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Vol. 75 No. 45 Wed., August 4, 2004

3 Sections 68 pages 50¢

## Gone fishing



Area residents converged on Springfield Township for the annual Oakland County 4-H Fair. Above, Spencer Kuhn tries his hand at a fishing game. More photos can be found on page 24A. Photos by Kyle Gargaro.

## Wagner elected supervisor

(Editor's note: Due to press time, all results in this story are unofficial election results from Oakland County Clerk's office. For official results visit [www.clarkstonnews.com](http://www.clarkstonnews.com).)

**BY KYLE GARGARO**  
Clarkston News Editor

The Independence Township voters decided it was time for change and elected Dave Wagner as their next township supervisor in the primary election Tuesday, Aug. 3.

Wagner defeated incumbent Dale Stuart by a 2,458 to 1,703 margin. Stuart was seeking his fourth term as supervisor.

In the clerk race, Shelagh VanderVeen received 1,949 votes to defeat both John Lutz, 1,336 votes, and Tim Sievers, 869 votes received.

VanderVeen will replace current Clerk Joan McCrary who chose not to seek reelection.



Dave Wagner

The Independence Township residents also voted four members onto the township board. Voted onto the board were Dan Kelly, 2,377 votes, Larry Rosso, 2,033 votes, Dan Travis, 1,897 votes and Charles Dunn, 1,663 votes. Also running were Mel Vaara, 1,521 votes, J.C. Walker, 1,476 votes, Michael Kohut, 944 votes and Sam Moraco, 902 votes.

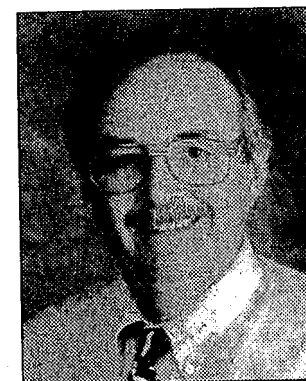
Township Treasurer Jim Wenger was unopposed in this election.

A total of 5,408 of the 24,730 (22 percent) registered Independence Township voters made it to the polls.

The residents of Springfield Township voted for all three incumbents in the supervisor, clerk and treasurer race.

In the supervisor's race, incumbent Collin Walls defeated challenger Bill Sahutske by a 1,319 to 887 margin.

Current Clerk Nancy Strole earned another four years by beating Christine Reilly by a 1,381 to 832 margin. Incumbent Jamie



Collin Walls

Dubre won the treasurer's race by receiving 1,132 votes to James Ashley's 967 votes.

As for the board, the Springfield residents chose Dave Hopper, 1,429 votes, Dennis Vallad, 1,358 votes, Roger Lamont, 1,308 votes and Marc Cooper 1,247 votes.

Dean Baker received 1,203 votes.

Springfield Township had a 25 percent voter turnout.

Winners of the primary receive the office since no democrats in either township chose to run.

The results for the 52-2 District Judge election were not available before press time. Kelley Kostin, Larence Kozma, Colleen Murphy and Jonathon Douglas were on the ballot. The top two will be on the ballot in the general election.

## E coli closes county park beach

**BY DON SCHELSKE**  
Clarkston News Staff Writer

The beach at Independence Oaks County Park's Crooked Lake Beach was closed for one day last week after levels of the E coli bacterium were found to be above the allowed level.

Tuesday, July 27, the measurement was at 549 colonies per 100 milliliters of water. The allowable limit is 300. The beach reopened Wednesday, July 28 when the measurement reduced to 238 colonies per 100 milliliters.

"It seems to be a little higher after a rain," according to Brad Baker, assistant park supervisor at Independence Oaks. "We're checked on a weekly basis all through the summer."

Among other potential causes, E coli can be generated from undue amounts of animal feces washed into the water. Baker said the beach has had "an onslaught" of seagulls in the area because of the nearby DTE Energy Music Theater. The scavengers tend to naturally migrate to the beach area after concerts, he said.

One of the reasons beach closings are rare, Baker said, is because of an aerator and the park's pumping of fresh water into the swimming area from "the big lake."

The Green's Lake beach at Bay Court Park was closed July 8 when the E coli level was measured at 326. It, too, was reopened a day later when levels were

**'It seems to be a little higher after a rain. We're checked on a weekly basis all through the summer.'**

**Brad Baker**  
Independence Oaks  
Assistant Park Supervisor

measured at only 21 colonies per 100 milliliters of water.

"It's very, very rare," according to Kevin Breen, aquatics director for Independence Township Parks and Recreation, although he admits there has been a large water fowl level at Green's Lake.

The Deer Lake beach is rarely affected, Breen said, because fresh water freely flows to and from the swimming area.

According to information from the Oakland County Health Division, water collection and beach surveying are done by environmental health students hired by the county for summer internships. As an indicator, if E coli is present, other, more harmful and harder to detect organisms could be present.

This year the county is monitoring 105 public and semipublic beaches on 63 different lakes.

# Briefly

## Farmer's market gaining support

Plans continue to develop for the proposed farmer's market in downtown Clarkston next spring.

So far co-planners Annisa Howard and Lynne Millies have received positive feedback from members and organizations of the community. Gathered interest has come from the Clarkston Farm and Garden Club and the MOMS Club of Clarkston.

"We're excited," Howard said. "It's going really good so far."

A planning meeting is set for Monday, Aug. 23 at 6:30 p.m. inside the community meeting room at the Independence Township Library. More information will be provided and tasks, for those interested in working with the project, will be assigned.

Legals can be found on page 14 of the Millstream section

## CHS Rush for Food back for another year

The seventh annual Clarkston High School football "Rush for Food," benefitting Lighthouse Clarkston will take place on Aug. 20.

The junior varsity and varsity players will be in the neighborhoods from 6 p.m. to 7 p.m. to collect non-perishable food items to stock the pantry at Lighthouse.

The freshman team will sort and box the food for Lighthouse. Last year the teams collected more than 2,000 pounds of food, and they hope to collect even more this year.

## Fourth annual SCAMP race

The fourth annual "Clarence Catalo 5K Run for SCAMP" is scheduled for Saturday, Aug. 21.

The race begins at 8:30 a.m. at Clarkston High School. Age groups are 19-and-under, 20-29, 30-39, 40-49, 50-59 and 60-and-over.

Awards will go to the first place overall male and female finishers in addition to the top three results from each age group.

Registration is \$15 by Aug. 15 or \$20 the day of the race. All proceeds will go to Clarkston SCAMP.

For more information, visit SCAMP's Web site at [www.clarkstonscamp.com/scamprun](http://www.clarkstonscamp.com/scamprun) or call their office at (248) 620-1882.

# The Clarkston News

Serving the City of the Village of Clarkston, Independence and Springfield townships.

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Subscriptions: \$24/year in Oakland County. \$27/year out of county, \$32/year out of state.

Deadlines: Community News - noon Friday; Letters to the Editor - noon Monday; Classified advertising - Noon Monday; Display advertising - Thursday.

Delivery: Mailed periodicals postage paid at Clarkston, MI 48346.

POSTMASTER: Send address changes to The Clarkston News, 5 S. Main, Clarkston, MI 48346.

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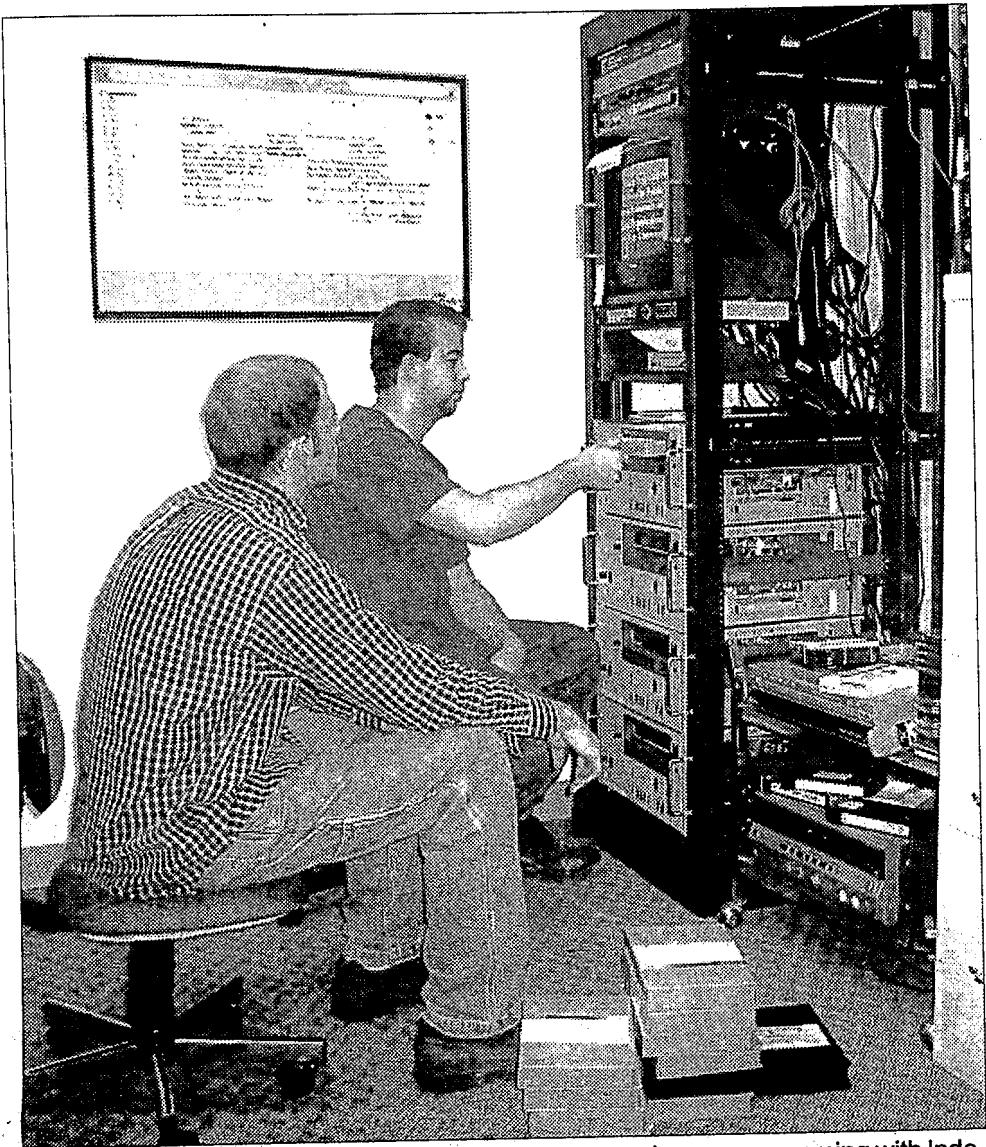
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# The Second Front



Local access interns Jason Hughes and Jeff Jones engineer programming with Independence Township's automatic playback system. The local access operation handles Channel 10 (public access) and Channel 20 (government programming). File photo

## Staffing, funding prevent full use of cable: officials

*Independence board is only meeting 'on the air'*

BY DON SCHELSKE  
Clarkston News Staff Writer

Cable television offers a uniquely local programming option, commonly called "public access." While all subscribers have a portion of their fee allocated for that purpose, the use of that option in the Clarkston area varies with the local unit of government.

In Independence Township, Comcast subscribers (including those in the city of Clarkston) have three local channels allocated according to the "PEG" formula (public, educational and government).

Public channel 10 includes several locally produced programs, while government channel 20 includes regular coverage of Independence Township Board meetings.

Andrew Reish, local access coordinator for Independence Township, said there has been good feedback from citizens concerning this service. Cameras are mounted in the ceiling to give a good view of the board table and the speaking lectern, and Reish said there will soon be new microphones added to better pick up conversation from the audience.

"The quality is improving, and it does need to improve," Reish said, noting, "We don't have the ideal equipment."

Reish has a limited budget, with a portion of subscriber fees going into the local cable fund, which is used to purchase equipment and operate the local access studio. A combination of paid employees, interns and volunteers run the technical end of the operation.

The staff can go only so far, however.

Clarkston City Council meetings used to be cablecast, for example, and the meeting room has the cameras. The screen is currently dark, however.

"It's not by choice," City Manager Art Pappas said. "We're all set up for it, but there doesn't seem to be enough people [from the local access studio] to serve us."

City officials have not heard a lot of demand from residents to view the meetings from home, and it has not been a hot topic at the council table, Pappas said.

The same can be said for Clarkston Community Schools, which has educational channel 22. While the school board meeting room has ceiling mountings designed for cameras, the district does not have adequate equipment or personnel to cablecast meetings, according to Anita Banach, director of communications and marketing for the district.

Banach said the district just got the channel "back" after the local access

studio and Comcast offices moved from a school-owned building on Waldon Road to the former Independence Township Fire Station #3 on Maybee Road. The school district currently uses its channel only as a bulletin board.

"Every now and again someone asks why we don't tape the board meetings," she said. "We don't have the video part set up."

Banach said plans for the expanded administration center includes a cable control room, and money from the 2003 bond issue will purchase of a new "Targetvision" system which will enhance the district's ability to customize bulletin board items and coordinate video programs.

Clarkston High School has the curriculum and a studio in which students learn broadcast technology, but Banach said it is too difficult to use students for district cablecasting.

"It's not like I can pay the kids to be there" for meetings, concerts or athletic events, she said, although she hopes it can be done in the future.

"We need to take baby steps," she said, noting the "awesome potential" for cable.

While also served by Comcast, Springfield Township's franchise agreement does not include much in the way of public access. Indeed, Clerk Nancy

Strole said the agreement pre-dates Comcast being the local provider. The township has one channel, used currently as a bulletin board service. There apparently is no budget for local access video programming.

Treasurer Jamie Dubre is spearheading an effort to develop a township Web site, that being deemed a higher priority at this time. The township-hired consultant, Capital Consultants of Lansing, has some expertise in cable as well.

The hope is that the new Web site (scheduled for launch this fall) will have cross-compatibility to allow for some Web pages to be shown on the public access channel.

With that, Dubre is honest that video programming is not at the front of the list.

"We don't have the funding" for staff and equipment, she said. "At some point, that would have to be funded out of the general fund. We want a million things, but we've got to start somewhere."

The future may bring some cable changes in Independence Township, where officials are currently in negotiations with Comcast for a new franchise agreement.

## Several sing jail blues after arrests at concerts

BY DON SCHELSKE  
Clarkston News Staff Writer

Most patrons of the DTE Energy Music Theater enjoy the concerts without causing problems. Others do not, and a couple recent concerts provided plenty of action for Oakland County Sheriff's deputies.

Arrests for offenses such as trespassing, disorderly conduct and malicious destruction of property, as well as alcohol-related crimes, filled the files for July 26-27 at the popular venue.



Lt. Dale LaBair

Lt. Dale LaBair, commander of the Independence Township sheriff substation, witnessed a 30-year-old Olympia, Wash. man slash a tire on a county animal control vehicle in the theater parking lot on July 27. LaBair was working extra duty at the theater and was sitting in an unmarked car at the time. He arrested the man for malicious destruction to police property.

Other arrests over the two-day period included:

- Several subjects were arrested for trespassing for attempting to reenter after being ejected from the property. They included a 23-year-old Detroit woman, a 52-year-old Allen Park man and a 20-year-old Pinckney man.

- In separate incidents, a 22-year-old Clarkston woman and a 23-year-old Port Huron man earned the additional charges of disorderly conduct when they became combative with the deputies who apprehended them.

- A 48-year-old Fort Gratiot woman was arrested for trespassing after going backstage without authorization.

- A 22-year-old St. Clair Shores man was arrested after jumping a fence to gain unauthorized entrance. The same was true in a separate incident involving a 21-year-old man from Richmond, Va. and a 25-year-old woman from Genesco, N.Y.

- An 18-year-old Bloomfield Hills man was arrested for under-21 consumption of alcohol after registered a blood alcohol level of 0.088 percent in a preliminary breath test. The same held true for a 16-year-old Grosse Pointe Woods boy who blew a 0.44 percent.

The July 26 concert was by Projekt Revolution (featuring artists such as Snoop Dogg, Linkin Park and Korn), with The Dead appearing July 27.

# Cunningham takes over as girls varsity tennis coach

## MSU grad looks forward to season

BY ED DAVIS

Clarkston News Staff Writer

There will be a new face on the tennis courts this fall, but the face won't be new to Clarkston athletes and students.

Kyleen Cunningham will take over as head coach of the girls varsity tennis program this fall at CHS. Last year Cunningham began her first year teaching at the school, where she taught Spanish.

Additionally, she served as junior varsity volleyball coach. Cunningham played four years of varsity tennis at Rochester High School before attending Michigan State University where she majored in Spanish and earned a minor in Psychology.

Cunningham has been very busy this summer working with her church doing mission work, but is also very excited about the upcoming season and her first year as varsity girls tennis coach. The team returns 11 players who were juniors last year and they bring with them a lot of experience which Cunningham said will help both her and the team.



Kyleen Cunningham

"I've got a lot of passion for the sport and for the kids. You've got to want to be there and put your time in," she said.

Cunningham said working with teenage girls brings about certain challenges and one of the most common areas of concern is gossip that can go on within the team.

However, she claims that the first several weeks of establishing ground rules for the team are essential to having a good cohesive group for the duration of the season.

"I think they need to be (disciplined). I've seen it too many times growing up in tennis teams that there's just no discipline, as far as attitudes flaring and that kind of thing. I won't tolerate it. A lot of tennis players come in thinking it's an individual

sport, that they're there for themselves. But coming in I'm going to make it known that this is a team sport. If you start with the discipline and they know where the boundaries are, then the fun will come," she said.

Cunningham said her attitude and doing several things together as a team off the court will help build a strong team. Team dinners as well as having the players work with different team members during warm up and other practices will help prevent her girls from developing "clicks" so to speak.

She considers herself not easily rattled and not having a short temper. She is fairly easy going, but says that both in her coaching and in her teaching when she demands a student or athlete's attention, it is usually quickly understood that she means business. She said taking small steps to improve a player's technique is essential, especially early in the season.

"I'm not a coach that screams a lot. I scream because I want to encourage them. I just try to build up their confidence at first and then try to hit them a bit harder once they've built up their confidence," she said.

Team spots are not even close to being determined for the fall. Cunningham said while she is familiar with some players, the fact that spots are wide open serves as an opportunity for unknown players to make an immediate impact on their first-year coach.

"You hear all kinds of things about certain kids, but I just want to make my own evaluations and determinations of who will play where," she said.

Some coaches don't like the idea of their players playing multiple sports. Some would rather their athletes focus solely on one sport for the entire year. Not Cunningham. She came from a multi-sport family and said athletes participating in a variety of sports serves a benefit.

"At this age, unless you're going to be some sort of superstar, why not condition yourself in other ways and play other sports and play with different people and learn different team aspects. I'll never be one of those coaches that says, 'you must play my sport year round,' I just won't be that way," she said.

For athletes who are interested in playing tennis this fall at CHS, tryouts take place Aug. 9-13 at CHS from 9 a.m. until 12 p.m. Senior tennis players run conditioning the week prior, Aug. 2-6.

## The red hats have arrived

The Independence Township Senior Center officially registered a Clarkston extension of the popular "Red Hat Society" July 26.

"Les Grande Dames of Clarkston" have already met twice and are currently scheduling activities in the area. A dinner outing is planned for Aug. 12 and a trip to Frankenmuth is on the calendar for Aug. 25.

So far 35 people have expressed interest in becoming a Clarkston "red

hat" and the center is currently ordering more membership cards. Local resident Sally Lindeman will lead the group as the "queen."

"We've got all kinds of folks," Margaret Bartos, senior center director, said.

Those interested in becoming a Grande Dame can contact the center at (248) 625-8231 to find more information. A \$10 fee is required from participants to cover a monthly newsletter and dues to the national organization.



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# Clarkston teens "Discover" a summer of fun, activities

BY ALICIA DORSET  
Clarkston News Staff Writer

With activities such as field trips to GameWorks at Great Lakes Crossing Mall and Cedar Point amusement park in Sandusky, Ohio, it's no wonder why Discovery Teen Camp is a hit with its participants.

"You get to meet new friends and go places on the field trips," Adriane Reinett, Discovery camper, said. "It gives you something to do in the summer. That's my favorite part."

Running throughout the entire summer, Discovery Teen Camp is a program aimed at sixth through ninth graders from the Independence Township Parks and Recreation Department. The main focus is field trips, whether to a local beach or somewhere farther away.

"We go on field trips almost every day," Maureen Jones, Discovery counselor, said. "We go to beaches, waterparks, play sports and even do arts and crafts."

Campers had the opportunity to sign up for the weekly-based camp on a week-by-week basis as well as before and after care supervision, if needed. Both were perks to parents working during the summer months. This summer's enrollment featured more than 100 campers.

"It's especially helpful to parents," counselor Stacey Mercado said.

The relaxed atmosphere of the camp gave students a chance to enjoy themselves. Some rules, such as regular lunch

times, found in younger camps were not enforced at the Discovery Teen Camp.

"We try to make it an older day camp," Mercado said.

Discovery didn't just stay strictly to the Clarkston area. Trips to Four Bears waterpark in Utica and the Detroit Science Center were some of the bigger trips. A trip to Cedar Point on the last day will end this summer's trips.

"I like the field trips we go on," Mariah Rogers, camper, said. "I went a couple years ago and it was fun."

Camp activities are not limited to field trips. Discovery campers and staff held a car wash for Clarkston's recent Relay for Life. Fund-raising efforts by the group totalled more than \$170.

"We do so many things," Jones said.

Since the camp is focused primarily at middle school students, campers from both Clarkston Middle School and Sashabaw Middle School had the opportunity to meet one another, some for the very first time.

"It's fun for the kids," Mercado said. "There's a lot of Clarkston/Sashabaw interaction."

In addition to the mixed-school interaction, a chance to spend time with students in different grades, even the counselors, was a benefit in disguise from the camp.

"It's a good way to interact with different grades before going to high school," Jones said.

Not only did the campers enjoy hanging out with the older counselors, the staff members liked spending time with their



Catie Buskee and Meagan Fraser keep themselves entertained at a recent field trip to GameWorks at Great Lakes Crossing Mall in Auburn Hills. The two were campers with Discovery Teen Camp, a popular day camp put on by the Independence Township Parks and Recreation Department. Photo by Alicia Dorset.

younger students.

"You hang out with the kids all day and they like hanging out with you, too," Kathi Wiegand, counselor, said.

Mercado also had similar feelings.

"It's easy to see myself in the kids," Mercado said.

For the counselors, not only did they take away fun experiences of their time with the campers, but the ability to have an exciting summer job.

"I like getting to know the kids and counselors really well," Jones said. "We have a really happy camp."

Even when not en route to another different destination, Discovery Teen Camp kept all its attendees, both campers and staff alike, entertained during the summer months.

"There's always something to do," John Chesley, counselor, said. "You're never bored."



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# Opinion

## Was that out loud?

Some idle thoughts from your friendly local editor:

• I must confess I watched a good portion of the Democratic National Convention last week. I am also looking forward to the Republican National Convention later this month. Sadly, I am a political junkie.

Evidently individuals at the major networks do not share my enthusiasm. They showed a grand total of three hours of coverage last week. Evidently that was all they could provide us since everybody knows the disappointment our country would have if "According to Jim" would play seven times a week instead of the normal eight. Seriously, that show is always on ABC.

You would think that with our military involved in war on numerous fronts election coverage would be able to bump "Fear Factor."

A lot of people complain the conventions are now just infomercials for the political parties and I agree they are orchestrated.

However, what is wrong with every four years allowing our leaders to speak directly to the American people. Instead of sound bites or edited materials, they can lay out a plan for our country's future.

I enjoy idiotic television as much as the next guy, but there is a time and place for it.

• While watching election coverage on MSNBC, I was subjected to one of my favorite broadcasters, Chris Matthews, interviewing actor Ben Affleck. If anyone reading this really cares about Affleck's political beliefs please give me a call here at the paper and explain why you would care because I just don't get it.

It would be like billing the Super Bowl as family entertainment then turning the halftime festivities over to MTV to do as they please. Oh wait, that happened.

• Nice little debate is going on in the letters to the editor about whether individuals from outside the city limits should say they are from Clarkston and the size of the Clarkston name.

Let me weigh in from a newspaper perspective, having to write the City of the Village of Clarkston is very annoying so I would not be opposed to shortening it. Also, when interviewing individuals I need to make sure I know exactly where they live because people from Independence and Springfield Township will state they are from Clarkston.

From the average joe perspective, Clarkston and Independence Township are pretty intertwined with each entity providing some great items. There must be bigger problems we need to deal with.

• Saw this on Yahoo news and thought I would share: "A Berlin driving instructor who taught more than 1,000 motorists how to drive says he never got a driver's licence because he was too nervous to retake the test after he failed the first time - 43 years ago. He was caught by police after a minor accident with a Polish truck recently."

(Kyle Gargaro is the editor of The Clarkston News. His e-mail address is KyleG44@aol.com.)

Gargaro's World



Kyle Gargaro

## Letters to the Editor

### Where are Clarkston's border patrol

Well now Teresa Coventry, should we be troubled that your letter to Bob Arend in last week's *Clarkston News* sailed your good ship, "Clarkston," through condescending waters?

Having been tossed overboard, do we founder on your "Dependence" life rafts? Do we long for the days when we would say, "We're from Clarkston," no matter where we lived in the Township? Because my wife Sally and I are relative newcomers, our seven generations of family have been in Clarkston's environs about 100 years, we can only ask whether the true Clarkston pioneers at the Township's Lakeview Cemetery are also restive about your verboten duo citizenship.

Should it be discomfiting that your Clarkston bound-

aries can only hold 325 residences? Is this limitation to mean that living in Clarkston is like joining an exclusive country club? Because Sally and I are both graduates of "Clarkston" High School and our mailing address is "Clarkston" are we to be doubly discombobulated?

Should we fear that a Border Patrol Division of The Village of the City of Clarkston Police Department (BPDOTCOTVOC PD) might rise up to deny visits to two of our families now living within your walls?

