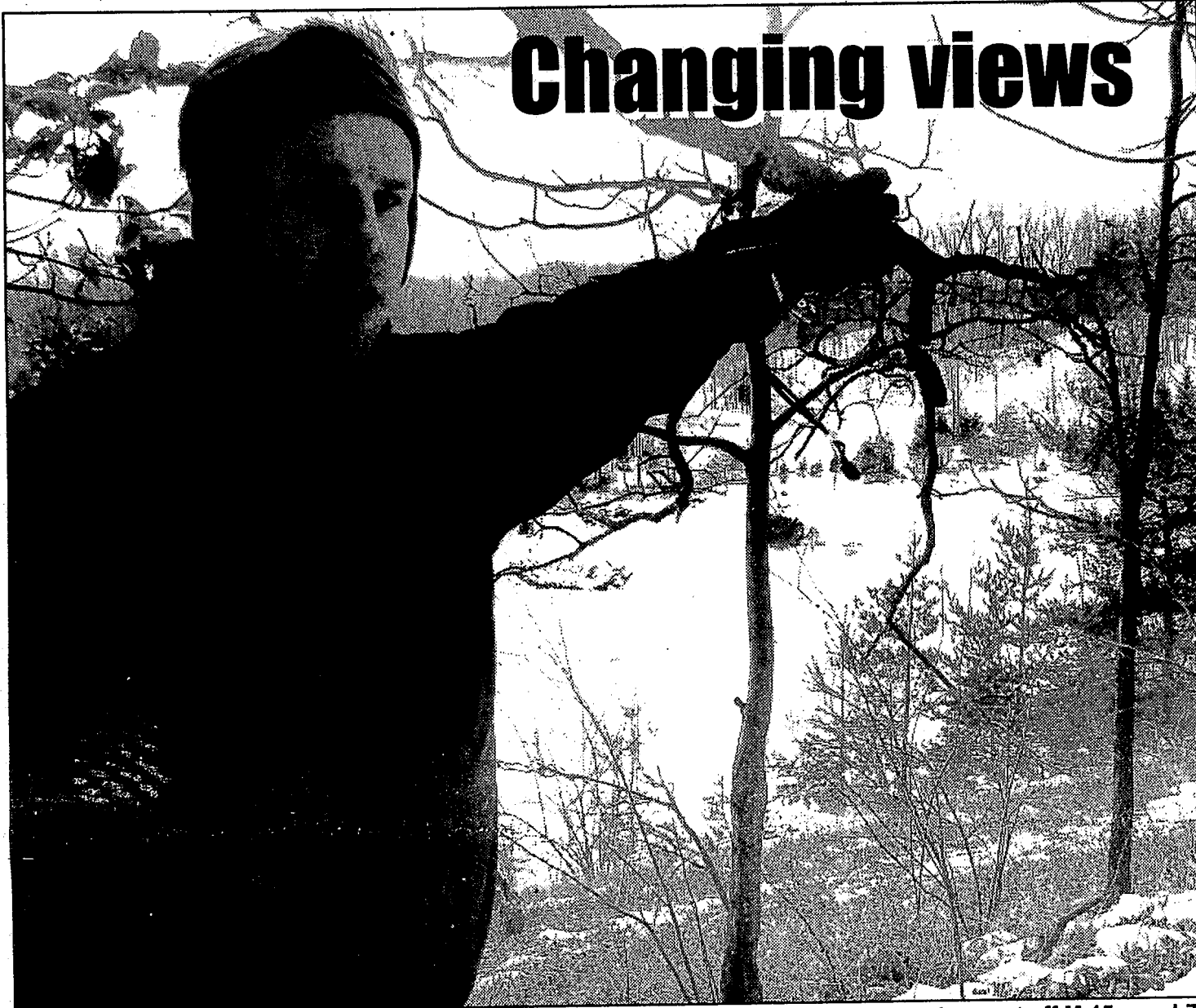


# Clarkston News

City's Award-Winning Newspaper Since 1929

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3 Sections 60 pages 50¢



## Changing views

Randy Golab of Independence Township points out where the proposed Beaumont development off M-15 near I-75 would go. Residents are working to educate their neighbors about the extent of the project on the property, currently woods and wetlands. Photo by Phil Custodio

## Neighbors team up to battle Beaumont

BY PHIL CUSTODIO  
Clarkston News Editor

When Susan and Randy Golab chose their property on Cranberry Lake Road 11 years ago, they were looking for a quiet neighborhood to raise their family.

When they installed a fence for their dog, they put in a gate in back. That way, their children would have an easy way to get together with neighbors' children, who they expected would be moving into the wooded area.

What they may be getting, however, has driven them to spend the past two years gathering and sharing information, and organizing a neighborhood campaign against Beaumont Hospitals.

"One day (in Feb., 2005), I came home from a business trip and was plowing the snow and I noticed some survey marks," Randy said. "We had just built

an addition, so that made me nervous." "It was a shock," Susan said.

The property had been purchased by a corporation representing Beaumont, which was interested in building a third hospital complex in Southeast Michigan. It had purchased 63 acres, bordered by Cranberry Lake Road, M-15, and I-75.

They gathered information slowly. A neighbor told them that she had sold her property for use as a hospital. Other neighbors almost disappeared, having sold their property without placing any "for sale" signs on their lawns. Their houses were later donated to the township for firefighter training, and burned.

The Golabs and their next door neighbor Daniel Williams are the only two houses left on their part of Cranberry Lake Road, out of about eight.

"We're like a little island, cut off," Williams said.

Eventually, research on the Internet and at Independence Township offices revealed the property was being acquired for Beaumont.

"Then we both became frequent spectators at meetings, the township board and the planning commission," Randy said.

They found they weren't the only neighbors who didn't know about the proposed development.

"I got a knock from a neighbor who was upset with us," Susan said. "She thought we had sold our property - we realized how little people knew about this."

That summer, 2005, they sent out fli-

Please see Beaumont on page A10

## Family in crisis

Domestic dispute figures in fire case

BY LAURA COLVIN  
Clarkston News Staff Writer

The mother who left her four children unattended and returned to find police and fire personnel converging on her lawn had been the victim of a domestic assault barely 48 hours before, police said.

Deputies responding to a call in the 5300 block of Hillcrest Jan. 29 discovered four shivering children in a neighbor's living room--where they'd been carried after a five-year-old girl rescued herself and three younger siblings from potential disaster.

The girl removed her sister, 3, and two brothers, 2 and 7 months, from the home when chicken left cooking on the stove began to burrand fill the house with smoke.

The children's 22-year-old mother told police she forgot to turn off the stove when she left to run an errand.

Police estimate the woman was gone about 25 minutes.

"Unfortunately, she made an extremely poor and potentially fatal decision," said Sgt. Matt Baldes, of the Oakland County Sheriff's Office Independence Township substation. "She admitted it was probably the dumbest thing she's ever done."

Baldes, who was requested at the scene for a routine investigation, said it was likely the 5-year-old saw food beginning to burn and inadvertently turned the stove up in her attempt to turn it off.

When police arrived they found two of the stove's burners—including the one under the chicken—on high, and the broiler going, as well.

The woman told investigators she went to cash some change in at the Coin Star machine at Kroger's, and from there went to CVS to purchase a replacement for the telephone broken by her boyfriend during the earlier domestic incident.

Neighbor Cheryl Hornik said she and her husband were awakened two

Please see Fire on page A4

### Millstream

Carla Teare teaches students, parents skills for life

Page 1B



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### Sports

Wolves sink West Bloomfield

Page A16

Faded Ink



## Cold, but fun

Joe Goodall and his son Alex Goodall, 6, take advantage of the recent frigid weather Friday evening to practice some hockey on Mill Pond.

"It's nice to get some extra time of the ice," said Joe, who had been skating up and down the ice

with his son for about an hour. "We're having fun."

The cold weather, with wind chills down to 25 degrees below zero, closed schools throughout southeast Michigan on Monday and Tuesday, including Clarkston. *Photo by Phil Custodio*

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# The Second Front

## Briefly

### Next week is deadline for school election

Two seats on the Clarkston Community School Board are up for grabs in May.

The deadline to file is Tuesday, Feb. 13, at 4 p.m.

In order to file, applicants must be registered residents within the school district boundaries, submit a petition with 40-100 signatures, and pay a \$100 fee.

For more information call 248-858-0564.

Treasurer John Koval and Vice President Barry Bomier's terms end this year. Koval has previously stated he is not seeking reelection, leaving one seat uncontested.

Look in future editions of *The Clarkston News* for more on the election as it draws closer.

### Orco files suit

Orco Investments has taken Independence Township to court, following the township's rejection of its proposed big-box retail center at Sashabaw and Waldon roads.

The Township Board rejected the plan for the 70-acres near I-75 this past July. The Zoning Board of Appeals upheld the decision this past December.

Township officials decided that the proposal was too intense for the property, and not consistent with the Master Plan. The suit was filed Jan. 12 in the Sixth Circuit Court, Oakland County.

Orco also has a lawsuit filed against Waldon Place, owner of the property. At issue is who pays for cleanup of arsenic contamination caused by apple orchards that used to be on the site.

### Post office open Sunday for passport photos

Now that a valid US passport is required for all citizen to entry the country, post offices are staying open for extended hours and special dates to accommodate would-be travelers.

The Clarkston post office will be open this Sunday, Feb. 11, from noon-5 p.m. Passports take several weeks to process.

Got a story? Call us at 248-625-3370 or email us at [shermanpub@aol.com](mailto:shermanpub@aol.com).

## Snow patrol



The ski patrol checks the slopes at Pine Knob ski resort. Given the weather, a snow mobile is a very sensible mode of transportation. Photo by Laura Colvin

## New Watershed Group growing strong, healthy

BY LAURA COLVIN  
*Clarkston News Staff Writer*

Building on the momentum of last May's rain garden project in Depot Park, the Clarkston Watershed Group is cultivating new ideas, making plans and seeking funds as spring makes its slow approach.

The group plans to focus the majority of available resources on the park, which serves as a focal point of the community as well as a staging area for many of Clarkston's traditional events - summer concerts, art fairs, a local farmers market, and the annual village picnic.

The rain garden, located near the village offices, is a collection of native plants set in the drainage path from the village parking lot to the park Millrace and Clinton River, a design that helps prevent storm water runoff from dumping pollutants into the river.

The garden was funded by a \$750 grant from Oakland Native Partnership Initiative. The grant is meant to pay for native plantings and other measures to prevent runoff, as well as encourage public concern for water and shorelines. Mitigating storm water, said Watershed Group Chair Jim Brueck, is one of the group's primary functions.

"For me it's as simple as the fact that our fresh water needs to be protected," said Brueck, who is also a member of the Clarkston City Council. "It doesn't just affect us here in this area. It all flows downhill and has an impact on the entire Clinton River Watershed, then flows into Lake St. Clair and into our Great Lakes."

Other related group objectives include illustration of sustainable landscape practices, maintaining or improving the

environmental quality that exists, and functioning as an educational model and tool for area residents and schools.

A few of the many possible projects on the horizon include a Children's Garden; plan to stabilize the river banks and propagate native plants; and a rain garden at Washington and Main.

The Watershed Group is made up of community volunteers interested in maintaining or improving the environmental quality of the Clinton River watershed, including Depot Park and its surrounding areas.

Although the steps are small and sometimes difficult to measure, Brueck said, it is a cause worthy of community attention.

"It's like your own health," he said. "If you don't take care of it, maybe nothing will happen right away, but eventually you're going to succumb to something."

This year, the group has also secured the help of students in the Master's program at the University of Michigan School of Natural Resources and Environment, who traditionally complete a Master's project as the capstone of the academic program.

Projects are interdisciplinary problem-solving experiences conducted by groups of students.

Working with the Clarkston Watershed Group, the students will assess existing conditions and develop a Master Plan for Depot Park and other designated areas. The group hopes to implement the plan, though it will likely be a gradual process.

Other plans are also in the works, Please see Watershed on page A12

## Group kicks off election campaign

BY PHIL CUSTODIO  
*Clarkston News Editor*

The 2008 campaign season has begun, and not just for presidential candidates.

In Independence Township, Neil Wallace is working with a group of citizens on a reform ticket.

"The group is looking at running for office a number of people in a campaign for change," said Wallace, an attorney in the township.

In a letter to the editor (page 6A), Wallace says the reason for the campaign is Supervisor David Wagner's handling of the budget.

"I think we've had a fundamental failure of leadership by the supervisor," Wallace said.

Among Wagner's mismanagement was submitting the budget late, cutting parks and recreation programs, and wanting to give raises to township officials, Wallace said.

"It showed like nothing else the need for us to go to professional management," he said.

Wagner said it is easy to make these sorts of charges and bring them to the media, but harder to actually do the job.

"People don't see what goes into the day-to-day operations of the township," he said. "We take care of a multitude of problems and issues - the list goes on and on."

Wagner said he has an open-door policy, and welcomes discussion with Please see Supervisor on page A12

# Hair helps others

BY PHIL CUSTODIO  
Clarkston News Editor

After 18 months without a hair cut, Savannah Spring's tresses were getting out of hand.

"It was really hard to comb through," said Spring, 8, of Clarkston. "It would get all knotted."

She usually gets it cut at least once a year, by her grandmother.

She had a good reason for the inconvenience - she was growing it out in order to donate it to Locks of Love, a nonprofit group that accepts donated hair and makes wigs for children in need who are suffering from long-term hair loss.

"Locks of Love makes wigs and gives them to people who are sick," Spring said.

She heard about the program from her grandmother, who had read about it on the internet, she said.

"All of a sudden, she said she wanted to let her hair grow for Locks of Love," said her mother, Sharon Spring.

"I think it's great - a great cause," said Don Spring, her father.

Locks of Love accepts hair donations of at least 10 inches in length. Savannah's were 11 inches.



Savannah Spring grew her hair for 18 months so that it would be long enough to donate to Locks of Love. Photos submitted



The Florida-based organization needs hair of all colors from men and women of all ages. For acceptance criteria, visits its website at [www.locksoflove.org](http://www.locksoflove.org), or call 561-963-1677.

## Four children rescued in fire

Continued from page 1A

nights earlier when someone knocked on the door and asked to call 911.

Officers arrived and arrested a 27-year-old man, who is the father of all four children, on charges of domestic violence.

The children's mother told deputies her boyfriend was drunk and became upset. According to the woman's statement, the boyfriend accused her of being unfaithful, threatened several times to "kill her" and then broke the telephone and threw it in the trash when she attempted to call 911.

She also told police, during the argument he threw both a beer bottle and a cup at her. Neither object hit the woman, but deputies observed a dent where the cup hit the wall, at about the height of the woman's head.

The man admitted to police he argued with his girlfriend, but would not elaborate on the details. He stated he was just trying to get his four children and leave.

The man, who also has felony warrants out of New York, was lodged in

Oakland County Jail, where he remains.

The following Tuesday, the same neighbor warned four shivering children in her living room after another neighbor heard the siblings crying in the snow while smoke drifted from their home.

"She's probably not thinking right, they had a very bad week," Hornik said of the mother. "But that's no excuse, she should not leave those kids alone for any reason."

The children had bare feet and were dressed only in shorts and t-shirts when the neighbor brought them in, she said.

"I'm just happy that little 5-year-old had enough brains to get herself and the other kids out of the house," said Hornik. "But my heart just broke when I saw those kids out there dressed like that. Thank God that neighbor was going by, because those kids would have frost bite if they stayed out there any longer."

Police reports were forwarded to the prosecutor pending charges, and the Family Independence Agency is conducting a review, as well. The children are staying with their maternal grandmother in Waterford.

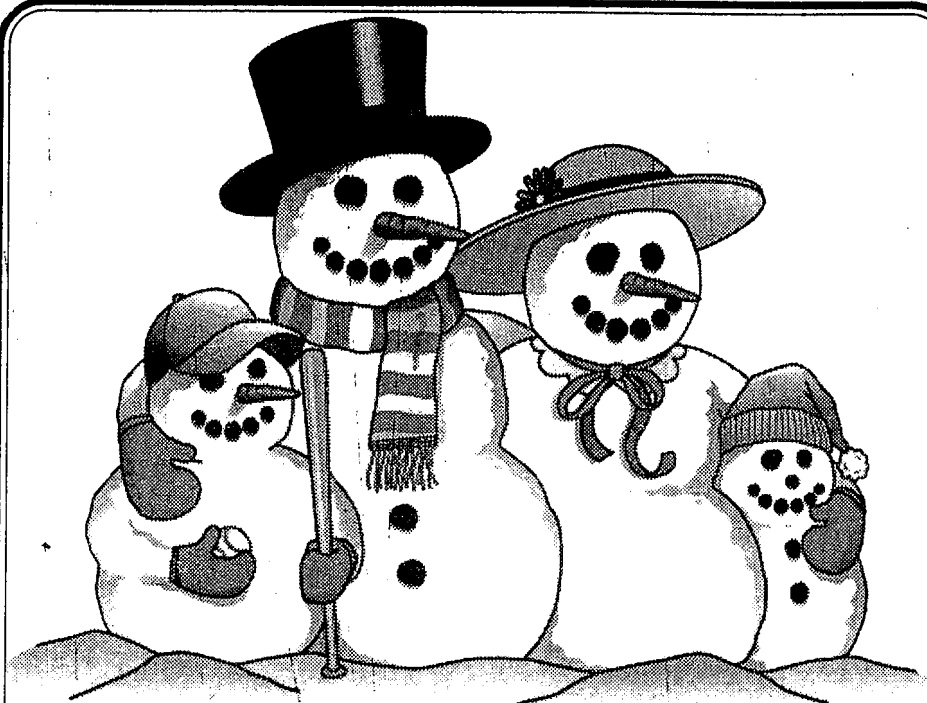
## Trustees check new contract

A revised contract for Independence Township union members was slated for closed-session discussion at last night's Township Board meeting.

A contract approved by the township's American Federation of State, County and Municipal Employees this past November was turned down by the Township Board on Dec.

5. The contract affects employees working in the assessing, building, public works, parks and recreation, fire, and public safety departments.

Check our website, [www.ClarkstonNews.com](http://www.ClarkstonNews.com), for the results of the meeting, and next week's edition for full details.



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## Alpha Club helps Pontiac students party

Rather than have a party of their own, the students of the Clarkston Elementary Alpha Club decided to help students from another school.

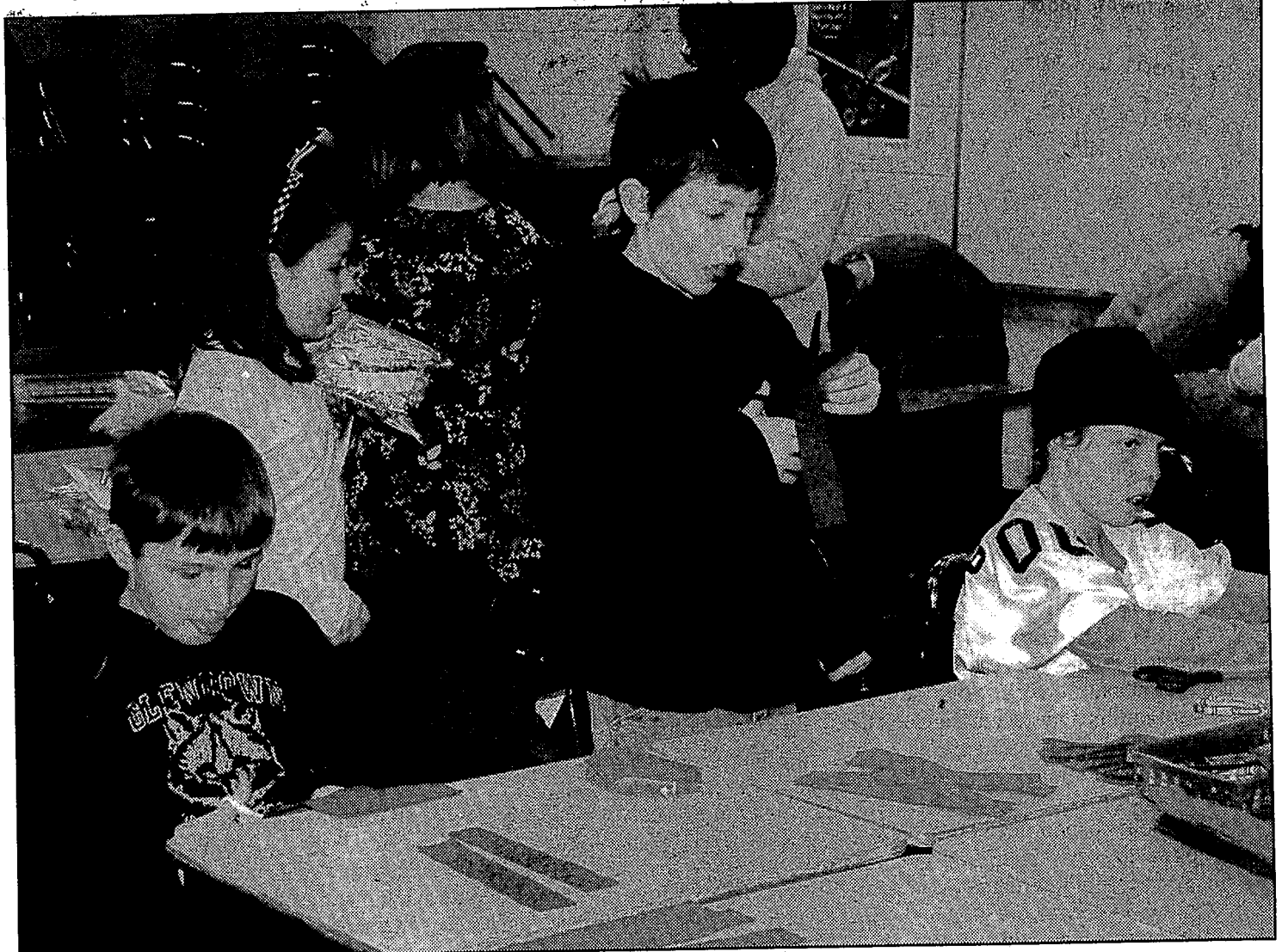
After school on Feb 1, during their regular meeting time, the students made and organized gift bags to give to students in the third grade at the Art and Technology Academy in Pontiac.

Parent volunteer Michele Bondy said the group decided to help this group after finding out they could not afford supplies for a class party.

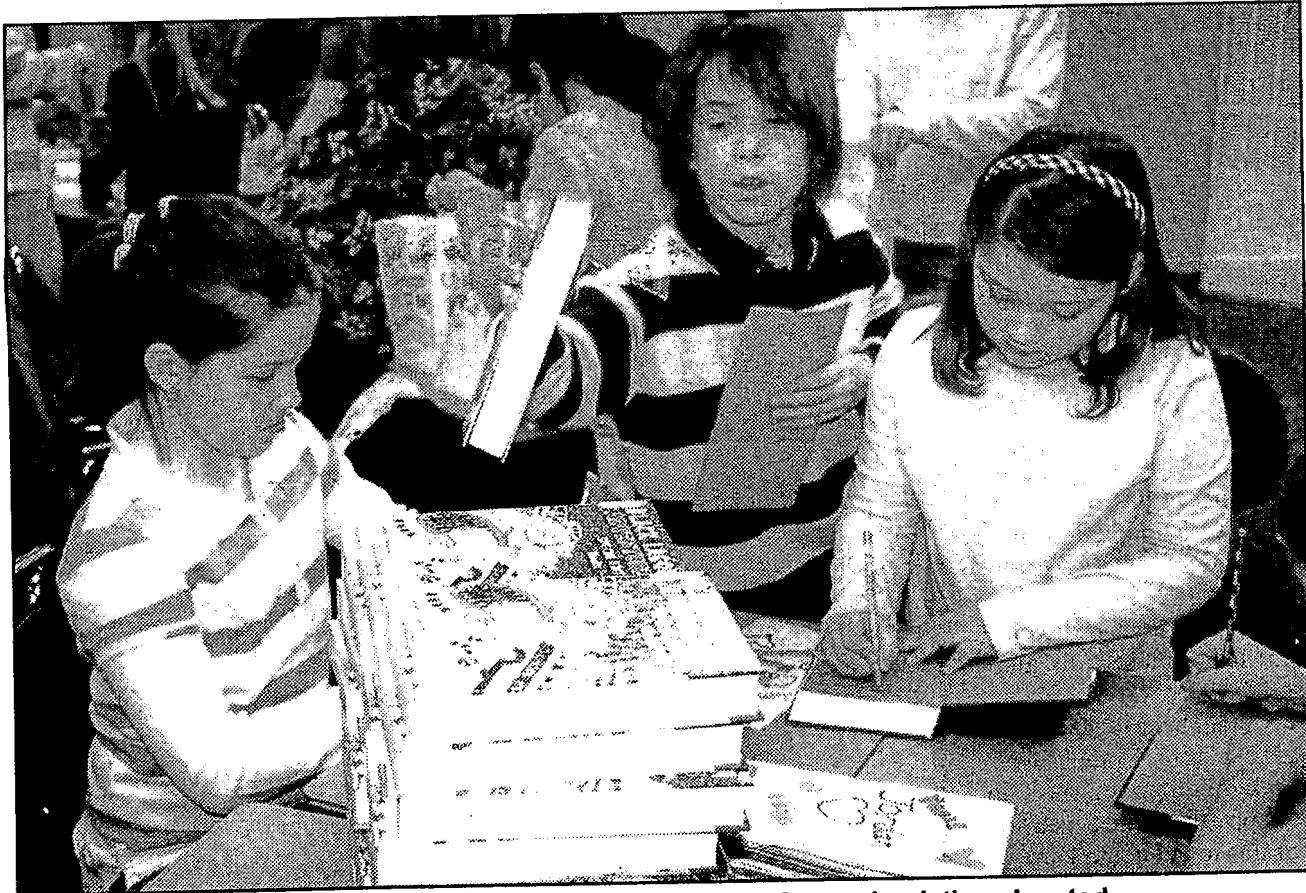
"We thought it was a good idea to put on a party for (the third graders)," said Bondy "This is a fun thing for them to do and they're helping kids their own age."

The students made bookmarks and crafts, which they included along with a book in each care package.

The completed packaged will be delivered just in time for the students to celebrate Valentine's Day in their classrooms.



Some students worked on various crafts, including making bookmarks to put in each gift bag.



Students took the time to write messages inside the cover of every book they donated.



Each student will get a gift bag put together by the Alpha Club. Photos by Andrew DuPont

### Pet of the Month



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# Opinion

## Stop 'meaningful' Super Bowl stories

Ahh the Super Bowl, a day I thought was actually an observed holiday as a child. A time for friends, family and pigskin. Worse than the gluttonous overspending and overeating are the story lines interwoven into the game.

For whatever reason, the National Football League brought back the extra week between the conference championship games and the big game.

I don't know why, but I can't see how the players need one more week than they have every week of the regular season to prepare for the game.

Last season, I didn't feel discouraged about the extra time because every day I was reading about the different events going on around the metro Detroit area and how seemingly everyone behaved themselves.

The only thing I disliked about the game and the hype surrounding it was: how many times do they have to tell us that Jerome Bettis, formerly of the Pittsburgh Steelers, is from the Detroit area?

I feel the extra week is designed to keep the fans salivating for the game, in turn making it easier for the Best Buy's and ABC Warehouses to push their TV's.

Conversely, what it creates is a story-starved media looking for any connection it can find to sell papers and talk about anything besides predictions about the game itself.

Flip to the sports section of most papers and there it is, my least favorite story of the Super Bowl holiday season.

Tony Dungy and Lovie Smith became the first two black head coaches to lead their squads to the Super Bowl, a story written in gold lettering as the Colts came back from a 21-6 deficit against the New England Patriots in the AFC championship game.

Could the story have come at a better time of the year?

The game played four days into Black History Month would see its first African-American head coaches. A good story two weeks ago, but let it go please.

I personally feel that Doug Williams quarterbacking the Washington Redskins to a Super Bowl XXII victory over the Denver Broncos, becoming the first black Super Bowl quarterback and the game's most valuable player for his 340 passing yards and four touchdowns, is more significant in SB lore.

We generally look at Jackie Robinson's dismissal of the color barrier in baseball as the biggest moment of integration in sports history.

We remember the players more than the coaches in the long run. This and the Bettis backstory of last year are perfect examples of why the league needs to play its championship game one week after its league championship matches. Did anyone catch the highlights of media day?

I don't feel anyone will argue in favor of the extra week behind that garbage!

For Dungy and Smith, congratulations, but I would really be more interested if the saga had not been crammed down my throat.

### Going Home



Paul Kampe

## 'Dear Editor' (letters from our readers)

### Independence Township needs better management

Dear Editor,

It is hard to decide what is more ridiculous.

Is it that the township supervisor thought the senior center proposal would bail out his entire budget, thus excusing him from timely budget planning? Or is it that in the face of a deficit budget and the likelihood that productive township employees will have to be laid off, the township supervisor actually proposed salary increases for elected officials?

Then the supervisor "discovers" that there is a \$2.5 million reserve fund. Every community should have a reserve as a cushion. But the standards is 10 percent to 15 percent, not the almost 50 percent our township had on hand.

At the same time, the supervisor was requesting an increase over his \$73,000 salary. Why?

He said it was so we could attract quality people to run for that office. It seems to me that the supervisor's bungling of the budget process demonstrates that attracting a qualified person to that job didn't work in the last election.

For this and many other reasons, it is time for a change. Many folks have stories of significant mismanagement in addition to those articles we read in the papers. So in my

judgment, it is not just enough to elect a new township supervisor. The problem is more fundamental.

The only qualification for being the manager of the township's business and policy is getting one more vote than the opponent in the primary election. We have come to the point in the history of our community where we need and deserve something better. We need a professional who is nonetheless responsive to elected citizens.

With this in mind, sometime ago I began working with some of my fellow citizens to put together a program to transform our township government and bring to it true professionalism in its management. Ideally, we would not have to wait until 2008.

Unfortunately, because of certain legal restrictions, it is difficult to put such a plan in place in the middle of the term of the elected officials and do it right.

In the interim, I am confident that we can and will put together a comprehensive plan and organize to expand the team of good folks who will undertake to develop, support and implement a program of these and other reforms - the even better community we deserve.

Neil E. Wallace  
Independence Township

### School administration should share budget cuts

Dear Editor,

In your article listing possible 2007-08 Clarkston Community Schools general fund budget cuts ("Big budget cuts coming for schools," Jan. 31 edition), I was unable to find any cuts mentioned for the administrative staff.

Relative to serving students, is it more important to

maintain the position of director of communications and marketing / district spokesperson, or to keep one more teacher in the classroom?

Is it not reasonable to have the superintendent assume the position as district spokesperson?

Frederick Cady  
Independence Township

### Township should be choosy with Sashabaw development

Dear Editor,

For years, Independence Township has planned the Sashabaw corridor to be developed in a way as to provide an additional tax base for our community which in turn would provide for the services for our residents.

Never was there mention of also provided high volumes of jobs. We selected small-scale commercial and office zoning to avoid the burden of becoming a heavy industrialized community like those to our south.

The township designed the Sashabaw corridor guidelines to regulate the types of development. We didn't want just any development, but rather quality commercial and office development that would not only enhance our tax base, but would be of the scale that would not overwhelm us and the impact on our Township's services.

This last important goal is lost if we accept just any development, but particularly a development that requires

the township and its residents to undertake all the traffic and public service burdens, police and fire particularly, associated with becoming a regional center.

For example, the public service requirements a tax exempt hospital would cost the community will far out way what it brings to the community. The Planning Commission's "conceptual" approval of the McClaren proposal contradicts the "concept" behind the Sashabaw corridor.

The Township Board should reject this proposal.

The proposal of the Corridor Improvement Authority also contradicts the Sashabaw corridor by siphoning off taxes meant for the whole community.

It appears enough developers are interested in Sashabaw without the CIA. The Township Board should also reject this proposal.

Robert M. Ferer  
Independence Township

### More comprehensive plan would solve keyholing problems

Dear Editor,

Like many others I attended the January 25, 2007 Independence Township Planning Commission meeting to listen to the discussion regarding the proposed anti-keyholing ordinance.

I applaud the efforts of all who support the proposed ordinance and whose objectives are improved safety and water quality as well as noise abatement. There is no question our community will benefit from us pursuing those objectives. I also applaud the action the commission took in voting to recommend to the Township Board that this proposed ordinance not be passed.

The commission accurately concluded, that given the objectives, this proposed ordinance is much too narrowly focused.

Simply scratching the surface of the problem uncov-

ers issues such as public access, water runoff from surrounding property, keyholing, hours of use, pumping bilges, transporting boats between lakes without cleaning hulls, use of pesticides and fertilizers.

As a community, we have the ability to journey down a path that develops a much more comprehensive plan which addresses all the causes that are contributing to increased noise and a decline in safety and water quality. Acknowledging that developing that plan will take time, the community could support a temporary moratorium on certain activities that contribute to the problems we face.

The question is: Will we undertake this journey? Therein lies the challenge.

Lawrence Matta  
Independence Township

Write a letter to the editor at shermanpub@aol.com, attn: Clarkston News

Faded Ink



## A Look Back

A peek back at those thrilling days of yester-year as reported in the pages of *The Clarkston News*

### 15 years ago - 1992

**"Charter passes by 12 votes"** In a huge turnout, Clarkston voters approved the charter for cityhood 206-194. The village was then set to become a city July 1, 1992. Village Manager Art Pappas said about 50 residents vote in a typical election.

**"Restructuring means 'community based' police"** The Oakland County Sheriff's Department substation in Independence Township restructured its contract for more community policing. Officers assigned to the township were previously based in Pontiac. With promotions and additional staff, the substation would be more autonomous.

**"Retail Center gets planners' OK"** The Independence Township Planning Commission granted conceptual site plan approval to the shopping center at M-15 and Dixie Highway. The plan included expanding the Sav-Mor Wonder Drug store and adding a new Perry Drugs store. A second addition would include a new Dairy Queen.

### 25 years ago - 1982

**"Township faces police fund shortfall"** Independence Township faced a \$63,984 shortfall in its budget for the Oakland County Sheriff's Department. The township board was to vote on whether to ask for a millage-increase vote, transfer money from the general fund, decrease police protection, or seek federal help.

**"BRW continues with review of M-15"** BRW of Minneapolis continued its study of the M-15 corridor south of Clarkston. At issue was a five-lane widening of the road.

**"Township denies bid for bi-annual tax collection"** The township board turned down Clarkston Schools' proposal to collect tax revenue twice a year. It would have saved the schools \$100,000 in interest, but would have created a hardship for taxpayers.

### 50 years ago - 1957

**"Veteran enlists as ground observer"** World War II veteran Frank W. Barnes volunteered to help staff the observer post just north of Clarkston. Barnes served in the U.S. Navy aboard the U.S.S. Saratoga aircraft carrier, and was a prisoner of war with the Japanese for 13 months. Volunteers at the Clarkston post watched the sky, kept records of aircraft they saw, and made reports to air-defense command in Grand Rapids.

**"Civil defense rally at Davisburg"** A meeting was planned, which would include showing a film of a simulated bomb-attack exercise in Detroit.

## Oils linked to breast growth in boys

Damn. It's getting harder and harder to be a boy these days. Don't believe me, read on and then try to tell me I'm full of estrogen.

Let's see . . . oh, long hair for boys is again considered stylish. Hmm . . . yep, I remember reading articles about teachers slighting lads to help prop up lasses in the studies of math and science. AND I recently read that certain types of shampoo have caused some young boys to -- ummm, er, how do I put this -- certain types of 'poo have caused boys to grow breasts. (There I said it.)

Yep, the headline to an A.P. story read:

### Oils linked to breast growth in boys

Zoinks! I don't just have a testicle out of joint. It's true. There is some sort of galactic conspiracy against boyhood. Read a couple of the opening paragraphs from the above stated A.P. story:

**"BOSTON —** Lavender and tea tree oils found in some shampoos, soaps and lotions can temporarily leave boys with enlarged breasts in rare cases, apparently by disrupting their hormonal balance, a preliminary study suggests . . . The study reported on the condition, gynecomastia, in three boys ages 4, 7 and 10. They all went back to normal when they stopped using skin lotions, hair gel, shampoo or soap with the natural oils . . ."

You know, there used to be a time when boys had to work hard to get manboobs. Each day we had to eat three Whoppers while watching four hours of TV. Now, shampoos and oils with naturally occurring plant stuff does the trick. Gosh . . . it just ain't fair. When will the assault on boys end.

(Side prediction: Once the word gets out, young girls are gonna' run to the store to buy lavender and tea tree products to rub all over themselves, for the desired effect. This run on such products will cause the prices to rise.)

(Stock tip of the day: Invest in these products now, while they're still cheap.)

Right away, after reading the shocking news of manboob growing shampoo, I called dear wife Jen, mother of our two boys Shamus, 9, and Sean, 6. I know it is really their decision and not mine to make, but I don't want our boys having manboobs. I called because I wanted Jen to run to the bathroom. I wanted her to assure me the shampoos our boys use are lavender and tea-tree oil free. Like I said, it isn't my decision to make,



don  
rush  
don't rush  
me

but make it I did. I think they'll thank me later in life.

Jen, for those who don't know, is very scientifically inclined. Chemistry, biology, genetics -- science stuff -- really connects in her mind. Anyway, when in my state of trepidation called, Jen introduced into the equation something she and her equally scientifically inclined friends recently discussed. "We were just talking about the possible link between soy and testicular cancer . . ."

ARRGH!

I thought soy embodies all that is wholesome and good. I thought soy was the savior of the planet. I thought soy, and all plant/vegetable products, were s'posed to be smackin' frackin' blizen rizen good for you!

I am not saying I do not trust my wife's wisdom, but I had to look into her accusation. It couldn't be true, could it?

I "googled" soy and cancer. And, while I only found a few soy/testicular related articles, I did find lots of articles with headlines like this:

### Soya 'link' to male infertility and . . .

#### Soy is an endocrine disrupter and can damage your child's health

Son of a -- what is going on out there? I'll tell you what is going on, it's a conspiracy!

From the BBC News, with growing dismay I read: "The humble soya bean may play a role in the problem of male infertility, a team of researchers in Belfast has found. Soya contains the female hormone oestrogen and too much of it is being linked to poor quality sperm.

"Dr Lorraine Anderson says she found the link in research carried out at the Royal Victoria Hospital in Belfast."

What's worse, Anderson said, was that, "soya is not just consumed by vegetarians, it is contained in a lot of everyday processed foods . . . such as pizzas, any of those foods that you add hot water to, to reconstitute them, or some of the prepackaged dinners like steak and kidney pies."

Kidney pies aside, is nothing sacred?

Like I said, it's hard to be a boy these days. I don't know, maybe it isn't a conspiracy, but do I know one thing: I am gonna' catch proverbial hell when I put forth my very simplistic and unscientific conclusion that follows.

Don's bottom line -- plants are bad for you. Eat meat, live longer and more masculine.

Comments for the wigged-out Rush can be e-mailed to: [donrushmedon@charter.net](mailto:donrushmedon@charter.net)

## Finding words at the end of words fills voids

Roger Miller and Roy Clark have made millions of dollars (pennies?) with a couple songs. Miller's is, "The Last Word in Lonesome is Me."

Clark sings, "The Last word in Jesus is Us."

If you travelers with restless children (are there any other kind?) are looking for a game to amuse them, maybe a word-ending contest will work.

I took an interest in this word-play many weeks ago, and happily pass along some for you to ponder.

Like, the last word in arrow is ow, the last word in abacus is us and the last word in broil is oil.

Got it? Now, to continue with the alphabet, the last word in creator is or, the last word in deacon is on and the last word in essay is say.

Ain't this fun? The last word in enema is Ma. Funambulist ends in list, gate in ate, hundred in red and

illegal in gal.

Then, to stray (ray) a little, rhi(no), Ba(you), an(them) and fl(ame). Enough? One more, the last word in zymosis is is.

Wow! It gives me great plea(sure) to get that out of my Jottings fol(der).

--- 0 ---

One more comment about one of my many favorite singers. I love Johnny Cash, partly because the base guitar is often featured. Thum, thum, thum, etc.

I've noticed lately that ma' dog Shayna pays special attention when Cash does "I Walk The Line" or "Folsom Prison Blues."

In particular, I notice Shayna does a lot of scratching during the guitar solo. That is, for a long time I thought it was scratching, but then I noticed it had a beat. She was imitating the strumming with her hind leg on her ribs.

That dog continues to amaze me.

--- 0 ---

Quickies: You know our government is in good hands when they delay all meetings until a football game is on, as in the OSU vs USC playoff. Of course, we're probably all better off if they took a whole year off.

Have you ever walked under an icicle-dripping eave and not had at least one cold drop land on the nape of your neck?

Congress is filled with people acting like a bunch of recovering alcoholics. They vow to never take another drink (raise taxes) they vow to close our borders to illegals (after they are all here) and they promise tax breaks to all (who donate the most to their campaigns).

Of course, many of those in Congress learned these tricks in state houses, like the one in Lansing.

Seems we hear a lot more often these days that we need to drink more water. Personally, I drank very little water until some ailment required it. Then I noticed Shayna's water dish needed filling quite often.

We quit going to the same doctor last November, so I guess I probably should have adopted her healthy drinking habits sooner. I did try her on my drinking habits, but she doesn't like Canadian Club.

--- 0 ---

More? OK. These from the original Hollywood Squares comics.

Q. If you're going to make a parachute jump, at least how high should you be?

A. Charley Weaver: Three days of steady drinking should do it.

Q. Do female frogs croak?

A. Paul Lynde: If you hold their little heads under water long enough.

Q. Paul, why do Hell's Angels wear leather?

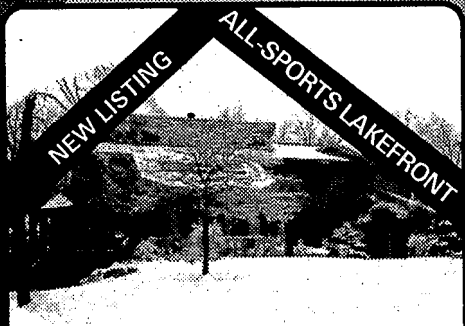
A. Paul Lynde: Because chiffon wrinkles too easily.

ily.

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3,800 sq. ft. 'Palm Beach'-esque ranch w/a walkout on 2.75 acres overlooking prominent Deer Lake. 5 bedrooms, 3 full baths, vaulted great room w/fireplace, and charisma t/o. **\$750,000** 79-DEE



3,650 sq. ft. of luxe builder's quality: entry level master suite, great room w/stone FP, granite kit. w/hearth room, 9-ft. ceilings t/o, and an awesome carriage house w/extra garage. **\$600,000** 78-BRO



4,500+ neutrally finished sq. ft. boasts 4 bedrooms, 3 full and 1 half baths, colossal maple kitchen, 2-story firelit great room, sporty daylight level, and a 3+ car garage. Clarkston address. **\$449,999** 50-PAR



Over 5,000 distinctively finished sq. ft. w/4 bedrooms, 4 full baths and 2 powder rooms. Splendid granite/cherry kitchen w/hearth, 2-story great room, and foyer w/curved staircase. **\$399,999** 59-SUN



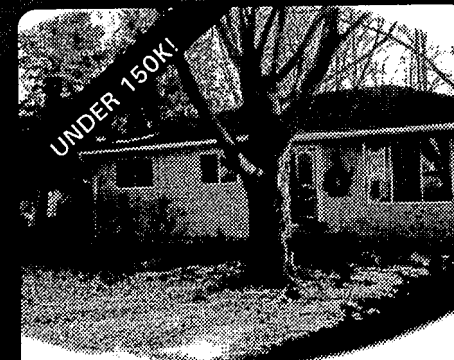
A harmonious blend of home, land, and water. 4 bedroom, 2.2 bath traditional extended over 3/4 acre site and boasting a first floor master, granite kitchen, and a 3-car garage. **\$299,900** 11-OLD



Stylish ranch w/grand amenities galore: granite kitchen w/stone backsplash, extensive hardwood floors, master w/tumbled marble bath, partially finished basement. Clarkston. **\$239,000** 57-CHE



Rustic elegance t/o 1,300 sq. ft.: living room w/fireplace, large eat-in kitchen, bright Florida room, 3+ car garage w/workshop, and a paver brick patio w/pergola. **\$155,000** 90-LOC



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# Police and Fire

## Independence Township

**Sun., Jan 28** A homeowner in the 9000 block of Sashabaw called to report that someone had driven a vehicle over the front lawn during the night, causing damage to the grass, shrubs and landscaping rocks. An unattended car with a damaged rim, flat tire, front end damage and green pieces of shrub sticking out of the front grill was discovered close by.

**Mon., Jan. 29** Deputies were dispatched to a pharmacy on Dixie Highway after getting a report of a 38-year-old Holly man attempting to fill a fraudulent prescription for pain medication. The report was forwarded to the detective bureau for review.

A homeowner in the 6400 block of Southhampton called to report that someone had driven over his lawn, damaging landscaping and shrubbery. The man said the incident has reoccurred several times.

**Wed., Jan 31** A 48-year-old Davisburg woman was arrested and jailed on charges of driving while intoxicated after she nearly sideswiped a sheriff's patrol car while driving north on Dixie Highway near Big Lake Road. The woman had a PBT of .131 percent. The legal limit is .08 percent.

A 47-year-old White Lake man was arrested and jailed on charges of fleeing and eluding police, and driving with an expired license after he drove off when officers approached his car to check on a call of a suspicious vehicle. The man later said he drove off because he was scared.

**Thurs., Feb 1** A 31-year old Independence Township man pulled over near Maybee Road and Williamston was arrested and jailed on charges of operating a vehicle while intoxicated. It was his second offense.

A homeowner living near Durham and Oakhill called to report the overnight de-

struction of an outdoor spotlight. The property had been damaged in the past, she said.

Deputies were dispatched after a 26-year-old Independence Township woman called to report finding a small baggie containing marijuana in the parking lot of her apartment building.

A 44-year-old Goodrich man filed a police report after a someone driving a pick-up truck behind him on M-15 near Cranberry Lake Road passed in an unsafe manner, pulled in front, flipped his middle finger, then held a pistol up in the rear cab window. The man felt the other, who continued to drive erratically, was trying to intimidate him, and wrote down the license plate number. The pick-up was registered to a 28-year-old man also from Goodrich.

## Springfield Township

**Sat., Jan. 27** A woman called to report that she believes her son has been entering her residence without permission by forcing open a locked window to take clothing, food and cigarettes. Recently, she discovered a guitar, three swords and a Nintendo Playstation missing, as well.

**Sun., Jan. 28** Someone entered an abandoned building on a recently purchased property and tore copper pipe and wire from the basement walls. Aluminum siding and chain link fence were also stolen from the building's exterior.

**Mon., Jan. 29** A 17-year-old female and her mother called to report that the girl had received approximately 60 harassing phone calls from a former boyfriend in one day.

Fearing identity theft, a Springfield Township woman reported that she had received letters from a collection agency stating that she owed money to a company she had never done business with.

## Grant means fresh air for fire department

BY LAURA COLVIN  
Clarkston News Staff Writer

The Springfield Township Fire Department was selected as one of 347 departments nationwide to receive federal grant dollars earmarked for first responders, officials announced Friday.

The department will receive \$90,884 from the Fiscal Year 2006 Assistance to Firefighters Grant (AFG) awarded by the U.S. Department of Homeland Security.

Of Springfield's total award, \$75,830 will fund an exhaust removal system to make breathing easier in both of the townships fire stations when trucks are routinely started inside the bays.

"We have to get them going every morning when we come in, make sure they go into gear," said Springfield Township Fire Chief Charles Oaks, acknowledging that breathing the exhaust fumes is unpleasant and potentially dangerous, but unavoidable. "We just open the doors and hope we get some fresh air in here."

The new equipment, he said, will attach to the exhaust pipes of the trucks and alleviate the problem.

The remaining funds, \$18,987, will be used for the purchase of a new air compressor to fill the Self-Contained Breathing Apparatus tanks firefighters use when they enter a burning building.

"The old ones are designed for a low pressure system," Oaks said. "So they're quite slow."

The Assistance to Firefighters Grants program was established in 2001, and has since provided \$2.4 billion in grants to fire departments and first responder organizations across the country for equipment, protective gear, emergency vehicles, training, and other resources to protect the public, as well as emergency workers, from fire and related hazards.

In 2003, Springfield received the grant to help pay for new radios.

The township is responsible for paying 5 percent of this year's \$90,884 award, but that money, said Oaks, was allocated in the fire department's budget when he applied for the grant.

All funds must be used according to the award specifications within 12 months of the Feb. 2 notification, and any remaining balance must be returned.

The Department of Homeland Security said additional phases of the AFG will be announced soon, with a total of \$485 million in AFG grant awards to approximately 5,000 fire-related organizations nationwide.

"Emergency response is inherently local, and these resources support those who serve us all, our nation's firefighters," said Under Secretary for Preparedness George Foresman in a release distributed to media outlets. "By building emergency response capability through training and first responder equipment, the AFG program is helping to strengthen readiness throughout the country."

