



Neighbors open home for SCAMP tour, please see page 18A

larkstun 2 Sections, 44 pages 50 ¢

Search starts for Clarkston superintendent

BY PHIL CUSTODIO

Clarkston News Editor

Discussions haven't started on how to. replace Clarkston schools Superintendent Al Roberts and dozens of other early retirees, but should soon.

'We will be losing many experienced and highly regarded staff and they will be sorely missed," said board Vice President Sue Boatman. "Employees have until June 11 to rescind their retirement application. I would expect employee replacement to be a discus-

sion item at the June 14 board meeting."

Roberts' retirement is a tremendous loss for the district, said board President Steve Hyer. "While no one is irre-

placeable, Superintendent Roberts Roberts worked tirelessly in his tenure in Clarkston to 'raise the bar,'" Hyer said. "I wish him the best in his future en-

deavors."

Clarkston Board of Education approved . Licata, the second administrator on the list, an Early Retirement, Severance Incentive Plan, May 26. With \$40,000 incentives for teachers and administrators, and \$5,000 or \$10,000 for support personnel, two administrators, 26 teachers, and 36 support staff signed up for early retirement.

Total estimated savings from the retirement plan equals \$2,136,243 over two years, said Linda Nester, director of Human Resources.

Clarkston High School Principal Vince

wasn't planning to retire when this school vear started.

"I planned for a couple more years, but as the year progressed, with the budget cuts and state incentives, it's something I decided to do," he said.

Licata has been in education for 35 years, including nine years teaching and 26 in administration. He was promoted from assistant principal to principal of Clarkston High Please see Options on page 4A

Where are the savings? **Trustees question results**

of contracted HR director

BY TREVOR KEISER

10.00

Clarkston News Staff Writer

When Carol Gabris was hired as human resource director a year ago, Trustee Mark Petterson said it was a "very, very big mistake.

The passing year didn't change his mind.

"One of the main reasons for hiring her was to not spend so much on attorney fees. It turns out we need our attorney just as much," said the Independence Township trustee. "She is doing something the three full-time or the trustees could and should be doing,'

Trustee Larry Rosso said they had to utilize the labor attorney during Teamster union negotations. He also said with this being a first year for Gabris she could "benefit from the institutional knowledge" the attorney had.

Please see Budget on page 31A





Remembering those who gave all

Jennifer Osborn, Dawn Bastian, and Sherry Harris honor fallen veterans as they would have during the Civil War. The re-enactment was part of Clarkston's Memorial Day Service in Lakeview Cemetery. For more pictures from the ceremony and parade, please see page 10A. Photo by Phil Custodio

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A 2 Wed., June 2, 2010 The Clarkston (MI) News

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Calibrate cancer survival at garden

BY WEND REARDON

Clarkston News Staff Writer

Great Lakes Cancer Institute invites cancer survivors, their families and friends to join them for "Survivorship ... A Partnership" on June 13 for the First Annual Clarkston National Cancer Survivor Day.

The national day is celebrated the first Sunday in June," said Susan Yun, RN. "It provides a way for us, the healthcare provider, to give back in a fun way and say 'let's celebrate your success."

GLCI, with McLaren Breast Center and Swan for Life Cancer Foundation, will have a picnic with box lunches including sandwiches from Tropical Smoothie, along with popcorn, cotton candy, snow cones and a coffee bar.

Entertainment includes the Clarkston High School Jazz band, clowns and caricature artists. They also have raffle items from LaVida Massage, Randolph's Salon and Waterfalls Jewelers.

Lila Lazarus, TV personality and health reporter, is the guest speaker presenting "An Extreme Lifestyle Makeover for Survivors."

"We can find some joy in one day to say we are proud of what you have, we realize the hard work," said Yun. "We are always focused on what is your blood count, what



Patrons enjoy a walk through the Garden of Healing and Renewal on May 27

are the side effects from your treatment, how are you feeling. We are glad you are here and we are glad to be here with you."

The celebration gives survivors and their families the opportunity to share inspirational stories, visit the Garden of Healing and Renewal and learn about other services for patients. The Garden of Healing and Renewal, this year's Community Beautification award winner, covers four acres featuring native Michigan plants, winding paths and a labyrinth.

"This is a community garden, built with McLaren Medical Center and Independence Township," said Yun.

They will also feature the opening of the American Cancer Society Community Resource Center and information on Food for Life, nutrition and cooking classes by The Cancer Project, arranged by Swan for Life, and Survivorship Lecture Series, a free lecture series during the summer at GLCI.

The Clarkston National Cancer Survivor Day is Sunday, June 13, 11:30 a.m.-2 p.m. at 5680 Bow Pointe Drive, Clarkston. Call 248-922-660 to RSVP

"It is a chance for community cancer centers, large educational cancer centers and healthcare providers to honor their patients and celebrate with their families," said Yun.



Briefly Students help moms

Clarkston-area pre-schoolers helped collect more than 14,000 items for women living in shelters across the state. A School for the Mind and Body worked with Two Men and a Truck in its Movers for Moms program this past Mother's Day.

Open house at Peace Unity

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and ents un. Peace Unity Church and Holistic Center, 8080A Ortonville Road, hosts the 2010 Summer Open House of Healing, 9 a.m.-5 p.m., June 5.

The annual fundraising event includes speakers from 10 a.m. 4 p.m., meditation and prayer sessions, butterfly release, and other activities, rain or shine. For more information, call 248-625-5192

Travel program

Independence Township Library hosts a travel program, 6-7 p.m., second Thursday of the month.

Topics include: June 10, Vietnam, Malayasia, Southeast Asia; July 8, Africa; Aug. 12, Japan, China; Sept. 9, Thailand: Oct. 14, Italy; Nov. 4, Northern Mexico and Copper Canyon, Dec. 9, Bariloche and Bolson in Argentina, Ireland, and Scotland.

For more information, call the library, 6495 Clarkston Road, at 248-625-2212.

River Day

River of Life and Wild Ones, North Oakland Chapter, host River Day activities, 9 a.m. - 2 p.m., June 12, in Depot Park, downtown Clarkston.

Free activities include weeding and planting in park gardens, planting native plants as part of an Eagle Scout Streambank Stabilization Project at the south end of the park, invasive species identification and eradication demonstrations, face painting for kids, rubber duck races, and a rain garden presentation. For more information, contact Laura Gruzwalski at 248-454-6856.

Call us with news, at 248-625-3370



Clarkston school bus drivers Pam Kaczor, Diane Hodson, and Amy Turner check out their gift bags.



Paula Rumbold-Elosegui thanks drivers for their service.

Parent presents gifts to beleaguered bus drivers

When Paula Rumbold-Elosegui of Independence Township heard about 20 percent pay cuts for Clarkston school bus drivers, she did more than feel sorry for them.

She embarked on a month-long fund raising project to provide gift bags to each and every driver. She and her family, husband Robert and children Corey; Tyler, Riley, Jordyn and Kyle, arranged a surprise presentation, May 27 at the district bus garage.

"It's nice, what she's done," said Kevin Bickerstaff, director of transportation. "The drivers will be surprised – they're wondering what's going on."

"It's so wonderful – it's nice to be appreciated," said driver Pam Kaczor, receiving her gift bag.

"It's awesome, very thoughtful" said coworker Amy Turner.

Fred Haynes, who is retiring this year, drove the Rumbold children to school for the past seven years.

"They've been a great support for us," Haynes said. "We need more families like that."

Businesses provided \$1,850 in donations and gift cards for each driver, Rumbold-

Elosegui said.

"They really came through," she said. "On Main Street, almost every single business donated."

See www.Clarkstonnews.com for a list of donors.



Driver Fred Haynes, with Rumbold children Tyler, Riley, Jordyn and Kyle. *Photos by Phil Custodio*



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Residents have advice for superintendent search

BY PHIL CUSTODIO Clarkston News Editor

For Henry Woloson of Independence Township, the retirement of school Superintendent Al Roberts is a time to consider new ideas.

One is to share administration with neighboring school districts.

"A few Michigan school districts share a superintendent," Woloson said. "With Dr. Roberts leaving, why not

explore the option for Clarkston and, say, Lake Orion?"

For Dawn and Mike Schaller of Independence, who have been leading a FOIA-fueled investigation of Roberts and the district, the retirement offers a chance for reform.

"We're ecstatic that Roberts is retiring," Dawn said. "We just hope that he is out of the district completely as of June 30 instead of the board allowing him to retire and come back on a one-year, or shorter, contract like Linda Nester and Dave Reshke did this year."

Woloson

An Independence Township resident who asked to be identified only by his initials, S.S., stopped by *The Clarkston News* to share his opinions.

He said the school board should look for a superintendent with business experience.

"Perhaps we should look for an individual who has a business background, who knows how to allocate funds properly," he said. "There should be 100 percent transparency in all dealings."

The Schallers, who were billed \$169 for one FOIA request for check registers, spending reports, and other documents, agree. "We wish for a new district-wide mindset that the business of the school district is to educate students to the best of the district's ability and within the district's budget," Dawn said. "Leave responsibility for Clarkston real estate and retail business to the local real estate companies and the chamber of commerce."

Superintendents in charge of multiple districts, according to Michigan Association of School Boards, include:

John Hagel, Shiawassee and Clinton County regional education service districts;

Michael Osborne, Morenci and Hudson area schools; and Janet Richards, Verona Mills, Church,

Sigel Township, Colfax Township, and Bloomfield Township school districts.

Also, Superintendent Jon Felske is in charge of Godwin Heights and Wyoming in Grand Rapids.

Consolidating administration would be more difficult in a bigger district like Clarkston, said board Vice President Sue Boatman.

"I believe that superintendent consolidation is being done in very small school districts in order to save money and because it's more difficult to find quality superintendents willing to locate there," Boatman said. "It's also feasible because the workload and time constraints in a small district are so much less for a superintendent. I'll do some more research into these districts to see if the idea merits consideration for Clarkston."

"I also believe size of the district will be a factor in whether sharing is a reasonable consideration," said board Secretary Cheryl McGinnis.

"While I would never say never regarding sharing a superintendent, location would seem to me to be a requirement."

Many options in search

Continued from page 1A in 2007.

"It's been a great tenure," he said. "I have nothing but positive feelings about everything in Clarkston."

Roberts presented three options in regards to his replacement: accept his July 1 departure date, 85-day extension at a third salary, or one-year extension, which would require the district to use one of its exemptions.

The state legislation originally allowed for one exemption per district, to let a re-

tiree remain working for a year and then retire under the current deal, Boatman said.

"Recently, the rules have changed," she said. "Clarkston now has eight exemptions. We do not have to use any of them."

Discussion on selecting a new superintendent should begin soon, McGinnis said.

"There have been many conflicts with board member's personal schedules, vacation and work, that have not allowed this discussion to take place yet," she said. "I'm hoping we will find some time ASAP."



Noah Mileski does a backwards crab walk in one of the races



Ashley Stevens drops the marble she found in the water into a tub.





Morgan Hunter and Jordyn Haden use team work to keep their cups full.

Fun in the sun

At the word "go" the boys headed to the ran back to their side were they sat down and East and girls headed to the West in North were declared the winner. Sashabaw Elementary's annual Field Day on May 25.

The girls quickly captured the flags and

The students also participated in other games following clues, filling water buckets and scooping treasures out of the grass.

Photos by Wendl Reardon



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nerosover ever preserved that the address of the set of

A 6 Wed. June 2, 2010 The Elarston (MI) News Phil in the Blank

A column by Phil Custodio



Tea Party groups are organizing locally, a sign of some local residents' ire with national politics.

Seeking a symbol to rally behind against the Obama administration's nationalization efforts,

they went with tea – the whole Boston Tea Party theme.

Their political opponents heard that and immediately thought of sex, and a way to call the Tea Party folks a vulgarism on national TV.



The response has been as galvanizing as anything the Tea Partiers can do. But I agree tea as a symbol of resistance hasn't held up over the years.

As a beverage, tea is weak, and it's British. Coffee would have been better, but opponents took that already as sort of an anti-Tea Party symbol.

How about whiskey? It's made of good, American corn. It's strong and powerful. It has American history behind it, with it's own rebellion.

Issues behind the Whiskey Rebellion of the 1790s even sound familiar, including taxes, federal power over citizens, and inadequate protection of the western frontier.

They'd have to work on the ending though. The original Whiskey Rebellion fizzled, ending with a show of force by the government and about 20 people arrested, all later acquitted.

Emperor Palpatine plunging into the depths of the second Death Star.

The eye of Sauron toppled from his perch atop the tower of Barad Dur. The White Witch getting the busi-

ness end of Aslan's teeth.

Voldemort rebounding yet another death spell off Harry Potter, this time with more permanent results.

The Wicked Witch of the West melting into a puddle of goo.

These scenes have been on my mind this past week, probably inappropriately so, along with cheering rebels, Middle Earthers, talking animals, wizards and witches, and Winkies.

The superintendent is (figuratively) dead! Long live the superintendent (once the school board decides who that is)!

Too much whitewash for reader

Dear Editor,

"To whitewash is to gloss over or cover up Meeting minutes changed to review or scandals or to exonerate by was intended; not what was said. Means of a perfunctory device of

investigation or through biased presentation of data. It is es-

pecially used in the context of corporations, governments or other organizations." – Wikipedia

A promised police millage for the people to vote on that is now just a vote for the highest taxes legally possible to be used for everything possible.

Lawn mowing that now costs less by spending over \$8200 of unbudgeted money from a planned deficit budget for equipment that will only be used 22 days out of the whole

Frustrations with township leaders

Dear Editor,

Dear Editor,

advisors.

variety of plans.

I read the article about the director of Parks and Rec. in Independence Township going on a medical leave last month due to the stress of his job working with the current administration. I can sympathize with him since my expe-

rience working with the current administration proved to be one of the most frustrating experience I have had in my adult life.

They are certainly dysfunctional and certainly not looking out for the publics interest as much as their own.

But I can't see the logic in taking a medical leave opposed to retirement after 30 years as its obvious that the situation won't change

Our new handicap accessible garden is

The new handicap accessible garden at

beautiful! Please print the following to ac-

the senior activity center in Clintonwood Park

is the result of a fantastic team of volunteers,

Independence Township staff, and county

The project was the brain child of Carolyn

Morrison and Rich Vogt of the center's Land-

scape Committee, and Oakland County Com-

munity & Home Improvement staff. Most of

the materials are being purchased with Oak-

land County's Community Development

Block Grant funds. Karl Drayton, retired draft-

ing teacher, measured the area and drew up a

Bill Jawkik, semi-retired from the Troy Road

Commission, advised on the amount of ma-

terials and the topography of the area. Fred

Lutz, retired brick layer, lent his expertise for

knowledge all who contributed.

till at least 2012 after the next election.

At a time when layoffs and downsizing is plaguing the township due to lost revenue it seems stepping aside would be the right thing to do for the township. If he couldn't handle the stress, I can only imagine the struggle his assistant is having in his absence with out compensation.

The tax payers in the township have been very generous providing free housing, utilities and vehicles as part of his salary for most of his adult life.

It's obviously time to take a break and enjoy life but please not on the tax payers' dime. Sam Moraco Independence Township

Thanks for help with center garden

the brick walkway.

Rich Vogt, organic gardener, planned the raised garden beds and got quotes for the materials. Brandon Wilke, seasonal employee, provided much of the skilled labor.

Andy Auten, Parks and Recreation summer camp counseler, added his construction expertise and labor. Adam Koziarski and other seasonal employees assisted.

Kevin Daniels, from the township's Facilities Maintenance Department, was the chief overseer, supervisor, expeditor, and laborer. Thank you Kevin and all participants for this beautiful addition to the center's landscaping. Thank you, Kent at Ace Hardware, for donating 20 bags of top soil and 20 bags of peat.

We hope that physically challenged persons in the community will take advantage of this unique gardening opportunity.

Margaret Bartos Senior Center Coordinator

A Look Back

From The CNews archives

15 years ago - 1995 "Living, breathing the OJ trial"

Clarkston High School graduate Greg Longstaff worked on all the on-screen, graphics for E! channel's coverage of the OJ Simpson trial.

"Teachers come out against privatization" In a strongly worded statement, Clarkston Education Association announced it opposed contracting any school work to private companies. Gov. John Engler and the state legislature had recently approved a new law to allow it.

"Arbitration claim to be heard in Detroit" Three impartial arbitrators heard a case pitting Independence Township against financial advisors, charging them with giving the township bad investment advice related to four securities that lost about \$3.7 million.