Ancient philosopher Maw Chew answered all such questions when he said, "Walls to keep people out also pen same people in."

Tom Bullen  
Clarkston??

### Personal thanks for all who helped Relay

My personal thanks to my friends and neighbors who so graciously donated their returnables for the cause (American Cancer Society's Relay for Life.)

Also a thank you to Dan Gauthier at Clarkston's Speedy Printing for donating the flyers that got the word

out and to my husband for his support and help. May God bless each and every one of you as He helps provide a cure for cancer.

Dolores Smart  
Clarkston

## Civic awareness doesn't end when the primary polls close

Ah, the primary elections. With many local positions, such as township supervisor, trustee and clerk, having been decided on Aug. 3, many people tend to turn their attention away from local government and politics all together.

Your civic awareness shouldn't end just because local elections are over.

Although the local positions have been decided, the race for the 52-2 District Court is narrowed down to two candidates for the November general election and will continue on into the fall.

Making an informed decision on which candidate you believe will do the best job for our community's legal system is a way to show your civic awareness.

On the national level, the conclusion of the Democratic National Convention on July 29 and the promise of the Republican endeavor on Aug. 30 has now turned a greater focus on the race for this year's presidency.

While around town and even in our office here at *The Clarkston News*, it was refreshing to hear individuals discussing speakers or events of the Democratic prime-time event. Whether you hated what Rev. Al Sharpton had to say or loved it, merely taking an interest in the event displays your willingness to know what is going on with your country's next leader.

Depending on who your candidate of choice will be on Nov. 2, keep updated on the Kerry/Bush battle by registering your e-mail address on their respective Web sites ([www.johnkerry.com](http://www.johnkerry.com) or [www.georgebush.com](http://www.georgebush.com)) for the latest "breaking" news from their campaigns.

Between the Lines



Alicia Dorset

The sites even provide information on how to volunteer or make a financial contribution.

Ever heard of David Cobb? Yeah, I haven't either. Having admitted that, don't forget about the Green Party, too. They need love just like the rest of us. Learn more about the party's official nomination for President at [www.gp.org](http://www.gp.org).

Now that I've got everyone eagerly waiting for their next e-mail from the Bush re-election team, many organizations and events in Clarkston need your help as well.

As someone who spends her days covering the various clubs and groups of this community, I could have a column with nothing but names of organizations that could use your help. Unfortunately, I don't have the space. Instead, here's a few suggestions to make you an aware and active citizen:

•The Craig Greenfield Memorial Tri/Du on Aug. 8 is the city's first-ever triathlon. This event will not only find you running your way through Clarkston, but helps benefit the Michigan Leukemia and Lymphoma Society.

•The Clarkston Area Youth Assistance Mentor Plus program is always accepting volunteers. Spend some time with a local kid who could use someone to look up to.

•Although SCAMP is done for this summer's kids, fund-raisers continue for next year's activities.

It doesn't stop there. See what your church, child's school or even neighborhood is up to and lend a hand.

Need an idea? Try looking each week at "Around Town" on page 2B for the latest local happenings.

When it boils down to it, showing interest and getting out in your community are important factors in taking another step toward becoming an aware and informed resident.

If John Kerry reported for duty, shouldn't you?

E-mail us your opinions at [shermanpub@aol.com](mailto:shermanpub@aol.com)

# Whoopee! The fun never ends

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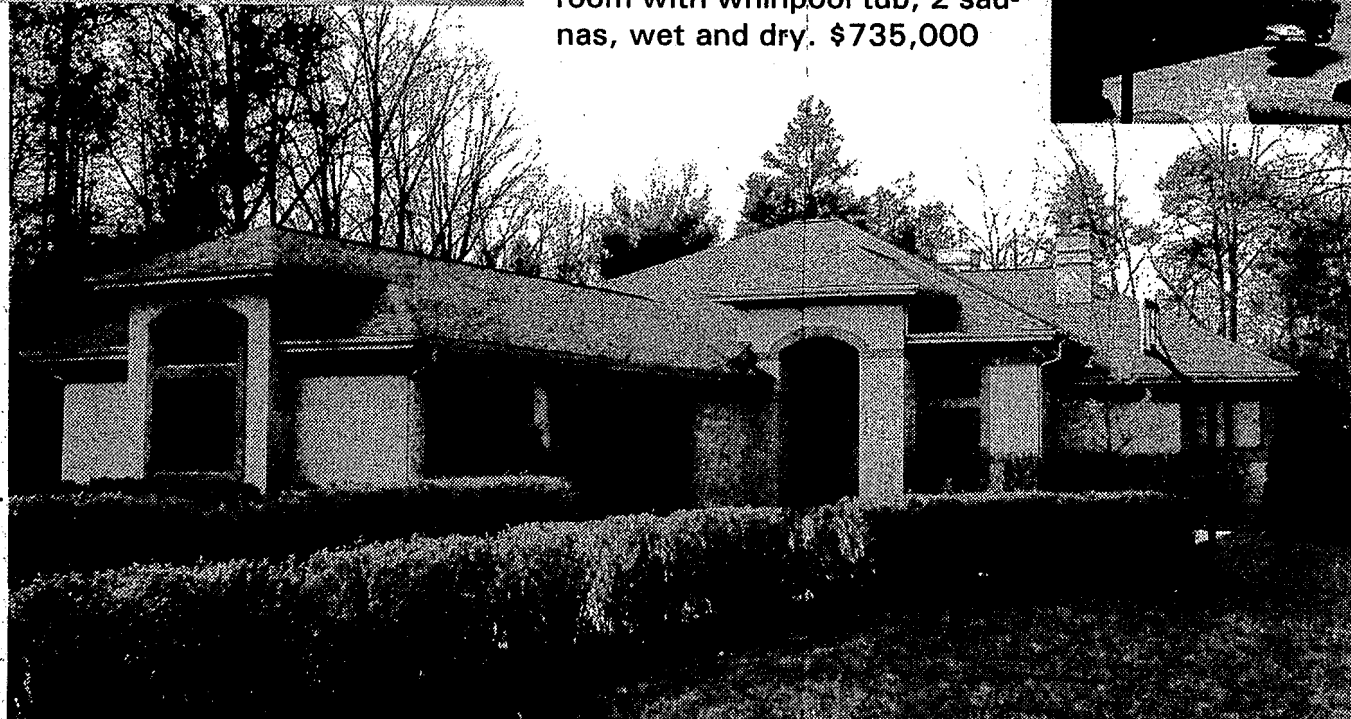
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# Ideas, creativity produce programs for Parks and Rec. Dept.

BY ALICIA DORSET

Clarkston News Staff Writer

Ever wonder who came up with the idea for Camp Caterpillar? How about Playin' It Safe? And who organizes all those baseball players at Clintonwood?

The answer to these questions is the programming staff with Independence Township's Parks and Recreation Department staff.

Networking, ideas from others and brainstorming help bring programs to life in the Clarkston area.

"A lot of times we feed off of other parks and recreation departments," Jeff Morris, recreation specialist, said. "There's no competition since we're all serving our community."

When it comes to looking for new program ideas, current endeavors from other local parks and recreation departments, such as Waterford, can provide suggestions.

"Programs aren't always original," Morris said. "You can piggyback with other districts."

Program ideas also stem from members of the community. Independence Township welcomes ideas from residents who might be interested in seeing a new topic brought to life.

"Instructors approach us with ideas," Kelly Arcello, recreation programmer, said. "That happens a lot."

Program ideas are always evaluated for how well the staff thinks they will run in addition to what the needs of the community are.

"We're really into trying anything," Arcello said. "We work with a variety of people."

Some programs, such as many of the youth sports leagues, are ongoing programs that returners to the Parks and Recreation department always look for.

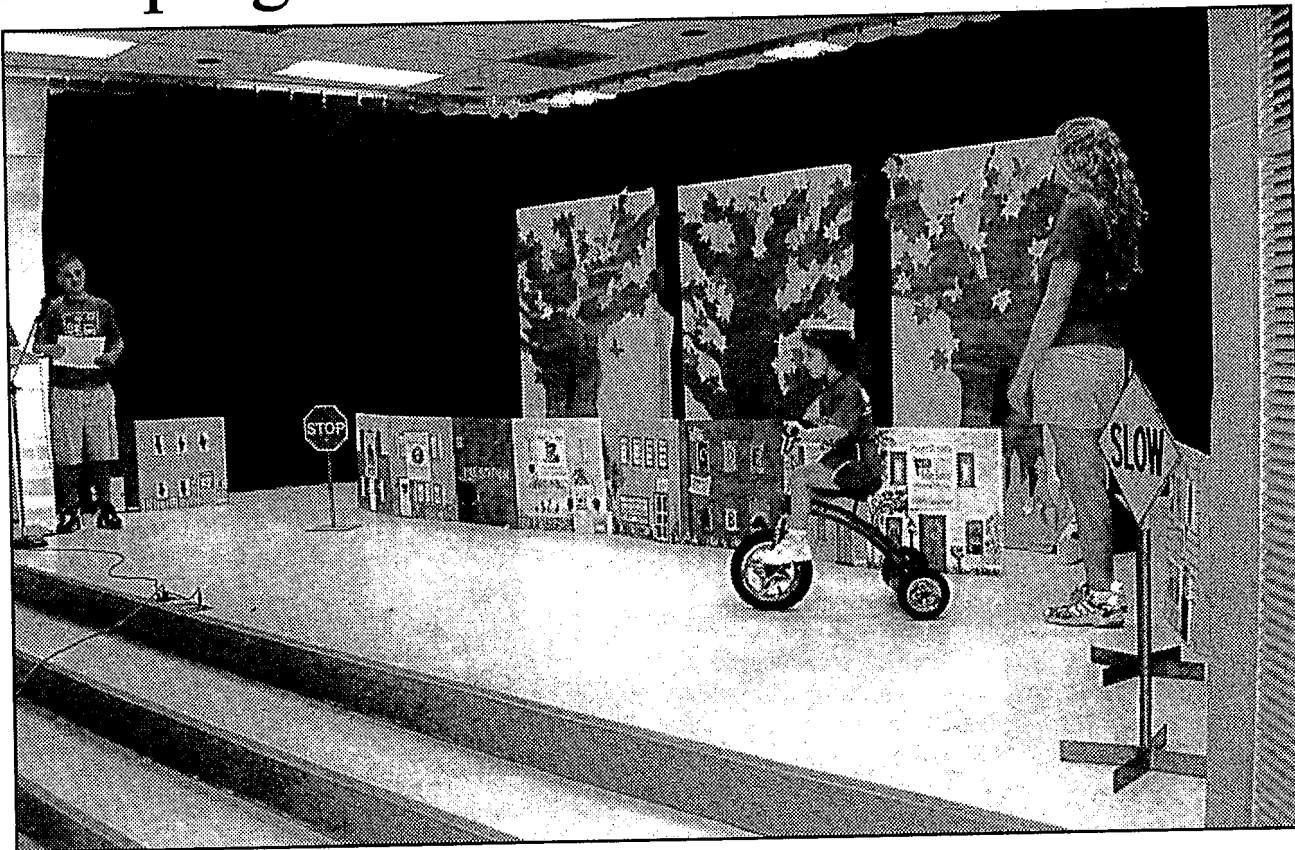
Morris expects basketball to be popular this fall due to the recent victories of the Detroit Pistons and Shock teams, whereas some "extreme" sports, such as in-line skating, are beginning to lose some steam in popularity.

Sometimes all it takes to develop a new program is to think of a creative name.

"We're always looking for ideas, even cute titles," Arcello said. "If you can find a cute title, sometimes you can find a program to go with it."

Girl Power! was a recent sports and leadership camp for elementary-age girls that was popular with its participants and featured a fun title.

Once an idea is developed, it must be presented to supervisors and evaluated on how much it will cost to run, how much revenue it will return and the overall logistics.



A tricycle proves to be a fast way to accept a diploma for graduation at "Playin' it Safe" at Andersonville Elementary School. The street-safety course was offered by the Independence Township Parks and Recreation department this summer and was just one of the various programs available to residents. Photo by Alicia Dorset.

"Basically you convince them it's a need and then it's a go," Morris said.

Advertising and promotion of new programs can often make or break a creative idea. Returning customers know to look for updated or new programs with the department.

"Return customers know to look for activities," Arcello said. "They find out more."

Stemming off the returners is another source of beneficial advertising: word of mouth.

"Word of mouth seems to work in Clarkston," Arcello said.

The department also passes out flyers to Clarkston schools as a way to promote awareness.

"That's just creating awareness," Arcello said. "We're not forcing them to do it (programs)."

When a program doesn't work, evaluations are conducted to see what went wrong or what could be improved for the next time around. Often these problems are floated out to neighboring parks and recreation departments.

"If you have a program that has problems or no attendance, you can throw it out there and, with the creative thinkers, get it fixed," Arcello said.

The Michigan Parks and Recreation Association is a place where Arcello and Morris often ask for ideas or suggestions with its various members and committees.

"Teamwork is key," Morris said. With all the hard work that goes into a program, a perk of the job is getting to enjoy it, too.

"Another neat thing about parks and recreation is that you get to do the program," Morris said.

At the end of the process, there sometimes isn't one "tried and true" way to create the perfect parks and recreation program.

"You're always taking a chance and going with your gut feeling," Arcello said. "It sometimes introduces them (residents) into a whole new activity."

## Smiles of the Week



Kelli Brenner with daughter Morgen support a neighbor at Clarkston's Relay for Life on July 24. Photo by Alicia Dorset



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# Police and Fire

## Independence Township

**July 26:** Family trouble on Greenview.

Larceny arrest at the Kroger store on Sashabaw. A loss prevention staffer said a 44-year-old Clarkston man left the store with several over-the-counter medications without paying. Store staff provided a vehicle description, and deputies were able to find the suspect at his home.

Malicious destruction of property on Deer Hill. Someone threw eggs on a boat.

Assault and battery at the McDonald's restaurant on Sashabaw Road. The victim was in the drivethrough lane when he was bumped from behind by another vehicle. The driver was apologetic, but a 16-year-old passenger allegedly became combative.

Larceny from vehicle on Old Cove Road. Three people were seen running away when the vehicle alarm sounded. The console cover was found open but the owner reported nothing missing.

Larceny from vehicle on Lake Waldon Drive. Someone rummaged through a briefcase inside the car, but nothing was reported missing.

**July 27:** Report of counterfeit money at DTE Energy Theater. A clerk found a counterfeit \$20 bill in a cash register.

Mysterious disappearance of property report (lost cell phone) at DTE Energy Music Theater.

Attempted home invasion on Clarkston Road at Pine Knob Road.

Family trouble on Hubbard Hills Drive, mother-son dispute.

**July 28:** Larceny of four tires from vehicle at Randy Hosler Pontiac storage lot on Dixie Highway.

Larceny from vehicle by force on Willow Park. Taken were a football helmet, shoulder pads and jersey plus a wallet with \$20 cash, driver license and credit card.

Injured person on Balmoral Terrace. Someone cutting trees and placing them into the back of a pickup truck was struck with a pulley strap when it snapped. Independence Fire Department paramedics responded.

Larceny of mailbox on Oak Park.

Arrest for driving while license suspended and resisting and obstructing a police officer on Pine Knob Lane. After allegedly violating a stop sign and being pulled over, a 46-year-old Clarkston woman refused to get out of the vehicle when ordered to by a deputy. When the deputy attempted to reach in and turn off the engine, the woman allegedly struck the deputy in the arm.

Home invasion on Willow Park. Report pending a list of stolen items from the victim.

Operating while intoxicated arrest on Belmont Court. A 46-year-old Clarkston man driving a lawn maintenance truck allegedly sideswiped another vehicle. In a preliminary breath test, he registered a blood alcohol level of 0.321 percent.

Home invasion on S. River Drive. Taken were a Playstation 2, 13 video games and 116 DVDs. The front door of the home was unlocked, and the suspect was later found in the Oakland County Jail on other charges.

Personal protection order service during traffic stop on Waldon and Sashabaw roads.

MDOP to mailbox on Clintonville Road.

Operating while intoxicated arrest on Clintonville Road. A 56-year-old Oxford man registered a blood alcohol level of 0.14 percent.

**July 29:** Arrest for domestic assault and operating while intoxicated at Clarkston Motor Lodge on Dixie Highway. A 40-year-old Walled Lake man was found to have a blood alcohol level of 0.42 percent in a preliminary blood test. During that arrest, a woman said the man had accosted her before fleeing. He was turned over to North Oakland Medical Center for detoxification.

Larceny of construction equipment at Waldon and Sashabaw roads. Taken were a generator, air compressor, air hose, nail bags and electrical cords.

Assist to Michigan State Police at personal injury crash on I-75 near M-15.

**July 30:** Family trouble on Tuson Boulevard.

Home invasion on Drayton near Maybee Road. Someone entered through a window and took a digital camera, a ring and \$100 cash.

Suspicious circumstances on Hawksmore. A resident reported missing garbage cans.

Arrest for damage to property at Hidden Lakes apartments. A security officer witnessed a "turfing" incident done by a 24-year-old Clarkston man.

Family trouble on Horseshoe Circle.

**July 31:** Assault report at Mr. B's Roadhouse on Dixie Highway. A 26-year-old Lake Orion man — who had been ejected from the establishment for picking fights — was allegedly beaten in the parking lot. He was taken to POH Medical Center-Clarkston for treatment. Deputies obtained a license plate number for a possible suspect.

Domestic assault and malicious destruction of property at Liberty Golf Club. A boyfriend allegedly became angry at his girlfriend and smashed a window while she was inside, causing glass to fall on her, causing several cuts to her arms and legs. The case was turned over to the county prosecutor's office.

Suspicious circumstances (possible home invasion) on Sashabaw Road near Stickney Road. A resident reported missing prescription medication.

Found bicycle on Curtis Lane.

Open door at Hidden Lakes apartments.

Suspicious circumstances on Michigamme. A resident reported an open door at a neighbor's home.

Attempted breaking and entering to garage on Tiyango Trail. Someone attempted to pry open the door, but was unsuccessful.

**August 1:** Burglary (no force) at Lancaster Hills apartments. A resident reported missing medication.

Lost wallet at Springfield Oaks County Park.

Family trouble on Algonquin.

Under-21 consumption on Dixie Highway near Lakewood. Deputies responded to a loud party report and discovered approximately 15 people outside the home. Several dropped their beer and went inside the home, reports said. Deputies cited four people under age 21 for consuming alcohol. A fourth, a 20-year-old Davisburg man, was also arrested for disorderly conduct and giving false identification. The party host was issued a warning.

## Springfield Township

**July 27:** Larceny from unlocked vehicle on Stonegate Drive. Taken were a golf bag and clubs along with 15 to 25 CDs.

Mysterious disappearance of property on Rachael. A resident reported a missing election campaign sign from the yard.

Larceny of election campaign sign on Norman Road near Dixie Highway.

Assist to Michigan State Police for property damage crash on northbound I-75.

Assist to Michigan State Police for rollover crash on southbound I-75.

**July 28:** Domestic assault report on Clarridge.

**July 30:** Domestic assault arrest at Bluewater apartments on Dixie Highway. A 25-year-old man allegedly hit his live-in girlfriend. Deputies were already at the scene for a medical call in the complex, and heard the woman screaming as they approached the apartment.

Malicious destruction to vehicles on Oak Hill near Dixie Highway. Reports came of juveniles throwing rocks at vehicles. A deputy driving through the area reported having rocks thrown at his patrol car, as well, but suspects were not found.

**July 31:** Minibike complaint at Spring Grove mobile home park. A resident complained about an 11-year-old boy riding the motorized vehicle through the community. He was turned over to his father with a warning.

Counterfeit money report at Kim's Convenience Store on Dixie Highway. A clerk reported receiving a counterfeit \$5 bill.

**August 1:** Attempted breaking and entering at Fun on Wheels on Dixie Highway. A front window was discovered broken in three places, but none of the breaks were large enough to allow entry. Store staff reported nothing missing.

Assist to Michigan State Police for disabled motorist on I-75 near Rattalee Lake Road.

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Discolored Paper

# McGregor has enjoyed his work as an umpire

BY ED DAVIS  
Clarkston News Staff Writer

By now Scott McGregor has some pretty thick skin.

The 2001 Clarkston High School graduate has served as an umpire for the Independence Township Parks and Recreation youth softball and baseball program for the last seven years. Over that time, he's grown accustomed to having his fair share of hostile parents vent their frustration with his work. Yet, he keeps coming back for more and for the last two years has served as Umpire in Chief for the program. There, his main duty is to train all the younger umpires with the help of his four supervisors. About 60 are on staff total within the program, which features about 70 teams and about 1,000 area youth.

"I enjoy being out here with all the kids and helping them out. But all the time we hear an earful, but you've got to take it in stride. (It goes) in one ear and out the other," he said with a laugh.

McGregor said parents of the older teams tend to give him and his staff a bit harder time than the parents of younger players because the older teams are more competitive. However, he said most of the time parents are fine to work with.

The program runs two umpires for its major league teams and one per game for its minor league teams, he said. Major league teams for boys run from ages nine through 18 and for girls run from 11-14. Minor league teams for boys are from t-ball age through eight years and for girls are from t-ball through 10 years old. Each umpire goes through either two or five hours of training, he said, depending on if

the umpire is new or returning. Umpires range in age from 14 to 25 years of age, McGregor said.

Over the last seven years he's seen his share of umpires come and go through out the program and he said usually about halfway through the season he can tell whether or not an umpire will last until the following summer.

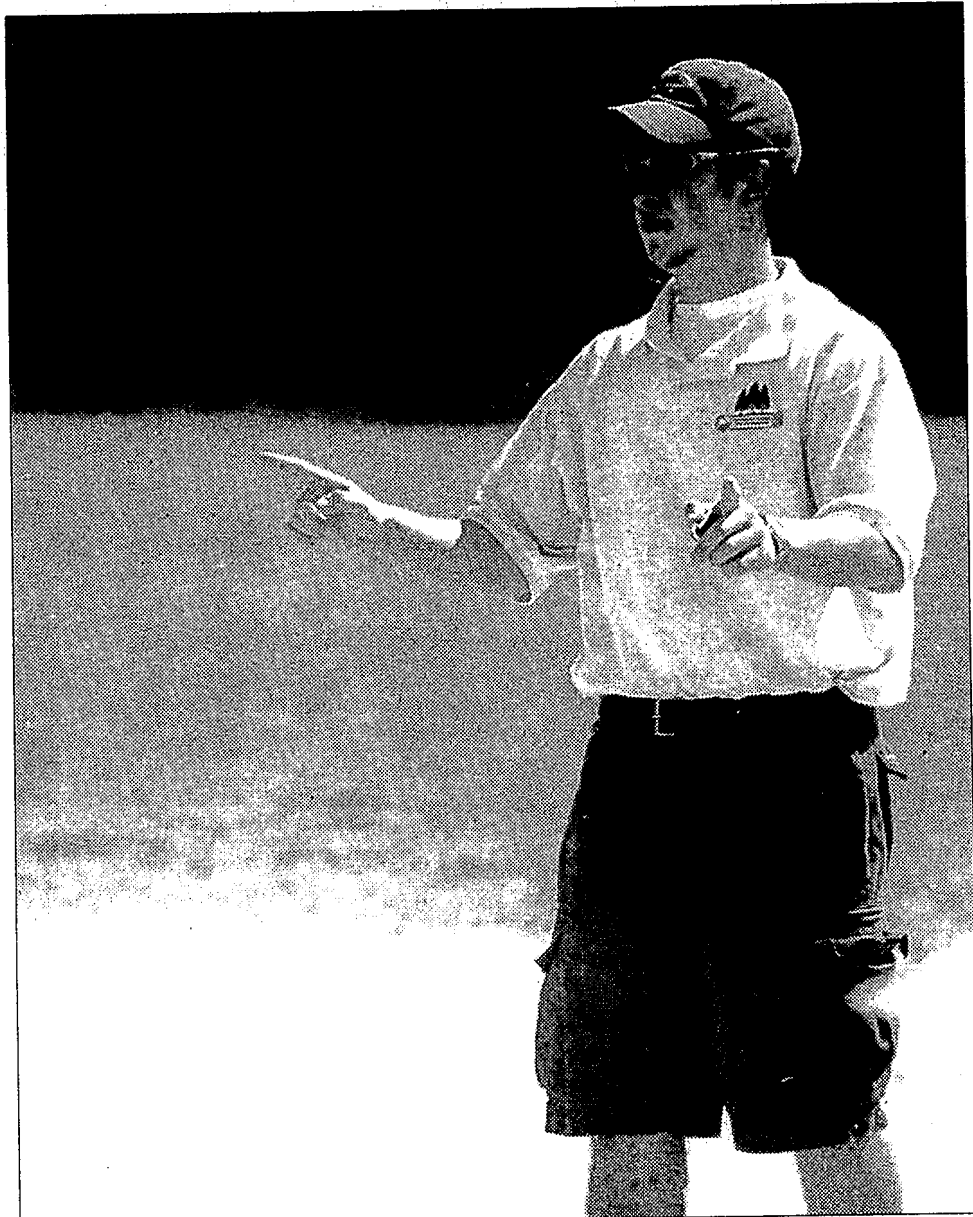
"The most common mistakes I see in young umpires is not being loud enough and just being lazy," McGregor said. "You've got to really hustle out here. You can tell by their commitment level or if they're shy and you can tell it's not really for them."

Even with seven years of umpiring experience now under his belt, McGregor admitted that he is still a fan at heart and still yells at umpires himself if he sees a bad call in person or on television.

"I still yell at the umps. It doesn't matter if you are one or not. You always yell at the umps because according to the spectators, they're always wrong," he said.

Whether or not McGregor will return next summer for an eighth year remains to be seen. He will be entering his final year at the University of Michigan where he is majoring in secondary education and hopes to become a math teacher. But for those interested in serving as an umpire next year, remember these words of advice from the seasoned veteran.

