

# The Clarkston News

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Vol. 85 No. 48 Wed., October 17, 2012

2 Sections, 72 pages 50¢

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your summer slim in the  
*Healthy Lifestyle*  
special section, this week

## Learn views at debate

BY MARY KECK

Clarkston News Staff Writer

Citizens will have an opportunity to hear from Independence Township trustee candidates when the League of Women Voters (LWV) hosts a debate.

According to Judy Bateman of the LWV, each candidate will give a one-minute opening and closing statement, and they will have one minute to respond to questions from the audience and from Mary Keck, staff reporter for *The Clarkston News*. The LWV's Mary Howarth will moderate the debate.

The LWV is a non-partisan, non-profit organization, run by volunteers, said Bateman. Members of the LWV hope to "educate on issues we've studied and come to a consensus on," she said.

The LWV has recently studied redistricting and prisons; the results of their studies are used to educate the legislature, said Bateman.

"We do not ever endorse candidates or political parties," she added.

Hosting debates is not new for the LWV.

"We've done this since 1980," Bateman said. "It's an initiative of the LWV to have an educated electorate." In addition to moderating the debate, the LWV will have voter guides available for interested citizens who attend.

To Bateman, debates are important because "any person who has filed [for candidacy] is obligated to come before the public and express their views."

Although many may have already cast their absentee ballots or may already

*Please see Debate on page 4A*

## Slaying Dragons



The Jungle cheers on their Wolves during the first half of last Friday's win. Photo by Wendi Reardon

## Clarkston pulls last minute win over Lake Orion

BY WENDI REARDON

Clarkston News Sports Writer

With 14.3 seconds to go on the clock at Dragon Stadium, the Wolves clinched the OAA Red title and showed Lake Orion why they are ranked as Division 1's number one football team.

"We knew the objectives before the game," said sophomore quarterback D.J. Zezula after the 21-14 win on Friday. "We knew it would be smash mouth pounding football. We knew when the time came to be ready for it."

The time came with less than two minutes left in the game and Clarkston was trailing by

one point. The gridiron heroes were pushed back to their first down on the 38-yard line in their territory after two penalties were called against them.

The snap went back to Zezula, who just came onto the field after just coming in off the bench. He pulled his arm back and threw a 37-yard pass play to senior Alex Dicea.

Fans erupted with cheers as Dicea caught it on the Dragon's 15-yard line.

"When he caught the ball I knew we had the momentum to put it in the endzone," Zezula said. "We knew Lake Orion was going to look for the run and we knew when the option came to throw we would be wide

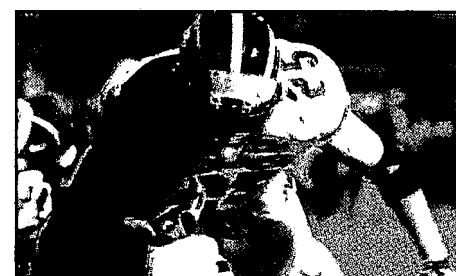
open."

The Wolves kept handing junior running back Ian Eriksen the ball as he kept closing the distance to the endzone. Eriksen finished the anticipation for all of the fans and ran into the endzone with his 1-yard touchdown with 14.3 seconds to go.

Zezula followed with a pass to senior Nathan Yeloushan in the endzone for a 2-point conversion, putting the score 21-14.

"You have to give D.J. a lot of credit," said Kurt Richardson, head coach for Clarkston Varsity Football. "He has been our starter all year and we stuck Caine (Watlington) in

*Please see OAA Red on page 11A*



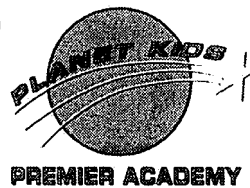
Ian Eriksen puts points on the board against Lake Orion – see page 22.

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# Downsize eyed for Planning Commission

BY MARY KECK

Clarkston News Staff Writer

Clarkston's Planning Commission will be downsized from seven to five members if the City Council votes to change the current ordinance.

In addition to decreasing the number of Planning Commission members, Ordinance 129 will be amended to ensure the city council member appointed to the commission can vote.