25 years ago - 1985

"Birtsas comes home" After growing up in Clarkston and following the Detroit Tigers, Tim Birtsas returned to Tiger Stadium to pitch against the defending world champions. Pitching for the Oakland A's, he struck out six with his fastball, but accidentally hit batter Kirk Gibson in the mouth, giving the Tigers an RBI and the win.

"Show roars on" Christy Colburn and her classmates at Pine Knob Elementary put on a talent show for their families and friends. Parent Lynn Coxen made tiger masks for one singing group.

"Spring face lift" Maria Arnold, Gini Schultz, Sally Shields, Helen Woolfenden, Carol Zorka, and other volunteers with Clarkston Farm and Garden Club planted flowers, raked, put down wood chips and moved a small tree at the Independence Township Library.

50 years ago - 1960

"Robert G. Phillips made police chief" Mr. Phillips, nine-year resident and fouryear patrolman in Clarkston, was appointed Clarkston police chief. Other Clarkston officers included Jack Peach, John Ronk, and Frank Green.

• "Boys combo entertains Cubs" The Dixieland band "Hot Shot Seven" entertained Clarkston's Cub Scout Pack 134. Band members included Bob Sawyer on cornet, Lewis Norris on trombone, Gary Hizer on drums, Pat Jordan on tube, Doc S. Clair on saxophone, and Dennis Urick, clarinet.

"Clarkston local" The Jerome Wilfords of N. Main Street spent the Memorial Day weekend at their lovely cottage on Lake Michigan. that never occurred, at ions, least not in public. A wall painted over so that it matches the sidewalk and buildings around it. Make it disappear because it is too dark, too colorful, too artistic, not artistic enough, not realistic, or too realistic.

year:

Let's cover it all up, whitewash it over, and exonerate everyone from everything they ever did. This must be what we want because it is what we have.

Meeting minutes changed to reflect what

Cory Johnston Clarkston

Resolutions mysteri-

ously changed to reflect

actions and approvals

Some 'laws' l've used to amuse and enlighten

I'm a occasional quoter of Gumperson's Law, which is probably interchangeable with Murphy's Law, McGurk's Law and your own law.

All somewhat resemble the "Law" of the armed services, depending which you want to attribute it to, "If something can go wrong, it will."

Readers can appreciate these "laws" if they have ever wondered why they have to go to the bathroom when their hands are dirtiest.

Or, why you hit every stoplight when you have the least amount of time. You can credit whoever you wish with the following:

All warranties expire upon payment of invoice.

You should give Murphy specific credit for: 'Everything takes longer than you think.'

Here's an oft-quoted one: The chance of bread falling with the buttered side down is directly proportional to the cost of the carpet.

And, if it jams, force it. If it breaks it needed fixing anyway. Back to Gumperson: A Smith

and Wesson beats four aces. Nothing is impossible for a

man who doesn't have to do it himself. Along the same line, anything you try to fix will take longer and cost more than you thought.

Are you beginning to understand Gumperson?

Toothaches never start until late Saturday night. The executive who can smile when things go wrong is about to blame it on somebody else. Beauty is only skin deep, ugly goes to the bone.

Government comes to mind with this observation: The greater the funding, the longer it takes to foul up the project. Or, where you stand on an issue, depends on where you sit.

Repairmen are not forgotten. The repairman will never have seen a model quite like this before ... when a broken appliance is turned on for a repairman, it will work perfectly.

I have some personal favorites, some that I have even found myself using in this printing business, this one in particular: There's never time to do it right, but there is always time to do it

Another favorite: The light at the end of a tunnel is the headlight of an oncoming train. And, when all else fails, read the directions . . . When in doubt. mumble. When

in trouble, del-

Jim's **Jottings**



you choose, all others move faster. However, long before Gumperson, Murphy and McGurk, there

a column by was Dr. Lester **Jim Sherman** Keiser, a psy-

chiatrist with a sense of humor, who propounded the law of life in 13 words:

"1. You can't win; 2. You can't even break even: 3. You can't even quit the game."

I learned this one last week trout fishing with four men and a boy: Trout will always go for the boy's hook first and most often. - - - 0 - - -

The following poem perhaps should have been in Jottings before Memorial Day, but it is really never too late.

'It is the soldier, not the reporter, who has given us freedom of the press.

"It is the soldier, not the poet, who has given us freedom of speech.

"It is the soldier, not the campus organizer, who has given us the freedom to demonstrate.

"It is the soldier, not the lawver, who has given us the right to a fair trial.

"It is the soldier who salutes the flag, who serves under the flag, whose coffin is draped in the flag, who allows the protester to burn the flag."

This is meant for all military personnel.

Sitting down wi

BY WENDI REARDON **Clarkston News Staff Writer**

Jack Kuczmanski sat down in front of the webcam and looked at the face on the computer screen, live from Denver.

He introduced himself to Avi. the author sixth grade Advanced Language Arts classes at Sashabaw Middle School studied and were interviewing via Skype.

Each student in Kristine Butcher and Anne Ortel's classes had read various works by Avi and researched his life.

The students had to made a connection between his life and his stories, said Butcher. They realized, though Avi had written over 70 books in different genres, some ideas, characters, settings and details came from his life experiences.

Kuczmanski had his question ready for the author after reading True Confessions of Charlotte Doyle and a collection of other stories. He leaned towards the microphone as his classmates watched

Avi on a large screen.

"Many of your stories are about kids figuring out who they are and not falling to pressures of others," he realized. "Did you struggle to be true to yourself?"

Avi addressed Kuczmanski and the audience of 50.

"When you are young, I mean this in a positive way, you are trying to find who you are and what you are," he said. "I think it is a fundmental and important part of being a young person. It's a part of living.

Avi in turn asked Kuczmanski a question, do you feel that way sometimes.

"Yes," he said without hesistating.

Maggie Collins asked if he had similar family problems as the ones he writes about in his books.

Avi described his parents and his relationship with them as well as his close relationship with his twin sister, who gave him the nickname Avi. His role as a stepfather



Kordell Kirkland asks Avi what pieces of the short story, 'Scout's Honor" came from his life experiences. Photo by Wendi Reardon

also often appears in his books, like in the Poppy series.

Sam Mead continued asking when Avi decided to become a writer.

He admitted he always wanted to be a writer and kept a diary in his senior year of high school and in the month of March he declared his future.

"I made my mind up to be a writer," he said.

Why write for children and young adults, the students asked.

"I like kids," Avi admitted. "You're smart, you are interesting and you have a good sense of literature. You are loyal readers. You read books for pleasure and entertainment and that's why I write them '

He also told the students his favorite book so far is the one he is currently working on. But as for reading, which he has read over 1,000 books, he doesn't have a favorite and doesn't want one.

"Each has a different meaning for me," he said. "It changes all the time.'

The students also asked about his process. It takes him an average of a year to a year and a half to write a book.

"Sore Losers took a day," he admitted. "I just sat there and wrote it. Bright Shadow took 14 years - it does vary. Writing is only a part of it. Production is part of it, too. Rereading and making sure all the details are there."

He tried out the title of his current book in the works to the students - "A Terrible Struggle with a Crazy Man."

The audience laughed.

"Do you like it," he asked. "Titles often change. No one has read it yet. I sent the first draft to the editor last week. If everything is good I will start rewriting it with her thoughts and suggestions."

Until it's published the students can anticipate the next release in two weeks, Crispin: the End of Time, the last book in the Crispin series

"My purpose is not to teach you something. It's to entertain you, amuse you. My goal is to make it fun to read," he said.

"It gets published and you buy it - it becomes your book. It doesn't matter what I thought, it matters what you think," he answered about any meaning in his stories.

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A 8 Wed., June 2, 2010 The Clarkston (MI) News



Sashabaw Middle School students raise funds for cancer research at the Relay for Life.

Middle schoolers fight cancer

Sashabaw Middle School students raised more than \$2,000 for ciety is saving lives and creating the fight against Cancer, May 15-16.

"We raised \$1,780.07 at Relay for Life," said Missy Ludd, seventh grade Leadership and Science teacher at Sashabaw Middle

School. "The American Cancer Somore birthdays by helping people stay well, helping people get well, by finding cures, and by fighting

back against cancer." The leadership team also collected \$344.07, May 1, at a car wash

at Maybee and Sashabaw, roads. All proceeds were donated to the American Cancer Society on behalf of their Relay for Life Team.

"I am so proud of them," Ludd said. "They worked really hard washing, rinsing, and convincing cars to pull in on such a dreary day.



Middle school leadership students volunteer at a car wash.

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A helpful push

Clarkston Police Chief Dale LaCroix uses his cruiser to push a stalled SUV brough the busy morning Main and Washington street intersection, May 28. Photo by Phil Custodio



'Don't throw stones...

A Clarkston Ridge Road homeowner heard a very loud noise and a vehicle drive off toward Sashabaw Road, 12:11 a.m., May 18. A small gray rock was lodged in one of the house's windows.

Arrested

Patrolling Bay Court Park, 4 p.m., May 14, a deputy ran the plate of a car and found it was registered as an impounded vehicle with Waterford Township Police. The driver said he paid fees on the vehicle, as confirmed by Waterford police. The passenger, a 22-yearold Waterford Township man, had two misdemeanor warrants out of 52-2 District Court for underage drinking, and was arrested.

Shoplifting meat

A former employee of a Sashabaw Road store was charged with shoplifting for trying to steal a shopping cart full of meat and barbecue sauce, 5:55 p.m., May 16. The 28-yearold Independence Township man was caught by an employee.

Drunk driving

A deputy stopped a car running a stop sign, 1:53 a.m., May 18, at Pelton Road and Sashabaw. The driver, a 24-year-old Independence Township man, had a blood alcohol devel of .13 and was arrested for drunk driving.

Stealing the pipes

An unoccupied home in the 5000 block of Timber Ridge Trail was sold, May 19, but not before someone cut and stole copper pipes from the basement.

Cracked up windshield

A cracked windshield and obstructed license plate attracted a deputy's attention, 8:45 p.m., May 20, on Ortonville Road near Citation. The driver, an 18-year-old Waterford Township man, was cited for the cracked windshield. The passenger, a 47-year-old Waterford Township man, was cited for having an open bottle of beer.

Gotta get home to my cow

A deputy saw a 53-year-old Otter Lake man drive pass a school bus with lights flashing, 4:31 p.m., May 20, at Dixie and Maybee Road. The driver said he was on his way home because his cow was having a calf, and was on his cell phone with his wife when he heard horns honking. He was cited for driving with license suspended and failure to stop for a bus.

'Allowed to be free'

A deputy noticed two men in a car in a, Sashabaw Road parking lot, 2:20 a.m., May 20, and stopped to talk to them. He noticed an open case of beer behind the passenger seat, and beer on the driver's breath. Asking where they got the beer, they said some guy bought it for them in Ortonville.

The driver, a 19-year-old Brandon Township man with a blood-alcohol level of .068, told the deputy people should be allowed to be free. The passenger, an 18-year-old Brandon Township man, said this was all a waste of time and money, and the case would be thrown out of court. They were cited for minors in possession of alcohol and released to their parents.

– Reports collected by Phil Custodio

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Haded Ink



American Legion Post 63 Honor Guard leads the parade.



American Legion Post Commander Barney Schoenfeld and Lt. Col. Jack Mason place the Memorial Wreath.

Marching in vets' memory

Residents filled Lakeview Cemetery to honor America's fallen heroes, Monday.

American Legion Post 63 led a Memorial Day parade of locally restored military vehicles and Clarkston High School band through downtown Clarkston to the cemetery.

They presented medals to veterans in attendance, presented the Memorial Wreath,

and, for the last time, read the roster of veterans interred in Lakeview.

Next year's ceremony will include a way to honor all local veterans wherever they are buried, said post Commander Barney Schoenfeld.

Clarkston Marching Band performed during the parade, and Clarkston Vocal Group sang during the ceremony.



Marching in the parade are Keith Nattrass, in full World War II combat gear, and his restored recon vehicle. Photos by Phil Custodio







Electrifying fun at Independence Oaks

Sisters Eva and Charley Bousho try out the Lightning Ball at the Wint Nature Center in Independence Oaks County Park. The center celebrates its 25th year anniversary with a memory tree prize drawing, bouncers, face-painting, puppet shows, refreshments, make-n-take crafts, give-a-ways and performance by the family musical duo, Gemini, at Tuning Your Tot, 1-4 p.m., June 26. Park and program admission is free. For more information, call 248-625-6473.



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Leg Pain? Back Pain??

Having back and leg pain can bring life to a standstill.

You might not be able to play golf, work, or even sit in the car for a 30-minute drive. It's almost impossible for anyone around you to understand how you feel. You can't remember the last time you even had a restful night's sleep.

When cushions in your back joints, called discs, get injured or wear out, they begin to degenerate and cause pain. Bulging and herniations begin to form, pressing on the nerve roots.

The most common invasive treatment for disc herniations is surgery. Even with health insurance the patient is left with their own portion of the bill, in excess of \$10,000-\$15,000, and sometimes more.

In addition, the recovery time and missed work can be anywhere from 3 to 6 months, not to mention the obvious severe risks associated with all surgeries.

> Before You Go Under The Knife And Opt For Spinal Surgery...

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rate of 76.5% with complete remission of Path Dr. Frank Iulianelli, D.C., FKCS. "spinal decompression therapy reported a success

and disability," -Rio Grande Hospital. Department of Neurosurgery

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The conditions this amazing treatment has proven successful for are:

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- A relapse or failure following certain surgeries
- Lumbar Facet syndromes

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Sincerely,



Swing at state finals

BY WENDI REARDON

Clarkston News Sports Writer

Gabby Spindler and Erica Zentner threw their tennis balls up into the air and poised their rackets as they descended back down.

They were practicing their serves on May 27 getting ready for the MHSAA Division 1 State Finals in Midland, June 4-5.

'It's going to be really tough," said Spindler. "I am expecting everyone to give it their all, not just our team but other teams. We are fighting for the same thing. We are training pretty hard. The team can pull it together to win the state championship."

On the other side of the courts sophomore Katie Brozovich and junior Kristina Lucas hit the ball between each other - anticipating their future opponents moves.

Brozovich goes into state finals undefeated which she feels puts her at an advan-

tage. "I feel like I have a good shot of doing well at states," she said. "I am mostly focusing on my own game and do what I can to get ready. I am working on a lot of my shots and working a lot with my team."

Lucas goes in with only one loss during the season. A loss paralled to her sister's visit to the finals in 2004.

"Alyssa was like me. She had lost a match and was seeded lower than one," said Kristina. "She just went out there, thought she would win and she did."

Kristina is focused on continuing the family tradition and bringing home the state championship.

"I am practicing harder than I was before," she said, "I know my competition. The girl I lost to, I also beat before. Other girls I haven't played but should be able to pull out with a win.'

Though the girls are ready for their competitors next move in the matches they are working on their strengths and weaknesses.

"I want to focus on my game but the only way to do that is to learn from my mistakes by playing other people," said Spindler.

The girls qualified for states scoring 21 points at the regional competition on May 20.

"I am really excited the team was able to pull it off this year," said Brozovich. "It was a hard loss last year not to go."

"Even though we had ups and downs we pulled through and made it," Kristina added.

The first round of brackets for Clarkston are:

Singles 1 - Spindler, seeded #5, bye for the first round and faces the winner of Troy-Athens and Utica Eisenhower match.

Singles 2 - Brozovich, seeded #2, bye first round and faces winner of Troy-Athens and Port Huron Northern match.

Singles 3 - Kristina Lucas, seeded #4, bye first round and faces Grosse Pointe South and Brownstown Woodhaven match.

Singles 4 - Abbey Hubregsen takes on Brownstown

Woodhaven's Diana Domingo.

Doubles 1 - Erica Zentner and Jordan Sheart go against Catharine Chou and Kathleen McBride from Ann Arbor Huron.

Doubles 2 - Monique Zentner and Alaina Nido versus Elaine Elliot and Patricia Bartlett, Midland Dow.

Doubles 3 - Anna Gencoy and Amy Wozniak versus Laurie Miedema and Jenna Bart, Hudsonville.

Doubles 4 Kelsey Crawford and Allie Wilson, bye first round and take on Marguerite Seraphinoff and Sanjana Kulkami, Troy-Athens.

"I feel you can beat anyone when you put your mind to it," said Kristina.

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Athlete of the Week

Matich breaks record with one throw

BY WENDIREARDON

Clarkston News Sports Writer Thirteen-year-old Nick Matich stood inside the circle at the OAA Mascot Invite on May 24.

He rested the shot put close to his neck then went through the motions as he threw the heavy metal ball as far as he could. His longest distance of 42.7 feet broke the previous record for eighth-grade at Clarkston Junior High School.