"What makes a good umpire is somebody who is outgoing and being able to make quick, informative decisions and being able to back yourself up and back your fellow umpires up," he said.



Scott McGregor spends his summer as an umpire. Photo by Ed Davis.



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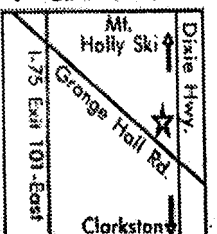
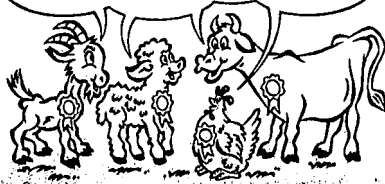
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# Team Reptile summer camps explore local reptile habitats

BY ALICIA DORSET  
Clarkston News Staff  
Writer

While textbooks in school can certainly provide basic facts on just about any topic, sometimes the best way to learn about something is with hands-on experience. That philosophy drives both the students and teacher of Team Reptile.

"It's really neat to get to see a lot of animals. That's why I started Team Reptile," Rich Ashley, Team Reptile founder and instructor, said. "I think a lot of people don't appreciate the wildlife around them. Lots of books focus on 'world life' instead of wildlife."

Throughout the summer, Springfield Township Parks and Recreation plays host to Team Reptile Summer Camps, an outdoor program dedicated to providing "information and education regarding reptiles, amphibians and other wildlife that inhabit Michigan."

In its fourth year of the camps, Team Reptile also produces a television show and performs presentations for schools and other organizations. Overall, Team Reptile has been in



This leopard frog, making a home in instructor Rich Ashley's hands, suffers from a double front leg as a result of a mutation. Ashley found the unique frog in the upper peninsula.

existence for close to 15 years.

For creator Ashley, the knowledge he passes on to his campers comes from his own curiosity as a young child.

"A lot of it comes from hands-on experience. I started catching turtles in first grade," Ashley said. "It grew from there. I grew up in Clarkston."

While at camp, reptile enthusiasts learn the basics of the creatures they're studying and then head outside to examine them in their natural habitats.

"I'm interested in snakes and all types of reptiles," Caitlin Toth said.

So far the camps have averaged at least 12 campers per session, according to Ashley. The fourth session began Aug. 2 with one left after that week.

"We've done really well considering it's (camps) word of mouth," Ashley said.

Many campers enroll in more than one session.

"It was fun for me the first time I did it, so I thought I'd do it again," Erin Miyamoto, Team Reptile camp veteran, said.

In addition to going on field trips and hiking around the area, this summer's campers had a chance to create an exhibit for the Oakland County 4-H Fair in Springfield Township.

While out on the hikes, campers are encouraged to use the information learned at camp to respond to the amphibians properly.

"I learned when you touch a salamander and touch its body, the oils of our bodies can clog its airwaves," Miyamoto said.

Another important part of Team Reptile are the "exploration days" held in the spring prior to camp starting. The events are a

smaller version of what is covered during the summer camps.

"When I did it on exploration day, it was so much fun and I made a lot of friends," Zachary Miyamoto said. "You can catch all kinds of reptiles, like turtles, snakes and amphibians."

The knowledge campers take home each day is often shared with parents and other family members and friends, according to Ashley, and is just another way of spreading environmental awareness.

"It's no longer, 'Hey, it's a snake.'" They walk away knowing more about the species," Ashley said. "The kids learn and see hands-on rather than just in pictures. They educate their parents and bring awareness."

A parks and recreation employee for 17 years, Ashley is currently studying at the University of Michigan-Flint to pursue a degree in teaching. When not spending summer time with the camp, he is busy with Team Reptile's television show.

"We're a Michigan wildlife show and deal with all the varieties," Ashley said. "We're 99 percent Michigan-based, and that's our goal."

Team Reptile's television show can be seen on the government access channel in Springfield Township and on the public access channel in Clarkston. Ashley is currently working on getting sponsorship for the program for greater distribution.

For more information about Team Reptile summer camps, call the Springfield Township Parks and Recreation Department at (248) 634-0412.



Rich Ashley, Team Reptile summer camp instructor, presents a tiger salamander to a group of campers before a morning hike. The camp focused on providing information to campers on the various species of reptiles found in their very own backyards. Photos by Alicia Dorset.

## ADVERTISEMENT FOR BIDS 2004 SAFETY PATH PROGRAM

CHARTER TOWNSHIP OF INDEPENDENCE  
OAKLAND COUNTY, MICHIGAN

Sealed proposals for the construction of the 2004 Safety Path Program will be received by the Township Clerk for the Charter Township of Independence, 90 North Main Street, P.O. Box, 69, Clarkston, Michigan 48347 until 10:00 a.m., Local Time on Wednesday, August 11, 2004, at which time and place all bids will be publicly opened and read.

Bidders shall review and comply with the Instructions to Bidders, which are incorporated by reference, and carefully review all Contract Documents, as defined in the Instructions to Bidders. Bids submitted after the exact time specified for, receipt will not be considered.

The Contracts will consist of the following principal items of work and appurtenances as specified herein and shown on the Contract Drawings.

### Description of Work

Construct approximately 29,080 square feet of 8 foot wide, 4 inch thick concrete safety path along various roads in Independence Township, and perform miscellaneous ditching, install CMP storm culverts, and drainage structures.

Copies of Plans and Specifications and Proposal Forms may be secured on or after August 2, 2004 at the offices of Hubbell, Roth & Clark, Inc., Consulting Engineers, 555 Hulet Drive, Bloomfield Hills, Michigan 48302-0360.

A non-refundable payment of Thirty-Five (\$35.00) Dollars, CHECK ONLY, payable to "Hubbell, Roth & Clark, Inc." will be required for each set of Drawings and Specifications. Drawings and Specifications can be shipped by U.P.S. ground for a shipping and handling charge of Ten (\$10.00) Dollars, CHECK ONLY, nonrefundable, to Hubbell, Roth & Clark, Inc.

Proposals submitted by Contractors who have been debarred, suspended, or made ineligible by any Federal Agency will be rejected.

Each bidder agrees to waive any claim it has or may have against the Owner, the Architect/Engineer, and their respective employees, arising out of or in connection with the administration, evaluation, or recommendation of any bid.

Each bid proposal shall be submitted on the proposal forms provided and shall be accompanied by a certified check, cashier's check or bid bond, executed by the bidder and Surety Company, payable to the Charter Township of Independence in the amount of Five (5%) Percent of the accompanying bid, Proposal Guarantee shall provide assurance that the bidder will, upon acceptance of the bid, execute the necessary Contract with the Township. No bid may be withdrawn after scheduled closing time for receiving bids for at least Sixty (60) days.

The successful bidder will be required to furnish satisfactory Performance, Labor and Material, and Maintenance and Guarantee Bonds.

The Township of Independence reserves the right to reject all bids and to waive irregularities in bidding.

No Proposal will be received unless made on blanks furnished and delivered to the Township Clerk on or before 10:00 a.m., Local time, Wednesday, August 11, 2004.

CHARTER TOWNSHIP OF INDEPENDENCE

Published in Michigan Contractor and Builder on Saturday, July 27 and August 7, 2004; and Construction Association of Michigan, Dodge Reports, and Clarkston News.

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# Relationship success strategy –

## The Art of Listening

Listening, *truly* listening to another person is a cornerstone of successful relationships. Whether it's a friend, neighbor, child, spouse or co-worker, we often "hear" but do not "listen." *He* says, "What time do you want to leave for the game tomorrow night?" *She* says, "What! I never said I was going." *He* says, "When I

**Coaching Matters**



**Liz Jamieson**

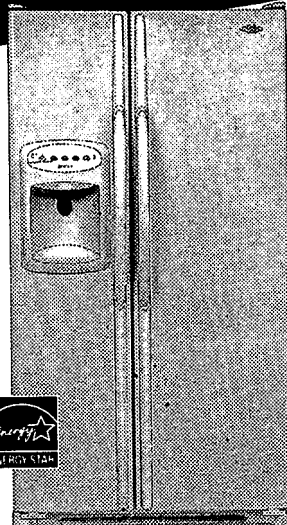
*Fierce Conversation.* Two relate specifically to listening. *Principal 3: Be here, prepared to be nowhere else. Our work, our relationships, and our lives succeed or fail one conversation at a time. While no single conversation is guaranteed to transform a company, a relationship, or a life, any single conversation can. Speak and*

*listen as if this is the most important conversation you will ever have with this person. It could be. Participate as if it matters. It does. Principal 7: Let silence do the heavy lifting. When there is simply a whole lot of talking going on, conversations can be so empty of meaning they crackle. Memorable conversations include breathing space. Slow down the conversation so that insight can occur in the space between words and you can discover what the conversation really wants and needs to be about. Actively listening to and hearing what another person communicates is a demonstration of respect. These strategies work equally well with anyone you are in relationship with. An effective way to encourage others to listen attentively to you is to consistently model these strategies yourself. Don't get discouraged if you initially struggle because, as with any new habit, you'll need to practice, practice and practice some more. The best news is that as your listening skills improve, so will those of persons around you. It will suddenly become very difficult for others to have an ineffective conversation with you!*

*Liz Jamieson is a Life Coach and Psychotherapist practicing in the Clarkston area. Comments or questions may be directed to Liz at [liz@pathwaystolifecoaching.com](mailto:liz@pathwaystolifecoaching.com)*

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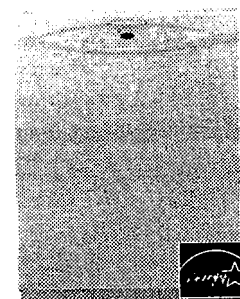
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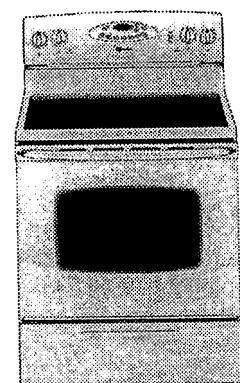


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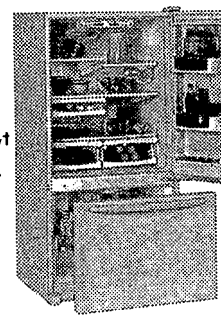
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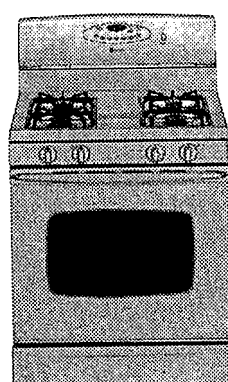


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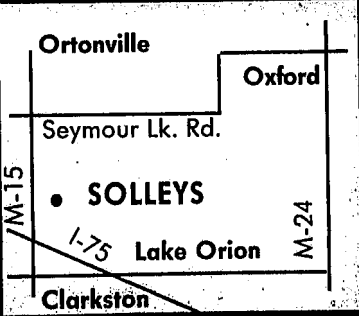
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# Davisburg resident named professional hockey photographer

**BY ED DAVIS**  
Clarkston News Staff Writer

There might not be any NHL hockey played this fall, but there will be professional hockey for Clarkston residents to enjoy. And in the middle of it all will be Davisburg resident Ron Smith.

Smith was named the official team photographer of the new World Hockey Association's Detroit Gladiators, who will play home games beginning this October at the Pontiac Silverdome. He has experience shooting hockey covering the Saginaw Spirit of the Ontario Hockey League for Michigan Hockey Magazine. He has also photographed area youth and high school athletics.

Smith recently opened his own photography studio, Ron Smith Photography at the corner of Andersonville and White Lake Roads in the Gateway Plaza. And while photography has always been a passion of his, he has had very limited formal training. He did take some correspondence courses through the New York Institute of Photography, but admitted mostly his self taught.

"A lot of reading, a lot of trial and error and a lot of practice," he said. "The computer part of it came pretty natural to me because I had always played around with photo programs like Photoshop."

He was working for a large technology company at around the age of 40 and said it was time that he started spending his days doing something he actually enjoyed doing.

"I've always loved photography and it was a huge risk, but my wife was very supportive," Smith said. "It's a drastic change going from that path to over here."

Smith went up against two other photographers who were competing for the job as team photographer for the Gladiators. Smith said team owner Jay Patel enjoyed his portfolio and had enjoyed the work he had done in Saginaw.

He said that while working in his technology job his previous boss asked him one time over lunch asked him what he would like to do, if he could do anything.

"Professional sports photographer," he said.

"It's really exciting and really ironic because the coach of the Gladiators is the old coach of the team in Saginaw I used to shoot," he said.

The Gladiators' first pick of the draft, which was held earlier this summer was Danny Heatley from the Atlanta Thrashers, Smith said. The teams will be comprised of some current NHL and up and coming NHL players on an Olympic-sized rink with no red line.

"It's going to lead to an exciting brand of hockey because they're not going to have all the clutch and grab," he said.

Smith said each team has only \$15 million salary cap to work with and can only pay up to \$5 million on one marquee player. He claims this will help keep seat costs down and make the WHL a family friendly sporting event that is low in cost.

"You're not going to pay \$200 for a seat on the boards. You're going to be able to take a family of four there and it's going to be entertaining and you're not going to go broke going to a game," Smith said.

Even though Smith does shoot a variety of subject matter including family portraits, senior pictures, youth sports and landscapes, his subject to shoot is sport and his favorite sport to shoot is hockey. What was his best sports photo?

He was able to capture the historic 700<sup>th</sup> goal scored by Red Wing Brett Hull for Michigan Hockey Magazine.

"It was just amazing to me how much bigger and faster those guys are (than the OHL players)," Smith said. "Brett had been sitting on 699 for a while there and sure enough he got that goal and to get him celebrating because he never puts his stick in the air, but he did that night."

Smith said a memorable sports photograph is one that makes the viewer wish they were there.

"Just to capture that emotion - the sweat, the victory, the loss, whatever. Just making somebody say, 'I wish I

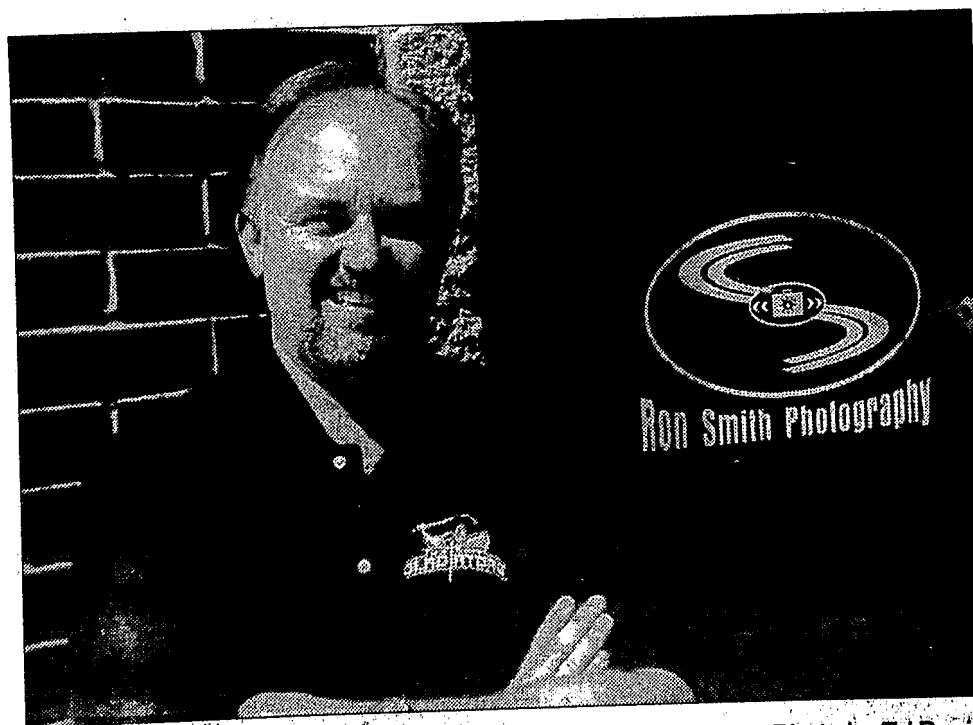
would've been there that night,'" he said. He is hoping to capture a lot of those special moments this fall when the WHL takes the ice.

Ron Smith can be reached on-line at [www.ronsmithphotography.com](http://www.ronsmithphotography.com)

## Most valuable player



Clarkston resident and Sacred Heart Academy student Megan DeCoster, pictured above with her father Dave DeCoster, was recently named most valuable offensive player for the Sacred Heart girl's junior varsity lacrosse team. The soon to be tenth grader had 28 goals while being moved up to varsity level play mid-season. Photo provided.



Ron Smith is the official photographer for the Detroit Gladiators. Photo by Ed Davis.

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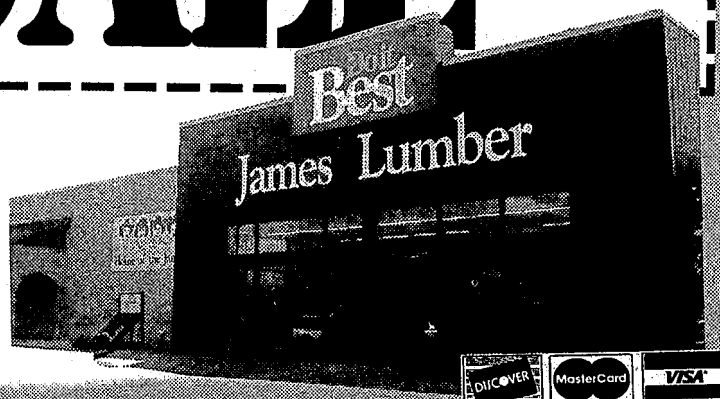
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2x12-8 Construction Seconds	5.00	10.29/ft	5.29
20x20 Euro Pattern Patio Stone	2.59	3.69	1.10
20x20 Cobble Patio Stone	3.29	4.79	1.50
20x20 Agregate Patio Stone	3.29	5.49	1.60
12x12 Handy Pavers	99¢	1.49	50¢
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FWH6068 Andersen Patio Door	\$999	\$1299	\$300
Triple Mull Window 113 x46	\$199	\$599	\$400
Double Flush Steel Door 72	\$159	\$199	\$40
Solid Core Mahogany PH Doors	\$50	\$60	\$10
Horse Stall Display (Weathered)	\$200	\$1000	\$800
Milwaukee Rotary Hammer	\$159	\$269	\$110
DeWalt DW827 Angle Grinder 6	\$59	\$99	\$40
4 Tiki Torch	69¢	1.49	80¢
Steel Leaf Gazebo	\$149	\$249	\$100
Straw James Boy Hat	2.99	4.99	2.00
Mr. Beer Home Brewery Kit	24.88	39.88	15.00
Rubber Mulch	12.99	15.95	2.96
Weber Bar-B-Que Sauce	2/\$5	5.95	5.95
6000 Watt Onan Generator	\$1999	\$2495	\$496
4300 Watt DeWalt Generator	\$1399	\$1599	\$200
6000 Watt DeWalt Generator	\$1699	\$1999	\$300
2900 Watt DeWalt Generator	\$899	\$1099	\$200

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# 'Fame' camp develops talent, creates young stage presence

BY ALICIA DORSET  
Clarkston News Staff  
Writer

Who says you need a huge auditorium and 11 costume changes to put on a talent-filled performance?

For the students at Fame Camp, an audience of excited family members and a little hair glitter both went a long way to showcase the young performers' dance talents.

Presented by Dance for Fun, the week-long camp at the Clarkston Community Education Center focused on developing dance skills and stage presence for young dancers looking to enhance current skills and start from the beginning.

"We look at what types of talent we have and go from there," Cynthia Bass, instructor, said.

Working on various moves in ballet, tap, jazz, hip hop, tumbling and even ribbon dancing, the campers were able to experience not only a taste of various dance disciplines, but a chance to learn about singing and theatrical techniques as well.

"We did roll stuff," Logan Hamilton said. "I liked the rolls."

The camp's older students, in grades first through fifth, assisted Bass and fellow instructor Michelle Larnard with the younger students ages 3-5. The experience was beneficial to the older students as a way to gain leadership skills and build confidence.

"It's so important if you're confident," Bass said. "You'll do well in anything."

The week concluded

with a small performance for family friends. Unlike traditional recitals, this performance didn't feature matching costumes or a decorated stage. Instead, the young dancers wore their favorite tutus while dancing in the education center's cafeteria.

"Some recitals can be too much. Actually, they (campers) have more fun in a low-key environment," Bass said. "Their personalities can really shine."

To add to the mini-performance feel, the stars-to-be took turns getting blush and body glitter applied, a hit with the young girls.

The recital was a highlight of the week for the instructors.

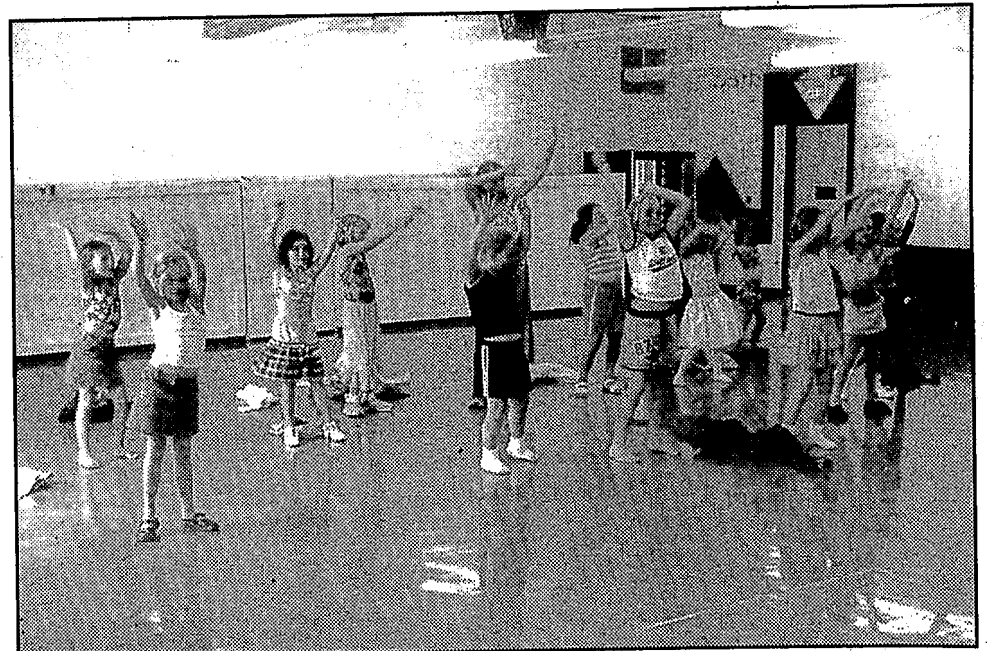
"I love the ending because they can see all the hard work come to fruition," Bass said.



Instructor Michelle Larnard applies a coat of blush to the cheeks of Kendall Kamp before the students' final performance. Theatrical presentation techniques were discussed during the week-long camp.



Alyssa Thie concentrates on an arabesque while rehearsing for her final performance with Fame Camp on July 30. The students performed a small recital for family members to show off their new dance skills. Photos by Alicia Dorset.



With an audience of family members, Fame campers strut their stuff to their opening number, "Hot, Hot, Hot." The performance proved to be worthy of many pictures and video cameras.

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# Obituary

## Nicholas John Bell

Nicholas John Bell, of Central Mine and formerly of Clarkston, died in a bicycling accident while training for a triathlon in the Upper Peninsula. He was 46.

Mr. Bell was a writer, teacher, athlete and naturalist who grew up in Clarkston and lived on four continents. He graduated from the Leelanau School in Glen Arbor in 1976. After earning a degree in forestry at Michigan Technological University in Houghton, Bell spent three years as a Peace Corps volunteer in Liberia. He later studied English literature and earned a teaching certificate at Michigan State. He and his wife, Theresa, lived and taught school in Taiwan, Burma and, for the last five years, Hungary.

In the U.S., they lived with son Will, 9, in a historic home in Central Mine in the Keweenaw Peninsula. Bell is also survived by his mother, Eloise Duffy Liddicout of Ann Arbor and Central Mine; brothers Dawson and Zac; and sisters Leslie, Hilary, Kim and Elizabeth.

The family asks that memorial contributions be made to the Audubon Society or to the Keweenaw Land Trust, P.O.B. 750, Houghton, MI 49931.



Nicholas John Bell

## Anne A. Green

Anne A. Green, of Waterford, formerly of Royal Oak and Pontiac, died July 31, 2004 at age 85.

She was preceded in death by her husband William, three sisters and a brother; mother of Susan Arnold of Clarkston, John (Sue) of Portage, Ginny (fiance Wally Kozlowski) of Rochester Hills and Marty (Tina) of Clarkston; grandma of John (Kathy) Arnold, Jennifer (Phil) Garrison, Matthew (Kari) Arnold, Amy (Troy) Highlen, Justin, Anna; great-grandma of Heather, Molly, Emily, Ian, Carter, Nathan, Sarah; sister of Vera Neighbors and Norma Daugherty.

Mrs. Green was a former member of the Shrine of the Little Flower in Royal Oak and St. Michael's Catholic Church of Pontiac. She enjoyed making a warm home for her family. A Funeral Mass was held at St. Daniel Catholic Church, Clarkston. Rite of Committal All Saints Cemetery, Waterford. Memorials may be made to the Dominican Sisters at Lourdes. Funeral arrangements entrusted to the Lewis E. Wint & Son TRUST 100 Funeral Home, Clarkston.

## Break-in nets cash from convenience store

Sheriff's deputies from Springfield Township are investigating a Friday, July 30 break-in at Kim's Convenience Store on Dixie Highway.

A newspaper delivery person called 9-1-1 at about 5:51 a.m. after finding a window broken at the store. When deputies arrived, they found that the burglar alarm did not sound until they approached the counter. Approximately \$1,200 cash was taken from the store, reports said.

A K-9 unit was called to the scene, and the dog followed bicycle tracks to a nearby mobile home community. Since it was along a well-used path, however, substation commander Sgt. Mark Gardner said it is unsure whether that will lead to suspects in the case.