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Neighbors Susan and Randy Golab, and Daniel Williams of Cranberry Lake Road are concerned with traffic problems if the Beaumont project goes through. Photo by Phil Custodio

## Beaumont project would divide neighborhood

Continued from page 1A

ers, set up an e-mail chain, and organized a neighborhood meeting. About 10 people attended the first meeting. This "core" group spread the information. Whenever they found out something, they sent an e-mail to the core members, who forwarded it to people they knew.

The group created another flyer in advance of the Jan. 25 Planning Commission meeting, at which Beaumont representatives presented their plan for a multiphase project, with offices, nursing home, parking garage, and hospital.

Concerned residents filled the meeting room, at the Independence Township Library, spilling out into the hallway.

"It was an eye-opener for people - they didn't know that all that property had been acquired and how dense the plan had become," Susan said.

Residents should not assume because the McLaren project a couple miles to the east, at I-75 and Sashabaw Road, appears to be moving forward, Beaumont will abandon its project, Susan said.

"Some people have the idea Beaumont would just pick up and leave," she said.

More people wanted to attend the meeting and drove to the library, but left when they saw how full the parking lot was - many cars were illegally parked - and all the people backing up into the hallway, she said.

Williams, taped the meeting and has made it avail-

able on DVD to neighbors who missed it.

"We are doing our share to express our opinions," said Williams, who has lived at his Cranberry Lake Road home for the past 54 years.

"I hate it - they're like Godzilla with his foot raised, ready to stomp down, with no regard to the effects on the surrounding property," he said.

Property values, commercial development in a residentially-zoned area, and increased traffic are major issues for neighbors.

Traffic is already heavy at times through the neighborhood and their portion of M-15, which is just north of the I-75 interchange. Williams filmed traffic up and down Cranberry Lake, then counted each vehicle. He came up with 1,450 cars driving through in a 12-hour stretch.

"There's about 2,000 cars a day through this area - that's a low estimate," he said.

The Beaumont plan includes a main entry point on M-15, and a smaller one onto Cranberry Lake. This entrance would be gated, with restricted access.

Neighbors worry access would not be restricted enough, allowing excessive traffic in and out onto Cranberry Lake, a wooded, residential street.

"There's a school bus stop - parents park across the street and the kids walk across the road," Susan said. "We worry about that now."

Beaumont representatives will meet with neighbors this month, tentatively set for Feb. 12 at the American Legion Hall on Cranberry Lake Road.

## Clarkston News welcomes new ad representative

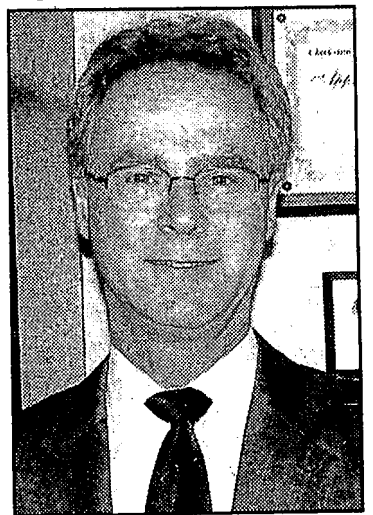
The Clarkston News welcomes Advertising Sales Representative John Emerson.

Emerson grew up in Pontiac and lives in Ortonville. He previously worked for the Detroit Free Press before joining Sherman Publications four years ago.

He is a graduate of Michigan State University, with a degree in advertising and sales.

"Clarkston is a vibrant place - I look forward to working with businesses here to meet their advertising needs," Emerson said.

He can be reached at 248-625-3370.



John Emerson

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# Group wants superintendent to handle township budget

Continued from page 3A

anyone. If successful, the reform group would implement a plan to delegate budget duties to a township manager or superintendent position.

According to state law, a superintendent or manager, a non-partisan position, can be appointed by the township board. The person in that position would be given the duty to prepare and administer the budget, along with others as determined by the board. He or she would be able to take part in discussions with the township board, but would not have a vote in

its decisions.

Creation of that position and delegation of powers would require majority approval of the township board.

Wagner said the position of manager is something that may be needed in the future. However, the township is still small enough that it doesn't require a manager.

Wallace said it is too early to reveal who is interested in running for office on the township board.

Wagner said he is definitely running for re-election.

"There's a lot of work to do," he said.

# Goal is watershed preservation

Continued from page 3A

including the possibility of a cable-TV appearance.

"We are trying to arrange a joint seminar, in cooperation with the Clinton River Watershed Council and possibly Oakland County," said Clarkston City Councilman and Wa-

tershed Group member Cory Johnston, "on environmentally friendly lawn care, water front protection or other related subjects."

The group has applied for the Wildflower Association of Michigan grant, and is in the process of checking into a number of other grants, as well.

# Hospice training set for February

The Visiting Nurse Association of Southeast Michigan's hospice program needs volunteers to comfort and support patients at the end of life in Wayne, Oakland and Macomb counties.

In about 2-4 hours per week, volunteers provide companionship, write a memoir, provide respite for family members or provide office support.

A free 15-hour comprehensive training program is provided. The next training session is Feb. 10, 17 and 24 from 9 a.m. to 2 p.m.

All training takes place at the Visiting Nurse Association of Southeast Michigan headquarters at 25900 Greenfield Road, Suite 600.

For more information or to register, call 800-882-5720, ext. 8361 or visit [www.vna.org](http://www.vna.org).

# Tournament, memorial set March 28

The 4th Annual Staff vs. Student Volleyball Tournament and Cancer Memorial, hosted by Clarkston High School, will be March 28 6:30-9:30 p.m., in the CHS gymnasium.

The event, sponsored by Blue & Gold and the CHS LEAD Program, is in its fourth year. Initially created for school spirit, this tournament has evolved into a fund-raising/memorial project held by CHS staff and students.

Each year, proceeds from the tournament and surrounding fund-raising efforts go to the Jimmy V Foundation for Cancer Research.

Eight staff and eight student teams compete and raise funds. In 2006, approximately \$4,000 was raised district-wide.

Admission is \$3 per person and will be donated to the Jimmy V Foundation for Cancer Research. Entry fee per person to play in the event is \$10, which in-

cludes a shirt and a guarantee to play at least three games. The staff teams will include staff from all levels of the district, and the student teams will consist of CJHS and CHS students.

For the second year in a row, the high school will be displaying a Cancer Memorial Wall in the gymnasium during the tournament.

The memorial wall is a collection of individualized memorial posters showcasing loved ones of district staff and students who have dealt with cancer.

Pictures and a special message can be turned into the CHS LEAD program. From there, a poster will be designed, printed, and added to the Memorial specially for the loved one. All pictures will be scanned and returned if desired.

Cost is free. To reserve a space, contact Aaron Dobson at 248-623-3600 at extension 3040 or Nick Hagewood at 248-623-3600 at extension 3101.

# Springfield Twp. offers scholarships

Springfield Township and Comcast Cable are offering college scholarships from \$500- \$1,000.

They will be awarded to Springfield Township high school seniors, with preference given to students who have vol-

unteered time and talent in the high school and/or community.

For an application, check with high school counselors or at the Springfield Township Library, 12000 Davisburg Road. Deadline is March 30, 2007.



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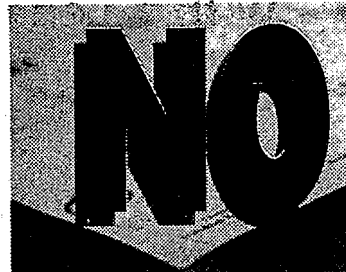
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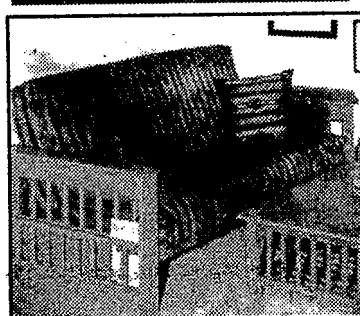
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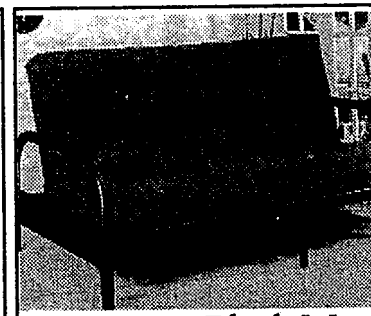
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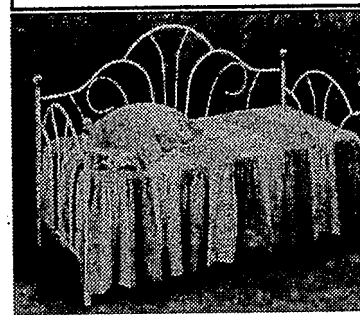
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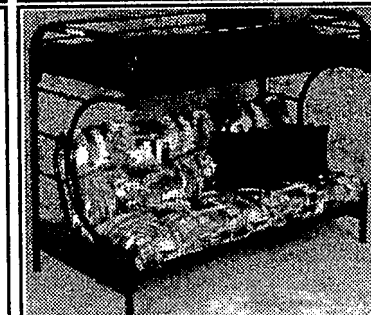
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A snowboarder catches some air while racing down the slopes.

# Frigid fun

Dozens of skiers and snowboarders braved the frigid weather Sunday at Pine Knob ski resort to try to beat their best times down the slopes. For many, the best part of the day was getting inside for some hot cocoa.

Photos by  
Laura Colvin



This snowboarder is sensibly wearing a helmet.



The chairlift makes getting to the top much easier.

## Three more weeks for joint scholarships

Five area service organizations are working together to offer local scholarships.

The Joint Scholarship cooperative undertaking is chaired by Heidi Wood, Clarkston Area Chamber of Commerce.

It includes representatives from the Clarkston Area Optimists Club, Clarkston Farm and Garden Club, Clarkston Foundation, and the Clarkston Rotary.

"We hope that a single application form, a coordinated deadline date and joint publicity efforts to encourage students to apply for these local scholarships will increase the number of students applying for these local funds," Wood said.

The joint application form represents a pool of more than \$17,000 available through 17-19 individual scholarships, one scholarship award per student from each organization. They include:

- Clarkston Area Chamber of Commerce – four scholarships, \$1,000 each;
- Clarkston Area Optimist Club – six scholarships, \$1,000 each;
- Clarkston Farm and Garden Club – four scholarships, \$500 each, or two scholarships at \$1,000 each;
- Clarkston Rotary Club – two scholarships, \$1,000 each;
- Clarkston Foundation – two scholarships, \$1,000 each, and a \$1,500 scholarship.

The scholarship form is available online at [www.clarkston.org](http://www.clarkston.org). Scholarship applications will also be available at the Clarkston Area Chamber of Commerce, 5856 S. Main St.; Clarkston High School Counseling office, 6093 Flemings Lake Rd.; and the Independence Township Library, 6495 Clarkston Rd.

Application deadline is Friday, March 1. Students do not have to be a 4.0 student to receive a scholarship. Each community organization has its own criteria. Details are available on the application form.

Applications should be turned in at the Clarkston Area Chamber of Commerce. No faxes or email applications will be accepted.

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# Clarkston News Sports

## Washed away Wolves stop Lakers, tie for top in OAA

BY PAUL KAMPE  
Clarkston News Staff Writer

The Wolves headed into battle with West Bloomfield on Friday for a chance to tie Pontiac Northern for the top spot in Oakland Activities Association I standings.

The Lakers (11-3) came to Clarkston riding high after upsetting Northern one week earlier and claiming first place in the OAA. The Wolves were in the midst of a five-game winning streak with only one loss in the OAA (3-1) coming in.

Clarkston capitalized on a major injury to West Bloomfield's scoring corps and improved its defense for a 51-37 victory.

The Wolves were able to learn from defensive shortcomings against Rochester Adams days earlier where the Highlanders took them to near defeat.

"I talked to them Wednesday and showed them film of what we were doing wrong against Adams defensively," Clarkston coach Dan Fife said.

"They're all great students, so when you can show them something instead of yelling at them, they can see it."

Clarkston was able to stop the Lakers' front court from becoming the playmakers on Friday.

"Of all the things we have trouble with is stopping penetration. I thought we did a good job up front with their little guys who were penetrating to make plays for them," Fife said.

Mike Przydzial went down late in the first quarter after injuring his ankle in a pack of post-players going for a rebound.

The Lakers' offensive attack was a shadow of the juggernaut that downed the then no. 9 state-ranked Huskies.

"We just didn't have anyone else to go to inside and that hurt us real bad," West Bloomfield coach Larry Moore said.

"He was a major scorer and rebounder and we needed him in the game real bad."

With Przydzial's absence, Moore went to freshman Darryl Durham to try and fill the hole.

"He did really well, but we needed the senior leadership," Moore said.

The Lakers were forced to use Josh Eichelberger as the main scoring option without Przydzial's six-seven presence down low.

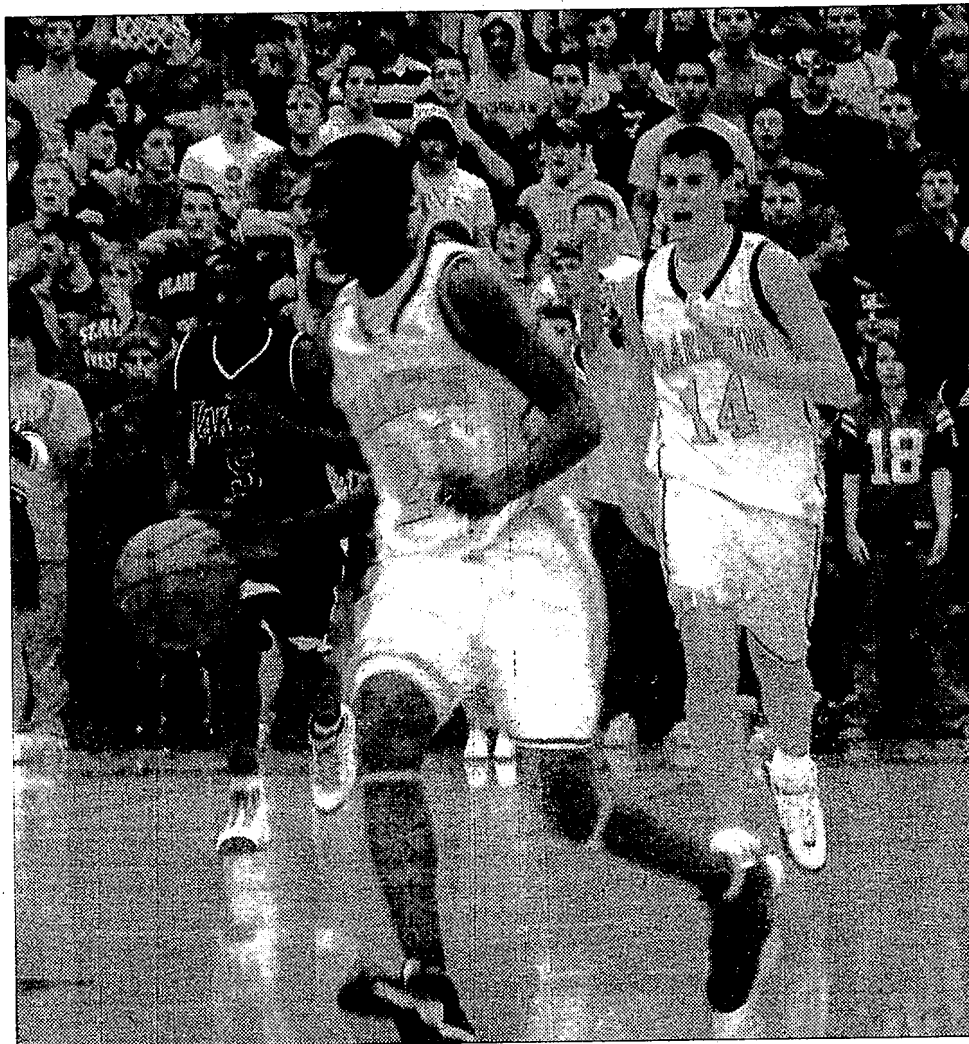
"They compliment each other," Moore said.

"Every time Eichelberger put the ball on the floor they were double and triple teaming him and they couldn't do that with Przydzial on the floor."

Eichelberger did finish with 14 points, but 11 of those came in the first half. The Lakers were out-scored 32-14 in the second half.

West Bloomfield led at the half, 23-19.

After the Wolves took a 12-2 lead in the first quarter, the Lakers began to liven up. They just needed a little help from Eichelberger, who made a layup and sank a three pointer. Eric Ellis' layup at the end of the quarter pulled West Bloomfield closer at 12-9. The Lakers had begun a 19-5 run



Oliver Kupe pushes the ball for the Wolves in their 51-37 win over West Bloomfield on Feb. 2. Photo by Paul Kampe

in their comeback, which lasted nearly a full quarter until the end of the half.

The game was close throughout the third quarter, where the Wolves outscored the Lakers 12-6.

West Bloomfield ended its hopes for victory by only scoring three points in the first five minutes of the final quarter. Clarkston's 20-8 scoring advantage came from the Wolves' ability to break down the Lakers' defense.

"I didn't think they were willing to guard us for more than two or three passes, so when we moved it around, we

got open shots and got what we wanted," Clarkston guard Dan Owens said.

Owens finished with another game high, 19 points, nine in the third quarter.

Although Clarkston led for nearly all of the fourth quarter, Fife stayed on guard.

"With 0:48 left, we were shooting free throws. That's about the time I think I can relax," he said.

Bren Bergquist had 10 points for Clarkston. Julius Porter and Oliver Kupe both added six points.

## Athlete of the week

BY PAUL KAMPE  
Clarkston News Staff Writer



8-year-old Jagar Smith of Springfield Township traveled to Brantford, Ontario for a hockey tournament. Photo submitted.

While friends spent the holiday recess playing with gifts, Jagar Smith was spending time with his team in the Mecca of hockey. During the holidays, Smith, 8, visited Brantford in Ontario, Canada, the hometown of "The Great One," Wayne Gretzky, to play in a hockey tournament with his team, the 1998 Flint Islanders.

The Islanders, a mite AA team, were 5-0 during the tournament, holding teams scoreless in the first three games and only allowing two goals in all competition.

Smith, a third-grade student at Springfield Plains Elementary, has been playing hockey for nearly four years. He took up the game after watching his older brother Nick play.

"When he (Jagar) was two-and-a-half, we bought him a pair of Rollerblades that were six sizes too big and he started cruising around the house," his father

Steve Smith remembered.

The brothers used to simulate hockey fun indoors, away from the cold with the help of a set of miniature hockey sticks.

"And it just kind of snowballed," Smith said.

Although too young to watch Gretzky play in his heyday, Jagar is still able to reminisce about his favorite hockey player by watching a DVD about the leading goal scorer in National Hockey League history.

Smith also likes a local hero, Steve Yzerman, who recently retired from the Detroit Red Wings and took a management position with the team after playing for more than 20 seasons.

Despite his scoring prowess as a forward/center, 46 points in 32 games this season with 23 goals and assists, Jagar is considering a move to goaltender. Regardless of the position, Smith hopes to play professional hockey as an adult.



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# Eaglets leave Wolves with goose egg

**BY PAUL KAMPE**  
Clarkston News Staff Writer  
"Power-play" refers to an advantage one team has over the other because of skaters in the penalty box. What Orchard Lake St. Mary's did to Clarkston

on Saturday was almost a 33-minute power-play.

The no. 5 state ranked Eaglets 8-0 handling of the Wolves only involved two power-play goals for the victors, who seemed to out-number Clarkston

on many occasions.

The game was spent mostly in the Clarkston zone and the Eaglets (9-8-4) held a 27-10 shot advantage.

Devon Carr stopped everything Clarkston (4-10-3) could

muster for the shutout. The win was the first in the past four contests for the Eaglets, who lost a 2-1 decision to Warren De La Salle last week.

"We certainly wanted to shake that thing and it was good for us to come out tonight and put some pucks in the net," St. Mary's coach Brian Klanow said.

The Eaglets began scoring early when Steve Tallman found Kasper Bryniczka in front of the net less than three minutes into the game.

Brandon Kozlowski assisted on the next two St. Mary's goals by Ben Shields and a power-play goal by Dane Muller. The Eaglets converted on two of three chances with the extra skater.

Mac Watts had three points in the second period. He scored at 3:26 of the period and assisted on two others by Jon Falvo (power-play) and Bryniczka.

"He's (Watts) one of our captains and he leads our defensive core with Jon Salvo and he had a good game tonight," Klanow said.

Klanow attributed his team's success on the heels of a three-game skid to reorganizing the Eaglets' approach.

"My team's been struggling this year, putting the puck in the net," he said.

"Tonight we changed everything around. We changed our lines and our whole system and they executed it well and they started putting some pucks in the net finally.

"We rolled all four lines and they all played well. They executed the game plan we set forth," he added.

Defensively, St. Mary's switched to a 2-3 zone, rather than a 2-1-2 they typically use.

Clarkston coach Bryan Krygier said the Wolves need to put the loss behind them and continue to work hard with their three final league games in the coming weeks.

"It's a humbling game and you have to swallow your pride and prepare for the next game," Krygier said.

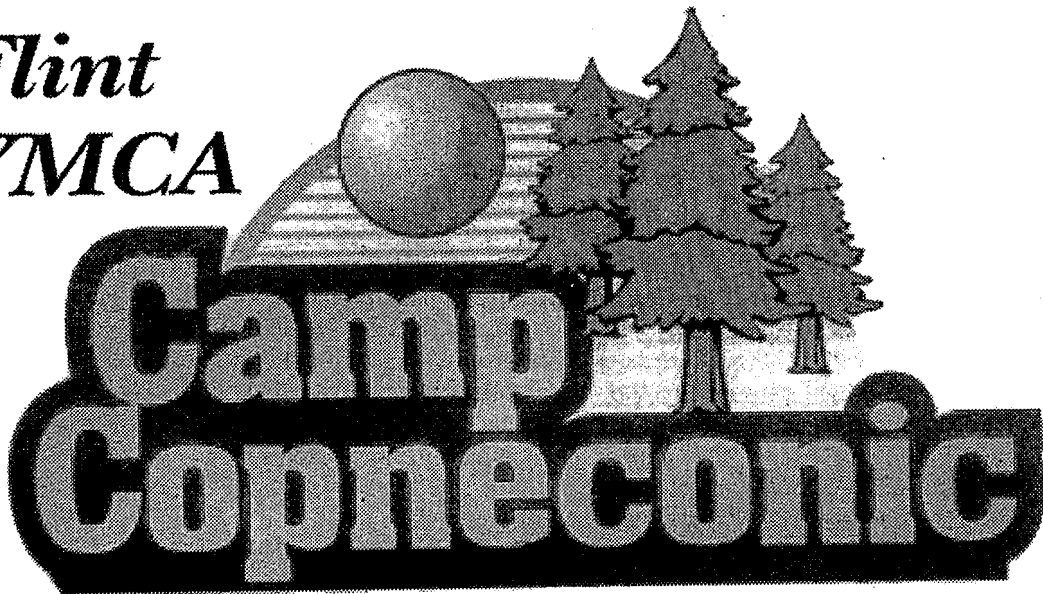
"We can still end up in third. We can be .500 in the league and still end up third, so we need to get to 12 points. We need three more wins," he added.

Clarkston travels to Waterford to take on Mott at Lakeland Ice Arena Thursday, starting at 7:20 p.m. The Wolves travel to the Michigan Hockey Showcase tournament this weekend at Kennedy Ice Arena in Trenton. Clarkston faces Utica Eisenhower on Friday and Northville on Saturday.



Dan Smith of Clarkston (3) clears the pucks away from Ryan Candela of St. Mary's. Clarkston fell to 4-9-3 this season with their loss to the Eaglets. Photo by Paul Kampe

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# Disappointing finish

## Wolves lose final conference match

BY PAUL KAMPE  
Clarkston News Staff Writer

In its second league game of the week, Clarkston was hoping to race another game ahead in the Oakland Activities Association. Instead, Rochester Adams put Senior Night to use with their fast-paced offense, dropping the Wolves 3-1 at Rochester on Feb. 1.

Two seniors, Chelsea Rutledge, an outside hitter for the Highlanders, and Lauren Wisniewski, a middle hitter, led the team to victory.

"The two of them hit very consistent today and they just played fantastic volleyball," Adams coach Ben Kaszeta said.

Rutledge finished with 10 kills and 10 digs while Wisniewski had four kills and two blocks.

The Highlanders (16-7-1) hurry-up offense helped them win the match after losing the first game to the Wolves (14-11-2).

"We played fast and we played with good confidence," Kaszeta said.

"We ran the fast offense and put the pressure on the other team to make their mistakes," he added.

The Wolves are now 4-5 in the OAA and the Highlanders evened their conference mark at 4-4.

The Highlanders were also aided by the serving of libero Kailey Dillon, who came up with crucial service points.

"She was very aggressive and very consistent with her serve," Kaszeta said.

"We played good defense around her, but her serve helped us put the pressure on Clarkston and that made a big difference," he added.

Dillon had 19 digs for the Highlanders.

Jilian Lochricchio continued her hot serving for the Wolves, reeling off four straight service points to put Clarkston ahead 21-16 in the first game. Rutledge's shot went out of bounds, giving the Wolves a 25-22 win.

The Highlanders held the lead after breaking a 10-10 tie early in game two. Rutledge ran off three service points and Dillon won it for Adams after a quick timeout, 25-19.

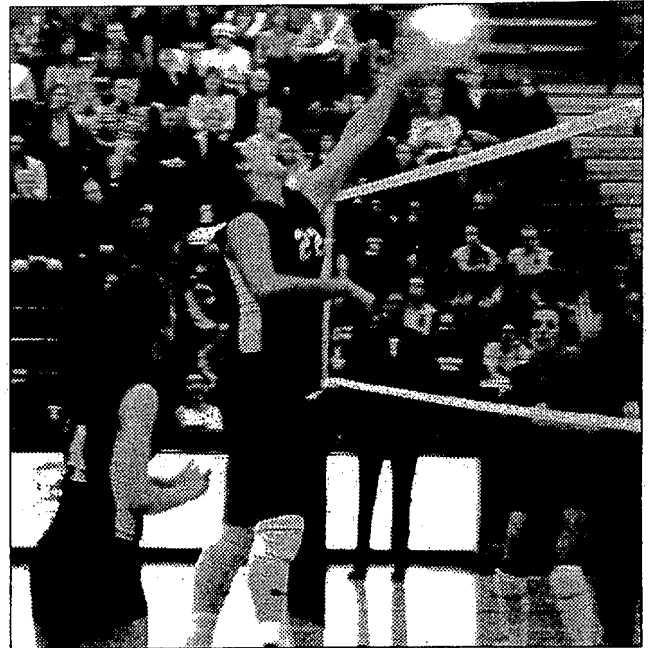
The Wolves had Adams on the brink in game three with a 24-18 lead, before Dillon rattled off six points in a tying rally that brought fans to their feet.

Amanda Byrd's diving one-handed digs could not save Clarkston, who lost 27-25.

Clarkston's 9-6 lead to begin the fourth set would not last, as the Highlanders controlled the final game with at least a two-point advantage throughout the contest, finishing with a 25-22 victory.

The Wolves have one more non-league contest against winless Waterford Mott at home on Thursday before the OAA league tournament on Saturday at Farmington High School. This is the first year the league has employed the round-robin style tournament, which is weighted for half of each team's final OAA standing.

Troy is the likely favorite in the tournament after maintaining the top regular-season record in the OAA this season. The Colts were 7-0 after they defeated last year's co-champion Birmingham Seaholm on Jan. 29.



Lindsay Sawyer and the Wolves beat Troy Athens on Jan. 29 at Clarkston. Photo by Paul Kampe

## Wolves drop Athens

BY PAUL KAMPE  
Clarkston News Staff Writer

When the slumping Troy Athens came to town, Clarkston seized the opportunity to go above .500 in the league, but the Redhawks would not leave without a fight. Clarkston won the match 3-2, taking a decisive fifth game for the win, 25-18, 27-29, 25-11, 22-25 and 15-9.

The Wolves (14-10-2) are now 4-3 in the Oakland Activities Association, while the Redhawks (10-17-6) fall to 2-6.

Clarkston coach Kelly Avenall talked with the team about closing out victories after the Wolves take a lead.

"Sometimes they get back on their heels and feel like they have it won, but volleyball is such a momentum sport, someone can put up five or 10 points quickly," she said.

The Wolves responded against Athens in the first and third games, where they cashed in on large leads.

"Those two games we lost was more our mistakes than them beating us," Avenall said.

The Wolves need to eliminate miscues and miscommunications prior to the league tournament, less than two weeks after the match, she added.

Marilynn Porritt pushed Clarkston ahead in the fifth set. After her block earned the Wolves point number 11, she breathed life into a dead play, digging the ball from her knees and Lindsay Sawyer was set up for the kill.

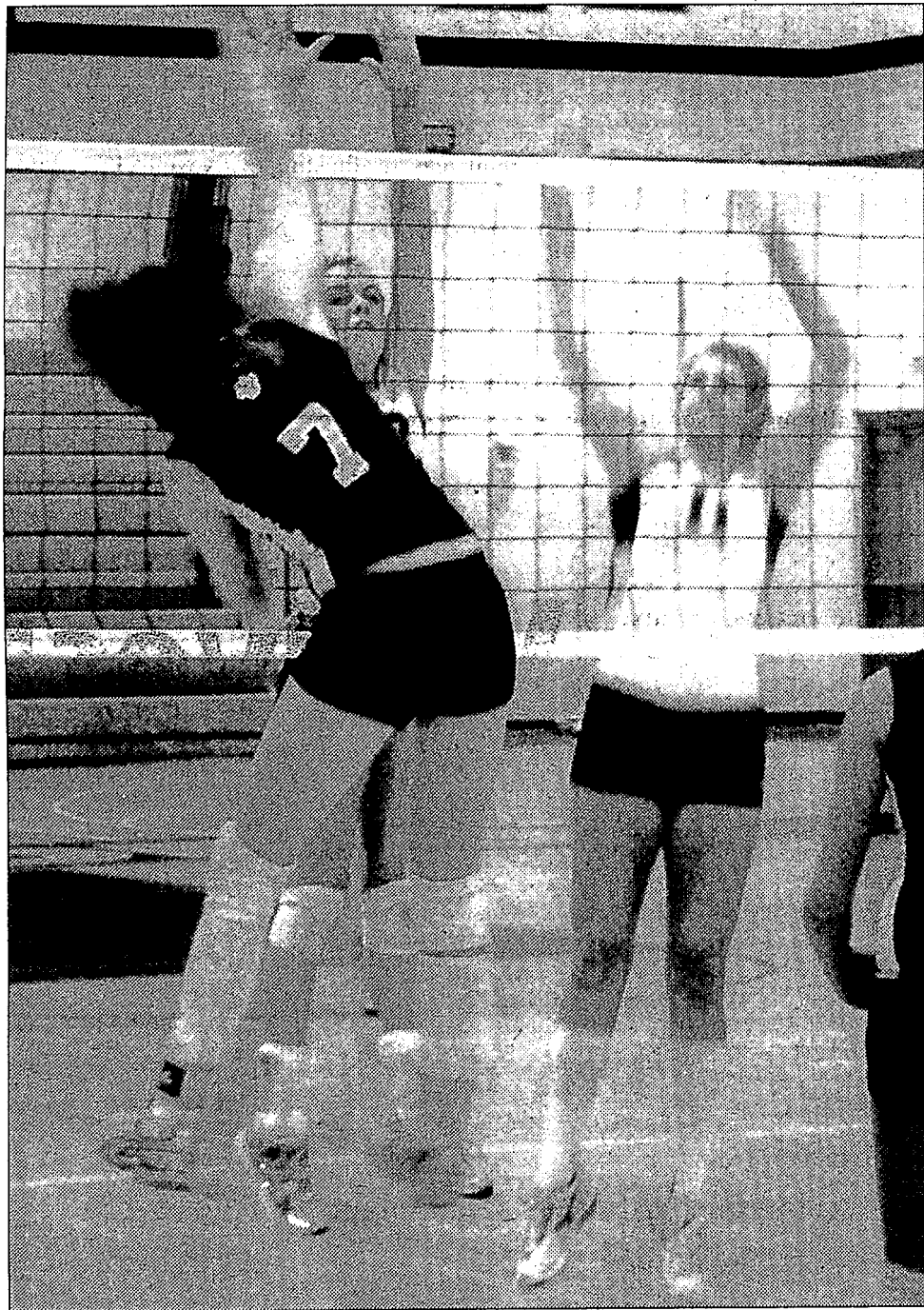
Byrd finished off Athens for the final two points serving and also finished with 40 digs.

Juliann Gillespie was a driving force on offense for Clarkston with 21 kills. Porritt had 15 kills and setter Emily Parkin finished with 42 assists.

Athens coach Kerri Morrison was unhappy with her team's offensive production.

"We don't really feel we're a very offensive team," Morrison said.

Unforced errors cost the Redhawks a winnable game, Morrison added.



Clarkston's Lauren Gardner makes a kill over Sam Szpunar (3) and Danielle Daniels (11) of Rochester Adams. Photo by Paul Kampe

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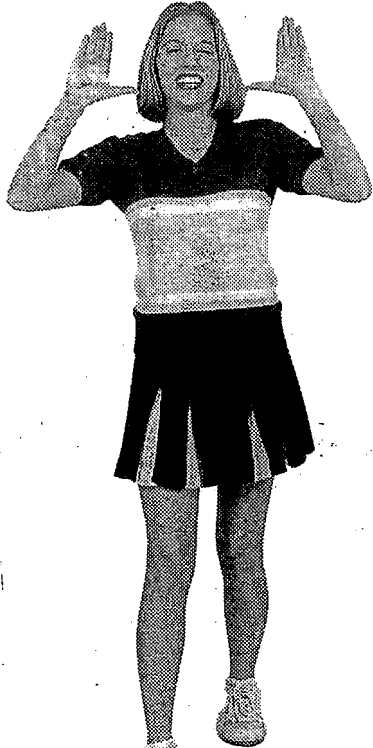
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The Wolves cheerleaders are: Annie Jones, Brianna Reuter, Katie Sherman, Karissa McCatty, Raeshal Matey, Amanda Zangara, Brittany Rodgers, Jessica Whaley, Rachel Ming, Alyssa Santola, Kelsey Miller, Megan Best, Megan Delnick, Ashleigh Henderson, Janelle Zirwes, Lisa Quantz, Lacie Turnbull and Stephanie Joeseeph. Photo by Paul Kampe

### Cheerleaders climbing up OAA in reformatted season

The girls competitive cheer team is off to a great start this season. The Wolves took first place scoring 648 points at the Davison Invitational on Jan. 27.

"They improved tremendously, they did a good job," coach Chandra Price said.

"They were so excited to win."

The girls also took second place in the opening competition of the season on Jan. 9.

The 18-member squad is getting situated into a new format for this season. The cheer team has been split into two seasons this year to comply with rule changes made by the Michigan High School Athletic Association.

Price said the team used the fall sports season as a

conditioning period, whereas the winter sports season is when the team actually competes head-to-head with other teams from the Oakland Activities Association. In the past, teams were governed by separate entities and now the season is solely regulated by the MHSAA.

"I think they're adjusting really well," Price said of her team.

"It's been different, but it's definitely been an exciting change to have everybody unified."

The girls have two more competitions this season. They will compete on Saturday at the Sterling Invitational at Waterford Mott and on Feb. 24 Clarkston plays host to the girls competitive cheer championship.

### Girls Pom Pon team wraps up competition

The girls pom pon team continues its season performing at halftime of Clarkston's basketball games through the end of this month.

This season the girls took eighth place at the Great Lakes Invitational at

Lake Orion High School in early November and sixth place at the 16th annual Palace Pom Pon Competition on Jan. 20.

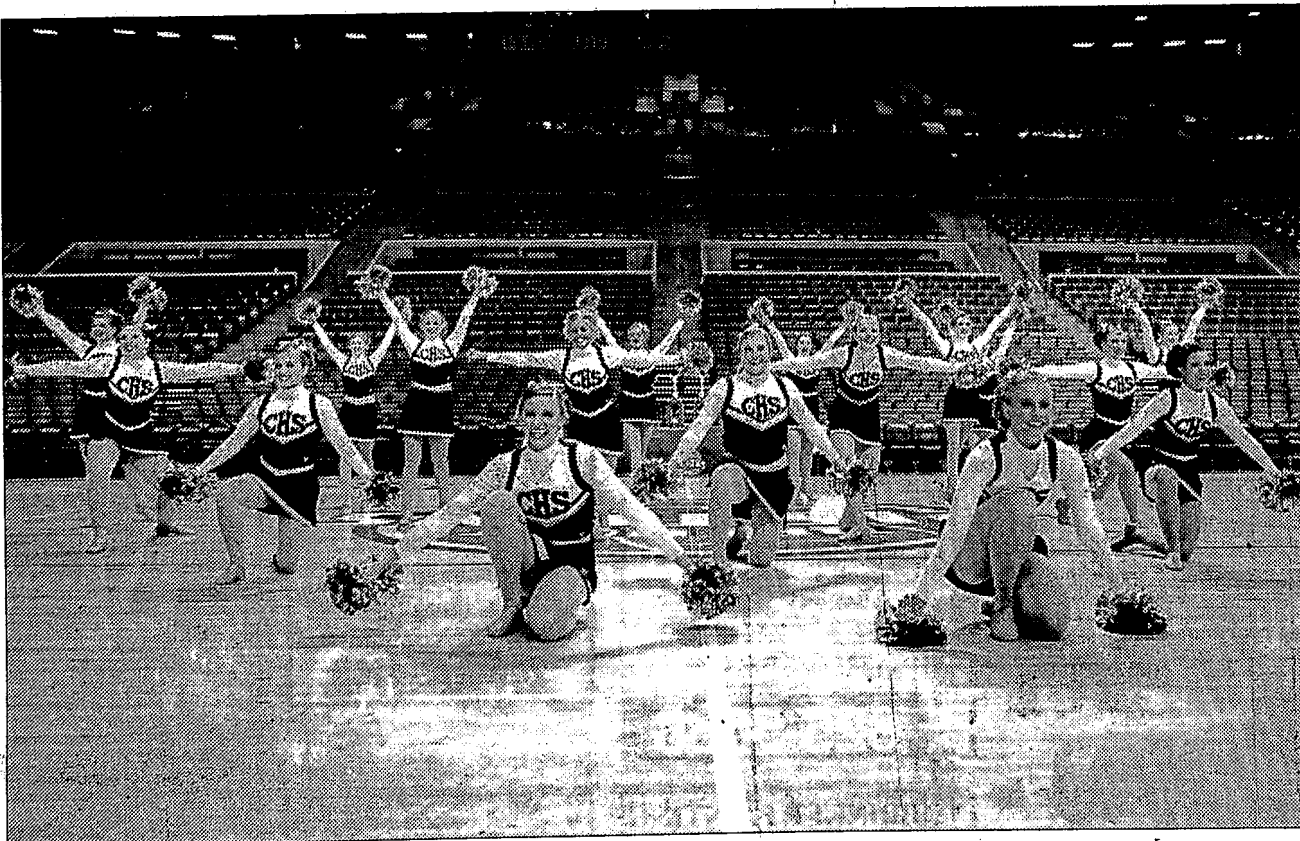
Coach Erin Montera said the girls' performances contained a higher degree of difficulty and the

skill level of their dancers has improved this season.

"They did well. They worked as a group and did the best performance they could," Montera said.

"Our level of difficulty as far as leaps and turns, we did really well at that."

At the Jan. 26 basketball game, the girls sold raffle tickets to raise money to help African families fight Malaria. Items from Detroit Pistons and the Clarkston boys basketball team were up for bids.



Front row (left to right): Alison Wright, Meredith Clark, Katie Morse, Amanda Witkowksi and Kate McAllister. Second row: Lexi Nickolau, Kara Huth, Kristen Stone, Melissa Coarazza, Jamie Johnson, Erika Bradish and Haleigh Garza. Back row: Vikki Dennis, Ashley Kukuk, Sara Johnson, Emily Wiggins and Megan Kuhl. Photo by Tim Busch

# Go Wolves!



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# Scout fixes muddy trail for Eagle work

A portion of the West Loop of the Holdridge Lakes Mountain Bike Trail in the Holly Recreation Area was improved as a result of Evan McKenzie's Eagle Scout project.

Last summer, McKenzie led friends, family, and other Troop 189 Boy Scouts in building a wooden crossing to cover a 36 foot length of the trail and improved the drainage in the area. Before the project, bikers routinely rode off the trail to avoid the wet and often muddy section,



Evan McKenzie

which widened the trail. The project took a total of 116 man hours to complete with the help of 29 volunteers.

As a student at West Henderson High School in Hendersonville, North Carolina, McKenzie was a member of the 2003 3A North Carolina State Champion Swim Team and a member of the Sound of Music cast. He was also an active member of St. Barnabas Catholic Church youth group.

After moving to Clarkston in August, 2003, he attended Clarkston High School where he was a member of the varsity swim team and a member of the 2006 graduating class.

McKenzie is a member of St. Daniel Catholic Church, where he has participated as an usher and in three home repair mission trips to Tennessee with the youth of St. Daniel.

He began his trail to Eagle in August of 1994 as a Tiger Cub in Pack 612 in Mills River, N.C.

As a Cub Scout he earned the Light of Christ Religious Emblem, all 20 Webelos activity pins, and the Arrow of Light, Cub Scouting's highest honor under the leadership of Robin McKenzie and Deborah Bledsoe.

He crossed over to Boy Scout Troop 622 of Mills River on Feb. 19, 1999. He quickly moved through the ranks of Scouting under the leadership of Scoutmaster Jack McKenzie.

Evan McKenzie held numerous positions in Troop 622 including instructor, senior patrol leader, chaplain aide, scribe, assistant senior patrol leader, quartermaster, and as-

sistant patrol leader.

Living in North Carolina, he was able to make numerous backpacking trips on the Appalachian Trail, Pisgah National Forest, Mount Rogers NRA, Foothills Trail, and the Great Smoky Mountains National Park.

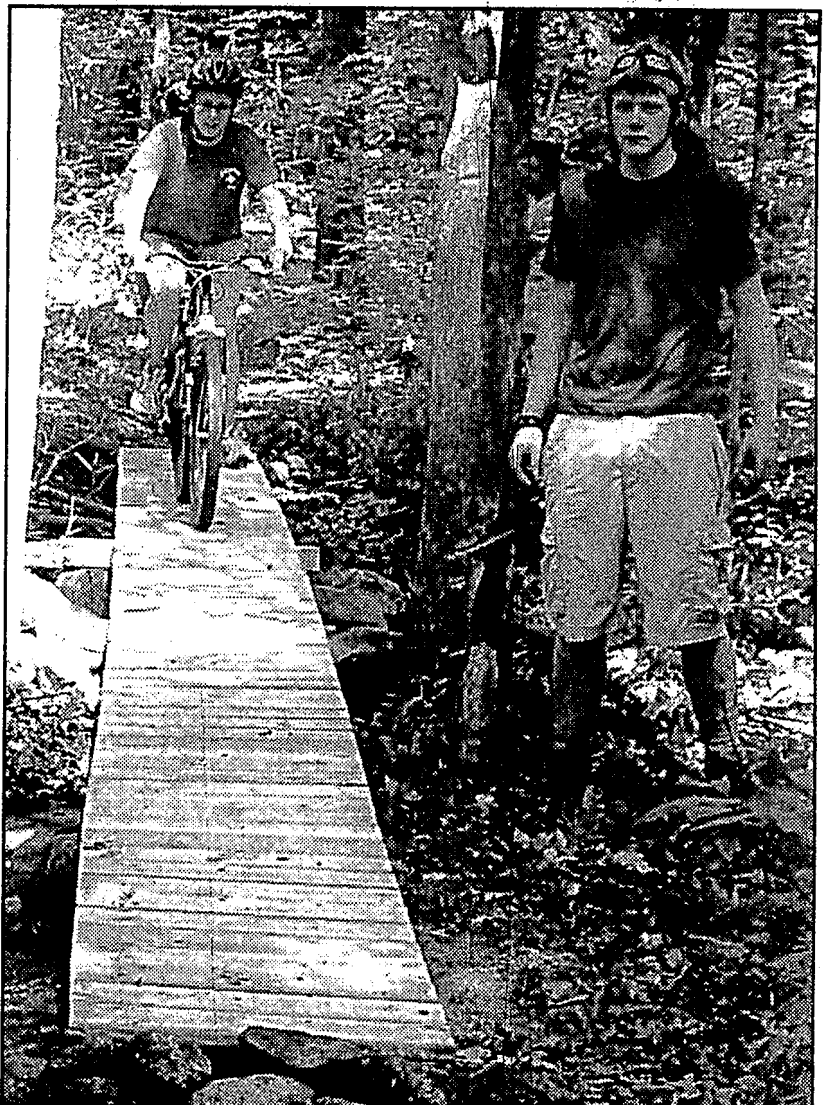
He attended camp at Camp Daniel Boone, Camp Bob Hardin, and Camp Ottari. McKenzie was an Ordeal member of the Tsali Lodge of the Order of the Arrow. He also had the opportunity to usher at several University of Georgia football games.

In 2003, he went on a 10-day trek at the Philmont Scout Ranch in New Mexico with a contingent of scouts from Daniel Boone Council in Western North Carolina. He also volunteered as a lifeguard and as a canoeing and sculpture merit badge counselor at Camp Bob Hardin of the Palmetto Council in Saluda, North Carolina.

McKenzie joined Boy Scout Troop 189 of Calvary Evangelical Lutheran Church in Clarkston in the fall of 2003 and held the position of senior patrol leader under the leadership of Scoutmaster Phil Gorney.

He has enjoyed activities with the troop, including camping at Wright Patterson Air Force Base, backpacking at Nordhouse Dunes, and along the Manistee and Jordan rivers.

He went on high adventure trips to North Carolina and Tennessee where the scouts enjoyed backpacking on the Appalachian Trail, mountain biking in Tsali Recreation Area, climbing Snake Den near Barnardville, N.C., and spelunking in the Lost Sea Cave.



Boy Scout Evan McKenzie with the bridge he built as part of his Eagle Project. Photos submitted

He also participated in a two-week backpacking trip to Kings Canyon and Yosemite National Parks that concluded with surfing in the Pacific.

McKenzie was presented his Eagle Rank at an Eagle Court of Honor Jan. 6 at Calvary Evangelical Lutheran Church. He earned 26 merit badges. He joins the rank of Eagle along with his two brothers, Kyle and Conor, and is the sixth Eagle Scout from Cub Scout Den 4 of Pack 612 of Mills River, N.C.

McKenzie, 18, of Clarkston is a freshman at Lawrence Technological University in Southfield, majoring in civil engineering. He is a recipient of the LTU Trustee Scholarship.

He is the son of Robin and Jack McKenzie of Clarkston. His younger sister Maura is a Brownie Girl Scout with Troop 1878 of Independence Elementary.

## Local Eagle builds bridges

BSA Troop 189 presented the rank of Eagle Scout to Tyler Gorney on Sept. 23 at the Independence Oaks Twin Chimney's Pavilion.

Gorney's service project benefited the Holdridge Lakes Mountain Bike Area trails at the Holly Recreation Area. In July 2006, Gorney and a crew of 26 constructed two water crossings, totaling 36 feet.

After constructing the bridges, the crew restored the damaged areas around the trail. The project enlisted the assistance of 26 volunteers working 130 hours.

He started his career in scouts as a Beaver scout in Canada and then transferred to Pack 135 as a Webelo when he moved to Michigan in 2002.

As a Boy Scout, he completed 28 merit badges, is an ordeal member of the Order of the Arrow, and has held various leadership positions within the troop.

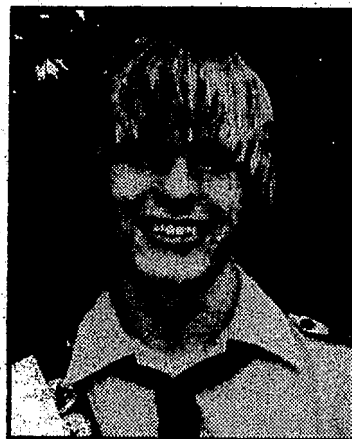
His many high adventure trips with the troop include kayaking in Algonquin Provincial Park,

backpacking the Appalachian Trail, and backpacking in the King's Canyon and Yosemite National Parks.

Gorney attends Brandon High School and the OSMTech Academy at Clarkston High School.

He is a member of the Brandon High School JV football team as part of the offensive line and is a member of the Varsity swim team, where he swims the breaststroke.

He is the son of Phil and Brenda Gorney and brother to Anthony, a Star scout in Troop 189.



Tyler Gorney

## February nature activities

February activities at Indian Springs Metropark in Springfield Township include:

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Gov. Jennifer Granholm reads the Clarkston Girl Scout Troop 1291 motto on her new coffee mug – "Don't freak out...figure it out." The scouts presented the mug and a hat to the governor during their Jan. 25 visit. Photo submitted

## Words to live by

Girl Scout Troop 1291 of Clarkston visited with Gov. Jennifer Granholm Jan. 25 in Lansing.

The governor presented the scouts with an award for earning their Bronze Award last year. The scouts gave her a Girl Scout hat and mug, and made her an honorary member

of their troop.

At the bottom of the mug is the troop motto, "Don't freak out...figure it out."