It was really exciting," he said.

Matich added it was emotional for him as well

My grandfather, Tom Bullen, did shot put when he was at Clarkston high school," Matich explained. "He kept going through the motions with me and I finally got them

Parents, Kirk and Sandy, were at the event when the announcement was made.

said Sandy, explaining Nick also received Male Athlete of the Year for the eighth grade class Nick hadn't initially planned to be on the

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track team but the coach approached him to try it out. When he found out one of his events was shot put he went to his grandfather for advice. Bullen also broke the shot put record - in high school.

He also runs in the 100 meter and 70 meter events for the track team. His season ends Thursday, June 3 at the 7/8th Grade Oakland County meet at Clarkston High School, 3:15 pл

He also plays basketball, baseball and golf. But he said most of his concentration is on football and for his freshman year he will be on the Clarkston High School varsity team.

"I am unsure about what position, but probably left tackle," he said.

He's going to be a great athlete. It's fun to see it happen," said Sandy.





Kristina Lucas pulls back her racket before returning Katie Brozovich's serve. busided not [



Lacrossers to stay true blue at Aurora, Mars

BY WENDI REARDON

Clarkston News Sports Writer

Teammates Andrew Miller and Jon-Erik Avery have decided they are going to keep their blue color when they go to college in the fall.

In front of friends, family and the Boys Varsity Lacrosse team they showed commitment to their respected colleges.

Miller heads to Aurora University in Aurora, Illinois. He joins a select group chosen for the school's first Division III NCAA Lacrosse team.

"I really liked the campus and I liked Coach Brendan Dawson," said Miller. "He seemedlike he wanted me to play and I liked Chicago."

Miller will play as primary face-off man, as well as middie - helping offense and defense.



Andrew Miller covers his Clarkston uniform with his new Aurora University jersey before the Wolves' May 14 game. *Photos by Wendi Reardon*

He has played lacrosse since eighth grade. "I saw a couple of my friends practicing when I was in seventh grade and I said I would go out and try it," he said. "I just loved it."

He also played football but stopped playing this year to concentrate more on lacrosse. But he took the toughness and determination he learned in the sport with him.

"The determination because every day in football practice got me prepared for lacrosse," he added.

Miller plans to study business and advertising while he is at Aurora.

"I always like watching the commercials on tv," he admitted. "I want to be the person who came up with the ideas. I am a creative guy."

Miller began on the varsity team when he was a sophomore and missed some of his senior season because he tore his ACL. But he will be ready to go by the spring.

Avery also tore his ACL, keeping him from playing his fourth and final season for the varsity team.

His skills from 10 years on the field stood out to Mars Hill College, a Division II team in Asheville, North Carolina.

"I really liked the campus," he said. "The guys are nice."

He went to a recruiting camp with Miller to be noticed by colleges on the East Coast.

Avery knew when he began looking at colleges he wanted to play for an out of state school

"The level of lacrosse is higher," he explained.

He began playing lacrosse ten years ago. "I used to play catch with my dad," he said. "I became involved with lacrosse with a pick-up league and started playing."

His dad, Jim, lent a hand to start the middle school lacrosse program in Clarkston so Jon could have a team to play with.

With his skills and various techniques he helped the varsity and JV teams with shoot-

ing firms and with face-off teams. For all athletes he said to keep trying.

"You will be frustrated," he admitted. "Give



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Jon Avery gives Clarkston Boys Varsity Lacrosse Coach Brian Kaminskas, left, and Clarkston Boys JV Lacrosse Coach Doug Monforton, right, a gift to remember him.

100 percent and you will succeed in all you do."

"
"I met a lot of nice people after I tore my ACL," he said. The help they gave made him consider

He plans to study sports medicine. Then, will go to graduate school for physical giving the same help and support to others therapy



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In a Community We're All Connected

Coffee Club

Come prepared to tell us what's new with your business . . . bring extra business cards, too!

Networking is a must for small business owners, but let's be honest, who has the time these days to go out networking door-to-door? By establishing mutuallybeneficial relationships with other small business owners and entrepreneurs, you can exchange information, ideas and support, and potentially gain new clients.

It's tough growing a business alone. No one cares. But we do... *The Clarkston News* is partnering with our community of entrepreneurs and small businesses with a dedicated goal of helping each other succeed.

Coffee Club Meets: Thursdays Time 7:30-9:00 am Location: Clarkston United Methodist Church 6600 Waldon Rd., Clarkston Cost: FREE

Friends of the Coffee Club

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When you share what you know, everyone gets smarter. Sooner than you think, that comes back to you in the form of recognition and business. Please Join Us!

> CLARKSTON UNITED METHODIST CHURCH 6600 Waldon Rd., Clarkston In the Fellowship Hall located in the North End of the Complex

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Wolfpack Update

Golfers are heading to MHSAA Regionals this week.

They tied for third at the district tournament held on Oxford Hills Golf Club. The top six teams qualified for regionals.

The boys scored 313, sharing the third place finish with Lake Orion and Rochester Adams. Grand Blanc finished first with 300, Oxford, second with 309 and Rochester in fourth, 315. Jimmy Delnick led the team, finishing the day with a 75 par. Taylor Walker finished with 76. They go to Flüshing on Thursday for Regionals.

Hitters beat Rochester Adams on May 25, 8-3. The boys played Royal Oak, Thursday, and split the double header, winning the first game 13-12 and losing the second, 5-3. Chris Mocerino hit 3-for-4 and Tyler Scarlett hit 2for-4 in the first game. Mocerino hit 3-for-3 in the second game.

The boys took on Holly on Tuesday night in the first round of district playoffs. The winner takes on Hartland Saturday, 10 a.m. at Milford High School. Check to see how the boys did Tuesday, www.ClarkstonNews.com.

Lady Hitters lost to rivals Lake Orion on May 26, 7-6. The Dragons scored four runs in the second inning and Clarkston broke the lead after scoring five runs in the next six runs in the next four innings.

But coming down to the seventh inning, Lake Orion scored on three runs taking the game. Taylor Hasselbach hit a home run during the night and had two RBIs. Megan Hastings and Shauna Siwicki hit 2-for-4. Siwicki had two RBIs. The girls head into districts this week with a 26-9 record.

Both varsity lacrosse teams finished their season last week in the regional playoffs.

The Lady Wolves lost to Hartland on May 26, 17-6. Andrea Kovacic led with three goals and Lauren Sharkey scored two. They finished overall record 5-4-1.

The Wolves lost to Novi on May 27, 10-5 and finish the season with a 8-9 record, Jordan Kincaid led with 2 goals and Jeff Turner made 13 saves.



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People Poll June Pade A. F

Thoughts on **Al Roberts** retirement?



– Beth Parks



Debbie Stout



– Larry Stout



- Shawn Peralta

By Wendi Reardon

•



SCAMP features home tours this weekend

BY TREVOR KEISER

Clarkston News Staff Writer What makes a house a home? Wendy Schaffer will tell you "filling it with the people we love."

Wendy and her husband Bob are one of this year's hosts for SCAMP's 28th annual Home Tour, which will be June 5 and 6.

"I love my house so much I'd be happy to open it up to anybody who wanted to see it, so it seemed like a good fit for me," she said.

Bob and Wendy bought the 1987 contemporary house in 2003 and took two years to do extensive remodeling and renovating to make the house their own before moving in it in 2005.

"It was an older couple who had raised eight kids and all their kids were gone, so they really wanted it for the two of them," Wendy said. "We are still friends of the youngest of the eight kids that lived here before."

The house was originally 6,500 square feet with three bedrooms and six baths. The Schaffers added three more bedrooms, each bedroom having their own bathroom, as well as pushing out some exterior walls for a bigger kitchen and adding a three season porch.

"The footprint of the house stayed the same, but all of the materials we've changed, the lighting, faucets, everything," she said. "In hindsight we should have just torn the house down, but it was only 15 years old and just thought that was a big project, but a lot of things were still fine like the furnaces and a lot of the structure was sound and the basement was dry. We really didn't want to mess with completely tearing it down."

Wendy said they really bought the house for the five acre lot and lakefront access to Deer Lake.

"The previous owners made some beautiful. wooden pathways to go through the woods and lead out to the water, and a tree house out



Bob and Wendy Schaffer stand in front of their home with their kids Cole, Madison, and MacGregor and dog Daisy. Photo by Trevor Keiser.

there, the grounds are just gorgeous," said Wendy. "We were not that crazy about having I-75 right outside our front window, but it's not a big deal. When we did the insulation we did spray foam insulation and now we love having I-75 that close."

Another reason for the purchasing the home three kids, several animals and to be able topeople as they want to invite.

"We really use every inch of it and we enjoy every inch of it," she said.

Cat One Free

FOOD ITEM

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As far as the tour goes, Wendy said she's "rallied the whole family."

"My mother, father, sister and mother in law are all coming to the house that day to help direct people," she said. "It's becoming a real

Clarkston SCAMP is a non-profit Please see Home on page 19A



she said, was to have enough room for their . family event," host family and friend parties with as many organization that provides summer day camp Home tour

Continued from page 18A

to over 200 youth with a wide range of special needs camp including autism spectrum disorders, physical disabilities and cognitive or emotional impairment. Established over 35 years ago, the fiveweek program is filled with games, music, art and motor skill practice.

The home tour is one of many fundraisers held throughout the year help supplement the cost of the program. "Not everyone who attends the event

is familiar with the camp," Heather Roeser, mother of a special needs child and event chairperson. "It's our chance to tell the world what SCAMP offers the community."

Wendy said her youngest son MacGregor, who's not a candidate for SCAMP, but does have a genetic disorder, has given her a real soft spot for parents with special needs children.

⁴I think it's awesome, everybody I've met have been so delightful to work with and so appreciative. It really feels like a really huge community effort," she said. "So many people I know volunteer their time for SCAMP in one way or another. I think it's just a great organization and a great cause."

The tour will kick off Saturday with a first look at the five local houses.

The other homes include Barb and Greg Parsons, Kim Dubczak, Doug Seamon, D'anne Colombo, and Carol and Larry Eberhardt

"This year's houses are completely different, ranging from historical to contemporary, from whimsical to ornate," says Executive Director Donna Clancy. "Participants enjoy getting ideas for their own home as they tour with friends and family."

After a 5:30 p.m. Saturday tour, participants who purchase Patron Night reservations will be treated to a party complete with an auction, open bar and dancing.

Reservations including a catered, '70s-style disco party are available for \$100. Sunday, reservations are also available for a \$30 noon tour. Preregistered participants receive a free box lunch.

Also Art Van has offered to host the party at their Dixie Highway location in Waterford as a supplement to an Art Van challenge grant awarded to the camp last year. SCAMP has until July 31 to raise \$20,000 in fresh funds in order to have that amount matched by the Michigan furniture and mattress store. For more information, call 248-620-1882 or visit www.elarkstonscamp.com.



Red, White, and Blue, this Box is for You, Desert Angel Miracle Box packing party, 4-7 p.m., June 3. Oakland County Sportsmen's Club, 4770 Waterford Road, 248-623-0444.

Downward Dog, original play, Clarkston Village Players original play, romantic comedy, 8 p.m., June 4-5, Depot Theater 4861 White Lake Road. 248-575-4104.

Plant Exchange, Clarkston Farm and Garden Club, 9 a.m., June 5, parking lot at Washington and Main streets. Plants should be identified and tagged. Tags available at exchange of clarkstongardenclub.org. 248-620-2984.

Outdoor Expo and Warbird Air Show, 10 a.m.-4 p.m., June 5, Pontiac Lake Recreation Area. Pontiac Miniature Aircraft Club to fly radio-controlled miniature aircraft from World War I era to modern day,

Home Tour for Clarkston SCAMP, June 5-6, features five local houses. Patron Night, tour, catered, '70s-style party, 5:30 p.m., June 5, \$100; Home tour, 12 p.m., June 6, box lunch in Depot Park. \$30.248-620-1882.

Waterford Hills Road Racing Race #2, 10 a.m.-6 p.m., June 5-6. Great Lakes Challenge Series, with Formula Fords, Formula Continentals. Oakland County Sportmen's Club, 4770 Waterford Road, 248-623-0444.

Parking Lot Sale, 10 a.m.-3 p.m., June 6. Independence Township Library, 6495 Clarkston Road, 248-625-2212

Wint's Healing Hearts Grief Support Group, 7 p.m., June 8, Carriage House, Clintonwood Park on Clarkston Road. Topic: "Celebration of Life Balloon Release." Free. 248-625-5231.

River Day activities, 9 a.m.-2 p.m., June 12, De-



pot Park. Weed, plant gardens, Eagle Scout Streambank Stabilization, invasive species identification and eradication demonstrations, face painting, rubber duck races, rain garden presentation. Free. 248-454-6856.

Golf Outing, 8 a.m., June 18, Fountains Golf and Banquet Center, 6060 Maybee Road. Breakfast, 18 holes with cart, lunch, drink cart, contests. \$99. Benefits Clarkston Area Youth Assistance. 248-623-4313.

Scientist for a Day day camp, 9:30 a.m.-2 p.m., June 22-25, Indian Springs Metropark Environmental Discovery Center, off White Lake Road. Students grades 2-4. \$75. 248-625-6640.

25th reunion, Clarkston High School Class of 1985, 6 p.m.-12 a.m., Aug. 28, Fountains, 6060 Maybee Road, \$30. RSVPby Aug 10. Call Kelly, 810-636-3240.

Adult Baskethall League, 18 and over, 12-5 p.m., Sundays, Clarkston Junior High, 6595 Middle Lake, \$450/resident team. \$550/non-resident

of \$20 or more

Wed., June 2, 2010 The Clarkston (MI) News 19 A team. Referee fees are an additional cost. Independence Township Parks and Recreation, 248-625-8223.

> Pony Basketball League: for high school boys not on the school team, mid afternoons, Sundays, Clarkston Junior High 6595 Middle Lake. \$200/resident team. \$300/non-resident team. Independence Township Parks and Recreation, 248-625-8223,

• Mothers & More, non-profit dedicated to improving lives of mothers through support, education, advocacy, 7:15 p.m., third Monday, Red Knapp's Restaurant, 6722 Dixie Highway. 248-969-9788.

Grief Support Group, Coats Funeral Home, 6:30 p.m., first and third Mondays, Community presbyterian Church, 4301 Monroe Street at Sashabaw. 248-623-7232.

Therapeutic Yoga classes, Mondays, 11 a.m.-12:15 p.m.; Tuesdays, 7:15-8:30 p.m., Jewels Yoga Fitness, 4612 Mountain View Trail, Independence Township. \$12 walk-in fee. 248-390-9270.

Clarkston Rotary Club, Mondays, 6:30 p.m., Clarkston Community Education Center, 6558 Waldon Road, \$10.248-625-4244.

Pilates and Sculpt, Mondays, 7-8 p.m., Bay Court Park's Lakeview room. Independence Township Parks and Recreation, 248-625-8223.

of \$20 or more



ANY PURCHASE I ANY PURCHASE

11

There's nothing too good for your pets



Milestones

Clarkston woman weds

Ashley Joy VanderWeel of Clarkston was married to Andrew Robert Vargas, April 24, 2010. The wedding took place in Sedona, Ariz.

The bride is a 2002 graduate of Clarkston High School and a 2006 graduate of Wayne State University. She teaches at the University of Arizona, and is working on her doctorate in Nutritional Biochemistry and Molecular Nutrition.

The groom is a 2000 graduate of Churchill High School and a 2004 graduate of Schoolcraft College. He works in Arizona as an officer for the Department of Homeland Security.

The couple took a European cruise for their honeymoon and will be in Clarkston for a wedding celebration for family and friends, June 5.



Andrew and Ashley



Jessica and Matthew Pruente-Vonck

Michael and Sandra Pruente of Clarkston announce the engagement of their son, Matthew, to Jessica Vonck.

Jessica is the daughter of Warren and Lezle Vonck of Marquette, Mich. She is also a graduate of Michigan State University and is currently in medical school.

Matthew is a graduate of Michigan State University and is a Certified Public Accountant.

The wedding is planned for June 2010 at St. Peter Cathedral in Marquette.

Send milestones to 5 S. Main St. or Clarkstonnews@gmail.com



Powe-Shue

Dave and Beth Powe of Clarkston are pleased to announce the engagement of their daughter, Heather Marie Powe, to Jason Anthony Shue, son of Steve and Jeanie Shue of Kokomo, Ind., as well as Paul and Beth Bower of Gladwin, Mich.

Heather is a 2001 Clarkston High School graduate and continued her education at Eastern Michigan University. She graduated with a Bachelor's degree in English for Secondary Education in 2006. She teaches grades 9-10 in Wesley Chapel, Fla.