The current members of the Planning Commission are Chair Jen Detkowski, Vice Chair Rob Bondy, Secretary Frank Shoebel, Bret Battishill, and Mike Sabol, who is the City Council's ex officio member. All members are appointed.

The decision to reduce membership is due to "difficulty getting a quorum," said Mayor Joe Luginski. With a seven-member commission, at least four members need to attend meetings for a quorum; however, only four citizens in the community have come forward to be on the planning commission.

"In such a small community, it is difficult to get so many people who have the time to get involved," said Luginski.

He supports changing the number of members and believes the reduction to five will create "a solid commission with dedicated members."

When the topic of reducing planning commission membership was discussed at a council meeting on July 9, Former Mayor Sharron Catalo voiced concern that taking it down to five members would "spread yourselves too thin."

Catalo explained one of the duties of planning commission members is to gather information on matters before the council.

"You need those people there to make an informed decision about what is going to effect everyone in the village; it's a huge responsibility," Catalo said.

With only five members, "to research information, if you have two or three things going on at the same time, it'd be almost impossible to get the kind of information you need to make an informed decision," she said.

Luginski responded, "The problem we have with the number being seven is we can't even get seven people who are willing to serve, show up, put the time in,

and be willing to come and be a part of it."

Although Councilman Mike Sabol has been attending meetings, he has not been voting because there has been uncertainty about whether or not a council liaison can vote. While the council voted unanimously to appoint Sabol as a voting member on July 9, confirmation of his right to vote is not yet in the ordinance.



Catalo

"With only five on the commission, if I am not a voting member, we don't have a quorum in some cases," Sabol said.

With seven members, four are needed for a quorum. On a commission with five voting members, only three people are necessary for a quorum. Sabol favors amending the ordinance "just to clarify the liaison from the city council will be a voting member," he said.

According to Sabol, Michigan State law (Act 33 of 2008), allows a council member to vote on the planning commission. Changing the ordinance to reflect state law will "make it official to avoid questions and complaints," said Sabol.

Former Councilman Cory Johnston has mounted the complaints to which Sabol refers.

"The specific reason I say the present council 'liaison' to the Planning Commission cannot vote is Zoning Ordinance No. 129, Section 16.18, which states, 'A member [of the Planning Commission] shall hold no other municipal office except that one of such members may be a member of the Zoning Board of Appeals,'" said Johnston.

Johnston isn't the only one who isn't certain about the voting rights of the council liaison, however.

At the City Council meeting on July 9 when Sabol was appointed to the Planning Commission, the City's attorney, Tom Ryan, said the liaison on the commission could not vote without an amendment to the ordinance.

On the other hand, City Planner Dick Carlisle told the council state law doesn't restrict the liaison from voting.

At the time, Luginski shared concern

that if the council liaison could vote on matters before the Planning Commission, "the council person could have two votes on a matter."

The council member could vote on an issue coming before the Planning Commission and later vote on it again when the item came before the City Council.

Township Trustee Neil Wallace, who attended the meeting said, allowing the liaison to vote "works fine because you have to keep in mind when they are on the planning commission ... they have a different role, the planning commission is merely recommending. So, it's not like they are deciding the thing twice."

Township board members who serve on the Planning Commission can vote on agenda items.

Determining who can vote and changing the number of members, is not the first adjustment for the Planning Commission this year. The City has also added a new requirement to Planning Commission membership.

All members of the commission must undergo training through the Michigan Citizen Planner program offered through Michigan State University.

The training is online and is made up of seven modules. After each module, the trainee takes a quiz, and they finish up the training by passing an exam. The training must be completed within six months.

If the Planning Commission ordinance is amended and Sabol becomes a voting member, he will be trained as well. The training of the whole Planning Commission will cost the city approximately \$1,600.

"I'm going to learn a lot," said Frank Shoebel, the secretary of the Planning Commission. Shoebel calls the training "a gift" from the city and believes it will make officials "civic-minded and conscientious citizens."

Shoebel doesn't have any objections to reducing the commission's membership. While he feels the planning commission members currently serving "are doing a good job," he notes there were many previous meetings "where a lot of people didn't show up."

