.org](http://www.sjmercyhealth.org) or call 734-712-5800. All classes are coed and are held at the Ellen Thompson Women's Health Center. Sessions held the following dates: January 7 - February 22 and March 3 - April 18.

			Fee
Ageless Strength (55+)	Tuesday	9:30 a.m. - 10:15 a.m.	\$40
Ageless Strength (55+)	Thursday	9:30 a.m. - 10:15 a.m.	\$40
Pilates	Tuesday	4:25 p.m. - 5:25 p.m.	\$68
Pilates	Tuesday	5:30 p.m. - 6:30 p.m.	\$68
Pilates	Wednesday	9:30 a.m. - 10:30 a.m.	\$68
Pilates	Thursday	12:15 p.m. - 12:50 p.m.	\$35
Pilates	Thursday	5:30 p.m. - 6:30 p.m.	\$68
Strength Training	Monday	12:15 p.m. - 12:50 p.m.	\$30
Strength Training	Tuesday	12:15 p.m. - 12:50 p.m.	\$30
Strength Training	Thursday	11:30 a.m. - 12:05 p.m.	\$30
Tai Chi*	Friday	12:05 p.m. - 12:55 p.m.	See below
Yoga	Monday	11:30 a.m. - 12:05 p.m.	\$35
Yoga	Wednesday	12:15 p.m. - 12:50 p.m.	\$35
Yoga-Pilates Fusion	Monday	9:30 a.m. - 10:15 a.m.	\$45
Yoga-Pilates Fusion	Wednesday	11:30 a.m. - 12:05 p.m.	\$35

\*Tai Chi sessions at Jan. 4, Feb. 29 (8:50) and Mar. 7, Apr. 18 (8:30)

## Healthier Living

### Health Information Library

Free classes on diabetes and pregnancy will help women understand how to best manage their pregnancies and take care of themselves.

Ypsilanti Reichert Health Center:  
Monday-Thursday: 9 a.m.-4 p.m.  
734-712-5177

### Hypnosis for Smoking Cessation

This highly effective session utilizes the power of hypnosis to help you quit smoking with behavioral and cognitive techniques to help you stop smoking. First 45 minutes free to see if the program is for you. \$70 for 45 minutes after that. Payment in person at 5744 E. Grand Ave. Register online at [www.ishwllp.com](http://www.ishwllp.com)

Ypsilanti St. Joseph Mercy Hospital:  
Saturday, February 2: 10 a.m.-12 p.m.  
800-848-2822

### Washtenaw Asthma Coalition

The Washtenaw Asthma Coalition is a community-wide collaboration to prevent the development of asthma and to improve the quality of life for those living with the illness.

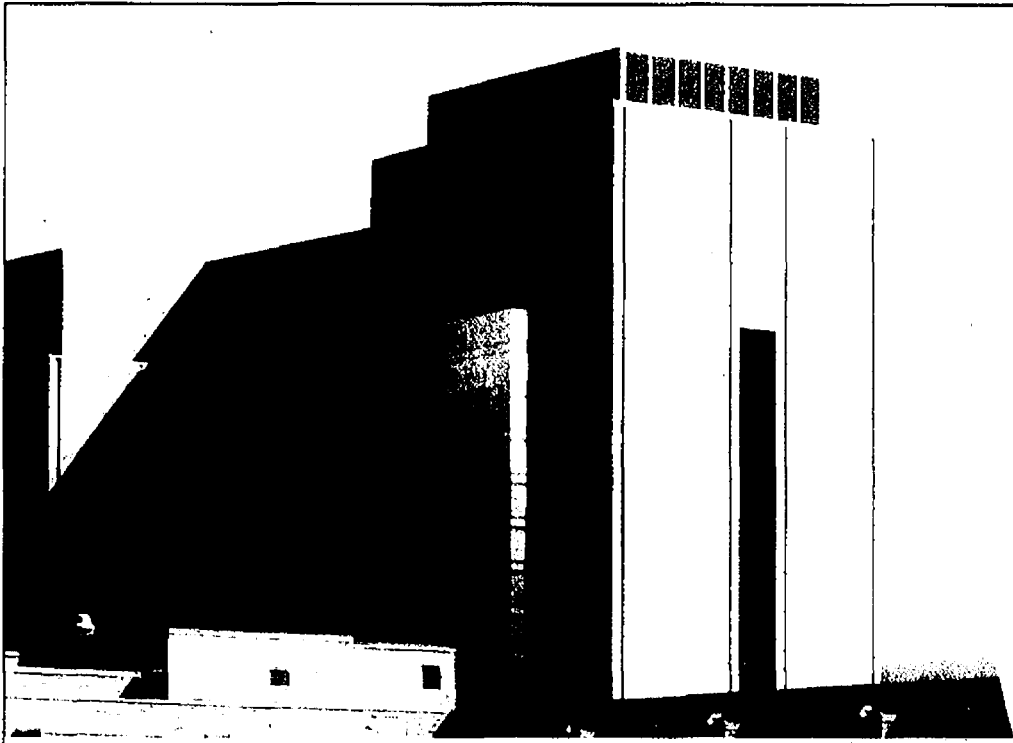
Ypsilanti Administration Services:  
Tuesday, January 15, March 18: 7:30-9 a.m.  
734-712-4543



## Healthy Cooking

Classes are \$37 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](http://www.sjmercyhealth.org), or call 734-712-5800 for more information.

Class	Day/Date	Time
Soups On!	Monday, January 14	5:30 p.m.
Living Well with Diabetes	Thursday, January 24	5:30 p.m.
Whole Grain Exploration	Monday, January 28	5:30 p.m.
Low-High Protein Diet	Thursday, January 31	5:30 p.m.
Living Well with Diabetes	Monday, February 4	5:30 p.m.
Staying on Track with Your Pregnancy Diet	Tuesday, February 5	6:00 p.m.
Valentine's Day French Cooking	Monday, February 11	5:30 p.m.
Mardi Gras Menu	Thursday, March 6	5:30 p.m.
Try Thai	Monday, March 10	5:30 p.m.
Mediterranean Menu	Monday, March 17	5:30 p.m.
It's a Family Affair	Monday, March 24	5:30 p.m.
Springtime Soups	Monday, March 31	5:30 p.m.
Mid-Easter Delights	Monday, April 14	5:30 p.m.
Springtime Soups	Thursday, April 17	5:30 p.m.