Jason is a 2000 graduate of Northwestern High School in Kokomo, and continued his education at Tri-State University in Angola, Ind. He graduated with a Bachelor's degree in K-12 Physical Education in 2005, and is pursuing a degree in Computer Networking at the University of Phoenix.

A July 2010 wedding is planned in Commerce Township, Mich.

Religion Happiness comes from proper priorities

A father was trying to take a nap on a Sunday afternoon in his living room.

His little boy kept bugging him. "Daddy, I'm bored." So his father, trying to make up a game to keep his son busy, found a picture of a world map in the newspaper.

He ripped it up in about fifty pieces and said, "Son, this is a puzzle. I want you to put it all back together."

Dad lay down to finish his nap, thinking he would get at least another hour of sleep. In about 15 minutes the little boy woke him up. "Daddy, I've got it finished. It's all put together.'

His dad said, "You're kidding." He knew his son didn't know all the positions of the nations and countries.

He said. "How did you do that?" The boy said, "Dad, there was a picture of a person on the back page of that newspaper. When I got my person put together the world looked just fine.'

It's amazing how much better the world looks when your person is put together in the right way. A few months ago I spoke to my congregation on HOW TO BE HAPPY. In that series we took an honest look at ourselves -- our hurts, hang-ups, and habits. We learned two key things.

First, we learned that God wants us to be happy. Somewhere people have gotten the idea that God is an ogre! He's mean and he doesn't want you to have any fun:

Spiritual

Matters

And if you really sell out to God and live a life of obedience to him then you'll be

miserable. Nothing could be further from the truth! Jesus said, "Until now vou have not asked for any-

thing in my name. Ask and you will receive, and your joy will be complete." (John 16:24) Jesus wants us to have joy!

Pastor Greg Question. If Jesus wants Henneman us to be happy, then why

are there so many unhappy people, even Christian people?

Lots of people look like they've been baptized in prune juice. I think the answer has to do with the second thing we learned in our series: Happiness is a by-product of living well.

Preschool: 3-4 years old

Preschool: 620-6154

Wednesday 6:30 pm

www.FirstCongregationalChurch.org

Many of us have divorced our spirituality from the rest of our life.

"I go to church and say my prayers and so I'm spiritual! Oh, by the way, I'm mean to my neighbor. I'm lazy at work, and I have lust issues.

Somehow we've lost the truth that Jesus cares about all of life. It's not like you can have your "religion" over here and your "life" over there.

If we're going to be happy the way Jesus wants us to be happy, then we've got to live the way Jesus"wants us to live.

Are you happy? Maybe you have some real-life issues that are blocking your happiness. Maybe you're a people-pleaser and lack proper boundaries. Maybe you're a controlfreak who's into power plays. Maybe you have an addiction to food, pornography, or alcohol.

You won't find happiness by singing to Jesus on Sunday morning and ignoring these issues the rest of the week.

Get real. Get honest. Let Jesus in. That's the way to be happy.

The Rev. Greg Henneman is pastor of Clarkston Community Church

Clarkston, MI 48348

www.peaceunitychurch.org

A Church For Life

www.bridgewoodchurch.com

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In our churches...

Church Rummage Sale, 8 a.m.-5 p.m., May 28;9a.m.-5p.m. May 29; 12-3p.m., May 30, St. Trinity Lutheran Church, 7925 Sashabaw.

Metaphysical Bible Study, Sundays, 8:30. a.m., discover the inner, spiritual meaning behind the stories. Peace Unity Church, 8080A Ortonville Road. 248-625-5192.

Bethany North, peer support to all faiths dealing with divorce or separation, general meeting, 7:30 p.m., fourth Monday, Cushing Center, St. Daniel Catholic Church, 7010 Vallev Park, call Tim. 248-628-6825, or Joann. 248-673-2539.

Wednesday Evening FEAST, dinnerat6p.m., worship at 6:50 p.m., classes for all ages, 7:15-8:30 p.m. Free nursery. Calvary Lutheran Church, 6805 Bluegrass Drive. 248-625-3288.

* * *

A Course In Miracles, self-study course removing blocks to awareness of love's presence. Study groups, Wednesday. 12 p.m.: Thursday, 5:30 p.m.; Saturday, 11 a.m. Peace Unity Church, 8080A Ortonville Road, 248-625-5192.

erth CALVARY EVANGELICAL LUTHERAN CHURCH FIRST BAPTIST CHURCH **OAKLAND EVANGELICAL CLARKSTON UNITED** SASHABAW **THE EPISCOPAL OF CLARKSTON PRESBYTERIAN CHURCH** PRESBYTERIAN CHURCH CHURCH OF THE **METHODIST CHURCH** RESURRECTION 5972 Paramus, Clarkston, MI 6805 Bluegrass Drive, Clarkston 6600 Waldon Road, Clarkston Pastor Wayne Uppendahl "Little Church with a BIG Heart (W. of M-15, just S. of 1-75) 748-675-1611 Services held at Mount Zion Center 5300 Maybee Road, Clarkston (248) 625-3380 6490 Clarkston Rd., Clarkston 625-3288 Worship 11:00 am Sunday 8 am & 10 am Website:clarkstonumc.org Located 2 blks. N. of Dixie Hwy 4453 Clintonville Rd. at Sunday Worship: 9 am & 11:15 am Mann Rd., Waterford, MI Sunday Worship: Nursery Provided Phone (248) 673-3101 Holy Eucharist (F of M-15) & 6:11 pm Sunday School at 9:15 am 8:15 am (traditional worship) Pastor: Russell Reemtsma Sunday School 9:55 am Nursery available for all services Sunday Morning Worship 9:30 am (blended worship) Sun: 9:30 am Sunday School **Nursery Provided** ST. DANIEL & Adult Bible Fellowship 11:00 am (contemporary praise) at 10:30 am **CATHOLIC CHURCH** www.clarkstonepiscopal.org DIXIE BAPTIST CHURCH 10:30 am Worship Service Bible Study Wed. Eve., 6:30 pm Nurserv available 248-625-2325 7010 Valley Park Dr., Clarkston (W. of M-15, S. of I-75) 8585 Dixie Highwy; Clarkston, MI (248) 625-2311 Sunday School (all ages) 6:00 pm Evening Service at Church Offices - Yellow House ST.TRINITY 9:30 (Seasonal) Wed: 6:15 pm Awana Club 7205 Clintonville Rd., Clarkston, MI 625-4580 ite: www.dixiebaptist.org **LUTHERAN CHURCH** 6:30 pm Teen Ministry 7:00 pm Prayer Meeting & Meal, worship, small groups Home of Springfield Christian Academy & Children's Phone (248) 858-2577 **Rev. Christopher Maus** Fax (248) 858-7706 Wed. evening - Dinner & "Lutheran Church Saturday Mass: 5:00 pm Sunday Masses: 7:30, 9:00 & 11:00 am Bible Study 6 pm (Seasonal) Missouri Synod **Bible Study** Ark Preschool BRIDGEWOOD Pastor: Rev. Kendall Schaeffer Relevant messages, caring people Nursery Available: 9:00 & 11:00 am Pastor: J. Todd Vanaman PEACE UNITY CHURCH CHURCH 7925 Sashabaw Road Religious Education: 625-1750 Sun: 10:00 am Sunday School & Adult Bible Fellowship 6765 Rattalee Lake Road Mother's Group, RCIA, Scripture Study, Youth Group (1/4 mile N. of 10 am Sunday Celebration Service CLARKSTON Clarkston, 48348 DTE Music Theater) 11:00 am Worship Service Children's Church **COMMUNITY CHURCH** Clarkston, MI 48348 (248) 625-4644 (248)625-1344 Realizing peace, wholeness and 6:00 pm Worship Service THE FIRST CONGREGATIONAL CHURCH Wed: 6:45 pm AWANA abundance in unity. A center for 6300 Clarkston Road · Clarkston Services: unday 9:00am & 10:45am (248) 625-1323 7:00 pm Teen Meetings prayer, peace studies and healing. www_sainttrinitylutheran.com & Adult Bible Study Nursery available for all services. 5449 Clarkston Rd. Clarkston e-mail: sttrinity@comcast.net Spiritual Education, Community Morning Worship Service Home of Oakland Christian School (248) 394-0200 Pastors: Greg Henneman, Bonita Laudeman, Kevin Ku Outreach, Holistic Healing, "Green Exploration Station Broadcast Worship - Clarkston Fax: (248) 394-2142 CTV-10/20Sun. 2:00pm, Thurs. 9:00pm Philosophy, Mastermind, Children's Ministry **CLARKSTON FREE** Rev. Doctor Martin Hall Fellowship Dan Whiting, Geoff Black Wed: 6:45pm Fit For Life -Broadcast Worship - Waterford **METHODIST CHURCH** Sunday Worship: 10:00 a.m. Rev. Matthew E. Long, Sunday: Worship 9:15 & 11:00 am CATV-10 Tues, 2:30 pm Adult Life Ministry Children's Sunday School 10:00 am 5482 Winell-Clarkston c.r.a.v.e.-Student Life Ministry founding minister Nursery Care at all services (corner of Maybee & Winell) 248-623-1224 Worship Dream Keepers Youth Group Ozone - Children's Life Ministry Wednesday: Children's Ministries 248-625-5192 Sunday 8:15 am & 11:00 am **Bible Study** Nurture Center/Wonderland 6:00-8:00 pm Peace Unity Church Sat. 6:00 pm Service 9:00 • 10:30 Wednesday 7:00 pm available for all services **Sunday: Youth Ministries** Sunday School 9:45 am 8080 Ortonville Rd. Youth Groups 6-12 www.ClarkstonFMC.ord

Wednesday 7 pm Youth & Adult Ministry

5:00-7:00 pm www.clarkstor nunity.com

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James Bailey and Wendy Hedstrom rehearse a scene in Clarkston Village Players' "Downward Dog." Photo submitted

Actress turns playwright

BY TREVOR KEISER

Clarkston News Staff Writer

Clarkston Village Players is ready to set the stage with "Downward Dog," a play written by one of CVP's own, Wendy Hedstrom.

"Last year we were looking for a special production for CVP," said Hedstrom, whose been with CVP for six years. "I offered this up and they took me up on it.'

"Downward Dog" is a romantic comedy about a high-strung pastry chef's frustration with her marriage, leads her to try yoga to relieve the tension, but winds up craving excitement in the form of adrenaline-junkie who bursts into her class one day.

Hedstrom originally wrote the play as a one act play for a writing class she took at Oakland University while majoring in French.

Without any idea. Hedstrom sat in the student union with her laptop and a notebook. When she opened her laptop she saw a picture on Yahoo news of a stockbroker stressed out because it was the day the stock market crashed in September 2008

"To channel my anxiety I made one of the characters a stockbroker. There wasn't anywhere to go with that, so he's working as a stockbroker, but he is actually an adrenaline junkie. He bungee jumps, hang glides, and skydives, hunt's sharks, things like that," she said. "It was originally a drama for about the first half of it and then I just didn't like it. I had the idea to make the yoga teach a lot more of a 'flower child' renamed her Willow and it just took off from there."

When Hedstrom found out CVP would perform the play, she gathered the whole cast together and wrote the second act to make it a full-length play. She also got Verne Vackaro to direct it.

"I trust him implicitly."

Along with Hedstrom, cast members include Dean Vanderkolk, Nancy Penvose, and James Bailey.

This is the first play I've both written and acted in," she said.

Hedstrom noted she found out many playwrights are not actors, so as an actress she found a big advantage to knowing "what actors want and what they like doing."

As far as writing goes Hedstrom has done a lot including technical writing for a publishing company, a series of scripts for training videos for the Michigan Police, a short story that was acted out both by Flint City Theater and CVP. She even wrote an episode for the TV show MacGyver, which ended up getting plagiarized.

"I had producer on the phone I had all the contracts, but it got plagiarized anyway. I was just out of college, so I was too shy to try and sue them," she said. "They still run it on late night reruns."

Prior to getting her French degree at OU, Hedstrom graduated from Michigan State University with a degree in theater.

"I wanted to go out and make it my living, but I didn't have the nerve to do it. It was tough because I trained for it and wanted to do it so badly, she said. "I loss my confidence when I got in the big world."

Hedstrom said she feels inspired from 'Downward Dog."

"It's really got me enthused about trying." to write another play, maybé even going on for a Masters of Fine Arts in playwriting."

CVP is performing Downward Dog, June -5 at 8 p.m. for \$13 and June 6 at 2 p.m. for \$11.

For more information or to purchase tickets call 248-625-8811 or visit forme is an amazing director," she said - www.olarkstonvillageplayers.org. J

Masons' new Grand Lecturer

Thomas Braun of Clarkston was elected and installed as the Right Worshipful Grand Lecturer of Free and Accepted Masons of Michigan during the 2010 Grand Lodge session held at the Soaring Eagle Resort in Mt. Pleasant.

The Grand Lecturer is charged with adherence to ritualistic work conferred on Brothers within the Fraternity of Free and Accepted Masons in the Grand Jurisdiction of Michigan.



For more information regarding the Free and Accepted Masons of Michigan, visit the

Grand Lodge of Michigan website, glmi.org.

Braun



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Obituary

Carol A. Albrough, 65

Carol A. Albrough (Stumpf) of Grand Blanc died suddenly May 25, 2010, at 65 years of age.

She was the loving mother of Julie (Todd)

Andress and Kenneth Stumpf; grandmother of Nicole and Austin; dearest daughter of Amelia and the late Leonard Albrough; sister of Susan (Fred) Hans, Patricia (Richard) Muschlitz, Richard (Beth) Albrough and Julie (Stephen) Pologruto; and pre-



ceded in death by her husband Richard Stumpf.

Mrs. Albrough worked for Dr. Mustafa Hares at Michigan Bariatric in Auburn Hills for many years. She used to take classes here and there that appealed to her artistic flair which later turned to a love of gardening, shopping and decorating, but most importantly time with her family.

Funeral service was May 28 at Coats Funeral Home, Clarkston. To send a private condolence to the family go to www.coatsfuneralhome.com and select Guestbook.

Mary E. Warner, 86

Mary E. Warner, formerly of St. Clair Shores, passed away,

May 27, 2010, at age 86.

She was preceded in death by her husband Charles and her first husband Robert Greene. She was the mother of John Greene of Nevada, David



(Beth) Greene of Lake Orion and Beth (the late Milan) Manojlovich of Clarkston; grandma of Jay and Katy Manojlovich and Zachary and Matthew Greene; step-mother of Andrew (Diane) Warner, Chas Warner and their children.

Memorial service Thursday, 6 p.m., at the Lewis E. Wint & Son Funeral Home, Clarkston, where friends may visit from 5 p.m. until time of service. Memorials may be made to Alzheimer's Assn. Online guest book www.wintfuneralhome.com.

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William E. Coffey, 68

William Edward Coffey of Davisburg, formerly of Waterford, passed away, May 30, 2010, at 68 years of age.

He was the beloved husband of Mary Lou Coffey; dear father of Jeffrey Coffey of Waterford and Kimberly (Scott) Whitsitt of Waterford; grandfather of Alex Coffey, Brandon and Madeline Whitsitt; brother of Juanita Long, Delta Dalton, Rev. Samuel (Lena) Coffey, the late Kathleen Coffey-Rucker, Avery Coffey, Alta Coffman and Lillian Harrell; also survived by many loving nieces and nephews.

Mr. Coffey worked for 47 years for GM Plant 14 as a Senior Supervisor of Production. He was a loving husband, father, sibling and friend as well as an avid golfer.

Funeral service will be Wednesday, June 2, 11 a.m., at **Coats Funeral Home**, Clarkston. Interment will follow at All Saints Cemetery. Memorial donations may be made to the American Cancer Foundation. Envelopes are available at the funeral home. To send a private condolence to the family, go to www.coatsfuneralhome.com and select Guestbook.

Shirley A. Minton, 97

Shirley A. Minton of Clarkston passed away, May 25, 2010, at age 97.

She was preceded in

death by her husband Frank, son Bob, grandson Brian and granddaughter Linda; mother of Don (the late Linda) and Jerilynn Kay (Jim) McClellan all of Clarkston; mother-inlaw of Shirley of Ken-

tucky; also survived by 13 grandchildren, many great grandchildren, and several great great grandchildren.

Mrs. Minton enjoyed Airstream trailering with her husband, vacationing in Northern Michigan, her flowers, and watching the freighters.

Funeral service was May 28 at the **Lewis E. Wint & Son Funeral Home**, Clarkston. Interment White Chapel Cemetery, Troy.