The scouts are all seventh-grade students at Sashabaw Middle School.

Their co-leaders are Sandy Turner and Sue Hickey.

# Gravel road speed-limit bill back on table

BY LAUREL DROZ  
Staff Writer

The battle for control over the speed limit of gravel roads in Oakland County rages on.

Residents wary about the increased speed limit on about 283 gravel road segments in Oakland County, previously posted as 25 mph zones, were dealt a setback in December with Governor Jennifer Granholm's veto of Senate Bill 248.

The bill would have granted more local control of the gravel roads.

"The bill would create a special exception from the standardized process for establishing speed limits adopted this year. I

do not believe such an exception is appropriate," said Granholm in a statement issued by her office.

State Rep. Jim Marleau, (R- 46th district), was one of the lawmakers spearheading the bill, amending what some representatives described as an unintended consequence of the earlier revision, and allowing local officials to petition for lower speed limits where they deem it necessary.

Now Marleau, along with Senator Nancy Cassis (R-15th district) and Representative John Stakoe (R-44th district), are pursuing a new bill to address the problem.

"It's very, very important," said Marleau.

"This is a safety issue. I'm very, very strongly trying to allow local control.

Right now, the dirt roads are not under local control. As this thing started, we had local control but we didn't realize it was for everything other than gravel roads."

Marleau said the new proposed bill focuses solely on trying to reinstate those roads that were 25 mph.

Though Marleau originally voted for the revised state law, enacted by state legislature in March, that increased the speed limit on roads previously posted at 25 mph to 55 mph—even in residential areas—he said it was because he and other lawmakers were misled.

The original intent of the revised law seemed to stress local control, said Marleau. However, after the law was enacted, it was discovered that gravel roads were largely omitted from having that control because of a lack of studies conducted on those roads.

Marleau said an exception should be made for Oakland County with regard to the speed limits because the county is, by its very geography, exceptional.

The winding nature of dirt roads, because of the number of lakes in the area and the number of people who live on those dirt roads, are the cause of the safety issue, said Marleau.

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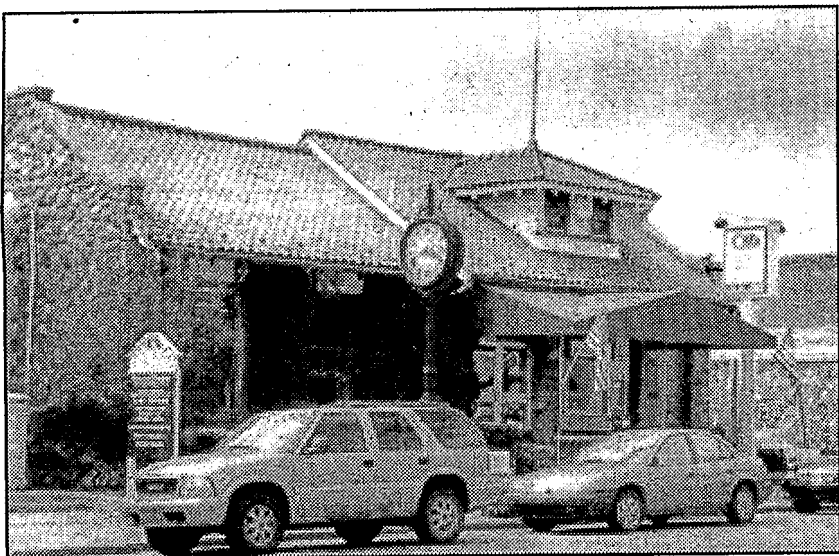
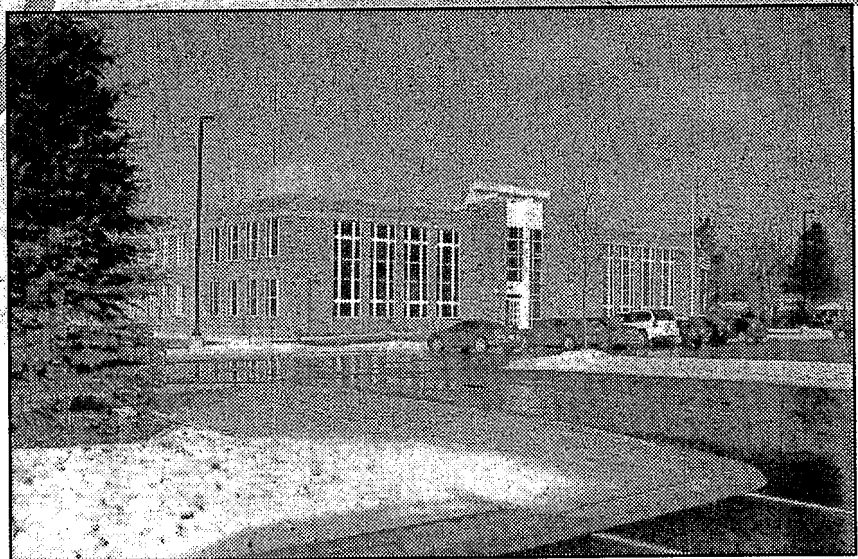
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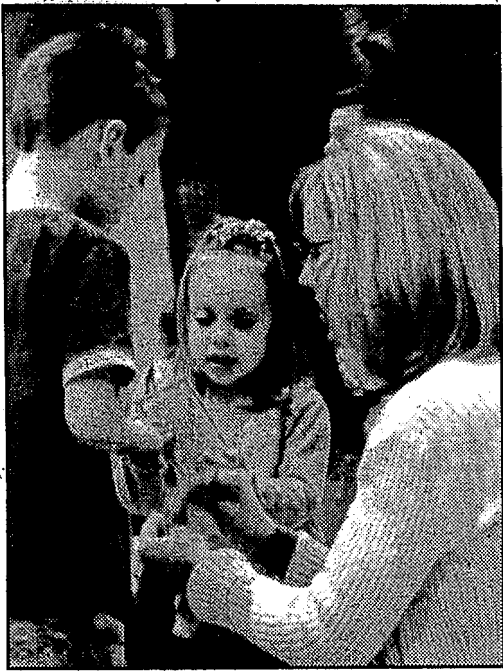
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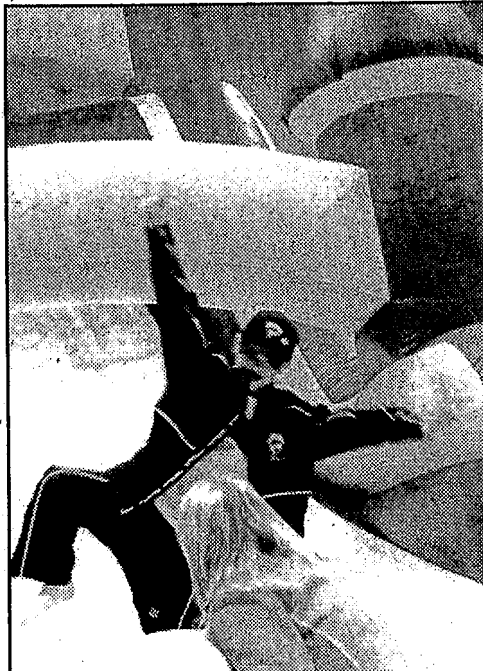
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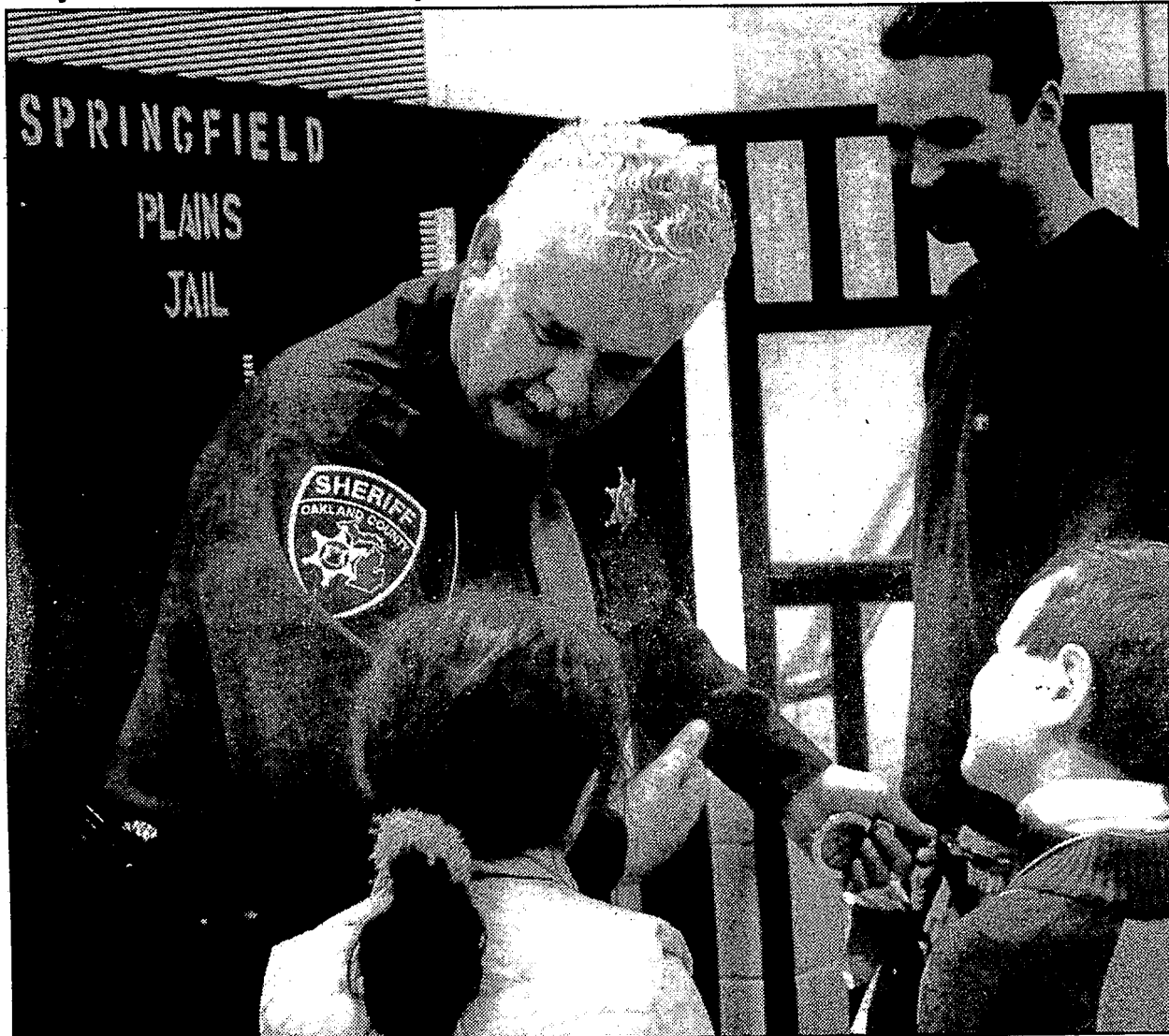
Kindergartener William Burnett, with little sister Abby Jo and mom, Dawn, gets ready to head home after a fun day.



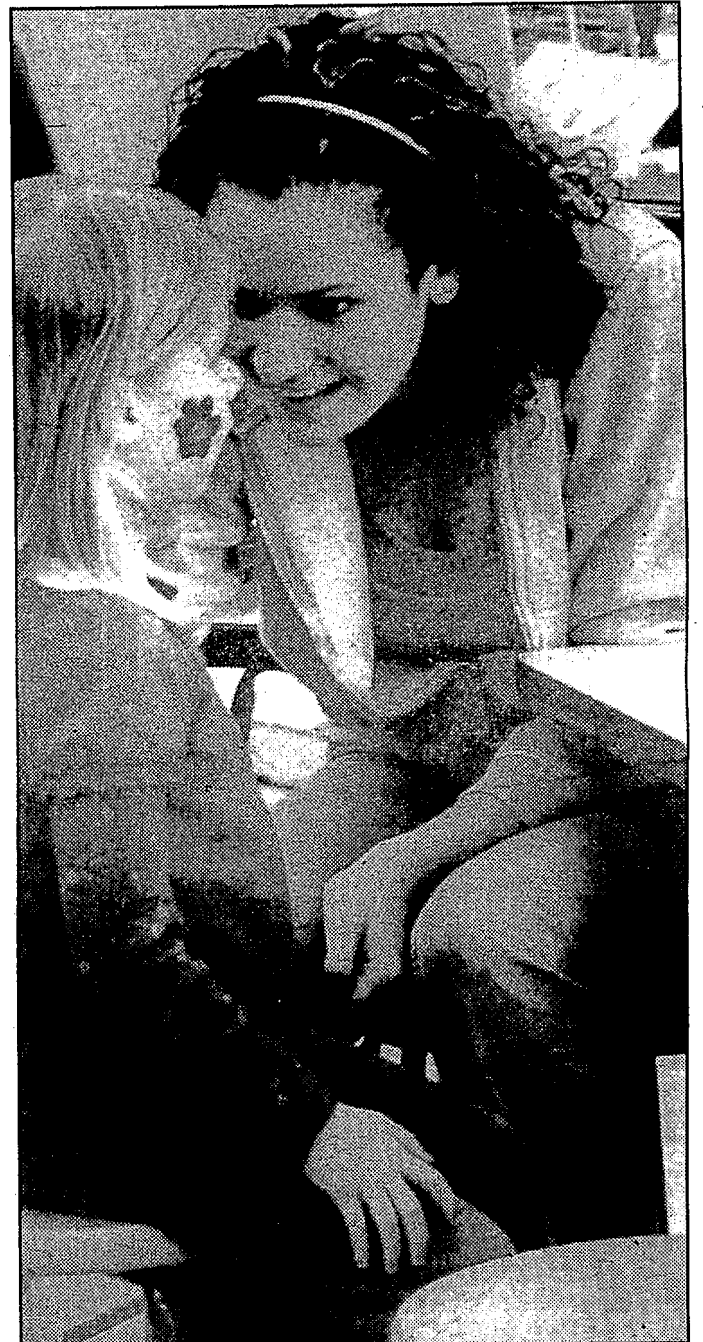
Woo-hoo! Lots of students had fun on the big inflatable slide.



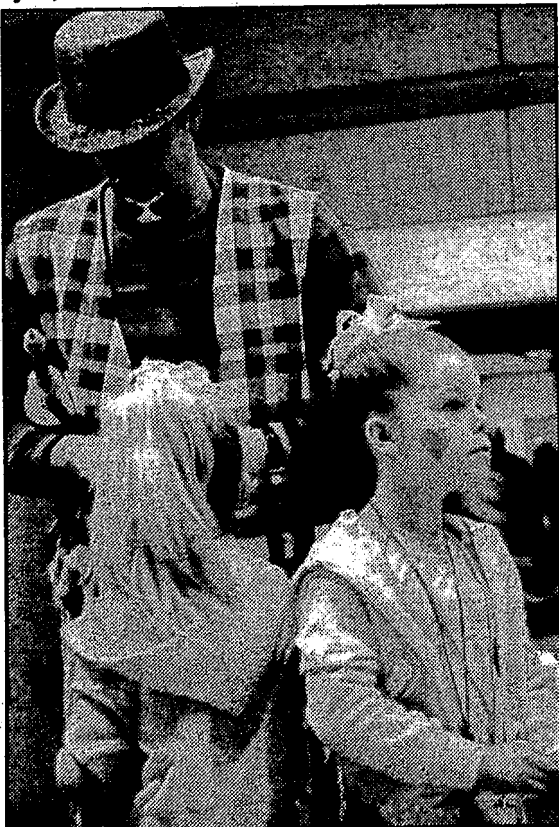
Christopher DeFinis, along with his MeMe and Pappy (also known as Pat and Tony DeFinis) enjoy some sticky cotton candy.



It was hard to tell who was having more fun—the kids and parents who were “arrested” and put in “jail,” or the Oakland County Sheriff’s Deputies who played along. Photos by Laura Colvin



Brooklyn Heath gets a pretty flower on each cheek, thanks to Julian Locricchio, a National Honor Society volunteer from CHS.



Quit clowning around! The guy with the big red nose was in charge of making balloon animals.

## A ball in the hall

...and the lunchroom, the gym, and the classrooms, too. Residents big and small showed up Saturday to play games, win prizes, eat food and have a great time at the Springfield Plains School Fair. One of the day’s most popular destinations was the Springfield Plains “Jail,” hosted in good fun by Oakland County Sheriff’s Deputies. Participants could pay tickets to have friends and family rounded up and tossed in the clink. Despite cold temperatures, hundreds of people showed up in support of the school.



Cindy Paredes, left, and Sheila Holly got into a sticky situation when they volunteered to work the cotton candy machine.



Scott Fisher, a 2<sup>nd</sup> grader, was “fishing” for prizes.



Emily Wiggins, left, and Emily Yu, both NHS volunteers from CHS, were VERY busy sending folks to “jail.”



**People Poll**

*Bowl game or TV ads?*



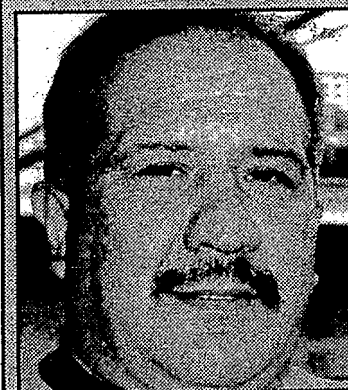
"I like them both. You watch the game knowing our home team may never be in it. I like the edginess of the commercials because everyone is trying to one-up each other."

- Lenny Kersten



"The commercials. I'm in marketing and advertising. It seems to lend itself because it's the business I'm in."

- Heather Uballe



"I like them both. (John Elway's first Super Bowl (victory) was my favorite game."

- Daniel Vasquez



"I like the game better because I've been around football my whole life. I remember Green Bay winning the first Super Bowl."

- Sally Unrath

*By Paul Kampe*

Have an opinion for the People Poll? Call us at 248-625-3370.

# The Clarkston News' Millstream

## Dealing with change

**BY ANDREW DUPONT**  
*Clarkston News Staff Writer*

The subject of Carla Teare's classes may not be part of a standard curriculum, but it is nevertheless an important part of student's development: change.

Changes come from influences both internal and external and people deal with change in different ways. Teare, the Safe and Drug Free Schools coordinator for Clarkston Schools, works with students to deal with changes or to help them make some of their own.

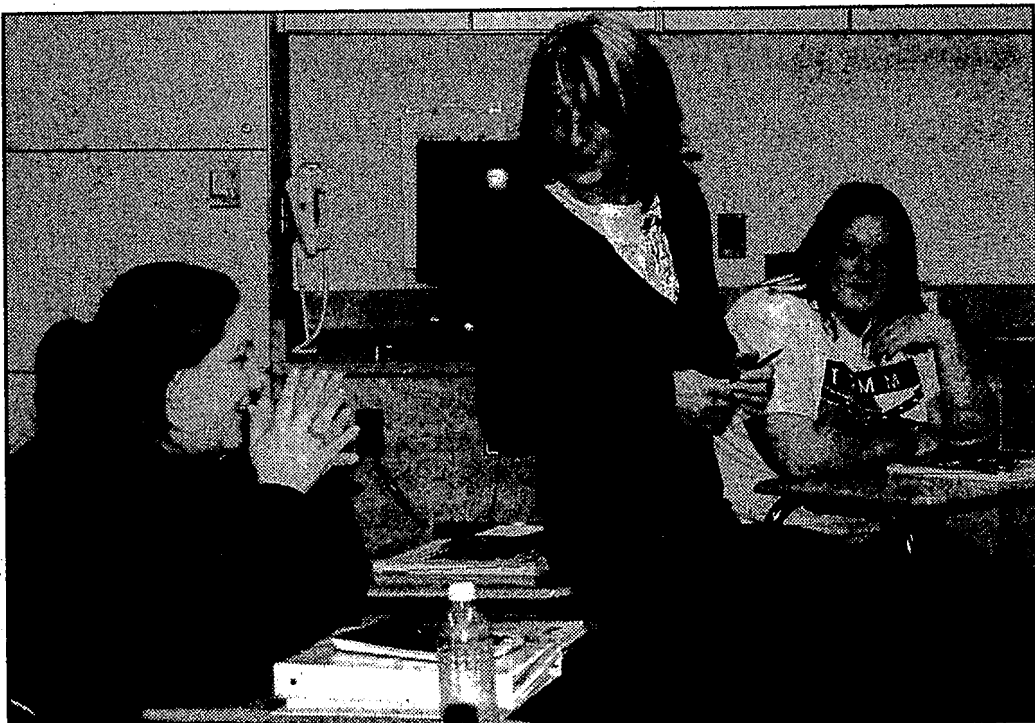
Originally from Virginia, Teare moved to Michigan just before high school with her family. Like she encourages her students to do, Teare maintains a close relationship with her family. "I'm very close with my family... my sister is my best friend," she said.

Having close family gives many people someone to talk to when they are faced with a difficult situation, but not everyone has the luxury, so Teare works with those who might not.

Teare teaches "Reconnecting Youth" at Clarkston High School along with social worker Jim Butzine. The class gives students a chance to study themselves, their habits and their lives.

"We wanted to reach out to kids in a different way than we had in the past," she said.

Students spend the class discussing themselves, setting goals and developing



Carla Teare teaches students how to deal with changes in their lives and make healthy choices. Photo by Andrew DuPont

plans to meet those goals. Teare said students are recommended to the program, but have to agree to participate in order to register.

"To improve in school, you have to be ready, and if you are, we're going to give you the skill to do that," said Teare. For some students, Teare said the only thing they need to help them change is someone to listen to them.

"It's kind of a safe place for them they might not have," she said. "They're not only getting support in school, they're learning life skills... It's a curriculum that's proven to be effective in reaching those goals."

Teare's work in the district started 15 years ago at North Sashabaw Elementary, but over time she's worked all over.

"I've been to most buildings in Clarkston," she joked, saying she ultimately came to CHS to work with students at a pivotal stage in their education and lives. "I felt I could be more effective at the high school."

Seeing the reflection of her own work on her students, Teare acknowledged that she has

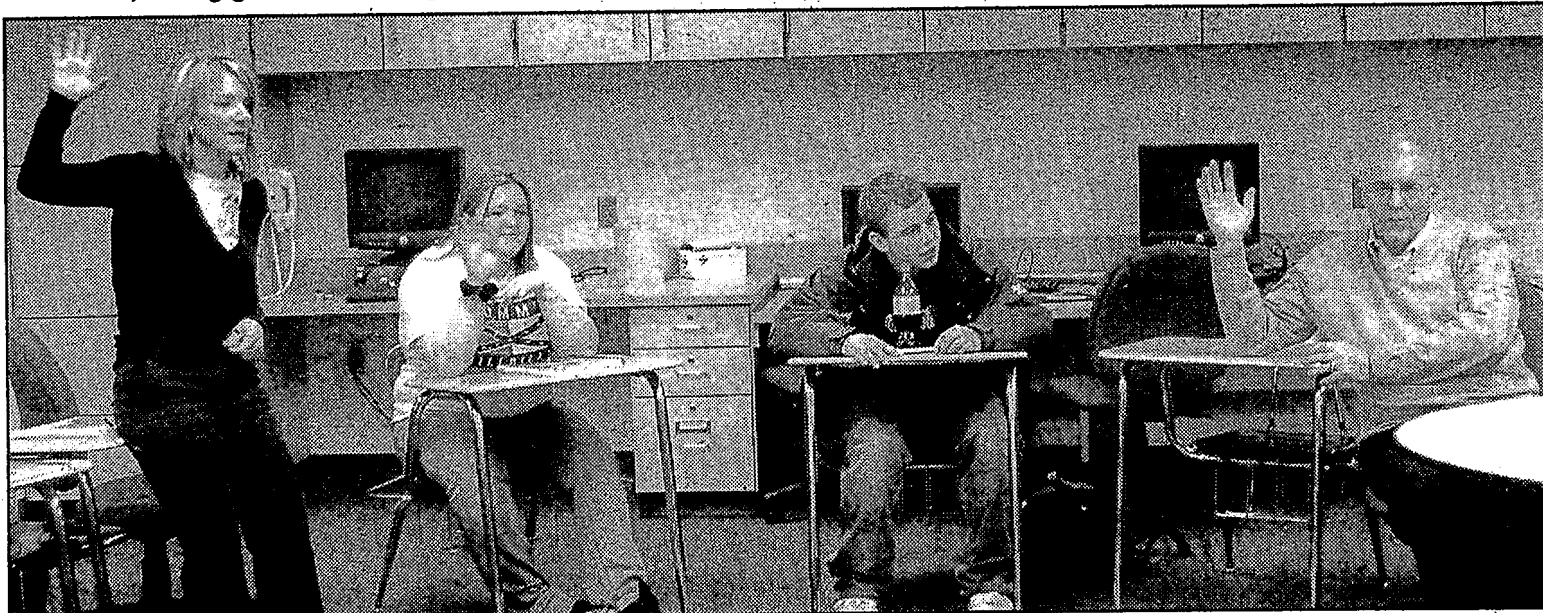
had to change many times as well.

"I've changed a lot. Some of it's not from me asking to... and even though you may not want to do it at the time, that change has kept me motivated about my profession."

Teare said she's seen students take the initiative and make real positive change in their lives, even when there are strong outside influences. Teare also works as the Health and Physical Education coordinator at CHS, and teaches students about keeping a healthy lifestyle. That means staying away from drugs and other risky behaviors. Fortunately, Teare says most students in her class have not gone as far as trying drugs, and that structure of the class is designed to be preventative.

But changing your personality and lifestyle can be extremely difficult and Teare said she knows she is asking a lot of her students, but it is worth it.

"If you change one person you've achieved. Please see Teare on page B10



Teare, along with social worker Jim Butzine (right), run the 'Reconnecting Youth' program at CHS. Photo by Andrew DuPont



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# Around Town

**Beginning computer classes**, Mondays, Feb. 12 and 26, 1-2 p.m. or 6:30-7:30 p.m. Basic operations, e-mail, and Internet. Springfield Township Library, 12000 Davisburg Road. Pre-register at 248-846-6550.

\*\*\*

**Income Tax Preparation Assistance Program for Seniors**, 9 a.m.-noon, Tuesdays, through April 10. Carriage House, 6000 Clarkston Road. Call 248-625-8231 to make appointment.

\*\*\*

**Tot Lot**, 5:30-7:30 p.m., Wednesdays, Feb. 7-March 28, North Sashabaw Elementary School gym, 5290 Maybee Road. For second graders and younger. Parent supervision required. \$2 for Clarkston students, \$3 for non-residents. For all events, \$16 for residents, \$24 for non-residents. 248-625-8223.

\*\*\*

**Bunco**, 1 p.m., Feb. 12, Senior Center, 6000 Clarkston Rd., \$3. Prizes and snack. 248-625-8231.

\*\*\*

**Blood drive** for the American Red Cross. 9 a.m.-5 p.m., Feb. 13. Colombiere Center, 9075 Big Lake Road. 248-625-5611.

\*\*\*

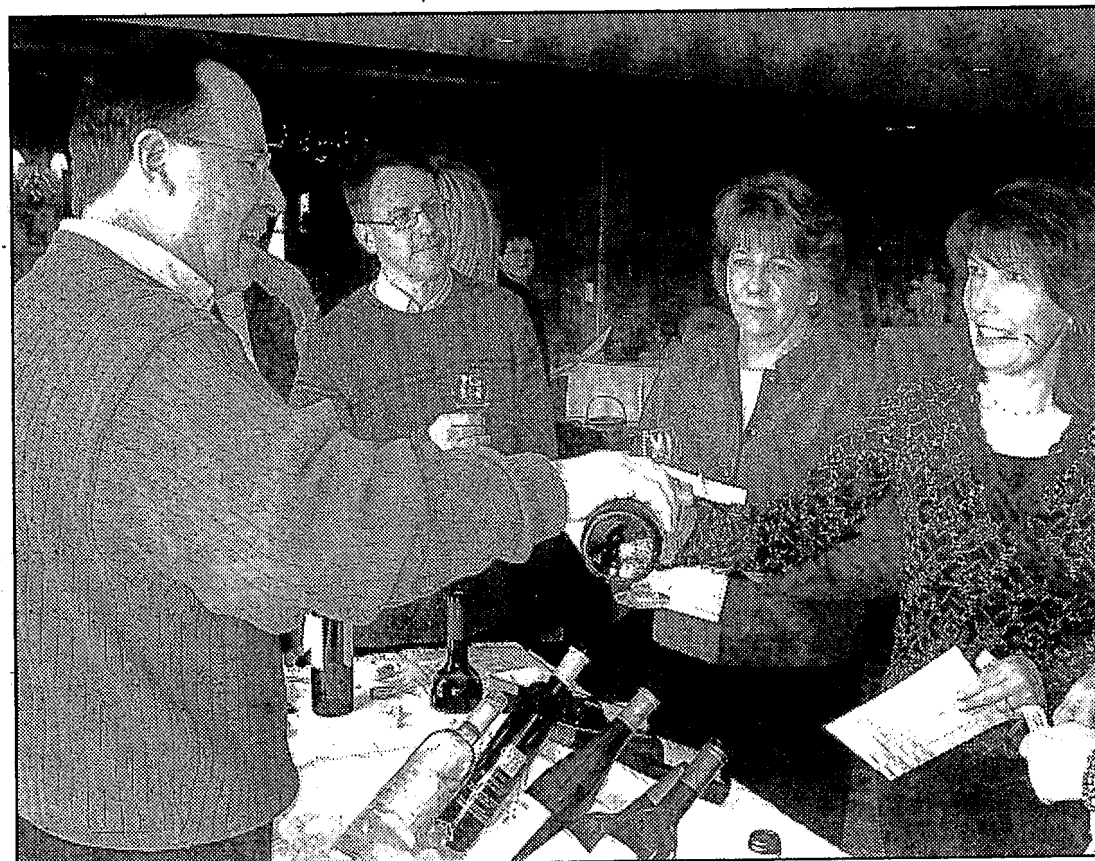
**"You and your aging parent,"** 4 p.m., Tuesday, Feb. 20, Clarkston Specialty Healthcare, 4800 Clintonville Road. Speaker Micheline Sommers, Oakland Family Services, will discuss assisting the caregiver in working "with" their older adult to successfully approach challenges related to aging. Refreshments served. 248-674-0904.

\*\*\*

**Club Bookworm**, 10-11 a.m., Feb. 22, Senior Center, 6000 Clarkston Rd. Feb. book: "A Lesson Before Dying" by Ernest Gaines. Copies available after Feb. 1. Call 248-625-8231 ext. 14.

\*\*\*

**Wild Game Dinner**, 6 p.m., Feb. 24, Liberty Banquet Cen-



## Pull up a glass

Clarkston residents John Schutty and Barb McIlmoyle look on as Laura Kasper of Romeo receives a sample of wine at the Annual Beer and Wine Tasting at Addison Oaks. About 220 people gathered Sunday afternoon at the fund-raiser for the Oxford Women's Club. They raised \$3,149 for their scholarship fund. Photo by C.J. Carnacchio

ter on Maybee Rd. \$35 per ticket, sod in advance by calling the Clarkston Free Methodist Church at 248-623-1224. Guest Speaker - Jeff Totten, Chapel Leader for the Detroit Tigers. Door prizes to be given away.

\*\*\*

**Oakland County Spelling Duel**, Feb. 28. Practices held at the Independence Township Senior Center, 6000 Clarkston Road. Call Mary at 248-625-8231.

\*\*\*

**Avalon Hospice**, a nonprofit Medicare certified hospice program in Oakland County, needs volunteers. Training is

available evening and daytime. Each of five training sessions lasts 2-3 hours. They can be conducted one-on-one with a trainer, to meet your schedule. Call Mara at 248-722-1474.

\*\*\*

**Body Recall Classes**, 10:45-11:45 a.m., Mondays, Wednesdays, Fridays, through Feb. 16, Carriage House in Clintonwood Park. Safe, non-aerobic exercise to reclaim lost muscle tone and flexibility. Registered teacher Lois Saunders. 17 classes for \$34, or \$3 drop-in per class. Underwritten by Clarkston Ambulatory Care Center.

\*\*\*

Clarkston High School Class of 1987 is planning its **20-year reunion** on Sept. 1, 2007, at the Paint Creek Country Club. We are looking for all graduates. Please contact Melissa Ronk at [Bogey9@comcast.net](mailto:Bogey9@comcast.net) for more information.

\*\*\*

**BNI, Clarkston-Waterford Chapter**, 7 a.m., Tuesdays, Oakland County Board of Realtors office. For more information, call Cheryl Bean at 248-625-7550.

\*\*\*

**Clarkston Lions Club** meets on the second and fourth Thursday of every month at

6:30 p.m. with a social hour. The official meeting takes place at 7 p.m. The Lions meet in the Carriage House, next to the senior center, in Clintonwood Park. For more information, call 248-484-7130.

\*\*\*

**"Cut Ups" Quilting Club**, Mondays at 9:30 a.m. Independence Township Senior Center, 6000 Clarkston Road. Call 248-625-8231.

\*\*\*

**Samaritan Care Hospice** seeks volunteers to spend time with terminally ill patients and their families. Hospice volunteers provide companionship and emotional support to patients on an average of 2-3 hours per week. Volunteers 18 or older with reliable transportation. Two mandatory five-hour training classes are provided prior to first assignment. Training classes are now forming. Call Chris Kokenos at 800-397-9360.

\*\*\*

**Strength and Stretch**, 9:30-10:30 a.m., Tuesdays/Thursdays, Jan. 9-March 1, Carriage House in Clintonwood Park. Nancy Boch, certified senior instructor. Wear comfortable clothes and supportive shoes and bring water. Sixteen classes for \$72.

\*\*\*

**Tai Chi**, 11 a.m.-noon, Mondays, through Jan 15, St. Dan's Cushing Center. John Marchewitz studied in China and has been teaching the Wu Style T'ai Chi Ch'uan form for 12 years. Eight classes for \$36. Next session Jan 22-March 26 - nine classes for \$40.50.

\*\*\*

**Volleyball Practices**, 9:30-11:30 a.m. Mondays at Colombiere on Big Lake Road, and 9-11 a.m., Thursdays at St. Trinity Lutheran Church on Sashabaw Road. **League games** Tuesdays at the Warren Community Center. Call 248-625-8231 and leave name and phone number.



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Dr. Kwartowitz



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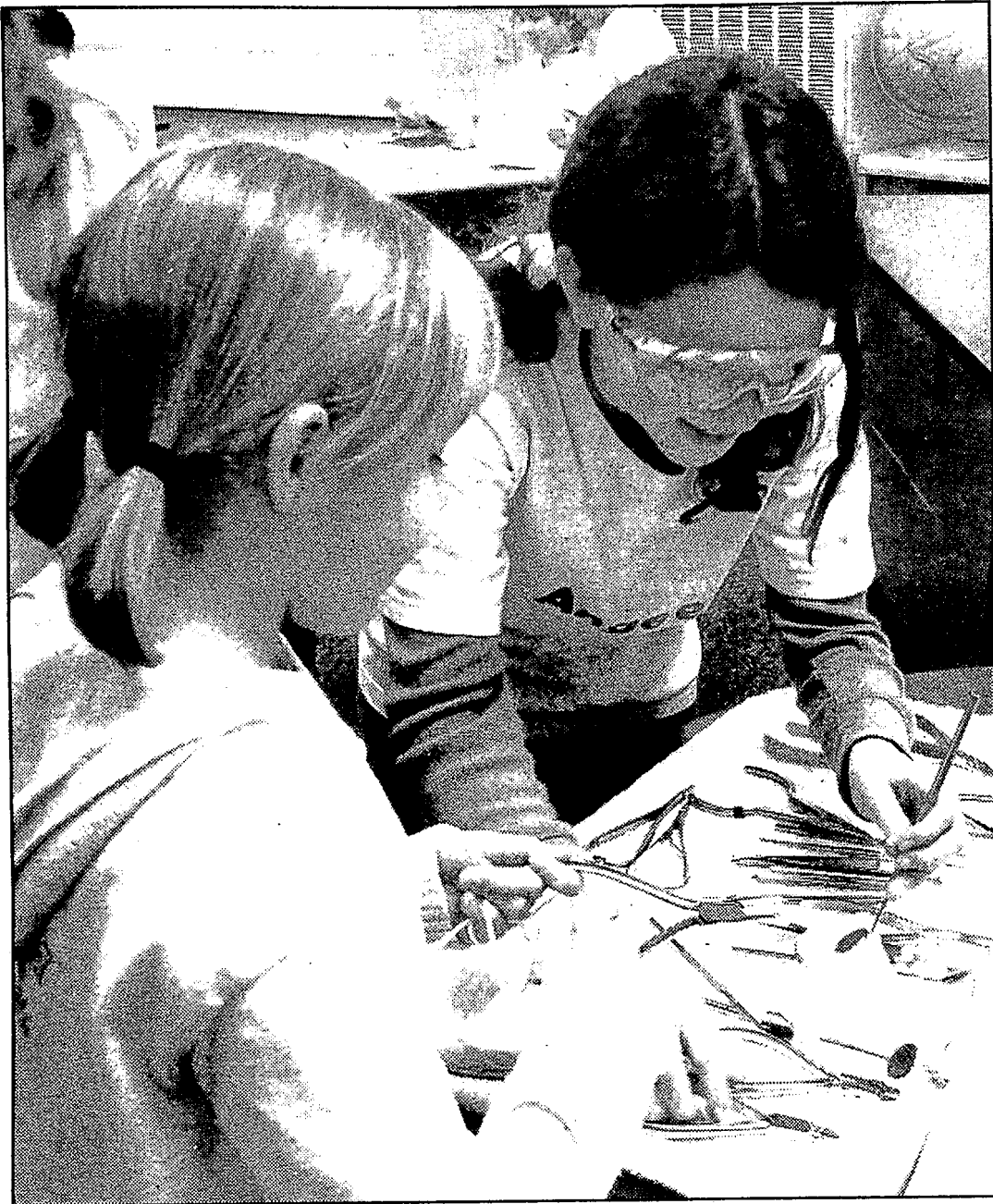
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**Best Image Possible**





Mikaela Smith, at left, and Angee Kerr, fourth-grade students in Mr. Ross' Pine Knob Elementary classroom, try out some dental tools. Photos by Phil Custodio



Jan Long, orthodontic assistant at the Munk Professional Center, discusses a piece of dental gear with fourth-grader Anna Aluxek.

## Teaching care of teeth

In recognition of National Dental Health Month, dental educator Jan Long from Munk Professional Center visited local schools.

She talked with students at North Sashabaw and Pine Knob elementary schools about the importance of brushing and flossing.

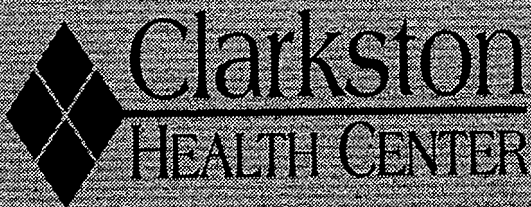
"You have to brush your teeth so you don't get cavities," said Anna Aluxek, Pine Knob fourth-grader.

"You brush your teeth like this," said Brandon Renkiewicz, making a circular motion with an imaginary toothbrush.



Kevondre Brown startles classmate Jorgen Johnson.

## To Your Good Health With Ernie Harwell and Clarkston Medical Campus



### Only you can look out for your outlook

By Ernie Harwell

I think most of my attitude about taking personal responsibility for your own quality of life and health rubbed off from my dad, who contracted multiple sclerosis when he was about thirty years old, and died at seventy-two. Despite being unable to move his lower limbs during those many years, he had a sharp mind and a terrific outlook on life.

He was upbeat all the time and never let his physical condition get him down. He loved to have people visit and always had great stories and jokes ready for them. I think a lot of that was passed along to me. I saw that he had such an amazingly positive attitude and how much it meant to the quality of his life - and to the lives of those around him - every single day.



So it's probably not too surprising to those who really know me, that I consciously decide every day that I'm going to do something positive for my health and my outlook on life. I figure there's simply no guarantee that I - or anyone else - will feel good without making fitness and a positive outlook a personal commitment.

And please remember to take care of our health before it's loonngggg 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 1-800-245-5082.

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# Milestones



Bill and Midge Keller

## Kellers celebrate 50th

Bill and Midge Keller celebrated their 50th wedding anniversary Aug. 26, 2006, at a dinner party given by their eight children, Mary, Bill, Laura, Noreen, Ron, Cindy, Eileen, and Amy.

The Kellers were married at St. Michael's Catholic Church in Pontiac on Aug. 25, 1956.

They have 14 grandchildren and

one great-grandchild.

The party was held at Indian Springs Discovery Center. Approximately 75 people attended.

Out-of-state guests came from Illinois, Ohio, Indiana, Wisconsin, and Munich, Germany.

The Kellers lived for 32 years in Clarkston, and now reside in Davisburg.

## Community honors

John Coccione of Clarkston and David Logan of Davisburg were honored by the Davisburg Rotary Club on Wednesday, Jan. 17, as Paul Harris Fellows.

The award is given in recognition for contribution to support the work of the Rotary Foundation and the work it does

internationally. Coccione is a first time honoree; Logan has received his second Paul Harris.

Coccione is the president and CEO of Easter Seals-Michigan. Logan is a long time Rotary member and retiree.

Davisburg Rotary is a member of Rotary International Rotary.

## Students achieve success

Kasse Marie Parkinson of Clarkston graduated from Madonna University with a degree in Sign Language Studies.

\*\*\*

Anamarie D. Allingham, Kelli M. Babb, Sienna M. Badalamenti, Katherine M. Bailey, Katie J. Bailey, Marina L. Dabrowski, Kelly A. Dougherty, Adam D. Drankhan, Michelle Elise Erdmann, Brent Stephen Fisher, Jack P. Kinsey, Kathrine Ann Klockow, Christopher S. Lagona, Dustin J. Markwood, Anne Christine Maxwell, Joshua C. Melvin, Jessica J. Osmak, Christina S. Paci, Theresa Marie Rozwadowski, Michael S. Smith, Sheri Smith, Rachel C. Tyler, Brittney M. Volin, Michael J. Waraksa, Michael P. Willett,

Katie M. Wilmot, Emily R. Zarzycki, and Nicholas S. Zeeman, all of Clarkston, were named to the Central Michigan University's fall semester honors list.

They earned at least a 3.5 grade point average on a 4.0 scale.

\*\*\*

Christine M. Witkowski of Clarkston was named to the Dean's List at Northwestern University, Ill., for the fall quarter.

She is a student in the School of Music. Dean's List students must achieve at least a 3.75/4.00 GPA.

\*\*\*

David Gardiner of Clarkston was granted the Oscar W. Kloha Memorial Scholarship this year. Gardiner, the son of Jay and Julia Gardiner of Clarkston, is a student at Northwood University.

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## 50th Anniversary

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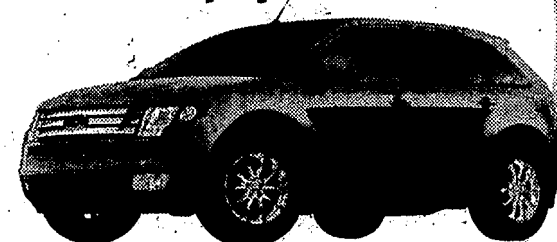
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# Religion

## Complain or fight? We have a choice

As I study the Bible, I am becoming more and more convinced that we are supposed to be good stewards of the Earth. We are, gulp, supposed to be... I can't say it...gr...grrr...green. Man that sounds so weird. Green! I don't want to wear Birkenstocks. I already have one child and we named her Lindsay. I can't go back and name her Flower or Moonbeam. Honestly, I am quite happy with my wife shaving her legs. I like meat. I don't like a lot of vegetables. Granola gets old after a while.

Look at environmentalists. They are never happy. The sky is always falling. If it isn't global warming, it's an ice age. When I throw something away in front of an environmentalist, I always worry that I am doing it wrong. I almost hear them say, "I bet he is throwing away recyclable plastics," as I walk to the garbage can. Everything I do seems to have a negative effect on the environment around me. It is too much pressure! I am not a bad person. I remember the crying indian chief as he looked at a polluted countryside. I pick up trash when I see it. But, these environmentalists make me feel like a freak loser. I feel doomed because I will never be good enough.

That is why the whole steward of creation and loving the Earth thing makes my skin crawl. That was how I described my feelings to a friend recently. Then I realized something—it was my perception of envi-

ronmentalists, actually the extremists, that made me feel this way. Then I wondered if people viewed Christianity the same way.

Look at the Christian movement. There are extremists that get a lot of attention. They stand around pointing out sin (like that takes any kind of talent). They condemn people that don't think like them. They are always looking to the East for Jesus to come back because things are so rotten here. The end of the world is always coming. Someone or something is always a sign that Armageddon is just around the corner. If it isn't Y2K, it's the removal of the Ten Commandments. They don't seem happy unless they are miserable. Why would anyone want what they have to offer? Think about it: Wouldn't you want to smack Chicken Little for running around saying, "The sky is falling! The sky is falling! The sky is falling!" if he did it year after year and it never happened?

Ask yourself these questions: Does your life offer hope to the hopeless? Do you spend more time pointing out what is wrong rather than trying to make things right? Are you making it impossible for people to follow Jesus because of rules? Are you so obsessed with escaping planet Earth that you have forgotten that you are to be a blessing here and now? In short, is it helpful to have you around?

I hear some of you saying, "Preacher, what about sin? We got to let people know about sin." Really? When I was dependent on painkillers and going through withdrawal, I knew I was miserable. I didn't need anyone to tell me I was suffering. I needed someone

Please see Choice, page 6B

### Spiritual Matters



Pastor Dave Gerber

## In our churches...

**Winter FEAST**, Wednesdays through Feb. 14. Catered dinner at 6 p.m., then Praise and Worship, and classes and small groups for all ages, ending at 8:30 p.m. Childcare begins at 6:30. Calvary Lutheran Church, 6805 Bluegrass Drive, at M-15 and I-75. Call 248-625-3288. \*\*\*

**Prayer for Couples**, a 6-week series that begins Feb. 17, Saturdays, 6:30-8:30 p.m. For details go to [www.coupleprayer.org](http://www.coupleprayer.org) or call 248-625-1750. Babysitting available. St Daniel Catholic Church, 7010 Valley Park. \*\*\*

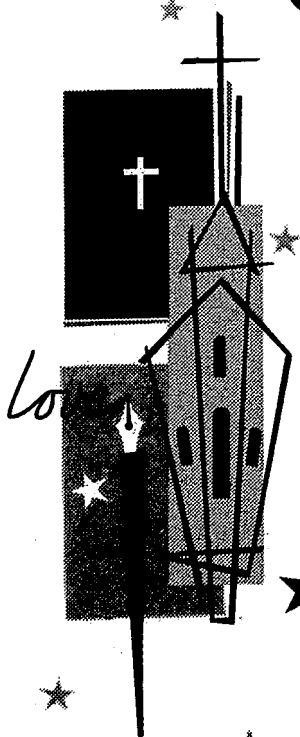
Every Friday evening at 6 p.m., Calvary Evangelical Lutheran Church is offering "**Celebrate Recovery**." This is a Christ-centered recovery program to help people overcome life's hurts, bad habits and hang ups. The evening includes a simple meal, praise and worship, and group discussion. Calvary Evangelical is located at 6805 Bluegrass Drive. For more information call 248-625-3288. \*\*\*

Peace Unity Church of Clarkston will offer "**Teach Us To Pray**," the first in a series of classes for 2007. Tuesday evenings, 7 p.m., at the McLoskeys home, 590 Crestmoor Circle, Oxford. Reverend Mathew E. Long will facilitate the class. Who, What, When, Where, Why and How of Prayer and Meditation, including: Silent Unity Prayer Method, Prayer Treatments for Healing Harmony and Abundance, Treasure Mapping, and the Master Mind Principle. All are welcome. Call 248-891-4365 or e-mail [peace.unity@sbcglobal.net](mailto:peace.unity@sbcglobal.net). \*\*\*

**Moms in Touch**, community group, meeting and

Please see In Our Churches, page 6B

# CHURCH DIRECTORY



**CLARKSTON UNITED METHODIST CHURCH**  
6600 Waldon Road, Clarkston  
248-625-1611  
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Sunday Worship:  
9:00 am & 11:15 am  
Sunday Connection Service:  
6:00 pm  
Fellowship Time:  
10:00 am & 12:15 pm  
Nursery available for both services  
Children's Sunday School:  
9:00 am, 10:10 am, 11:15 am  
& 6:00 pm service  
Adult Sunday School: 10:10 am

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9:30 am (blended worship)  
11:00 am (contemporary praise)  
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Sunday School (all ages)  
9:30 (Seasonal)  
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[www.northoakschurch.org](http://www.northoakschurch.org)  
Pastor Steve I. Brown

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(M-59) (Next to Oakland Press.)  
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"Join us Downtown: a Historic  
Church with a Future Focus"  
Services: 10 am Sunday  
Traditional worship & music  
Bible Study, 8:30 and 11:30  
Sunday School during Worship  
Nursery provided  
Coffee Hour 11 am  
11:30 am Sunday:  
Contemporary worship & music  
Coffee Time  
Christian Education  
Opportunities for all and  
Special Youth Activities  
Co-Pastors:  
Rev's Janice and Roy Langwig  
Dir. of Music: Carolyn Thibideau  
Parish Visitor:  
Rev. Richard Hanna  
C.E. Dir. Julie Smith  
"EXPECT A WARM WELCOME!"