SAINT  
JOSEPH  
MERCY  
HEALTH SYSTEM  
MEMBER OF CHRISTIAN REFORM

## Inspired, Designed and Created for You...

### *The New East Tower at St. Joseph Mercy Hospital – Ann Arbor*

At Saint Joseph Mercy Health System we invite you to join us during this exciting time of building and growth in our history. Our newly completed, 356-bed, 360,000 sq. ft. East Tower is part of an ambitious, multi-year construction, renovation and renewal program throughout our entire health system. Each 300 sq. ft. patient room has a family zone dedicated for family and visitors, Patient Media System, bedside nurse call system communicating with the nurse's wireless communication device, and charting alcoves outside the patient room.

Other transformations include:

- Our recently opened 60,000 sq. ft. Surgery Pavilion that places us at the forefront of surgical practices and procedures, including the da Vinci Surgical System
- Our CyberKnife® Robotic Radiosurgery System – a breakthrough in non-invasive cancer surgery – of which we're the only health system in Michigan to offer
- Plans focused on a new addition to Saint Joseph Mercy Saline Hospital – the Community Health Pavilion
- Numerous diagnostic, outpatient and inpatient additions system-wide

We invite you to explore our exciting, attractive environments with free parking that offer exceptional resources and dynamic practice settings. Also find out about the great quality of work/life amenities that you can experience in desirable and growing Ann Arbor and surrounding communities.



For more information and a complete listing of  
employment opportunities, please visit us at

[www.sjmercyhealth.org/careers](http://www.sjmercyhealth.org/careers)

Equal Opportunity Employer

REMARKABLE MEDICINE. REMARKABLE CARE.

## "...And the Beat Goes On"

Learn how to take control of your health and reduce your risk of heart disease. This is a free, interactive program that will help you understand the importance of heart health and how to take control of your health. The program will cover topics such as diet, exercise, stress management, and more. Free. Registration is required. Call 734-712-3105 for more information.

Ypsilanti: Michigan Heart & Vascular Institute  
734-712-3105

## Cardiac Rehabilitation

Cardiac rehabilitation is a supervised exercise program that helps people who have had a heart attack or other heart condition. It can help improve your heart health and reduce your risk of future heart problems. Free. Registration is required. Call 734-712-3105 for more information.

Ypsilanti: Michigan Heart & Vascular Institute  
734-712-3105

Howell: SJM Livingston Hospital  
517-545-6385

## Chair Yoga

Chair yoga is a gentle form of yoga that can be done while sitting in a chair. It is ideal for people who have difficulty standing or who are recovering from an injury. Chair yoga can help improve flexibility, strength, and balance. Free. Registration is required. Call 734-712-3105 for more information.

Ypsilanti: Michigan Heart & Vascular Institute  
Thursdays: 5:30-6:30 p.m.  
734-712-3546

## Heart of a Woman Clinic

The Heart of a Woman Clinic is a free, confidential service that provides information and support for women with heart disease. We offer educational materials, referrals to specialists, and more. Free. Registration is required. Call 734-712-3105 for more information.

Ypsilanti: Women's Health Center  
Wednesdays: 9 a.m.-12 p.m.  
734-712-3100

February is Heart Month! Log on to [www.mhvi.org](http://www.mhvi.org) and take the free HeartAware cardiovascular risk assessment.

Watch our website for heart healthy tips and events.

Heart of a Woman Lecture Series: A new topic is coming this spring with Dr. Barbara Kong, Cardiologist. Lectures include contemporary health issues on women and heart disease. Empower yourself and take charge of your health! Free.

Living With Heart Failure: **April 5, 2008, 9 a.m.-1:30 p.m.** at St. Joseph Mercy Livingston Hospital, Howell. This program is designed to bring the most up-to-date information by experts in their fields on the management and treatment of heart failure to the community patients and their family members. Free. Registration is required at [www.mhvi.org](http://www.mhvi.org) or by calling 800-231-2211.

## Vascular Rehabilitation

One of the medically supervised exercise programs 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: Senior Health Building  
Tuesdays: 5:30-6:45 p.m.  
734-712-3546

*There are 70 million  
Americans with heart disease.  
For a third of them, their  
first symptom will be death.*



**MICHIGAN HEART &  
VASCULAR INSTITUTE**

Michigan Heart & Vascular Institute at Saint Joseph Mercy Health System is offering **HeartAware**, a free online risk assessment tool to determine a person's risk for heart disease. Limiting your risk means knowing your risk, so take the first step by completing your personal risk assessment.

Go to [www.mhvi.org](http://www.mhvi.org) and click on  
"Heart Risk Assessment"

It's quick, free and just might save your life!

## 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

## 101 Answers for New Parents

A question and answer session with a board certified pediatrician. Topics include fussiness, colic, fevers, breast-feeding, 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, January 26, March 29; 10 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

Ypsilanti St. Joseph Mercy Hospital:

734-712-4214

## 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



## You're Gonna Drool.

You really are. And, when you experience our personalized care at Saint Joseph Mercy Family Birth Centers, you'll know why. You'll appreciate the nicely appointed birthing suites, with special amenities for dad. Comforting labor support, including epidurals and water therapy. Not to mention expert specialty care just in case. If you're planning a baby, plan one with us!

Take an online tour of our  
Ann Arbor Family Birth Center  
or sign up for a free "Bundle of Joy" kit  
at [www.sjmercyhealth.org](http://www.sjmercyhealth.org).

**SAINT JOSEPH MERCY  
FAMILY BIRTH CENTERS**  
St. Joseph Mercy Hospital – Ann Arbor  
Saint Joseph Mercy Livingston Hospital – Howell

## 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

## Birth Center Video Tour

Take a tour of the Family Birth Center at St. Joseph Mercy Hospital online at [www.sjmercyhealth.org](http://www.sjmercyhealth.org). Just click on Women & Children, then Family Birth Centers, and enjoy the ten-minute video tour!

## FIRST TIME PARENT CLASSES

Separate training classes for moms and dads held at the same time! Register online at [www.sjmercyhealth.org](http://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, March 1, April 12; 9 a.m.-12 p.m.

Howell/SJM Livingston Hospital: Saturday, February 23, March 22; 9 a.m.-12 p.m.

Ypsilanti/Women's Health Center: Saturday, February 9, March 8, April 19; 9 a.m.-12 p.m., Thursday, January 17; 6-9 p.m.