Online guestbook www.wintfuneralhome.com.

Obituaries updated at Clarkstonnews.com IT'S ABOUT TIME CLOCKS SALES & SERVICE House Calls For Grandfather Clock Sérvice 151.N. Main Street

248-625-7180



Plant exchange this Saturday

Gail Reading is getting ready to pot some of her extra plants for the Community Perennial Plant Exchange Saturday, June 5 at 9 a.m. in the Village Parking lot corner of Main and Washington streets in downtown Clarkston. Arrive early to look over the plants before the exchange Plants should be marked and identification cards are available www.clarkstongardenclub.org or at the exchange. The plant exchange is a community activity of the Clarkston Farm and Garden club, for man information, call 248 620 2984.



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A 24 Wed., June 2, 2010 The Clarkston (MI) News



PUBLIC NOTICE CLARKSTON CITY OF THE VILLAGE OF CLARKSTON 375 DEPOT ROAD CLARKSTON MI 48346 SUMMARY MINUTES **CITY COUNCIL MEETING** MAY 10, 2010

Meeting called to order at 7:00 p.m. by Mayor Arkwright followed by the pledge of allegiance. Moved by Brueck, supported by Hargis to, "Approve the

Agenda as presented for May 10, 2010 With 9a under new business "Historic District Appointment be removed and tabled to next meeting. Mo-

tion carried Moved by Brueck, supported by Inabnit to, "Approve the

Consent Agenda as presented: Final minutes of 4/12/2010 Council meeting

Draft minutes of 4/26/2010 Council meeting with

changes page 4 which Should read - Mayor Arkwright requested a millage proposal requesting up to 10 Mills for General Fund and up to 10 Mills for the Police. Treasurer's Report - Cash disbursements 4/10-5/10/

2010 General Fund - \$332,047.23 Mill Pond - \$1,125.00 - \$1,125.00 - \$33,257.58 Sewer Fund Payroll (be Dept) thru 4/30/2010 Monthly Wire Transfers thru 4/30/2010

DPW Report Police Report

Motion carried

- Resolved by Hunter, supported by Hargis to "Adopt the Resolution Charter Amendment so this Charter Amendment – Millage increase can be placed on the August 3 primary ballot"
- Hargis, Arkwright, Inabnit ROLL CALL: Yeas: Brueck, Hunter Navs: None

Absent: Gawronski, Roth

RESOLUTION ADOPTED. Motion by Inabnit, supported by Brueck to "Table this

Ethics and Conflict of Interest Ordinance until the next meeting". Motion carried. Resolved by Hargis, supported by Hunter to "Purchase the Ferris-Model ISI500Z 52 inch mowing deck for \$6,145 immediately and that the Leaf-Grass. Collection Bagging Unit in the amount of \$2,150 to be purchased September 1, 2010, if funds are allocated for same in the 2011 budget. The funding for the mower is as follows: Reduce Transfer of \$2,000 from General Fund to both Major and

Local Roads due to a mild winter; \$2,145 from ROLL CALL: Yeas: Arkwright, Hargis, Hunter Nays: Brueck, Inabrit

Absent: Gawronski. Roth **RESOLUTION ADOPTED**

Move by Hunter, supported by Brueck to "Wave any potential conflict because we need to get this work done before June and no direct conflict is involved on this matter." ROLL CALL: Y

ALL: Yeas:	Brueck, Arkwright, Inabnit,
	Hunter, Hargis
Nays:	None
Absent	Gawronski, Roth

MOTION CARRIED.

Resolved by Brueck, supported by Inabnit to "Acknowl--edge the generous contribution from the Thompson family for repairs and upkeep of the Gazebo. Because of the emergency nature of these repairs, Council is waving the competitive bidding process. Council agrees to hire Bruce Clifton to make the necessary repairs at a cost of \$1,801.00 to be paid from the Thompson Family donation.' ROLL CALL: Yeas: Arkwright, Brueck, Hargis,

Hunter, Inabnit Nays: None

Absent: Gawronski, Roth Moved by Inabnit, supported by Brueck to "Extend the

meeting past 9 p.m.*

Motion carried. Moved by Brueck, supported by Inabnit to "To table this decision until the next meeting after more information is gathered."

Motion carried.

Moved by Inabnit, supported by Brueck, "That the meeting be adjourned". Motion carried. Meeting adjourned at 9:11 p.m.

Respectfully submitted, Janet C. Gillespie



OAKLAND COUNTY MICHIGAN **REQUEST FOR BIDS -BUILDING DEMOLITION & REMOVAL**

The Charter Township of Springfield will rece holen bids for the demolition and removal of up to four (4) structures located at 13170 and 13180 Andersonville Re and 625 Broadway at the Supervisor's office until 11:00 a.m. Eastern Standard Time on Monday, June 7, 2010. Bidders may obtain Bid Documents from the office of the Charter Township of Springfield beginning Wednesday, May 26, 2010 during regular business hours; or downloaded at www.springfield-twp.us. No deposit is required. The offices of Springfield Township are located at 12000 Davisburg Road, Davisburg, MI 48350. 248-846-6500.

Springfield Township continually strives to develop quality sources for goods and services and encourage prospective bidders to respond to the Invitation to Bid.

Springfield Township reserves the right to accept or reject any or all Bids, to waive irregularities, and to accept a Bid which, in the Owner's opinion, is in the Owner's own best interests. Published: June 2, 2010



of Appeals of the Charter Township of Springfield will hold a meeting on Wednesday, June 16, 2010 beginning at 8:00 p.m. at the Springfield Township Civic Center, 12000 Davisburg Rd., Davisburg, Michigan for the following PUBLIC COMMENT:

APPROVAL OF AGENDA:

APPROVAL OF MINUTES: OLD BUSINESS:

Tabled from May 19 Meeting: Request from Corey O'Kane, 8709 Sherwood, Davisburg, MI, 48350 for the following variance: Allow the applicant to retain an existing addition resulting in a south side yard set-back of eighteen inches (18") and a north side yard setback of nine feet, two inches (9' 2") for a total of ten feet, eight inches (10' 8") rather than the required thirty (30) feet combined side yard setback, with at least one side being fifteen (15) feet, per Section 25 of Springfield Township Zoning Ordinance No. 26. The property that is the subject of this request is located at 8709 Sherwood in Springfield Township and is zoned R-3 One Family Residential. P.I. #07-10-401-040.

Tabled from May 19 Meeting: "Amended" request from Mark Powers, 9653 Norman Road, Clarkston, MI, 48348 for the following variance: Allow the construction of a garage with a front yard setback of forty (40') [Amended from thirty-seven feet, six inches (37' 6")] rather than the required fifty (50) feet, and side yard setbacks of seven (7) feet and nine (9) feet [Amended from five (5) feet and eleven (11) feet] rather than the required thirty (30) feet combined side vard setback, with at least one side being fifteen (15) feet, per Section 25 of Springfield Township Zoning Ordinance No. 26.

The property that is the subject of this request is located at 9653 Norman Road in Springfield Township and is zoned R-3 One Family residential. P.I. #07-11-327-027.

NEW BUSINESS

ADJOURNMENT:

ian pan

NOTICE IS FURTHER GIVEN that the maps and variance requests may be examined at the Springfield Township Clerk's Office, 12000 Davisburg Rd., Davisburg, MI 48350 during regular office hours, Monday through Friday. Written comments may be submitted to the Clerk's Office until the date of the meeting. Anyone needing a special accommodation at the meeting should contact the Township Clerk at least two (2) business days in advance. 248-846-6510

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LAURA MOREAU, Clerk Charter Township of Springfield Published: June 2. 2010

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HYPNOSIS WORKS: Weight control. Stop smoking. Stress man agement. Call Scott 248-933 3368 !!CZ474

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030 WANTED

0424. IIL244

WANTED: OLD motorcycles. minibikes, ATVs and mopeds Running or not. 810-338-6440. 11ZX394

WANTED: Guns: Winchesters, Colts, Savage. Top dollar paid. 248-628-7086, 11L252 **CASH FOR UNWANTED Vehicles.** 810-797-2535. IIZX404

LOOKING FOR Repairable cars/ trucks. Up to \$5,000 cash paid. Quick pick up. 810-724 7647, 810-338-7770. IILZ254 COLLECTOR PAYING Top dollarcoin collections, silver and 14 karat gold jewelry. 248-875-

2064 117X412 WANTED DEAD OR alive-lawn & garden tractors, snow blowers, hoat motors & related equip \$\$\$. Plus repair services. 248 342-9829. !!C453

050 FIREWOOD

SEASONED QUALITY hardwood cut and split, delivery available 248-627-6316. 11ZX404c FIREWOOD DIMENSIONS: a full cord is 4'x4'x8' and 4'x2'x8' is half cord. A face cord is 4x8x16 and is 1/3 of a full cord. IIL34tfdh

060 MUSICAL INSTRUMENTS

KOHLER- CAMPBELL PIANO. Excellent condition, \$350 obo. 248-628-3425. IIL262

GRINNELL BROS PIAND with hench Axford area. Pick up only. \$250. 248-047-7484. HL252-

070 TUTORING/ LESSONS

SPANISH LESSONS- Native Spanish speaker Miss Luisa. Hourly, 2 times week minimum My home or Lake Orion Library. 248-276-0631/ 248-872-2376 111.261

TUTORING AT INDEPENDENCE Library, K-5, \$30 per hour, 30 years experience. 248-625-2485. 110464 VIOLIN LESSONS at Orion Music Studio, Instructor has degree and is pursuing her Masters in Violin Performa nce. Suzuki method is

used. 30.45.60 minute lessons available. All ages. Mostly classical violin, some fiddle. Contact Bethany: 810-627-1357. !!L26 HIGH SCHOOL DIPLOMA from home. 6-8 weeks. Nationally accredited. Better opportunity for ich placement. Payment plan. Free Brochure 1-800-264-8330 www.diplomafromhome.com Benjamin Franklin High School. !! PIANO LESSONS in your home.

operienced Teacher. 248-238-8319: clarkstonpiano.com **IIL263 AIRLINES ARE HIRING- Train for** high paying Aviation Mainte-

nance Career, FAA approved program. Financial aid if qualified- job placement assistance. Call Aviation Institute of Maintenance 877-891-2281 IICPM1

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11ZX394

248-628-9777 L252

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WILL BEAT ANY PRICE! INDEPENDENCE GREEN 248-978-7673 FREE ESTIMATES

C434 LANDSCAPE WOODCHIPS. \$12.

highest bidder on June 26th,

Waterfront in AuGres, MI, Open

Memorial weakend 5/30 noon-

installation of central air system.

All Season Heating & Cooling. 248-230-5279, 11L218

LICPM1

100 FREE

1613 IIC473

message, IIL253 a vard, delivery available, 248-JOHN DEERE GX335 tractor, 627-6316. IIZX404c 20hp, liquid cooled, 54" deck, rear hanner, chains, nower steel **090 AUCTIONS** ing. \$3,750. 248-953-5324. !! **ABSOLUTE AUCTION selling to**

1252

All prices inc. delivery (10 mile

radius) except flagstone.

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Oxford, MI

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aged 2 years, \$75/ 5 yard load

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COMPOST FACILITY Orop-off for all your yard waste. 248-255-2270- White Lake Licensed and Insured

L231 TOPSOIL, SAND & GRAVEL

Low Rates, Prompt & Reliable Service Since 1980. OXFORD

248-969-0424 EDGAR PERREAULT

E&T TRANSPORT LZ18tfc day 11-4, 5549 Mottland Court, MURRAY LAWN TRACTOR. 18hp, 46" cut. \$450. Call 248past Baldwin. 11L261 628-3020. JIL252

file cabinets, bikes, dining room chairs, 6' Marbelite bath counter top, patio umbrella, colf pull cart. stereo receiver, 6' and 8' banquet tables air conditioner.

THURS. · SAT., 9 am · 5 pm 4626 Stanton Road, Oxford L261 MOM2MOM SALE JUNE 5th. 9am-1pm. Lake Orion Baptist

School. 255 E. Scripps Rd. \$1. entry fee, IIL252 SUPERCALIFRAGILISTIC Garage Sale. Absolutely something for everyone. Don't miss this one! Specialized bike "Hard Rock'

6495 Clarkston Rd. Sunday. June 6th, 10am-3pm, The usual and the unusual. Over 122 spaces edition, 13ft. flat bottom Alumiwith art, crafts, household, tools, num row boat, gas power wood toys, and hundreds of individual chipper, furniture, collectibles, garage sales. "Friends" have a depression glass, antiques, galobby book sale so stock up on rage items, and a ton of misc. ner reading. Broini's Deli has sum household items. June 3rd thru food and beverages, it's a one June 6th, Thursday, Friday, Sat stop shop adventure.

!!L252

111252

2 FAMILY MOVING SALE. Qual

ity housewares, indoor/ outdoor

furniture, toys, crafts, tools,

snow blower, lawn mower and

much more! 737 Woodside, off

Silverbell in Oakland Ridge Sub-

division, June 3-5, 8:30am-5pm.

PARKING LDT SALE

dependence Twp. Library.

SUB SALE- June 3-5, 9am-4pm,

BARN SALE

Lots of Furniture, Glass, Pottery

C471 GARAGE SALE- 885 Heights, Lake Orion. Baby things, 3 months- 4T clothes, 2 rockers, lots more. June 3,4,5 9am-5pm. !!R262 MAY 27-29 & JUNE 3-5. Premoving sale. 126 North Slater, Lake Orion Beautiful fieldstone attic stuff. Wide variety. IIL252 HUGE GARAGE SALE! June 3-5, 9am-5pm, 977 E. Glass Rd., Ortonville 117X421

MULTI FAMILY GARAGE Sale June 2,3,4, 9am-5pm. 1443 Miller Road, 11R261 JUNE 3-5, Furniture, maternity,

nirl infant and toddler clothes sony stereo plus cabinet, 5372 Forest Ridge, Clarkston off Maybee, near Dixie !!C462 **GROVELAND TWP: JUNE 3-27.**

10am-7 3621 Wildwood Rd., Holly (off Dixie Hwy, between Grange Hall & Holly Rd). 11ZX422 400 + PERENNIAL PLANT Garage Sale- June 5th, 9am-3pm. 3864 Silver Valley, Lake Orion 111.261

LONG LAKE WOODS Subdivision Garage Sales. June 3,4,5, 9am-4nm, Indian Lake & Lapeer Road. 111 252 JUNE 3,4,5. 9AM-4PM. 3550 Casey Rd., Metamora, Log splitter, left handed golf clubs, electronics, TV's & miscellaneous. IIL 2768 W. CLARKSTON (between

Joslyn & Baldwin). June 3-5, Also, 26ft. trailer available. !!L261 ANTIQUES, TANDEM BIKE, glassware; toys, clothes, sewing machine- much more, 1216 Paul Blvd., Lake Orion, June 3,4,5 & 10,11,12. IIL262 INDIANWOOD ASSOCIATION Sub Wide Garage Sale. Thursday, Friday, Saturday June 10-12,

8:30am-3:30pm. Enter on Absenuemi, Chinnewa Trail, Ca yuga Trail, Maumee Trail, Nakomis Trail, Oneida Trail-off Indianwood Boad (between M-24 & Baldwin). 11L262 LARGE MOVING Sale. June 4.5

8am-6pm, 5340 Hummer Lake Rd., between Hurd and Baldwin, Oxford. 11L261

MULTIPLE HOMES in Oak Valley Fetates Sub on Dak Valley Dr. 9am-5pm, June 4-6, Follow the signs from Dixie Hwy to great bargains in children and adult clothing, furniture, kitchen items, etc. IIL261 BAKE SALE/ BUMMAGE Sale:

200

310

180

280

290 410

270 070

260

030

300

350

14

Wednesday, June 2, 2010 SPI Classifieds A

Frucks

Wanted To Rent

Work Wanted

Leonard United Methodist Church. Thursday June 10, 9am 4pm, Friday June 11, 9am-1pm. 111 252

BIG SUBDIVISION SALE: Round Tree Sub, Lake Orion. Off M-24. South of Scripps, Thursday, Friday, Saturday June 10-12, 9am-4pm. 111252

SHERMAN PUBLICATIONS **DEADLINE FOR CLASSIFIED ADS**

MONDAY

NOON 8

CANCELLATION DEADLINE MONDAY NOON

Oxford Leader & Ad-Vertiser 248-628-4801 **Clarkston News & Penny Stretcher** 248-625-3370 Lk. Orion Review

248-693-8331 (Holiday deadlines may apply) 128.dh

SALE-HUGE: 5870 Dakwood Rd. May 27-30, June 3-5, Glassware, linens, quilts, vintage clothing, Christmas, hooks, furniture, teen, adult clothes, yard items & so much more. 10am 6pm. IIL252 **OAKLAND FARM SUB Garage** Sale, west of Rochester betweer Snell & Gunn. Thursday- Saturday, June 3-5. 9am-4pm. 11L252 ANTIQUE VENDORS WANTED. Village wide antique fair, Village of Metamora. June 12 & 13. Call John, 810-678-3700. !!LZ252c **3RD ANNUAL COMMUNITY Ga**rage Sale. Orion Oaks Elementary parking lot. Corner of Joslyn Rd & Clarkston Rd. June 5th. 10am-3pm. 1 space, \$20; 2 spaces, \$30. For info call Dawn 810-627-9049

•

ww.afscmelocal1472.org. 11R234

BIG GARAGE SALE in Twin Lakes Sub. Thursday- Saturday Leather couch and chair and lots morel IIL261

Walters & a market that a mark to a star

DO YOU SEE A

household, toys, quality clothing tons morel June 10-12, 9am-5pm, 248-393-3347., IIL262

OR A * NEXT TO AN AD?