— Don Schelske

## Matthew James Covarrubias

Matthew James Covarrubias, of Clarkston, went to be with the Lord July 25, 2004 at age 38.

He was the loving son of Jean and Bill; beloved brother of Bill (Sheri), Jeanne (Guy) Cagle, Loren (Bonnie), Kim (Jerry) Baker, Robin (Brad) Rice, Jesse, Pam (Gregg) Newsom and Joni (Terry) Fortuna; also survived by 24 nephews and nieces.

Mr. Covarrubias was a man that loved his family and that was very loved by them. A Funeral Service was held at Mt. Zion Temple with Pastor Loren Covarrubias officiating. Interment Ottawa Park Cemetery. Memorials may be made to Mt. Zion Temple. Arrangements entrusted to the Lewis E. Wint & Son TRUST 100 Funeral Home, Clarkston.

## Resident responds to B&E attempt with gun

With Independence Township sheriff investigators still following up on a rash of local home invasions, at least one attempt may have been foiled by an alert resident.

Deputies responded to a residence on Clarkston Road near Pine Knob Road just before midnight Tuesday, July 27.

The resident reported hearing banging on an outside window. He went outside and fired a revolver to scare away any suspects, reports said.

The resident also found a ladder against the outside window.

Deputies called in a K-9 unit in an attempt to track suspects, but the search was not successful, reports said.

— Don Schelske

## "My Astonishing True Story..."

## "How I Lost 76 Lbs. and Gained My Self-Confidence"



"I was shocked when I saw my family video. How did I get so fat?"  
Tania Olsson

My name is Tania Olsson. I am a customer service representative. I dropped 76 lbs. of fat in 12 short months. My story is so remarkable. I would like to share it with you.

By Tania Olsson

My cheeks burned with embarrassment as I stared at the television screen. We were watching a recent family video. "I'm huge!" I gasped. I had always been tall and trim in high school. I was on the swim team and volleyball team. I was shocked and appalled to realize how fat I had become. My folks never allowed junk food in the house. When I got old enough to make my own food choices, I went hog wild. Chips, ice cream and soda pop were my routine.

### Dieting Nightmares

I was always trying the next fad diet. I tried grueling exercise routines. It would never stick. When I didn't feel the results, I'd get discouraged. The cravings were unbearable.

I lost 30 pounds twice with weight loss drugs. My weight shot back up so fast it made my head spin. The drugs set me on an emotional rollercoaster. I couldn't bear the thought of a third go around. Nothing I do works, I told myself as I sat on the couch with a gallon of ice cream. What's the use of trying?

One day a close friend encouraged me to try Positive Changes Hypnosis. I was skeptical. "I've heard they get great results," she said. I could only hope.

### "I know I will never gain my weight back!"

I signed up and lost 76 lbs. in 12 short months. I lost ten inches off my waist. My dress size plunged from a bulging 22 to sleek size 10.

Immediately after my first session my appetite diminished. I feel completely satisfied with small, healthy portions. I know I will never, ever gain the weight back. Now that I'm thin and happy with my body, I can't think of a single reason to overeat.

### Recommends

I got more than I expected from my private hypnosis sessions. I feel wonderful about myself. If it wasn't for hypnosis I wouldn't be enjoying my slim, healthy body today.

Don't think I'm a lone success story either. I meet other successful clients all the time.

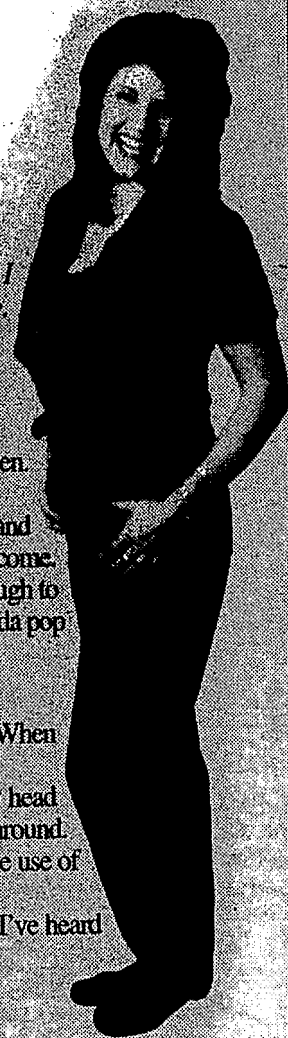
My only regret is that I waited and suffered for months. You don't have to suffer another second. Call now to schedule your free hypnotic screening. I know your consultant will answer all your questions and put your fears to rest. If they don't think hypnosis is right for you, they will tell you so.

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# Soccer players kick into gear at Clarkston High School camp

BY ED DAVIS  
Clarkston News Staff Writer

School is still about a month away, but some area athletes are already getting in gear for soccer season.

The Clarkston Future Wolves Soccer Camp was recently held at Clarkston High School's varsity soccer field on Waldon Road. The camp had 29 participants, both boys and girls ranging from incoming fourth graders all the way to incoming freshmen. Fundamental basics included dribbling, fakes and touches on the ball, camp instructor Kelly Dougherty said. Dougherty was a four-year varsity player for the Wolves and will play at Central Michigan University this fall. Brittany Davis, a sophomore who played on varsity last year as a freshman assisted Dougherty on the camp. The camp ran for two hours a day.

Dougherty said that even though she is only a few years older than some of the campers, she is doing her best to get the younger athletes in the mindset of being a varsity competitor.

"I hope that the kids are looking up to us, especially the girls that are going into high school. I started telling them the stuff that we do on varsity, like all the fitness and all the things that they're going to do on varsity and this stuff that we teach them will help get them prepared for that," Dougherty said.

Dougherty said that at the camp's very beginning on July 19, the campers were very quiet and tentative.

An ice breaker where the athletes participated in a soccer chant helped break the ice. After that, they opened up more, she said.

"They were kind of quiet at first, but once we did that little chant, they opened up some," she said. "I think that helped them out."

Dougherty served as a coach for the last two years under former girls varsity coach Tami Niemi, who served her final year last spring for personal reasons. Dougherty said she has tried to institute some of those same principles at this camp and said her coaching techniques have improved over the years.

"There's always something you could be telling them, and especially with the younger ones there's always something you could be correcting them on, but you have to pick and choose. Try to focus on one thing on at a time and that helps them from getting annoyed," she said.

Dougherty also credits Clarkston High School junior varsity girls soccer coach Mark Whitcomb in her development as a teacher on the field.

"Last year I was teaching the older kids and being only a few years older than them, telling them what to do. That was the first year I really tried to coach well. The first year I was just kind of like, well, they're just kids and they can have a good time, but now I'm more focusing on them learning techniques and keeping them focused," Dougherty said.



Zechariah Moore participates in a drill July 19 at the Clarkston Future Wolves Soccer Camp. Twenty-nine athletes participated in the week-long camp held at the Clarkston High School soccer field. Photo by Ed Davis.

## Soccer champs



Impact '93 won first place in their Clarkston Select Soccer Club league. Team members include back from left, Ian Jones, Mark Oszust, Christian Banner, Hunter Menard, Brendan Smith, Alex Wilson, Hayden Smith, Connor Rehm, Matt Rogers, Todd Rajala, front from left, Erik Mcentee, Blake Anderson, Josh Rajala, Drew Hopper and Sam Bell. Photo provided.

## Stakoe announces coffee hours

State Representative John Stakoe announced he will sponsor regular coffee hours Monday, Aug. 9.

Stakoe will be available for an informal get-together from 3 to 5 p.m. at Springfield Township Hall in Davisburg.

"The involvement of residents is vital to our system of government," Stakoe said. "I welcome the opportunity to hear from people at any time. Knowing how busy people are, I want to offer as many occasions as possible for people to share their ideas and concerns."

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# Clarkston hockey players to hit international stage

BY ED DAVIS  
Clarkston News Staff Writer

Three local athletes will have to adjust to a new time zone and a bigger ice surface this summer.

Steve Morin, Adam Peters and Trevor Johns, members of the Clarkston High School varsity hockey team, will compete overseas in the European Cup in Prague, Czech Republic Aug. 8-15.

Practices for the three athletes will begin Aug. 1 under coach Brian Klanow. Klanow is the varsity head coach of Orchard Lake St. Mary's. He has never coached any of the Clarkston players, but has played against them and said they bring a lot to the table and are coached very well under Clarkston varsity coach Bryan Krygier.

Morin, a 2004 grad, led the Wolves in points last season with 37 goals and 27 assists. Klanow said he's expecting Morin to continue his scoring touch.

"He always seems to find the back of the net," Klanow said. "He's a very threatening player and will be looked upon to be a player who can really help our club, especially offensively."

Peters, also a 2004 grad, served as co-captain for the Wolves last season and scored 22 goals and had 27 assists. His big frame and physical presence will be an asset to Klanow's Team USA-Midwest club this summer, he said.

"Kids just naturally seem to gravitate to Adam and I think his biggest attribute will be his leadership. He bring a big, physical presence to the ice and he can also put the puck in the net, but I think his leadership will be of the utmost importance," Klanow said.

Rounding out the Wolves, who will compete in the 12-team tournament this summer, is Johns, who scored 26 goals for Clarkston last season and added 18 assists. Johns is said to be a very fast skater, who will excel on the larger ice surface the athletes will compete on this summer, Klanow said.

"He's one of the top players in Michigan. He's very fast, agile and I really expect him to be one our top players on this team. But one thing about Trevor is that he's really a fun kid to be around. I think he'll be a real asset in the locker

room and with all the traveling. A lot of the kids on this team haven't played together in the past, and I think Trevor will help everyone kind of come together and that will be a big asset for us," Klanow said.

Seventy-five players from the state of Michigan tried out for spots on the team and 21 were chosen. This is Klanow's second year serving as team head coach and said it will be new experience for all three Wolves. But he is confident that these three players will be ready to contribute and will come ready to play.

"I'm really excited about the three Clarkston kids coming on board," he said. "They are very well coached (from Bryan Krygier). I just know it'll be an experience that they'll never forget."

Team USA-Midwest last year competed as one of 12 teams from all over the world. They beat the Czech Republic 5-0, lost to Russia 1-0 and tied Latvia 4-4.

Those clubs will return and the Russians bring an immense challenge to Team USA-Midwest, Klanow said. He said the Russian team is rumored to have about a half dozen future NHL players on it.

Klanow has served as coach of Orchard Lake St. Mary's for five years and said his team should be ready for the experience of a lifetime.

"They're going to meet some of the best young hockey players in the world. We start practices August first, have a few exhibition games within that week and then we take off for Prague August 8," he said.

The team will hold practices beginning at 9 p.m. at Orchard Lake St. Mary's Aug. 1. Practices will continue Aug. 2 and 3 and the team will participate in an exhibition game Aug. 4. Practices will resume Aug. 5 and 6 before leaving for an early flight Aug. 8.

The team will have a stop in London before landing in the Czech Republic later that day, Klanow said.

What positions the three players will play had yet to be determined, Klanow said. He said he'd get a better feeling for that once practices begin next month.

Peters made all-state honors last season while Morin and Johns made all-state honorable mention along with teammates Aaron Catanese and Griffin Cummings.

Morin made the all-county dream team while Peters and Johns made the all-county first team. All three were named all-league.



Adam Peters is one of three Clarkston hockey players set to participate in the European Cup. File photo.

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If you live along the bike or run courses, please make sure your dogs are leashed.

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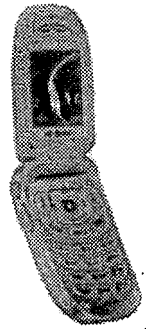
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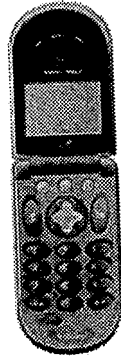
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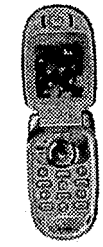
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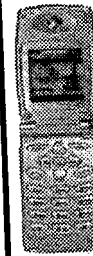
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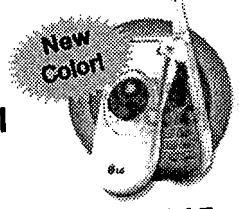
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Pat Webster and Kevin Sulky get a closer look.

# Partying at the Oakland County 4-H Fair



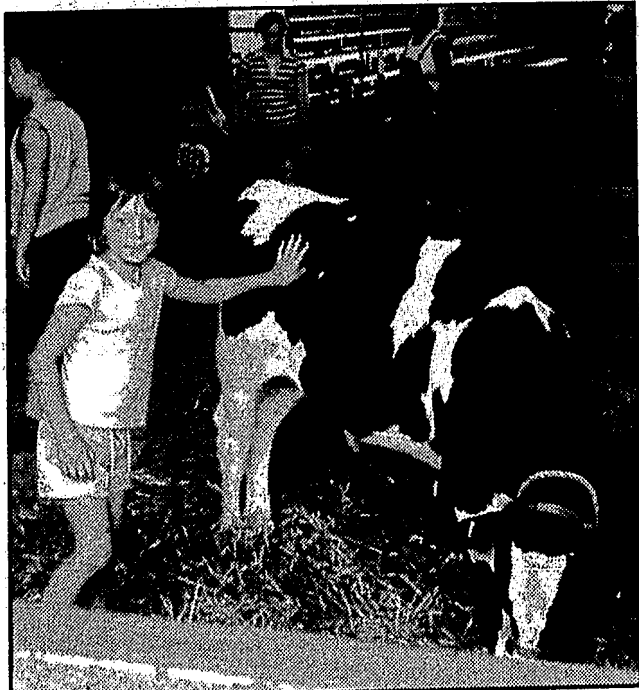
Jessica Strickland and a friend.



The fair had multiple games and rides.



Jerry Ward does a little wood sculpting.



Abigail Scheff makes friends with one of the animals.



Nolen Masserman tries his hand at a carnival game at the Oakland County 4-H fair in Springfield Township.



The  
Back Page  
Photo Story

From  
5 S. Main

By Kyle Gargaro

### People Poll

Are national party conventions still relevant?



"It is such an important part of our lives, but less and less of the media are covering it." — Tim Hatfield



"It's more of a pep assembly than announcing candidates. I don't think they're useful." — Debby Chisholm



"They don't announce anything new. There's no more suspense to it, it's all for gratification. There's no interest to watch it." — Kris Ehlke



"They're full of a lot of hot air. I don't watch them. They make a lot of promises they can't keep." — Fern Schultz

By Alicia Dorset

# The Clarkston News' Millstream

A section dedicated to showcasing all the reasons this is a great area to live and work!

## Lifeguard enjoys great summer job

BY DON SCHELSKE  
Clarkston News Staff Writer

Robert Sloan hasn't made any spectacular saves as a lifeguard, but his teaching three- and four-year-olds to swim may prevent future emergencies.

Sloan is one of the lifeguards hired by Independence Township Parks and Recreation for duty at the Deer Lake Beach and the Bay Court Park beach. He admits it's usually easy work, but he also recognizes the importance of the job.

"The first summer I was a little shaky with it, but now I like having the responsibility," he said.

In 2002, Sloan was a senior at Clarkston High School working at the Pine Knob Ski Resort. He credits Rich Ashley with recruiting him and other winter employees for the summer job. He was attracted to it in part because of the job and because of the group he would be working with.

"I couldn't turn down that work atmosphere," he said, noting the "tight-knit" nature of the group. "We go bowling together, movies, play volleyball. It's a good group."

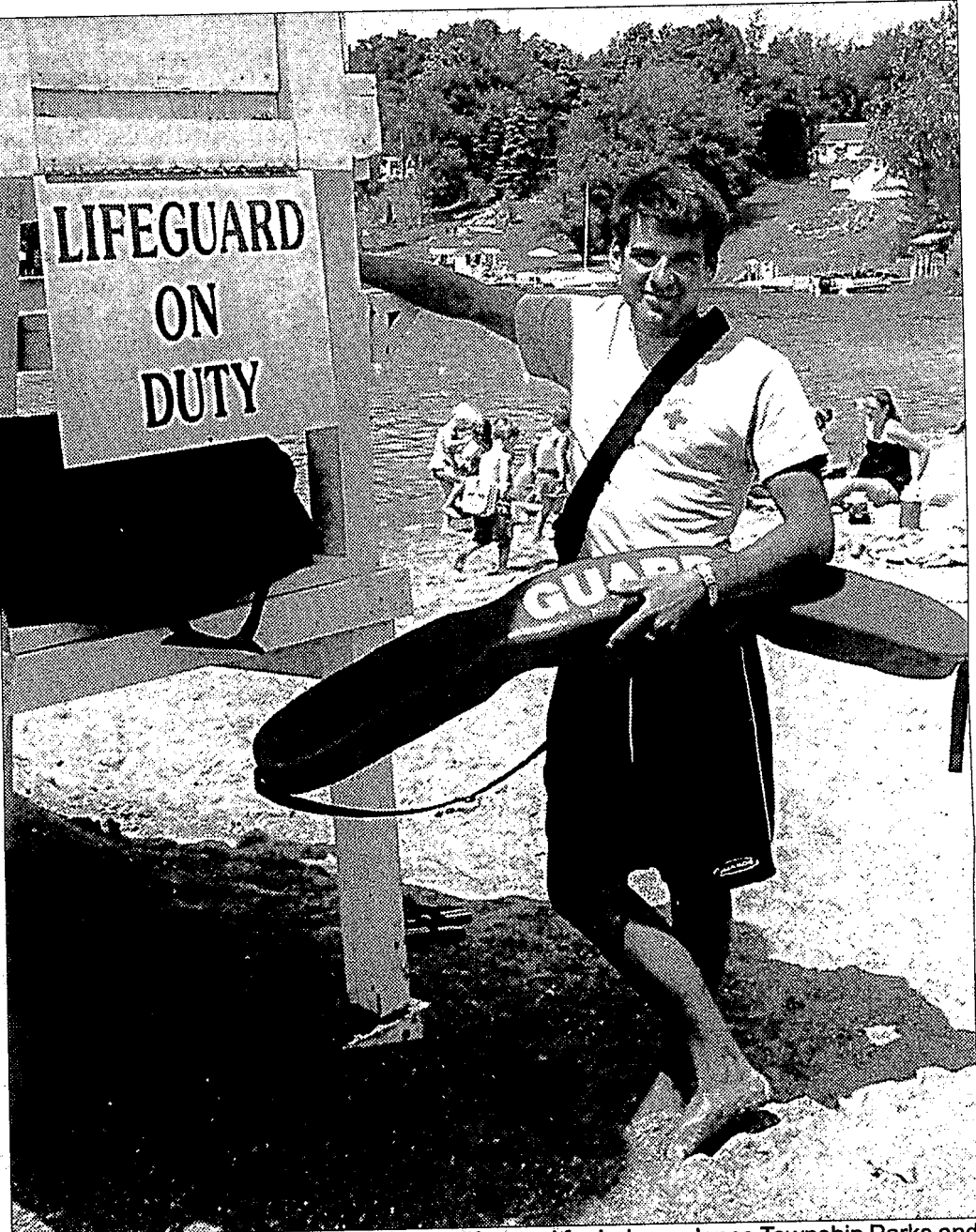
Now preparing to enter his junior year at Michigan State University, Sloan is still on the job during the summer months. He and his colleagues take turns "on stand," watching the water and giving friendly cautions to those engaged in potentially hazardous activity.

When not "on stand," the lifeguards help teach swimming lessons and spend lots of time in training themselves. Two days a week, from two to four hours each day, they meet, practice and learn all they can to stay up to date. All lifeguards are trained in first aid and cardiopulmonary resuscitation. They can swim to someone in trouble or take a boat out into deeper water.

The township aquatics program last year won an award from a national professional accrediting firm for their high standards, training and readiness.

Most of the focus is on prevention, and Sloan said most folks are cooperative with lifeguard's directives.

"We keep it under control," he said. "Sometimes the little kids like to throw



Robert Sloan enjoys his summer job as a lifeguard for Independence Township Parks and Recreation. This is his third summer on the job, and this year was promoted to a supervisor position. Photo by Don Schelske

rocks, but they're pretty well behaved. You get on the megaphone once and it draws attention and they stop."

The lifeguards believe in the team concept — even those not "on stand" are ready to assist at a moment's notice — and they appreciate the help of parents who supervise their children.

Even with the emphasis on safety, the

lifeguards want people to have fun, so their style is as relaxed as possible.

"We're on a first-name basis with a lot of patrons," Sloan said. "It's pretty laid back. We try to keep it that way."

About 95 percent of the lifeguard staff also teach swimming lessons, and those lessons are popular enough to keep lessons going almost all day. This is the first year Sloan has taught lessons, and he loves working with the youngsters.

"They love it, too," he said. "They look forward to it as much as I do. We're making it safer for them, and it gives them some leadership in their life. They're not quite into school yet, so we'll get them started early."

'You couldn't ask for much more. Being outside all day. You can't complain about this for a summer job.'

Robert Sloan, lifeguard  
Independence Township Parks and Recreation

Please see Lifeguard, page 8B



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**Sign up for adult golf lessons at Independence Township Parks and Recreation.** Available for ages 18 and up, an instructor from the Jim Norgart Golf Academy will meet you at Shepherd's Hollow Golf Club for an hour of small group instruction. Classes are on Tuesday and Thursday evening beginning Aug. 10. Beginner and intermediate classes are available. Call Parks and Recreation at (248) 625-8223 for more details. Space is limited and pre-registration is a must.

\*\*\*

**Look out for Tons of Trucks!** Have you ever sat in the driver's seat of a fire truck, seen the inside of a UPS truck or climbed in the back of a dump truck? Well, here's your chance! From 10 a.m. to 12 p.m. on Aug. 14 at Clintonwood Park, tons of trucks and other vehicles of all shapes and sizes will be on display for you to admire, sit in and climb on. This event is open to the public and costs \$3 per child with free admission for adults. The first 250 participants will receive a cool Army helmet. Concessions will also be available. For more information, contact the Independence Township Parks and Recreation Department at (248) 625-8223.

\*\*\*

**Help support Kidsave multi-family garage**

**sale.** Several families have donated antiques, household goods, tools, clothing, and furniture to help raise funds for seven Russian orphans who arrived on July 15 for a five-week vacation in hopes of finding adoptive families. On Friday, Aug. 13 and Saturday, Aug. 14 from 8 a.m. to 4 p.m., several houses on the cul-de-sac will participate in the Deer Valley Subdivision at 7833 Brookpines Dr. For more information, call (248) 922-9388.

\*\*\*

Mark your calendar today for Thursday, Aug. 19 from 12-2 p.m. to attend a luncheon in Depot Park prepared by the Clarkston Farm and Garden Club. "Somewhere in Thyme...an Herbal Fare" provides samples of members favorite recipes. Tickets are \$6 and are available from member Ginny Schultz at Clarkston Country Store Main Street Antiques. Tickets include a discount coupon toward a cookbook which includes over 200 recipes. Music will be provided by Sweet Briar String Band. For more information, contact Jeanne Moizon at (248) 625-9399.

\*\*\*

Head on down to Clarkston's Depot Park to hear "Sojourners" on Friday, Aug. 6 from 7-9 p.m. In association with Tentmakers Ministry, LLC, the band will play a selection of southern gospel and traditional Chris-

tian music. Bring your lawn chairs and a picnic to enjoy an evening of Christian music.

\*\*\*

The Widowed Support Group will meet for its August gathering on Thursday, Aug. 5 at 7 p.m. to discuss "When there is no chance to say goodbye." The group, facilitated by bereavement counselor Alicia Brown, will meet at the Independence Township Senior Center. The meeting is free and is open to all in the community. Refreshments will be served. For more information or to be included on the mailing list, please contact the Lewis E. Wint and Son Funeral Home at (248) 625-5231.

\*\*\*

The Independence Township Senior Center presents a variety of fun events to keep you entertained during the summer months:

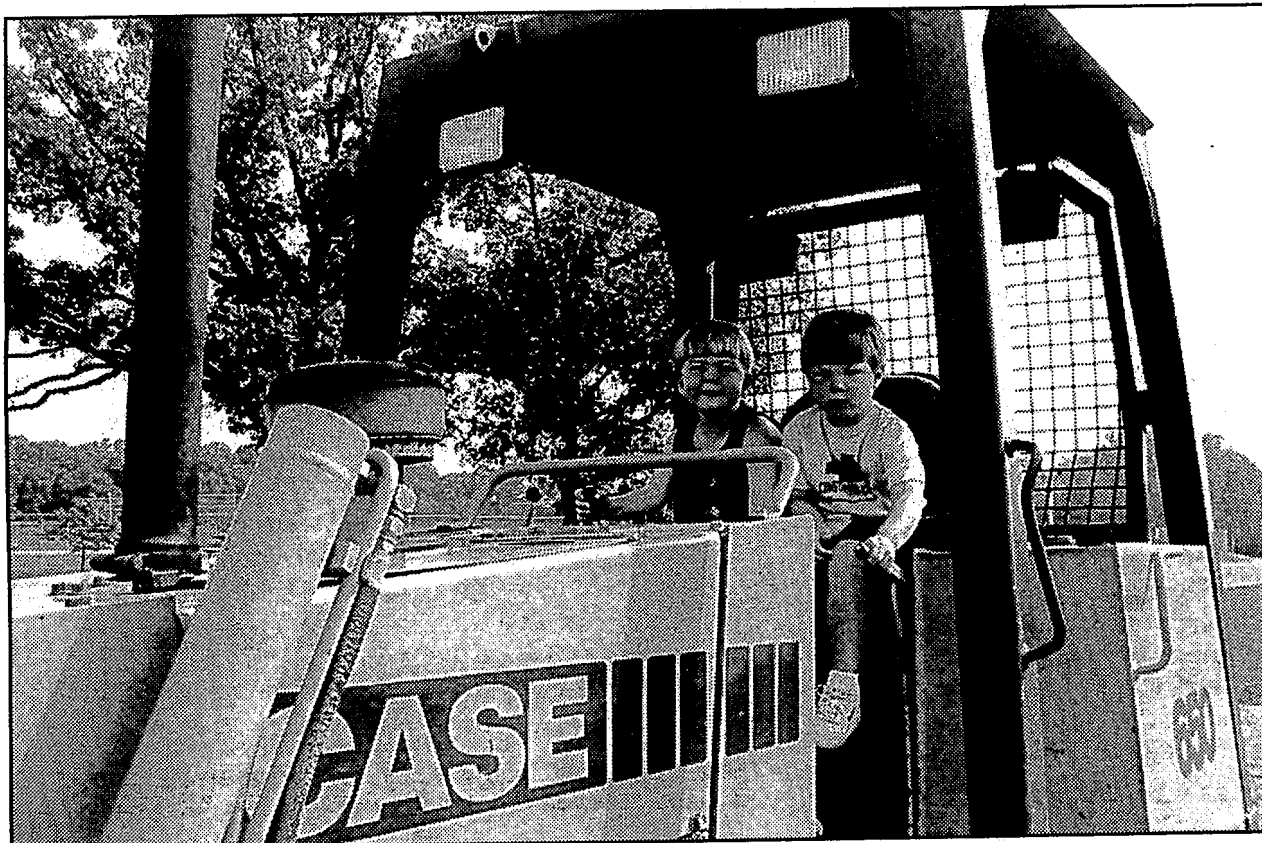
**Learn more about the health of your eyes** with Dr. Thomas Biggs during "Our Eyes as we Age" on Wednesday, Aug. 11 at 11 a.m. inside the Carriage House in Clintonwood Park. Biggs will discuss conditions that can affect our eyes as we age with a question-and-answer session. Free lunch for those who sign up ahead of time for this free program. After lunch, Patricia Diener, a local occupational therapist, will discuss the low vision rehabilitation services she can provide as well as other resources. Learn how to cope with impaired vision by taking advantage of all the new gadgets and techniques.