## 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. \$30/couple

Ypsilanti Women's Health Center:

Wednesday, January 16, February 27, March 12, April 16;

6:30-8:30 p.m.

734-712-5400/800-231-2211

Howell SJM Livingston Hospital:

Thursday, January 31, March 20; 7-9 p.m.

517-545-6517

## 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, March 13; 7:30-9:30 p.m.

734-712-5400/800-231-2211

## 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](http://www.sjmercyhealth.org) or call 734-712-2357.



## Parents' Newsletter

FREE! Expectant and new parents can receive a weekly e-mail newsletter. Sign up by visiting [www.sjmercyhealth.org](http://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, January 15, February 12, March 11, April 8; 7-9 p.m.

734-712-5400/800-231-2211

## Prenatal/Post Partum Aquatic Exercise Classes

Provides women an opportunity to exercise safely during pregnancy and post partum recovery. Unique classes offer numerous benefits. \$49 seven-week session

Canton Summit in the Park:

Thursdays, January 10, March 6; 7-8 p.m.

734-712-5800

### 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

### 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

### Pre-Driving Rehabilitation

This program is designed to evaluate the basic skills of driving and is performed 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





## 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](http://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:

Wednesdays; 7:30-9 p.m. Call for dates.

517-545-6213

## Support Groups and Programs

### 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

#### 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 for 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, February 6, March 5, April 2; 10 a.m.-12 p.m.

734-712-5400/800-231-2211

## Cancer Support Groups

### Breast Cancer Support Group

#### Ypsilanti/Cancer Center:

Third Thursday monthly; 7-8:30 p.m.

734-712-2920

### Multiple Myeloma Support Group

#### Ypsilanti Administration Services:

First Tuesday monthly; 7:30-9:00 p.m.

810-923-9809

### Prostate Cancer Support Group

#### Ypsilanti Cancer Center:

Third Thursday monthly; 7-8:30 p.m.

734-712-6813

### 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

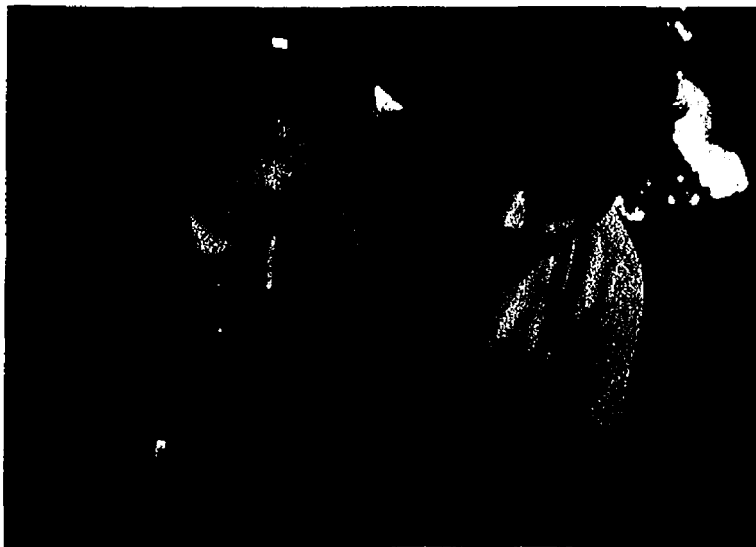
## Grief Support Groups

### 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



## 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.)

## 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:

Wednesday, February 6; 7-8:30 p.m.

Saturday, March 22; 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:

Wednesdays, February 6-March 12 and April 2-May 2; 6-7:30 p.m.

734-712-5800



## Weight Loss Programs

### HMR Weight Management Programs™

Clinic-Based Weight Loss with or without medical supervision. Plans offer in-depth lifestyle education, personalized attention, intensive follow-up and long-term maintenance.

At-Home Weight Loss with convenient Quick Start™ diet kits delivered right to your door. To purchase HMR products visit [www.sjmercyhealth.org/hmr](http://www.sjmercyhealth.org/hmr) or the Women's Health Boutique at the Ellen Thompson Women's Health Center.

Attend a free informational session to learn more about managing your weight with either option. Call for dates and times.

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! \$79.99 payable after free orientation period or \$69.99 if you register online at [www.easywillpower.com](http://www.easywillpower.com).

Ypsilanti St. Joseph Mercy Hospital:  
Saturday, February 2; 1-3 p.m.

Howell SJM Livingston Hospital:  
Thursday, January 31; 6:30-8:30 p.m.  
800-848-2822

## Women's Health

### Minimally Invasive Gynecology Procedures

This session is for women who are interested in learning more about alternatives to invasive gynecological surgery. Dr. Bryan Popp will speak about minimally invasive options for women of all ages, and the new DaVinci Robot, a robotic surgical device used in performing minimally invasive surgeries. Free

Ypsilanti Women's Health Center:  
Tuesday, March 4; 7-9 p.m.  
734-712-5800

### Title XV Breast and Cervical Cancer Screening

You may qualify for no-cost screening through the Michigan Breast and Cervical Cancer Control Program. Participating clinics in Washtenaw and Livingston County provide safe, reputable and thorough screening, as well as follow-up care if needed. Women must be 40 years of age or older and meet certain income and insurance requirements to be eligible.

734-712-3967

## 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 and Personal Training

Baseline measurements include body composition, BMI, strength, flexibility and cardiovascular assessments. Individualized workouts scheduled to fit your personal needs. 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](http://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



# 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

## 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

## 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

Some classes are non-refundable, but are transferable. Call 800-231-2211 for more information.