**THE FIRST CONGREGATIONAL CHURCH**  
5449 Clarkston Rd., Clarkston  
(248) 394-0200  
Rev. Martin Hall  
Sunday Worship: 10:00 a.m.  
Children's Sunday School  
10:00 am  
Dream Keepers Youth Group  
Wednesday 6:30 pm

**FIRST BAPTIST CHURCH OF CLARKSTON**  
5972 Paramus, Clarkston, MI  
(248) 625-3380  
Located 2 blks. N. of Dixie Hwy.  
(E. of M-15)  
Pastor: Russ Reetsma  
Sun: 9:15 am Sunday School  
& Adult Bible Fellowship,  
10:30 am Worship Service  
5:00 pm Choir Practice  
6:00 pm Evening Service  
Mon: 6:30 pm Awana  
Wed: 10:00 am  
Morning Prayer Partners  
7:00 pm Prayer Meeting &  
Bible Study

**THE EPISCOPAL CHURCH OF THE RESURRECTION**  
6490 Clarkston Rd., Clarkston  
Fr. Don Duford, D. Min., LPC  
Sunday 8 am & 10 am  
Holy Eucharist  
Sunday School 9:55 am  
Nursery Provided  
David Hottel - Music Minister  
Dina Edwards - Director of  
Children's Ministry  
Charlie Dean - Youth Ministry  
Laura Compton -  
Director of Lay Ministry  
Bible Study -  
Wed., 9:30 am & 7 pm  
Sept thru June  
[www.clarkstonepiscopal.org](http://www.clarkstonepiscopal.org)  
248-625-2325

**ST. DANIEL CATHOLIC CHURCH**  
7010 Valley Park Dr., Clarkston  
(W. of M-15, S. of I-75)  
625-4580  
Rev. Christopher Maus  
Saturday Mass: 5:00 pm  
Sunday Masses:  
7:30, 9:00 & 11:00 am  
Nursery Available: 9:00 & 11:00  
am  
Religious Education: 625-1750  
Mother's Group, RCIA,  
Scripture Study, Youth Group

**SASHABAW PRESBYTERIAN CHURCH**  
5300 Maybee Road, Clarkston  
Worship 10:30 am  
Nursery Provided  
Phone (248) 673-3101

**CLARKSTON FREE METHODIST CHURCH**  
5482. Winell-Clarkston  
(corner of Maybee & Winell)  
248-823-1224  
Service 9:00 - 10:30  
[www.ClarkstonFMC.org](http://www.ClarkstonFMC.org)  
Wednesday  
7 pm Youth & Adult Ministry

**CLARKSTON COMMUNITY CHURCH**  
6300 Clarkston Road  
Clarkston (248) 625-1323  
Home of  
Clarkston Christian School  
Pastors:  
Greg Henneman, Bonita  
Laudeman  
Kevin Kuehne, Michael  
Anderson, Dan Whiting  
Sunday: Worship  
9:30 & 11:00 am  
School of Discipleship 11:00 am  
Nursery Care at all services  
Wednesday: Children's Ministries  
5:30-8:00 pm  
Sunday: Youth Ministries  
5:00-7:00 pm  
[www.clarkstonchurch.com](http://www.clarkstonchurch.com)

## Choice

continued from page 5B

that could fix the problem. I needed someone to come alongside of me and tell me it was going to be okay. Some people just pointed and stared. A few came alongside of me and loved me. Their love helped heal me.

We have a choice. We can complain

about everything that is wrong and wait for Jesus to take us to heaven. Or, we can do our best to bring heaven here on Earth. We can fight hunger, poverty, injustice, racism and disease. I certainly don't want to live up to a stereotype, do you?

Dave is the pastor of Lake Louise Church of the Nazarene. You can reach him at 248- 627-3171.

## In Our Churches

continued from page 5B

prayers for local schools, Fridays, 9-10 a.m., Clarkston Community Church. 248-625-1323.

\*\*\*

Calvary Lutheran Church has a weekly **Wednesday Evening FEAST.** 6 p.m. Free nursery. 6805 Bluegrass Drive Call the church for more information at 248-625-3288.

\*\*\*

**Scripture Study**, Mondays starting Jan. 29, 7 p.m. study of Book of Isaiah. 248-625-1750. \$10 for materials. St. Daniel Catholic Church, 7010 Valley Park Drive.

Church of the Resurrection has **bible study** every Wednesday evening at 7 p.m. Study is currently on "Paul's letter to the Romans." Church of the Resurrection is located at 6490 Clarkston Road. Call 248-625-2325 for more information.

\*\*\*

St. Daniel Catholic Church holds **Rainbows meetings** on Thursdays from 7-8 p.m. in the Cushing Center. Outreach program for children and adults dealing with change in their lives due to death, divorce or other significant loss. 7010 Valley Park Drive. Call 248-625-1750.



Vickie Evans, CMT  
MASSAGE THERAPY  
REFLEXOLOGY  
REIKI



Jing Fei Huang  
CAC, OMD  
ACUPUNCTURE



Ann Heusted, RN  
EDS SCREENING

Call 248-625-6677 [www.thedowningclinic.com](http://www.thedowningclinic.com)

5639 Sashabaw Rd., Clarkston, MI 48346

The Downing Clinic

## Master Mario's Jewelers

up to **60% OFF** Let us buy your scrap gold "Top \$ Paid"

7131 Dixie Hwy  
Clarkston, MI 48346  
Next to Farmer Jack  
248 620-1066

Dan & Barb endorse Deer Lake Hair Salon in Deer Lake Athletic Club 248 620-7900  
We Buy Gold and Diamonds • Top \$ Paid



Tues.-Fri. 10-6 Sat. 10-4  
Sun. Mon. Closed

**H** Your Family will be proud that you were fairly charged for a funeral

At Harrington Funeral Home, we know how hard it is to get ahead in this economy. No one should have to go into debt because of a death. We want to help.



# Harrington

Marcie Harrington  
Manager  
8909 Dixie Hwy.  
Clarkston

Funeral Home  
248-625-3622

Pricelist available online at  
[www.HarringtonFuneralHomeClarkston.com](http://www.HarringtonFuneralHomeClarkston.com)

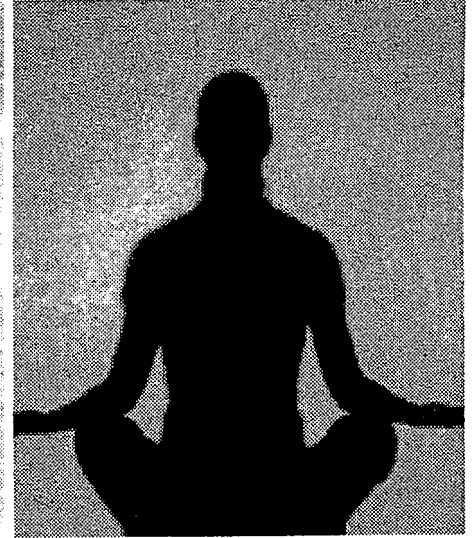
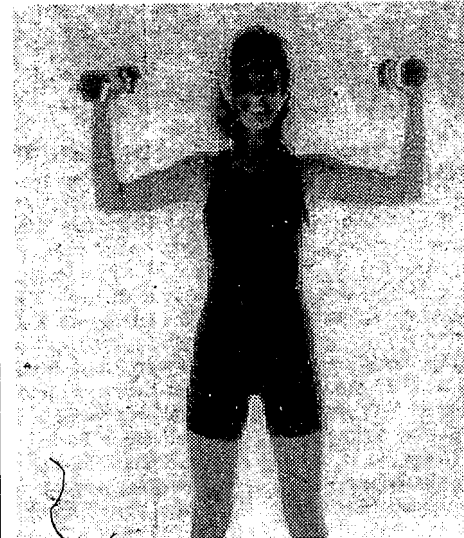
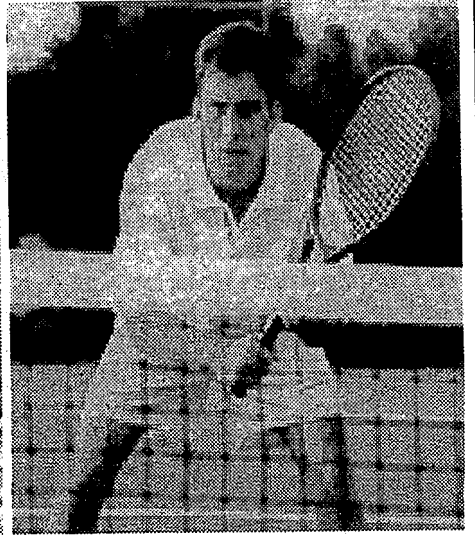


# DEER LAKE ATHLETIC CLUB

## JANUARY SPECIAL

# 1/2 OFF INITIATION

Extended through February 14th!



## Health & Fitness Facility

- 2 Indoor Pools
- Outdoor Fun Pool
- Steam and Sauna
- Fitness Studio
- Studio Cycling
- Indoor/Outdoor Tennis Courts
- Racquetball Courts
- Indoor Volleyball
- Lifetime Fitness & Cybex Equipment
- Restaurant
- Banquet Center

Open to the Public

# DEER LAKE ATHLETIC CLUB

Questions?  
625-8686

Located on White Lake Rd. just south of Dixie Hwy.  
[www.deerlakeathleticclub.com](http://www.deerlakeathleticclub.com)





# Maintenance Free Living in Clarkston!



# 1/2 Off SALE



## Half Off all Options & Extras

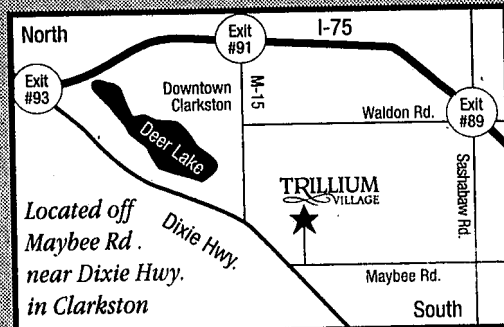
- Stainless Appliances
- Granite Counter Tops
- Brazilian Cherry Floors
- Ceramic Tile • Designer Paint & Carpet
- Fireplace • Garage Door Openers

## Starting at \$149,900

- \$0 Closing costs
- \$0 Maintenance fees for 1 year
- Free Membership to Deer Lake Athletic Club (\$1,500 value)

### Furnished Model

Saturday, Sunday & Monday: 1pm - 5pm,  
or by appointment Phone: 248-625-5510



25 S. Main Street in Clarkston

248-625-1010

visit us on-line at: [www.morganandmilzow.com](http://www.morganandmilzow.com)



# The Pearson Group

**Robin Cutler**  
(248)  
240-5570



**Kay Pearson**  
(248)  
860-0366



[PearsonGroup@MaxBrook.com](mailto:PearsonGroup@MaxBrook.com)

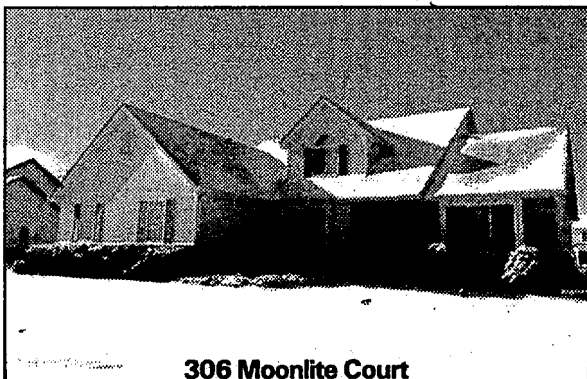
27 S. Main St. • Clarkston

[www.KayPearson.com](http://www.KayPearson.com)



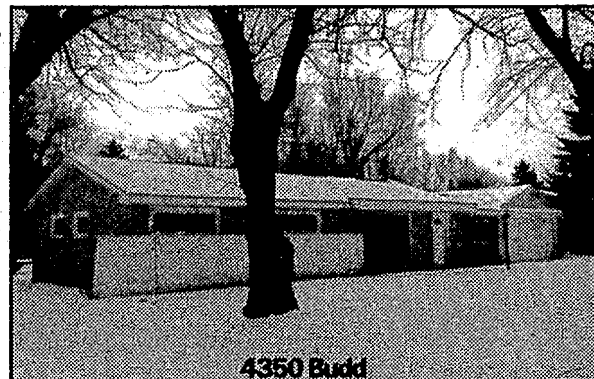
**2268 Hidden Lake Trail**

Private Setting on 5+ acres. Custom Built featuring soaring ceilings, hardwood floors, ceramic baths and granite. The walkout lower level is near completion with a full kitchen, elaborate marble bath and bedroom. **BRANDON \$399,000.**



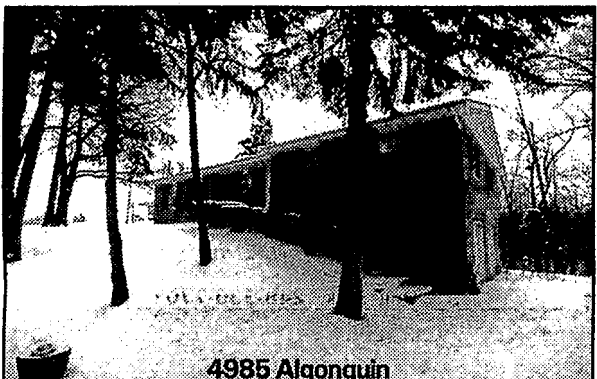
**306 Moonlite Court**

Well maintained home. Huge first floor master suite with jetted tub, separate shower & double sinks. Hardwood foyer, 2-Story Great Room w/gas Fireplace. Elegant Cherry cabinets throughout Kitchen & baths. Invisible fenced front & back yard. Turn Key & Priced Right. **CLARKSTON \$275,000.**



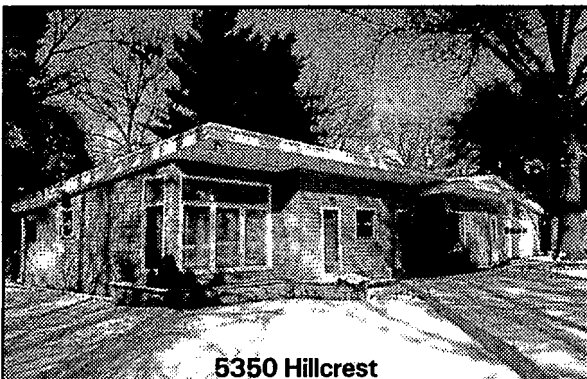
**4350 Budd**

Interior features newer flooring, ceramic, updated lighting and plumbing fixtures. Neutral Decor, 1300 SF. Nice lot with shed & garage. Deck off back for entertaining. Van Norman Lake privileges! Great Location. Move-in & Enjoy. **WATERFORD \$140,000.**



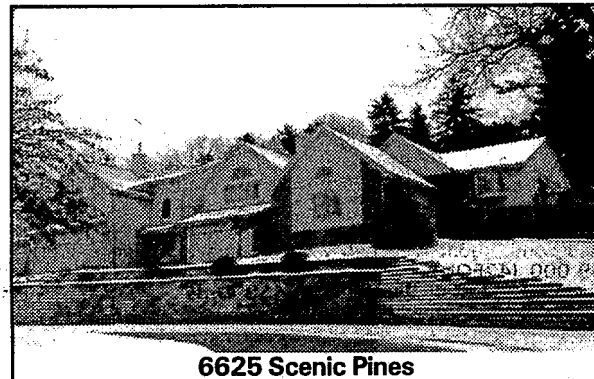
**4985 Algonquin**

All Brick on a Beautiful wooded corner lot with park and lake privileges. Freshly painted, all appliances stay including Generator. Oversized 2 Car garage with heat. Finished Walkout Lower Level, second Kitchen, Living Room, Bedroom and Bath. **CLARKSTON \$225,000.**



**5350 Hillcrest**

What a price! Totally remodeled home. Walk to Lake Oakland and enjoy water fun. Four Bedrooms, 1.5 Baths, Maple cabinets in Kitchen, Ceramic, New Carpet, Hardwood and oversized garage. All this on a private, wooded lot...an Up-North feeling! **CLARKSTON \$167,000.**



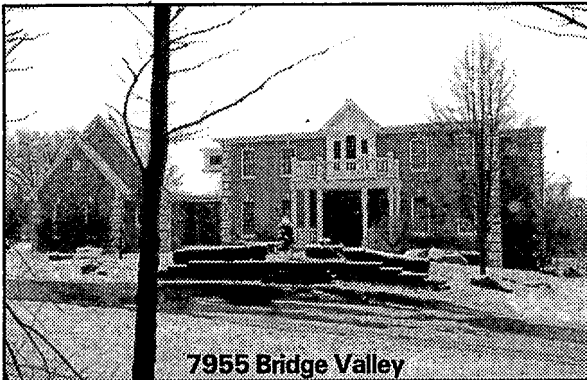
**6625 Scenic Pines**

Beautiful condo living. Three Bedrooms, 3.5 Baths, approximately 3000 SF. Open & Airy. Stone Fireplace in Living Room with larch arch windows. Large doorwall leads to an entertainer's deck. Just completed in 2000. Close to down & shopping. Neutral Decor. **CLARKSTON \$230,000.**



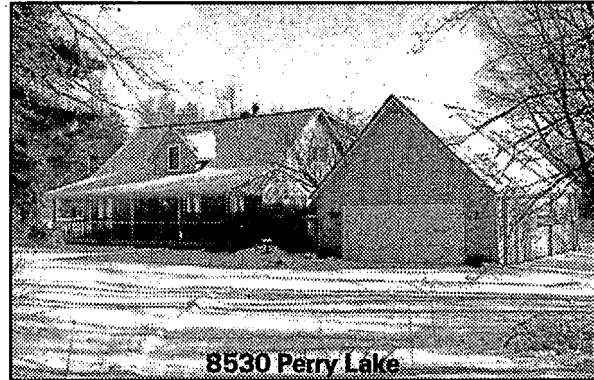
**6900 Essex Court**

Nicely maintained Colonial. Sidewalk neighborhood & paved streets. Clean & tidy. Private cul-de-sac location. View of neighborhood pond. Hardwood floors, Kitchen appliances stay, freshly painted, Finished basement with play area. **WATERFORD \$210,000.**



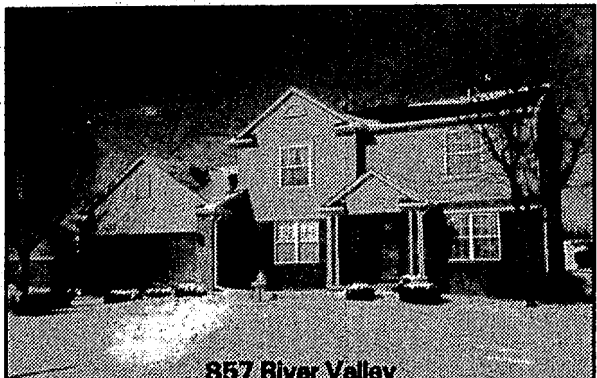
**7955 Bridge Valley**

Georgian Colonial in Bridge Valley. Large Cherry Kitchen with Granite tops opens to Breakfast nook with view of woods. MBR on both 1st and 2nd flrs. Beautiful open Foyer leads to LR, GR & DR. 4 Car Gar. Fin. Daylight LL w/FR, Media Room & lav. **CLARKSTON \$769,000.**



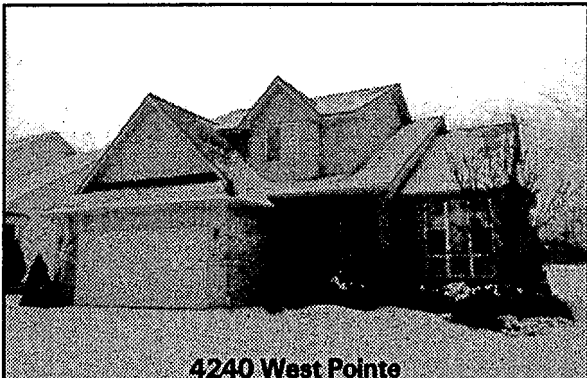
**8530 Perry Lake**

Nestled on nearly 7 acres backing to Independence Oaks & The Headwaters of the Clinter River. Enjoy wildlife, yet convenient to downtown & schools. Twin Master Suites, new kitchen w/granite, H/W floors, new carpet, all accented with an architectural flair. **CLARKSTON \$329,000.**



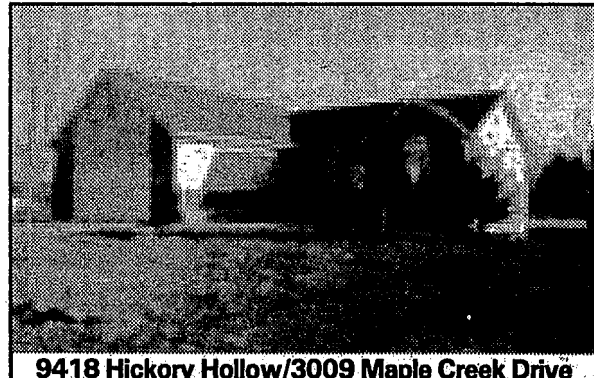
**857 River Valley**

Updated Colonial. Note: Granite tops in kitchen & all baths, New ceramic & HW floors. New Anderson DW, roof & gutters. New insulated Gar. door. Freshly painted. Close to Paint Creek Trail & Bald Mt. State Park. Priced to Sell **LAKE ORION \$275,000.**



**4240 West Pointe**

Well maintained Colonial in Clarkston School District. Updates: furnace, hot water heater, freshly painted ext. Huge MBR w/WIC & Jetted Tub. Neutral Decor, Vaulted Ceilings, Fireplace, Open Floor Plan. Close commute to I-75. **WATERFORD \$227,500.**



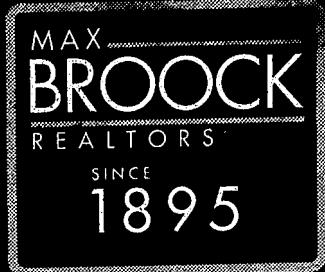
**9418 Hickory Hollow/3009 Maple Creek Drive**

New Development Maple Creek Village just off Porter Rd., West of M-15. Starting at \$159,900. Several different styles available. Some completed offering immediate occupancy. Daylight & Walk-out LL available. **DAVISON \$159,900.**





# Open Houses



(248) 625-0200

(248) 625-9300

The Real Estate One Family of Companies: Real Estate One • Max Broock Realtors • Johnstone & Johnstone • Capital Title Insurance Agency • Insurance One Agency • John Adams Mortgage Company • Relocation America

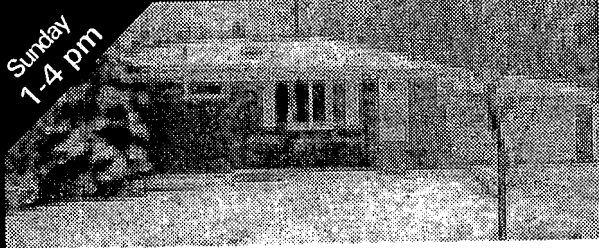
## Sunday - February 11th, 2007

Sunday  
1-4 pm



**2460 EATON GATE, ORION**  
MOVE-IN CONDITION! lg private lot w/new landscaping. New kitchen & butler's pantry w/top-of-the-line appliances. Great location, award winning schools, great association w/beach, playground & boat facility on private all sports lake. \$274,900 (60EAT)  
Call Susan, 248-310-7611

Sunday  
1-4 pm



**2622 LANCE STREET, ORION**  
UPDATED WALKOUT ranch in Orion. Open & airy. New island kitchen, plenty of cupboard space & ceramic flooring. Updated baths. Nice hardwood flooring in entry level. Study in lower level could easily be 4<sup>th</sup> bedroom. Move right in!! \$214,900 (22LAN)  
Call Dick, 248-770-1799

Every  
Sat & Sun  
1-4 pm



**3009 MAPLE CREEK, RICHFIELD**  
NEW CONSTRUCTION. Open every weekend. Immediate occupancy! This ranch has neutral décor, maple stained cabinetry, upscale interior doors and ceramic entry. Central air, dining room, great room & 1<sup>st</sup> flr laundry. \$159,900 (09MAP)  
Call Chris, 248-882-4914

Sunday  
1-4 pm



**1247 FOURTEEN MILE RD., BIRMINGHAM**  
NEW CONSTRUCTION! Hardwood floors on entry level, Cherry & granite kitchen, stainless appliances, French doors to deck. Master suite has deluxe bath, huge walk-in closet & attached bonus room Attached 2 car garage & full basement. \$469,000 (47FQU)  
Call Bernie, 810-459-4637

Sunday  
12-2 pm



**5911 MISTY HILL, INDEPENDENCE**  
METICULOUSLY MAINTAINED lg 3 bdrm Colonial on lg private treed lot in a cul-de-sac. With maint. free exterior! Brick paver walkways Upgrades abound w/berber & hardwood flooring. Finished LL & FP w/stacked stone. \$259,900 (11MIS)  
Call Kim, 248-821-4220

Sunday  
1-4 pm



**1418 ALTADENA AVE., ROYAL OAK**  
STUNNING updated brick bungalow, move-in ready. New kitchen w/42" Ikea cabinets & new appliances. Brick fireplace w/glass tile hearth. Lg MBR w/3-WIC. Florida room, finished basement & 2 car garage. \$224,900 (18ALT)  
Call Rick, 248-330-7701

Sunday  
1-4 pm



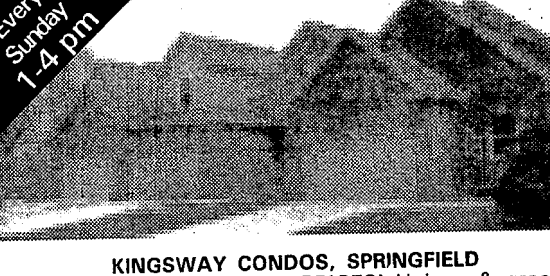
**7431 DEERHILL DRIVE, INDEPENDENCE**  
ON 1.8 ACRE wooded lot. 5 bdrm brick Colonial w/hardwood floors, 3 fireplaces, kitchen w/Oak cabinets, finished walkout w/2 rec rooms, bdrm and bath. Deck has screened porch. Private beach on all sports Deer Lake. \$429,900 (31DEE)  
Call Hank & Barb, 248-672-5359

Sunday  
1-4 pm



**7501 DEERHILL DRIVE, INDEPENDENCE**  
2.1 ACRE lot w/in-ground pool in prestigious Deer Lake Farms. Lake privileges & private beach on all sports lake. Kitchen opens up to the FR w/huge Driftstone FP. 4 bdrms up, separate DR, lg finished LL w/o, ext decking. \$439,900. (01DEE)  
Call Hank & Barb, 248-672-5359

Every  
Sunday  
1-4 pm



**KINGSWAY CONDOS, SPRINGFIELD**  
LAST CHANCE AT THESE PRICES! Unique & gracious floor plan. Delightful Ranch Condo has kitchen w/granite island, bay window & seating area. Ceramic bath & master w/separate tub & shower, dual closets. Walkout basement. \$214,900 & \$224,900 (KIN)  
Call June Lauer, 248-877-1950

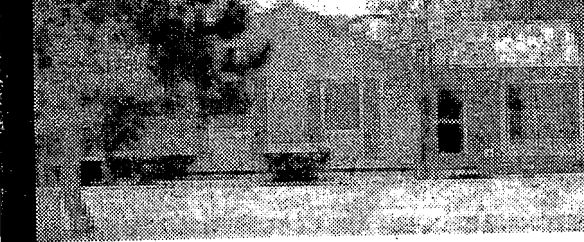
Every  
Sat & Sun  
12-5 pm



**1276 & 1288 MALCOLM, WATERFORD**  
OPEN EVERY SAT. & SUN. 12-5 PM. New Construction. Valley Forge Hills is a community featuring 21 home sites located on a quiet, dead end street. Many extras included in standard price. Immediate occupancy homes available! Starting at \$229,900. Directions: ¼ mile West of Williams Lake Rd. off Cooley Lake Rd. to N on Malcolm.  
Call Tammy or Pike, 248-363-9277



**10438 HASTINGS CT., INDEPENDENCE TWP.**  
BEAUTIFUL home on 1 acre lot has the largest floorplan in the sub! Great location w/scenic shared pond (property fronts on the water). 3 car side entry garage. Grand foyer entrance w/hwd flrs and oak staircase. FF laundry. Huge isl kitchen w/loads of counter space. Family rm w/fireplace overlooking backyard. Note room sizes. P-finished walkout bsmt. All appl. \$368,000 (MLS#27008441)  
Call Mark, 248-459-4287



**5865 KINGS ARMS, WATERFORD**  
ENJOY a cup of coffee on your deck watching all the wildlife. Beautiful 4 bedroom, 2 bath, full finished walkout, newer Pergo/carpet. Perfect home. Located in the desirable Williamsurg Sub w/sidewalks. \$167,000 (MLS#27014448)  
Call Alex, 248-431-7620



**7250 SANDYBEACH DRIVE, WATERFORD**  
COMPLETELY UPDATED tri-level just 600 ft. from Williams Lake. Bright open floor plan with so many amenities: newer KIT, BA, carpet, windows. HM in move-in condition. Optional association fee of \$42/year for lake association. There is room to build a garage too! Motivated seller will not refuse reasonable offer! \$163,775 (MLS#27017131)  
Call Corl, 586-260-8646



**930 OAKWOOD ROAD, ORTONVILLE**  
EXCELLENT 4 bdrm colonial near downtown, shopping, churches and schools. Fin w/o bsmt features additional bdrm, rec room, gas fp & lots of storage. Att 2-car garage & 2nd garage/pole barn. Gorgeous landscaping, covered front porch, pool w/multi-tiered decking all on over an acre. Neutral decor and great colors! \$209,900. (MLS#27021056)  
Call Angie Batten, 248-343-0979



**941 WOODINGHAM, WATERFORD**  
THIS HOME IS SHARP! Open flr plan, neutral décor & loaded w/upgrades. Ceramic tile in fam rm & foyer. Kitchen boasts loads of storage in Merillat cabinets w/pullouts & awesome custom tile counters, all rooms recently repainted & carpeting is new. Even bathrm has been remodeled w/new ceramic tilework! Great landscaping & outdoor lighting. Fenced yard & walking dist to elem school too! \$168,500 (MLS#27020577)  
Call Paula, 810-444-0028



# Teare teaches parents as well as students

Continued from page 1B

complished a great deal," she said.

But Teare knows the people who can help the most students are parents.

"We know they have a greater influence on their kids lives than we do," she said. Teare looked at other school districts for ideas on ways to help parents become more involved in their children's education and development. Her primary focus was on the crucial time when students began to face more adult issues.

Thus, Teare along with administrators at Sashabaw Middle School introduced the "Healthy Transitions" program in May 2006.

The program is designed for seventh graders and their parents. Held at the junior high school, the students not only get a chance to visit the future school, but hear from guest speakers on topics like drugs and sex. Teare said the program is a way to counteract the exposure children get to these topics through the media. Likewise, Teare said the program has a two-fold goal for parents.

"One is to give parents an understanding of issues going on with their children... the other is to let them see the curriculum," she said. According to Teare, education for both groups can help stop problems before they even start.

"The whole key in this is prevention," she said.

So far, the program has had two successful runs. Teare said the only major complaint from the first year was that the program came too late in the year for students to choose their eighth class schedule. So for the 2006-07 school year, Teare made another change - she rescheduled the program for Feb. 1.

## Spirit day set March 16

"Show Your Spirit Day" for Clarkston High School students is set for March 16.

Students will wear favorite sports team clothing and hats, professional, college, or Clarkston, in exchange for donations. The district-wide fund raiser benefits the Jimmy V Foundation. Donations for this event are \$1 and can be given to teacher Nick Hagewood at Clarkston High School.

"There's not one person who hasn't been affected by cancer," said teacher Nick Hagewood. "We are all in this battle together."

For more information, call Aaron Dobson at 248-623-3600 at extension 3040 or Hagewood at 248-623-3600, extension 3101.

## PUBLIC NOTICE

Because the People Want to Know  
**INDEPENDENCE TWP.**

### NOTICE OF PUBLIC HEARING

The Independence Township Planning Commission, Oakland County, Michigan, will hold a Public Hearing on:

**Thursday, February 22, 2007 at 7:30 p.m.**

At the Independence Township Library, 6495 Clarkston Road, Clarkston Michigan, 48346, to consider the following:  
**FILE PC #2006-002**

Becker Properties Development, LLC, Petitioner  
**REZONING REQUEST AND CONCEPTUAL SITE PLAN APPROVAL**

**FOR BALLYCARRIG PUD**

From: R-1B (Suburban Residential)  
R-1R (Rural Residential)

To: PUD (Planned Unit Development)

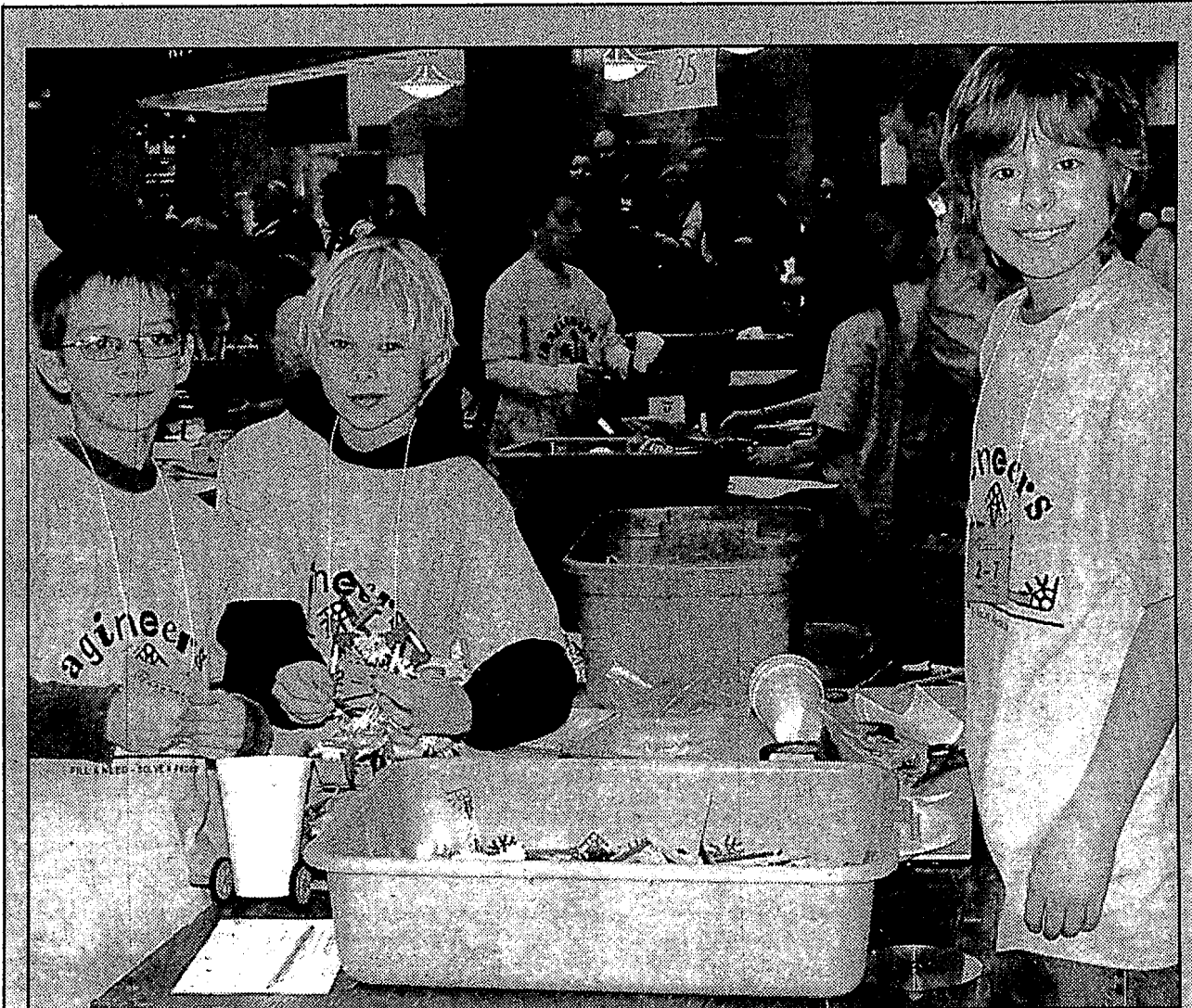
Intended Use: Single Family Residential Homes  
Parcel Identification Numbers: 08-15-351-002 (5879 Clarkston Rd.), 08-15-351-003 (5863

Clarkston Rd.), and 08-15-351-004 (5855 Clarkston Rd.)

Common Description: Supervisor's Plat No. 5, Lots 1, 2, & 3, Approximately 15.36 Acres, South of Clarkston Road, West of Sashabaw Road

NOTICE IS FURTHER GIVEN THAT THE ABOVE REQUEST MAY BE EXAMINED at the Township Building Department during regular business hours. Written comments may be sent to the Planning Commission c/o the Independence Township Building Department, 90 N. Main St., Clarkston, MI 48346 prior to the Public Hearing/Meeting. For further information call (248) 625-8111.

Shelagh VanderVeen, Clerk  
The Township will provide the necessary, reasonable auxiliary aids and services to individuals with disabilities at a public hearing/meeting upon advance notice in writing or by calling the Township Building Department (248) 625-8111.



J.T. Thorton, Dan Agnew and Jonathon Pitt took first place at the Imagineers Design Competition with their drill design (bottom right). Photos provided

## Students show off imaginations

Three fifth grade students from Bailey Lake Elementary took first place in the Imagineers Design Competition held at Summit Place Mall on Jan. 20.

The team, known as ATP Squad consists of J.T. Thorton, Dan Agnew and Jonathon Pitts was one of 18 teams from Clarkston School to compete.

The Imagineers competition challenges each team to design and build a project a "fill a need and solve a problem."

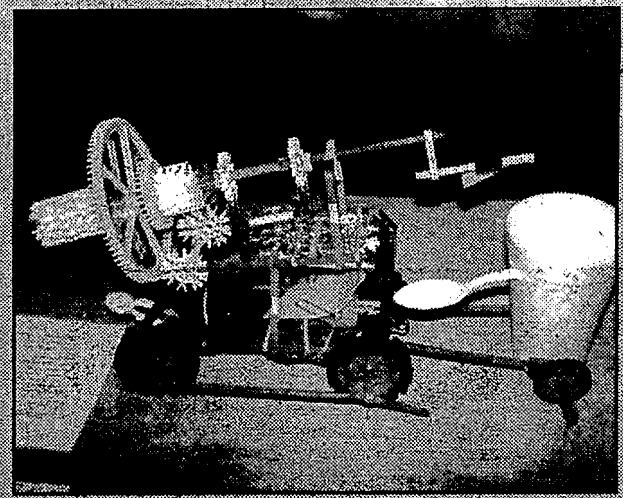
Using specific household materials, each team was required to build their designed project with an hour. Entries were judged on creativity, functionality, integrity of construction, conformance to submitted designs and effective integration of two or three "mystery items."

ATP Squad's winning design was a drill used to save people from cave-ins that are too deep for rescuers to reach (inset photo). For their first place finish, each team member received \$50.

The Imagineers program will culminate for the

participants on March 1 at Sashabaw Middle School, where engineers from around the community will come and speak to invited students as part of "Engi-

gineering in the Community" event.



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The Independence Township Planning Commission, Oakland County, Michigan, will hold a Public Hearing on:

**Thursday, February 22, 2007 at 7:30 p.m.**

At Independence Township Library, 6495 Clarkston Road, Clarkston, Michigan, 48346 to consider the following:  
**FILE PC #2007-004**

### TEXT AMENDMENTS TO ZONING ORDINANCE #83

An Ordinance to amend Ordinance 83 of the Charter Township of Independence, as amended, being the "Zoning Ordinance," for the purposes of: (1) amending Subsection 5.31.2 regarding the standards and procedures applicable to development within the district; and (2) amending subsection 5.31.5.h(2)(i) regarding the review of proposed buildings exceeding the maximum permitted size in the district.

NOTICE IS FURTHER GIVEN THAT THE ABOVE REQUEST MAY BE EXAMINED at the Township Building Department during regular business hours. Written comments may be sent to the Planning Commission c/o the Independence Township Building Department, 90 N. Main St., Clarkston, MI 48346 prior to the Public Hearing/Meeting. For further information call (248) 625-8111.

Shelagh VanderVeen, Clerk  
The Township will provide the necessary, reasonable auxiliary aids and services to individuals with disabilities at a public hearing/meeting upon advance notice in writing or by calling the Township Building Department (248) 625-8111.

Go online to  
[www.clarkstonnews.com](http://www.clarkstonnews.com)  
for all the latest  
**Clarkston News**

### STATE OF MICHIGAN PROBATE COURT COUNTY OF OAKLAND NOTICE TO CREDITORS Decedent's Estate FILE NO: 2007-308, 675-DE

Estate of ROBERT O. ATHERTON, Deceased. Date of birth: 5/12/1930

TO ALL CREDITORS:

NOTICE TO CREDITORS: The decedent, ROBERT O. ATHERTON, who lived at 2985 Pontiac Lake Road, Waterford, Michigan died January 16, 2007.

Creditors of the decedent are notified that all claims against the estate will be forever barred unless presented to MARIAN SUCCAW, named personal representative or proposed personal representative, or to both the probate court and the named/proposed personal representative within 4 months after the date of publication of this notice.

MARIAN SUCCAW  
5357 Ponderosa  
White Lake, Michigan 48383  
(248) 889-9211

ROBERT G. ISGRIGG, JR. P-24924  
2745 Pontiac Lake Road  
Waterford, Michigan 48328  
(248) 682-8800

## RAISE SOME CASH

PUT A TAG ON THOSE UNUSED ITEMS AND



**SELL THEM FAST!**

With An Ad In

The  
**Clarkston News & Penny Stretcher**  
Classifieds!



# Obituary

## Virginia D. Taylor

Virginia D. Taylor of Kingston, formerly of Clarkston, went home to be with her Lord and Savior Jesus Christ on Jan. 16. Jesus came and took her into His embrace as her daughter Barbara held her in her arms.

Mrs. Taylor had been living in Lapeer with Barbara and Gary since August. She was born Virginia Doris Alexander to Frederick and Winifred Alexander in Detroit on Dec. 31, 1918.

She married Basil Glenn Taylor on March 9, 1940.

They made their home in Clarkston until 1981, when they retired and moved to Kingston, Mich., and there they became faithful members of the First Baptist Church of Cass City. While in Clarkston, she was a beautician for 47 years.

In 1951, they were blessed with a little red-headed baby girl, Barbara Jean. They brought her home to be their child with she was 17 days old.

Left to lovingly cherish her memory are her daughter and son-in-love, Barbara and Gary Fuller of Lapeer; devoted grandchildren, Rachael (Brett) Lopucki, Sheri (Daniel) Ruhlman, David (Gina) Fuller, and Leah (Jeremy) Baragar; great-grandchildren Lauren, Morgan, Abigail, Rachael, Maxwell, Sabrena, Benjamin, Haley, Madison, Daniel, Nathan, Bryce, Amber, and Brock. Also, her sisters Laverle "Boots" Clark and Betty Blaine, sister-in-law Vernetta Alexander, and numerous nieces, nephews, and cousins.

Mrs. Taylor was preceded in death by her loving husband of 60 years, her great-granddaughter Ashley Baragar, her parents, and her siblings Wallace, Winifred, Edanna, Edward, and Ardis.

Funeral services was held at First Baptist Church of Lapeer on Jan. 23. Pastor David R. Dee and Pastor Eric Holmgren officiated. Burial was at Seymour Lake Cemetery in Brandon Township.

Memorials would be greatly appreciated to Cass City First Baptist Church, 6420 Houghton St., P.O. Box 141, Cass City, Mich., 48726.

## Beverly Jean (Arnett) Vernot

Ms. Beverly Jean (Arnett) Vernot, 69, formerly of Clarkston, died Saturday, Jan. 27, in her home in Murray, Ky.

A memorial service was held on Feb. 3 at the Ottawa Park Cemetary Chapel on Dixie Hwy. in Clarkston. The family hosted a celebration luncheon after the service.

She was a retired Executive Secretary and a Notary Public, and a member of the Daughters of the American Revolution "General Richardsons Chapter." She was a volunteer and supported the American Cancer Society, American Diabetes Association and Angels Attic Clinic.

Born on March 22, 1937, in Pontiac, she was the daughter of the late Morton Arnett and Florence (Dewey) Arnett.

Survivors include two daughters, Mrs. Lorrie Smith, and husband Gregory, Marco Island, Fla., and Mrs. Sandra Stalmack, and husband David, Birmingham, Mich; two sons, Duane Vernot, Murray, Ky., and John Vernot and wife, Sue, Dryden; one sister, Mrs. Marilyn Corbin and husband, Dave, Waterford; seven grandchildren, Jeremy, Danielle, Kendra and Eli, Katie, Kelly and Kim, two nephews and former husband George Bruce Vernot, Murray, Ky.



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|------------------------------|----------------------------|
| Addison-Oaks<br>586-752-4555 | Goodrich<br>810-636-6900   |
| Clarkston<br>248-625-0011    | Lake Orion<br>248-693-6261 |
| Davison<br>810-658-1500      | Ortonville<br>248-627-2813 |
| Dryden<br>810-796-2651       | Oxford<br>248-628-2533     |



\*The Oxford Bank Personal Checking account is a non-interest bearing account and is free when you have direct deposit of your paycheck, Social Security pension or other preauthorized deposits made to your account at least once during each monthly statement cycle. Other use account service fees, and check printing fees could apply if direct deposit service is discontinued. Check buy back is limited to \$200. \$75 VISA Gift Card is valid anywhere VISA is accepted except on the purchase of airline tickets, hotel accommodations, auto rentals and gasoline. One \$75 VISA Gift Card per checking account and per household. Customer will receive their \$75 VISA Gift Card upon completion of their first direct deposit transaction. VISA Gift Card premium may be reported as interest and included on an IRS 1099-INT. Offer expires 2-1-07.



Meet me at the Mansion!

HISTORIC PINE KNOB MANSION OPEN TO ALL!!

**Valentine's Day**

**Wine Tasting**

Featuring a large selection of wines with strolling Hors D'Oeuvre Dining

February 14, 2007

Open House 6pm-9pm

\$59.00 per person

Entertainment by Onita Sanders, Harpist

R.S.V.P. By February 9, 2007

Mon.-Fri. 9:00 a.m. - 5:00 p.m.

PINE KNOB BANQUET FACILITIES

5580 WALDON ROAD • CLARKSTON, MI 48348

(248) 625-0700

WWW.PINEKNOBMANSION.COM

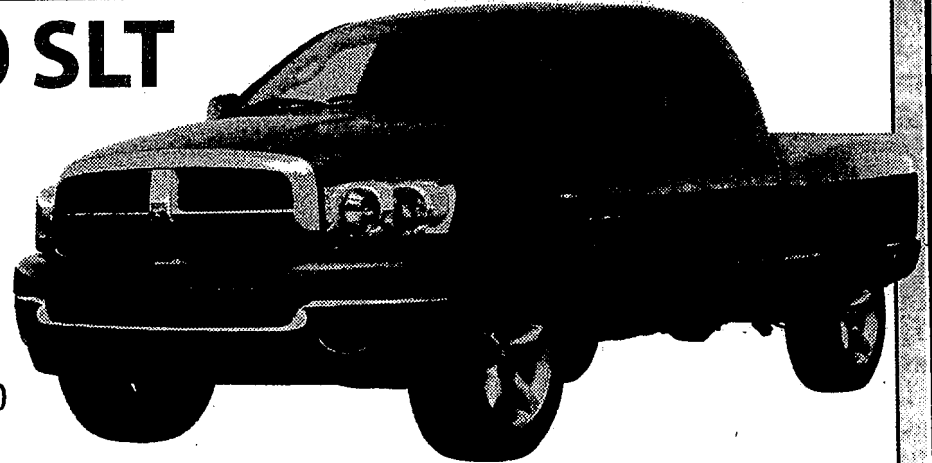


# Super Sales Drive

AT

## MIL SCH DODGE

### 2006 Dodge Ram 1500 SLT Mega Cab 4x4



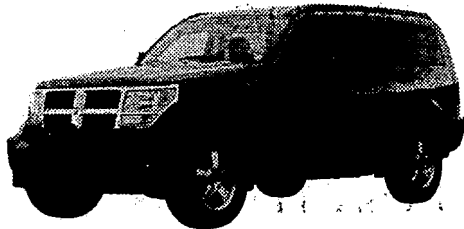
27 Month Lease **\$229 mo.**

Stk. # 26787  
MSRP \$39,610

Purchase Price **\$23,995**

Trailer Tow Group, 6 Disc CD, SIRIUS® Satellite Radio,  
Built on 3/4 Ton Chassis.