FREE ESTIMATES FOR asphalt sealcoating by the Vackaro Brothers. 248-969-9194. IIL208

110 GARAGE SALE ANTIQUE FIREPLACE mantel/ radios, Lots of misc., June 4-6, Friday/ Saturday 10am-6pm, Sunoff M-24 at Brauer, 2 blocks west

3pm. Waterfront retreat. Go urday, Sunday, 8:30am-6pm. online for more information. North on Baldwin to Oakwood. ReseAuctionGroup com or call Turn left to Legault, turn right. 877-696-7653, Beth Rose, CAI 11.10 Legault. Follow The Pink Auctioneer #2801000078 Arrows. IIL252 CRESTMOOR SUBDIVISION An nual Sale and Builders Surplus Materials. 1 mile West of M-24 FREE PICKUP ON all metals, off Drahner, June 3rd&4th, 8am mowers and more. 248-390-4pm, 111252 LARGE CLARKSTON GARAGE FURNACE CLEAN & Check with

Sale, 6640 Eastlawn, Furniture electronics, much more! June 3-5, 9am-4pm. 11L261

Check our classifieds on-line for Oxfordleader.com IIL19-tfdh

a photo or a Google map. SUB SALE- ORION Oaks (1 block south of Clarkston Road, west off

Baldwin), Furniture (oak & more)...

11L261

Sashabaw Creek Preserve, Ava Lane off Maybee Rd. between **Baldwin and Clintonville Rd, Fur**niture, kids and adult clothing, golf stuff, toys, home goods and more.

SATURDAY 10 am to 5 pm

8290 Sashabaw Rd

1 mile north of 1-75

L243

B SPI Classifieds

THE RABACE SALE

ANNUAL **GARAGE SALE** PAINT CREEK RIDGE SUB **Orion Road between Stoney**

Creek & Kern Rd. Lake Orion Thurs Fri Sat June 3rd, 4th, 5th, 8am-4pm Many homes.....Many items

130 HOUSEHOLD

A AMISH LOG headboard and queen pillow top mattress set. Brand new, never used, sell all for \$275. 989-923-1278 IICPM1

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140 COMPUTERS

COMPUTER PROBLEMS? Remove unwanted software, spyware, viruses. Is your computer as fast & stable as mine? Onsite at your convenience. Re furbished computers for sale. Free follow- up tech support. Scotty 248-245-9411, !!LZ264 COMPUTER PROBLEMS? Microsoft Certified Technician Free diagnostic. John: 248-892-5667 (Clarkston). !!LZ244

LAPTOPS & COMPUTERS Rebuilt.....\$75 and up

Flat Panel Monitors Starting at \$45. Call Bernie

248-814-8633 R265

150 ANTIQUES & COLLECTIBLES

ANTIQUE VENDORS WANTED. Village wide antique fair, Village of Metamora, June 12 & 13, Cell John. 810-878-3700. IILZ252c **AVON BOTTLE CARS, boxed &** Figurines, Beer signs & Mirrors, Cigarette signs. 248-625-3844. 1107462

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C FLOOR MODEL Columbia Grafonala (Victrola). Crank it up and listen to those 78's. \$300. gets you the music box, lots of 78's and a magazine ad from 1919, Call 810-636-3798 from 4.9pm. Pictures online at www.oxfordleader.com. !!L1tfdh

Wednesday, June 2, 2010

160 APPLIANCES **21CF WHIRLPOOL REFRIGERA** TOR, brand new, warranty. \$525 retails \$950, 588-255-0053. 111 262 **170 GENERAL**

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DETROIT LIONS SEASON ticket BY OWNER- Cabin, 24x36 ga holder wants to divide season. 2 rage, 2 big lots, pond, 2 beaches. seats, 5 games apiece (includes \$79,000. furnished. Shady Thanksolving), 20 yard line, lower Shores, 2488 Thornapple, level, Face value, 248-969-Luston, 248-693-8233: 248-0462, !!L262 877-8233, 11L252 ELECTRIC SCOOTER, INDOOR

ROLLED nutdoor use. Includes battery charger & new battery, \$800. TICKETS 248-673-1960. !!C462 **DOUBLE & SINGLE BOLLS**

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24 Hours a day TOOLS FOR SALE: Dewalt 12"

FAX* Your

compound miter saw, Sears 3hp Include BILLING NAME, ADtable saw, Grizzly 3hp shaper, **DRESS PHONE NUMBER and a** Porter cable nailers other tools DAYTIME NUMBER where you 248-953-5324, 1IZX422 can be reached to verify place ment and price of ad. Fax num-FLECTRIC WHEELCHAIR, IN-673-1960. IIC462

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ng Casino, Standish. Juna

110462 **200 PETS**

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HORSES BOARDED- Clean, well lit facility, private tac lockers, heated observation room, daily turn-outs 60x160 indoor arena 100x200 outdoor arena, 40 plus years experience, \$330/ month includes daily wormer. Our Vet says "We're the neople who care more for your horse than you do". 11202 Hill Rd., Goodrich. 810-348-0490. IIZX414 230 FARM

EQUIPMENT

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LX28-tf

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Seam, Metal shingles/ tile, 15 brakes. \$7,500 obo. 248-620-1898. IILZ2212 1997 HONDA, NEW motor. \$1,200. Mike, 248-969-2070 IICPM1 evenings. IIL252

FOCUS 2006 SES. 4- door, Auto-HANDICAP RAMP, WAS used as matic, all power. Heated seats. 34,000, miles. \$6,500. 248-626-9738. IILZ2212 1995 FORD E350 Red truck can.

2009 SCION tc, RS4.0, 22K miles, Premium Sound System, special wheels, body cladding & badging, Garaged during winter. Excellent condition. \$800 under blue book. \$17,600, 248-620-7203. IICZ3712 2002 CHRYSLER SEBRING Lim

ited convertible, loaded, perfect condition, 69k miles, \$7,995. 810-459-9745 !!ZX3712 2000 HONDA CR-V, 4 WD, 100,000 miles, A-1 running con dition. \$4,500. 248-625-5083.

110472 '99 MONTE CARLO, Remote con trol start, leather interior, AM/ FM stereo, CD/DVD, Nice carl 3.8L-V6 engine, 150,000 milesmostly freeway miles. Power seate windows locks Sunroof. \$3.250. 080. 248-640-1549; 248-391-7903, IILZ2412 2002 PONTIAC AZTEK, 149K, Loaded, Nonsmoker, rebuilt motor in 2010, new Michelin tires, cold A/C, very clean inside and out, red with black trim exterior. \$3,900. 0B0. 248-627-6929. 11ZX3912 **RARE! MUSTANG CONVERTIBLE**

GT 1996. Red with black top. Original owner, 88,000 miles, Great CD stereo. Have original window sticker, \$28,000. Car was garaged - no winters. Excellent condition, \$6,500, 248-693-2527. 11LZ244 2007 DODGE CALIBER SXT. allov wheels, premium sound, new

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CD. New tires. \$5,300. 810-1995 CHEVY CAMERO T-Ton Flow master exhaust, 20" rims,

2006 SATURN ION, 4 cylinder, gray 4- door, cloth seats. 29,000 miles. Power windows/ locks. A/ C. cruise control. 1 owner. Good ges mileage. Runs great! Excellent condition. \$8,600. 248-625-0453, IILZ1712 1995 DODGE INTREPID. Immaculate condition; 4 door, dark red,

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260 VANS

2006 FORD FREESTYLE SEL Florida car. Silver/ gray leather interior. 4 captains chairs. Running boards. Automatic sliding doors, Power windows, locks, Al C. Excellent condition. Many extras. 34,500 miles. \$14,000. 248-520-0450. IILZ2112 ····

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IIL19-tfdh 2007 FORD FREESTYLE SEL, 47,000 miles; with certified 100.000 mile warrenty, Leather/ loaded/ new tires/ super clean. \$16,300, 586-749-6166

11CZ4612 2001 OLDS SILHOUETTE van. Leather seats, CD stereo. 170,000 miles. Runs good. Fair condition. Great starter van. \$1,200 obo. 248-396-5695. 11L244dh

270 TRUCKS/SUV

1967 CHEVY C-10 Truck from Nebraska. Original paint. Small rear cab window. 8ft. wood bed, new rebuilt 454/N400 Turbo trans, Lots of new parts. Easy restoration. \$6,650. 248-628-0261; IILZ2112 2000 GMC JIMMY SLT. Approximately 105,000 miles, 4x4, V6. remote start: Power windows & locks. Towing package with electric brake. Leather seats.

Clean car fax. \$4,500. 248-814-1440. !!LZ2112 1999 F150 XLT TRITON 4.6L Super cab, white, 180,000 miles, needs engine work. Driveable. \$1,200 in front end December '09. 3 extra tires, towing pack age. \$2,600. OBD. 248-693-

693-0424, IILZ244 1989 JEEP GRAND Wegoneer 4v4 78 000 miles. New tires. shocks, brakes. Runs perfect. Very clean. \$8,900 obo. 810-614-9181. IILZ244 2006 CHEVY 1/2 Ton Pickup, warranty for 100,000 mile bumper to bumper, 56,000 actual miles, 6cyl, 5sp, 22 mpg, cab, sprayed in bed liner, \$9,250 obo. 810-577-7223 IILZ198 1998 BLAZER 4x4, 4-door, Blue Metallic, loaded, moon roof, new

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PADDLE BOAT, Beach Buggy heavy duty, electric motor, regis-tration and title included, seats \$295.00. 248-391-6993 111252

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Only \$650 per month, covers

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Bedroom, private deck, big yard.

New carnet, No nets, \$750, 248-

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private balcony. Close to shop-

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Oxford, with basement, 2 car

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L264

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513-1745 IIILZ261

ramic bath, suitable for someo

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Minutes don't match recorded council meeting

BY TREVOR KEISER

Clarkston News Staff Writer According to Mayor Stephen Arkwright, the City Council did not purchase both a lawnmower and a leaf/grass bagging unit for \$8,295 as was reported in the May 19 issue "Grass cuts, not costs." Instead they only bought the mower for \$6.145.

"The resolution simply was to buy the one mower," Arkwright said. "Do I think we'll have a future motion on the leaf blower? Yes. It seems to make sense so we can be a lot more productive, but that would be a separate issue and could be voted down."

However, the Clarkston News audio recording of the May 10 meeting reflects the council approved both the mower and the leaf/grass bagging unit for \$8,295. Clarkston News sent a portion of the word-for-word transcription of the meeting to Arkwright.

"I am not sure what to tell you about that. I do recall a discussion like your transcript states, but my recollection of the vote is as I attached from our minutes," Arkwright said in an e-mail. "I assume that the rest of the

council at the meeting also recalls it the same way, because nobody asked to correct the minutes as presented."

He sent a copy of the transcript to City Manager Dennis Ritter and Clerk/Treasurer Jan Gillespie to see if "they remember it differently." Arkwright also asked if there was a time he could review the recording "to make some sense of it."

Former councilman Cory Johnston said once the minutes are approved they are the "official record."

"If there is evidence to the contrary, than the minutes should be amended," he said. "You can go back and amend the minutes even if they're approved."

Johnston also said when he looked at the minutes he recalled something different.

Councilman Chuck Inabnit believed the council had approved both the mower and the leaf/grass bagging unit.

"I thought that's what it was," he said. "That's my recollection."

Councilman Jim Brueck said he too thought the motion was to get both pieces

Budget adjustments for HR

Continued from page 1A

"It wasn't meant to be we would be totally void of any legal service," he said. "We definitely have to have it regardless. For years ahead, for certain legal proceedings to be done and interpretation of labor law.'

The township board approved budget adjustments for healthcare and labor attorney fees, due to negotiations not being settled between Independence Township's union workers and Gabris

"I just budgeted the amount I was told," said Independence Finance Director Susan Hendricks referring to the healthcare adjustment of \$271,000 to be made. "I wasn't involved with how do we determine how much, so I don't know if it was thought contracts would settle in January or what."

Hendricks said the last time she talked to Supervisor Dave Wagner, who has been out on medical leave, they discussed a few possible options. The options included taking the money from fund balance or making additional cuts else ware.

"We can't say we'll bring in more revenue because that's hard to do," she said. "The supervisor is looking at making a recommendation to the board, but right now I don't know what his recommendation is going to ...be."

As far as legal bills, Hendricks said all bills come through her office, but she doesn't check what they are for. She said it's Gabris's job to make sure they're billed properly.

The township paid \$32,557.95 in 2009 to .

labor attorneys Roumell Lange & Cholack. 15-1 .: 29191 Sorfar for 2010 \$61266143 was spent. Gabris astimates. 248-830-0046 8815 112 64 12

was originally allocated \$7,500 for legal. Hendricks said she knows the amount is greater, but she hasn't received the bills for them yet.

"I can't say all these bills have been for union negotiations." she said. "I do think there has been some other things that our attorneys have been involved in, but again our bills don't always spell that out either." AFSCME Union President Craig

Richardson said the lawyer fees are only being used for the Teamsters union.

"AFSCME is only using (Supervisor) Dave Wagner and Carol Gabris," Richardson said. "The negotiations are progressing at a slower rate."

AFSCME Union member Lisa McCoy said union negotiations are different due to the economy and conditions.

"We'd like to get it resolved as quickly as possible," she said. "We've been working diligently on our own researching things that we've brought to the table to help the township save money."

Gabris was hired on a year contract in July 2009 at salary of \$87,000 a year.

Supervisor Dave Wagner agrees the HR position has not worked as well as "some of us perceived."

"One of the other things that bothers me is the amount of time it appears it takes HR to do this," he said. "It doesn't seem to be very substantial at all to be paying that kind of money. I don't know how we can do it."

Teamster representatives, nor Carol Gabris returned phone calls or e-mails. 441 L244

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of equipment.

"I believe the intent was to pay for the mower out of this year's 2010 budget and buy the attachment out of the 2011 budget." Arkwright said the bills reflect only the

mower was nurchased. Councilman Steve Hargis made the resolution to include both the mower and the

attachment, according to the recording. "Yes, I think that (buying the leaf/grass bagging unit attachment) was delayed until fall time, we didn't think we needed it," Hargis said. "That's going to be taken up and a new vote on that. That did not come with the

original purchase." Johnston disagrees.

"The way it's written (in the minutes.) it's already been approved," he said. "All they have to do is allocate the money."

As far as the mower goes, Arkwright believes it was a good investment.

The estimated labor is eight hours, so this is a change," he said. "It was taking 16 hours with the Button mower.

In a spreadsheet breakdown, Arkwright said labor would cost \$84 dollars per cut (\$10.50 times 8 hours), gas per cut, estimated at a high of \$25, maintenance per cut \$5 and with the new mower cost per cut comes to \$139.05, which is cheaper than the lowest

bid to outsource, which was \$4,500 annu-

Wed., June 2. 2010 The Clarkston (MI) News 31 A

Arkwright estimated the mower to last about 15 years. If so, he said the city would see a savings of \$65.49 per cut versus low bidder outsourcing, \$1,440.84 per year, and \$21.612.62 for the life of the mower.

"It is a lot cheaper and saving a chunk of money I think," he said. "We also have better control of how it's getting done and when it's getting done, I just think it makes more sense for us to have that control."