## CLASS REGISTRATION FORM

Do you have a scholarship? Yes  No  Pending  ID# \_\_\_\_\_

Change in address or phone for registration since last registration? Yes  No

Change in address or phone for payor since last registration? Yes  No

Are there any special conditions or disabilities? Yes  Describe \_\_\_\_\_

CLASS SELECTION			PARTICIPANT INFORMATION			Office Use
CLASS	NAME OF CLASS	COST	FIRST NAME			CHK <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	PHONE	Disc
			EMAIL			
<b>Payor Name</b>  (Person Paying for Class(es))	FIRST NAME	LAST NAME		<b>1 Make check payable to:</b> Saint Joseph Mercy Health System  <b>2 Include payment:</b> Credit from account: \$ _____ \$ _____ AMOUNT PAID		
	ADDRESS	CITY				
	HOME PHONE ( )	WORK PHONE ( )				
	EMAIL	BIRTHDATE				
<b>PAYMENT INFORMATION</b> <input type="checkbox"/> CHECK <input type="checkbox"/> CREDIT CARD <input type="checkbox"/> OTHER			<input type="checkbox"/> CREDIT ON ACCOUNT			
<b>Credit Cards</b>  Please complete entire section	NAME		TOTAL FEE (Required) \$		<b>3 Enclose coupons, gift certificates or other discounts with this form</b>  <b>4 Mail entire form to:</b> Saint Joseph Mercy Health System Attn: Trinity Health Telemangement P.O. Box 995 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

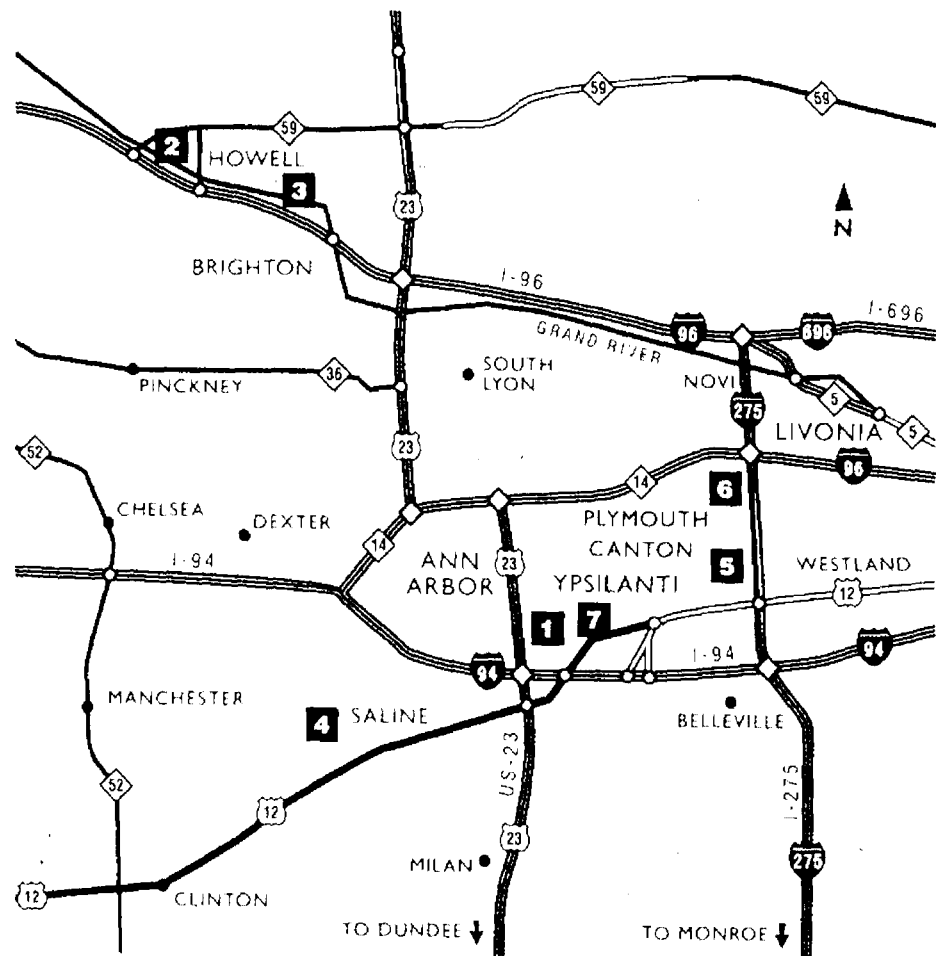
620 Byron Road  
Howell, MI 48843  
Phone: 517-545-6000

## 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](http://www.sjmercyhealth.org).

Total Bottom Line Savings

# Country Market



Check & Compare -  
You'll Save More at Country Market Everyday!

<b>Polly's</b>		PHARMACY AVAILABLE	PHARMACY AVAILABLE
<b>JACKSON</b> 201 PARK AVENUE 517-783-4226	<b>JACKSON</b> 1210 W. PARNALL RD. 517-796-4606	<b>BROOKLYN</b> 11301 BROOKLYN RD. 517-592-4040	<b>SALINE</b> 1335 E. MICHIGAN AVE. 734-944-7878
<b>JACKSON</b> 1821 SPRING ARBOR RD. 517-787-5228	<b>JACKSON</b> 2119 FERGUSON RD. 517-787-6096	PHARMACY AVAILABLE <b>ADRIAN</b> 1535 W. MAUMEE 517-265-4190	<b>ADRIAN</b> 1392 S. ADRIAN HWY. 517-263-0569
PHARMACY AVAILABLE <b>CHELSEA</b> 1255 S. MAIN ST. 734-433-0130	<b>DEXTER</b> 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 January 9 thru Tuesday January 15, 2008**

**FRITO LAY FRITOS & CHEETOS**  
Selected Varieties  
8.5 - 12 oz.  
**\$1.00**

SAVE UP TO \$1.29 on 3

LIMIT 2 per customer with \$15 additional purchase

**TROPICANA PREMIUM ORANGE JUICE**  
Selected Varieties  
59 - 64 oz. or 6 Pk.  
**2/\$5**

SAVE UP TO \$1.50 on 2

LIMIT 4 per customer with \$15 additional purchase

**Fritos**  
Original  
Crispy

**JELLO**  
Jelling Snacks  
Strawberry

SAVE UP TO \$2.98 on 2

LIMIT 4 per customer with \$15 additional purchase

**JELL-O PUDDING & GELATIN PACKS**  
Selected Varieties  
6 Pk.  
**2/\$3**

**Jack's**  
KRAFT  
Supreme Pizza  
Pepperoni Pizza

SAVE UP TO \$6.00 on 4

LIMIT 4 per customer with \$15 additional purchase

**JACK'S PREMIUM FROZEN PIZZA**  
Selected Varieties  
15 - 19.4 oz.  
**4/\$7**

<b>USDA Choice Beef SEASONED TRI TIPS</b>	<b>\$2.99 LB.</b>	<b>Hoosier Pride SMOKED PICNICS</b>	<b>89¢ LB.</b>	<b>Red, Ripe FLORIDA STRAWBERRIES</b>	<b>2/\$4</b> 1 LB. CNT
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**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](mailto: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!