#### 2007 Dodge Nitro SXT 4x4

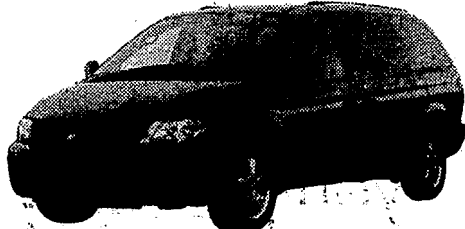


3.7 Liter V-6 Engine, Deep Tint Sunscreen Glass,  
Speed Control, SIRIUS® Satellite Radio Stk. #27250

27 Month Lease **\$169 mo.**

Purchase Price **\$17,995**

#### 2007 Dodge Grand Caravan SXT



**STOW 'N' GO** Stk. #27083

27 Month Lease **\$129 mo.**

Purchase Price **\$16,995**

#### 2007 Dodge Ram 1500 SLT Quad Cab 4x4



20" Chrome Wheels Stk. #27192

27 Month Lease **\$95 mo.**

Purchase Price **\$19,250**

#### 2007 Dodge Caliber SE



A/C with Chill Zone™ Storage • Stk #27263 • MSRP \$16,265

27 Month Lease **\$129 mo.**

Purchase Price **\$13,343**

#### 2006 Dodge Caravan SE



Sunscreen Glass,  
Rear Window  
Defroster, 7 Passenger  
Stk. #261158  
MSRP \$19,990



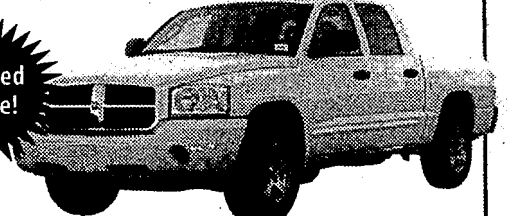
**\$189 Per Month Unlimited Mileage!**

Purchase Price **\$12,775**

#### 2006 Dodge Dakota ST Quad Cab 4x2



4.7 Liter Magnum® V-8 Engine, Chrome Side Steps  
Stk. #26800 • MSRP \$24,865



**\$226 Per Month Unlimited Mileage!**

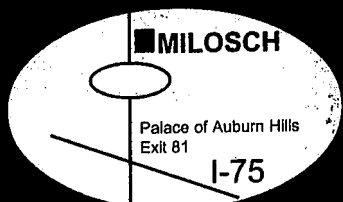
Purchase Price **\$14,889**

Test drive required. Individual payments quoted in person only. Please call to schedule an appointment. In Stock units only. All rebates to dealer. Vehicle shown not actual vehicle. Lease and retail deals include all available rebates and incentives, including DCX Employee Discount, Lease Loyalty, and Kickoff 2007 coupons. All deals plus sales tax, destination fee, license plate fee, and title fee. Lease calculated at 10,500 miles per year. Lease calculated at 24 or 27 months. "Unlimited Mileage" payment calculated as a 77 month finance deal with \$995 due at delivery. Purchase price plus tax, title, license and destination. Monthly lease payments calculated with \$995 due at delivery. Subject to credit approval with A tier credit Programs subject to change without notice. Offer expires 02/09/2007.

# MILOSCH DODGE, INC.

677 South Lapeer Road • Lake Orion

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[www.miloschdodge.com](http://www.miloschdodge.com)

Mon. & Thurs 9-9, Tues., Wed., & Fri 9-6

Programs subject to change without notice. Expires 1-30-07





# Way before you walk down the aisle.

...Let us assist you in many ways that will lighten the burden of your wedding plans. From invitations to the groom's garter and much more.

Come scan our selection of invitations and accessories. Let us help you with details you probably haven't even thought about.

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Wedding Stationery

## The Clarkston News

5 South Main St. • Downtown Clarkston

**248-625-3370**

**The Oxford Leader - The Clarkston News - The Lake Orion Review**  
**Ad-Vertiser - Penny Stretcher**

# CLASSIFIEDS

**5 Papers-2 Weeks-\$12.00 - Over 50,900 Homes**  
 10 WORDS (50¢ EACH ADDITIONAL WORD)  
 (Commercial accounts \$9.00 a week)

|                         |     |                    |     |
|-------------------------|-----|--------------------|-----|
| Antiques & Collectibles | 150 | In Memorium        | 400 |
| Appliance               | 160 | Lawn & Garden      | 080 |
| Auctions                | 090 | Livestock          | 210 |
| Auto Parts              | 240 | Lost & Found       | 190 |
| Bus. Opportunities      | 330 | Manufactured Homes | 320 |
| Card of Thanks          | 380 | Musical Instrument | 060 |
| Cars                    | 250 | Notices            | 390 |
| Child Care              | 340 | Personals          | 370 |
| Computers               | 140 | Pets               | 200 |
| Craft Shows             | 120 | Produce            | 040 |
| Farm Equipment          | 230 | Real Estate        | 310 |
| Firewood                | 050 | Rec. Equipment     | 180 |
| Free                    | 100 | Rec. Vehicles      | 280 |
| Garage Sales            | 110 | Rentals            | 290 |
| General                 | 170 | Services           | 410 |
| Greetings               | 020 | Trucks             | 270 |
| Help Wanted             | 360 | Tutoring/Lessons   | 070 |
| Holiday Items           | 010 | Vans               | 260 |
| Horses                  | 220 | Wanted             | 030 |
| Household               | 130 | Wanted To Rent     | 300 |
|                         |     | Work Wanted        | 350 |

Phone 248-625-3370 - 248-628-4801 - 248-693-8331

CPM AUDIT PENDING 10/30/04

**CIRCULATION VERIFICATION COUNCIL**

Ad-vertiser, Penny Stretcher, The Citizen, Metamora Crossroads

**CONDITIONS**

All advertising in Sherman Publications, Inc. is subject to the conditions in the applicable rate card or advertising contract, copies of which are available from the Ad Dept. The Oxford Leader, P.O. Box 108, 666 S. Lapeer Rd., Oxford, MI 48371 (248-628-4801), The Lake Orion Review, 30 N. Broadway, Lake Orion, MI 48362 (248-693-8331) or The Clarkston News, 5 S. Main, Clarkston, MI 48346 (248-625-3370). This newspaper reserves the right not to accept an advertiser's order. Our ad takers have no authority to bind this newspaper and only publication of an ad constitutes acceptance of the advertiser's order.

**DEADLINES:**  
 Regular classified ads Monday at 12 noon preceding publication, Semi-display advertising Monday at noon. Cancellation Deadline: Monday noon.

**CORRECTIONS:**  
 Liability for any error may not exceed the cost of the space occupied by such an error. Correction deadline: Monday noon.

**OFFICE HOURS:**  
 Monday through Friday 8-5  
 Oxford - Saturday 9-Noon  
 248-628-4801 • FAX: 248-628-9750  
 Email: shermanpub@aol.com  
 Lake Orion & Clarkston Offices Closed Saturday

**020 GREETINGS**

SHERMAN PUBLICATIONS  
**DEADLINE FOR Classified Ads MONDAY NOON & CANCELLATION DEADLINE Monday at Noon**

LX7-1f

**CHOO CHOO'S CHOCOLATE Valentine Week**

Mon., Feb. 12 thru Sat., Feb. 17  
 11am-8pm  
 Regular hrs-Thurs., Fri., Sat. 11-6pm  
 150 S. Washington Oxford, 248-628-0040

LX9-1c

**030 WANTED**

WANTED: CARS, Trucks needing repair or high miles. \$1000-\$5000. 810-724-7647 or 810-338-7770. I11LX26-4

WANTED: OLD COINS, bank notes. Also buying gold jewelry, broken rings, pocket & wrist watches. 810-358-0813. I11LX9-2

**PROPERTY WANTED!**

**\$ Cash Now \$ I Buy Houses**

CALL 248-693-4866 FOR CASH

LX6-4

CASH PAID for junk cars and trucks, 810-656-2993. I11LX25-4

I WOULD LIKE to buy pieces to match Tuscan dish set sold at Kroger. 248-842-5047. I11LX8-2

CASH PAID FOR: Compact discs, and DVDs. Call Steve 248-693-7803 I11RX8-2

ANTIQUE FIREARMS WANTED: Winchester, Colts, Henrys. Top dollar paid. 248-628-7088. I11LX9-2

**040 PRODUCE**

BLACK ANGUS freezer beef, 1/4's and 1/2's, hormone free, corn fed. Lean and tender. Taking orders daily, 989-636-3243. I11CX30-4

HAY- 1ST & 2nd. \$2.50 & up per bale, 248-969-8130. I11LX8-2

CLEANED, LOW MOISTURE corn for corn burning stoves. 1665 Baldwin, Lapeer, 810-664-3006. I11LZ7-3

**050 FIREWOOD**

MIXED, AGED Hardwood- \$65/face cord. Delivery extra. 810-664-2376; 810-668-7281. I11LX7-3

**OAKLAND COUNTY FIREWOOD**

\$60/ Face Cord  
 Delivery & Stacking Available  
**248-420-4862**

LX6-4

CHERRY, OAK, seasoned, \$75. Mixed hardwood \$50. Delivery plus stacked extra, 248-379-6782. I11LX1-tfc

FIREWOOD-SEASONED oak & maple. \$60/face cord delivered. 248-977-0324, 248-425-0031. I11LX9-4

SEASONED QUALITY hardwood, cut and split, delivery available, 248-627-6316. I11ZX23-4c

**FAMILY TRADITION Firewood**

Seasoned Hardwood only  
 Delivery & Stacking available  
**248-391-0859**

RX6-4

SEASONED MIXED Hardwood- \$50/face cord. James 248-765-8110; 248-804-0391. I11LX8-8

SEASONED FIREWOOD- mixed hardwood. Free delivery: 2 or more face cords. Short stove-length pieces also available. 248-693-7297 or 586-292-4050. I11RX6-4

**060 MUSICAL INSTRUMENTS**

**EXPERT PIANO TUNING**

Call Matt  
**248-766-3122**

RX41-24

**070 TUTORING/ LESSONS**

**CCW TRAINING**

CLASSES FORMING NOW  
**248-783-1173**

www.ccw-solutions.com

LX5-8

**080 LAWN & GARDEN**

GARDEN TRACTORS with snowblows and snowblowers, starting at \$650. Also conditioned starters. 810-217-6391. I11ZX24-4

TORO 5HP Snowblower, electric start, like new, \$425. 248-394-0082. I11CX30-2

1968 SIMPLICITY SOVEREIGN 3212 garden tractor, snowblower, wheel weights, chains, mower deck. Restored. \$800. 248-394-1419. I11CX30-2

**090 AUCTIONS**

AUCTION SATURDAY  
 February 24, 2007, 4 p.m.  
 Stow-Away Storage  
 3060 Adventure Ln., Oxford

For Following Units:  
 Unit #112, Mike VanDoran: Variety of tools, misc. items. Unit #136, Christine Powers: Armoire, misc. household items. Unit #09, Harvey Haffner: Large variety of VHS, DVD, electronics, misc. related. Unit #64, Mike Shea: Large variety of tools, misc. garage items. Unit #21, Matt Menzies: Living room furniture, entertainment center. Unit #233, Heather Hobbs: Beds, misc. household items, clothes. Unit #262, Sandra Hamilton: Bed, chairs, stove. Unit #218, Mary Cross: Variety household items. Unit #279, Rebecca Stickney: Stove, washer, dryer, large fish tank, baking ware, variety household, kids stuff. "CASH SALE" LX45-2

SALE OF DEFAULT UNITS  
 Wednesday, February 21, 2007,  
 10am, Lake Orion Self Storage  
 Center Inc., 180 W. Church St.,  
 Lake Orion, MI 48362, 100 yards  
 East of Lapeer Rd. (M-24)  
 Unit #50030, Wendy Velucci: Dryer,  
 table trays, dressers (2), asst boxes  
 and more! LX9-2

**100 FREE**

FREE PRIVACY fencing panels, 8x6. You haul, 248-628-4919 after 4pm. I11LX9-1f

**110 GARAGE SALE**

ADDISON SENIORS' Rummage Sale-  
 February 11-13, 9am-2pm. Please  
 bring donations between 9am-5pm  
 Monday-Friday; 1440 Rochester Rd.,  
 Lakeville. No furniture items. Questions:  
 call 248-628-3388. I11LX9-1

THINK SPRING! 12th annual garage sale. This is always the one you don't want to miss! Don't walk away from your item, it will be gone. March 2nd, 3rd, 4th, 9am-5pm. 12479 Windcliff, Davisburg. I11LX9-4

MOVING SALE- 360 N. Broadway, Lake Orion. February 4, 9, 10, 11, 9am-5pm. I11RX8-2

FLEA MARKET 3/24/07 8am-4pm  
 KNIGHTS OF COLUMBUS  
 Fr. Thomas R. Carey Council  
 Lake Orion, Michigan  
 54 Tables Available - \$25 Donation  
 Come Buy Or Sell Your Stuff!  
 \$1.00 Admission Charge at the door  
 Call for more details,  
 Reserve Your spot.  
 Dale 248-693-2571  
 Bob 248-693-8554

LX9-1

MOM 2 MOM SALE: April 21, 9am-3pm at Bridgeway Church, Clarkston. Tables: \$20, each. Call 248-625-1344 to reserve. I11LZ9-2

**130 HOUSEHOLD**

AFFORDABLE MEDICAL Insurance, 248-978-5190. I11CX27-4

BLUE ROCKER RECLINER, love seat, oak computer rolltop desk. 248-628-4479. I11LX9-2

SERVICE FOR 12 Mikasa Silk Flower dinnerware, many extras. Used once. Retail \$1,800, asking \$450. 248-877-7008. I11LZ9-2

**140 COMPUTERS**

\$49 PC Tune-Up Special! Speed up your PC today. www.oxfordpcrepair.com. Many satisfied references available. Mike 248-207-5993 cell. I11LX7-5

COMPUTER PROBLEMS? Microsoft certified technician. Free loaner available. John 248-892-5667 (Clarkston). I11LZ7-4

COMPUTER PROBLEMS? Is your computer as fast and problem-free as mine and my customers? Save money over buying a new computer. Reasonable rates. Scotty 248-245-9411. Refurbished computers for sale. I11CX30-4

**150 ANTIQUES & COLLECTIBLES**

YE OLDE STUFF & ANTIQUES  
 Historic Treasures  
 in Downtown Lake Orion  
 Winter Storm alternate hours  
 Tues.- Fri. 12-7 or 5-7pm  
 Sat. 12-7pm or 2-6pm  
 20-1/2 Front St.,  
 248-693-6724

RX9-4

WINTER STORM HOURS- Ye Olde Stuff & Antiques, downtown Lake Orion Historic Treasures. T-F, 5-7pm; Sat. 2-6pm or by appointment, 248-693-6724 I11RX7-4

1963 FRENCH Provincial Magnavox console. Yours for \$63. 55x19x31H, 248-620-4471. I11CX30-2

**170 GENERAL**

**ROLLED TICKETS**

DOUBLE & SINGLE ROLLS  
 Assorted Colors  
 Lake Orion Review  
 Oxford Leader  
 Clarkston News

LX8-1f

THOUSANDS OF OTHER PEOPLE are reading this want ad, just like you are. BUY and SELL in ads like this. We'll help you with wording. 248-628-4801 I11LX9-dhtf

NEW ORION TOWNSHIP maps at the Lake Orion Review, \$2.75. I11RX9-dhtf

**THANK YOU NOTES**

available at all  
 SHERMAN PUBLICATIONS  
 LOCATIONS  
 Oxford Leader, Lake Orion Review  
 and Clarkston News

LX9-dhtf

DOES YOUR LITTLE LEAGUE, Service Organization, Church or School group need a fund raising idea? Call Don Rush at 628-4801, 8-5 weekdays. I11LX9-dhtf

GET YOUR ROLLED TICKETS at the Lake Orion Review, 30 N. Broadway, Lake Orion; Oxford Leader, 666 S. Lapeer Rd., Oxford or at the Clarkston News, %S. Main, Clarkston. Single rolls \$6.00, double rolls \$9.50. assorted colors. I11RX9-dhtf

COMPUTER TABLE beige formica/metal \$60; Little Tykes picnic table (large) \$20; boat bench seat, 3' \$35; oak CD tower \$20. 248-393-5661 I11LX9-2

2 6FT. VINYL doorwalls, 3 years old, \$225 each. Installation available. 810-358-0858. I11LZ8-2

HOME ENTERTAINMENT center, \$195. 2 cases Xango juice, \$95. 248-693-7515. I11LX8-2

14x7 US CARGO enclosed trailer, ramps, double axle, \$4000 obo. 248-931-8735 I11CX29-2

NEW SHOP OPEN- Consignors welcome. Time & Again Clothier, 17 S. Washington, Oxford is accepting consignment customers. Stop by or call Wednesday, Thursday, Friday 11am-5pm, Saturday 10am-4pm. 248-238-9484. I11LX8-2dh

TANNING UNIT- Commercial, can be used residential. Excellent condition. First \$1,200 takes. 248-852-5600.

FUTON WOOD FRAME \$50. Child's skis, 100 cm \$50. Amigo motorized scooter \$950. 248-421-3135. I11CX30-2

BARN WOOD- 1870 dairy barn beams, siding, planing, 12-24" widths, 248-722-8347. I11LX9-2

PERFECT VALENTINE'S Day gift! Ladies 2 carat diamond ring, \$900. 248-625-7039 I11CX29-2

WOODBURNING STOVE- Scandinavian design, brown enamel finish, excellent condition, \$500. 248-693-8436. I11LX9-2

LIONS SEASON TICKETS Seniority. \$500 obo. Call 810-240-5402. I11LX8-2

BLACK REFRIGERATOR \$100; Simplicity lawn tractor \$300; Sony 36" flat screen tv \$500. 248-821-1495 I11LX9-2

6 MENS PENDLETON shirts, plaids, various colors, size L. 248-391-1555. I11RX9-2

GENERATOR- 3000 watt, 120V, Coleman Powermate, 3 years old, like new, \$300. 810-569-9944. I11LX8-2

16FT. GOOSENECK stock trailer, \$1000. Grand piano, good condition, \$1000. 810-796-2176. I11LX9-2

**180 REC. EQUIPMENT**

WINTER SPECIAL! GOLF Balls with experience by the dozen or 6 dozen \$24.00, or 5 dozen \$25.00. Call 248-693-4105. I11LZM11-dhtf

TREADMILL, LIKE new, \$225, incl. inclines, digital readout, must sell. Call Bill 248-785-9949 I11RX9-2

1999 MALLARD Trailer by Fleetwood, 33ft., excellent condition, clean/like new throughout. Beautiful luxury unit, self contained, sleeps 8, smokefree, lots of storage, 13.5ft. power slideout, beautiful kitchen table, central A/C & furnace, fresh water holding tank, water heater, full bathroom, smoke detector, external battery, TV with VCR, TV signal booster/cable ready, stereo radio with cassette, queen bed, sofa hide-a-bed, bunk beds, 2 large external propane gas tanks, holding tanks, tires recently replaced. Must sell, \$9800 obo. 248-478-8173 for more info. I11LZM48-tf

2-PLACE SNOWMOBILE trailer, aluminum, fault shield. \$575. 248-343-5328. I11LX8-2

14' ALUMINUM Mirrocraft with trailer and 15 hp Johnson with electric start, bass seats & more 248-790-0817. I11CX30-2

TREADMILL PACE Master Pro Plus commercial, excellent condition, well maintained, \$300. 248-620-1579 I11CX30-2

4000 LB. BOAT Hoist for sale on Lake Orion. Move across ice! \$1950. 248-884-1134. I11LX9-2

FOR SALE: 166 Salomon Snowboard with Burton click-in bindings, like new, used 3 times, bright blue, \$250 obo. New snowboard bag, \$25. 248-431-3410. I11LX8-2

**200 PETS**

AKC GOLDEN RETRIEVER puppies. Born November 26, 1st shots, must sell, \$250. 248-236-0114. I11LX8-

SALLY THE CAT is looking for a new home. She is a mature, gentle house cat who needs to be cared for by 6 weeks or adopted, 248-625-2943. I11CX29-2

LAKE ORION PET Centre. Experienced grooming. Dogs and cats. 693-6550 I11RX14-tfc

HUSKY MIX PUPPIES- 3 males, 3 females, 6 weeks old on February 12, \$75 and \$100. 248-391-5885. I11LX9-2

DYNAMITE BELLE little female. If you are looking for a true pocket baby, Sadie is the one. She is champion sired and is an absolute sweetheart. You won't go wrong with this little girl. Beautiful silky coat and tons of personality. Belle!! Only contact me via email. kelvinfrank101@yahoo.com for more information okay. Amso excited!!! I11LX9-2

PET WALKING, Pet Sitting, and more. By Sharon, 248-931-8735. I11CX29-

GET YOUR ROLLED TICKETS at the Lake Orion Review, 30 N. Broadway, Lake Orion; Oxford Leader, 666 S. Lapeer Rd., Oxford or at the Clarkston News, %S. Main, Clarkston. Single rolls \$6.00, double rolls \$9.50. assorted colors. I11RX9-dhtf

PUGS- FAWN MALES & female. Shots, dewormed, \$650. 248-495-1972. I11LX8-2

FREE PUREBRED Doberman- male, neutered, 2 years old, 248-867-5389. I11ZX26-2

CHOCOLATE LAB PUPS, 7 weeks, AKC. Shots, dewormed, \$300. 248-605-1476. I11LX9-2

BUNNY WITH cage, \$20. Guinea pig with cage \$20. Lovebirds \$75. 248-425-6886. I11LX8-2

FREE TO GOOD home golden retriever/ yellow lab mix. 1 year old, neutered, all shots, kennel, toys, blanket, invisible fence. 248-505-6570. I11LX9-2

GERMAN SHEPHERD Pups, 6 weeks old, vet checked, 1st shots, wormed, ready for new home February 10. 810-793-1865. I11LX9-2

BABY LIONHEAD abbits-ready February 15. Very sweet and fuzzy! http://millerendavors.homestead.com, or call 248-670-0005 after 5pm. I11LX9-

LOOKING FOR PAPER/ potty trained toy female, friendly dog. 248-877-3259 I11CX30-2

DACHSHUND PUPPIES- purebred, real cuts, short hair \$250. 248-431-7506. I11LX9-2

**220 HORSES**

RENDEA'S HCP2SHOEING- 1 and 2 horse barns and up. Draft breeds no problem. Corrective shoeing & trimming. Certified Farrier, 586-453-9111. I11LZ6-4

DOUBLE REGISTERED quarter dunmare, 15 years, super sharp, broke, good brood mare \$2,500; 11 year old mini horse, 32 inches, rides, dressage, kids horse, \$1,000. d10-797-5094 I11ZX25-2



## 230 FARM EQUIPMENT

**NEW HOLLAND 1725-4WD**, with loader, 6ft rear blade, garage kept, \$9800. 248-931-1322. ILLX8-2  
**FORD 9N \$1650**, 2000 \$2650. Ferguson 30 \$1850. Others. 248-625-3429. ILLX7-4

## 240 AUTO PARTS

4 ALUMINUM WHEELS/ Ice Guard tires, 185/65-14, used 1 season, \$350 obo, 248-394-0667. ILLX29-2

FORD AUTO CITY race car, 302 Hipo, C-4, Det. Locker 9", all the good stuff with trailer. Call for details, \$3,000. 248-875-9905. ILLX9-2

350 4 BOLT SMALL block, Chevy; 327 Chevy engine, 700R lock up kit; 99 Vortec crate engine. 248-909-1047. ILLX9-2

## 250 CARS

1992 BONNEVILLE- new brakes, runs good, \$700 obo, 248-396-8028. ILLX29-2

2000 FORD TAURUS, newer tires and struts, well maintained. 127,000 miles, dark blue, runs and drives like new, must sell. \$3400 obo. 248-894-7461. ILLX252-8nn

2002 FORD TAURUS SES, maroon, sunroof, loaded. 62,000 miles, AM/FM/Cassette/CD changer. Nice car. \$5,995. 248-391-1055. ILLX6-4nn

1991 BUICK RIVIERA, 83,000 miles, maroon, 3800 V6 automatic, runs great, Kenwood system, Whistler detector, alarm, new battery, Michelin tires, needs repair of brakes and door locks. \$2,750 obo. 248-627-3679. ILLX24-12nn

2000 INTREPID-1 meticulous owner. Low mileage. Excellent condition, must see to appreciate. \$6000 obo. 248-693-0356. ILLR26-4nn

2001 OLDS AURORA- Beautiful car! Black, 4.0L, totally loaded, tan leather, Bose 12 disc CD changer, moonroof, ABS, well maintained, 79,000 miles, excellent condition. Priced to sell fast. \$7250. 248-318-1804. ILLZ2-12nn

2004 PT CRUISER. 32,000 miles, factory warranty, \$10,500 obo. 586-904-4608. ILLCZ26-12nn

1998 HONDA CRV, automatic, AWD (great in snow), Black with gray interior. Good MPG. Excellent condition. 114,000 miles, \$6,800. 248-628-1724. ILLZ51-8nn

2005 CHRYSLER Pacifica Touring, FWD, loaded, 6 passenger seating, extended warranty, cloth seats, 11,000 miles. Take over payments, \$22,900. 248-830-2803. IILLR25-12nn

1990 PONTIAC BONNEVILLE SSE- white, V6, strong running car, new brakes & alternator, 167,000 miles, needs transmission work. \$500. 248-802-0530. IILLZ51-12nn

1995 FORD ASPIRE- runs & drives good, \$1100 obo, 248-627-4183. IILLX8-2

CHRYSLER CONCORD LTD 2002. 16,600 miles. Every available option including moon roof, chrome wheels. White exterior, taups leather interior. Senior driven. Excellent condition. \$11,000 obo. Clarkston. 313-550-8672. IILLZ6-12nn

1997 NEON- 4 door automatic, loaded. New transmission, radiator & brakes. Very well maintained. Nice car! \$2750 obo, 248-891-6306 or 248-330-3599. IILLZ9-4nn

1982 CORVETTE CROSSFIRE, Very clean, new interior, 96,000 miles. Stored winters. \$11,000 obo. 586-904-4608. ILLCZ26-12nn

2002 CHEVY IMPALA- non-smoker, woman owned, 32,000 miles, loaded, \$9900. 248-701-9867.

1997 RED GRAND Prix SE. 158K, new engine at 67K, loaded with sun roof, newer tires, new brakes. Runs good. \$2,700. 248-623-2520 or 248-762-7807. ILLCZ29-4nn

1997 DODGE NEON- automatic, 4 door, air, CD, 75,000 miles, good condition, runs great. \$1900. 248-798-0212. IILLZ8-4nn

1991 HONDA ACCORD LX 2 door coupe, 4 cylinder, 5 speed manual. Well maintained. Runs excellent. \$1,650. 248-693-4555. IILLZ1-8nn

1994 PONTIAC GRAND Am, power locks, power windows, air, \$1400. 248-236-9592 or 248-891-6306. IILLZ8-12nn

2003 FORD TAURUS- automatic, 2.4 overhead cam, sunroof, leather, excellent condition, well maintained. Recent fuel filter, transmission/power steering flush. 56,000 miles, bumper to bumper 100,000 mile warranty. \$7900. 248-628-0834. IILLZ6-4nn

2004 CHEVY AVEO- 5 door, automatic, tilt steering, power brakes and steering. CD, 26,700 miles, \$6300. Call 248-413-9465. IILLZ23-12nn

2000 HONDA CIVIC Si- V-Tech, 4 cylinder, 5 speed, 103,000 miles, very clean & fast, pearl blue, sunroof, alarm, aluminum rims, good gas mileage, fast & furious. \$6500 obo, 248-820-1092. IILLZ6-12nn

1985 CADILLAC EL Dorado, good condition, \$1,200 obo. 1994 Oldsmobile, great condition, \$1800 obo. 248-830-7499, 248-830-7498. IILLX8-2

1999 CAVALIER- 2 door Coupe, 4 speed automatic, runs great, no oil leaks. Asking \$1200. Call 248-660-6523. IILLZ4-12nn

1995 DODGE NEON- looks good, runs good. New brakes, radiator, alternator. No airbags. Cheap transportation. \$800. 248-922-2833. IILLX9-2

2003 RED DODGE Neon- 4 door, automatic, all power, only 40,000 miles, cassette/CD changer, sunroof and spoiler, ABS brakes, 4 new tires (1 year old), \$6999. 248-330-3900. IILLZ50-12nn

OXFORD AREA COMMUNITY Schools will be accepting sealed bids for the sale of a 1996 Dodge Neon Expresso, 185,000 miles, two liter DOHC, air, new battery, brakes, wheel bearings. Minimum bid \$950. Contact Dan Baisley, Auto Shop, Oxford High School, 745 N. Oxford Road for viewing and bid forms. Bids due Tuesday, February 20, 2007, 3:00 p.m. to Timothy Look, 1-5 Pontiac St., Oxford, MI 48371. IILLX9-1c

OUT OF STATE rust free cars, \$3500 and below, at Best Buy Car Co., Imlay City & Lapeer, 810-724-0095 or 810-667-9008. IILLZ6-4

SATURN 2004 VUE- V6, AWD, \$14,500. 248-393-1229. IILLX30-4

1995 ACURA INTEGRA, manual, 215K. Runs great. \$2,000 obo. 248-770-6926. IILLX30-4nn

2002 CHEVY CAVALIER, 4 door, auto, air, tilt, cruise, CD, 81,000 miles, \$4,900 firm. 810-814-4003. IILLR252-8nn

AFFORDABLE MEDICAL Insurance, 248-978-5190. IILLX27-4

1995 CHRYSLER LHS- low miles, great gas mileage, new tires, new starter, very clean and very reliable. Reasonably priced at \$2400. 248-627-2685. IILLZM16-8nn

1998 VOLKSWAGEN JETTA, 4 cylinder, black, 5 speed manual, 4 door. 100,000 miles. Runs excellent, well maintained, fuel efficient. \$3600 obo. 248-941-0200. IILLX7-4nn

## 260 VANS

1993 CHEVY PANEL Van- California vehicle, needs work but has great potential. \$2500. 248-627-3064. IILLZM16-12nn

1997 CHEVY VENTURE van, great vehicle, well maintained, 132,000 miles, \$2,400. 248-391-7558. IILLX9-2

2000 CHEVY VENTURE van, 123,000 miles. Well maintained. \$3,950 obo. 248-236-0372. IILLZ4-8nn

1994 1-TON VAN- rebuilt 350, 4 bolt man., fuel injected engine and trans, no leaks, runs great, has rust. \$1000 obo, 810-614-7235. IILLZ25-4nn

2000 CHEVY Venture W.B. 80,000 miles, \$5300 obo, 248-978-5190. IILLZM22-12nn

1992 DODGE GRAND Caravan LE, power steering, windows, seat, A/C, sunscreen glass, AM/FM cassette. Runs- looks good. Speed control, tilt, light group, trailer tow package, roof rack, \$1300. 248-693-2722. IILLZ50-8nn

1995 CHEVY ASTRO- ladder racks, good condition, newer motor, \$1500 obo, 248-521-2068. IILLZM19-8nn

2002 MONTANA MINIVAN, 4 speed, automatic transmission. Very good condition. 7 passenger seating, captain's seats 2nd row. Lots of features, \$8900. 248-625-4158. IILLZM21-12nn

2002 DODGE GRAND Caravan. Burgundy, with warranty, towing package with hitch. 58,000 miles, fully loaded. \$9200. 248-634-9410. IILLZM16-12nn

KIA SEDONA 2004, 38,000 miles, 7 passenger seating, rear heat and air \$7,800. 248-626-9738. IILLCZ29-12nn

1995 PLYMOUTH VOYAGER, 112,000 miles. Good transportation. \$600 obo. 248-892-2800. IILLX8-2

1994 DODGE RAM Cargo Van. 318, V8. New tires, brakes. \$1,100 obo. Call 734-776-4063. IILLX2-12nn

1997 DODGE Ram passenger van, seats 8, high mileage, rear ac and heat, good condition, some rust. \$900. 248-693-6436. IILLZ7-4nn

## 270 TRUCKS

2003 AVALANCHE Z66, Pewter/charcoal interior, sun roof, power locks, windows, heated mirrors, running boards, tilt steering, wheel mounted controls, tinted glass, trailer equipped. Excellent condition. \$13,500. 586-615-6215. IILLZ8-12nn

1998 GMC SIERRA 1500 extended cab Z71, 3rd door, tow package, loaded, leather. 120,000 miles. Runs & drives great. \$7,000 obo. 248-391-7235. IILLX48-8nn

1999 GMC YUKON- great shape, 163,000 miles, \$5700 obo, 248-625-1474. IILLZ30-12nn

2002 GMC ENVOY SLE- black, loaded, original owner, 87K, new tires & brakes, excellent condition, \$9945. Must see, 248-802-1854. IILLZM4-12nn

1990 GMC SUBURBAN 1/2 ton 4x4. Low miles. Very good condition. Power locks, windows, 2" lift, new 35" tires. New brakes, exhaust & battery. \$3,500 obo. 586-202-2440. IILLZM17-12nn

TWO TONE TAN 1976 International Scout. 84,600 miles, 4 wheel drive. Good rubber, removable top, good interior. \$3,900 obo. 248-693-7515. IILLX3-12nn

1989 GMC 4x4 1/2 ton- newer motor, needs some body work, \$900 obo, 248-673-3340. IILLX9-2

2002 FORD F250 XLT, 4X4, regular cab, 86,000 miles, new tires. Nice truck. \$11,500 obo. 248-770-9151. IILLX5-12nn

2000 JEEP GRAND Cherokee, 4x4, 4.0L 6 cylinder, 18/23 mpg, taups inside and out. Excellent condition, well maintained, power everything, Infinity premium stereo/CD, heated leather seats, hitch, \$9950. 248-701-8540. IILLZ8-12nn

1998 CHEVY 1/2 ton HD, with plow. Plow never used on this truck. No rust, \$4500 obo, 248-628-3756. IILLX8-2

2006 DODGE 1500 Hemi quad cab, Big Horn Edition, silver, cloth, 20" wheels, tonneau, bedliner, 38,000 miles, mint, \$26,900. 810-614-9181. IILLZ7-4nn

1998 BLAZER 4x4- 4 door, great condition, A/C, power seats, locks & windows. Purchased new, regular oil changes & maintenance, \$4950. 248-627-6576. IILLZ5-8nn

1985 F350 4x4 diesel, runs good, \$1150 obo, 248-830-6736. IILLX29-2

2002 CHEVROLET 4WD TrailBlazer LT extended, 7 passenger, front & rear air, fully loaded, very good condition, tow package, alloy wheels, running boards, roof rack, extended warranty, \$9300. 248-394-0333. IILLZ26-8nn

CHEVY BLAZER 2001, 4x4, OnStar, loaded, excellent condition, 90,000 miles, \$7700. email docmary@charter.net for details/photos, 248-693-3515. IILLX9-2

2001 BMW R1200 Classic Euro motorcycle cruiser, silver 1200cc Boxer motor, 4300 miles, ABS brakes, flip-up back seat. Lots of chrome, Euro package factory installed. Excellent shape, adult owned, \$8,350. Call 248-628-4773 or 248-379-1987. IILLX34-8nn

2003 SKIDOO REV 800 snowmobile, 4300 miles, \$3800. 2000 SKIDOO MXZ 600, 6000 miles, \$2000. Or \$5300 for both. 248-431-0310. IILLX9-2

1997 ARCTIC CAT ZRT600, 2800mi., \$1,500; 1999 ZL500, 1500mi., \$1800; 248-613-1300. IILLX9-2

2001 ARCTIC CAT 440- electric start, fan cooled, 174 miles, \$2600, 2004 Z570, 100 miles, rods 2 times, like new, \$3200. 989-701-0298. LX9-11

1991 JEEP GRAND Wagoneer. 127,000 miles. Runs good but needs work. Some new parts. 4WD, loaded. Some surface rust. \$1,800 obo. 248-693-3089. IILLZ6-12nn

2003 2WD BLAZER LS, yellow. \$11,900. Automatic, 4.3L, V-6, loaded. Sunroof, remote start, 24,000 miles. 248-693-6132. IILLZ5-12nn

1996 CHEVY 1 ton diesel, extended cab, leather, running boards and tow package. Loaded. 77,000 miles, \$7500. 248-620-1702. IILLCZ29-2

2003 CHEVY TAHOE- 44,000 miles, excellent condition, 6 disc CD player, 3rd row seats, DVD player, full power, Bose sound system. Blue Book \$23,000, asking \$19,000 obo. Call 248-933-1284. IILLZ25-12nn

1994 CHEVY TRUCK- 1/2 ton, heavy duty, Halper springs, 175,000 miles, \$3000 obo, 248-841-3288. IILLX8-2

1990 FORD F150- 2WD, 5.0, 6 cylinder, 8ft. bed, black with matching black Leer cap, chrome rims, many new parts, truck in nice condition, trans needs repair. \$995. 248-922-1398. IILLZ26-8nn

2000 CHEVY S10 pickup, 4x4, extended cab, 6 cylinder. Black/gray interior, power everything. 3rd door, chrome wheels, bed cover, custom hood, new muffler & exhaust, remote starter. \$8,700. 248-568-5540.

1992 DODGE PICKUP- 1 ton, Cummings diesel, low miles, \$2500. 1986 Chevy stake truck, 1 ton, \$2000 obo. Lowboy trailer, 18,700 GVW, \$2500. Rich 248-431-3752; Tony 248-931-5296. IILLX9-2

2004 JEEP GRAND Cherokee- Special Edition, excellent condition, 85,000 highway miles, fully loaded, \$10,000 obo. 248-693-4561 between 9am-1pm. IILLZ2-8nn

1996 TOYOTA TACOMA- 4x4, SR5, black, loaded, alarm, sunroof, new CD player, bedliner, V6, extended cab, tow package, many new parts, clean interior, 150,000 miles, good condition, runs great, \$7000. 248-814-6959. IILLZ52-12nn

1989 FORD F-150, V8, 5 speed, long bed, 79,000 miles, new tires, \$2300. 989-701-0298. IILLZ7-4nn

1996 CHEVY EXT. Cab truck with cap, hitch, \$6,100. 248-391-1894. IILLX8-2

2002 DODGE SPORT- 1/2 ton, red, 4 wheel drive, V8, am/fm CD, power windows, chrome running boards, bedliner, 28,200 miles. Asking \$12,500. Call 248-627-8205. IILLZ20-8nn

1998 BLAZER 4x4- 4 door, great condition, A/C, power seats, locks & windows. Purchased new, regular oil changes & maintenance, \$4950. 248-627-6576. IILLZ5-8nn

1985 F350 4x4 diesel, runs good, \$1150 obo, 248-830-6736. IILLX29-2

2002 CHEVROLET 4WD TrailBlazer LT extended, 7 passenger, front & rear air, fully loaded, very good condition, tow package, alloy wheels, running boards, roof rack, extended warranty, \$9300. 248-394-0333. IILLZ26-8nn

CHEVY BLAZER 2001, 4x4, OnStar, loaded, excellent condition, 90,000 miles, \$7700. email docmary@charter.net for details/photos, 248-693-3515. IILLX9-2

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DIRTBIKES: 2001 Yamaha YZ125, stock, \$2000. 2002 Yamaha YZ125, modified, \$2400. 2001 Yamaha YZ250, modified, \$2400. 810-441-6100. IILLX9-2

2000 POLARIS 600 Touring electric start, reverse, mirrors, 3300 miles, \$2,500. 1999 Renegade trailer, 4 place, all aluminum, 20' drive thru, electric brakes, \$5,000 obo. 248-620-9585. IILLZ4-2

1996 ARCTIC CAT 650, 2500 miles; 1996 Arctic Cat 440, 2-up, 1800 miles; Double trailer, \$3100 takes all, 248-969-0791. IILLZ8-2

TWO 1996 SkiDoo's: Formula 583, low miles, electric start, reverse, very nice, 2-up, LT, \$1500 obo. 1996 380 Touring, electric start, 2-up, back rest, luggage carrier, very nice, \$1400 obo. 1994 Yamaha Phazer, new battery, electric start, \$1000 obo. 810-614-7235. IILLX25-2

1998 POLARIS XC700- 5600 miles, stock engine, very fast, \$1599 obo, 248-969-8123. IILLX8-2

1997 HARLEY SOFTAIL Springer, 4,000 miles, nice, second owner, \$15,500. 248-875-9905. IILLX9-2

YAMAHA SNOWMOBILES: '82 250 Bravo, '78 340 Enticer, '80 300 Enticer. All good condition. kRun excellent. \$500-\$650. 3000 Top generator \$225. 810-793-7266. IILLX8-2

1999 ZRT600, 2,638 miles, studs, clean, \$2,500. 248-634-3677. IILLX29-2

GENEROUS REWARD for information resulting in return of Arctic Cats: 1995 EXT and 1992 Jag and Ravens trailer/Bear Cat top, 248-860-6111.

1990 ARCTIC CAT Jag 440 Deluxe. Excellent condition. \$900. 248-814-8014. IILLX8-2

2000 POLARIS XC700- 5600 miles, stock engine, very fast, \$1599 obo, 248-969-8123. IILLX8-2

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YAMAHA SNOWMOBILES: '82 250 Bravo, '78 340 Enticer, '80 30

**290 RENTALS**

**CLARKSTON VILLAGE** 1 bedroom apartment, free healthclub membership, approximately 550sq.ft. \$525/monthly. 248-625-5121. I11LX8-4

**ROCHESTER HILLS Condo-** 2 bedrooms, 2 baths, gorgeous 1st floor ranch with courtyard view. Close to nature preserve. Fireplace, attached garage, all appliances. Pool, clubhouse, fitness center. \$1250/month plus utilities. 248-770-5593. I11LX7-7

**EFFICIENCY APARTMENT, Village of Oxford.** All utilities included. \$475. 810-796-3347. I11LX9-2

**CHRISTIAN LADY** looking for non-smoking lady to share home in Clarkston. No pets. 248-892-1324.

**CLARKSTON 1 BEDROOM,** walk to downtown, 1 month rent free. \$600. 248-625-3563. I11LX7-4

**CLARKSTON 1 BEDROOM** \$120/week. Free utilities. 248-330-9090.

**OXFORD VILLAGE Offices- interior** \$275/month, and windowed \$400/month. Utilities included. 248-647-0277. I11LX8-4

**CLARKSTON AREA- 1 bedroom** apartments includes utilities and appliances, \$450 monthly. 248-625-4599

**EFFICIENCY FOR RENT** in Lakeville, \$110 weekly. Utilities included. 248-628-2103, 248-628-0250. I11LX8-8

**OUTSIDE STORAGE-** boats, RVs, construction equipment. Orion (I-75/Joslyn), 248-310-5577. I11LX8-4

**KEATINGTON CONDO-** newly remodeled. Very nice. Minutes from Great Lakes Crossing & I-75. \$750. Call Michele, 248-879-1619. I11LX8-4

**METAMORA VILLAGE** 3 bedroom, 2 bath ranch with garage, central air and appliances. \$1,300/month plus security deposit. No pets. No smoking. 810-678-3190. I11LX9-2

**APARTMENT FOR rent** & efficiency in Oxford, no pets. 248-628-3155.

**LAKE ORION LAKEFRONT-** one bedroom apartment, furnished or unfurnished. 248-693-6063. I11RX9-1

**OXFORD-** 1 & 2 bedroom apartments, dishwasher, C/A, laundry facility, fireplace, first month's rent plus security deposit. Starting at \$560/month. 248-628-2620. I11LX7-7

**LAKE ORION, LARGE lower level** 3 bedrooms, garage, large yard. Heat & water included. 248-625-9584, 248-875-9501. I11CX30-2

**DEERFIELD TWP.,** Fostoria mailing, North Branch schools. Farmhouse on 50 acres, 2 bedrooms, furnished or unfurnished, \$800/month plus security. 810-793-6625. I11LX9-1

**LARGE 1400 sq. ft. apartment-** heat & water included. Quiet upscale complex, Oxford/Lake Orion area. A unique opportunity. \$895/month. Call for appointment, 248-693-4860. I11LX6-6

**OXFORD LAKES** Subdivision. 6 room ranch, very clean, 2 car attached garage. \$1,000 plus security. 248-623-2548. I11CX30-4

**OXFORD 5 BEDROOM,** 2 bath, finished basement, large garage, kitchen appliances included, pets ok. \$1150 plus security deposit. 248-628-0679.

**OXFORD TWP 2 bedroom** home, garage. \$665 plus security. 248-628-5333. I11LX9-1

**LAST CHANCE!  
ONLY 2 LEFT!**

Orion Twp. new condo, 1325 sq. ft., 2 bedrooms, 2.5 baths, basement, garage. \$950 lease/option.  
248-601-1667

**LAKE ORION 2 bedrooms.** \$135/week. Free utilities. 248-330-9090.

**FOR RENT LAKEFRONT 3 bedroom,** 2 baths, furnished or non. \$1,500 per month. 248-628-6294 I11LX9-1

**CANAL FRONT House,** Ortonville, 2 bedroom, appliances, fireplace, \$595/mo. 248-628-5202 I11ZX26-1

**FOR LEASE:** 2 bedroom duplex, Oxford Village. Large living, dining, newer kitchen, basement. Very clean! \$795/month, includes refrigerator & stove. Pets welcome. Call John Burt Realty GMAC at 248-628-7700 (20-ENS).

**HOUSE FOR RENT- Rochester** downtown, 2 bedrooms, 2 baths, completely renovated, all appliances included, garage, \$925. 248-802-8700. I11LX9-1

**LAKEFRONT- Lake Orion,** luxury 3 bedroom, 2 bath, 2 car, \$1600/month, 586-915-7079. I11LX7-3

**OXFORD 2 bedroom house,** \$700 plus \$350 deposit. No pets. 248-884-3973. I11LX6-4

**ORION TWP.- 3 bedroom,** full basement, 2 car, \$850. 248-514-8270. I11LX9-3

**METAMORA 2 BEDROOM** apartment on 5 acres. \$650/month, \$100 move-in allowance. 810-714-2303. I11LX9-1

**CLARKSTON VILLAGE- small 1 bedroom** home with screened in porch, overlooking Mill Pond. New appliances, carpet, etc. \$600/month. 248-625-9627. I11CX29-2

**CLARKSTON 3 bedroom house** with 2 detached garages. \$1300. 248-330-8361. I11CX28-2

**CLARKSTON LAKEFRONT- Spacious** 2 bedroom apartment on beautiful all sports Susin Lake. Includes outside storage. Only \$650/month. Available immediately. 248-514-9212. I11LX7-3

**VILLAGE OF OXFORD** charming home 2 bedroom apartment. Nice, clean. Appliances. \$750/month. 248-310-5577. I11LX8-2

**1000 SQ.FT. Duplex** for rent, 2 bedrooms, walkout, deck. 248-421-9337. I11ZX25-1

**FOR LEASE- downtown office space,** 650sqft. 248-628-7150/ 248-628-7186 I11LX7-4

**ROOMMATE WANTED- lakefront** home, \$450/month, plus security deposit. Clean, references. 248-628-6294. I11LX9-2

**METAMORA- 5 bedrooms,** 3 baths, 2 car garage, on 1 acre, \$1500/month, 941-525-7218. I11LZ7-3

**METAMORA- 2 bedroom** apartment, \$500/month. 2 bedroom home with basement \$800. 810-678-3414.

**LAPEER AREA- Nice 3 bedroom** home, 2 baths, full basement, 2 car attached garage, must see, \$1000/month, 248-628-0380. I11LX9-4c

**OXFORD REMODELED 3 bedroom,** fireplace, basement, deck. \$845 per month plus security and utilities. 248-628-0449. I11LX7-4

**LAKE ORION- downtown,** 3 large bedrooms, 1500 sq. ft., \$775. 313-277-4114. I11LX8-2

**OXFORD CONDO-** 1 bedroom, very clean, washer/ dryer, \$595. 810-338-5873. I11LZ7-5

**PARK VILLA  
APARTMENTS  
OXFORD**

Large 1 & 2 Bedrooms  
Great Location  
1 Month FREE Rent  
**586-453-4412**

**ORIONVILLE- ONE & two bedroom** apartments, spacious, great specials! 248-515-9194. I11ZX25-4

**LAKEFRONT/ LAKE Orion- 3 bedrooms,** \$995 monthly plus utilities, 248-693-4311. I11RZ9-2

**LAKE ORION house** for rent, 3 bedrooms, 1 newly remodeled large bathroom, spacious kitchen, washer, dryer, huge backyard. Immaculate! \$1000. Call 248-495-2155. I11LX7-7

**CLARKSTON VILLAGE** townhouse, free healthclub membership, 2 large bedrooms, laundry hookups, 1100sq.ft. \$750mo. 248-625-5121.