Get out your dancing shoes and join your friends at the **Summer Afternoon Jam Session and Dance** on Tuesday, Aug. 17 and 24 at Bay Court in the Bay Court room. Enjoy the lively "big band" music of the Clarkston Melody Makers, with singer Avis Nelson, and relax with a beautiful view of the lake. Sit and listen, tap your feet or put on your dancing shoes. Bring your favorite dancing partner or come to see who is available. Casual attire. Refreshments will be served. Cost to attend is \$1 at the door and no registration is necessary.

For information on any of these events, contact the senior center is (248) 625-8231.


\*\*\*

**Recess is back!** Register as a team in Independence Township Parks and Recreation co-rec kickball league and be a kid again. This 18-and-over league will be on Sunday evenings, with Saturday evenings, starting Sept. 12 at the Clintonwood Park softball fields. Teams will play a minimum of 10 games (all double-headers) with 10 players per side. Team fee is \$20 and player fees are \$5 for residents or \$15 for non-residents. T-shirts will be awarded to the first place team. Registration for returning and new resident teams begins July 19. Open registration begins Aug. 2. Space is limited. Teams must have equal or more women to men on the field. Please visit the Parks and Recreation office to register or call (248) 625-8223 for more information.




Tons of Trucks are coming to Clarkston again this Aug. 14 at Clintonwood Park courtesy of the Independence Township Parks and Recreation Department. File photo.

Please see Around Town, 14B



**Kelley Kostin**  
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Discolored Paper

# Summer Fair an afternoon of fun, games at New Horizons

BY ALICIA DORSET

Clarkston News Staff Writer

Although clouds loomed overhead with the threat of raindrops, spirits and laughter weren't dampened at the second annual Springfield Summer Fair on July 30 at New Horizons Rehabilitation Services in Davisburg.

"We just decided to do something for our guys," Sherry Yokes, New Horizons employment coordinator, said. "It's kind of like an end-of-summer fair."

New Horizons is "an accredited, non-profit organization that helps people with disabilities to achieve their goals and lead more fulfilling lives through employment programs and other activities."

The organization is celebrating its 40th anniversary this year. Individuals involved with New Horizons are referred to as "consumers."

Preparation for the fair usually begins in February and relies heavily on donations from the community.

"There's a lot of preparation. It takes a lot of time and effort, but everyone pitches in and it's awesome," Yokes said.

This year's fair featured a dunk tank, a games station, face painting and visits from a 70-year-old volunteer clown.

"I won all kinds of prizes," Gloria Barnhart, New Horizon consumer, said.

Barnhart was the recipient of bracelets, pens and even paper airplanes all from fair games.

A highlight of this year's fair was the presence of local government branches and military forces.

The Oakland County Sheriff's Department brought their K-9 unit, a fire truck delighted consumers courtesy of the Springfield Fire Department and a patriotic balloon launch with representatives from the Navy reinforced the American theme.

"It's amazing to watch," Yokes said. "It's a day completely devoted to the consumers. It's really nice to see them get so much attention."

When not having fun at the fair, New Horizon's consumers and staff manufacture long underwear for



Tammy Hawkins paints the face of consumer Barbara Omes at New Horizon's second annual Springfield Summer Fair on July 30. The organization helps employ individual with disabilities in Davisburg.

the Defense Supply Center Philadelphia. The organization has held the contract with the national government for the past six years.

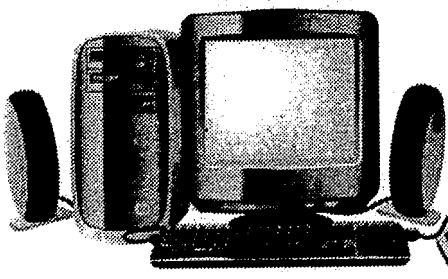
New Horizons creates 17,000 units that are sent

for use by military branches. The organization received a certificate of appreciation in July 2003 from Gen. Gary L. Bordner for their continued support during Operation Enduring Freedom and Operation Iraqi Freedom.

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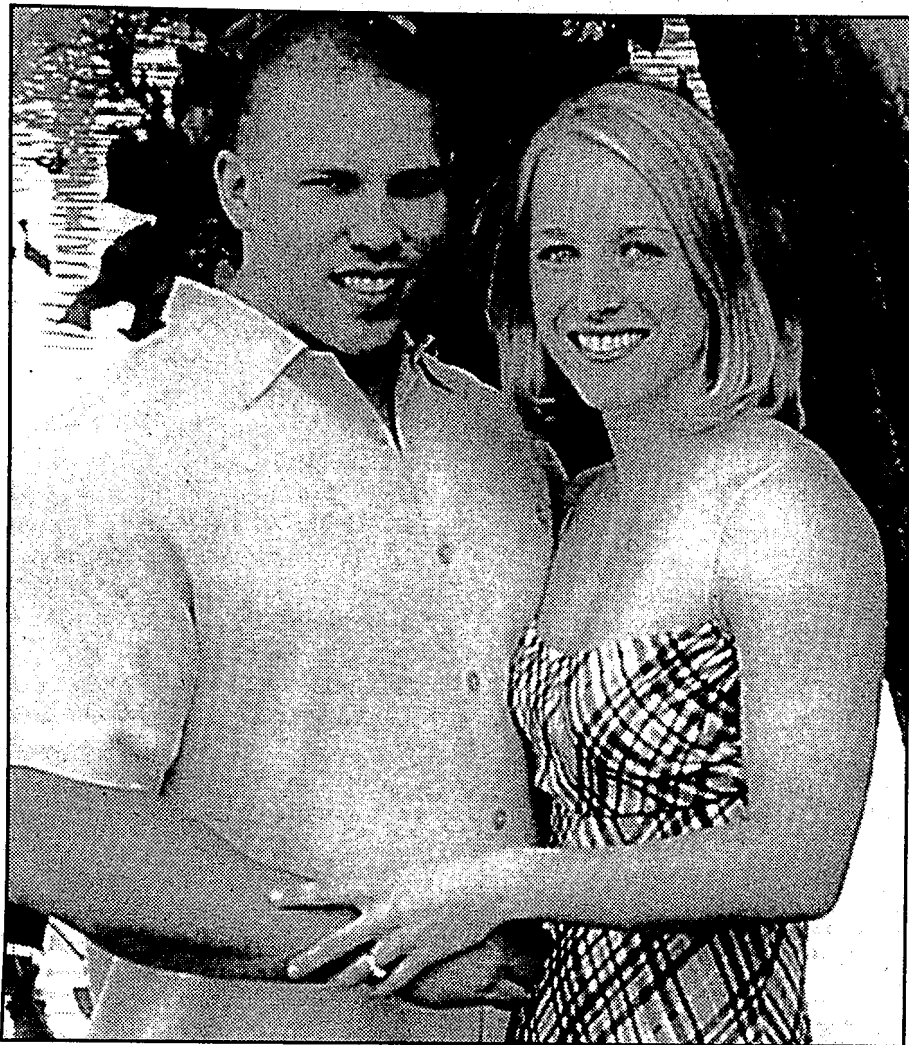
This will cover your jersey fee, which is yours to keep at the end of the season. Space is limited to the first 30 participants.

Practice begins on Monday, August 9, 2004 starting at 5:30 pm, adjacent to Renaissance High School. If interested, please bring a copy of your birth certificate and payment. An adult must accompany you.

Be prepared to start practice that night. Have your child dress in shorts, t-shirt and cleats.

Please call for further information.

# Milestones



**John Hugh Lewis and Lisa Ann Jennings**

Lisa Ann Jennings of Clarkston and John Hugh Lewis of Oxford announce their recent engagement.

The bride-to-be is a physical therapy student at the University of Michigan. She is the daughter of Alfred and Denise

Jennings of Clarkston.

The groom-to-be is a CAD/CAM manager. He is the son of John and Susan Lewis of Oxford.

A summer 2005 wedding is planned.

## At school...

**Lauren Giordano** of Clarkston was named to the Dean's List for the 2004 winter term at Alma College.

To receive this honor, Giordano had to achieve a 3.5 GPA or better for the term.

**Jacqueline Ruma** of Clarkston received a bachelor of business administration from Northwood University this spring.

The following students, and Clarkston residents, were May graduates at Central Michigan University:

**Elizabeth Harlton** (bachelor of applied arts), **Adrienne Sajor** (master of science in administration), **Le'Ann Carol Schaffert** (master of science in administration), **Ward Schneemann** (bachelor of science in engineering technology), **Kelly Shaw** (bachelor of science in business administration), **Anne Renee Wahr** (master of arts) and **Irving Vandevencho Weaver** (bachelor of science).

**Eric Bauer** of Clarkston was listed on the Michigan Intercollegiate Athletic Association's Academic honor roll for the 2003-2004 academic year at Albion College.

Bauer, who is a member of the football and track and field teams, is achieving distinction on the honor roll for the first time during his career at Albion.

To be named to the list, Bauer had to achieve a 3.5 GPA or better for the entire school year as well as earning a varsity letter.

He is the son of Steven Bauer and Mary Bauer of Clarkston.

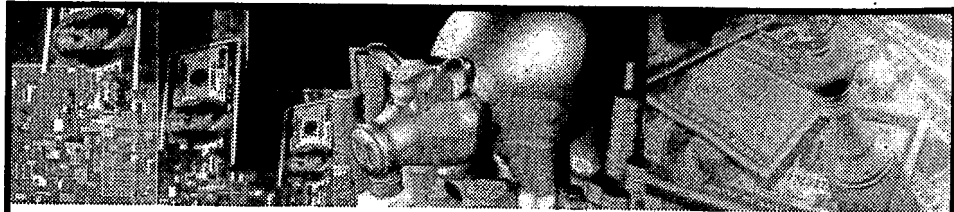
**Carrie Strain** of Clarkston graduated from Oregon State University in June with a bachelor of science in environmental science.

Strain is a member of Sigma Kappa sorority, the Phi Eta Sigma honor society, the Alpha Lambda Delta honor society, the national dean's list and honor roll at OSU. The university is located in Corvallis, Ore.

Strain will reside in Seattle, Wash.



**Carrie Strain**



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# Religion

## Consider the impact of a well-lived life

*Calling all angels...* The song played over the loudspeakers and has been resounding in my head ever since Saturday night. A song that perfectly described the feeling of the crowd listening.

The setting was dusk and I was walking the track along with many cancer survivors, their families, and the families of those who have lost the people they love to this terrible disease.

We were encircled by purchased luminaries wearing the names of those being represented. The night was ethereal as you felt the essence of those loved ones through the pride, determination, and unity of the walkers.

The track was at Clarkston Middle School and the event was Relay For Life. I was there to support the many cancer survivors who are in our congregation. Renee Rodriguez, a member of Bridgewood Church, was asked to be the keynote speaker for the night.

Renee, her husband Carlos, and their five children are still trying to recover from the unexpected loss of their 10 year old, Alexander, two years ago. The cancer was so fast and furious that it took his life within three months. He was per-

fectly fine one day and 90 days later was gone.

Afterwards, the grieving family came upon a treasure in his room. Alex had been secretly doing some writing well before he had been diagnosed.

Having been raised in a godly home that actively participates in many forms of ministry, it was not surprising that the theme of the writing was Christ-centered. It was the content that took your breath away. Everyone who has had contact with these writings has been affected by them.

The stories have circulated by word-of-mouth, and the demand to read them so great, there came a need to put them into book form. They are labeled as "poems, insights, and fun thoughts from a 10-year-old boy."

Inside you are informed that after learning of Alex's diagnosis, sponsors of the Make-A-Wish Foundation ap-

proached the family, desiring to fulfill any wish that Alex might have.

Alex's wish was not what a typical young boy would ask for, especially since he had not yet been told of his diagnosis. His answer was, "I would like to be with God in Heaven and fly with Him in the sky and see the streets of gold."

How could someone 10 years old have the depth of understanding of the truths of God the way he did? It's obvious to me that the Lord prepared Alex for what was coming and then led his family to that evidence to help them heal.

His story has touched so many lives in different ways. It has been passed through area schools, talked about in beauty salons, featured in newspapers and has motivated the formation of his brother's band, "Alexander's Trial." It was the cause of his mother being asked to speak on stage in front of a massive crowd at Relay For Life. Alex's story, in all its forms, have offered hope and encouragement to so many in the face of fear.

Many people think only pastors are used by the Lord to reach people. That night I sat in the stands receiving the ministry instead of the other way around.

As pictures of Alex flashed on the screen, my heart broke at the incalculable loss his family faces everyday. But then came an admiration for people who, instead of being paralyzed, became propelled into action. The opportunity the Lord provided was seized and used fully to accomplish His purpose.

A story in a magazine I was recently thumbing through caught my eye. It was entitled "The Well-Lived Life." I was curious as to what would be the description of such a life. Such things as wealth and power, health and pleasure made up the content. Alexander hadn't time to accumulate these things. He was too busy getting to know his Creator and writing his thoughts down on paper.

What is my idea of a well-lived life? One that, when it's over, continues to influence people in a positive way. I can think of nothing greater; neither could Alex, I bet.

To obtain a copy of "Open the Eyes of Your Heart" by Alex Rodriguez, please log onto the forwarding link at [www.bridgewoodchurch.com](http://www.bridgewoodchurch.com)

*Curt Demoff is lead pastor of Bridgewood Church in Independence Township.*



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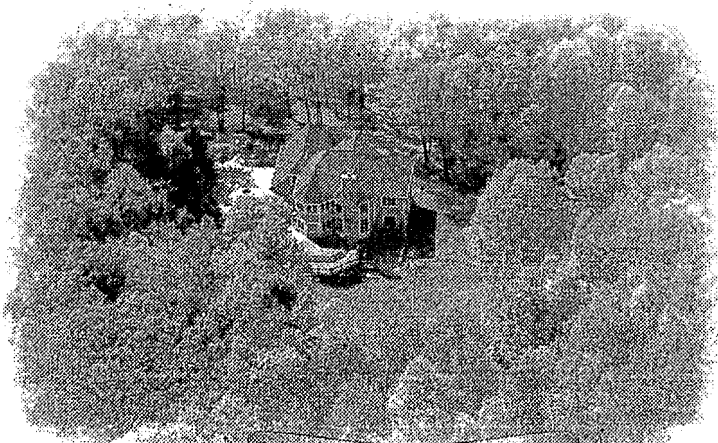
Virtual Tour

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# Volleyball camp "serves" as unifying bond for young girls

BY ALICIA DORSET  
Clarkston News Staff  
Writer

Volleyball can be a useful way to be outside and enjoy the summer season. It can also be "empowering."

For the past few weeks, Clarkston fourth and fifth grade girls have been improving their volleyball games and self-esteem at "Girl Power!", a camp developed to build skills both on and off the court.

"It's kind of like volleyball-slash-self-esteem building skills," Stephanie Vogler, camp instructor, said.

Volleyball basics were the driving force behind the camp's daily activities and lead by Vogler and co-instructor Alex Heinrich, both Clarkston High School graduates and former volleyball players.

"Bumping: I've gotten really good at it since last session," Rachel Henderson, camper, said. "Volleyball is very fun to play if you're bored and need to do something."

Fundamentals such as setting, serving and bumping were all covered during the camp's two separate sessions, which more than doubled in attendance by session two.

"I liked playing volleyball from the net," camper Kelley Rivenburgh said. "Getting to play real games, they're actually fun."

Fellow camper Abbey Hall enjoyed all the skills presented at Girl Power!

"My favorite part was all of it," Hall said. "I like to bump."

Sports skills, whether it was volleyball or a different discipline, proved to be beneficial in developing self-esteem, according to Heinrich.

"Sports gives discipline and character. I think they're beginning to show those characteristics the further along we get," Heinrich said.

However, the activities didn't stop there.

"The girls always tell me how they don't want to leave," Heinrich said. "That's probably the best part."

Attending Detroit Shock basketball games, visiting local parks, pools and lakes and even a trip to Joe Dumar's Field House all helped create unity and fun for the girls.

"We always go to a place where there's volleyball," Vogler said.

The camp, open only to girls, allowed the campers to be themselves without having to worry about one other element: boys.

"I think they feel much more comfortable with each other," Vogler said of the all-girl base. "They get to feel comfortable, communicate and work together as a team."

Many of the girls were hoping to play volleyball in middle school, a major draw for attending the camp.

"They love it. They play so much," Vogler said. "A lot of them have older brothers and sisters on teams, so they want to be like them."

Henderson was looking forward to her improved volleyball skills so she could play with her older sister, a member of the Sashabaw Cougars.

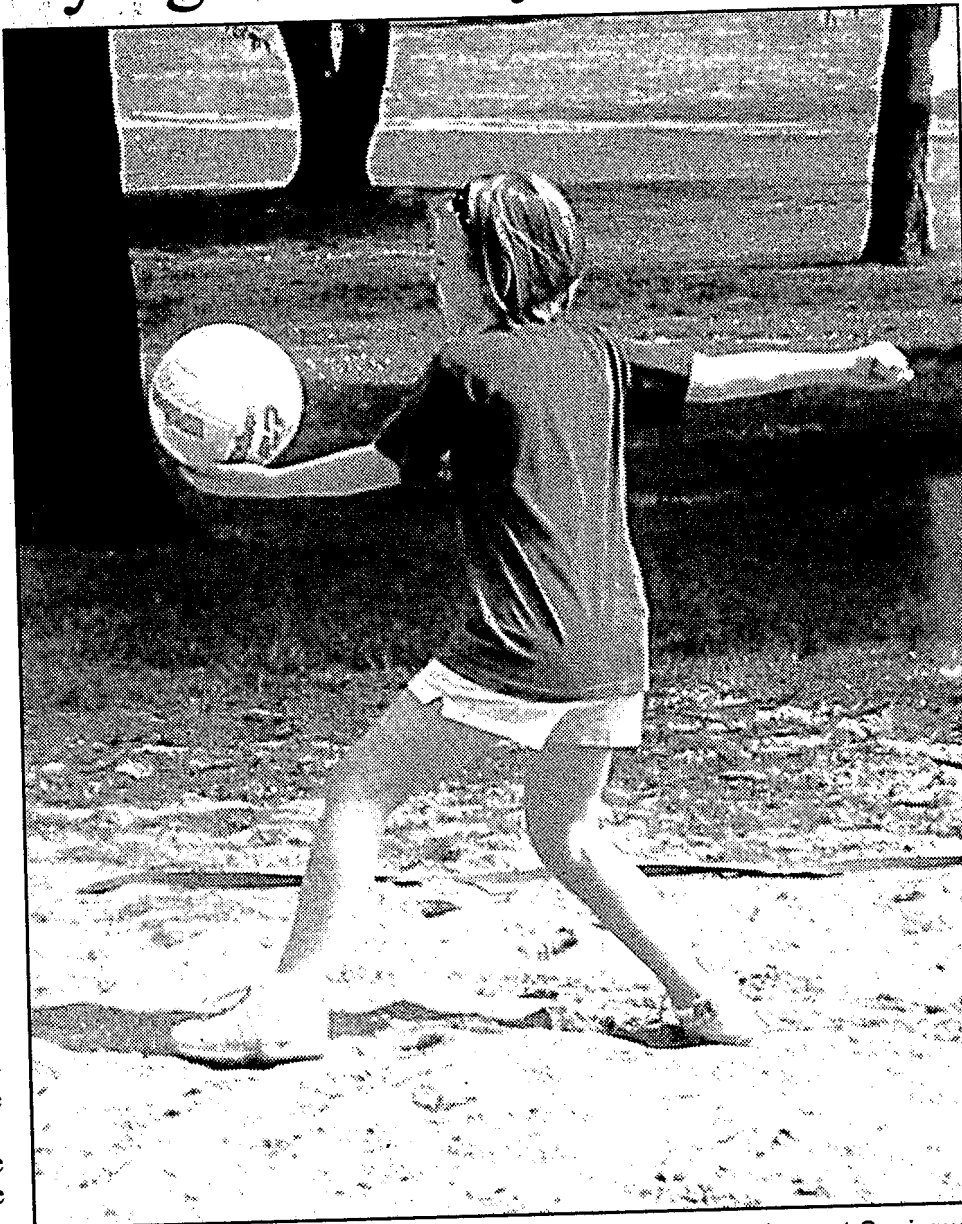
Developing friendships with new people was an added bonus to the camp.

"I've met all of them (campers) and they're very nice," Henderson said. "In the first session, there were only seven of us, so they were all my friends."

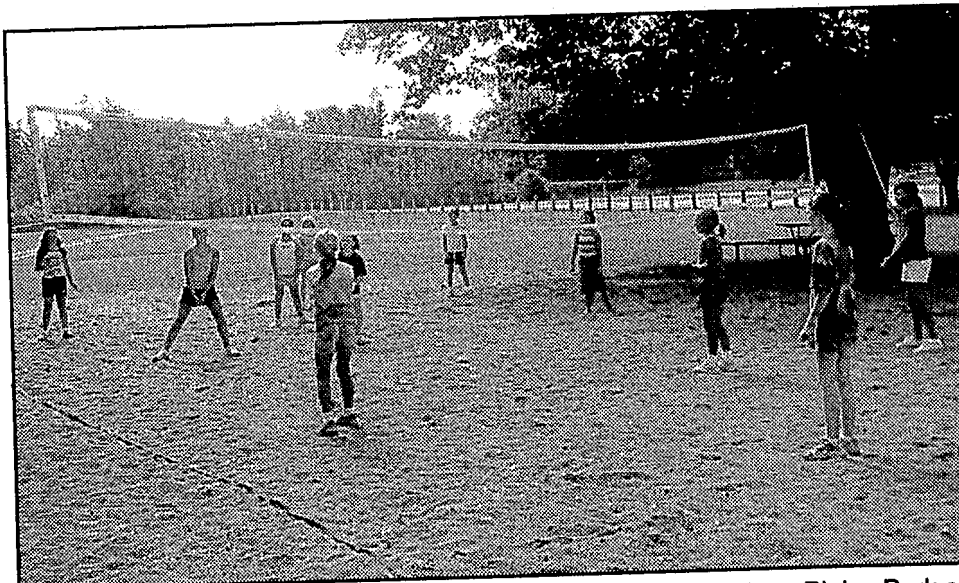
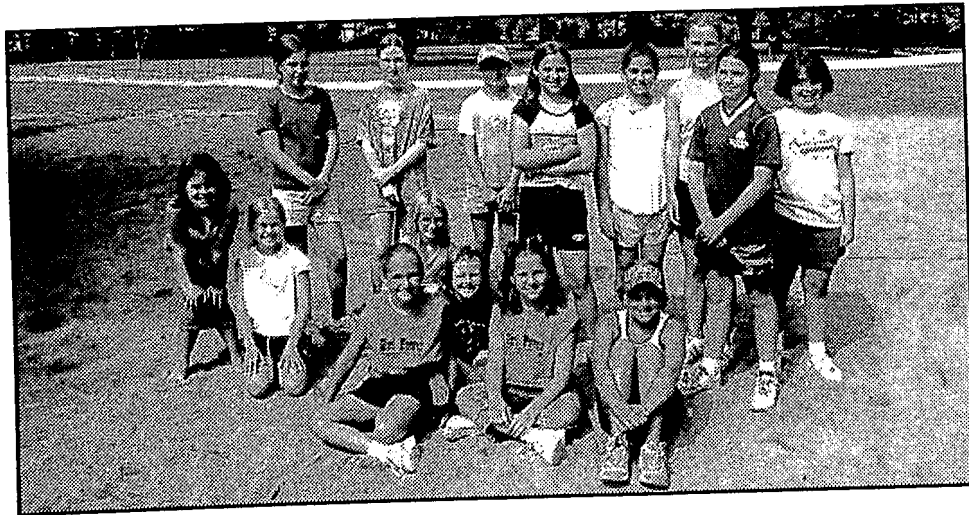
Not only did the campers enjoy the friendships and skills developed during Girl Power!, but both instructors noticed the individual progressions made by each girl.

"Obviously they've improved a ton and they're pretty cool," Vogler said. "And they've all become friends. They were here to play volleyball and were so excited to do anything."

"My favorite part is watching them grow and have a good time," Heinrich said. "That's one of the best rewards."