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A Special Section Dedicated to the Health-Conscious

The Clarkston News & Penny Stretcher • June 2, 2010

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² Wed., June 2, 2010 The Clarkston News/Penny Stretcher Health and Fitness Section Welcome Home!!!! Clarkston Cleaning Services complete, caring

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Stretch those paws before exercise

Clarkston mascot Wolfie demonstrates how to stretch properly before exercising, at Springfield Plains Elementary's A.C.E.S. Day, May 5. Daily stretching is crucial for helping to keep joints mobile and flexible. Also, take "flex" breaks throughout the day to help keep your muscles and ligaments flexible and strong.





The Clarkston News/Penny Stretcher Health and Fitness Section Wed., June 2, 2010 3 What you should know about blood health



essential functions in your body, so when something is wrong with your blood, it can affect your overall health.

"Millions of Americans of all ages, genders and ethnicities are affected by blood disorders," said Hal E. Broxmeyer, Ph.D., president of the American Society of Hematology. "It's important to be aware of what healthy blood is and learn how to prevent potential problems in order to maintain and improve your health."

On average, adults have 9 to 12 pints of blood, which carries oxygen and nutrients throughout the body, forms clots to prevent blood loss and transports antibodies to fight. infection. Blood also helps regulate your body temperature and clear waste from your system.

People may be affected by many different types of blood conditions, including anemia,

Blood performs a variety of bleeding disorders, blood clots and blood cancers such as leukemia, lymphoma and myeloma. The signs and symptoms of these conditions vary, so it is important to know what the different blood disorders are and be aware of any changes in your body.

> For example, if you feel weak and have pale or yellow skin, you may have anemia. And you might be at risk for a blood clot if your skin feels warm and your leg, ankle or calf swells. If you think you have a blood condition, talk to your primary care physician right away.

> To maintain your blood health, the American Society of Hematology offers the following tips:

> • Know your family history. · Eat healthy foods and exercise regularly.

• Talk with your doctor if you have any concerns.

• Request an annual checkup.

-NAPSI

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Tips on looking for housing for an elderly relative.

by Sandy Mabery **Owner of Pine Tree Place Assisted Living**

At some time, everyone will probably need to find alternative housing for an elderly relative. This can be a very confusing path to walk down with lots of twists and turns. The first thing that everyone needs to know is that the government does not necessarily take care of the cost of longterm care. Medicare pays for up to 100 days of rehabilitation, as prescribed by a doctor, and ends when no further improvement is noticed. At that point you usually have three choices:

1. Take them back home. If they cannot live independently, you will need to hire a nurse, home health care aides, companion care services or elect family members to help with the care. Unfortunately, these options are generally in four hour blocks of time. Paying for 24-hour home care can run as high as \$8,000 to \$10,000 per month, depending on the care needs of the elderly person.

2. Move them to a senior apartment or assisted living facility, depending on their needs and financial situation. Both of these options are private pay.

3. Move them into a skilled nursing facility. Medicaid subsidizes the cost for skilled care, but only after you pay privately first and use up all of the resident's personal savings. Each skilled care facility will have different admission requirements, depending on their overhead costs and the number of Medicaid beds they have. Some require the resident to have up to three years of private pay funds (approximately \$300,000) before they will admit them into their facility. Many skilled facilities have waiting lists, and sadly, an elderly person with small savings will have very few facilities to choose from.

If your relative has Alzheimer's disease you will need to look for a facility that specializes in that type of care. These facilities are usually smaller and are equipped with a system to prevent the residents from wandering undetected outside. They also have higher staff to resident ratios. The cost for this specialized care can be more expensive.

Check out www.alternativesforseniors.com. It is a great on-line resource tool for investigating all types of long-term care and has a great search engine. The following is a description of the different types of facilities that exist in Michigan.

Skilled Care Facility, Convalescent Homes, Nursing Homes

Large institutional facilities that provide room, meals and 24-hour medical care for eldeny residents that are licensed by the State of Michigan. These facilities accept Medicare, Medicaid and private pay. Rooms may be private or may be up to four residents in a room. Costs usually start around \$265 per day (\$8,000 per month).

Large Assisted Living Facility (licensed)

Large facilities that provide room, meals, activities and 24-hour non-medical personal care for elderly residents. These facilities house 60+ residents, generally on two or more floors, and are licensed by the State of Michigan as a "Home for the Aged". By law they can be as small as 21 beds, but smaller ones are not very common due to construction cost requirements. They have additional fees for medication disbursement and generally have extra fees for high levels of care. These are private pay only and generally are new construction. They have semi-private, studio and one bedroom units without kitchens priced from \$125 to \$260 per, day (\$3,800 to \$8,000 per month). They have separate staff för cooking, cleaning and caregiving. Large Assisted Living Facility (unlicensed).

Some larger assisted living facilities are unlicensed and therefore must contract all personal care services through a Home Health Care Agency. These facilities only provide room and meals and have additional ala carte charges for personal care and medication management. They do not provide true 24-hour care. They have semi-private, studio, one and two bedroom units (some with kitchens) priced from \$1,600 to \$4,200 per month. American House offers a MI-Choice waiver which combines HUD money for low-income seniors with Medicare dollars for personal care, but there is generally a waiting list. They have separate staff for cooking, cleaning and caregiving.

Assisted Living Home, Large Adult Foster Care Group Home, Personal Care

Small residential facilities housing 13 to 20 residents that provide room, meals, activities and 24-hour non-medical personal care for elderly residents, licensed by the State of Michigan as a "Large Adult Foster Care Group Home". These are generally remodeled homes, but larger ones are sometimes new construction. All personal care and medication management is included in the monthly fee but many have extra fees for higher levels of care. Medication management is included in the base monthly fee. These are also private pay only. Rooms are generally studio-type, single occupancy rooms or semi-private rooms with prices ranging from \$80 to \$200 per day (\$2,500 to \$6,000 per month). The staff are usually universal workers that are required to do cooking, cleaning and caregiving. Assisted Living Home, Personal Care Homes, Small Adult Foster Care Group

<u>Home</u> Small residential facilities housing seven to thirteen residents that provide room meals, activities and 24-hour non-medical care for elderly residents licensed by the State of Michigan as a "Small Adult Foster Care Group Home". These facilities are almost exclusively remodeled neighborhood residential homes. All personal care and medication management is included in the monthly fee. Generally the rooms are semi-private or private, all having shared bathrooms with prices ranging from \$60 to \$100 per day (\$1,800 to \$3,000 per month).

Assisted Living Home, Personal Care Homes, Adult Foster Care Family Home, Group Home

Small residential facilities housing six or fewer residents that provide room, meals, activities and 24-hour **non-medical** care for elderly residents licensed by the State of Michigan as an "Adult Foster Care Family Home". Owner/operator is required by law to live in home. Exclusively remodeled or existing homes. All personal care and medication management is included in the monthly fee. Generally the rooms are semi-private or private, all having shared bathrooms with prices ranging from \$60 to \$100 per day (\$1,800 to \$3,000 per month).

Continuing Care Retirement Communities (CCRC)

Large institutional facilities that offer independent living apartments, assisted living and skilled nursing care at one site. These are exclusively new consruction

Senior Housing, Independent Living Apartments, Retirement Villages Generally large apartment complexes catering to the elderly that do not offer any care, but will at times offer limited meals and activities in an attached community dining room. Units are generally one or two bedrooms with kitchens and are priced from \$1,600 to \$2,500 per month. Many of these facilities have their own bus which residents may use for doctor visits or errands.

Home Health Agency

Agencies that provide licensed medical care to seniors in their home including nursing, occupational therapy, physical therapy and geriatric psychiatric are. **Companion Care Agency**

Agencies that provide non-medical assistance to seniors in their home including Id chores, errands, assistance with eating, cooking and grooming.



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248-620-2420 or visit our website at www.pinetreeplacellc.com

5480 Parview · Clarkston, MI 48346



The Clarkston News/Penny Stretcher Health and Fitness Section Wed., June 2, 2010 5 Hospital hosts mother-daughter expo, June 26

On Saturday, June 26, Doctors' Hospital of Michigan will host a Mother Daughter Health & Beauty Expo from 10 a.m. - 1 p.m in the hospital Cafeteria.

The free event will feature Dr. Michael Nicholson M.D., Dr. Isabelle Audet M.D., and Dr. Peter Shaman M.D. presenting lectures on women's and teen health topics.

Attendees will be able to get a massage, makeovers, manicures and bra fittings, as well as browse for jewelry, handbags, makeup, work out gear, and more.

"We want to promote healthy & fun lifestyle choices for area residents," said Irma King, Director of Business Development for the hospital. "It will be a great event for moms and their daughters to come out to," King predicted.

Dr. Audet is a general surgeon, specializing in breast surgery. Dr. Shaman, of Clarkston and Dr. Nicholson, of Pontiac, specialize in obstetrics and gynecology. There will be an "Ask-a-Doc" session also during the expo.

To get to the cafeteria, visitors are asked to park in the Visitor Lot on S. Johnson St., come in the main entrance, and take the elevator to the Ground Floor.

For more information, please contact



Shaman

Nicholson Audet

Tanesha Taylor, Administration, at 857-7116. or email

doctorshospital@dhofm.com.

Doctors' Hospital of Michigan (DHM), www.dhofm.com, is accredited by The Joint Commission and is Michigan's first physician-owned acute-care hospital with a unified mission to deliver the highest quality, cost-effective, and compassionate healthcare in northern Oakland County.

DHM is home to a variety of health-related services including: Acute Medical Surgery, Physical Medicine and Rehabilitation, Radiation Oncology, Emergency Centers (Pontiac and Waterford), and two out-patient clinics in Clarkston and an Emergency center in Waterford.

In addition, DHM is home to Euro-Peds (www.europeds.org), the first hospitalbased Intensive Pediatric Physical Therapy program in North America.

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5629 Sashabaw Road (next to McDonald's) 248-922-5600 or 1-800-348-5233 It's great to live and work in Clarkston. I graduated from Clarkston High in 1974. Paul D. Schell Owner/Director

6 Wed. June 2: 2010 The Clarkston News/Penny Stretcher Health and Fitness Section



 Have more energy? • Be stronger? Have more sex drive? Think more clearly? Be thinner? Sleep better? Be less moody? Stay healthy & active?

Thousands of people have achieved this and more with a NEW natural program-FirstLine Therapy

Now you can do it, too! Call us to discover how to live healthier & longer without medication.

The Downing Clinic 5715 Bella Rose Blvd., Suite 100 Clarkston. MI 48348 248-625-6677 www.TheDowningClinic.com FirstLine Therapy is a registered trademark of Metagenics, Inc.



A healthy lifestyle awaits

The Downing Clinic is coming up on their fifth month of offering the highly successful lifestyle management program, called FirstLine Therapy.

This program's unique approach focuses on improving body composition, consideration of each person's biochemical individuality, use of a modified Mediterranean Diet Plan (low glycemic index & load diet) and customized recommendations for nutritional supplements.

The overall goal of the program is prevention and early intervention of potential chronic diseases, improvement of quality of life, and improved management of existing chronic diseases.

A standard "one diet, one supplement for all" is NOT what this program is about. Each day we learn more about how nutrition and lifestyle impact our health. This program helps people understand and apply knowledge and action to attain their health goals, whether weight loss, feeling better, or reducing their chances of disease.

Medical conditions which have been identified by many health organizations as being responsive to lifestyle change approaches, like FirstLine Therapy, include:

• High cholesterol

• High blood pressure

- Metabolic Syndrome
 - Type 2 Diabetes
 - · Cardiovascular disease
 - Osteoporosis Osteoarthritis

• And, conditions related to aging

We've now conducted 3 sessions and find that typical feedback from participants includes:

- · I'm not always hungry anymore
- I lost weight
- I feel better
- I have less pain and more energy
- My blood sugar is now lower

· My blood pressure has returned to normal

Upcoming free informational seminars for FLT are:

July 27 and Sept. 21 at 5:45 p.m. Topic: For Better Health Now and For a Lifetime. Please register at least three days prior to the seminar

The next FLT program session starts Tuesday, June 8, 2010 at 5:45 pm. Please register at least 1 week in advance. Call 248-625-6677 to register for either of these programs.

For more information, call The Downing Clinic, 5715 Bella Rose Blvd., Suite 100, Clarkston, MI 48348, at 248-625-6677, or check www,TheDowningClinic.com.

Best place to exercise at Snap Fitness

Snap Fitness invites you to come on in and experience the Snap Fitness difference! Named "Best Place to Exercise" in 2008 and 2009, Snap Fitness Clarkston is now offering FREE WEEK trial memberships and summertime specials.

Whether you're a first-time member or looking to get back into a gym, Snap Fitness has something for everyone. With cardio and strength equipment, along with free-weights, members can get fit and feel great for Summer 2010 and beyond!

The mission of Snap Fitness is to provide members with a fast, convenient, and affordable workout experience. With 24/7 access, members can work out at their own pace, on their own time, in a clean, safe, and comfortable environment.

With no long-term contracts and simple membership options, members have the flexibility to utilize a membership plan that works specifically for them. And with access to all Snap Fitness locations nationwide, members can work out close to home, work, or anywhere else!

Snap Fitness is more than just a standalone gym, and is dedicated to the ongoing satisfaction and personal wellness of members. With personal training, free online features, and continued in-club enhancements, members can always be on the lookout for



Snap Fitness Clarkston, named "Best Place to Exercise" in 2008 and 2009. something new. As an added incentive, members will have the chance to win free months and free prizes, just for coming in and working out!

Snap Fitness: always open, no contracts, fast workouts, and fast results!

Snap Fitness is locally and family owned and operated, and has convenient locations in Clarkston and Oxford. For more information, contact Clarkston Snap Fitness by phone at 248-625-2100, on the web at www.snapfitness.com/clarkston, or in person at 5900 Sashabaw Rd, in the Kroger plaza. Contact Oxford by phone at 248-969-7627, on the web at www.snapfitness.com/ oxfordmi, or in person at 972 N Lapeer Rd, directly north of Meijer.

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The Clarkston News/Penny Stretcher Health and Fitness Section Wed., June 2, 2010 7

VeinSolutions, therapeutic, cosmetic vein care leaders

The Physicians and Staff of Michigan Vascular Center are pleased to have joined the Clarkston community in our new Clarkston Medical Building office off of Sashabaw Road.

This state-of-the-art, AAAHC-accredited facility has allowed us to bring the latest vascular therapies to Clarkston. All of our surgeons have fellowship training in vascular surgery and are board certified.

In our Clarkston "VeinSolutions" office, we diagnose and treat the venous problems that can limit your quality of life and may even cause more serious medical issues.

Our physicians are dedicated to making specific, accurate diagnoses and then tailoring a treatment plan to get your legs feeling and looking better.

Procedures, if necessary, are also performed in a comfortable setting with our knowledgeable, professional and friendly staff. The workup and most of the treatments are also covered by your insurance.

Varicose veins can cause many different symptoms. Common complaints are: heavy, achy, itchy, throbbing, burning, swollen, or fatigued legs. Sometimes, distended veins can contribute to cramps and "restless leg" symptoms. Risk factors that predispose one to varicose veins include pregnancy, obesity, age, trauma and heredity.

Treatment options have changed over the years and are now minimally invasive and very well tolerated. Our surgeons use the clinically proven least painful radio-frequency technology to close the vein.

Unsightly bulges can be removed at the same time through tiny incisions that heal without stitches. Patients are back to usual activities in 1-2 days and full activities in 1-2 weeks.

As board-certified vascular surgeons, we are uniquely qualified to assess for other causes of leg pain, such as deep vein thrombosis (DVT) or peripheral artery disease (PAD).

We treat all aspects of vascular disease, including endovascular and surgical management of PAD, aneurysm disease, stroke prevention, hemodialysis access and DVT. Michigan Vascular Center physicians and staff are dedicated to your vascular good health.



Yoga alone or with a crowd

Wolfie strikes a yoga pose with 572 students at the A.C.E.S. event. Yoga, meditation and similar activities can decrease stress hormones and counteract the body's natural stress responses by increasing endorphins and improving your mood:

VeinSolutions[™] VeinSolutions, a division of Michigan Vascular Center, has created an innovative approach to vein care. VeinSolutions brings together an experienced and specialized team of board certified vascular surgeons, certified vascular technologist and experienced nurses. Our physicians are dedicated to using the latest technologies in the diagnosis and treatment of varicose veins, spider veins and vascular birthmarks. • We are Michigan's only accredited vein institute. • We utilize the VNUS system, clinically proven to be less painful than laser. • Our procedures for varicose vein treatments are covered by most insurances. • We offer FREE screenings by a board-certified vascular surgeon. **Common Symptoms of Varicose Veins:** Swelling of Legs or Ankle • Aching or Burning in the Leg • Itching of Skin Around a Vein Leaders in Cosmetic & Therapeutic Vein Care • Tired, Heavy Legs Clarkston • Flint Restless Legs 248 - 620 - 9AFTER BEFORE Clarkston Medical Building • 5701 Bow Pointe Drive • Suite 212 www.veinsolutions.com



Soccer is a great exercise, as is dancing, as the Clarkston Lady Wolves team demonstrates for the kids at their Youth Night, May 21, at Clarkston High School. Or take a walk through downtown, like these second graders, below, during Clarkston Community Schools' annual history tour.