**QUAKER INSTANT OATMEAL** 10.9 - 16.2 oz. Selected Varieties **SAVE UP TO \$2.00** **\$1.75**

**Cheerios** **SAVE UP TO \$2.00** **\$1.75**

**KIX** **SAVE UP TO \$2.00** **\$1.75**

**POST CEREALS** Shredded Wheat Bran 18 oz., Spoonsize 16.4 oz., Honey Nut 20 oz., Cinnamon 17 oz., Frosted 19 oz., GrapeNuts Flakes 18 oz., Regular 24 oz., Trail Mix 17 oz. **SAVE UP TO \$2.00** **2/\$5**

**NATURE VALLEY GRANOLA BARS** 5.3 - 9.5 oz. Selected Varieties **SAVE UP TO \$1.25** **\$2.00**

**OCEAN SPRAY DIET CRANBERRY & GRAPEFRUIT JUICE** 33.8 - 48 oz. Selected Varieties **75¢**

**Peter Pan Creamy Peanut Butter** 18 - 32 oz. Selected Varieties **SAVE UP TO \$1.50 on 2** **2/\$3**

**Aunt Millie's Homestyle Bread** 24 oz. 100% Whole Wheat or Italian **SAVE \$3.00 on 2** **4/\$5**

**Betty Crocker Fruit Snacks** 4.5 - 9 oz. Selected Varieties **BOTTOM LINE SAVINGS!** **2/\$3**

**Kool-Aid Jammers or Capri-Sun** 10 Pk. Selected Varieties **SAVE UP TO \$1.00** **\$1.75**

**Progresso Soups** 18 - 19 oz. Selected Varieties **SAVE UP TO \$1.35** **\$1.00**

**Wishbone or Western Dressings** 7 - 16 oz. Selected Varieties **SAVE 90¢** **\$1.75**

**Lipton Noodles & Sauce or Rice & Sauce** 4.1 - 6.4 oz. Selected Varieties **SAVE 25¢** **\$1.00**

**Prego Pasta Sauce** 26 - 28.8 oz. Selected Varieties **SAVE 90¢** **\$1.25**

**Brooks Chili Beans, Just for Chili & Seasoning** 1.25 - 15.75 oz. Selected Varieties **SAVE \$1.65 on 5** **5/\$3**

**Starkist Tuna in Pouch** 5 - 7.06 oz. Selected Varieties **SAVE \$2.80 on 4** **4/\$5**

**Mars Candy Bar Singles** Selected Varieties **2/99¢**

**Jolly Time Microwave Popcorn** 4.8 - 10.5 oz. Selected Varieties **SAVE \$1.38 on 2** **2/\$3**

**OUR FAMILY TOASTER PASTRIES** 11 oz. Selected Varieties **SAVE 45¢** **\$1.00**

**OUR FAMILY FRUIT SNACKS** 6 ct. Selected Varieties **SAVE 50¢** **\$1.00**

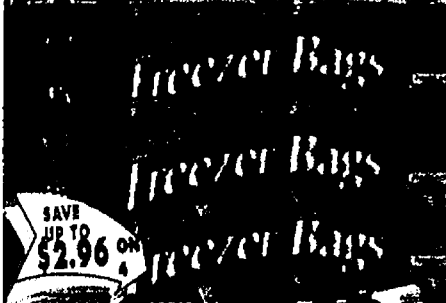
**OUR FAMILY PEANUTS** **SAVE 50¢ on 2** **\$1.00**

**OUR FAMILY TOMATOES** 14.9 - 15 oz. Selected Varieties **SAVE 50¢ on 2** **2/\$1**

**OUR FAMILY BROTH** 14.5 oz. Chicken or Beef **COMPARE THE BOTTOM LINE!** **5/\$2**

**OUR FAMILY PREMIUM CHICKEN BREAST** 5 oz. Selected Varieties **SAVE 50¢** **\$1.00**

# TOTAL BOTTOM LINE SAVINGS!



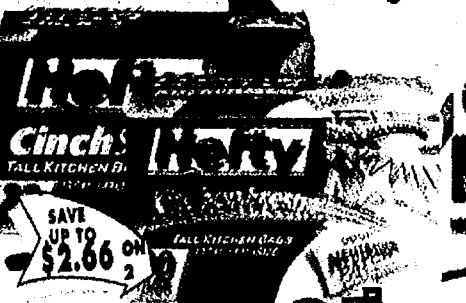
OUR FAMILY SNAP & SEAL FREEZER BAGS  
 Quart 20 ct. or  
 Gallon 15 ct.

4/5



OUR FAMILY SNAP & SEAL STORAGE BAGS  
 Quart 25 ct. or  
 Gallon 20 ct.

4/5



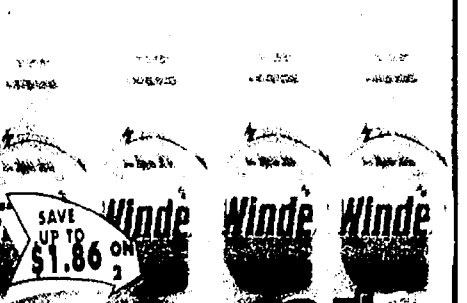
HEFTY TRASH BAGS  
 10 - 40 ct.  
 Selected Varieties

2/7



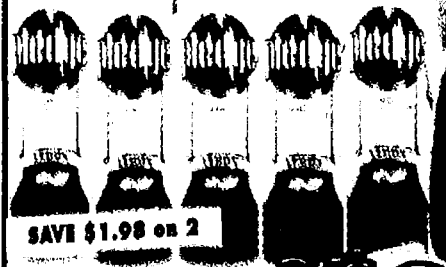
SYLVANIA SOFT WHITE LIGHT BULBS  
 80/75, 100 Watt 4 Pk.  
 3 Way 1 Pk.  
 Selected Varieties

99¢



WINDEX WINDOW CLEANER  
 26 oz.  
 Selected Varieties

2/5



PLEDGE FURNITURE POLISH  
 12.5 oz.  
 Selected Varieties

2/6



ERA LAUNDRY DETERGENT  
 100 oz.  
 Selected Varieties

2/7



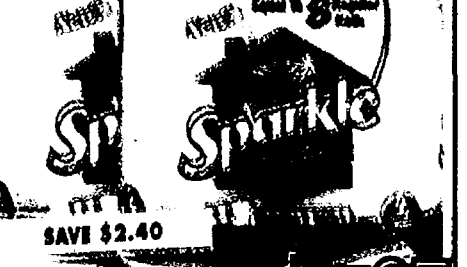
PUREX LIQUID LAUNDRY DETERGENT  
 100 oz.  
 Selected Varieties