Lisa Lyons steps up for her team and gets ready to serve the ball across the court. Serving was just one of the volleyball fundamentals learned during the camp. Photos by Alicia Dorset.



ABOVE: The campers of "Girl Power!" take to the net at Sashabaw Plains Park on July 21 to show off their best volleyball skills. The camp developed volleyball skills as well as self-esteem for the fourth and fifth grade girls. LEFT: A small break during a volleyball match allows Girl Power! campers to enjoy one another's company early in the morning. New friendships were just one of the camp's highlights.

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## Yellow bracelets raise awareness, funds in campaign against cancer

BY ALICIA DORSET  
Clarkston News Staff Writer

As champion cyclist Lance Armstrong approached the finish line at the recent Tour de France, a small yellow accessory started flying off the shelves at Kinetic Systems of Clarkston.

"Live Strong" yellow wristbands are part of a fundraiser to generate \$5 million for the Lance Armstrong Foundation and are becoming a popular means of showing support for the fight against cancer.

At Kinetic Systems, the store sold their first two batches of bracelets in one day. The store so far has sold more than 250 wristbands and once their last shipment is gone, the number will total 400.

"We've had little kids to adults buying them," Andrea Tucker, Kinetic Systems, said.

All proceeds from the wristbands go directly back to the foundation. Each wristband costs \$1.

"They're especially important if you know someone who has cancer," Tucker said.

Tucker said some individuals came into the store and bought as many as 40 wristbands at a time to hand out to people. The bands grew even more in popularity after Armstrong won his sixth Tour de France title July 25.

Kinetic Systems had their last shipment of wristbands available on July 30.

Armstrong is a seven-year survivor of testicular cancer. He founded LAF in 1997. To learn more about the project, visit [www.wearyellow.com](http://www.wearyellow.com).

## Lifeguard

Continued from page 1B

As enjoyable as the job is, there are a few challenges along the way. This year, Sloan was promoted to a supervisor position, and he is learning some of the joys of middle management.

"The biggest thing now is, I have people coming to me with, not necessary problems, but issues," he said. Rescheduling classes after rain dates is a challenge, and covering both beaches means sometimes shuttling folks between the locations. "It gets to be tricky, but you've got to keep everybody happy."

Even so, he has high praise for aquatics director Kevin Breen and his fellow lifeguards.

"I like the people I work with," he said. "You couldn't ask for much more. Being outside all day. You can't complain about this for a summer job."

Summer will soon come to an end, however, and that brings a couple challenges: First is staffing the beaches through Labor Day even though several

of the lifeguards will be headed back to college. Sloan begins classes Aug. 30, but will commute back to work the beach as often as he can.

"As soon as we leave, it's going to be 95 degrees every day," he said.

Then there is the question of whether he will be able to return to his favorite summer job. Sloan is majoring in packaging (after trying the business college he decided on the change), and one of his degree requirements is a six- to 12-month internship. That may be on next year's summer agenda.

"I would like to [come back here], but the real world is knocking at the door."

Sloan also has a girlfriend at MSU ("That takes time") and he enjoys physical activity of all kinds, including skiing in the winter and boating and Waverunners in the summer.

His family has a cottage on Russell Island. "I love being there more than anything pretty much. I grew up there for 16 years until I had to get a job."



Robert Sloan enjoys some free time in the water with some of his swim students, including (from left) Jack Gorski, Tyler Shroust and Gretel Keller. Local lifeguards also spend time teaching youngsters how to swim. Photo by Don Schelske

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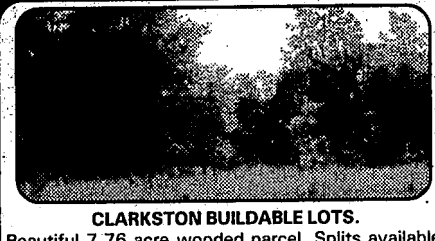
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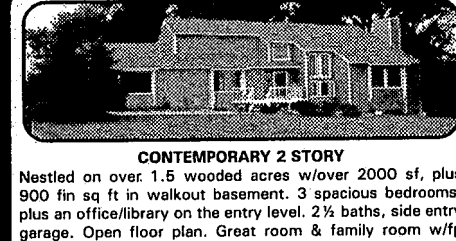
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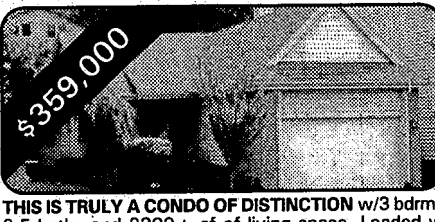
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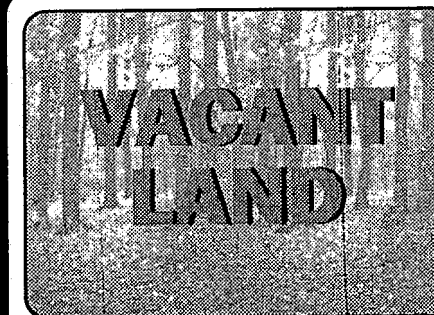
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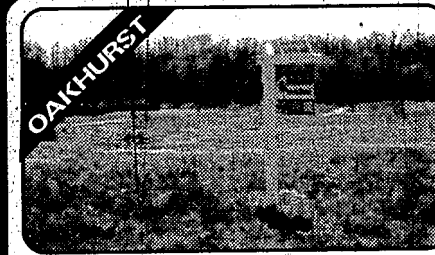
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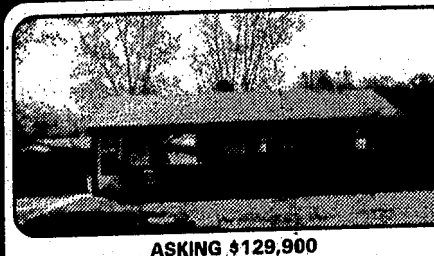
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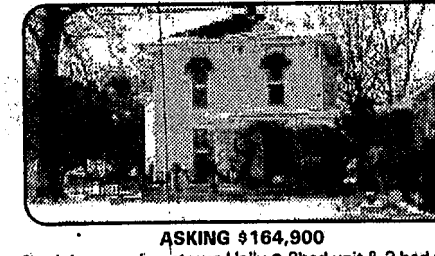
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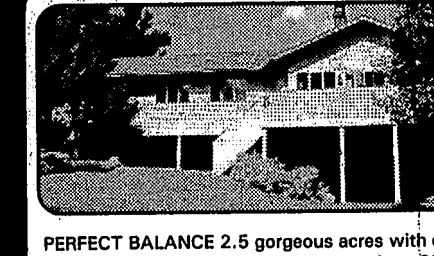
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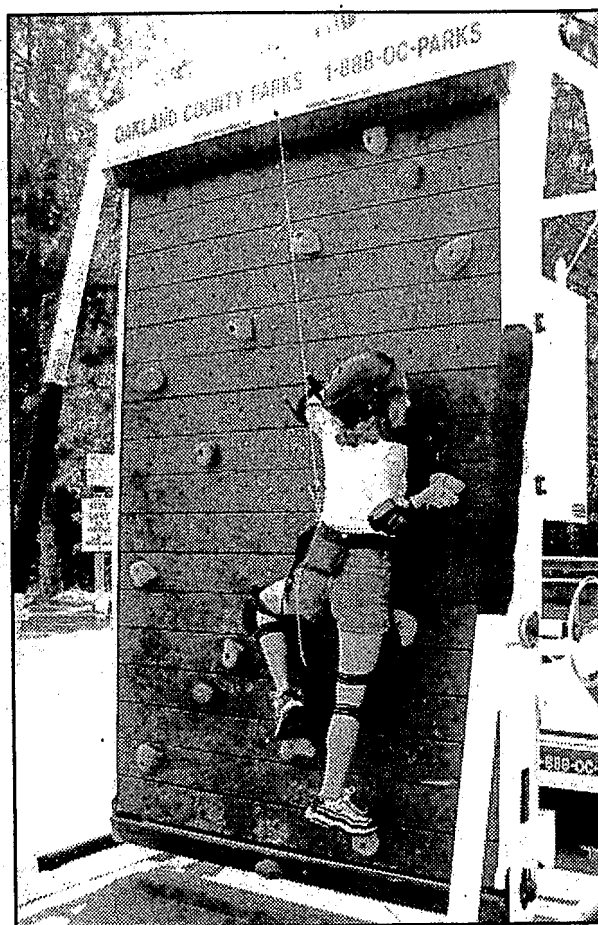
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## Extreme fun



ABOVE: Rebecca Nyquist tries to scale a rock climbing wall at the Independence Township Library on July 13. The library hosted outdoor activities from Oakland County Parks on the hot summer afternoon. LEFT: Rachael Nyquist has a different view of the library thanks to a turn in the orbitron. Nyquist was strapped into the harness and was then pushed by staff members, eventually gaining more and more speed. Photos by Alicia Dorset.



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# Hacking up the course on a summer day is such fun

I came to a realization last week and it came on the golf course.

My friend I played nine holes of golf at Pontiac Country Club. Well, let me revise that last statement. I guess I shouldn't write that we played golf. But rather, we paid money to walk on the golf course, carrying clubs, swinging them at a little white ball that was supposed to, eventually, after a number of times being hit by the club, would then land in a little hole about four inches or so in diameter.

It looks so easy on television and I have played a fair amount of golf. Sometimes I play well, and other times, well, other times I play like I did last week with my friend at Pontiac Country Club.

Ever have one of those golf outings where after the first hole you wondered if you could go back to the starter and ask for a refund? It was that type of day.

The first hole was about a 470 yard par five with water to the left of the fairway and big sand traps to the front of the green. The fairway was moderately wide, certainly big enough to land without much difficulty if you have any skill off the tee. Well, that's the first problem we encountered.

My friend and I have a theory that we will never both land the same fairway. I think it's impossible. After nearly every tee shot, he walks to the right of the fairway and I either walk with him or to the left of it, due to some horrid hook. We have probably played 40 or so rounds together and maybe, just maybe, we've landed fairways on the same tee shot twice. The only problem with those two times was that we hit the wrong fairway.

But the tee is just the beginning. Our approach shots don't get any better. Even if, and that's a big if, one of us happens to land a fairway, we will surely throw away our good lie and good fortune by completely hacking the next shot. We will either hit way behind the ball, top it for a good 40 yards on the ground or shoot way left or right of the green.

Chipping and pitching are our next area of difficulty. After a good three to five shots, only then can we get reasonably close to the green. These shots are like tee shots in that you're only supposed to have one per hole. Not us.

We've come up with the catch phrase 'Chips Ahoy' on holes where we have to use multiple chips. There is little else in life that is more frustrating than chipping from three separate sides of a green on the same hole. Believe me, I've done it and more times than I wish to admit.

But, even after our errant tee shots, our walks to find our balls following them, which can take up to 10-15 minutes depending on the lie, our wonderful approach shots and our chips ahoy tradition, eventually, even hacks like us can finally put that little white ball on the green.

I should be a good putter. I used to be real good at

putt putt when I a kid. But it seems that going through a windmill or some other crazy obstacle is a lot easier than getting that little white ball into its target in a shot or two. Pros see two putts as a bit disappointing. I see them as a reason for a national holiday.

As frustrating as this game is, I keep coming back for more. I took great joy in watching a golf event this past weekend on television which featured celebrities. Michael Jordan, Peyton Manning and even Donald Trump all showed signs that they are mortal after all,

once their faults were exposed on the course. It is a game that brings the biggest and best in all walks of life down to earth.

So, whether it's your first time out there or your 1001<sup>st</sup>, it always brings with it a new challenge, especially when you're a hack like me. If I see you on the course, I'll let you play through. I might not know how to hit a seven iron, but I do understand common courtesy.

E-Mail Ed at eadavis80@hotmail.com

The Bottom Line



Ed Davis

## Registration continues for triathlon

It's still not too late to register for the first annual Craig Greenfield Memorial Tri/Du in downtown Clarkston on Aug. 8.

So far more than 100 people have signed up to participate in the city's first ever triathlon.

"We've had a great turnout for our first year," Eileen Bullen, event co-chair, said.

Registration will be accepted up to the day of the event. Online registration ends Aug. 5. Individual entry fee is \$45 and the team registration fee is \$150.

Event planners also are still accepting volunteers for the Sunday event. Contact Renee Weaver Wright at (248) 625-5107 to find out more information on how you can help.

The triathlon will consist of an 800-meter swim,

a 16-mile bicycle ride and a 4-mile run.

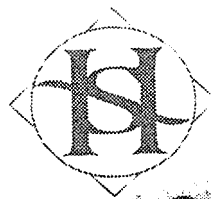
The duathlon consists of a 1.5-mile run, a 16-mile bicycle ride and a 4-mile run.

The triathlon and duathlon are two separate races for this event.

"We've had a lot of support from the city of Clarkston and the Independence Township Parks and Recreation Department," Bullen said.

The event is in memory of Craig Greenfield, brother of event co-founded Corey Greenfield of Clarkston. Craig died in 2000 from non-Hodgkin's Lymphoma. All proceeds from the event will benefit the Michigan Leukemia and Lymphoma Society.

For more information, visit [www.3disciplines.com](http://www.3disciplines.com).



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## MPSC extends pipeline case schedule

Those hoping for more time to protest the proposal for Consumers Energy's West Oakland Pipeline have their wish.

The Michigan Public Service Commission last week extended the deadline for testimony to Sept. 13, with deadline for rebuttal testimony extended to Sept. 27.

The commission had previously estimated an administrative law judge's ruling on the proposal to be issued by Dec. 1. That estimate has been extended to Dec. 29.

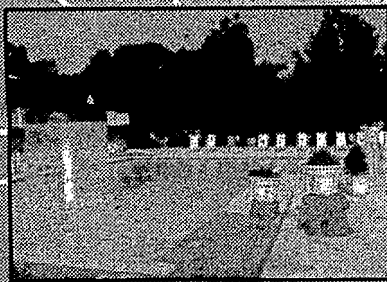
The plan calls for 24.4 miles of a 36-inch natural gas pipeline to be built through Rose, Springfield, Independence and Orion townships. It has brought protests from property owners who say protecting the wetlands will destroy many trees and cause potential safety problems.

# DEER LAKE

## ATHLETIC CLUB

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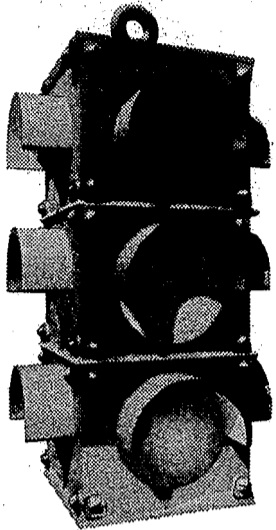
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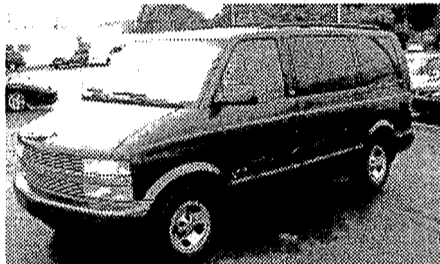
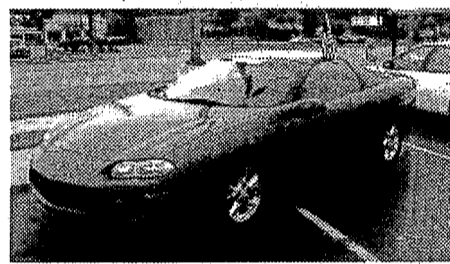




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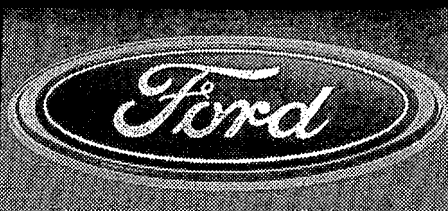




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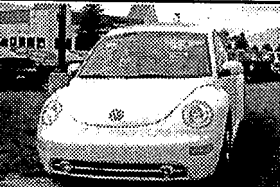
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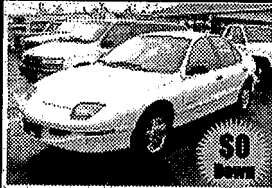
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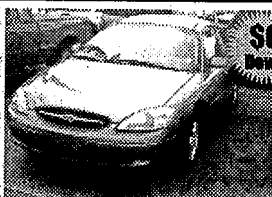
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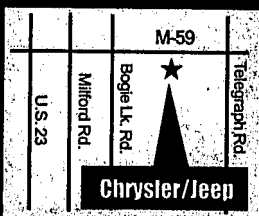
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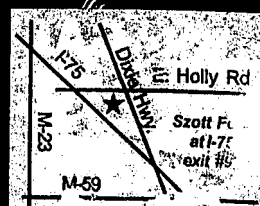
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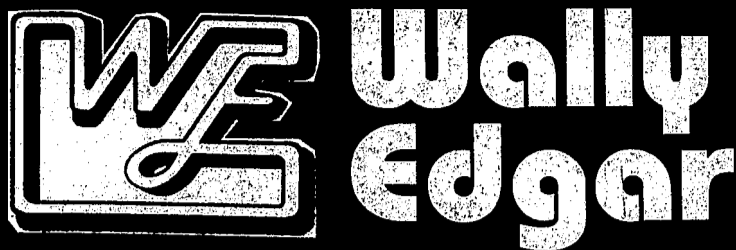


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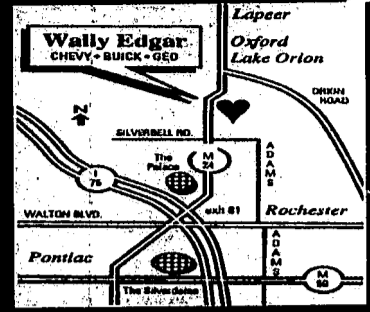




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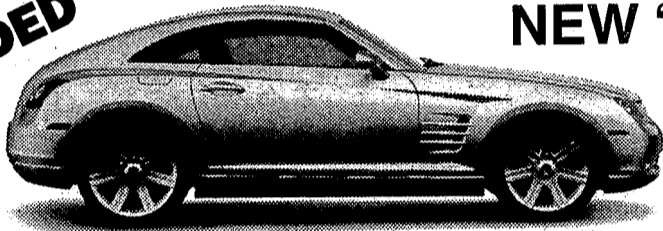
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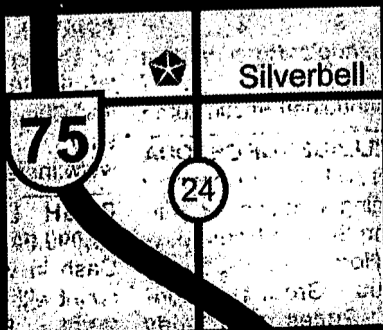
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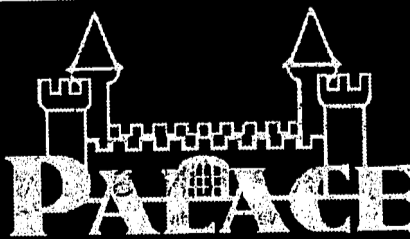
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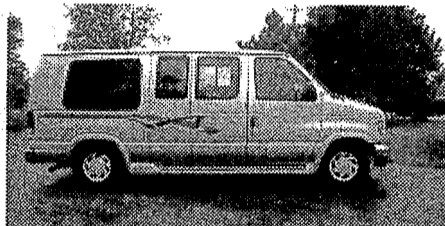
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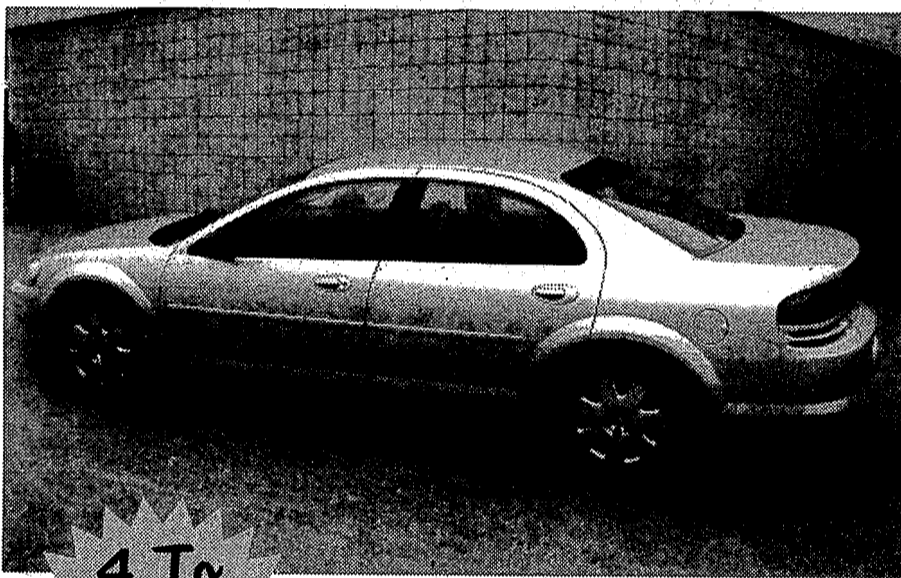
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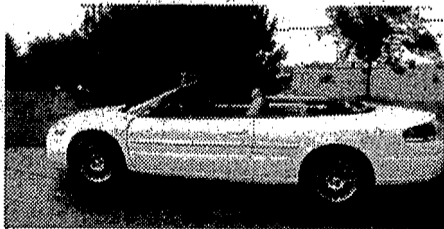
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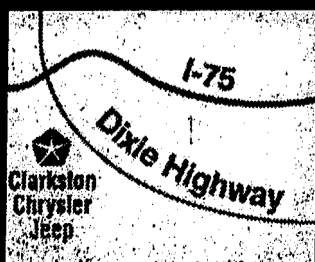
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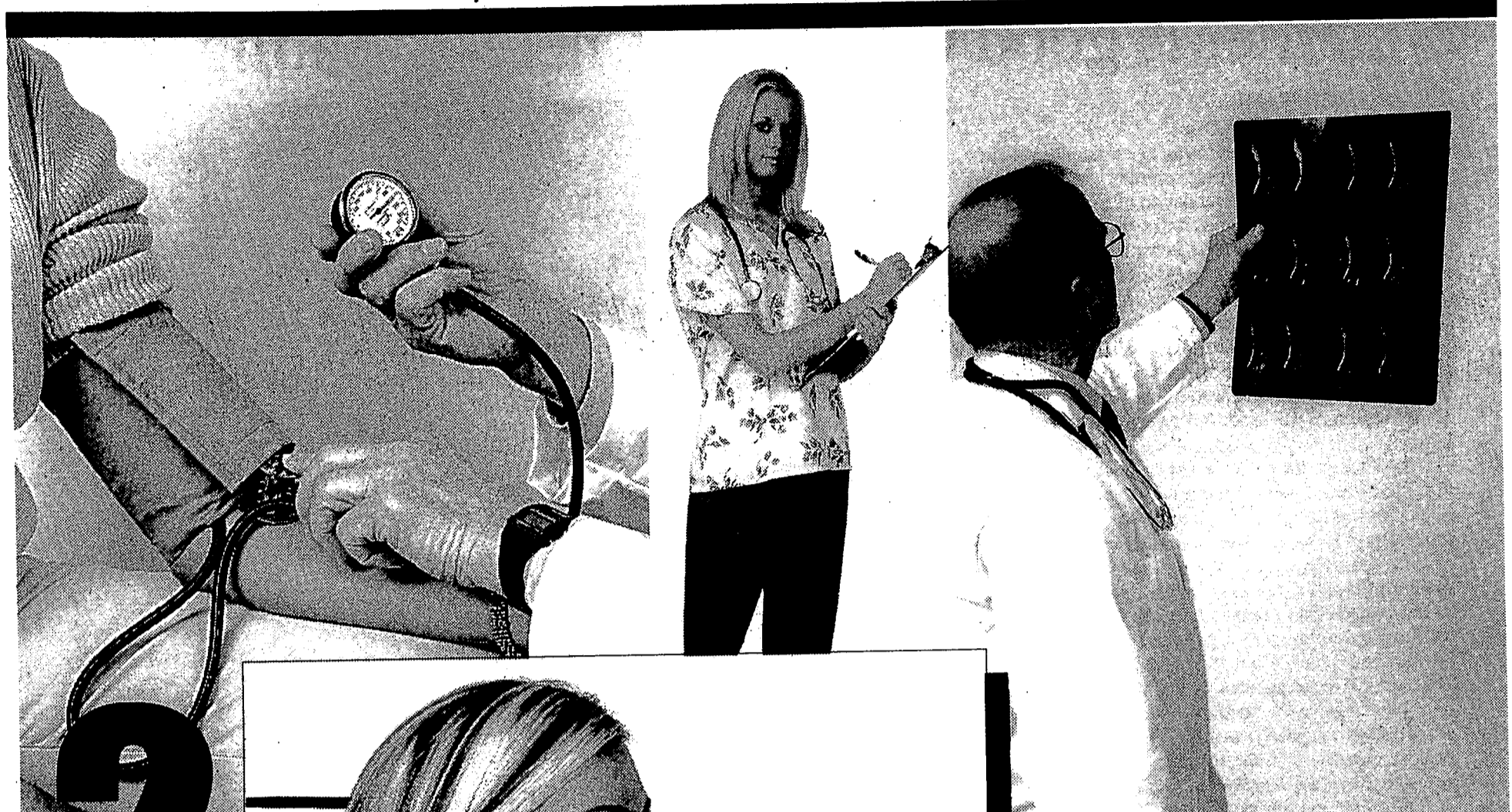


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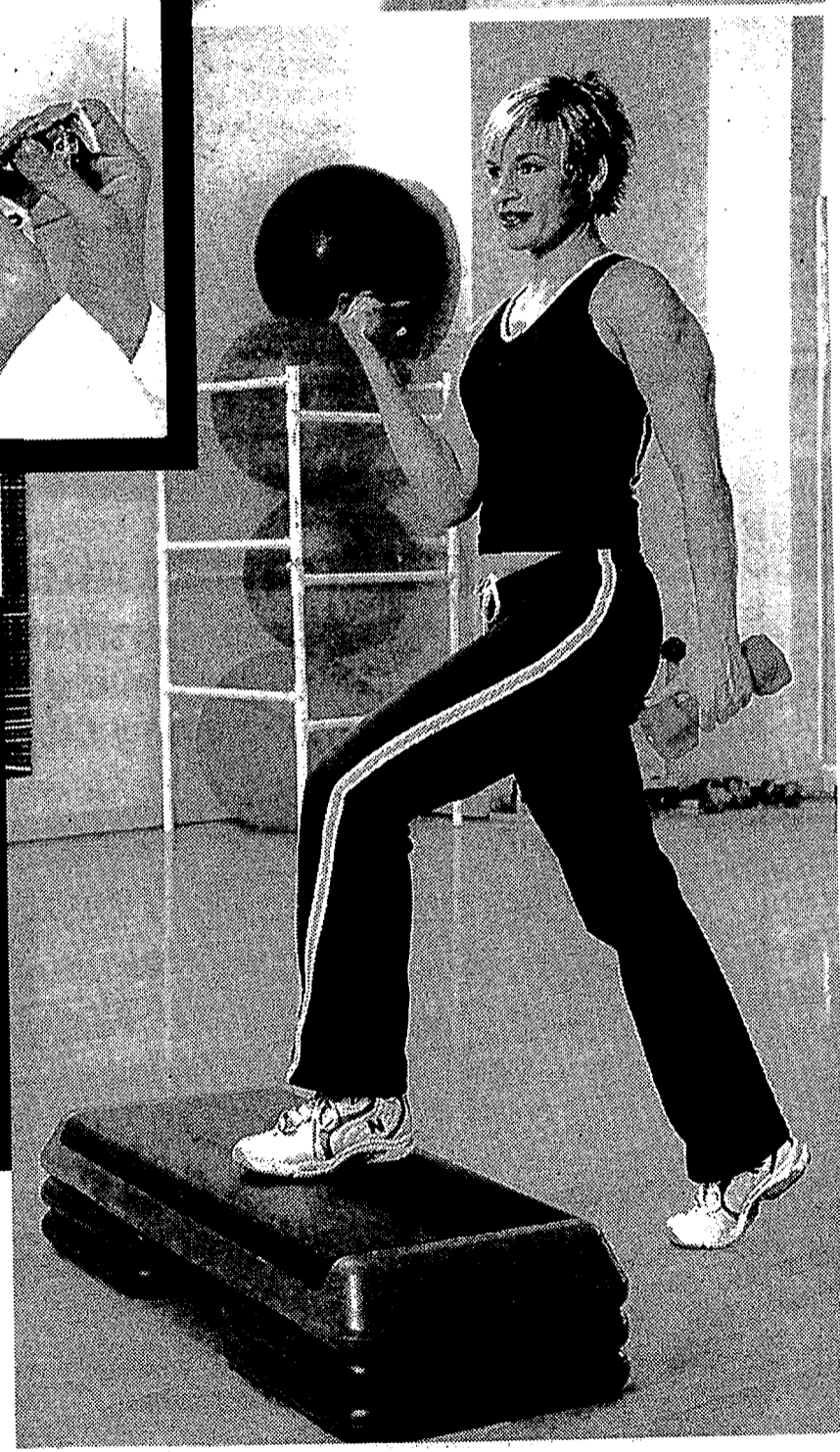
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**HEALTH &  
FITNESS  
DIRECTORY**



**August 2, 2004**

A Special Supplement to:  
**The Clarkston News and Penny Stretcher**

# Summer is good time to start healthy eating habits

BY DON SCHELSKE  
Clarkston News Staff Writer

If the New Year's resolution to eat healthier didn't work, try a new effort during summer.