Shape up for summer

The sun is shining and spring is quickly turning into summer. That means it's time to shape up for the shorts, sleeveless shirts, swimsuits and sundresses that will be coming out of the closet.

According to a recent survey, half of Americans (52 percent) say that recent warm weather has them more motivated to get in shape for summer, but one in five (21 percent) Americans say that they do not know where to begin. Registered dietitian Tara Gidus offers these suggestions to help you shape up for summer:

1. The kids are into sports, why not you? Join a tennis club or sports team. You will have fun, get fit and socialize all at the same time.

2. Move a bit more. Go on a 15-minute walk during your lunch break or stand up and move in place while you are on the phone.

3. Need an energy break? Instead of reaching for a cup of joe, move your major muscle groups. Doing a set of lunges can increase oxygen to the brain and offers a natural pick-me-up that is better than a cup of coffee.

4. Rise and shine. Breakfast is a must. You will feel more en-

ergetic if you fuel your brain by giving your body the food it desires.

5. Eat light and often. Eat only what you need to sustain yourself for three or four hours, then follow up with a light snack to tide you over until the next meal or snack. Healthy Choice meals are low in calories and satisfy your craving for health and convenience. The meals are portion controlled and feature whole grains and fiber—perfect ways to keep you full and satisfied.

6. S-L-O-WD-O-W-N. Food is meant to be enjoyed, so slow down and taste every bite.

7. Color your plate. Fruits and veggies are colorful and add nutritional value to every meal without adding excess calories.

8. Track your spending. Not dollars but calories. People who keep a record of what they eat lose twice as much weight as people who don't.

9. Shrink your plate. Eating from a smaller plate will help to control portions.

10. Save money by eating at home. Restaurant meals can have high calories along with high prices. Cook at home or bring your lunch to work to save time, money and fuel.

-NAPSI



States and States

The Clarkston News/Penny Stretcher Health and Fitness Section Wed., June 2, 2010 9

Clarkston hearts in good hands

Associated Radiologists of Clarkston (AROC) installed the first and only freestanding 64-slice CT scanner (Toshiba Aquillon) in North Oakland County in April, 2009.

Advanced diagnosis that used to require a trip to the hospital now is performed in the warm and patient-friendly setting of the Clarkston Medical Building on Sashabaw Road. Of all the new diagnostic tools this technology offers, the most exciting is Coronary CTA, or CCTA.

CCTA is a non-invasive medical imaging tool used to detect or exclude coronary artery disease, the most common cause of heart disease.

Multiple landmark studies have assessed the performance of CCTA, and they all conclude that it is the most accurate, non-invasive diagnostic imaging test for the detection or exclusion of coronary heart disease in chest pain patients.

Several studies have shown that CCTA is superior to exercise stress tests for detection of heart disease.

If you have a CCTA, and it is normal, you have an exceptionally low risk of future events for greater than 12 months.

If your test shows a significant amount of plaque and narrowing, it is a strong predictor of future events.

Considering that only 38 percent of all invasive heart catheterizations in patients with suspected heart disease show significant findings, it is a major advance to have 64 slice technology that generates essentially the same information without the pain, expense, risk of complications or hospitalization.

The procedure is very simple and is usually completed in 15-20 minutes. An IV is started, EKG monitors are applied and, after a short breath hold, the exam is finished.

Occasionally, a short acting beta-blocker is administered prior to the test to temporarily slow the heartbeat. CCTA does require exposure to radiation, but it is generally less than what is commonly used in nuclear medicine stress testing.

Recently several of the insurance payors have begun reimbursing for CCTA including HAP, Medicare and some of the Blue Cross products.

We will be happy to help you determine if your carrier provides this service.

At AROC, we strive to provide the most cutting edge diagnostic technologies to the residents of Clarkston and surrounding communities.

If you have any questions, please call 248-620-5012 or visit www.arocimaging.com.



A healthy way to help

Kids combine the cardiovascular benefits of an impromptu game of soccer with helping in the fight against cancer at a Relay For Life event, May 15 at Clarkston Junior High School.

HEART WELLNESS SCREENING

GET ACTIVE. GET HEALTHY. GET SCREENED

Because prevention is always better than treatment, the more you know about your risk factors, the better equipped you are to reduce the risk of heart disease.

Associated Radiologists of Clarkston offers 4 non-invasive tests for your heart:

Coronary Calcium Score (Heart Scan)

This fast, safe and easy CT scan of the heart is the only non-invasive test that can accurately detect — or rule out — the presence of heart disease in otherwise healthy individuals. The test uses the advanced 64-slice CT and special software to detect the presence of plaque in the coronary arteries.

Carotid Ultrasound

This fast, easy, non-invasive and radiation-free test uses ultrasound to look at blood vessels within the neck. If detected, the presence of atherosclerotic plaque within these vessels could lead to stroke and may indicate the presence of other cardiovascular disease.

Coronary CT Angiography

This new test is an excellent, less invasive and less expensive alternative to cardiac catheterization procedures in certain defined situations. This test, which uses our advanced 64-slice CT scanner and the injection of a contrast agent, can also be used for patients who have coronary stents or bypass grafts to verify that the arteries are still open and functioning properly.

Stress Echocardiogram

This non-invasive test is used to evaluate the function of the heart and valves, determine how well the heart tolerates activity and to help determine the likelihood of a patient having coronary artery disease. But it can also be used to help track and evaluate the effectiveness of a patient's cardiac treatment plan.



Schedule your Heart Wellness Screening appointment today.





Associated Radiologists of Clarkston www.arocimaging.com 877-263-3471

5701. Bow Pointe Drive, Suite 110 • Clarkston, Michigan 48346-3199 • Phone: 248,620,5012 • Fax: 248,620,5013 7210 North Main Street, Suite 211 • Clarkston, Michigan 48346-1575 • Phone: 248,620,9199 • Fax: 248,620,0758

10 Wed., June 2, 2010 The Clarkston News/Penny Stretcher Health and Fitness Section TomoTherapy changes how breast cancer treated

nodes as well.

When Lorna Kaye Pendell was referred to 21st Century for the entire breast or just a portion, and for affected lymph Oncology's Dr. Kay Miller for breast cancer radiation, she had every confidence in the physician's expertise. The ambience in the office was a pleasant surprise.

'Everybody there was caring and very professional," says Pendell, 65, of Clarkston. "I felt that they were remarkable in their manner with me." Pendell appreciated that the staff was always on time, cheerful and compassionate.

While everyone at 21st Century Oncology was very "hightouch," Pendell's treatment was definitely "high-tech." She was treated with TomoTherapy®, the most actherapy available, especially for curved areas of the

anatomy like the breast and rib cage, according to Dr. Miller. Its benefits include decreased side effects and better outcomes. Side effects are lower because the radiation is uniform across the entire treatment area and because it hits its. target and nothing else - healthy tissue and vital organs such as the heart and lungs. This is especially important for left-sided breast cancer because the edge of that breast lines up with one edge of the heart.

TomoTherapy® treatment also results in less scarring and skin thickening, providing better cosmetic results for women who have had a lumpectomy or mastectomy. It can be used



curate and precise radiation Dr. Kay Miller discusses treatment options with a patient.

Although the technology is highly specialized, it is used to treat a wide variety of cancers in addition to breast cancer. Cancers that can be treated with TomoTherapy® include prostate, lung, pancreas and head and neck tumors. Tumors that were treated with external-beam radiation can also be treated with TomoTherapy®.

"We want to cure the cancer, but we want the breast to

have a good appearance and texture afterward," says Dr.

happened."

fatigue.

Miller. "We ultimately want it

Pendell said her side effects

Kay Miller, M.D., who

were treated with aloe vera and

a 20-minute nap to manage the

trained in Radiation Oncology

colleagues, Jeffrey Forman,

M.D. FRC [C] are the only pro-

viders of TomoTherapy® in

Oakland County, at locations

in Pontiac and Clarkston.

TomoTherapy®, Miller says, is not only sophisticated technology that provides effective doses of radiation, it is also safer. That's because medical professionals know exactly where a tumor is from a daily CT scan before treatment. To learn more about TomoTherapy®, call 248-625-0300.



June is traditionally a special time to celebrate the men in our lives. Just in time for National Men's Health Week, June 14-20, and Father's Day, June 20, TOPS, Take Off Pounds Sensibly, offers a variety of tips and ideas to help improve a man's health and also can benefit the entire family.

Simple, Healthy Ways to Honor Dad

• Time is a gift; give it to share it. Make a date for a regular activity, and support each other in your healthy lifestyle. Commit to doing yard work together every Saturday or taking regular walks every other evening after dinner.

Does he like to cook? Give him a healthy cookbook for his collection. Provide him with new grill accessories and encourage replacing unhealthy options with grilled fresh vegetables, fish, and seafood.

• Give him a surprise activity - a long bike ride, a day hike, doubles tennis with two other family members, or an afternoon of golf.

• A subscription to a health and fitness or sports magazine that matches his interests will be a gift that keeps on giving sound advice for his healthy lifestyle.

• A healthy brain is a happy brain. Give him books of puzzles and brain teasers. Play board games with him and the rest of the family.



Top Docs Beating Cancer EVERYDAY

When the diagnosis is cancer, choose the doctors other doctors recommend for their expertise in TomoTherapy.

TOP DOCS in action - once again leading the way with the latest technology for cancer treatment. To schedule an appointment, please call the location nearest you.



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Monroe | COMING SOON

The Clarkston News/Penny Stretcher Health and Fitness Section Wed., June 2, 2010 11 Spotlight: a great place to exercise mind as well as body

"As a non-dancer, I thought my oldest daugh-

ter would dance a couple of years and move

on to something else. Our three daughters

have been dancing at Spotlight for nine years

(seven for the youngest). I am very happy

with the instruction at Spotlight and proud of

the growth I have seen in my daughters.

Dance has helped them with coordination.

flexibility, conditioning, strength, confidence

and athletic pursuits. I am thankful for the

opportunity to send my daughters to a studio

A APPAKAPPAKERAPPA

- Mary Hohnstadt, parent

with a nurturing environment to learn."



Dance is not only an art form which takes many hours of training to perfect technique and skill.

It also exercises the mind as it challenges the dancer to concentrate and focus on isolating specific muscle groups while memorizing sequences of steps and combinations.

At Spotlight, our students learn an appreciation for the art of dance as well as the skill and technique of various dance forms.

Students also learn discipline and focus which carries over into their schoolwork.

We are proud to have so many dancers on the honor roll at their schools!

The instructors care about the health and safety of the dancers as well. We

of the dancers as well.

take master classes and attend dance conventions to keep up on the latest teaching methods and trends.

Students learn the importance of proper warm-up and stretching to avoid injury.

Spotlight instructors also care about the image of our students on stage; we choose conservative, modest recital costumes and teach age-appropriate moves.

It is important for every dancer to have a healthy attitude about their body and the beauty they can create on stage as a performer.

Spotlight's Competitive and Performance Teams have done very well at regional competitions, earning platinums, high golds, overall

high score awards and top choreography awards. Competitive dancers train and rehearse many hours in the studio.

Their hard work and commitment to the teams have been a bigger reward than any trophy they have ever brought back to the studio.

Spotlight offers dance classes to ages 3 thru adult. Ballet, tap, jazz, hip-hop, lyrical and special pre-school classes are available.

Our professional level classes are taught in a positive environment where students are encouraged to challenge themselves.

Such challenges help dancers build confidence in their own skill level with rewarding improvements. Spotlight is a great opportunity for children to exercise, make friends and build self-esteem.



Explore the exciting opportunities at Spotlight Dance Center!"



 6-Week Summer Class Sessions in Tap, Jazz, Ballet, Hip-Hop, Lyrical, Turns & Leaps... and More!
 Princess Ballet Camps
 Award-winning Competition & Performance Teams

248.625.9030

SPOTLIGHT, Dance Center

7183 N. Main St., Clarkston, MI 48346 www.spotlightdance.com 12 Wed., June 2, 2010 The Clarkston News/Penny Stretcher Health and Fitness Section

Munk & Associates create beautiful smiles!

Dr. Charles F. Munk and Dr. Charles W. Munk, both orthodontic specialists, continue to utilize cutting-edge technology to create straight, beautiful, healthy smiles for patients of all ages.

The doctors and staff are devoted to providing exceptional, caring service in a fun, family-friendly environment.

This includes movies in the reception area, a gourmet coffee selection for adults, and contests complete with prizes that appeal to everyone.

Winners in the patient referral contest have enjoyed a night out on the town including the use of a limousine.

Many people are unaware of the additional training necessary to become an orthodontic specialist. Both Dr. Munks have completed an additional two year college program beyond dental school.

They also continue to attend numerous continuing education courses to keep them current on all of the latest technological advances.

We continue to research new products and treatment options to provide patients with the very best in orthodontic care," said Dr. Charles W. Munk.

One such advance utilized at Munk &

Associates Orthodontics is the Damon® System.

The Damon[®] System employs a unique treatment philosophy that goes beyond straight teeth to create broad, beautiful smiles.

This system takes into account each patient's face, profile and other factors, anticipating what patients will look like in their 40's, 50's and beyond.

The days of having braces tightened are over. The Damon® System uses tieless brackets that reduce pressure on teeth allowing them to move more comfortably. This innovative approach to orthodontics ensures greater comfort throughout treatment.

These "breakthrough brackets" offer an advanced micro design which makes treatment faster, with fewer appointments, and better hygiene.

Wilckodontics® is another exciting treatment option.

This technique is commonly referred to as "fast ortho". Patients opting for "fast ortho" treatment can be in and out of braces in just 3 to 8 months!

Dr. Charles F. Munk and Dr. Charles W. Munk are two of the very few orthodontists in Michigan trained and licensed to provide the Wilckodontics® procedure.

Invisalign[®] continues to be a wonderful treatment option for both teens and adults. In fact, Munk & Associates Orthodontics has been named a Preferred Provider of Invisalign® for 2010!

The invisible, removable aligners are created using the latest medical imaging technology. Each aligner is worn for several weeks, and can be removed to eat, __year be a part of the Clarkston Health brush, and floss.

Straight teeth and a beautiful smile can enhance self-esteem and self-confidence at any age, plus improve overall oral health. It's never too late to look and feel great!

Free orthodontic evaluations are provided at all three office locations. Convenient day, evening and Saturday appointments are available to accommodate even the busiest patient's schedule.

Payment plans and financing through CareCredit make treatment fit into any budget. Our office also works with most insurance companies.

"The communities that we work in have shown our offices tremendous support throughout the years," said Dr. Charles F. Munk. "It has been such an honor to be voted Best of the Best in both Clarkston and Oxford.

We want our communities to know that we will continue to support many local programs such as SCAMP and the Parks & Recreation Departments."

Our entire office team enjoys being involved with these organizations.

Our office is also proud to again this Care Professionals college scholarship program. This is a very rewarding opportunity to assist a local high school student achieve their dream of becoming a health care professional.

Anyone interested in further information about our office can visit our website at www.munkorthodontics.com.

To schedule an appointment, please contact us at one of our three convenient locations.

5825 S. Main St., Clarkston, MI 248-625-0880

837 S. Lapeer Rd., Oxford, MI 248-628-6441

8379 Davison Rd., Davison, MI 810-653-9070

Looking to Enhance your Smile? 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 Create Beautiful Smiles for Patients of All Ages" • Free Initial Exam • Breakthrough Brackets • New Patients Welcome • Early Growth Treatment No Referral Necessary Removable Appliances • Wilckodontics - Also known as Fast Ortho Invisalign Invisible Retainers Voted "Best of the Best" in Clarkston and Oxford TO BETTER SERVEYOU WE HAVE State-Of-The-Art Digital X-Ray Equipment! Day, Evening, and Saturday Appointments Available! Financing Available - No Down Payment Required! All Major Credit Cards Accepted! Kinvisalign 2010 PREFERRER & Associates Visit our website www.munkorthodontics.com Orthodontic Specialists 8-628-644 248-625-0880 810-653-90 837 S. Lapeer Road Oxford, MI 5825 S. Main Street Clarkston, MI 8379 Davison Road Davison, MI OXFORD PROFESSIONAL CENTER MUNK PROFESSIONAL CENTER