**2 BEDROOM, house,** with garage, North Pontiac. \$750/ month, 248-789-4234. I11LX9-2

**2 BEDROOM RANCH** condo, Keatington, no steps, garage, appliances. \$695 month. 248-568-1831 I11LX9-3

**LAKE LAPEER- 5 bedrooms,** 4 baths, 3 car garage one acre. \$2,500/month. 941-525-7218. I11LZ7-3

**WATERFORD- SMALL 1 bedroom,** \$125/ week. Two weeks free rent. Move in \$225. Call for details. 248-623-6372. I11CZ29-2

**DUPLEX FOR RENT- Village** of Oxford, 2 bedrooms. Large living and dining room. Newly painted, new carpet. Very clean. Basement, laundry hook-up, good storage. Reduced to \$680/month. Winter discount! 248-628-9625. I11LX9-2

**OXFORD 2 BEDROOM** upper, all utilities included except electricity, \$440 monthly. No pets, 248-628-1915.

**TIMESHARE CONDO** for rent, 1 or 2 weeks. Any time, anywhere. Better than a hotel. Scotty 248-245-9411. I11CZ30-4

**310 REAL ESTATE**

**LAKE ORION Lakefront- 2 bedroom,** 2 baths, must see! Township taxes, sandy bottom, many updates. \$369,900. 248-705-8823. I11LX8-1

**VACANT ACRE LOT,** Oakland, Cranberry Lake. \$13,000 obo. Must sell. 248-814-9381. I11LZ8-2

**946 MILLER, LAKE Orion.** Darling ranch with updates galore: roof, kitchen, carpet, doors. Fenced yard, mature trees, deck, and shed with storage. Walk to downtown Lake Orion, Paint Creek Trail and Bald Mountain, \$129,900. Open Sunday 1-4pm. Call 248-515-4088. I11LX8-1

**FOR THE COUNTRY at heart!** 4br/ 2.5ba, basement, 12 acres, pole barn, appliances, \$329,955 bargain! Easy buy financing, free info package. 1-800-628-7356 ext: 8065

**HOME WANTED**  
Pre-Qualified Individual has Clarkston area home worth approx \$200K looking to upgrade. Would like to purchase your \$300-\$500K home if you will purchase mine. 248-620-0055

**GREAT SNOWMOBILE** and weekend getaway home just 20 minutes south of Traverse City and 20 minutes north of Cadillac. 2.5 acres, creek front, 2 bedroom home with fireplace, basement, hardwood floors, and wooded setting, close to snowmobile trails. Recently updated and priced at \$115,000. Call Sharon Reid Brown at 231-263-2967 or 231-632-6260. International Realty Plus.

**IMMEDIATE OCCUPANCY- brick** ranch on 5 acre corner lot, 3 bedrooms, 2-1/2 baths, den or office, 1st floor laundry, full basement, attached garage, Groveland Twp., Brandon Schools, financing available, 248-627-3955. I11ZX25-4c

**MULTI-FAMILY IN** Downtown Oxford for sale. Next to and across from new business developments. Currently a 2700 sq.ft, 3 unit on large lot. \$249,000. 248-894-5105

**OXFORD NEW 3 bedroom** colonial. 1086 Red Barn. \$234,900. 248-969-2859. I11LX8-2

**4 BED, 2 BATH, SINGLE FAMILY** WORTH \$268,000  
**LAKE ORION - WATERFRONT** BY OWNER  
4 bed., 2 bath, 3 Car Garage, Like Model Home  
\$172,000 or Best Reasonable Offer  
Inspection Sat-Sun 12-5 (2/10-11)  
Home Will Be Sold SUNDAY Night To HIGHEST BIDDER  
248-745-3676

**ADDISON TWP. ACREAGE,** 2 splits, 4.75 acres, \$138,000. Willowdale Realty & Development Co. Inc., 248-736-9950. I11LX7-12

**FSBO- 23 ACRES** near Otisville, Michigan. Lovely 2 story brick home, fenced, pond. Great buildings for horses, livestock or storage for home business or collectors, \$299,900. 989-871-9086. I11ZX22-4

**DRYDEN- 4 ACRES,** natural gas, rolling, with some pines, \$75,000. 810-560-3677. I11LX7-4

**HOUSE FOR SALE:** Clarkston Rd. between Joslyn & Baldwin. Near Great Lakes Crossing & I-75. \$153,900. 586-855-3022. I11LX6-4

**SALE OR RENT TO OWN- 1375 Red** Barn, Oxford. 3 bedroom, finished basement, 2 car, \$169,900. Broker, 248-760-3739 I11LX9-2

**COMMERCIAL building** in Metamora with long list of approved uses. Broker owned, \$174,900. OXFORD Schools home for the "blended" family offering 1st floor in-law quarters with separate entrance, 1st floor master suite, 2nd floor with 2 bedrooms and Jack & Jill bath; finished basement with bedroom, full bath and living room all on 2.5 acres with large pole barn. Asking \$309,900. 50 ACRES with frontage on 2 paved roads, only \$299,900. LARGE Oxford home with 2 master suites; 2 large pole barns- one for horses; one for motor home. 4.5 acres, asking \$324,900 home and looking at all offers. Addison Twp., remodeled inside and out. 3 bedrooms, living room, family room with fireplace reduced to \$179,900 and within walking distance to ALL SPORTS Lakeville Lake. Lake Lapeer frontage home reduced to only \$399,900. Top of the line through-out this 3 bedroom, 2.5 bath home. Extensive decking for enjoyment on all-sports lake.

**TOP OF THE LINE HORSE FACILITY,** Briar Ridge farm. 54 acres; 29 stalls; 100X150 heated indoor arena; 60X80 indoor arena; outdoor arena; dressage field; clubhouse; equipment barn; 2 story hay barn; house features large master suite; grand foyer, family room with fireplace and trophy alcove; 2 additional bedrooms; full in-law quarters with 2 bedrooms, living room, kitchen, bath, laundry.

Call Kathy Stockley, Broker/Owner of WILLOWDALE REALTY & DEV. CO., INC. direct at: 248-866-6825 for additional information on these and other homes for sale. Or visit: www.KathyStockley.com

**PARTIAL OR LUMP Sum** for mortgage notes. 888-748-8078 I11CX30-3

**5 UNIT OXFORD** apartment. Great location. Reduced. \$299,000. Remerica 248-933-0790. I11RXZ9-9

**BUILD YOUR OWN Home!** Save thousands. 0% construction loan. Let payments finish. We build the shell and help you finish. Any plan any size. Wholesale Company. 800-799-7417. I11LZ6-4

**ARE YOU** receiving payments from a land contract or real estate note? Private investor has cash for you. 248-361-6949. I11LX9-2

**LAKE ORION  
\$164,900**

New Construction  
3 Bedroom, 2.5 Bath  
Colonial. 1264 SF.,  
Full Basement, Room  
for detached garage.  
Ready in 90 days.  
SCC, Inc.  
**248-568-8550**

**NEW 2 BEDROOM,** quality, builder's spec home, 20 minutes south of Traverse City, 2 car garage, paved drive, landscaping with underground sprinklers in Kingsley Ridge. Great weekend or summer home. Just reduced \$10,000 to \$115,000. Minutes from recreational and state lands. Call Sharon Reid Brown at 231-263-2967 or 231-632-6260, International Realty Plus. I11CZ30-2

**BARGAIN! BEAUTIFUL Home** near Lapeer, \$229,000. Reduced, seller motivated. 3 acres, 3-4 bedroom, pond, 64x40 pole barn with electric, cement, tall doors. Walkout basement partially finished. Chris, Willowdale Realty. 248-736-9950. I11LX7-12

**CLARKSTON NEWER executive** home, 3,000 sqft, 4 bedroom, 2.5 bath, walkout basement, all appliances. \$417,900. Will buy your house at 2 times SEV. 810-523-5423 I11CX28-4

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Owner will finance  
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3 houses to choose from  
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CALL TODAY  
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www.WeWillBuyHomes.com

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**OPEN HOUSE  
Sun. 1:00-4:00**  
444 Pine Valley Ct., Oxford  
M-24 to West on Drahnner, South on  
Woodbriar to Pine Valley Ct..  
4 bedrooms; 2 bths;  
Great Subdivision  
\$254,000  
Sharon Taylor/ Wendy Siegle  
Coldwell Banker Shootz  
110 S Washington St., Oxford  
248-969-8050/ 248-969-8039

**OPEN HOUSE  
Sat. 1:00-4:00**  
849 Eastlake Ct., Oxford  
M-24 to Market St., West to  
Eastlake Trail. North on Eastlake Ct.  
4 bedrooms; 2 full, 2 half bths;  
Golf Course View  
\$369,900  
Sharon Taylor/ Wendy Siegle  
Coldwell Banker Shootz  
110 S Washington St., Oxford  
248-969-8050/ 248-969-8039

**BRANDON TOWNSHIP- private** road, three 2+ acre parcels, \$60,000 each, 248-379-7962. I11ZX23-8

**ATTENTION HOME BUYERS!**  
\$5,000 is yours to put towards the purchase of the best priced home in Waterstone.  
Don't miss out!  
Call today!  
Bob Huston 248-330-1449  
Century 21 Real Estate 217

**REAL ESTATE  
PRE-LICENSE CLASSES**  
Starting February 19th from 6pm to 10pm  
(Five Week Course)  
Monday's and Wednesday's held in Clarkston:  
at 32 S. Main St. Registration deadline is  
Monday, February 12th.  
For more information call Bruce Krol at  
**248-625-5700** or e-mail [bkrol@pgir.com](mailto:bkrol@pgir.com)  
We also hold FREE real estate career  
seminars each month,  
visit our website at [www.prudential-michigan.com](http://www.prudential-michigan.com)

**Prudential** Great Lakes Realty

This Open House Directory will appear each Wednesday in the classified section of the following publications:

- Ad-Vertiser
- Clarkston News
- Oxford Leader
- Penny Stretcher
- Lake Orion Review
- Monday in The Citizen (only if arrives by 5 p.m. Wednesday)

**ONLY \$59 WEEK**

**Deadline 12 Noon Thursday**

**Open House Sat & Sun 1-4**  
**Builders Closeout - Reduced \$289,900**

New Construction

**ALBERT CLARK**  
A MICHIGAN CORPORATION

**"The Vintage" In Lake Orion**

Spacious floor plan w/vaulted ceilings, 1 1/2 story, 3 bedrooms (optional 4th), first floor master suite, 2 1/2 bath, 2 way fireplace, stainless steel appliances, landscaping included, city sewer/city water, beautiful natural setting, Lake Orion Schools.

**248-393-7700**

Mill Lake Rd. W off Baldwin between Waldon & Clarkston Rd.

**Open House • Sunday, Feb. 11 • 1-4 pm**

**385 East Drahnner Road • Oxford**  
JUST LISTED. Spacious Oxford 2story Tudor on large private lot. Many updates, c/air, finished basement, 2 fireplaces. Too much to list! Priced to sell. \$234,900.  
[www.bobhuston.com](http://www.bobhuston.com)

**Century 21**  
Real Estate 217  
850 S. Lapeer Rd. • Oxford

**BOB HUSTON**  
**248-330-1449**

**OPEN HOUSE • Sunday 1-4**

Oxford all sport lakefront. Awesome views from every window! Be in before spring! What a delightful home with 3 large bedrooms, huge master bath (with whirlpool and separate shower), brilliant kitchen with granite counters that's open to the great room. The daylight basement is finished. Must come and see. Located at 1655 Seymour Lake Rd. W. off Lapeer Road. **\$410,000**

For more info call Lynn Crull  
@ 248-770-8166

**Century 21**  
Real Estate 217

**OPEN HOUSE**  
**Saturday 1:00-3:30**

Come and see this fabulous new construction that sits on a picturesque wooded site with a nature preserve next door. The gourmet kitchen has granite counters and Brazilian cherry wood flooring that extends to the great room and library. The master BD is on the entry level with separate whirlpool tub and huge stand up shower that's all granite. Located off Seymour Lake Rd., E. of Baldwin to 183 Great Pines Dr. **\$395,000**

For more info call Lynn Crull  
@ 248-770-8166

**Century 21**  
Real Estate 217



320 MANUFACTURED HOMES

MUST SELL! Got married! 2000 Champion in Lake in the Hills, Auburn Hills. Sits on water. 1500 sq.ft., 3 bedrooms, 2 baths, all appliances, skylights, fans, 28ft. covered deck overlooking water, shed. Quiet, beautiful setting. \$55,000 obo. Call 248-342-8878 for walk through. Available immediately. Must see! Financing through park community. 111LX9-0. OWNER FINANCING, 3 bedroom, 1.5 bath, appliances, new roof, fireplace, \$999 down, \$216 mo x 48 mos, Oakland Twp. 810-614-9181. 14x70 MOBILE HOME, completely furnished. Move in condition. \$5000 obo. Woodland Estates. 248-978-6745. 111RX-2

Affordable Homes

EASY FINANCE  
Preowned Homes  
Handyman Special \$2,000  
\$1,000 REBATE  
248-373-0155  
313-815-1737  
16x80 1987 REDMOND, 3 bedrooms, 1-1/2 baths, new paint, new carpeting and new wood floors, new furnace guts, new insulation, shed, Metamora. Super nice, must sell now! \$9900 make offer! 248-628-8912.

**WILL PAY CASH FOR MOBILE HOMES**  
810-614-9181

330 BUSINESS OPPORTUNITIES

BE YOUR OWN boss and work at your own pace. Complete DJ business for sale. Call 248-693-4290 after 6pm Monday through Thursday. HORSE BOARDING & Training Facility - with 70 stalls, on 40 acres, with multiple zoning. Rental on property. Chris at Willowdale Realty, 248-736-9950. 111LX7-12

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Serving Oakland, Macomb & Western Wayne Counties  
Control your financial destiny. Excellent full-time trainer to insure a fast start for your New Career  
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JOAN FALK  
CLASSES  
STARTING SOON  
Michigan's #1 CENTURY 21 Firm  
CENTURY 21 TOWN & COUNTRY  
248-620-7200

340 CHILD CARE

STATE LAW REQUIRES all childcare facilities to be licensed and some to be registered. Call Bureau of Regulatory Services 248-975-5050, if you have any questions. 111LX9tf

Director of Sales

Senior Executive  
Level Income  
No Travel Required  
800-408-8618  
Ext. 5505

**McLAREN**  
REGIONAL MEDICAL CENTER  
Just minutes off  
I-75 Exit 118-Flint  
Employment  
Opportunities  
Call 800-McLAREN  
or visit  
[www.mclaren.org](http://www.mclaren.org)

CHILD CARE in my Waterford home. 40 years experience. 2 weeks and up. 248-874-7093. 111lx8-4  
CLARKSTON MOM has 2 openings for your child in her loving home. Careen 248-765-4861. 111CX30-4

CLARA'S DAYCARE has openings for infants and up! Waterford Hills Subdivision in Clarkston, 248-623-9358. 111CX29-2

DAYCARE OPENINGS on Tuesday, Wednesday and Thursday, in my licensed Orion home. Fun and loving environment. Meals and snacks. I-75 & Baldwin, 248-393-0112.

EXPERT CHILD CARE-mother of 2 (ages 7 & 16) will care for your child in my Oxford Woods home. Focus on safe, respectful fun for boys & girls. Trampoline with net, play structure, bake cookies, make forts and more. Full or part time. Latchkey to Clear Lake Elementary available. Preschool or toddler welcome. Pam 248-628-7007. 111LX8-2

LOVING NANNY available for hire. Before school care, full days, or after school. I have the flexibility you need. Jennifer 248-875-8472. 111LX9-1

KOALA KIDS CHILD CARE

NOW HAS 2 OPENINGS.  
Great care at great rates.  
\$145/week includes Preschool, Meals & Snacks. Fenced yard & non-smoking. Call Maria Sargent 248-391-1047

HAPPY HEARTS

DAY CARE  
Has openings. Preschool.  
Meals & snacks  
Infant & Up  
Over 20 years experience  
Call 248-628-2079  
LX7-4

NEED A SITTER? I will babysit in my home from 6:30am-5:30pm, Lake Orion area. Toddlers and up. Call Nicole at 810-569-6630. 111LX9-1

LICENSED DAYCARE in my Keatington home. Infant and toddler openings. Call Roxan, 248-393-1361. 111LX9-2

350 WORK WANTED

DO YOU NEED HELP? Let me run your errands, organize your home. Reliable and dependable. 248-393-5661

MALE CAREGIVER has openings. Four hour minimum. \$10/hour. 248-625-3172. 111CX30-2

BILL'S HOME IMPROVEMENT. Small jobs to finish basements. Honest, dependable. 248-969-8885. 111LX6-

360 HELP WANTED

LOOKING FOR motivated people to start a new career. Be your own boss and have flexible hours with unlimited income potential in real estate sales. Sales licensing required. Call John Burt Realty GMAC at 248-628-7700. 111LX20-tfnc

READERS NOTE: Some "WORK AT HOME" Ads or Ads offering information on jobs or government homes may require an INITIAL INVESTMENT. We urge you to investigate the company's claims or offers thoroughly before sending any money, and PROCEED AT YOUR OWN RISK.

Hair Stylist WANTED

For Downtown Lake Orion Salon  
Please Contact Patti  
248-310-3258

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INSIDE AD SALES

Community newspaper is currently seeking a Telemarketing Sales Rep. This positive and motivated individual will be responsible for servicing, soliciting and building relationships with area businesses. High work ethic and newspaper sales experience preferred. Will train. Base plus commission or straight commission with benefits. No phone calls, please. Send resume to: View Newspapers, 169 W. Nepessing, Lapeer, MI 48446; or email: ktrumbo@laview.net; or fax 810-245-9375  
LZ8-2

MEDILODGE OF Rochester Hills currently has CNA positions available. All shifts. Please apply within: 1480 Waiton Blvd., Rochester Hills. 111LX9-1

TELEPHONE AGENTS for answering service, full time shifts available. Must be willing to work one day per week-end. Starting rate \$9 per hour. Medical and dental benefits available. Type 35-40 WPM, have good phone skills and positive attitude. Located in Rochester. Call our employment line, 248-656-6102. 111RX9-2

WANTED FULL-TIME nanny in our Orion home 5 days per week. References & background check a must. Mail letter & resume to 21 S. Main, Clarkston, MI 48346. 111RX9-2

CLERICAL POSITION available/relocation department. Part-time 3 days a week (may increase), afternoons 1-5pm. Good computer, organizational and communication skills a must! \$9.25 hr. Email resume to info@century21re217.com. 111LX9-2c

NOW HIRING

WONDER CLEANERS & LAUNDRY  
Full or part-time. No experience necessary. Will train.  
Competitive wages & gratuities.  
Apply in person or call  
248-693-9509  
LX9-4c

CLARKSTON AREA Chiropractic clinic looking for an energetic, self-motivated insurance biller/specialist. Applicant must have excellent office and computer skills. Position is 3 days per week and offers approximately 20 hours. Applicant must be dedicated and truly wish to make a difference in peoples lives. Serious inquiries only. Call 248-625-7690 and fax resume to 248-625-7140. 111CX30-1

AVON EARNINGS pay holiday bills, \$300 fast start bonus, free training. Julie 800-280-1020/ Susie 248-693-4235 111LX6-4

SMALL COMPANY in Oxford is looking for people to work with small connectors and wires. You will also be soldering delicate connectors. The work has a lot of variety but it takes patience and a willingness to be a team player. The position starts at \$8 per hour. Fax resume to: 248-236-9931. 111LX9-1

DIRECT CARE- Midnights or afternoons, includes weekends, 248-377-1940. 111RX7-4

DRY CLEANER in Clarkston needs Presser. Experience preferred, 248-625-4060. 111CX28-4

PART-TIME CHIROPRACTIC assistant for office in Auburn Hills. Experience preferred. Monday, Wednesday, Friday. 248-373-2225. 111RX9-2

SECRETARY/HOUSEKEEPER- able to travel, bilingual (Spanish/English) preferred. drdcha@yahoo.com. 111LX1-10

AUTO TIRE/Lube Tech needed at full service repair facility in Oxford. Call 248-628-2130. 111LX9-2c

GROWING BUSINESS in Lake Orion needs telephone sales rep. Commission based. Skys the limit! Fax resume: 248-693-1174. 111RX9-2

HOUSEKEEPER NEEDED immediately. Laundry/cleaning. \$9/hour part-time. Call Lucia Ochoa, 248-321-2697. 111LX8-2

STYLIST WANTED- Busy salon in Lake Orion. Call Alexa, 248-391-8344. 111LX9-4c

REPORTER

Sherman Publications has a full time Reporter position open. Must have people skills, knowledge of layout/design, be good with a camera and, above all, know how to write for newspapers. Send resume and samples of your work to:  
Jim Sherman, Jr.  
Sherman Publications, Inc.  
P.O. Box 108, Oxford, MI 48371  
Fax: 248-628-9750  
LZ9dhtf

EMBROIDERY WORKER needed part time to start. Please call 248-625-8085 between 9am-4pm. 111ZX26-1  
SMALL COMPANY in Oxford is looking for workers with computer experience and have performed production duties including wire preparation & cable assembly. Fax resume or work history to: 248-236-9931. 111lx9-2

STAFF NEEDED- self motivated, detail oriented, neat in appearance. Resumes only: Luxor Executive Tanning Spa, 6495 Sashabaw & Maybee Rds., in new Kroger Plaza. 111CX29-4c

PROFESSIONAL CLEANING team has openings. 248-390-0862, 810-338-0742. 111LX9-2

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Visit our website at www.johnburtrealty.com and take a free on-line confidential assessment to determine if you qualify for a position in our fast growing company!  
John Burt Realty  
GMAC Real Estate  
248-628-7700

DIRECT CARE Assistant- Assist special population adults in their home and community full and part time. Variety of shifts, all required training provided. Call 586-752-1583 (Romeo area) or 586-727-4272 (Richmond area). 111LZ9-4

CLARKSTON MEDSPA looking for a nail tech with clientele, and massage therapist with clientele. Please contact Kristy for further details, 248-922-4900. 111LX29-2c

PART-TIME CLEANING position, 3 days per week. Excellent wages. Daytime hours only. Please call 248-343-2733. 111lx9-1

DELIVERY DRIVER/ DESIGNER'S ASSISTANT  
Wanted in busy Clarkston flower shop. No floral experience necessary. Must have good driving record, be computer literate, have good customer service skills, able to lift up to 25 pounds and be a super co-worker! Starting at \$8.00 per hour. Monday through Friday, occasional Saturdays. Between 12-32 hours per week depending on season. Please, only the happy and hard-working apply!  
Call 248-625-4340.  
CX30-2

RELIABLE PERSONNEL, Inc. now accepting applications. Experienced only; assembly, quality control, hi-lo, house-keeping (hotel experience required). Auburn Hills. Valid driver license. No felony convictions. Drug testing mandatory. Call for appointment. 248-276-5500. 111LX9-1

CERTIFIED HOME HEALTH care agency in N.Oakland County currently offering positions for experienced Home Care RNs. Also weekend RNs to do openings, OTs, PTs, Home Health Aides. Excellent wages and working conditions. Call 248-623-7423, 8:30am-4:30pm. Or fax resume 248-623-7655. 111LZ7-4

CREEKSIDE SALON has positions available for experienced stylists. Great work environment. Flexible hours. Clarkston 248-625-8611. 111CX28-4

RN/ LPN Needed. Join a dedicated team working with a young Oxford woman in her home. 248-693-9671 or 248-431-8017. 111LX8-2

CONSTRUCTION LABORERS wanted, North Oakland County. 248-627-8309. 111LX9-1

AFFORDABLE MEDICAL Insurance: 248-978-5190. 111CX27-4

ORTHODONTIC RECEPTIONIST, Clarkston area. 16-18 hours per week. Fridays 9am to 9pm. Fax resume: 248-377-1888. 111CX30-4

CLERICAL/ OFFICE- filing, phones, part time, 5 days, I-75/ M-15 area. PO Box 263, Clarkston, 48347. 111CX30-2

SECRETARY/BOOKKEEPER/ companion. Extensive traveling. drdcha@netscape.com. 111LX9-4

10 INDIVIDUALS needed for energy marketing company. Sales experience a plus but will train. \$40,000+ potential. Send resume to C21CY@aol.com, or call Dustin 248-431-4856. 111LX9-4

DIRECT CARE Assistant- looking for caring, motivated people to provide services to special population adults. Full and part time positions, training provided. 810-796-2517 (Romeo area) or 586-752-5470 (Leonard area). 111LZ9-4

Internal Auditor/ Controller  
Att: H.R. Manager  
Comau Pico  
21000 Telegraph Rd  
Southfield, MI 48034

Min REQ: Bachelor's degree in Accounting/Finance; 6 yrs exp; MBA and Sarbanes Oxley exp. preferred. Develop, maintain & analyze acc'ing recs incl. budgets, forecasts, financial reports, internal control & production planning processes in a manufacturing or automotive environment. Effective communication & org skills; Supervise acc'ing personnel; interpret, audit & report to CFO. 40 hrs/wk. Apply to address above.  
LX9-2

390 NOTICES

FAX\* YOUR CLASSIFIED ADS 24 HOURS A DAY  
248-628-9750  
Include BILLING NAME, ADDRESS, PHONE NUMBER and a DAYTIME NUMBER where you can be reached to verify placement and price of ad.  
Your ad appears in:  
•THE OXFORD LEADER  
•THE ADVERTISER  
•THE LAKE ORION REVIEW  
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FOR ADDITIONAL LISTINGS of area businesses, see this week's "WHO TO CALL" in the Lake Orion Review, Oxford Leader, and Clarkston News. 111LX9-tf

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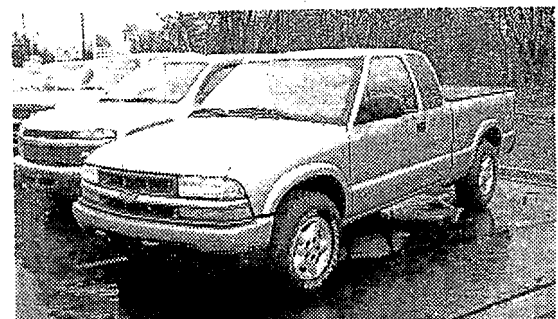
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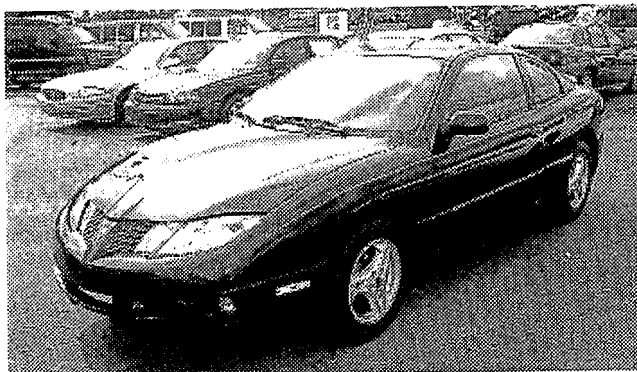
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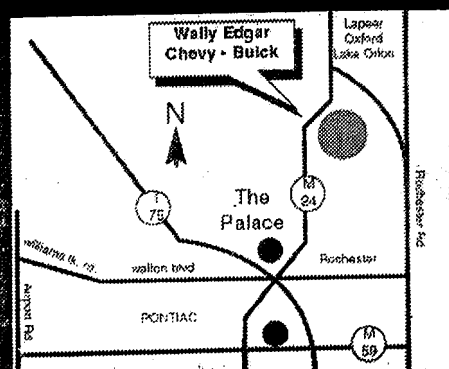
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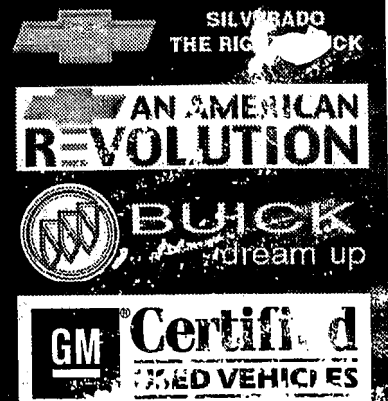


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|         | 5                | 6                  | 7               | 8              | 9 | 10 | 11 |
| WINGS   | @                | @                  | @               | @              | @ | @  | @  |
|         | New York Rangers | Phoenix Coyotes    | St. Louis Blues | Calgary Flames |   |    |    |
| PISTONS | @                | @                  | @               | @              | @ | @  | @  |
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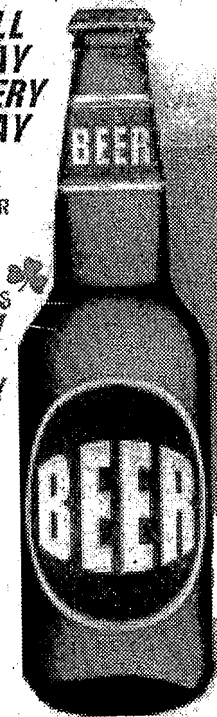
CHECK US OUT @ MYSPACE  
WWW.MYSPACE.COM/BOATBAR

### BOAT BAR

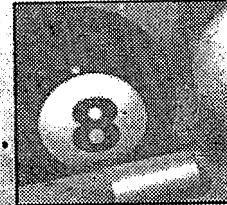
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EVERYONE!**

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|                                                                  |       |                                                     |        |
|------------------------------------------------------------------|-------|-----------------------------------------------------|--------|
| 97 Chevy Prisma SI<br>Just Like New, 40K Miles, Only             | 3,488 | 01 Saturn SC2<br>Red 'N Ready and Perfect at        | 6,988  |
| 97 Chrysler Sebring LXI<br>Every Option, Brand New               | 3,488 | 03 Chevy Malibu L.S.<br>A Title, One Owner, Perfect | 6,988  |
| 94 Chevy LHS<br>Leather, Loaded, 72K Orig. Miles, Only           | 3,988 | 01 Audi A6<br>2.8, V6, Like New, Only               | 9,988  |
| 99 Taurus GL<br>Got to See at                                    | 3,988 | 02 Mitsubishi<br>Eclipse Spyder Conv                | 10,488 |
| 99 Ford Contour SE<br>V-6, You Got to See at                     | 3,988 | 06 Ford Taurus<br>Loaded, Power, Moon Roof          | 11,988 |
| 01 Monte Carlo LS<br>Loaded, Loaded                              | 4,988 | 07 Ford Taurus'<br>25 to Choose from, Starting at   | 12,988 |
| 89 Jaguar Vander Plas<br>32K Miles, You Got to See to Believe at | 5,988 |                                                     |        |
| 98 Buick LeSabre Custom 3800<br>Only 41K Miles, Won't Last Long  | 5,988 |                                                     |        |

## TRUCKS

|                                                                 |       |                                                                     |        |
|-----------------------------------------------------------------|-------|---------------------------------------------------------------------|--------|
| 94 Chevy Blazer<br>"Loaded", Good Miles, Won't Great            | 2,488 | 02 Mercury Mountaineer AWD<br>3rd Seat, Leather, Loaded, Only       | 7,488  |
| 98 Dodge Caravan<br>Very Nice, Only                             | 3,488 | 00 S10 Ext Cab 4x4 LS<br>Red 'N Ready, Only                         | 7,988  |
| 94 Ford Conversion Van<br>All The Goodies, 80K Miles            | 3,988 | 99 Chevy Suburban LT 4x4<br>89K Miles, Only                         | 8,988  |
| 98 Ford Ranger XLT<br>Loaded, Only                              | 3,988 | 01 Ford F250 XLT 4x4<br>¾ Ton, 5 Spd You Got To See At              | 9,988  |
| 99 Mercury Villager<br>77K Miles, Loaded, Moon                  | 4,988 | 00 Yukon Denali<br>Black, Truck, Loaded, Every Option               | 9,988  |
| 00 Chevy Blazer ZR2<br>Red, Loaded, Nice                        | 4,988 | 03 Dodge Super Crew 4x4<br>SLT and Brand New                        | 10,988 |
| 97 GMC Jimmy SLT 4x4<br>Every Option, Like New, 83K Miles, Only | 5,988 | 03 Jeep Liberty Sport 4x4<br>All The Right Options, Brand New, Only | 10,988 |
| 99 Chevy Silverado Ext. Cab Z71<br>LS Option Package, Like New  | 5,988 | 04 Ford Sport Trak XLT<br>Power Windows, Loaded, LOOK               | 11,988 |
| 00 GMC Safari LT AWD<br>Leather, Quads, Just Like New, Only     | 5,988 | 02 GMC Sierra 7000 Ext Cab<br>Matching Cap, 44K Miles               | 15,988 |
| 97 Ford F-150 EXT 4x4<br>Lariat, Leather, One Owner             | 6,988 | 05 Ford Explorer XLT<br>24K Miles, Only                             | 16,488 |
| 02 Mercury Mountaineer<br>Premium, Leather, AWD, Only           | 6,988 | 05 Ford F-250 XLT<br>Ext. Cab, 4x4, Low Miles, Only                 | 21,988 |

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No Charge 2nd Opinion Visit
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THANK YOU NOTES

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Your ad appears in: THE OXFORD LEADER THE AD-VERTISER THE LAKE ORION REVIEW THE CLARKSTON NEWS & PENNY STRETCHER

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Form for publishing an ad with fields for name, address, city, phone, and billing information.





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**(ON M-24 ONE MILE SOUTH OF DOWNTOWN OXFORD)**



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**YOU'RE APPROVED!**

*All of our vehicles are inspected by Certified Mechanics*

**READY TO DRIVE TODAY????**

**Items to bring in with you!!**

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**Many vehicles only require Liability only Insurance**

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DOWN  
Until Your  
Tax Refund  
Is Back!**

**Over 60 Vehicles In Stock! The Best Warranty Comes Standard!**

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Mark  
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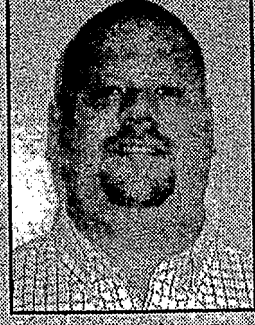
Scott  
Sales Manager



Jim  
Sales



Heather  
Collections Manager



Paul  
Collections



Dwight  
Lot



Josh  
Detailer



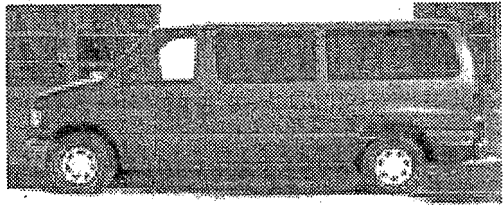
**MAKE  
A  
WISE  
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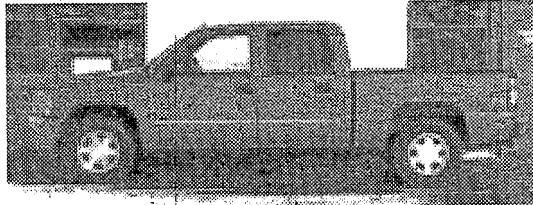
**1998 FORD CLUB WAGON**



107K Miles

**\$4,995**

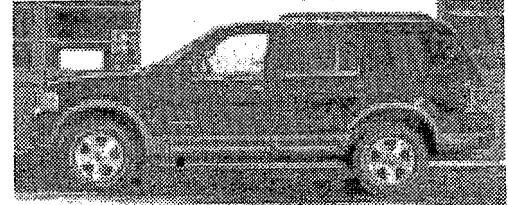
**2005 GMC SIERRA Z71 AWD**



31K Miles

**\$16,900**

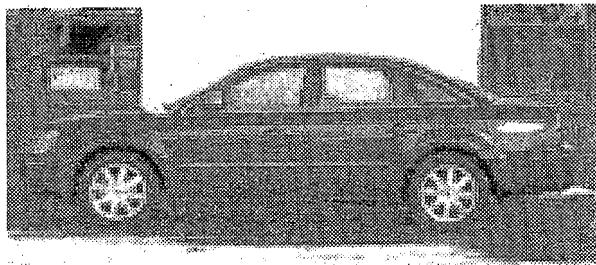
**2005 EXPLORER XLT**



26K Miles

**\$17,900**

**2005 FORD 500**



49K Miles

**\$15,900**

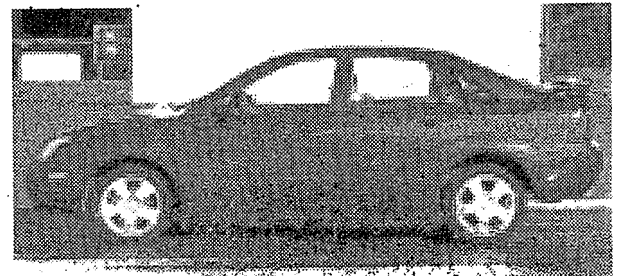
**2006 TAURUS SEL**



22K Miles

**\$15,900**

**2006 FOCUS SES**



7K Miles

**\$13,900**

**2004 RENDEZVOUS CXL**



AWD, 18K Miles

**\$16,900**

**2005 FREESTYLE**



27K Miles

**\$19,600**

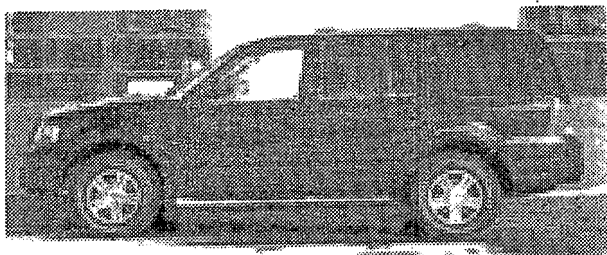
**2003 CADILLAC CTS**



37K Miles

**\$19,900**

**2004 EXPEDITION**



Eddie Bauer, 73K Miles

**\$18,900**

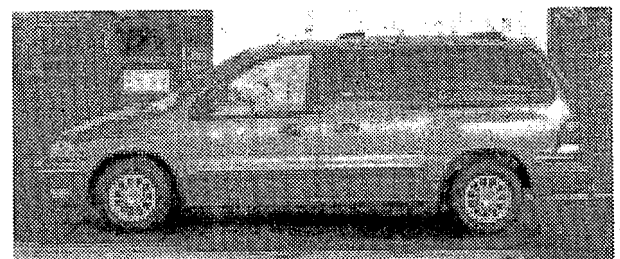
**2001 CHRYSLER PT CRUISER**



52K Miles

**\$10,900**

**2000 WINDSTAR SE**



116K Miles

**\$5,900**



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Ortonville, MI  
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# Exercise is Underrated!

In the previous article, we focused on the vital connection between the mind/spirit and the physical body, and the important influence they together have on each other, and on our overall wellbeing. We discussed the body-mind as a holistic entity that science has shown us to be part of what determines our health, happiness and quality of life. We formulated ways to break old negative patterns and how to develop new positive ones in a simple way.

What we are about to discuss is the last piece in the puzzle we call health. So far, we have included proper nutrition and hygiene, stress management, proper rest, positive thought processes, and a properly functioning Nervous System. The last topic we will discuss is exercise. Exercise must be addressed by looking at what our bodies require for proper gene expression. Our genes expect a certain amount of movement every day, and if it is not provided, they will begin to adapt to the environment. Movement is seen as the basis of all life. Lack of movement is related to all chronic illness.

The best way to determine what our physical activity requirements are, is to look at our ancestors and the scientific research showing the healthiest groups documented and replicate their patterns of activity. We have to look at what is required and what is toxic in terms of activity patterns.

The daily activity patterns of our average ancestors reflect those of our most elite athletes today. Our "normal," back in the hunter-gatherer age, would leave us dead or left behind. Our total daily energy expenditure today is now less than half of our ancestors expenditure at rest. It is not coincidence that our overall health as a country has continued to decline decade after decade.

Through research, we are discovering that the

generally recommended, exercising three times a week for a half hour, is just simply not enough according to what our bodies truly need. True, it may be the minimum amount necessary to prevent illness, but it won't be enough to create and express wellness fully. Daily, rigorous exercise for a minimum of one hour per day (ex-equivalent to about 4 miles of brisk walking per day) is required for health and wellness. Along with providing the proper activity patterns for your body, there are also several movement patterns to avoid. These are toxic to your health and move you toward breakdown every time. Poor posture and sitting more than three hours a day are detrimental to your health. With little to no exercise, our lymphatic system becomes stagnant, fluid circulation is weakened, risk for injury increases, premature aging speeds up, proper immune function reduces, hormone production goes haywire, metabolism slows, brain function decreases, energy levels decline, insulin mechanisms falter, and on and on.

There are so many choices when it comes to exercise. As a rule of thumb, don't do the same exact exercise all the time. Activities should include flexibility/stretching exercises, breathing exercises, range of motion exercises, aerobic exercise, strength and resistance training exercises, and anaerobic exercises. Be conscious of how much you can do, and you'll notice improvements. Always compare yourself against yourself only, and strive for constant never-ending self-improvement. The goal is health, not losing weight, looking better, etc. (those will come naturally).

Any form of exercise is beneficial in terms of health. Incorporate as much physical activity as possible on a daily basis into your normal living routine. There are a vast number of ways to create opportunities for movement during normal daily hours, not just scheduled

workout times. For example, take the stairs, walk to work/the store, bicycle to work, put a treadmill in front of your favorite T.V. program, join an activity group or sport, take a walk on your lunch break, exercise periodically at your desk, etc. For social gatherings, plan a picnic with a walk, or meet for a walk instead of coffee, etc.

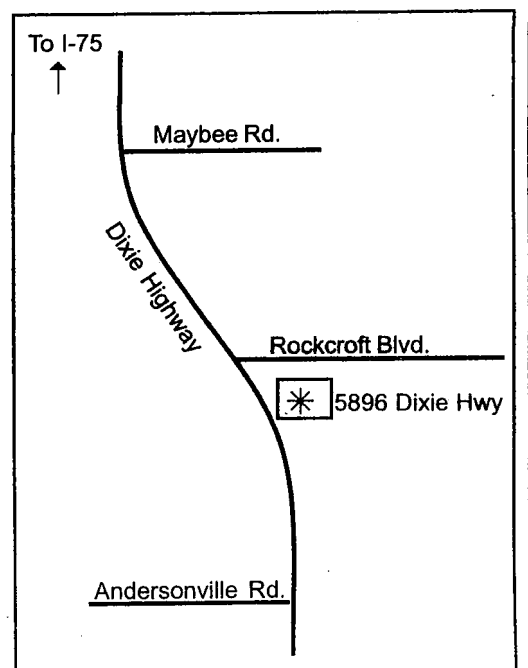
The important thing to remember is that we are all responsible for creating our own health. There is no drug that can solve an exercise deficiency problem, or a poor diet problem, or a poor thought pattern problem. The great thing is that you don't have to fully understand all the technical stuff in order to benefit from exercise, or eating well or thinking well. If exercise hasn't been a daily activity in your life, start out slow and build up gradually toward the recommended levels.

"The evidence that our lifestyle choices determine our health is overwhelming. How can it be anything but negligent malpractice to withhold this truth from patients and the public in general? That is how this educational series got started. We hope it has been helpful in guiding you toward making healthier lifestyle choices so that your life may be filled with love, hope, health and happiness. Thank you for your interest." - Drs. Greg and Becky Ramboer. For more information about specific exercise protocols or requirements, please contact us at [info@lifepointechiropractic.com](mailto:info@lifepointechiropractic.com).

Drs. Greg and Becky Ramboer of Lifepointe Chiropractic Center in Clarkston are best-selling co-authors, and are dedicated to inspiring Lifetime Family Wellness. This is part six and the final article in their Wellness Lifestyle Educational Series. For more information, visit [lifepointechiropractic.com](http://lifepointechiropractic.com) or call (248) 623-6107.



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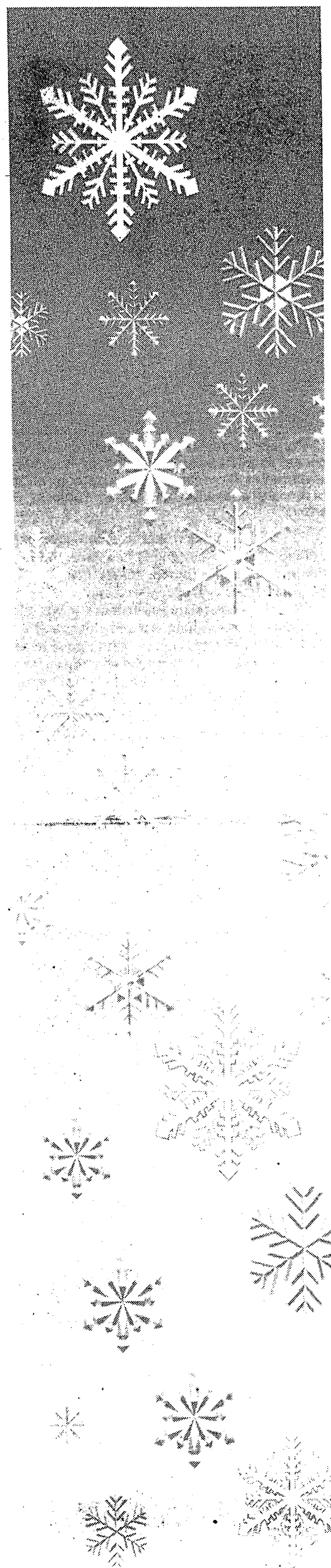
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CNPS





# **Winter Health & Fitness**

A Special Supplement to:

**The Clarkston News  
and Penny Stretcher**

## Healthy snacks to try this week

(NAPSI)-It's okay to snack. In fact, many of us should snack as a way to eat all the foods we need each day. These seven snacks help bridge the gap:

1. Grab fruit. "Fruits are relatively low in calories and high in nutrients like potassium and antioxidants," advises Jennifer Anderson, Ph.D., R.D.
2. Dip your vegetables. Cut up raw vegetables and enjoy with salsa or a low-fat yogurt dip. Vegetables are filling and offer the most nutrition bang for the calories, plus they are linked to healthier body weight.
3. Relax with a latte. When made with low-fat or skim milk, a latte or cappuccino packs in calcium and other dairy nutrition.
4. Enjoy an afternoon breakfast. Top with skim or low-fat milk plus fruit for a wholesome and nutrition-packed snack.
5. Make it Mexican. Place shredded reduced-fat cheese atop a corn tortilla and warm in a skillet. Add salsa, diced tomato or a spoonful of fat-free refried beans.
6. Go for a Graham. Spread peanut butter or whipped low-fat cottage cheese on two to four graham cracker squares. Place sliced banana, apple or grapes on top.
7. For a Souper Snack, puree leftover vegetables with low-sodium broth or vegetable juice until smooth. Heat and then season to taste.

## Health tips for winter

**Hypothermia** - Dress appropriately when going outdoors and dress in layers. Most of one's body heat is lost through their head, so wear a hat and preferably one that covers your ears.

Mittens are better than gloves because they provide more warmth to your hands. Wet clothing is often a cause of hypothermia so get out of them immediately. Avoid drinking caffeine if hypothermia is suspected.

Also avoid alcohol since not only does alcohol impair judgment, but it also opens up blood vessels beneath the skin, which leads to a misleading sensation of warmth even when body heat escapes.

**Frostbite** - Areas commonly affected by frostbite include the exposed areas of the face (cheeks, nose, chin, forehead), ears, wrists, hands and feet.

Frostbitten skin will feel numb rather than painful and will appear whitish and stiff.

Be alert for frostbite and immediately wrap the area in warm wrappings. Do not rub frostbitten areas since the friction could cause tissue damage.

**Flu & Colds** - Bed rest, mild pain relievers and plenty of fluids are the best way to treat cold and flu symptoms.

Children and teenagers should not take aspirin with a flu-like illness due to an increased risk of Reye Syndrome.

The best way to treat flu and cold season is with good prevention which should include: cover your mouth and nose when you sneeze or cough; clean your hands often; avoid touching your

eyes, nose and mouth; stay home when you are sick, and practice good health habits - plenty of rest, manage your stress level and drink an adequate amount of fluids.

Normally flu shots are obtained in November and December; however, they are still effective when given through February. Flu shots are available at Clarkston Health Center for \$15 in the Emergency Department.

**Proper Snow Shoveling** - It is best to wait later in the day to shovel since your body is more warmed up and loose. Take small loads of snow, bend at the knees and lift with your leg muscles, not your back.

You should scoop in a forward motion and take a step in the direction you throw the snow. Avoid twisting your torso and take frequent breaks.

**Traveling in Winter** - Traveling in the winter can be dangerous. Allow extra time and keep a winter storm survival kit in your car. The kit should include blankets, food, flares, chains, gloves and first aid supplies.

**Carbon Monoxide Poisoning** - Not only do 500 Americans die from accidental carbon monoxide poisoning each year, but many more feel sick



Joanne Parnall, lab supervisor at Clarkston Health Center, operates the HMX hematology analyzer. The state-of-the-art lab serves the center's emergency room, and primary care and specialist physicians. Photo by Phil Custodio

during the winter from low-level exposure. Since poorly maintained furnaces are one source, ensure that your furnace is properly working.

**Exercising Outdoors** - Wear layered clothing, hat and gloves and well-cushioned trainers with a good tread to reduce the chance of slipping and twisting your ankle. Warm up for approximately 10 minutes before you go outside. Be aware that cold air may aggravate the respiratory tract and bring on chest pain or asthma in some people.

If these symptoms are experienced, immediately stop and go indoors.

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# CHC meets every need

By Phil Custodio

Clarkston Health Center was designed and built in 2003 as a single location for residents' health and fitness needs.

The three-level, enclosed medical campus houses a fully-equipped emergency room, primary-care and specialized physician offices, pharmacy, and departments filled with physical therapy, diagnostic, and laboratory equipment.