With a federal recommendation of five to nine servings of fruits and vegetables daily, those interested in fulfilling that goal will find no better time than now, according to Pam Aughe, registered dietician and Springfield Township resident.

"The summer is a perfect time to get yourself on a good track, because they're so available," Aughe said, urging consumers to take advantage of farmers' markets or any large grocery store. "The price, availability and freshness of the produce this time of year is much better."

Another exciting part of summer eating is the variety of available healthy choices.

"Don't limit yourself," Aughe said. "Don't focus on a certain food; focus on a certain nutrient."

For example, yogurt may be a good option for children who won't drink milk, and strawberries have as much vitamin C as orange juice, she said.

Eating healthy does not require a lot of extra time or effort, especially since stores are beginning to package fruit and vegetables in cut up form.

"It doesn't have to be fancy," she said, noting simple snacks such as a sliced melon. The key is to shop for healthy choices, and she recommends staying on the outer edges of the store. "You just have to go a little different route on your supermarket tour."

As a mother of two children, Aughe understands both children and adults face the temptation of processed convenience foods, but parents can do a double dose of good by modeling good eating for their children.

"If they see you eat it, eventually they'll either want to try it or understand it is something beneficial," she

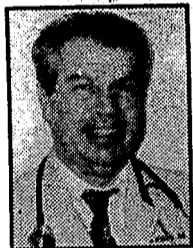


Pam Aughe recommends keeping fresh fruit on hand in the home as a healthy snack option for the entire family.  
Photo by Don Schelske

Please see Eating Healthy continued on page 13

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# Carb-watchers can enjoy fresh summer fruits

Yes, even carb-watchers can enjoy their favorite summer fruits this season.

While some of the most popular new diet plans leave an impression that the produce department should be avoided, eating fresh fruits and vegetables every day is vital to healthy low-carb eating. The truth is, many "low carb" plans allow for the consumption of carbohydrates at some point. Diets such as, "The Carbohydrate Addicts Diet," "Sugar Busters!" and "The Zone" advocate a diet that balances carbohydrates, proteins and fats, rather than eliminating carbs from the diet completely. The "South Beach Diet" actually advocates the consumption of "good carbs" found in fruits and vegetables. And even the strict "Dr. Atkins New Diet Revolution" allows "nutrient rich" carbohydrates back into the diet following the initial two-week induction phase.

For those following any of these diets, fresh summer fruits are most certainly considered nutrient-rich foods. There are many things inside fresh fruits and vegetables that make them highly beneficial. They provide an array of vitamins, potassium and dietary fiber in addition to important phytonutrients that are thought to protect against cancer, heart disease and other diseases associated with aging.

Specifically, fresh peaches, plums and nectarines, found in abundant supply throughout the summer, contain the antioxidant, beta carotene, which may protect against cancer, heart disease and other diseases associated with aging. These fruits also have two carotenoids — lutein and zeaxanthin — which filter and shield the eye from sunlight, thereby protecting against age-related eye disorders such as macular generation and cataracts. Peaches and plums also contain flavonoids, including some of those found in green tea. Current research has shown that flavonoids

may protect humans against cancer and heart disease. You won't get all of this in a carb-free burger.

Another thing to consider when choosing carbohydrates is the Glycemic Index (GI) or Glycemic Load (GL). Low-carb diet proponents often focus heavily on the connection between insulin levels in the blood and how continuous high levels of insulin can contribute to obesity. Because of this theory, low-carb systems often rate foods according to their glycemic index value, which indicates how quickly the carbohydrates in a food affect blood sugar. Meanwhile, glycemic load takes into account a food's glycemic index along with its carbohydrate content in a given serving size, providing an estimate of the quality and quantity of carbohydrate eaten.

Either way you slice it, fruits like peaches, plums and nectarines all have low glycemic index and low glycemic load values. According to the "New Glucose Revolution Complete Guide to Glycemic Index Values," fresh peaches on average have a GI of 42, which is considered low, while plums have a GI of 39. They also have a Glycemic Load of about 7, which is also low. As for carbohydrate content, one medium peach or nectarine contains 16 grams of net carbohydrates and two plums contain 19 net carbs. Peaches, plums and nectarines are also low in calories — 70 for a peach or nectarine and 80 for two plums.

For those who choose low-carb diets, fresh fruits and vegetables should not be eliminated from everyday life. Simply try to select fruits and vegetables that contain low to moderate amounts of carbohydrates, or are low on the GL and GI scales.

The carbohydrates found in fruit such as peaches, plums and nectarines are truly quality carbs. These fruits are plentiful during the summer and they are perfect eaten out-of-hand as a simple dessert or snack any time.

They also lend themselves well to recipes that focus on fresh, healthy, low-calorie eating. For example, fresh peaches, plums or nectarines can be added to a green salad to add some zing. They can be blended with fat-free, or low-carb yogurt for a great smoothie. Or try them grilled on the barbeque as a side dish to meats or as a luscious and satisfying dessert.

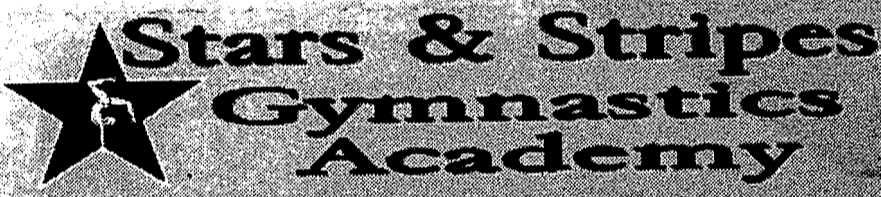
For breakfast, try a fresh fruit frittata. With just 8 grams of carbohydrates, 9 grams of fat and 8 grams of protein, the tasty egg dish below will liven up your morning and fits just about any of the popular new low-carb diet plans.

## Summer Fruit Frittata


In heavy, ovenproof 10-inch fry pan, sauté 1 clove minced garlic and 1 small onion, thinly sliced, in 1 tablespoon olive oil just until wilted. Add 6 ounces chopped fresh spinach and heat through, blending with the onion and garlic. Stir in 1/2 teaspoon salt, 1/4 teaspoon pepper and 1/8 teaspoon nutmeg. Remove from heat. Remove pits and slice 2 large fresh California peaches or nectarines, or 3 large California plums and arrange slices on top of spinach mixture. Beat 6 eggs with 2 tablespoons water and pour over all ingredients. Top with 1/4 cup shredded Muenster cheese. Sprinkle with 1 tablespoon minced fresh basil leaves, if desired. Bake at 325 F for 30 to 45 minutes or until set. Cut into wedges and serve. Makes 6 servings.

Nutrition information per serving — protein: 8 grams; fat: 9 grams; carbohydrate: 8 grams; fiber: 2 grams; sodium: 320 milligrams; cholesterol: 150 milligrams; calories: 130 calories.

For more healthful and easy recipes, please visit [www.eatcaliforniafruit.com](http://www.eatcaliforniafruit.com).




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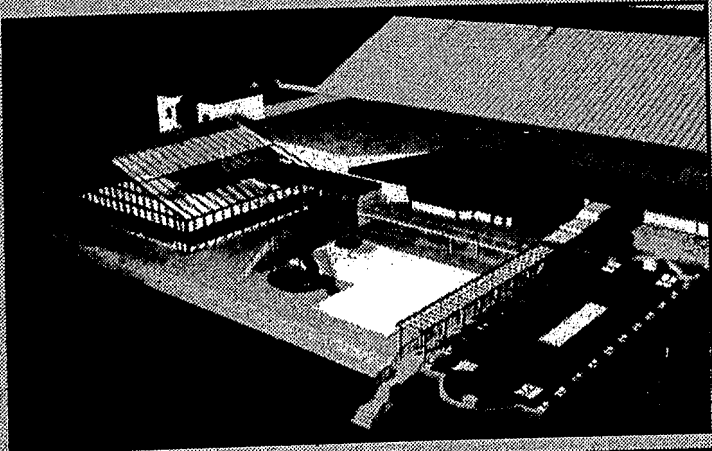
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## Sunglasses are important to health

Summer often is characterized as sunglasses season. And while a lot of people consider sunglasses a fashion accessory, the real benefit of donning your shades is protection from the sun's harmful rays. Over-exposure to ultraviolet (UV) light should be of particular concern to the aging population because it is one of the primary risk factors for a disease called age-related macular degeneration (AMD) — the second leading cause of blindness in the world.

The macula is responsible for our ability to see with enough detail to read, drive, watch television, perceive colors and perform other activities that require focused, straight-ahead vision. AMD causes damage to this area of the eye.

Approximately 10 to 20 percent of patients with AMD have the "wet" type, which can lead rapidly to severe and permanent loss of central vision. Wet AMD is the number one cause of untreatable blindness in people over age 60. Wet AMD results from the rapid growth of abnormal blood vessels, resulting in lesions in the eye that can lead to visual impairment and blindness.

The symptoms of wet AMD often occur suddenly and grow worse in a short period of time. The classic early warning sign reported by patients with wet AMD is a visual distortion in which straight lines appear to be crooked or wavy. As the disease progresses, details are seen less clearly or not at all, and central vision is increasingly distorted and/or blurred. Eventually, a small blind spot can develop in the center of vision and grow in size until central vision is permanently lost.

While there is not yet a cure for wet AMD, there are a few approved therapies available to treat the disease, and more treatments under investigation. One of the investigational therapies is made by Alcon, Inc., the world's leading eye care company. Alcon has been conducting retinal research for more than 15 years and is seen as a trusted partner by eye care professionals. Their new candidate treatment for wet AMD, Retaane 15 mg (anecortave acetate for depot suspension), belongs to a new class of compounds called angiostatic cortisenes. Unlike other treatments for wet AMD, angiostatic cortisenes treat the disease by stopping lesion growth regardless of the cause; this activity helps prevent further damage to the retina and preserve vision.

In addition, Retaane does not use an injection or laser surgery to treat the disease — these methods increase the risk of damage to the retina, which can lead to blindness. It is administered onto the outer surface of the back of the eye using a specially designed, curved instrument and requires less

frequent administration (once every six months) compared to some other investigational treatments, which are administered as often as nine to 12 times a year. Once approved by the U.S. Food and Drug Administration, Retaane will be available to consumers mid-2005.

"When approved, I believe treatment with Retaane for people with wet AMD could be a breakthrough for the disease," said Jason S. Slakter, M.D., of the Manhattan Eye, Ear and Throat Hospital in New York. "The drug has the potential to provide safe and effective long-term therapy for people with this disease. Also, because it works differently than other approved or investigational drugs currently in development for wet AMD, its profile may be superior for long-term treatment."

The U.S. population age 65 and older is expected to increase from 34 million to 70 million by the year 2030. As the population ages and the nation's largest generation — the Baby Boomers — enter their later years, many experts fear that macular degeneration will reach epidemic proportions because the primary risk factor for macular degeneration is advancing age. As many as one-third of people over age 75, and 47 percent of people age 85 and older, likely will develop the disease.

If you experience any AMD symptoms — slightly blurred central vision, not seeing details clearly, or straight lines that appear to be crooked or wavy — see your eye care professional. The National Eye Institute has recommended that all people age 55 or older have an annual dilated eye exam to test for warning signs of macular degeneration. This test can be performed by your eye care professional.

What can you do, starting this summer, to avoid this devastating disease? For one, wear your sunglasses. Exposing your eyes to UV light for extended periods of time can increase your risk of developing AMD. Secondly, quit smoking. Smokers are at greater risk for AMD, and also may experience more rapid progression of the disease than nonsmokers. Thirdly, eat your vegetables. You have heard it before, but here is another good reason — there is evidence that antioxidant vitamins C and E, beta-carotene and zinc may be important nutrients for preventing and/or lessening the severity of AMD. Lastly, and most importantly, see your eye care professional regularly. Now more than ever, you need to take an active role when it comes to your health care. Make your eye health a priority.

For more information, please contact the Retaane News Bureau at (312) 856-8888.

Visit [www.clarkstonnews.com](http://www.clarkstonnews.com)

## New Help for Your Heart: A Clarkston Doctor's Story

Doctor Salvia took a long look at the traffic that stretched everywhere around him. *It was enough to make your blood boil.* A cardiologist by training, all his medical expertise told him these stressful daily commutes couldn't be good for the heart.

"If people living in Clarkston had to make such long commutes," he reasoned, "it would be better if they had a regular blood pressure check and a periodic work-up to see if they were in danger of having a heart attack."

That was the day Leonard Salvia approached four of his medical colleagues to establish a cardiac practice in Clarkston. "If you live here, you already drive too many miles. You should be able to get a thorough checkup ... and cardiac treatment if you need it ... a few miles from home."

His partner, Cardiologist Mark

Stuart, lives in Clarkston with his young family, and has a special fondness for the area. "I want to make this a healthier place to live," he says. "Heart disease isn't only a disease of the elderly. Excessive diets and a general lack of physical activity have put young adults and kids at risk. We have a wonderful opportunity to do lifesaving things here."

And there is a glimmer of hope that heart disease is controllable, if not preventable. Dr. Salvia points to recent data indicating a small decline in coronary disease in Michigan. "It is too early to call it a trend yet, but we are beginning to see proof that coronary disease is less prevalent when we are able to detect risk factors earlier in younger people, get people started on proper medications, help them stop smoking and control their weight."

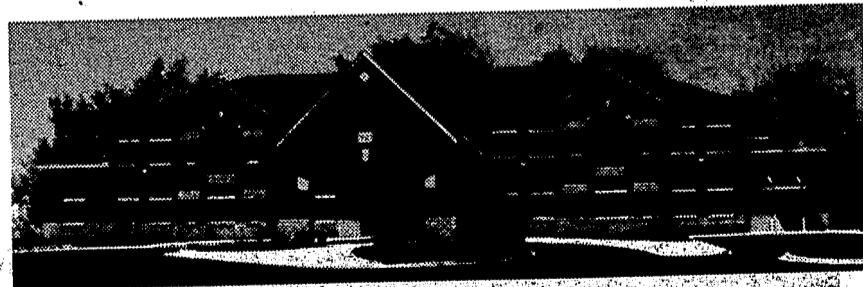
Vascular imaging, echo cardiograms and nuclear stress testing are just

some of the proactive procedures available on the Clarkston premises, which can usually be scheduled within 24 hours of a patient's call. "It has been helpful to have a fully operational Emergency Room downstairs — for those times someone goes into cardiac arrest," Salvia explains. "The 24-hour Clarkston Health Center ER facility is staffed by emergency trauma doctors and specialists from POH Medical Center, one of the most respected emergency medical teams in North Oakland County."

If you have a history of high cholesterol, experience chest pain, need an exercise program or clearance to participate in physical activity, Dr. Salvia and Dr. Stuart, along with their colleagues, Dr. Creagh Milford, Dr. J. Quen Dickey, Jr., and Dr. Keith Atkinson — may be the best things to happen to the Clarkston area. All are board-certified. All are committed to the people of Clarkston ... and all are especially empathetic to commuters.

"When you visit us, be prepared to find yourself in a little place of Clarkston-Heaven," says Dr. Stuart. The office is nestled back into a hill, away from the road, surrounded by trees and a peaceful wooded area. They are located in the shadow of the big blue Clarkston water tower, the first road south of it, off Dixie Highway in the Clarkston Health Center.

Stop in for a blood pressure check. It is free ... and a good way to meet the cardiologists of Clarkston.



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# Local residents discover the benefits of season walking

BY ALICIA DORSET  
Clarkston News Staff Writer

The U.S. surgeon general recommends at least 30 minutes of moderate intensity exercise to maintain a healthy lifestyle. Local Clarkston residents are doing just that by taking advantage of the warmer weather and hitting the pavement, no matter the age or physical activity level.

Walking has been found to be a very successful cardiovascular workout for heart health as well as a great way to enjoy the summer months.

"We don't walk for weight, we walk for health," Kathy Uchman said.

For the past five years, Uchman, of Clarkston, has lead groups of residents on a summer-long training schedule using walking as a tool to run a 5K race by the end of the season. The group is aimed at people over the age of 40, but all ages are welcome.

Starting early in May, Uchman and her walkers walked for nine minutes and ran for one. The sequence was repeated six times, equaling 60 minutes of exercise at the end of the cycle. Each week the running time increased while the walking time decreased so that by the end of the training, the walkers were able to run for a full hour.

"At first, people are surprised that they can run that far by the end," Uchman said. "Your body will do what you ask of it."

Meeting three times a week at 8 a.m., Uchman's group, comprised of all different ages and physical activity backgrounds, not only enjoyed the physi-

cal aspects of the workout, but the time spent with new friends as they walked and caught up on recent happenings with one another.

"That's our favorite part: seeing each other," Susan Curtis, group member, said.

Fellow walker and runner Marianne Anderson couldn't agree more.

"When you get up in the morning, you have a hard time going out to run," Anderson said. "But being with a group helps. If I didn't exercise with a group, it would be boring."

Anderson will turn 68 later this year.

Uchman stressed to her group the importance of walking and the healthy results it produces for one's body. She emphasized the program is not for weight loss but for a healthier life, which she found to be much more important. She regularly researches fitness periodicals to find new tips and techniques to give her group members.

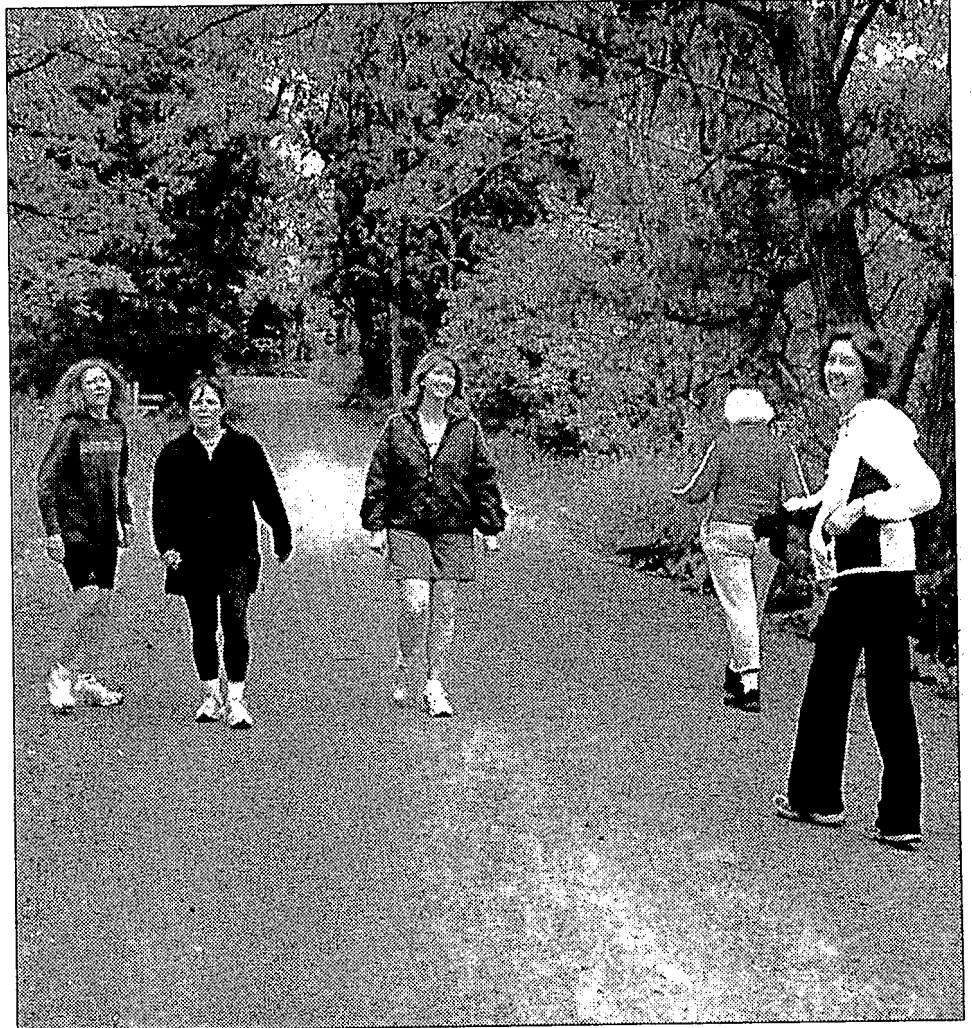
"When you work this hard, you get this boost that you don't want to put junk food inside of you," Uchman said of the benefits of physical activity.

Group member Tamara Asbury competed in her first 5K last year at the Clarkston Fall Fun Run and took first place. Tamara is in her 50s.

Uchman based the training program on a book she read that gave her the time-frame model. However, anyone can customize their own pace and style to get out there and get moving.

"We've gotten good results from the group, not just talk," Uchman said. "That

Please see Walking continued on page 10



Local residents Tamara Asbury, Beth Heavnes, Susan Curtis, Kathy Uchman and Marianne Anderson head out on Bridge Lake Road for a morning of walking and running as part of their weekly group meetings. Uchman's group is just one example of the physical and mental benefits walking brings to people.

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# Road racing is an achievable goal for all ages, atheletic levels

BY ALICIA DORSET

Clarkston News Staff Writer

Always been interested to run in a 5K race for fun but thought you were too old or not fast enough? Think again. In 2002 at the London Marathon, Jenny Wood-Allen became the oldest woman to cross the finish line with a race time of 11 hours, 34 minutes. She was 90 years old.

What was your excuse again?

Running in a race, whether you're a beginning runner trying a 5K for the first time or seasoned pro making another marathon appearance, is an attainable goal for anyone, no matter what your age or physical ability is, and can vary from an intense workout to your current running goals.

The most important part of gearing up for a race is setting a goal for yourself. Establish a time you'd like to achieve or making sure you run the entire course without walking. Whatever the goal is, make sure it's within your reach.

With that in mind, selecting a race is a good way to start your training plan. Online resources such as [www.runnersworld.com](http://www.runnersworld.com) or [www.runmich.com](http://www.runmich.com) provide races both locally and throughout the country.

Another useful source of race information is with local government outlets, such as a parks and recreation department. Right here in Clarkston, the Independence Township Parks and Recreation hosts an annual 5K and 10K run as part of the "Fall Fun Daze" in September.

(Smaller-distance road races, such as the Clarkston event, are great ways to increase your physical activity levels. Running burns 100 calories for each mile completed.)