3/00



ANGEL SOFT BATH TISSUE  
 24 Roll

5/95



SPARKLE DOUBLE ROLL PAPER TOWELS  
 4 Roll

5/95



DIAL BAR SOAP  
 3 Pk.  
 Selected Varieties

2/3



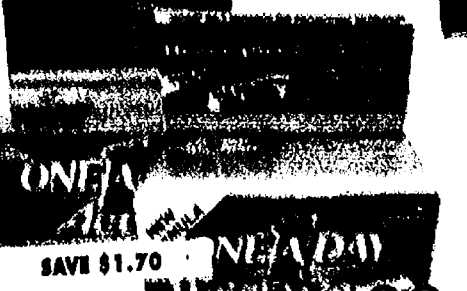
DIAL LIQUID & FOAM SOAPS  
 7.5 - 20 oz.  
 Selected Varieties

2/00



PUFFS FAMILY TISSUES  
 96 - 216 ct.  
 Selected Varieties

2/3



ONE-A-DAY VITAMINS  
 50 ct.  
 Selected Varieties

6/99

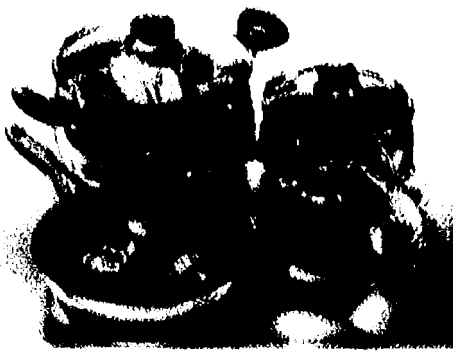


VASELINE INTENSIVE CARE LOTION  
 10 oz.  
 Selected Varieties

2/00

Introducing... **prima cucina** Elegant Design, Excellent Performance

Elegant Design, Excellent Performance



- Heavy gauge 18/10 Stainless Steel
- Soft grip handles and knobs
- See through tempered glass lids
- DuPont Teflon® Select on frypans and saucepans
- Dishwasher and oven safe to 300° F
- Aluminum sandwich base for fast and even heat distribution

This week's feature is the  
**1 Qt. Saucepan**  
 Watch for selected pieces each week.



**Country Market**



**M MEGAWARE**  
 KITCHENS OF THE WORLD

**WEEK 1 FEATURE ITEM**

**1 Qt. Open Saucepan**



**\$3.99**



# USDA Choice Meats at Low, Low Prices!

Ground Fresh  
Several Times Daily  
**FRESH GROUND  
CHUCK**  
Family Pack

**\$1.79**  
LB.

"Pork" The Other White Meat  
**PORK  
SPARE RIBS**  
Single Pack

**\$1.59**  
LB.

Chairman's Reserve  
All Natural Pork  
**QUARTERED  
PORK LOIN**

**\$1.69**  
LB.

Chairman's Reserve  
All Natural Pork  
**ASSORTED  
PORK CHOPS**  
Family Pack

**\$1.59**  
LB.

Chairman's Reserve  
All Natural Pork  
**CENTER CUT  
PORK LOIN  
CHOPS**  
Family Pack

**\$1.99**  
LB.

Chairman's Reserve  
All Natural Pork  
**STUFFED  
PORK CHOPS**

**\$2.09**  
LB.

USDA Choice Beef  
**BONELESS  
ROAST**

**\$1.99**  
LB.

USDA Choice Beef  
**BONELESS  
ARM STEAK**  
Family Pack

**\$2.19**  
LB.

USDA Choice Beef  
**PORTERHOUSE  
OR T-BONE  
STEAK**

**\$6.99**  
LB.

American Choice Lamb  
**LAMB  
LOIN CHOPS**  
Family Pack

**\$4.99**  
LB.

USDA Choice  
**VEAL  
LOIN CHOPS**

**\$7.99**  
LB.

Star Ranch  
All Natural Angus Beef  
**PORTERHOUSE  
OR T-BONE  
STEAK**

**\$8.99**  
LB.

## Fresh Chicken

Fleldale Farms All Natural Chicken  
EVERY DAY LOW PRICING!

**CHICKEN  
WINGS**  
Family Pack

**\$1.79**  
LB.

**CHICKEN  
DRUMS &  
THIGHS**  
Family Pack

**\$1.19**  
LB.

**CHICKEN  
LEG  
QUARTERS**  
Jumbo Pack

**89¢**  
LB.

**ROASTING  
CHICKENS**

**\$1.39**  
LB.

**CHICKEN  
TENDERS**

**\$3.99**  
LB.

## Deli

**SARA LEE  
CHICKEN  
BREAST**  
Selected Varieties

**\$6.39**  
LB.

**STELLA  
LORRAINE  
SWISS**

**\$5.99**  
LB.

**CHURNY  
HORSERADISH  
CHEDDAR**

**\$5.79**  
LB.

**SANDRIDGE  
FOUR BEAN  
SALAD**

**\$2.79**  
LB.

**SANDRIDGE  
HEALTH SALAD**

**\$1.99**  
LB.

**HOT PULLED  
PORK  
SANDWICH**

**\$2.49**

## DeLallo

Premium Meats, No MSG,  
No Artificial color or additives

**DELALLO  
MUENSTER  
CHEESE**

**\$4.99**  
LB.

**DELALLO  
HOT PEPPER  
CHEESE**

**\$4.99**  
LB.

**DELALLO  
GOLD  
HAM**  
Virginia or Honey

**\$3.99**  
LB.

## Boar's Head

Available at Chelsea, Dexter, Saline,  
Adrian-W. Maumee, Brooklyn, Ferguson,  
Parnall & Spring Arbor