The Planning Commission will hold a public hearing on amendments to City Ordinance 129 on Nov. 7 at 7 p.m.

## Four candidates confirmed for debate

Continued from page 1A

know how they'll vote, Bateman insists that debates can change people's minds.

"I've changed my mind," she said. "When you see a candidate express themselves, you can judge if somebody is qualified."

Candidates who typically do well during

debates are knowledgeable about issues, know why they are running and why they are qualified, and can back up how they feel with information, Bateman explained.

Republican candidate David Lohmeier and Democrats Joe Wauldron, Jeremy Mitchell, and Kevin Bushroe have agreed to participate in the debate, which will take place

on Oct. 22 from 2-4 p.m. at the Township Hall.

As of Oct. 15, Republican candidates Jose Aliaga, Andrea Shroeder, and Ron Ritchie had not confirmed that they would participate. To find out more about the League of Women Voters or review a voter guide, go to [www.lwvoa.org](http://www.lwvoa.org).

## Briefly

### Friendly Forest

Friendly Forest is this Saturday in Clintonwood Park.

Independence Township parks and rec and Clarkston Area Optimist Club hosts the Halloween event, 3-6 p.m., Oct. 20. Kids ages 2-9 walk the trail in costume with their parents and collect goodies from cartoon and fairy tale characters.

Tickets are on sale at parks and rec, 6483 Waldon Center Drive. Space is limited. Call 248-625-8223 for more information.

### This week at ClarkstonTV.com

Lowrie's Landscaping and Plum Hollow Design hosted their Third Annual Chili Cook Off at their business on Dixie Highway, Oct. 11. Watch and see who won on ClarkstonTV.com.

As the Nov. 6 election approaches, ClarkstonTV.com presents Independence Township trustee candidates Andrea Schroeder, Jeremy Mitchell, Kevin Bushroe, Joe Wauldron and Jose Aliaga.

Also, watch for a debate panel featuring Clarkston School Board candidates.

The "Library Yes" campaign for the new re-named Clarkston Independence District Library is explained by co-chairs Joette Kunse and Jeanne Molzin. Library Director Julie Meredith provides additional information following the "Library Yes" video.

Check every week for new episodes of "Phil in the Blank" with Phil Custodio and "Don't Rush Me" with Don Rush.

For more information, contact Alan Partington at 248-821-1373 or [info@clarkstonondemand.com](mailto:info@clarkstonondemand.com).

### School think tank

Clarkston Community Schools is looking for volunteers for the "Great Schools, Great Community" think tank.

Parents, business people, government officials, and others are invited to provide insight and feedback on challenges and opportunities to help with strategic planning and decision making.

Topics will include instruction, technology, finances, legislation, and community.

The task force's first meeting will be during the first week of November. Two to three additional meetings will be scheduled after.

For more information, call the Superintendent's office, 248-623-5408.

# World security at risk in election, Rogers says

BY MARY KECK

Clarkston News Staff Writer

"This is the most important election of my lifetime," said U.S. Rep. Mike Rogers during the Independent Tea Party Patriots' Town Hall Meeting. Rogers, along with other candidates who will appear on the Nov. 6 ballot, spoke at the Fountains Banquet Hall on Oct. 10.

Rogers, Eighth District representative, shared his experiences overseas, spoke about current events, and answered questions from the audience of approximately 150 people who attended.

In his opening speech, Rogers said the U.S. is in the midst of an identity crisis because of its international relationships.

"The world is less safe and more confusing," he said.

He described Iran as "unfettered" and told the audience Iran is "running toward a nuclear weapon."

Rogers, chair of the House Intelligence Committee and a former FBI agent, said the Obama administration showed "a lack of leadership around the world that will cause us trouble."

Not only did Rogers voice concerns about Iran, he also said, "Al Qaeda is growing and getting stronger."

He described the attack on the U.S. embassy in Libya that resulted in the death of Ambassador Chris Stevens as an "Al Qaeda coordinated event that was sophisticated and well planned." Rogers warned, "there's a big red target on the backs of other ambassadors."