*Runner's World* magazine also provides training schedules depending on what race you choose. Training schedules vary in duration in relation to what type of race you are training for and can be customized for beginner, intermediate or advanced runners.

Once the race date is set and a training schedule is



Local Clarkston children compete in the "Fall Fun Run" as part of the city's "Fall Fun Daze" in September, 2003. No matter how old or young a potential runner may be, road racing is an achievable goal for everyone.

underway, there are other aspects to finishing that given road race that running pros suggest.

An important aspect of training is variety. If you repeat the exact same workout over and over each

day, you'll most likely "peak" at a given point and find it difficult to even run around the neighborhood.

In an interview with *Runner's World* magazine, *Please see Runners continued on page 15*



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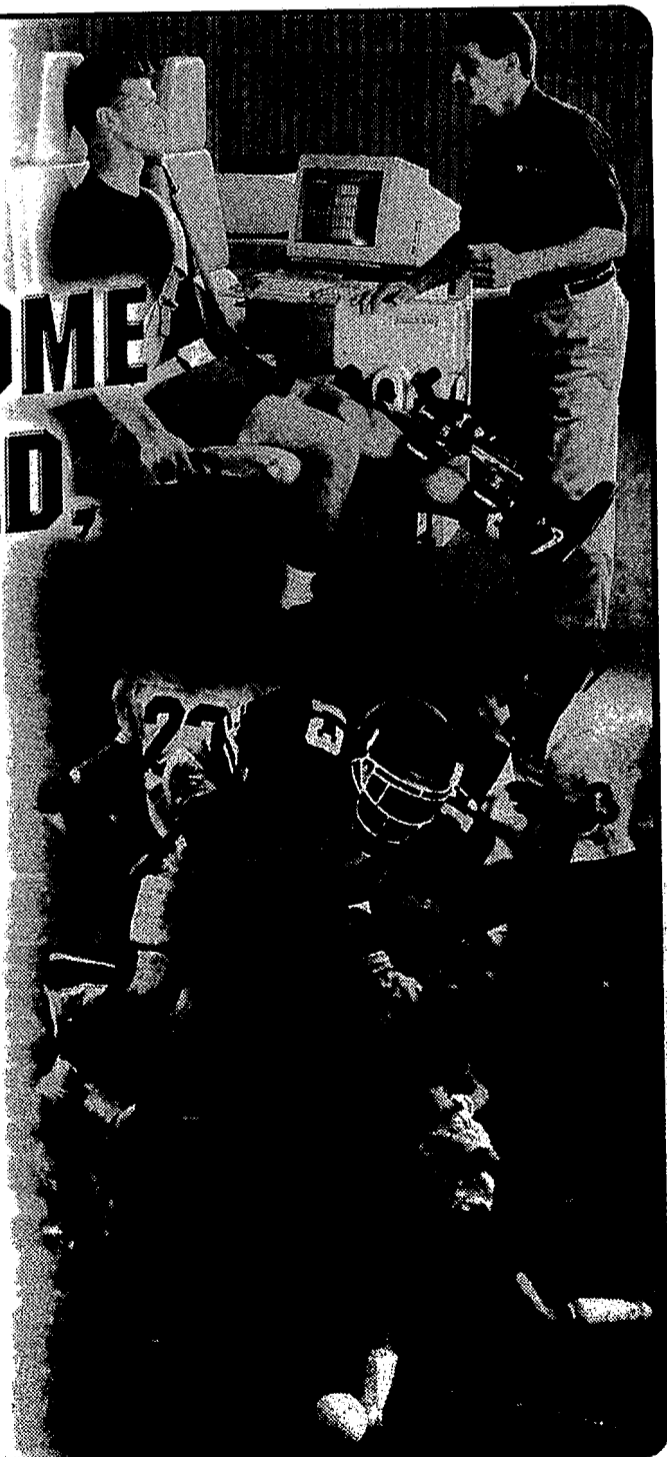
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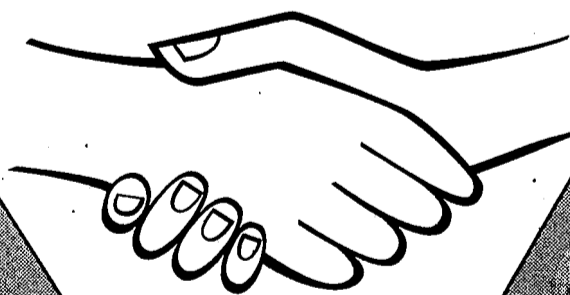
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- Reflex Sympathetic Dystrophy
- Parkinson's Disease
- Seizures
- Strokes
- Multiple Sclerosis

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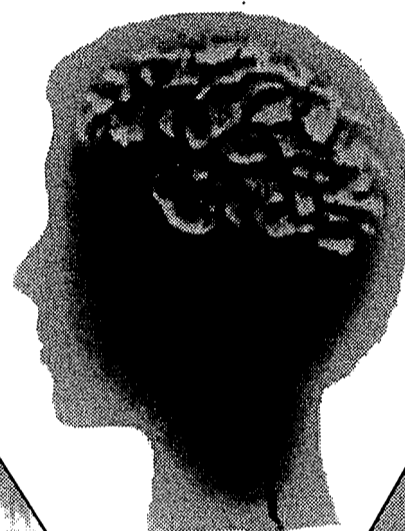
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## Relieve summer strains and pains

Whether it's gardening, yard work, summer sports or simply taking advantage of the nice weather to walk or bike, most people are more active during the summer than during the rest of the year. That means aches and pains as we plunge full speed ahead into summer activities.

"I've been seeing a lot of patients I haven't seen for a while," says Dr. George Petruska, a doctor of chiropractic in Red Hill, Pa. "It's just human nature to get out and do more than we know we should do," he says. While some injuries can be serious, others are just annoying. "Symptoms can last up to four to eight weeks," says Dr. Petruska.

Cold therapy is recommended for muscle inflammation, but keeping an ice pack on a sore elbow during daily activities is not always practical. Most topical pain relief formulas often have a medicinal smell and produce extreme sensations of cold, which many consumers do not like.

Dr. Petruska's patients have experienced relief with a new topical pain reliever called Medic Ice. "With this product, my patients get relief for four hours or more," he says.

Medic Ice is available in multiple sizes, including a new, unique hands free applicator. Since hands stay clean and dry, you can carry it in your golf or tennis bag and use it as needed. Many of Dr. Petruska's patients simply apply Medic Ice before physical ac-

tivity so muscles are relaxed and less prone to injury.

"Medic Ice was developed with input from athletes, arthritis sufferers, chiropractors, physical therapists and acupuncturists," says Devon Katzev, president of Straight Arrow Products Inc., the company that manufactures Medic Ice. "Their input has allowed us to formulate a proprietary blend of healing ingredients, natural herbals, essential oils and key minerals combined in a hydro-gel based formula." Medic Ice targets pain receptors and soothes aching muscles. The gentle, calming formula has a pleasant menthol and lavender scent, glides on easily and is quickly absorbed. "You get a soothing sense of relief, instead of a jolt of cold," says Katzev.

"Straight Arrow Products is a family-owned company that started out in 1970," noted Katzev. "My father invented Mineral Ice, and I have always been interested in developing the next generation of topical pain relief. I have drawn on my family's experience to do that with Medic Ice."

Whether you're a "weekend warrior" or an overzealous gardener, Medic Ice can help soothe tired, sore muscles and provide relief from summer's aches and pains.

For more information, visit [www.medicice.com](http://www.medicice.com); you can purchase Medic Ice through your local professional practitioners' office.

## Walking

Continued from page 6

just makes it worth it to me."

Lee Smith was another local resident who vouched for the benefits of walking and physical activity.

For the past 10 years, Smith has led the "Walk Michigan" group through the Independence Township Parks and Recreation Department.

Walking groups throughout Michigan spent the spring and summer walking for better health. At the end of the summer, groups travel to Mackinac to walk across the Mackinac Bridge with the governor.

"It's really nice and it doesn't cost a cent," Smith, a regular at the Independence Township Senior Center, said. "People just walk their own leisurely time."

Smith coordinated the group as well as hitting the trails herself. The group rotated between different parks and locations in the area.

"It keeps me in better shape," Smith said.

Not only did Smith recognize the physical aspects of the weekly-walking group, she also enjoyed the people who come out to give it a try.

"You meet a lot of people," Smith said. Through her time with the group, Smith was able to walk up north with former governor John Engler.

### YOU SHOULD RUN BECAUSE:

Besides the health benefits, here are some other reasons to get out and hit the pavement:

- Attitude adjustment
- Vitality boost
- Stress release
- Better sleep quality
- Sense of community

information taken from *Runners World* magazine

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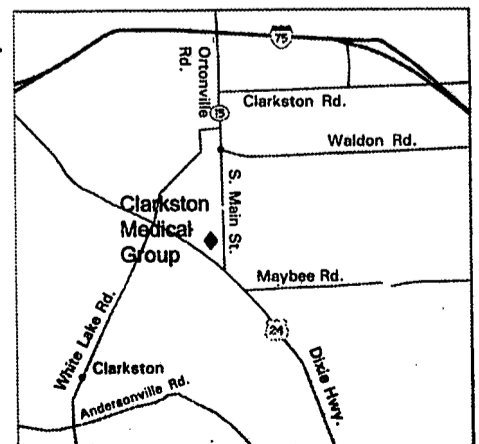
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# How to protect your family from foodborne illness this summer

Summer brings with it months of fun activities like picnics, boating, swimming and hiking but it also brings an increased risk of a common and even deadly danger. In addition to keeping children safe from summer sunburns and insect bites, it is also important to take steps to protect kids and the rest of the family from contracting food-related diseases.

Several food-related illnesses can be severe and may even cause death in children, the elderly and people with weakened immune systems. Every year in the United States, more than 76 million people get sick, 300,000 are hospitalized, and 5,000 die as a result of food-related illnesses.

Foodborne illnesses can be very dangerous to young children and older adults, especially in the warm summer months. Hot and humid weather can provide the perfect environment for bacteria, viruses and other agents to develop in many foods. Careful preparation and food storage at picnics, barbecues and other summer events can help prevent the spread of illness.

"Foodborne illnesses are a serious public health concern because they can affect large groups of people at one time," says AMA Trustee Cecil Wilson, M.D., an internal medicine physician from Winter Park, Fla. "These illnesses are easily contracted and can spread very rapidly from one patient to another."

The germs that cause foodborne illness, called pathogens, are highly contagious. According to Dr. Wilson, infected patients may experience diarrhea, abdominal cramps, vomiting, head- or muscle-aches and fever. Symptoms usually appear 12 to 72 hours after eating contaminated food, but may occur between 30 minutes and four weeks later.

To help physicians understand new and re-emerging foodborne illnesses, the American Medical Association has created a primer for physicians and other health care professionals called "Diagnosis and Management of Foodborne Illnesses." The new primer includes symptom tables, information on antibiotic-resistant salmonella and E.coli, and sections on hepatitis A and contamination. It is available on the AMA

Web site at [www.ama-assn.org/go/foodborne](http://www.ama-assn.org/go/foodborne).

"As the front line of prevention and treatment, health care professionals must have the most up-to-date information available," says Dr. Wilson. "By quickly diagnosing and reporting certain serious conditions to the appropriate authorities, physicians can help identify an outbreak before it becomes a public health emer-

gency."

Imported foods and increased travel abroad have contributed to the reemergence of food-related illnesses in the United States. Fruits, vegetables, fish and specialty foods that are shipped into the United States from different parts of the world can carry dangerous pathogens.



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By Ernie Harwell

People often express amazement when they learn that I missed only two broadcasts in my 54-year career as a professional sportscaster, while also writing a couple of books, a weekly newspaper column and dozens of songs recorded by artists such as Mitch Ryder and B.J. Thomas.

They're always quick to ask how I did it, how I found the time. I didn't. I made the time. I still do. Though I retired last year, I'm still writing columns. I'm doing baseball vignettes for the Fox network. I speak to groups across the country. I'm a health and fitness advocate for Blue Cross Blue Shield of Michigan. Who knows? I might even write another book.

While time is important, good health is even more crucial. So I'm always on the lookout for ways to have more of both. There's really no ideal time to exercise. It's up to you to decide when to make time for exercise. And need I remind you; there's no time like the present.

And please remember to take care of your health before it's longgggg gone!

Ernie Harwell, "the voice of the Detroit Tigers" for more than four decades, retired after 55 years behind a major league microphone. Today, at age 86, Ernie's days are filled with serving as a health and fitness advocate for Blue Cross Blue Shield of Michigan, public appearances, writing, traveling and taking long walks with "Miss Lulu," his wife of more than 60 years. His latest book, a collection of his baseball columns entitled "Life After Baseball," is available at local bookstores or by calling 1-800-243-5082.



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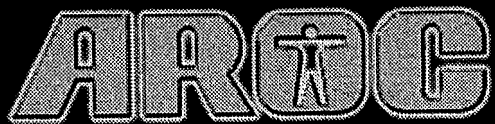
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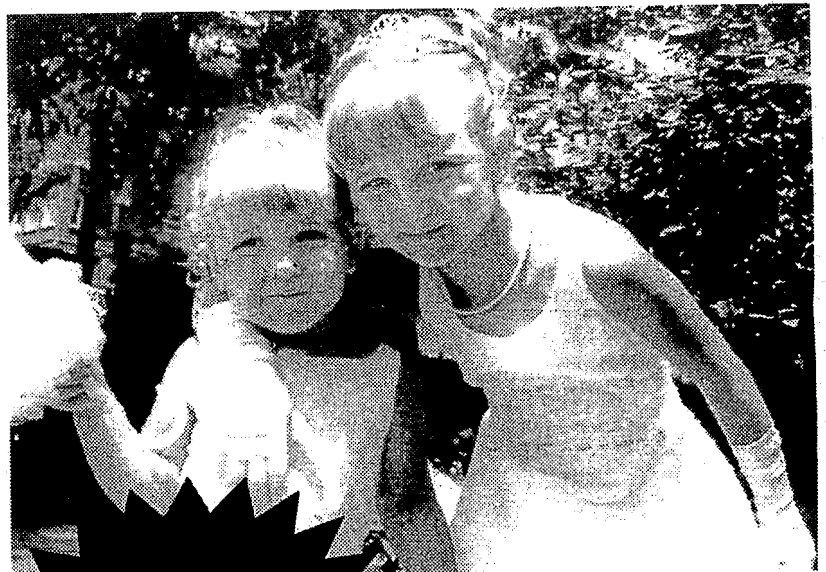
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# Healthy Living

Continued from page 2

said. That works for physical activity, too, she said, and she wonders about mixed messages when youth athletic programs use processed snacks and sugar-sweetened drinks.

It may be an effort to counteract modern marketing aimed at children, but it's a fight Aughe is willing to join, even with family entertainment.

"I try to choose stations without kids commercials," she said, and she keeps fresh fruit on the counter for ready access.

"If you have a bowl full of bananas, nectarines and grapes on the counter, kids are going to go for them."

Aughe said homemade meals also helps reduce the impact of artificial ingredients and additives.

"When I go into my kitchen and make macaroni and cheese for my kids, I don't to my cabinet and pull out 'Yellow #7.' I tell people, 'Would you put that in your food when you make it?' Then don't buy it."

That being said, one does not need to be a specially-trained chef to produce a variety of homemade meals. Aughe said it takes some planning to keep the appropriate ingredients on hand.

"It does take a little forethought and preparation, but it doesn't have to be the Emeril five-course meal."

The message is getting out, but recent statistics on adult and childhood obesity makes it difficult to measure progress.

"I think people are much more aware of what they should be eating; I don't think they're doing it," she said. "As dieticians, that's our biggest hurdle, to get Americans to follow the message"

Even in the midst of various fad diets, Aughe said it comes down to a basic question of balance of proteins, fats and sugars.

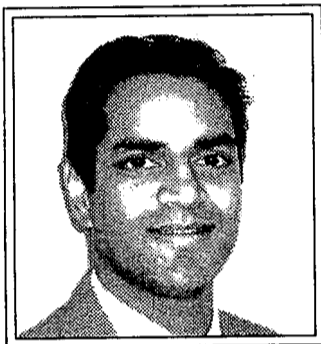
"Healthy eating is not really a sexy message. It's not flashy, it's not quick. It's a lifestyle, not a diet."

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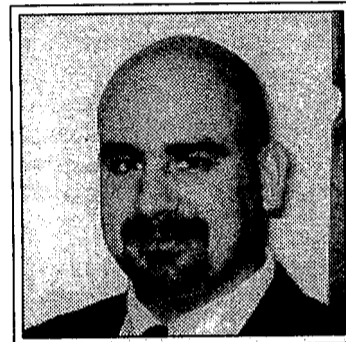
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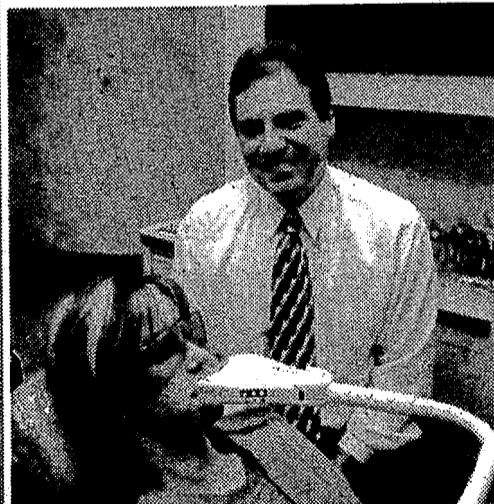
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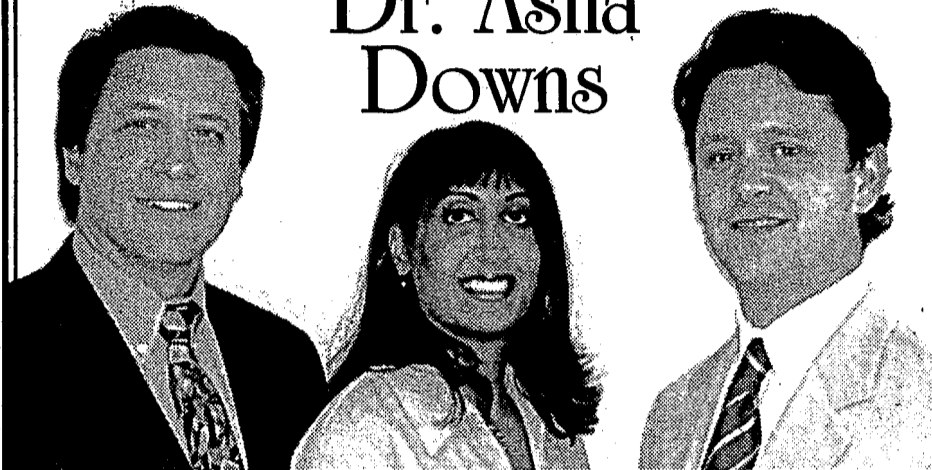
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Dr. Downs received her Bachelor's in Science from Michigan State University in 1993 with honors and her Master's from Michigan State University in 1995. She graduated from Michigan State University College of Osteopathic Medicine in 1999 in the top 5% of her graduating class. Dr. Downs' Post Graduate training included an internship from 1999-2000 through POH Medical Center, and a residency program in Otolaryngology and Facial Plastic Surgery from 2000 - 2004 through POH Medical Center.

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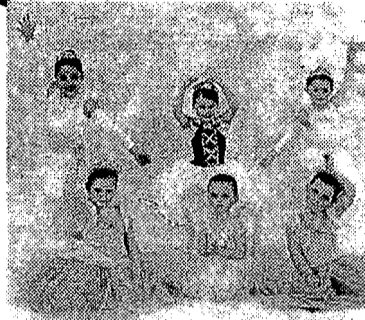
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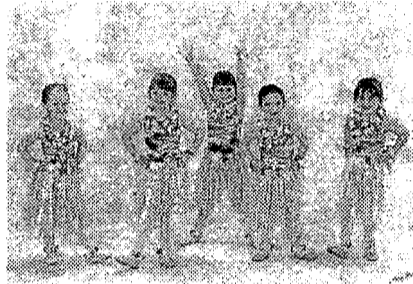
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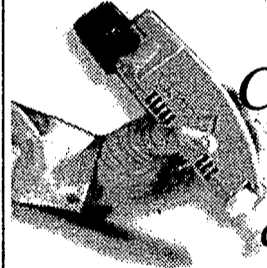
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# Runners

Continued from page 7

2000 Olympian Shayne Culpepper stressed the importance of variety.

"Changing your training routine can lead to improvements and keep things fresh," Culpepper stated.

One way to add variety to your training schedule is try other cardiovascular activities such as biking, walking or swimming. Clarkston's first-ever triathlon, set for Aug. 8 downtown, is an example of how cross-training can not only improve your running efforts, but help get you in the race mind set.

The event, which features a swim/bike/run triathlon and a run/swim/run duathlon through Clarkston, is dedicated to the memory of Craig Greenfield, brother of Clarkston resident Corey Greenfield. Craig died in 2000 after being diagnosed with non-Hodgkin's lymphoma.

"He was very athletic," Eileen Bullen, event co-chair, said. "This event is named in his honor."

Weight training is another important component to a successful race workout.

Nationally-recognized personal trainer John Sveen found that working with weights was an effect way to improve speed, especially during non-racing seasons.

"Weight training improves speed for all runners," Sveen told *Runner's World*.

Useful exercises that can be done at home include squat thrusts, lateral box jumps and double leg jumps.

What you put into your body is just as important as how fast your body uses it to fuel your running.

Drinking plenty of water while running is key to a successful performance, especially during the summer months.

When race day arrives, a good meal before the race can make the difference between first and last place. What and how much you should eat depends of how much you'll be running.

Runner's World suggests the following meal guidelines for the different types of races:

•5K: Eat a high carbohydrate meal two hours before the race of 200-300 calories, such as a banana

and half a bagel with jam.

•10K: A longer race requires more fuel the body will need. Three to four hours before the race, racers should consume 300-400 calories, such as one cup of oatmeal with almonds sprinkled on top.

•Half marathon: Again, more running means more food for endurance. At least four hours before the race plan on 400-800 calories, such as two 6 inch pancakes with 1/2 cups applesauce and low-fat yogurt and one cup berries.

•Marathon: The biggest of all energy needs. Anywhere from 800 to 1,000 calories are needed by your body, so experts suggest breaking that total into two meals before hitting the starting line.

Simple tips are also important when perfecting that mile-stride. Always wear sunscreen when out in the hot sun and remember to keep pushing fluids along the way.

It may seem like a tough idea, but competing in a road can become an easy goal as long as you get started in the right direction.

For those who enjoy being outdoors and staying fit, but are unable to run for health or other reasons, both the Independence Township Parks and Recreation department and senior center offer walking programs to enjoy the community and its surroundings.

If Jenny Wood-Allen can do it, so can you.

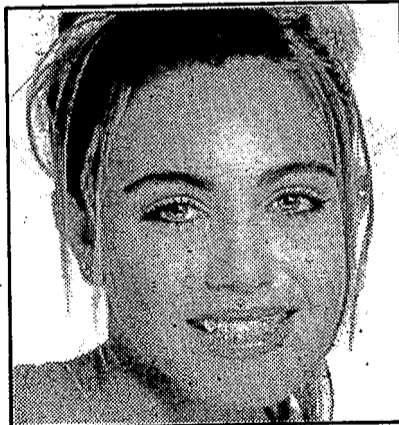


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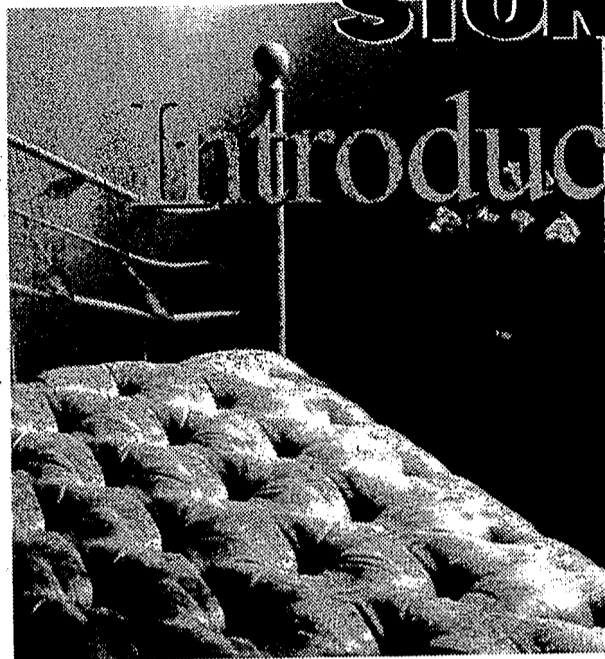
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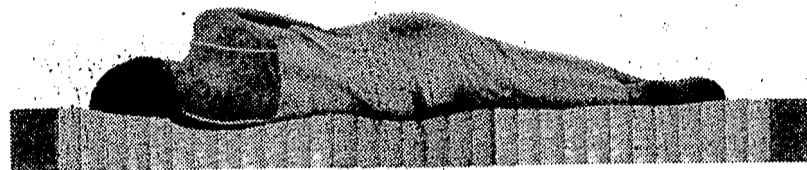
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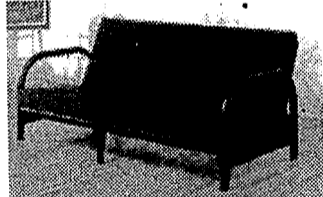
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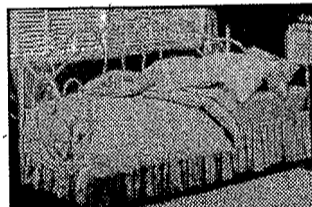
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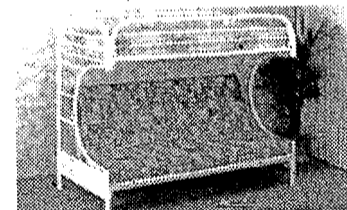
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