**BOAR'S HEAD  
BOLOGNA**  
Regular or Garlic

**\$3.69**  
LB.

**BOAR'S HEAD  
DELUXE HAM**

**\$6.49**  
LB.

**BOAR'S HEAD  
VERMONT  
CHEDDAR  
CHEESE**  
White or Yellow

**\$5.99**  
LB.

## Fresh Seafood

All Polly's/Country Market Seafood  
is U.S.D.A. & HACCP Inspected

**CATFISH  
FILLETS**

**\$3.99**  
LB.

**BONELESS  
RUBY TROUT  
FILLETS**

**\$6.29**  
LB.

Wild Caught  
**BONELESS  
WHITEFISH  
FILLETS**

**\$4.99**  
LB.

Wild Caught  
**HEADLESS  
DRESSED  
LAKE SMELT**

**\$3.49**  
LB.

Wild Caught  
**BONELESS  
SKINLESS  
COD FILLETS**

**\$6.49**  
LB.

**OUR FAMILY  
BACON**  
Selected Varieties  
1 lb. Pkg.

**2/\$5**

**OUR FAMILY  
SMOKED OR  
POLISH SAUSAGE**  
14 oz.

**3/\$4**

**OUR FAMILY  
STUFFED CHICKEN  
BREASTS**  
Selected Varieties  
6 oz.

**4/\$5**

**OUR FAMILY  
BRAUNSCHWEIGER**  
1 lb.

**\$1.59**

**KOWALSKI  
SKINLESS STADIUM  
KIELBASA**  
16 oz.

**2/\$7**

**OUR FAMILY  
SLICED LUNCHEATS**  
Selected Varieties  
1 lb.


**\$1.19**

**DAVE WISBISKI  
POLISH OR VETRO  
ITALIAN SAUSAGE**

**\$2.49**  
LB.

# SAVINGS ON SNACKS & BEVERAGES!

 <p><b>OUR FAMILY POP</b> 2 Liter Bottles Selected Varieties</p> <p>SAVE UP TO \$1.75 ON 2</p> <p><b>5/3</b></p> <p>+ Dep</p>	 <p><b>FAYGO PRODUCTS</b> 12 Pk. 12 oz. Cans Selected Varieties</p> <p>SAVE UP TO \$1.50 ON 2</p> <p><b>2/5</b></p> <p>+ Dep</p>	 <p><b>PEPSI-COLA PRODUCTS</b> 8 Pk. 16.9 oz. Plastic Selected Varieties</p> <p>SAVE UP TO \$1.50 ON 2</p> <p><b>2/7</b></p> <p>+ Dep</p>	 <p><b>COCA-COLA PRODUCTS</b> 6 Pk. 24 oz. Plastic Selected Varieties</p> <p>SAVE UP TO \$3.00 ON 2</p> <p><b>2/5.50</b></p> <p>+ Dep</p>	 <p><b>7-UP PRODUCTS</b> 6 Pk. 1/2 Liter Bottles Selected Varieties</p> <p>SAVE UP TO \$3.00 ON 2</p> <p><b>2/4</b></p> <p>+ Dep</p>	 <p><b>AQUAFINA WATER</b> 24 Pk. 1/2 Liter Bottles</p> <p>SAVE UP TO \$2.50 ON 2</p> <p><b>2/9</b></p>
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 <p><b>Right Bites</b> 100 CALORIES! 100% GREAT</p> <p>SAVE UP TO \$2.38 on 2</p> <p><b>2/4</b></p>	 <p><b>Jays Big J POTATO CHIPS</b> 11 - 11.5 oz. Selected Varieties</p> <p>SAVE \$1.25</p> <p><b>1/7.5</b></p>	 <p><b>Doritos Doritos Doritos</b> 12.5 oz. Selected Varieties</p> <p>SAVE \$1.44</p> <p><b>1/7.5</b></p>	 <p><b>NABISCO OREO COOKIES</b> 17 - 18 oz. Selected Varieties</p> <p>SAVE \$2.20 on 2</p> <p><b>2/5</b></p>	 <p><b>NABISCO SNACK CRACKERS</b> 12 - 16 oz. Valu Size Selected Varieties</p> <p>SAVE \$1.80 on 2</p> <p><b>2/5</b></p>
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## Check out our Wine Cellar & Beer Barrel Specials

 <p><b>GALLO TWIN VALLEY VINES</b> 1.5 Liter Selected Varieties</p> <p>SAVE UP TO \$2.84</p> <p><b>7/5</b></p> <p>+ tax</p>	 <p><b>PAUL MASSON CARAFES</b> 1 Liter Selected Varieties</p> <p>SAVE UP TO 70¢</p> <p><b>3/5</b></p> <p>+ tax</p>	 <p><b>DOUBLE DOG DARE WINES</b> 750 ml Selected Varieties</p> <p>SAVE UP TO \$1.60 ON 2</p> <p><b>2/5</b></p> <p>+ tax</p>	 <p><b>SCHMITT SOHNE RELAX RIESLING</b> 750 ml</p> <p>SAVE UP TO 95¢</p> <p><b>7/50</b></p> <p>+ tax</p>	 <p><b>LINDEMAN'S SOUTH AFRICA WINES</b> 750 ml Selected Varieties</p> <p>SAVE UP TO \$1.95</p> <p><b>5/00</b></p> <p>+ tax</p>	 <p><b>LITTLE PENGUIN AUSTRALIAN WINES</b> 750 ml Selected Varieties</p> <p>SAVE UP TO \$3.24</p> <p><b>8/75</b></p> <p>+ tax</p>
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 <p><b>BELL'S &amp; NEW HOLLAND MICRO BREWS</b> 6 Pk. 12 oz. Bottles Selected Varieties</p> <p>SAVE UP TO \$1.55</p> <p><b>6/95</b></p> <p>+ tax + dep</p>	 <p><b>KILLIAN'S &amp; ROLLING ROCK</b> 12 Pk. 12 oz. Bottles Selected Varieties</p> <p>SAVE UP TO \$1.74</p> <p><b>8/75</b></p> <p>+ tax + dep</p>	 <p><b>LABATT &amp; COORS</b> 18 Pk. 12 oz. Bottles Selected Varieties</p> <p>SAVE \$1.70</p> <p><b>11/25</b></p> <p>+ tax + dep</p>	 <p><b>BUDWEISER BEERS</b> 18 Pk. 12 oz. Cans Selected Varieties</p> <p>SAVE 50¢</p> <p><b>10/75</b></p> <p>+ tax + dep</p>	 <p><b>KEYSTONE LIGHT</b> 30 Pk. 12 oz. Cans</p> <p>SAVE \$1.00</p> <p><b>12/25</b></p> <p>+ tax + dep</p>
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# DAIRY & FROZEN SAVINGS!