Doctors and nurses assess and treat patients arriving in the emergency room, which is open at all times. If testing or specialty care is required, all that is needed is a trip down the hallway and elevators. If medicine is prescribed, the patient can step across the hall to the on-site, Pine Knob Pharmacy.

"We're open 24-7," said Marie Bristow, director of community relations.

"For patients, having an emergency room so close is wonderful," said Hale Walls, administrative director.

The board-certified doctors and nurses in the emergency room treat about 1,000 patients each month.

"We see everything - lacerations, appendicitis, broken bones," said Beverly Rieves, RN.

The department also offers flu shots for \$15 through the end of February, and physicals for \$20 for high school and younger athletes. No appointment is necessary, except for team physicals of 10 or more.

Follow-up care is available at the Physical Therapy department downstairs, equipped with a full set of cardiovascular machines and full-time

therapists.

"The biggest thing is that we have hands-on, individualized programs to fit each patient's needs," said Raval Conn, physical therapist. "Their needs are met on an individualized basis."

Diagnostic Services, also downstairs, is fully equipped with CT scanner, fluoroscopy, X-ray, mammography, ultrasound, bone densitometry, electromyography, and MRI.

"We have a mobile MRI that comes in three days a week," said John Rossetto, director of Ambulatory Care. "We have a full line of diagnostics."

Patients can be referred by physicians at the center or from outside, and same- or next-day appointments are usually available.

"We're fast and efficient," Rossetto said. "It's convenient for the patients."

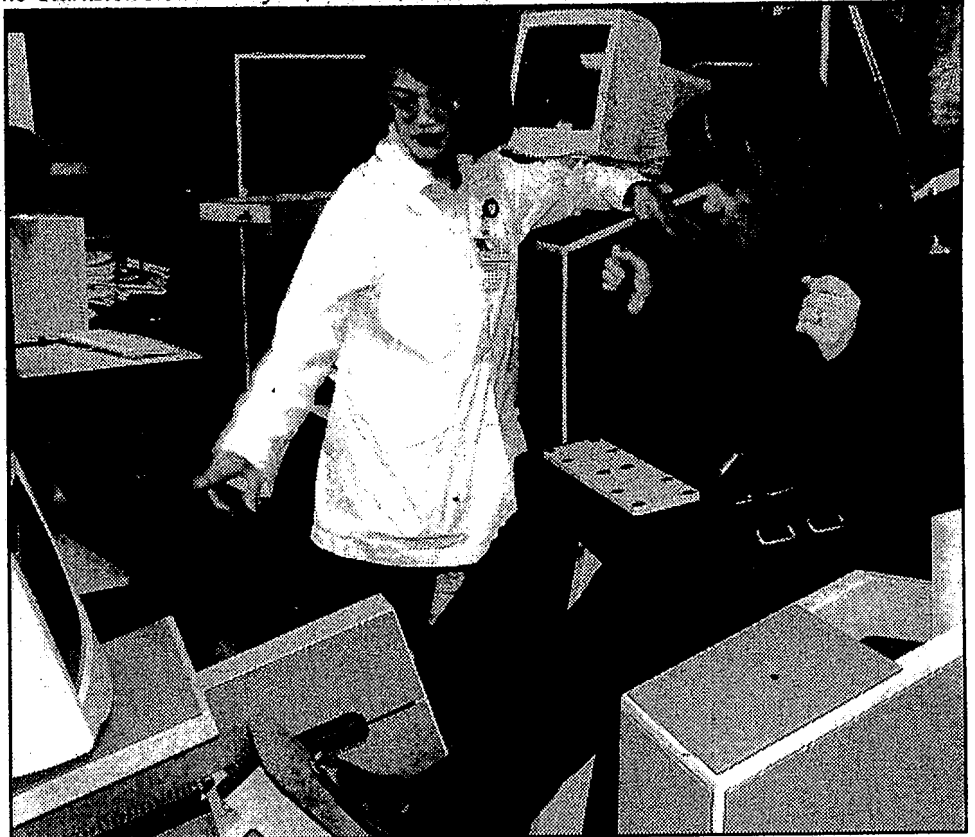
Results are reported quickly, usually within 24 hours.

The Laboratory Services department offers outpatient testing with no appointment necessary, except for glucose tolerance testing, as well as tests requested by physicians. Results are usually returned the same day.

"We're state-of-the-art," said Joanne Parnall, lab supervisor.

Physician Specialists, on time-share and permanent basis, fill the second floor, in surgery, heart care, back care and pain management, and Women's Integrated Health Care.

The time-share arrangements is a good way for a physician to establish a patient base in the Clarkston area, Bristow said.



Marie King, physical therapist, demonstrates the MEDX Lumbar Extension Machine, with the help of Marie Bristow, director of community relations for Clarkston Health Center. Photo by Phil Custodio

The Pain Management Center is also equipped with rehabilitation equipment, which is used to evaluate and treat injuries to the neck and back.

"Patients come here and learn how to stand, walk and sit in ways to reduce pain," said Marie King, physical therapist.

Patients also learn the importance of good posture and balance, and other techniques, such as how to adjust the computer screen to reduce strain on the neck, King said.

The center is also an active part of

the community, involved with Clarkston Area Chamber of Commerce activities, Breast Cancer Awareness, safety classes, and other special events. This fall, the center hopes to organize a mass CPR training of up to 2,500 people, hopefully a world record.

Clarkston Health Center, 5625 Water Tower Place off Dixie Highway near White Lake, is a partnership between Genesys Health System and POH Medical Center. Call 248-922-2800 for more information, or check its website, [www.ClarkstonHealthCenter.org](http://www.ClarkstonHealthCenter.org).

## BEING CLOSE MATTERS

That is why Clarkston Health Center was built in 2003 as a partnership between Genesys Health System and POH Medical Center. Clarkston Health Center is located on the Clarkston Medical Campus off Dixie Highway, north of White Lake Road, in the shadows of the blue water tower. This state-of-the-art medical facility offers a host of health care services:



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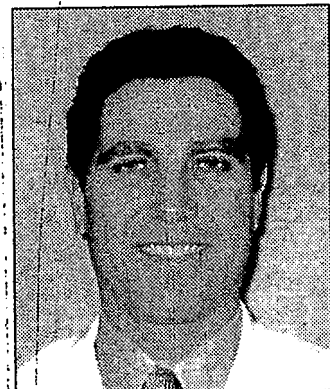
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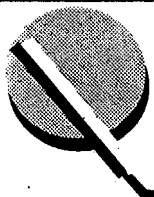
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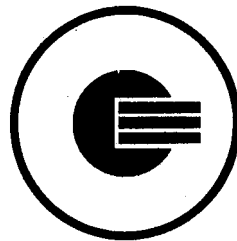
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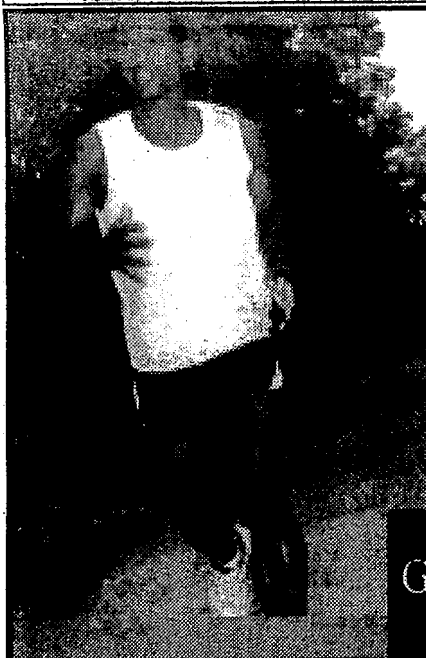
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# Misconceptions of chiropractic care

Top 10 myths about chiropractic...

**10. Chiropractors are not real doctors!** Chiropractors are indeed real doctors licensed by the state in which they practice, and actually have more classroom hours than Medical Doctors. D.C. stands for Doctor of Chiropractic.

**9. It only helps adults, not children.** Quite the opposite. In fact, chiropractic results are achieved much quicker on children than adults.

Similar scenarios with quick results occur when children wear dental braces as opposed to adults.

**8. Chiropractors treat back pain only.** Some doctors do, but that is like changing your motor oil only when your engine is smoking.

The best Doctor of Chiropractic dresses the misaligned vertebrae to improve the function of the nervous system.

**7. Too expensive.** Medical treatment is usually 50-70 times more expensive than chiropractic treatment, and more than 80 percent of the cost is for diagnosis.

Chiropractic has been proven through research to be three times more cost effective.

**6. Spinal adjustments hurt.** The spinal adjustment itself does not hurt.

However, you may be sore after the first adjustment, similar to starting an exercise program.

**5. An adjustment will cause a stroke.** The chance of having a stroke from a chiropractic adjustment is about 1 in 7,000,000.

You have a better chance of being struck by lightning.

**4. It is harmful and dangerous.** It has been established by the U.S. Government that chiropractic is the SAFEST and most effective treatment for back pain.

Medical malpractice results in more than 180,000 deaths each year.

**3. It is just a health trend.** If chiropractic is a health trend, it is the country's longest trend since it has been around for more than 105 years.

**2. No scientific proof that it works.** In the last 10 years, there have been hundreds of studies proving its validity in the health care arena.

**1. They say it heals everything.** Since the body is a self-healing organism, it is the body, not the doctor, which does the healing.

However, the chiropractor is the only professional trained in detecting and removing the subluxation from the nervous system.

## Staying fit this winter

(NAPSI)-Those who appreciate the benefits of staying fit don't let cold weather force them into hibernation.

The cooler months can provide some wonderful opportunities to exercise.

"Even if you don't ski or snowboard, I think it's important to stay active in the winter, whether you live in the city, the suburbs or the mountains," says U.S. Ski Team member Lindsey Kildow.

"Go for a walk in the woods, ride your bike, join a gym, or even take the stairs instead of the elevator."

Blustery air, however, can be very drying and sun exposure can be harsh, even in chillier months, says the Olympic star.

"The most important thing for me is to stay hydrated both inside and out, which means drinking a ton of water and using a good body moisturizer," says Kildow.

Kildow's other tips for improving overall health in the colder months are:

- Take a multivitamin every day, especially something that has vitamin C, to boost your immune system when cold and flu season is at its peak.

- Wear a broad-spectrum sunscreen. Winter can be the worst time for sun damage, especially if



It's important to stay active in the winter. Ski, snowboard, go for a walk, ride your bike, join a gym. To keep skin from drying out, use a moisturizer that contains oats.

you enjoy outdoor activities such as skiing. Wear a sunscreen with an SPF of at least 30 and apply it several times a day.

- Never leave home without your shades. The sun's glare off of the snow and ice can be harmful for both skin and eyes.

- Wash your face with a mild cleanser once or twice a day. Exercise sweat can clog your pores.

- Use lip balm; chapped, cracked lips can be a problem for skiers.

Don't let the cold keep you locked indoors, says Kildow. Wear plenty of layers—thermals and fleece are always a good choice—and get out there and enjoy life.

## Is there anything, other than drugs, that can help relieve my pain?

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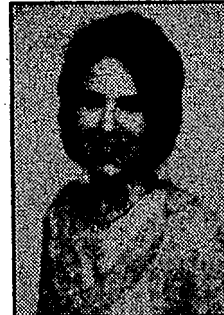
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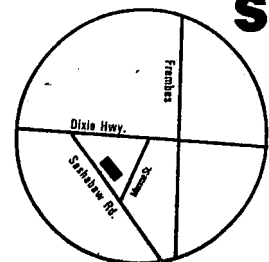
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## Eating well year-round

(NAPSI)-Whether you're going to parties, dining in for the evening or hitting your favorite restaurant, there are ways to keep nutrition and taste on your plate. Try these tips:

- Have a strategy in mind, since you can't completely cut out all unhealthy foods from your diet. Survey your choices and decide which foods to indulge in and which are not worth the calories.

- Consult with a registered dietitian about topics ranging from eating healthfully to dealing with stomach problems and eating disorders. A dietitian can even help people manage diabetes and obesity or have a healthy pregnancy and a better breast-feeding experience.

- Choose smaller portions of high-calorie items. Fill your plate with vegetables, low-calorie dips and salsa or fruit salads. Enjoy your food choices by taking time and savoring your meal.

For more tips, visit [www.eatrightny.org](http://www.eatrightny.org) or the national Web site [www.eatright.org](http://www.eatright.org).

## Tips for keeping children active after school

(NAPSI)-With kids sitting at their desks for six or more hours a day at school-plus time spent doing homework at the table or at the computer-it is critically important for parents to find ways for their children to stay active.

YMCA experts believe it is important that parents strike a good balance between academic enrichment and playful, recreational activities for their children before, during and after school. The YMCA offers the following tips to ensure your child gets at least 60 minutes of activity each day:

- Limit the amount of time your children spend in front of the television or computer to fewer than two hours per day.

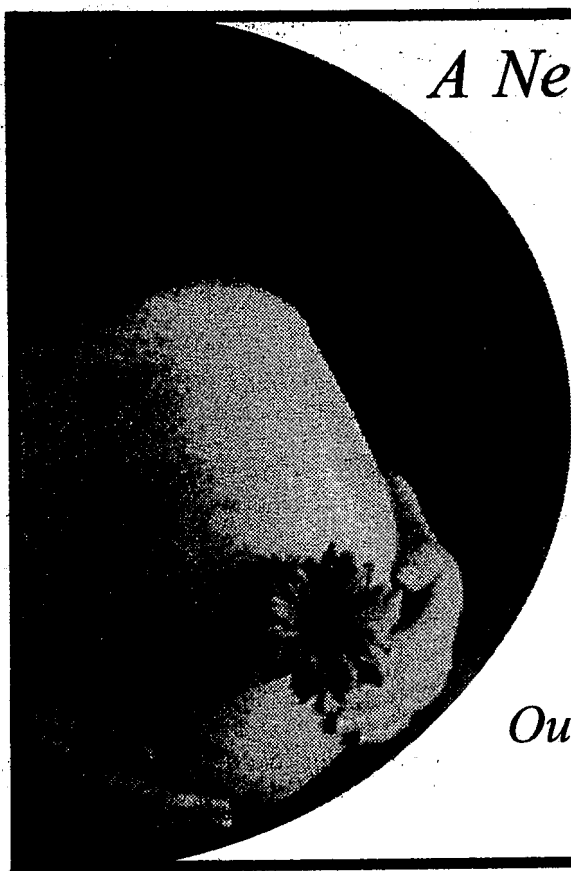
- Help your children understand the importance of fair play, teamwork, sportsmanship and having fun. With more than 9,000 afterschool programs across the country, the nation's YMCAs are a leading resource for parents looking to find fun activities for their children.

- Send your kids outside for playtime. Children who spend time outdoors are more likely to engage in playful physical activities.

- Plan family activities. Find ways for the family to be active together, such as taking a short walk after dinner, walking instead of driving to the store, riding bikes or swimming.

- Serve as positive role models for your children regarding regular physical activity. Children often learn by emulating adults they love and respect. Show your children how important it is to stay active by making it a priority in your life.

For information about YMCA afterschool programs near you, visit [www.ymca.net](http://www.ymca.net).



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## Home-based therapy

By Paul Kampe

Sometimes doctors' offices and labs aren't as personal as a friend's couch can be. That is the approach taken by Dr. Bonnie Parker Psy.D., a local therapist.

Parker, originally from Michigan, returned to the Clarkston area after seven years practicing in Florida, to open her own practice in her home.

Having her office in the same place she lives helps her serve her clients better, she said.

"It's a very cozy, warm feeling instead of going to a clinic...it's a little more confidential feeling coming to a home office," Parker said.

"I like that part of it, it makes it feel a little more personal. I deal directly with my patients, they don't call and get a secretary, they call me and I call them back.

"It's working out very well, I'm really pleased...I really enjoy it."

Having an office in her own home also cuts back on the overhead costs, Parker said, and she is also able to accept some insurance plans, something of a rarity with home offices.

Parker always found psychology interesting, and her mother's own career in medicine helped steer her that way.

"I was always interested in people and I think everybody has a natural tendency to want to look at why people do things," she said.

"My mother was a nurse. We always had 'Psychology Today' sitting around the house. She was very interested in people and taking care of people and I think that is part of what helped draw me into the field."

When Parker and her husband, Jason, were planning on moving back to the area,

they picked their home because of its size, which afforded them the opportunity for Bonnie to have an office. They also looked at the area's reputation.

"To raise a family, I couldn't think of a better place than Clarkston," she said.

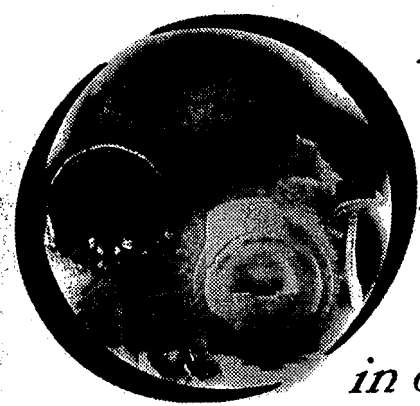
"I love that it's a very family-oriented community and people care about their community and the schools. I went to Halloween over on Main Street and it was something you would see in the movies with all the children and the parents...the people were excited about Halloween and giving out candy and decorating. It's a nice community in that way."

Parker, mother of two, has been a therapist for 17 years, receiving her Doctor of Psychology degree from Central Michigan University in 1998. She also received her master's degree in clinical psychology from CMU in 1989 after earning her bachelor's degree in psychology from Michigan State University in 1987.

Parker has been a part of several panels and discussions on psychological issues such as Attention Deficit Hyperactivity Disorder, depression, and self-esteem, and is affiliated with the American Psychological Association.

Parker offers individual therapy, couples' therapy, teen, and family therapy, and treatments for anxiety, trauma, and depression. Parker is also a child psychologist, offering play therapy for children in addition to seeing adult patients. Parker can perform evaluations of personality, learning disabilities and ADHD.

Her office is at 8864 Big Lake Road in Springfield Township. She can be reached at 248-922-9222 or [DrBonnieParker@aol.com](mailto:DrBonnieParker@aol.com).



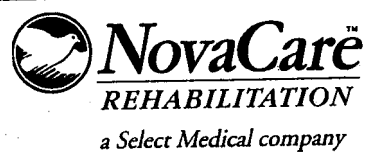
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# Winter snow and ice call for increased caution

By Phil Custodio

With snowfall and colder temperatures finally arriving this season, skiers and snowboarders want to hit the slopes. One person they should try to avoid professionally, however, is Dr. Shivajee Nallamothe.

Nallamothe, a Doctor of Orthopedics, is the one who would have to fix their leg, knee, or other broken bones resulting from careless injuries.

"I see a lot of kids with wrist fractures," he said. "They fall with their arms outstretched."

Worldwide, doctors treat about 100,000 wrist fractures among snowboarders per year. To avoid breaks, snowboarders should wear wrist braces or guards, as well as a helmet to avoid more serious head injuries.

Braces should be worn in all extreme sports, including skate boarding and rollerblading.

"They should be wearing helmets too – they fall fast and hard," Nallamothe said.

During this time of year, even normal walking can be risky, for people of all ages.

"Black ice," he said. "Falls cause horrible injuries."

Falling forward causes injuries to wrists, but falling backwards can be worse.

"You fall on your elbows – that causes devastating injuries," he said.

To treat such injuries requires braces and casts, and sometimes actual surgery, with implanted pins and plates. Reha-

bilitation can last for months, and serious injuries can result in lifetime disability.

To avoid these types of injuries, the doctor recommends taking your time – put on a good set of shoes or boots, turn on the lights, watch for ice, and walk carefully, even if only going out to get the newspaper or bring in the trash can.

"Take your time and look where you're going," he said. "Buy salt, and salt every exit."

If the driveway is covered in ice, walk on the snow.

"The big thing is to turn on the lights – it will help you see the ice and avoid those areas," he said.

Businessmen and women should wear rubber-soled shoes when walking outside, and carry their dress shoes and high heels until they get inside.

"If you're in a hurry, you're asking for trouble," he said.

Dr. Nallamothe office is located at 6310 North Sashabaw, 248-620-2325.

Other tips on the snow include:

- Ride in style: The safest way to ride a sled is to sit in a forward-facing position. To decrease the chance of injury, avoid sledding downhill headfirst.

- Think with your head when choosing a sled: Avoid sleds that are made out of thin plastic sheets. They can be pierced by sharp objects that may be buried in the sledding path. The safest sleds are equipped with runners and a steering mechanism.

- Protect your head: Children 12 years and younger should wear helmets



Dr. Shivajee Nallamothe demonstrates how he would bind a wrist injury, with the assistance of Jenny Phu, a third-year medical student from Touro University - California. Photo by Phil Custodio

when sledding, skiing or snowboarding to prevent head injuries. The most serious sledding injuries and most common skiing injuries result from collisions with fixed objects such as rocks or trees. Wearing a helmet can help reduce the seriousness of these injuries.

- Fall like a pro: Learning how to fall is just as important as learning how to ski or snowboard. Whenever possible, skiers and snowboarders should fall forward or sideways instead of backward to decrease the chance of a serious

knee injury.

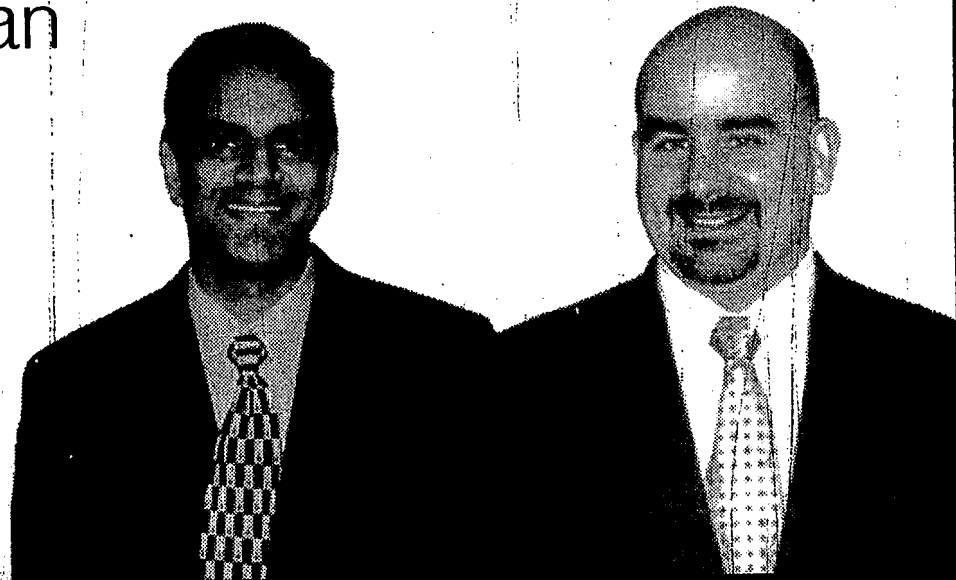
- Use the buddy system: Never participate in cold weather sports alone. Always select a partner and be sure to stay together when playing outdoors.

- Watch the terrain: Skiers and snowboarders should keep a lookout for icy patches and be prepared to make adjustments for ice, deep-powder snow and wet snow while on the slope. As snow gets packed down and turns firm, skiing and snowboarding becomes more difficult and faster.

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# Tips to keep healthy

(NAPSI)-According to the American Lung Association, colds account for more visits to the doctor than any other condition in the United States.

The Centers for Disease Control claims that more than 200,000 people are hospitalized for the flu each year.

This year, Dr. Jim Sears, renowned pediatrician and co-author of "The Healthiest Kid in the Neighborhood," has simple suggestions for parents to help prevent their families from getting sick:

First, wash your hands throughout the day to prevent cold and flu germs from spreading.

"Wash your hands before eating, after using the rest room and if you come into contact with a sick person or an object a sick person has touched," Sears said.

He also points out that children, need to be taught to avoid spreading cold and flu germs by coughing into the crux of their elbow, instead of into their hands.

Sears' second tip is to prepare your body for the insurgence of germs this winter by exercising and maintaining a healthy diet full of fruits and vegetables.

"An easy way to protect your family from cold and flu is to feed them recognized immune-boosting foods, such as fish, citrus fruits and leafy greens, to help their bodies fight off viruses before they can cause illness," he said.

Germs are always on the go and can travel with you from the faucet to the door handle and even to the football you and your family throw around after dinner. The surfaces that you touch are often breeding grounds for cold and flu germs.

The third thing you can do to protect your family is to disinfect the surfaces you touch often with a disinfectant wipe or spray.

"The fourth step is to plan in advance," Sears said.

"Stock up on all of the tools you need to prevent illness, such as vitamin C, hand sanitizers and disinfectants. Keep them in one handy place to make illness prevention even easier."

And finally, chat with your doctor before your family gets sick. He or she can help you determine if you and your family are good candidates for a flu shot.

The doctor can also advise about what over-the-counter medicines you should have on hand should someone start to experience cold or flu symptoms.

"With these five simple steps, parents can successfully and effectively help keep themselves and their families cold and flu free this season," Sears said.

"Prevention is the easiest way to stay healthy."

For more tips, visit [www.homesolutionsnews.com](http://www.homesolutionsnews.com) or [www.cdc.gov/ounceofprevention](http://www.cdc.gov/ounceofprevention).

To slow the spread of cold and flu germs, regularly disinfect frequently touched surfaces.



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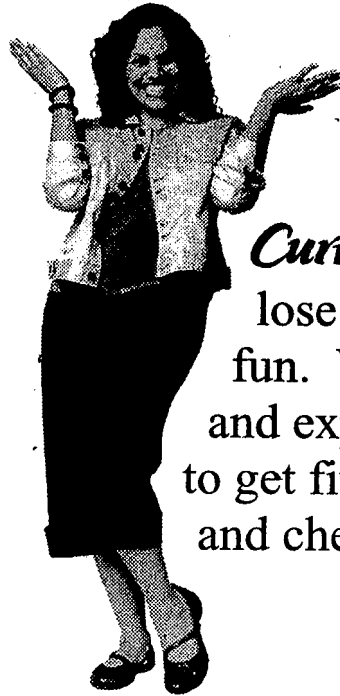
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To slow the spread of cold and flu germs, regularly disinfect frequently touched surfaces.

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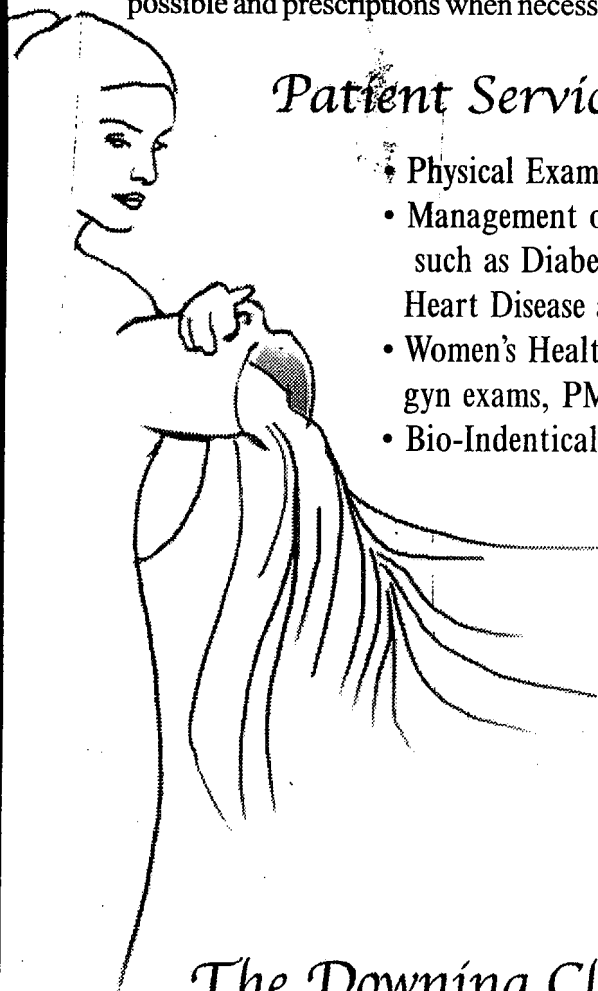
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## Words of advice: 'don't set foot on thin ice'

With the recent cold weather, many of our ponds and lakes are now covered in ice. This layer of ice can be deceiving, and at times deadly, for residents who venture out from shore.

It may take weeks for adequate *safe ice*, but we need to raise the awareness level and remind everyone right now to avoid these types of tragedies.

Ice conditions change day to day, lake by lake, and location by location. Our freeze-thaw conditions in southeast Michigan are predictable for creating unsafe ice conditions throughout the winter.

Although the Oakland County Sheriff's Office does provide general ice safety guidelines, "no ice is 100 percent safe." It recommends five inches of solid clear ice for general foot traffic such as ice skaters and fisherman, and eight inches of solid clear ice for travel by snowmobile or ORV's.

Judging safe ice is not an easy task considering the many factors involved. A major concern for first responders is children and young people who venture out onto the ice driven by a natural curiosity. Parents and care providers should take a moment to point out and warn young people how unpredictable the ice may be and how unforgiving the cold water will be.

Pets that venture out onto the ice are another common cause for near-drowning and deaths. If you discover your pet has ventured out onto the ice, resist the urge to go out after them. Stay at a safe location on shore and persuade them back to safety.

The following "ice safety tips" will



People going out on the ice, such as Mill Pond, should always watch for signs of weakness or thawing.

assist you when judging ice conditions. Understanding the risks will help keep your family, friends and neighbors safe. "When in doubt, don't go out."

The following is a recommended guide to help judge recreational use of clear, solid blue ice and help you minimize your risk:

- Five inches thick minimum for general use (fisherman, ice skaters, and foot traffic).
- Eight inches thick minimum for travel by snowmobile or off road vehicle. Automobiles out on the ice is not recommended. This also voids any insurance claims.
- Survey the ice, keeping in mind that ice conditions change day by day, lake by lake and location by location on the same body of water. Some signs of changing ice conditions can be, but are not limited to: moving water near a stream, river, unseen spring or inlet, slushy ar-

chas, depressions in the snow, heavy snow, white "milky" or black colored ice and "frazzle" ice weakened by the freeze-thaw cycles. Frazzle ice is pocketed with tiny air pockets and often looks like frozen slush. These are all signs of thin ice or unsafe ice.

- Do not go out alone on the ice. Always take a partner or someone who can call 911 or go for help in an emergency.
- Do not make the first tracks on the ice. Check with someone who has experience with a particular lake or pond before you venture out on the ice.
- Always leave a travel plan with someone who can call for help and direct a search party if you do not return.
- Plan ahead by dressing appropriately for changing weather conditions. Dress in layers to protect all exposed parts of your body. Consider wearing a personal flotation device and ice creepers attached to boots.

## Tips to help your diet stick

(NAPSI)-Millions of people across the country are dieting right now. In fact, 20 percent of Americans are undergoing some weight-loss regimen, with many more watching what they eat without using any particular dieting program.

Unfortunately, those diets don't always work. Hunger often trumps women's otherwise steadfast dedication to making healthy eating choices.

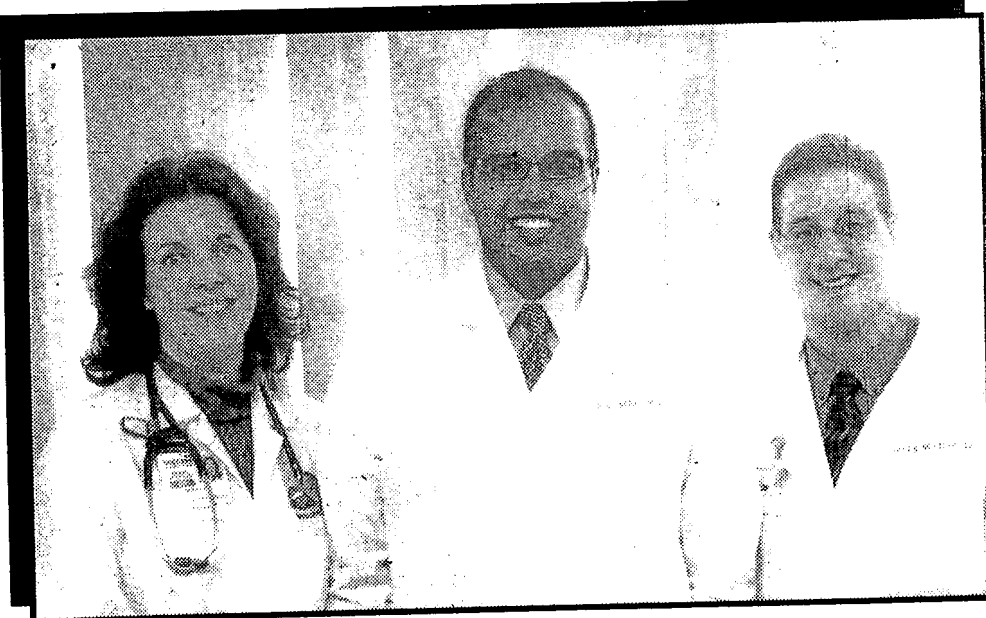
Here are some tips:

- Be active. Incorporate fitness and you'll see encouraging results even faster.
- Don't skip meals. It will be too easy to go off your plan if you make yourself go hungry.
- Drink lots of water. It will help fill you up, cleanse your system and digest your food properly. Some products, such as Special K20 Protein Waters, offer five grams of protein per bottle, which appeals to dieters.
- While every dieter has different needs, use common sense to maximize your results with healthier eating habits.
- Be aware of appropriate portion sizes.
- Use cooking techniques that don't add extra fat, such as grilling, baking and broiling.
- Don't skip snacks to save calories—they are critical to your success by keeping your metabolism burning throughout the day.

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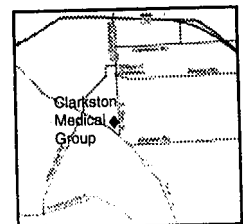
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# Munk Orthodontics celebrates Dental Health Month

February is National Dental Health Month. Dr. Charles F. Munk and Dr. Charles W. Munk, along with the Michigan Dental Association, want to take this opportunity to remind everyone of the importance of a healthy smile.

In fact, a healthy body starts with a healthy mouth. Part of having a healthy smile, is having straight teeth and a proper bite.

Never underestimate the power of a great smile.

A person's smile is one of the first things to be noticed by others. Straight teeth are not only beautiful; they also promote good health. Straight teeth can help reduce the incidence of heart disease, gastrointestinal disease, and other health conditions.

Teeth that are properly aligned chew more efficiently, aiding in proper digestion. Also, teeth that are straight and properly aligned create a more perfect bite, and that helps to avoid excessive stress, headaches, and strain on the supporting bone and tissue.

As a reminder, the American Association of Orthodontists (which Dr. Charles F. Munk and Dr. Charles W. Munk are both members) recommends that all children have an orthodontic check-up no later than the age of 7. This early screening is indicated for a variety of reasons:

- An orthodontist can spot subtle problems with emerging teeth and jaw growth, even while some baby teeth are still present.
- To answer patient and/or parent questions of concern.

- To treat orthodontic problems if early treatment is indicated.

- To monitor growth and development for optimal treatment timing if early treatment is not appropriate.

A timely orthodontic evaluation can lead to significant treatment benefits for the patient.

Today there are many orthodontic treatment options available to help patients of all ages achieve a beautiful, straight, healthy smile.

Our office is proud to announce that we now offer an accelerated osteogenic orthodontics procedure. This procedure is 3 to 4 times faster than conventional orthodontics. Many orthodontic cases can now be completed in 3 to 8 months.

This is just one of the latest technological advances that Dr. Charles F. Munk and Dr. Charles W. Munk utilize in their orthodontic specialty practice. Our goal is to provide patients with long-term health care as well as cosmetic tooth alignment.

At our office, it is our mission to improve and enhance people's lives through orthodontics. Our office provides quality and service in a light-hearted, honest, and friendly environment.

We do orthodontics for our patients, and with our patients; instead of doing orthodontics to our patients. We treat each patient as an individual with his or her own goals, concepts of self-image, dreams, and aspirations.

By combining the right mix of personal attention, the latest technology,

and continuing education, we maintain a commitment of excellence to our patients in every facet of our practice.

We want to change the way people think about orthodontics. For instance, orthodontics are not just for children and teens.

Today, one in five orthodontic patients is an adult. At our office, we work with people of all ages interested in enhancing their smile. Adults can benefit greatly from orthodontic treatment.

Having a dynamic smile makes a great first impression in both personal and professional relationships.

Orthodontic treatment changes looks and outlooks. Orthodontics has boosted the self-esteem of countless patients, whether they had braces as children or sought treatment as adults.

Invisalign is a wonderful treatment option especially for adults. This product provides an advanced way to straighten teeth and improve smiles. Using the latest medical imaging technologies, clear aligners are manufactured that rapidly straighten teeth. Each aligner is worn for several weeks, and can be removed to eat, brush, and floss. During wear, the teeth are gently moved to their desired position.

The length of the process depends on the patient's individual needs. Both Dr. Charles F. Munk and Dr. Charles W. Munk have completed training in the use of these specialized aligners, and can assist patients in determining if Invisalign would be an appropriate method of treatment for them.

A great benefit to patients utilizing

more traditional braces, is our use of self-ligating brackets. These "breakthrough brackets" offer an advanced micro design which require fewer appointments, provide greater patient comfort, and better hygiene.

With today's busy lifestyles, these brackets really do make orthodontic treatment more convenient, with 8 to 10 weeks in between appointments.

As we continue to incorporate new products and techniques into our practice, it is all with one purpose in mind; the creation of beautiful, straight, healthy smiles that will last for a lifetime.

Dr. Charles F. Munk and Dr. Charles W. Munk would welcome the opportunity to discuss all orthodontic options available with any new patient considering treatment.

Our office is always ready to welcome new patients. To encourage potential patients to explore their orthodontic options, we offer free initial consultations. Additional information about our office can also be found on our website at [www.munkorthodontics.com](http://www.munkorthodontics.com).

To schedule an appointment, please contact us at one of our three convenient locations. We do have day, evening, and Saturday appointments available. We look forward to helping you create the beautiful smile you have always wanted!

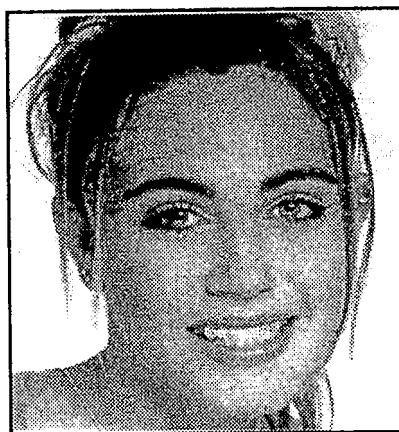
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Vol. 1 #8

February 2007

## Happy Valentine's Day

Clarkston



- Can you trust yourself?
- Creating a Biz plan
- Make photos work for you
- Improve your bizness performance
- Lots of news to digest
- Tips to increase your savings

### Taking Care of Bizness

Mary Beth Carter of Clarkston was chosen as a 2006 Michigan Businesswoman of the Year by the National Republican Congressional Committee.



Mary Beth Carter

Carter will be honored for this accomplishment in March, 2007, in Washington D.C. at the Republican Spring Gala.

"It has been a fantastic year for addressing my professional peers and working with the Business Advisory Committee to ensure quality of services for our seniors," said Carter, the owner of Home Care Advantage in Clarkston.

Over the past year, she has advocated for seniors as they face obstacles such as changes in Medicare benefits, and has spoken about them to several area chambers of commerce and Rotary clubs.

She has a Master of Science Degree in Social Work from the University of Texas in Arlington and recently completed requirements for Certified Senior Advisor.

\*\*\*

Thomas Berlin, owner of Maxx Self Storage, 8483 Andersonville Road, recently added U-Haul truck and trailer rentals to his business.

It offers moving vans ranging in size from 10-26 feet, trailers from 4-by-6 to 6-by-12 feet, car-top carriers, and rental and permanent trailer hitches.

For more information, call 248-620-1475.

\*\*\*

Chase Plastics Services of Clarkston recently added two new sales positions. Eric Walters was promoted to Chase's Los Angeles territory and Adam Paulson was promoted to East Coast senior account manager to round out the company's national growth initiative.

Ron Gartner was hired in Wisconsin to replace Walters and Mike Nielsen was hired in western Michigan to replace Paulson.

"We outlined a national distribution growth strategy in 2003 and our sales additions on the west coast and an additional seller on the east coast completes this initiative," said President Kevin Chase.

"Chase Plastics Services is now the newest national distributor in the USA recognized by our customer and suppliers."

### Just File It!

T&C Federal Credit Union has launched an innovative Web-based program to provide low- to moderate-income individuals and families with free access to file for state and federal income tax credits and refunds. These include the federal Earned Income Tax Credit (EITC), which can be as high as \$4,400.

Dubbed "Just file it! We'll help. Free tax preparation resources for those who need it most," the program is available from T&C's Web site [www.tcfu.org](http://www.tcfu.org).



## Some say business is all about who you know.

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## Monthly Planner

|                                                                                                                      |                                                                                                      |                                                                                                                                 |                                                                                                       |
|----------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------|
| February 1, 2007<br>Women's Heart Health Day<br><a href="http://www.libov.com">www.libov.com</a>                     | February 10, 2007<br>NFL Pro Bowl<br><a href="http://www.nfl.com">www.nfl.com</a>                    | February 19, 2007<br>National Child Passenger Safety Week (11-17)<br><a href="http://www.aboutnhtsa.gov">www.aboutnhtsa.gov</a> | February 17, 2007<br>National PTA Founders' Day; Anniversary 1897                                     |
| February 2, 2007<br>Groundhog Day                                                                                    | February 11, 2007<br>Heart Failure Awareness Week (11-17)                                            | February 20, 2007<br>Mardi Gras                                                                                                 | February 18, 2007<br>Daytona 500                                                                      |
| February 4, 2007<br>Super Bowl XLI<br><a href="http://www.superbowl.com">www.superbowl.com</a>                       | February 12, 2007<br>Lincoln's Birthday                                                              | February 21, 2007<br>Ash Wednesday                                                                                              | National Engineers Week (18-24)<br><a href="http://www.eweek.org">www.eweek.org</a>                   |
| February 5, 2007<br>Intimate Apparel Market Week<br><a href="http://www.apparelmarket.com">www.apparelmarket.com</a> | February 13, 2007<br>World AG Expo (13-15)<br><a href="http://www.farmshow.org">www.farmshow.org</a> | February 22, 2007<br>Washington's Birthday                                                                                      | National Pancake Week (18-24)<br><a href="http://pam.becker@genmills.com">pam.becker@genmills.com</a> |
| February 7, 2007<br>National Women in Sports Day<br><a href="http://www.NGWSDCentral.com">www.NGWSDCentral.com</a>   | February 14, 2007<br>Valentine's Day                                                                 | February 27, 2007<br>Spay Day USA<br><a href="http://www.ddaf.org">www.ddaf.org</a>                                             | February 19, 2007<br>Presidents' Day                                                                  |
| February 8, 2007<br>Boy Scouts of America Founding                                                                   | February 15, 2007<br>Canada: Maple Leaf Flag                                                         | February 28, 2007<br>Floral Design Day                                                                                          | February 20, 2007<br>Adopted; Anniversary 1965                                                        |

## Quote of the month:

'The superior man is modest in his speech, but exceeds in his actions.'

Confucius,

*The Confucian Analects*

Chinese philosopher & reformer (551 BC - 479 BC)

## Advertisements **INSIDE** WTB

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## Helpful websites

**U.S. Small Business Administration**  
-- <http://www.sba.gov>  
Info on SBA programs; online library and classrooms; links; calendar of events.

**Michigan Small Business Development Center**

-- <http://www.mi-sbdc.org>  
Sample business plans; cash flow tools; readiness assessment tools; counseling centers statewide and links to other sites.

## What's The Biz

... is a Sherman Publications, Inc. news-magazine. WTB is published on the last Wednesday of every month. It is distributed via United States Postal Service inside *The Clarkston News* and for free at locations in the Clarkston area.

❖ To place an ad, call 248-625-3370 and ask for Cindy Burroughs.

❖ E-mail news items and press releases to [btz@clarkstonnews.com](mailto:btz@clarkstonnews.com). Please include "editor" in the subject line.

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Publisher .... Jim Sherman, Jr.



## Yesteryear's lessons birth new opportunities

By Maria Rotondo Mark

Transitions are much like breathing. One cannot let in new breath, while holding the old captive. Warm welcome to 2007 and all its wonders.

It's an opportunity to reflect, regenerate, re-think and release the manual of expectation.

Those of us who reside in Michigan have been awakened with big changes. As the auto industry has adjusted their manual of doing business. The clean up of trimming salaries, perks, benefits, positions, putting it in a nutshell, the imagined safety umbrella is no longer.

Who placed the umbrella there in the first place? How could we give that much power to an industry, relinquish our lives as if someone was looking out for our best interests?

Today's reality, there is no usual way of doing business, no imaginary financial or safety umbrella. It's a wake up call to step up to the plate, standing in the rain, umbrella free. A good thing, the wind cannot blow it away. Simply feel the cleansing rain as it washes away our fears, discomforts, and disappointments; feel refreshed, much like a child having fun in the rain.

These moments of surrender can be the catalysts that regenerate the spirit to keep on building self-worthiness, creating better choices.

One of the most valuable tools I rekindled in my time of life altering direction, was to be open to contributions others bring to my life. I know that each and every human being I meet brings something and if paying attention gets something. It's an exchange, an affirmation, and a lesson to build character. We are students or teachers to one another, often both. As I listen to another's viewpoint, my perception of what I thought I knew is enhanced. As we grow with knowledge of one another, we allow diversity to live. As we gather through this process, a value system is re-enforced that spreads building a valued society.

Free to be me is free to see you. Viewpoints are beginning points, miss this step and miss the human educational link, building individual character. My personal viewpoints are simply life connections made in my journey thus far. As 2007 progresses I welcome, as you might welcome new mysteries of hearing viewpoints with renewed listening.

Thank you 2006 for teaching the lessons we needed to learn. Let's not skip the painful stuff. It differentiates to allow the joy to filter through.

Viewpoints and values are building blocks to access greatness with life...



Maria Rotondo Mark

## Can you trust yourself?

By Cheryl Deane

As the owner of a metaphysical/new age store, it is not at all unusual for a customer to come in and ask me, "what kind of stone do you have that will help me get rid of this anger that I feel inside?" Or, "can you recommend a stone to help me focus better?" or, "is there a particular type of crystal that helps alleviate achy joints?" All of these questions and more are asked of me on a regular basis by folks looking to tap into the well-documented healing power of stones and crystals.



Cheryl Deane, owner of Sweetgrass

I routinely consult a variety of books in my attempt to assist my customers in locating the right stone for their particular issue. I peruse my Crystal Bible and leaf through a gemstone meanings book. I look up the uses of various stones on the Internet and find that, for any given stone there may be a multitude of uses and several different stones or crystals may be said to be used for the same purpose. How can this be?

The answer becomes crystal clear (excuse the pun) when we take the time to look within ourselves and muster the courage to trust our own inner guidance. Does

a particular crystal appeal to you either visually or physically? Does it feel warm in your hand when you hold it? Do you sense an energy or even slight vibration coming from it? Are you drawn to the smoothness or color of the stone? If you answer "yes" to any of these questions, chances are good that you have already picked the crystal that is right for you and your particular issue or situation. Don't be afraid to trust your own inner knowing, gut feeling, intuition or whatever you may choose to call it.

The wealth of written information on crystals and stones is a good guideline and useful as a reference tool. But, it is important to remember that all of that information did not just appear on paper magically one day. It has been gathered from centuries of experimenting by the ancient Egyptians, Greeks and others. Ancient peoples were unafraid to trust their own inner wisdom to guide them to the perfect healing crystal or stone.

We are all, each one of us, blessed with our own inner wisdom, just waiting for us to call upon it. Too often in today's world of information at our fingertips, we are apt to go for the quick answer and not listen to or trust our feelings, our gut.

I am happy to offer guidance to my customers on choosing the crystal that is right for them, but I feel the best guidance that I can give is to remind them to listen to their own inner wisdom and trust that guidance.

Cheryl A. Deane is owner of Sweetgrass in Davisburg.

## Improving Business Performance

(A series of articles designed to help you improve employee and business performance)

By Ronald DeLorme

Last month, I introduced a 5 step employee development model that will help you grow your employees and grow your business. This month, we put the model to work.

Let's say you are a senior level executive and you notice that one of the managers that reports to you, Pat, has very poor presentation skills. Pat isn't prepared for presentations; wanders on and off the message; speaks in a low, monotone voice; rarely makes eye contact with the audience members; etc.

Results? Pretty much a waste of time and effort. The workers listening to Pat rarely understand what Pat wants them to do. Further, given Pat's ineffective presentation style, the workers are not motivated to get-on-board. So, other members of the management team will have to re-explain Pat's message over and over until staff understand and comply. And the business has paid for all this wasted time and effort!

Clearly, Pat's current performance is hurting your business. As a manager, it is essential that Pat be able to present business topics effectively to work groups. You determine that transferring or firing Pat is not the answer. Pat needs to learn to effectively execute this important job task and start contributing more to the success of the business. As Pat's boss, how can you address this important gap in skills? Follow the model.