**PILLSBURY CRESCENT & CINNAMON ROLLS**  
8 - 13.9 oz.  
Selected Varieties

**2/\$3**



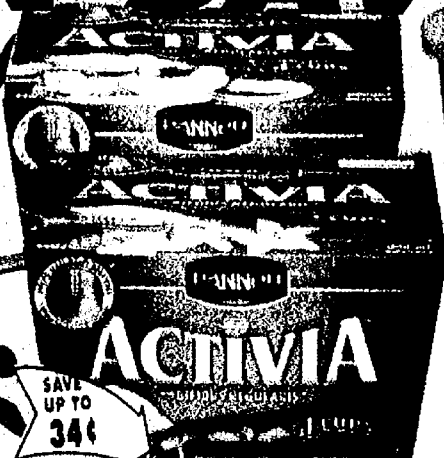
**BAREMAN'S MILK & ORANGE JUICE SALE**  
1/2 Gallon  
Selected Varieties

**2/\$3**



**YOPLAIT GO-GURTS**  
18 - 24 oz.  
Selected Varieties

**4/\$9**



**DANNON ACTIVIA YOGURT**  
4 Pk.  
Selected Varieties

**\$2.00**



**SHEDD'S COUNTRY CROCK**  
45 oz.  
Selected Varieties

**2/\$5**



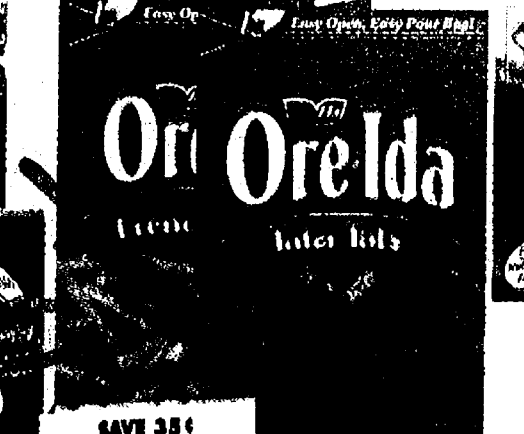
**AUNT JEMIMA & JIMMY DEAN BREAKFAST SALE**  
5.25 - 14.5 oz.  
Selected Varieties

**4/\$7**



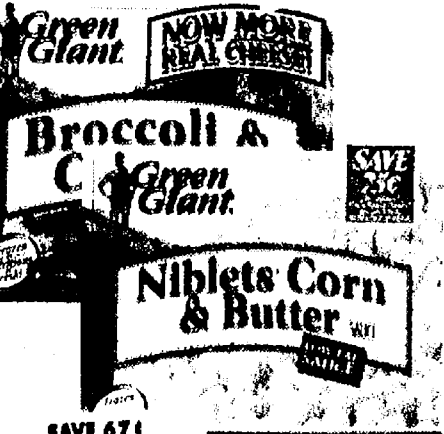
**PILLSBURY TOASTER STRUDELS & SCRAMBLES**  
10 - 11.5 oz.  
Selected Varieties

**2/\$3**



**ORE-IDA POTATOES**  
20 - 82 oz.  
Selected Varieties

**\$2.00**



**GREEN GIANT BOIL IN BAG VEGETABLES**  
7 - 10 oz.  
Selected Varieties

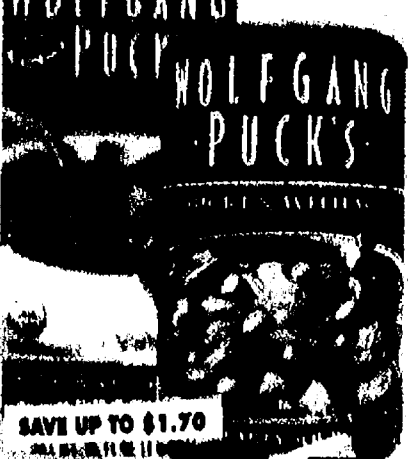
**\$1.00**



**LIFESAVERS & CREME SAVERS PREMIUM SHERBET**  
56 oz.  
Selected Varieties

**\$2.00**

## NATURAL & ORGANIC FOODS



**WOLFGANG PUCK'S SOUPS & BROTHS**  
14.5 - 32 oz.  
Selected Varieties

**\$1.75**



**ORGANIC VALLEY MILK**  
1/2 Gallon  
Selected Varieties

**\$3.25**



**AMY'S FROZEN PIZZA**  
11 - 14 oz.  
Selected Varieties

**2/\$8**



**EGGLAND'S BEST CAGE FREE EGGS**  
Dozen

**2/\$5**



**ORGANIC DOLE SALADS**  
8 - 12 oz.  
Selected Varieties

**2/\$4**



**ORGANIC D'ANJOU PEARS**  
1 LB.

**\$1.49**

# HOT JANUARY DEALS!

Enjoy a variety of fresh fruits & vegetables each day for better health

Red, Ripe  
**FLORIDA STRAWBERRIES**  
**2/\$4**  
1 LB. Cnt.

Fresh Packed  
**DOLE BLEND SALADS**  
**2/\$4**  
8 - 12 oz. Bag

Fresh Florida  
**GREEN CABBAGE**  
**3/\$1**  
LBS.



Sweet  
**IMPORTED BLUEBERRIES**  
**2/\$4**  
4.4 oz.

Fresh Floral Department  
**ELEGANCE BOUQUET**  
**\$5.99**  
EACH  
MAY NOT BE EXACTLY AS ILLUSTRATED

Michigan  
**YELLOW COOKING ONIONS**  
**88¢**  
3 LB. Bag

Imported  
**SWEET CHERRIES**  
**\$3.68**  
LB.

Michigan  
**RED OR GOLDEN DELICIOUS APPLES**  
**\$1.88**  
3 lb. Bag

California  
**WHOLE CARROTS**  
**98¢**  
2 lb. Bag

Fresh Bakery  
**MINI LOAVES**  
Selected Varieties  
**\$1.19**  
2 COUNT

**SOUR DOUGH ROLLS**  
**\$1.09**  
6 COUNT

**FATHER'S TABLE 2 SLICE CHEESECAKE**  
Selected Varieties  
**\$1.99**  
6 OZ.

English Baked  
**COOKIES**  
Selected Varieties  
**\$2.79**  
12 COUNT

**GRANNY'S DONUT HOLES**  
Selected Varieties  
**\$2.19**  
8 - 9 OZ.