1. Find the gaps. You have identified a skill gap in Pat's performance that must be



Ronald DeLorme, president of Manage Max

addressed - poor business presentation skills. You begin to fill this skill gap by creating a plan to address this weakness. This improvement plan is called an Individual Development Plan (customized to Pat's unique needs).

2. Fill the gaps. Here's an example of how to create an Individual Development Plan (IDP) for Pat. Note that Pat's IDP shows very specific steps to complete, due dates, resources to use and outcomes. A portion of Pat's IDP might look like this:

Skills Needed: Business Presentation Skills

Desired Behaviors: Prepares notes before presentation; refers to notes during presentation (does not read to the audience); makes eye contact with each of the 10-15 audience members; speaks loudly enough to be heard in the back of the room; clearly makes each point using voice and visual aids; varies rate, pitch, and volume of voice to avoid monotone delivery; ensures that each individual in audience knows what to do when back on the job.

Desired Results: Each audience member accurately describes what he/she is to do when back on the job. Pat receives ratings of 3 or better in all evaluation categories.

Actions to Be Taken and Completion Dates:

By March 30, 2007, Pat completes Business Presentation Skills course. Course content and cost to be approved by manager.

By April 18, 2007, Pat and manager review content of new Billing system presentation.

By April 20, 2007, Pat and manager create an evaluation form that audience members complete at the end of Pat's presentation. Evaluation form includes a question asking audience members to write out what he/she is to do when back on the job. Answers to this question will be reviewed with participants before the meeting is dismissed. Other questions related to content, the presenter, the materials, etc. will

Continued on page 9

## Part 3: Creating your business plan

By Patrick J. Allsteadt

Owner, Accurate Bookkeeping L.L.C.

The next decision is what legal form of ownership will the company be? The legal forms of ownership are Sole Proprietor, Partnership, Corporation, and Limited Liability Corporation (LLC). Each form has pros and cons for establishing a business. I will take you through a Sole Proprietorship.

A Sole Proprietorship is owned by one individual. It is the oldest form of business. It is the easiest to start, and the least complicated to dissolve. The advantages of a sole proprietorship business enterprise are as follows:



Patrick Allsteadt is owner of Accurate Bookkeeping, LLC

You own all the profits. Your business is easy and inexpensive to organize, with minimal government approval. You are your own boss. You enjoy certain tax savings. You pay regular individual taxes on your income, property, and payroll. When your business is successful, you will enjoy the greatest sense of accomplishment since you know its success was dependent upon your decisions. The major con to a sole proprietor is that you can be held personally liable for any business-related obligation.

Monetary funds are necessary for any business. There are three ways to finance a start-up. You can utilize your own money, obtain a loan, or find investors. If you need additional financing for your venture, your business plan will make an effective presentation to your bank or investment capitalist. Pay particular attention to your writing style. You will be judged by the quality and appearance of your work as well as by your ideas. Be sure to keep detailed notes on your sources of information and on the assumptions for the financial data. Each type of business manufacturing, retail, service, or high-tech has different needs to be written into the business plan. Bankers require different information than an investment capitalist does.

The financial portion of your plan should consist of a 12-month profit and loss projection, a three-year P/L (profit and loss) projection, a cash-flow projection, a projected balance sheet, and a break-even calculation. These five items comprise a reasonable estimate of your company's financial future. The process of thinking through the financial plan will definitely enhance your knowledge into the fiscal workings of your business. You will become familiar with terms that you have not heard before.

Next month, Pat will continue A Business Plan. If you have a question for Pat, call him at 248-881-7580



# Good Eats: *the biz from local restaurants*

## WTB What's For Lunch

- Sit Down Dining**  
 Deer Lake Athletic Club  
 Back Court Restaurant, 625-5428  
 6167 White Lake Road  
 Mesquite Creek  
 7228 N. Main St., 620-9300  
 Mr. B's Roadhouse  
 6761 S. Dixie Highway, 625-4600  
 Greg's Gourmet Cafe  
 5914 S. Main Street, 625-6612  
 Outback Steakhouse  
 6435 Dixie Highway, 620-4329  
 Ruby Tuesday  
 6898 Sashabaw Road, 625-2008  
 Clarkston Union  
 54 S. Main St., 620-6100  
 The Nickelodeon  
 10081 Ortonville Road, 625-4833  
 Red Knapp's American Grill  
 6722 Dixie Highway, 625-3900  
 Big Boy - Clarkston  
 6440 Dixie Highway, 625-3344
- Ethnic**  
 Lorenzo's Italian Eatery  
 7071 Dixie Highway, 620-8500  
 Qdoba  
 6461 Dixie Highway, 922-5629  
 East Ocean Restaurant  
 6405 Sashabaw Road, 625-8863
- Coney Joint**  
 Classic Coney Cafe  
 6678 Dixie Highway, 922-9322  
 Pete's Coney Island II  
 6160 Dixie Highway, 623-4300  
 Leo's Coney Island  
 6325 Sashabaw Road, 620-5122  
 Olde Village Cafe  
 2 S. Main St., 625-6211
- Pizza Place**  
 Guido's Pizza  
 5960 Sashabaw Road, 620-9999  
 Hometown Pizza  
 7010 Gateway Park Drive, 620-4100  
 Little Caesar's Pizza  
 6373 Sashabaw Road, 620-1007  
 5922 Ortonville Road, 625-4001  
 Papa Romano's  
 5797 Ortonville Road, 620-2040  
 Renderoni's  
 6215 Sashabaw Road, 620-5555
- Fast Food**  
 Burger King  
 6674 Dixie Highway, 6215-4477  
 Dairy Dream  
 5510 Sashabaw Road, 625-4452  
 Dairy Queen  
 M-15, 625-0099  
 McDonald's  
 6811 Country Lane Dr., 634-2113  
 6695 Dixie Highway, 625-8500  
 5626 Sashabaw Road, 625-8600
- Subway**  
 7743 Sashabaw Road, 625-5739  
 5930 Sashabaw Road, 625-0805  
 6469 Sashabaw Road, 620-1270  
 6684 Dixie Highway, 625-1162  
 9709 Dixie Highway, 620-5118
- Wendy's**  
 7149 Dixie Highway, 620-2388
- Bakery and Coffee**  
 Big Apple Bagels and Cafe  
 5880 Sashabaw Road, 620-0327  
 Brioni Cafe and Deli  
 7151 N. Main St., 625-6181  
 California Bagel & Deli  
 5633 Dixie Hwy., 623-9600  
 Caribou Coffee  
 6315 Sashabaw Road, 625-5068  
 Clarkston Village Bakeshop  
 10 S. Main St., 625-0677
- Pub Grub**  
 Four Seasons Inn  
 10816 Dixie Hwy., 625-4805  
 Clarkston Tap  
 5801 Ortonville Road, 625-0077  
 Deer Lake Inn  
 7504 Dixie Hwy., 625-7788



## Hot Lunch Menu Item of The Month

### Tuna Wellington

Eager to try the renovated Clarkston Café? The menu designed by Chef Aaron Cozadd features the café's take on the classic Beef Wellington, with a touch of the sea and a "French-Indochina twist."

Ahi Tuna Wellington is a tuna steak wrapped in shitake duxelle and spring

roll, served with wasabi-scented white bean puree over a ponzu demi-glace. The Tuna Wellington costs \$34.

"We like to take traditional preparations and put a modern edge on it," Cozadd said.

"It's meant to stand apart from other sea and tuna dishes and I think it's great."

The Clarkston Café is located at 18 South Main Street and can be reached

at 248-625-5660.

The supper club at the Café is open at 5 p.m. every day of the week, and closes at 10 p.m. Mon.-Thurs., 11 p.m. Friday and Saturday, and 9 p.m. on Sunday. The Pizza and Coyo section on the south side of the Café features a full bar and is open from 11 a.m.-11 p.m. Mon.-Saturday and 11 a.m.-9 p.m. on Sunday.

## Salsa specialist starts her own food business

By Laura Colvin

It's the taste of hand-squeezed lime and fresh cilantro that brings Mary O'Neill's friends and family back to the bowl time and again for more salsa, and now the homemade specialty is available to the whole community.

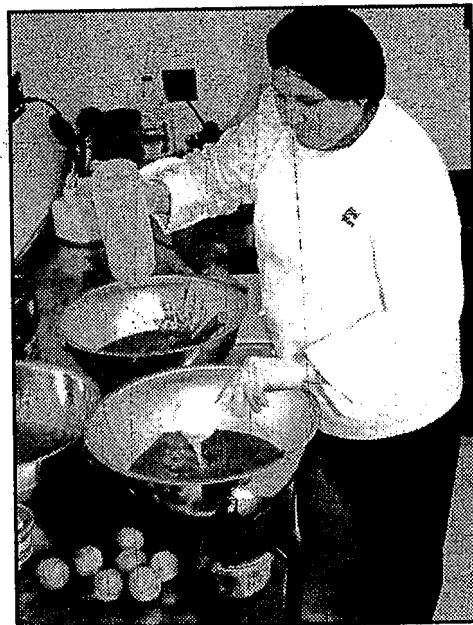
Fresh on the shelves at a growing list of local retailers, Taleo Foods Gourmet Salsa comes in mild, medium or hot, each batch hand-prepared and hand-delivered by a local woman with a flair for preparing the foods people love to eat.

Although she doesn't have a formal culinary arts background, O'Neill spent the last five years developing new recipes and whipping up dish after dish for Rudy's Quality Market in downtown Clarkston.

Those who know her who say she has a natural talent—and a passion—for the food business.

"We've hired a lot of chefs with credentials and diplomas and all those fancy titles," said Robert Eshaki, who owns both Rudy's and Market Basket in Franklin. "But Mary is probably the best cook I've ever met. Everything she makes is the best."

But after five years at Rudy's, O'Neill, who lives in Independence Township with her husband and family, realized it was time to change course—time to chase the dream of starting her own business.



Mary O'Neill

So in November, just before Thanksgiving, Taleo Foods Gourmet Salsa arrived in local stores.

O'Neill fell in love with cooking when she was 14 and took a job keeping the books in an Ann Arbor church where her uncle was pastor.

"Part of my job was to cook for the priests," she said. "After Mass they'd come in and tell me what they wanted for breakfast and I'd make it for them."

She turned to a career in bookkeeping,

but later found herself drawn back to the passion for cooking that began to blossom when she was young.

Because of her husband Edward's job, O'Neill and her family spent five years in Singapore during the 90s, where her passion for cooking intensified.

"I took cooking classes and I had a Filipino maid who taught me all these wonderful, wonderful dishes," she said, explaining that she learned to create such dishes as Thai beef salad, different cole slaws and several varieties of the region's popular spicy noodle dishes. "I just kind of recreated that here."

Now that she's out on her own, O'Neill is busy whipping up batch after batch of her own fresh salsa, and actively looking for new shops and stores who are willing to give it a try.

Once that happens, anything's possible. "My five year goal is to open up a chip and dip store, where people could come in and get specialty chips and crackers," she said.

Taleo is an acronym for O'Neill's children: Tina, Amy, Laura, and Edward O'Neill, and comes in varieties of hot, medium and mild.

For more information, or to contact Mary O'Neill, visit [www.taleofoods.com](http://www.taleofoods.com)



## Living a life of chocolate in Clarkston

By Phil Custodio

The chocolate business began as a hobby for Christie Kojima, owner of the Chocolate Moose in downtown Clarkston.

Twelve years ago, she just had her twins, and she was not ready to go back to work as an office manager as quickly as she expected. She was looking for a Christmas gift idea that wouldn't cost too much, and decided to make some candy.

One of her first creations was the Christmas sucker, which was chocolate, molded into a likeness of Santa Claus, on a stick.

"People really liked them," Kojima said.

She continued to work with and come up with other chocolate novelty items, which she would bring to craft shows and other events, for about another six years. Then she decided to make it her business.

"I was reaching the age where people were saying, 'if you're going to do it, you'd better do it,'" she said. "I thought, why not do it? It sounds like fun."

She has been at her present location, at 23 S. Main St., for about four years.

"The community has been very supportive," she said.

She and her six "elves," Gaylene Portela, Danielle Portela, Ashley Portela, Lesia Wasykewych, Jaimee Olsen, and Keegan Sulecki, make about 95 percent of what they sell. Ashley and Danielle are Oakland University students, and Wasykewych is a student home for the holidays from the University of Denver, Colorado. She worked at the shop when living locally and came back to help out during the holidays.

They use a bank of chocolate tempering pots and about 500 plastic molds of all shapes and sizes. They continuously



From left are candy makers Ashley Portela, Lesia Wasykewych, Gaylene Portela, Christie Kojima, and Danielle Portela, of the Chocolate Moose on Main Street. Photo by Phil Custodio

experiment and create new novelty products, such as chocolate golf clubs and tool sets, while keeping old favorites, such as Moose Tracks and Holiday Herds of Moose.

The moose herds, bags filled with small chocolate pieces shaped like moose, were first created as samples to give out when she opened her business.

"People kept asking for them," Kojima said. "So we were frantically mass producing them."

To expand her reach, her website, [www.MooseChocolate.com](http://www.MooseChocolate.com), will soon be online.

"The web site is a big thing - we've been gearing up for it," she said. "We redesigned all our packaging to make it modular so that everything would fit into boxes for shipping."

Special items will still be available only at the downtown shop, she said.

For more information, call 248-922-9848.

## New ideas, best burgers at Deer Lake Inn

By Phil Custodio

Deer Lake Inn is under new management.

It still doesn't offer bed-and-breakfast services, but it does serve half-pound hamburgers. The Dixie Highway restaurant specializes in its burgers, and will soon add a quarter-pounder to its menu.

"They serve the best burgers in town," said a customer sitting at the bar this past Friday.

"We're known for our burgers," agreed Rene Blackburn, head cook at Deer Lake for the past three years.

For John Hall, who has owned Discount Marble and Granite on Airport Road for the past 20 years, this is his first venture into the restaurant business.

"I've known Bob (Lalone, Deer Lake Inn's previous owner) for a long time, and I found out he wanted to sell," said Hall, who lives in Waterford. "This is something I've always wanted to get into."

The new owner is looking to expand Deer Lake "out and up," with 20-foot expansion, deck on the roof, larger bar, and other renovations.

"I want it to be a nice place up on the hill," Hall said. "I want it to be more restaurant than bar - a restaurant that serves drinks."

The menu features fresh vegetables and salads, Icelandic cod, homemade chili and soup, and daily specials, as well as its burgers.

It also offers live entertainment on Fridays and Saturday, featuring a variety of musical styles including classic rock, country, and new wave.



John Hall is the new owner of Deer Lake Inn on Dixie Highway. He and head cook Rene Blackburn have lots of new ideas for growing the restaurant.

During the week is karaoke, with local DJs Mark on Tuesdays and Linda Kay on Thursdays.

Other activities planned along with renovation work include team sponsorships, pool and Texas Hold 'Em tournaments, Wednesday ladies nights, and Keno.

Hall has joined the Clarkston Area Chamber of Commerce, and plans to get involved in community activities.

"I'll get out and meet the people," he

said. The Deer Lake Inn is named after the historic Deer Lake Inn of the 1800s. The newer version, 7504 Dixie Highway, was always used as a restaurant, not an inn.

"Everyone thinks we're a hotel, but we're not," Blackburn said.

Hours are 11 a.m.-11 p.m. Mondays and Wednesdays, 11 a.m.-2 a.m. Tuesdays, and Thursdays-Saturdays. Carryout is available.

For more information, call 248-625-7788.

## Bringing a little Sunshine to her hometown

By Phil Custodio

Sunroom Tanning on Dixie Highway, which has been tanning area residents for more than 18 years, has a new owner - Scarlett Mosher.

Before purchasing the tanning salon, Mosher worked with her husband, Greg Mosher, at Comunale Fire Protection Services. Scarlett, who grew up in the Clarkston area, also worked at Big Apple Bagel.

"That was a lot of fun," she said.

Before that, Greg was serving in the Air Force, and the family lived in Idaho, California, and Korea. After his service ended, they moved back to Clarkston with their children Katie, 19, and Joshua, 15, who also help out at Sunroom.

"This is a good way for the kids to learn customer service and how to work with people," Scarlett said.

Scarlett Mosher learned that Sunroom was for sale when talking to friends at the Clarkston bagel shop.

"I looked into it, and bought it in August," she said.

Moving into the long-time business has been interesting, she said.

"It already has established clients," she said. "It's not like opening a new business - it's more like being adopted by it."

She has brought a new, eclectic look to Sunroom Tanning, redesigning the front room and adding a lotion bar. The lotions, which include Australian Gold and Swedish Beauty, have all kinds of feels, textures, scents, and colors.

"We have a broad range, and we can get any kind the customer has a preference for," she said. "Lotion is a fun thing. It helps you tan better."

Scarlett, Katie, and Joshua, the "Tan Line Inspectors" at Sunroom, try out all the lotions themselves before offering them to customers.

"We try to put on as much lotion as possible - we want to know that it works," she said. "We don't put anything on our customers we haven't put on ourselves."

She plans to run the salon mostly the same way it has always been.

"Why change a good thing?" Mosher said. "For 18 years, people have been coming here because there's something here they like."

The salon has four stand-up and two bed tanning units, all of which are equipped with Wolf brand light bulbs.

"It's not so much about the equipment - it's about the light bulbs," she said. "I carry the best light bulbs I can."

Regular tanning sessions last from 8-20 minutes, depending on the customer's skin type.

"We don't want to burn anyone," she said.

Katie and Joshua are also working to make Sunroom accessible through the internet, on the My Space website. Manicurist "Dee," who has been at Sunroom for seven years, does manicures and pedicures by appointment.

Sunroom Tanning & Nails is located at 7010 Dixie Highway. Call 248-625-0060.



Scarlett Mosher



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# YOUR BIZ WORLD

■ E-mail high-resolution photos (200 dpi jpeg images or better) from your business event to [Biz@clarkstonnews.com](mailto:Biz@clarkstonnews.com). Heck, if it's good enough we'll even make it the cover shot!

## Carol's Flowers now Candice's



Candice Jones

Customers who frequented Carol's Flowers on Sashabaw and Maybee may have been disheartened to see the shop close up a month ago. Fortunately, store owner Candice Jones was not closing down, just relocating.

The family-owned store, now called Candice's Flowers recently opened at 7012 Dixie Hwy in Clarkston, located next to Sunroom Tanning.

"I'd like people to know we're still around," said Jones, who is already hard at work preparing for one of the busiest times of year - Valentine's Day.

The location is new, but Jones said people can still come to Candice's for the services she has been providing for years.

In addition to flowers, the store also sells cards, balloons, stuffed animals and other gift items for special occasions. As always, orders can be shipped anywhere.

Store hours for the new location are Mondays-Fridays, 9 a.m. - 5:30 p.m. and Saturdays 9 a.m. - 4 p.m. For more information, call 248-623-2255 or visit [www.candicesflowers.com](http://www.candicesflowers.com).

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## Retirement is a steady vacation from jerks

By Bill Kalmar

Many senior citizens approach their golden years and retirement with trepidation. Not me. I retired four years ago after forty years in the business world and am now looking forward to my next forty years in a lifestyle filled with excitement, fulfillment and a schedule of my own making.



Bill Kalmar has an opinion. What's yours?

Each day is a new adventure and I'm ecstatic to be going along for the ride! Permit me to enumerate just some of the highpoints of being retired:

No more dealing with jerks in the workplace. I now live and function in a jerk-free environment!

Forget about being politically correct. As a senior citizen, I can now speak my true convictions. As such, people don't take offense - they just think that I'm a nut job!

No more ridiculous training classes where you do clever things like putting your shoes on opposite feet to equate that function with "change" so that you can more fully understand how to cope with it in your work environment. Come on! This is just ridiculous! I should know - I taught it for years!

Retirement has allowed me to train for and compete in triathlons where I have even won my age group on several occasions. Not hard to do when you are in the "60 to death" age group.

Now I can visit usually crowded tourist attractions on the weekdays when no one but my fellow seniors are present - and heck, I can outrun and out walk most of them so I always manage to get to the front! And it's easy to locate seniors - they're the ones wearing black socks and sandals!

No more strategic planning meetings where most of the time we never followed the plans anyway. Operating off the seat of your pants always was more appealing and unquestionably that method beat "the plan" every time!

And forget about composing and delivering performance reviews, which frankly are a nuisance. Employees don't alter their work habits unless their health insurance covers lobotomies. I can attest to the ineffectiveness of performance reviews because I used to teach that nonsense. As such, progressive organizations are opting for "Results Reviews".

No more coming in Monday morning and asking the worn out question: "How was your weekend?", followed by the usual mind numbing response - "It was fine." Frankly, I never cared how someone spent his or her weekend!

Golf - golf - golf!

And let's not overlook those dis-

Continued on page 10

## Tips To Increase Your Savings Potential

By Bill Illis

Benjamin Franklin once said "Watch the pennies and the dollars take care of themselves." Budgeting your finances can take some determination and financial discipline. However, even if you do not work with a budget you can still save money with little or no hassle. Would you like to increase your balances in your bank accounts? If so, here are some fail-safe tips to help you grow your accounts and make your money work harder for you.

### Remember the small stuff counts!

If you're like most people, you collect a fair amount of change every day. At the end of the day, you may have anywhere from a couple pennies to a couple dollars. Why not open a Vacation Club account or a Holiday Club account and deposit weekly the change you collect? It may not seem like a lot of money, but that small change can add up to \$6 or more a week, depending on what you spend. After a few months, the balances in your club accounts will be growing nicely. For example, if you save merely \$.50 of pocket change a day and deposit it into a savings account regularly, in one year you would have \$182.50, plus interest. Chances are, you accumulate more than \$.50 of pocket change a day, which means your savings would be much greater. Saving pocket change is an easy way to increase your bank account, so remember the pennies!

### Where did my money go?

In addition to saving your change, you can use your bank accounts to play hide and seek with your own money. If you have not done so already, have your paycheck directly deposited into your bank account. Not only will direct deposit guarantee that your money is available to you immediately, but it will lessen the temptation to withdraw money because you won't have to go to the bank on payday. By making it harder to raid your account, you make it easier to save. Once you have direct deposit established, open a savings account and have your bank set up automatic money transfers. That way you can easily move money from your checking account to a savings account, psychologically making it less accessible. Better yet, set up different accounts for different purposes (e.g.

wide screen TV, vacation, emergency savings, etc.) and work toward a savings goal. Not only does this hide your money from you, but it also keeps your eye on the prize, bigger balances!

### Balance your checkbook daily!

Since the advent of online banking, it's easy to look at your account daily to make sure it's in balance. If you ever made an accounting error in your check register and been stung with an overdraft fee, you know the pain of paying a fee for a simple math error. Even if you balance your account daily, you still can make a mistake from time to time. That's where an overdraft line of credit can come in handy. This consumer loan is "attached" to your checking account and covers your purchases in case of a mistake. Not only will a line of credit cover a check or debit card transaction where you have an insufficient balance, but it also takes the costly overdraft fee out of the equation. Instead of paying about \$30 for a mistake, you can expect to pay a nominal amount of interest for balances outstanding on the line of credit. In the long run, you buy peace of mind and insurance that mistakes and costly bank fees are not eating up your savings.

### Charge yourself Fees!

Your bank charges you fees for your account. Why not follow suit and charge yourself fees whenever you write a check or use your debit card. Let's say you use your debit card to buy a cup of coffee. When you record the transaction, charge yourself an extra dollar. The same goes if you're buying groceries or any other transaction. Make up a transaction fee that you can afford and stick to it. If you were to do 60 transactions a month at a dollar apiece, you just generated \$60 of "fee income" for yourself. Each time you write a check or use your debit card, record the transaction fee and

deduct it from your balance. At the end of the month, add up your transaction fees and transfer the "fee income" to a savings account. It's an easy way to put away money to help your account grow. You also can increase your "fee income" by rounding up your transaction to the next even dollar. For example, if you were to buy gas using your debit card and the cost filling your tank was \$31.10, write \$32 in your transaction register. Each time you do this you build a cushion in your checking account. If you also charge yourself a dollar transaction fee, you just saved \$1.90. After a while your fees - and savings - add up. Just be sure to keep a log of the rounding and fees so that you can balance your account easily.

### Is your money in the right place?

Once you begin saving money, you need to make sure it's in the right place. There are many different types of bank accounts to fit your needs. Not all accounts are created equal, and depending on your personal finances, one may work better than others. From the standpoint of interest rates alone, at most banks, you'll do best with certificates of deposit, unless you need the money right away. Not only are CDs a very safe investment, but the interest on them is generally higher than the interest on checking, savings, and money market accounts. The only drawback is that if you need to get to your money before the CD matures, you are subject a penalty that could eat up the money you earned or more. There are many good accounts available. To be sure you have the right one for your situation, sit-down with a personal banker and check out your options.

Saving money can be fun and easy. No matter how much you earn, you can always save more than you thought possible. Try the ideas for saving listed above or make up your own. The important thing is to get started. If you would like more information about saving money or banking products and services, you'll find my contact information below. I welcome your ideas and feedback.

If you have great savings tips, success stories, comments, or questions, please call me at 248-475-0696 or you can e-mail me at [william.a.illis@flagstar.com](mailto:william.a.illis@flagstar.com).

## New location, services for Keepsake Flowers

By Laura Colvin

With a brand new location just a quarter mile north of the old spot, Jacque Kucyk of Keepsake Flowers is ready to expand the products and services she and her staff offer.

In addition to the cut flowers, plants, wire service and gifts available at the shop, Kucyk will now work in concert with neighboring Lowrie's Landscaping to offer customers complimentary services and more of a one-stop-shopping type experience.

Expanding, she said, just seems like the natural next step, noting that she took over the shop about a year ago when Keepsake's previous owner was in the process of liquidating the business.

It's been a year-long learning experience, but Kucyk believes the efforts have helped her provide customers with a quality product.

"I triple process the flowers, which I think is very important because the vase life is longer that way," she said, explaining that not all floral retailers use

the longer and more costly method. "I've had people come in and tell me flowers will last up to two weeks if they change the water."

Kucyk, who offers standard wedding and funeral arrangements as well as custom designs, said she and her staff do whatever they can to help customers achieve just the right piece.

Recently, she created a funeral arrangement for the family of an avid golfer, who requested the flowers be arranged in a real, full-sized golf bag.

"It turned out really neat," she said. "The family loved it."

Another family requested an arrangement using a bowling ball and pin. Again, success. It is customer satisfaction, she said, that drives the business.

"I'll back up what we sell," she said. "If someone has a problem I've always fixed it."

Keepsake Flowers is located at 9561 Dixie Highway in Springfield, Towns. Call 248-625-5302 or visit [www.keepsakeflowers.net](http://www.keepsakeflowers.net)



Jacque Kucyk



## Oxford Bank promotions

Oxford Bank announced the appointments of Anthony P. Lasher and Sandra D. Whitehead to assistant vice president and Nathan E. Davidson, who started at the Clarkston branch, to bank officer.

Lasher initially joined Oxford Bank as marketing manager in July of 1999 with the responsibility for overseeing and implementing all of the bank's marketing, communications, and community relations efforts. He was promoted to bank officer and marketing director in December of 2002. Prior to joining Oxford Bank, he spent the previous four years directing the communications efforts of three professional sports franchises in Detroit and Grand Rapids.

Whitehead is a 25-year employee of Oxford Bank. She attained her current position of items processing manager in July of 1996 and was appointed a bank officer in December of 1998.

Whitehead is responsible for overseeing all of the bank's items processing activities as well as assisting in the planning, development, and direction of systems analyses, programming, and operation of its in-house electronic data processing system.

A long-time resident of Oxford, she joined the bank's items processing department in September of 1981 as a co-op student from Oxford High School. Whitehead transferred to the accounting department as a clerk in June of 1986 and then rejoined the items processing area in March of 1993 as a specialist.

A six-year employee of Oxford Bank, Davidson is the supervisor of the bank's internal audit function; a position he has held since September of 2005. His responsibilities include evaluating the development and implementation of the bank's operational and administrative control procedures and monitoring those procedures on a day-to-day basis. He began his career at Oxford Bank's Clarkston office.

**Send in your advancements, promotions, honors and achievements via e-mail to:**  
**biz@clarkstonnews.com**



**Nathan Davidson started in Clarkston.**



**Anthony Lasher**



**Sandra Whitehead**

## Want to get your life back? Start with your calendar

By Sandy Fowler

What does your calendar look like? Is it a pocket size notebook, a monthly calendar, a journal, or a planner? Is it paper or electronic? The style you choose will depend on your organizational style and your life-style. However, no matter what style of calendar you choose, it is a very powerful tool.

Your calendar is a tool you use to create your life. This is the place where you make decisions about what gets to be part of your life and what doesn't. When someone invites you to an event, what is the first thing that happens?

You decide whether or not you want to attend. This usually happens in a split second. You just go with your gut, or you get swayed by the person who invited you. What would it be like if you were able to take some time to make that decision? What if you could think about it, decide if this is how you really want to spend your time, and then answer the invitation? Your calendar gives you that chance. It gives you the opportunity to put the important things in your life first, to mold and shape your life. So what do you want your life to look like? How do you want to schedule your time? You'll have to spend some time thinking about your priorities. When those are clear to you, put them on your calendar.



**Sandy Fowler, president/founder of Reclaim U**

Remember to schedule time for yourself (you're no good to anyone if you don't take time to refresh yourself), time for the people you love, and time to follow your dreams. Life is busy and if you don't create time for the important things they won't happen. Life happens whether we plan or not. If we don't take control then someone else will plan our life for us.

The next time someone invites you somewhere, or asks you to do something, take a deep breath, then say, "I'll check my calendar and let you know. Would tomorrow afternoon be a good time to get back to you?" Then do what you said you would do. Check your calendar, and check your priorities. Is this something you really want to do? Does it fit in with your priorities right now? If your number one priority is your family and you were going to have dinner together but someone invited you to attend a lecture, or to play basketball, which event do you want to take precedent? These are the moments that shape our lives. This is your opportunity to make a small choice that will have an impact on your life. So take your time. Just because someone asks you a question, or gives you an invitation, it doesn't mean you have to give an answer immediately. As Frederick Frieseke said "The key to your universe is that you can choose." It's your life, choose wisely.

For further information, questions or suggestions please contact Sandy Fowler at 248-620-1209 or [SandyFowler@ReclaimU.com](mailto:SandyFowler@ReclaimU.com)

## Clarkston State Bank makes appointments

Clarkston State Bank has announced the appointment of two new commercial lenders.

Richard Sculthorpe of Commerce Township is now vice president/commercial lender and working from the bank's Waterford branch. He previously has been employed by Mainstreet Bancorp, LaSalle Bank, Clarklift of Detroit and Great Lakes Bankcorp. He received his undergraduate degree in accounting from Eastern Michigan University

Charles Parker of Davison has been appointed assistant vice president/commercial lender and works from the bank's M-15 branch. He previously has been employed by LaSalle Bank, Republic Bank, Citizen's Bank and the Holiday Inn. He received his bachelor of science and master of science degrees from Central



**Rich Sculthorpe**



**Charles Parker**

Michigan University and his master of business administration degree from Chadwick University.

Clarkston Financial Corporation is the holding company for Clarkston State Bank, which opened in January 1999, and operates five branches in Clarkston, Waterford and Independence Township.

## Improving Business Performance

*Continued from page 3*  
 use a 5 point scale:

1 = poor; 2 = fair; 3 = average; 4 = good; 5 = excellent.

On April 27, 2007, Pat delivers presentation to staff on the new Billing system.

3. Implement the plan. Pat's IDP is just a "wish list" until it is implemented. If done correctly, you and Pat will be working together as a team on his/her growth and advancement - very powerful stuff!

4. Don't stop. In this step, we assess results and determine the next steps. How well did Pat do delivering the April 27 presentation? Did Pat meet all the standards you mutually established in the IDP? Is Pat's proficiency where it needs to be or does Pat need further training or practice? Keep working with Pat until he/she can meet or exceed the performance standards established. Update Pat's IDP to reflect any additional steps that he/she needs to complete (see format in #2. Fill the Gaps).

5. Don't forget your IDP. I have found that far too many business leaders exempt themselves from the IDP process. Many leaders cannot admit to themselves (or to

others) that they, too, need to sharpen existing skills and acquire new ones. Big mistake. Nobody knows it all and nobody does everything well.

Unlike the business leaders I described above, you have decided to create an IDP for yourself and you will work with your employees to create their IDPs. You will help your employees get-on-board by conspicuously completing steps on your IDP and by partnering with them to complete their IDPs.

Why did you decide to implement this aspect of the employee development process? Because you are determined to build your own skills and the skills of your employees; you want to strengthen your company's ability to execute current duties and to respond to future challenges; you know you need to stay abreast of, or ahead of, your competitors; and because you want to position your company to succeed! Congratulations! Great decision!

If you have comments or questions about today's article, please contact me: Ron DeLorme, Manager Max Performance Improvement, 248-396-0503 (see ad on page 6)

## What keeps CEO's awake at night?

By Michael A. Campian

Starting a new business can be very stressful, but exciting. Maybe you just got laid off and are starting a new chapter in your life or maybe it is something you have always wanted to do but never had the courage to do it. Whatever the reason, there is always the satisfaction of knowing you cannot only find customers, but could do a better job at servicing them than your competition.



**Michael A. Campian, Partner**

**The Company B2B**

grew  
 Sales started to grow and you have plenty of cash in the bank, and your customers could not be happier with you. Your dreams also start to grow with thoughts of creative and exciting ideas to beat out your competition even more.

**The Company grew even more**  
 As sales grew even more, things seemed to change. How can you have so little cash when sales were almost ten times higher than when you started the business?

Things start to get more cumbersome. You are still interviewing prospective employees, managing cash, and then there are the endless meetings with lenders, accountants, attorneys, insurance agents, vendors and customers. Time used to be spent creating ideas and spending time with key customers.

You had no idea how difficult it was to deal with the Family Medical Leave Act, OSHA, workers compensation audits, bank examiner audits, etc. The endless questions, the time, and the money spent was frustrating beyond an ability to describe.

**Things started to change**  
 Employees that were so willing and eager to work long hours for a reasonable salary began to get a little greedy. They assumed the company was floating in cash because of the high sales volume. They always wanted more. More wages. More vacations. More paid holidays. More health insurance. It seemed to never end.

**Where did the cash go?**  
 You are not paying yourself any more than you did a few years ago. Your bookkeeper has never given you an adequate explanation where all the cash had gone. Can someone be stealing from the company? Things were much easier and you never had cash problems when your company was much smaller.

**The Danger Zone**  
 In his book "The Danger Zone: Lost in the Growth Transition", Jerry Mills, Founder & CEO of B2B CFO®, writes that The Danger Zone is created when the cash needs of your company far exceed the cash available to meet those needs. The main reason for this is the outgrowth of the company's infrastructure.

This infrastructure comes in many forms; it is your employees, computer

*Continued on page 10*



## What's a benefits coach?

By **Tabethia Tiseo-Shell**  
Agent/Owner, Life/Health Producer

Is your benefits professional just about transactions?

-OR-

Do you have a benefits coach?

Coach can be construed as an outline of action steps:

- Create
- Organize
- Advise
- Coach
- Hard Work

The result of these action steps is: Making a difference!

One of the most often quoted coaches, Vince

Lombardi said, "The most important thing in the world is not where we are, but in what direction we are heading."

Your benefits coach should have this same philosophy, coupled with knowledge and experience with a dedication to excellence. Is yours really helping you and giving you the care, enthusiasm and passion you deserve? Your benefits coach should be self-confident and believe he or she can provide you with an excellent service guarantee, promising innovation, pro activity and most importantly plan leadership and guidance. A benefits coach is someone interested in you and your employees, not just the financial results.

A benefits coach will:

- Provide meaningful advice -- that is your benefits plan will be particular to your group needs and circumstances not just the flavor of the month.

A coach's advice is given in layman's terms so that clients can evaluate the recommendations without feeling intimidated because the advice is not understood.

- Be trustworthy -- they will give you advice beneficial to your group and ensure that your benefits package is the right package for your company, not for their personal gain. Coaches represent their clients' best interests and give straightforward advice.

- Address your benefits needs -- issues such as caring about you and your employees. Being available for a one on one meeting with employees that have special needs or concerns.

- Communicate on an ongoing basis -- consistent and continuing communication will be maintained to be responsive to you and your employees concerns and general well-being.

- Provide outstanding service -- Your coach will understand the importance of timely responses, periodic meetings, specialized communications and actions that will ensure that your interests are kept in mind.

- Understand and explain -- a willingness to perceive your problems and goals, offer solutions and most importantly explain them so that you and your employees are most comfortable



**Tabethia "Tab" Tiseo-Shell,**  
owner of Premier Employer Ins. Benefits

Continued on page 11

## Retirement is a steady vacation from jerks

Continued from page 8

counts for seniors at the fast food chains known as "senior sodas" - the discounts on a certain day of the week at grocery and department stores, and movie theaters. Such announcements in the local papers make for good public relations and obviously the companies don't think we have the strength to show up but we fool them every time!

And not once in the past two years have I heard the words merger of equals, right-

sizing, or that most popular of business jargon -- synergy!

On the positive side, I enjoy getting up in the morning, reading the paper with my spouse of 43 years and then going our separate ways to exercise - she to the gym - me out for my five mile run followed by a seven mile bike ride. Then both of us meet for lunch - the highlight of my day!

Yes, I am thoroughly enjoying retirement! The best part is observing my neighbors drive off to work in the morning

knowing that that their day will be filled with jerks, brainless and endless meetings, jerks, vendor lunches where you hold your breath just waiting for the sales pitch until you regurgitate your pasta, more jerks and the eventual company reorganization of the section that was just reorganized last month! Retirement? I'm lovin' it!

*Bill Kalmar lives in Lake Orion (Former Director of the Michigan Quality Council - 1993-2003) (Malcolm Baldrige National Quality Award Examiner (1996-1997) (Malcolm Baldrige National Quality Award Board of Overseers (2000-2003))*

## What keeps CEO's awake at night?

Continued from page 9

systems, vendors, bankers, machinery & equipment, buildings, etc. The outgrowth can be identified by customer complaints, decreased productivity, higher employee turnover, delays in vendor deliveries and the reduction of cash. Those increased sales did not come without a downside. Now your cash is tied up in inventory and accounts receivable and you find yourself lending money to the company to cover overhead.

You now find yourself creating cash

flow statements, meeting with bankers and lenders, hiring and firing of staff and even writing checks again, all of which are considered minding activities. This is causing damage to your relationships with your customers, vendors, employees and could lead to the downfall of the company.

You are losing sleep at night when you realize that your competitors were spending more time with your customers than you were. The stress becomes overwhelming and something must be done.

**Escaping the Danger Zone**

Certain things must change for the financial health of the company. 1) Find sales with good margins, 2) Leave the minding activities to others, and 3) Let others find cash, you need to generate sales. The above is all too common with owners of closely-held companies. You are not alone if you have these concerns. Just don't let them get the best of you or your company, find professional financial assistance to help you escape the Danger Zone and to help you sleep better at night.

*Michael A. Campian, Partner, B2B*

## Food-drug Interactions

By **Chris Meny, R.Ph.**

Just when you thought you only had to worry about your medications possibly interacting with one another, I throw this bit of information at you. Many people may not consider the fact that food (including nutritional supplements and alcohol) can have an impact on the way medications affect their bodies. Avoiding food-drug interactions does not always mean completely avoiding certain foods. Sometimes it just means that a medication should be taken at a different time than the offending food.



**Chris Meny,**  
Walgreen pharmacist

Food-drug interactions occur due to a variety of factors. Therefore it's important to follow directions very carefully. When a medication is recommended to be taken with food, it may be necessary to avoid certain ingredients. Food may increase or decrease the effectiveness of a medication by affecting absorption, metabolism, or the drug's mechanism of action.

In the case of absorption, certain foods can either delay or decrease your body's ability to absorb a medication. Medication absorption can be affected by the presence or lack of fiber, fat, protein, or any substance in the stomach. For instance, absorption of Levothyroxine (a synthetic thyroid hormone) can be decreased by taking the medication with a meal high in fiber. A diet high in fat can decrease the absorption of the heart medication digoxin, but can increase the absorption of medications such as diazepam (Valium®) and isotretinoin (Accutane®). These interactions can lead to treatment failure or, in the case of increased absorption, serious and possibly life threatening toxic effects.

Another common interaction that is overlooked by many people involves the consumption of grapefruit juice. Even though grapefruit is good for you, it causes problems with some medications. Grapefruit can increase the absorption of certain medications (such as amiodarone)

and can decrease the body's ability to metabolize certain cholesterol and heart medications. This interaction can lead to toxic side effects.

Three ingredients that are commonly found in multivitamins and antacids can also cause an unwanted interaction with your prescription medication. Calcium, Magnesium, and Aluminum can cause absorption problems when taken with certain antibiotics. These 3 ingredients bind to antibiotics such as Tetracyclines (ex. tetracycline, doxycycline, minocycline) and Quinolones (ex. ciprofloxacin, levofloxacin) and inhibit absorption. The general rule when taking vitamins and antacids while also taking prescription medications like these is to avoid taking them within 2 hours of the medication.

One of the most important interactions to avoid is between Warfarin (Coumadin®, Jantoven™) and foods containing Vitamin K. Warfarin is a medication that is commonly used to thin a person's blood to decrease the possibility of blood clots. Vitamin K is used by the Liver to make the components necessary for the body to form clots. Therefore, when taking warfarin, it is necessary to maintain a diet with a consistent amount of vitamin K. Increasing the amount of vitamin K in the diet can decrease the effectiveness of warfarin and cause the blood to become too thick, whereas decreasing the amount of vitamin K that is consumed could increase its effect and cause the blood to become too thin.

Alcohol consumption can also lead to bad side effects or toxicities. It can cause medication to be released from certain delayed-release dosage forms too quickly and can enhance the side effects of certain drugs. This interaction can cause a person to have a severe headache, nausea, vomiting, and possible increased heart rate. It is best to avoid alcohol.

With each new prescription and refill, many pharmacies list specific dos and don'ts for medications in the form of a patient hand-out. This will include diet instructions as well as storage requirements, side effects, and other warnings. It is important to read this information to protect yourself from harm. As always, have any questions about your medications, ask.

## Internet

Directory

■ Computers

**Contemporary Computer**

[www.3c-inc.com](http://www.3c-inc.com)

■ Dentists

**Clarkston Family Dental**

[www.clarkstonfamilydental.com](http://www.clarkstonfamilydental.com)

■ Finances

**Clarkston State Bank**

[www.clarkstonstatebank.com](http://www.clarkstonstatebank.com)

**Oxford Bank**

■ Insurance

**Dave Smith -- State Farm**

[www.statefarm.com](http://www.statefarm.com)

■ Internet & Web Design

**Slick & Bubba's**

[www.slickandbubbas.com](http://www.slickandbubbas.com)

■ Investing

**Raymond James**

[www.raymondjames.com/](http://www.raymondjames.com/)

**jameskuzan**

■ Newspaper

**The Clarkston News**

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

■ Printing

**Impressive Type**

[www.impressivetype.com](http://www.impressivetype.com)

■ Rehabilitation

**NOVA Care Rehab**

[www.novacare.com/semi.htm](http://www.novacare.com/semi.htm)

■ Restaurants

**Clarkston Big Boy**

[www.bigboy.com](http://www.bigboy.com)

■ Baby Boutique

**The Birds Nest**

[www.thebirdsonline.com](http://www.thebirdsonline.com)

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## Female OB/GYN welcomes new patients

Diana Cohen, D.O., a specialist in Obstetrics and Gynecology, is seeing patients at Clarkston Health Center. In addition to routine female exams, Dr. Cohen offers complete pregnancy care including infertility issues. She offers a new treatment of permanent birth control called Essure®, an intra-uterine tubal occlusion.

Dr. Cohen is taking the lead in contemporary options in women's health care including minimally invasive surgical procedures and hysterectomy alternatives. She treats all stages of menopause and offers bio identical hormone therapy. The new HPV vaccine is available, and adolescent patients are welcome.

Appointments for the Clarkston office are scheduled through her main office in Lake Orion at 248-814-9300, extension 20.

Clarkston Health Center is located at 5625 Water Tower Place in Clarkston just off of Dixie Highway, north of White Lake Road, in the shadows of the blue water tower. The Emergency Department is



**Dr. Cohen**

open 24 hours, 7 days a week. Other services offered at Clarkston Health Center include 24/7 emergency services, diagnostics, physical therapy, lab, pharmacy and other specialty physicians.

## Benefits coach?

*Continued from page 10*

with the benefits offered.

Your benefits coach will ensure you have a comprehensive benefits package. Their main concern are results, not the products they sell. The products are essentially a commodity, coaching and resultant service are not!

If you are looking for a benefits coach and/or have a need for additional information or need assistance with your benefits, please feel free to contact us or visit us on the web at [www.peib.net](http://www.peib.net).

Hope you have a successful 2007! Thank you for taking the time to read my column and I sincerely hope it helps you become more informed and most importantly successful. Remember, "Our Dedication Is To Your Benefit."

*Tabethia Tiseo-Shell. You can send me an email with your comments or suggestions at [tab@peib.net](mailto:tab@peib.net) or call us at 1-866-627-4111.*

## Photos work for your marketing materials

By Vicky Winkler

Photographs can really enhance marketing materials when used correctly. But, as many good images I have seen in the marketing world, I've seen as many bad ones. So, what makes a good photo? Here are a few points to consider:

### Use Correct Resolution

This is one of the most important points, and the most common mistake made. Photos should be 300 pixels per inch (ppi). So, a 4" x 6" photo should be 1,200 pixels x 1,800 pixels. And, more pixels are not necessarily better!



**Vicky Winkler, owns The Marketing Shop.**

Some people try to "pump up" photos by "adding" pixels, and it only results in a low quality image. Resolutions less than 300ppi will result in jagged edges. Resolution is particularly important for photos of people - fine facial features need good resolution to look well.

### Do NOT Cut and Paste Photos Off the Internet!

I have an exclamation point here because SO many people try to do this. Consider the first point above, about resolution, and the fact the resolution of web-based photos is 72ppi, and 300ppi is needed for good print quality. A photo "copied" or "cut and pasted" from a website will not work - ever. The only photos that can work from the web are ones that are designated as "high resolution" and require downloading.

### Hire a Professional Photographer

If you want a photo of your business in your print materials - whether people, place or products - hire a professional. Unless you have some photographic experience, proper lighting, a good camera, etc., do not attempt to do this yourself. I work with sugarVisions - a great photographer that will come to your place of business and photograph just about anything.

### Use Only Good Stock Photos

Stock photography can be an excellent option when you do not have any of your own photos and/or cannot have photos taken. It is also a good option when the photos you need are more of a "generic" nature.

Beware of free and/or very inexpensive stock photography - you can get lucky and get some good photos, but sometimes these photos are not as good as they seem - resolution can be artificially "pumped up", they can be out of focus, odd coloring, etc. I purchase a yearly subscription to photos.com - they offer professional images, there are plenty to choose from, and the quality is consistent.

**Crop, crop, crop!** The worst thing is when you insert a photo into a printed piece, and people need to squint to see what the subject of the photo is. The exception is an intentional large group or crowd shot. But, consider interesting ways to crop a photo or zero in on one element of a photo. Also, think about anything that is not needed to get your point across - sky, foreground, etc. Be careful of resolution, though, as you crop way in and the end result may be a very small image.

*Vicky Winkler, President of The Marketing Shop, can be reached at 248-310-9103 or [vicky@themarketingshoponline.com](mailto:vicky@themarketingshoponline.com)*



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## In Print and Online



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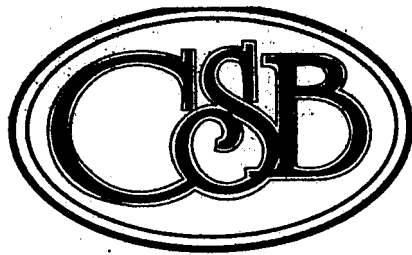


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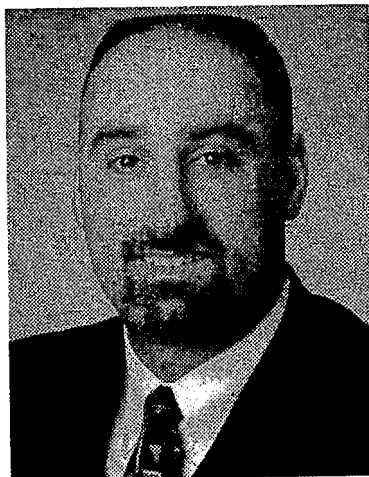
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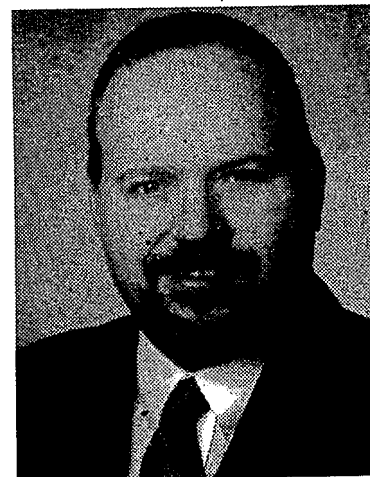
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