Rogers was worried about the Russians, too.

"They look like us, but they don't think like us," he said.

According to Rogers, Vladimir Putin's behavior sends the message, "Russia is back and the U.S. is on the decline."

Russia, terrorism, and nuclear weapons aren't the only threats to U.S. security, according to Rogers. He also talked about dangers from China.

"We are in a cyber war," he said.

Rogers described Chinese hackers accessing personal information and intercepting messages with confidential data.

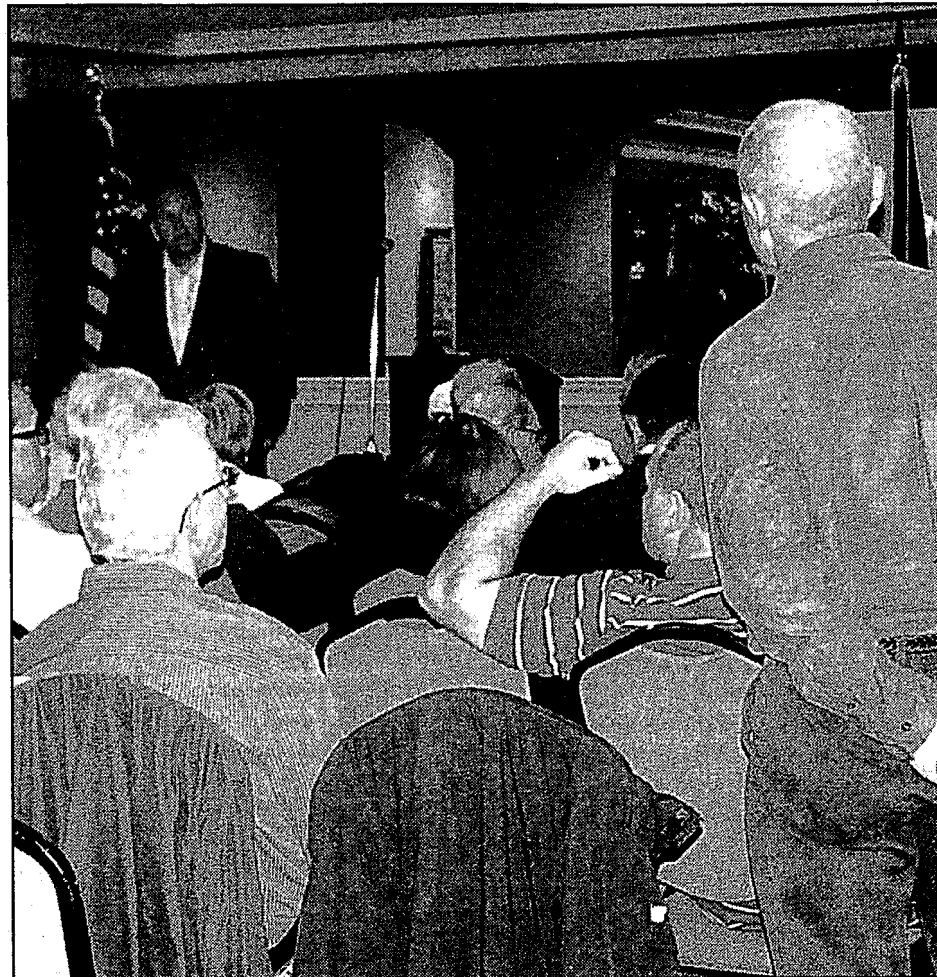
"China trying to take over our communications is a huge issue," said Independence Township Treasurer Curt Carson, who attended the event.

Learning about China and other National Security issues from Rogers made Carson feel, "our problems are worse than what we've been led to believe," he said.

"Mike Rogers is obviously very knowledgeable on National Security Issues," said Ray Hamman, co-chair of the Independent Tea Party Patriots (ITPP).

Like Carson, Hamman was struck by the "possibility of cyber attacks," he said.

The ITPP organized this town hall



U.S. Rep Mike Rogers takes a question from the audience at the Tea Party meeting. Photo by Mary Keck

meeting around the topic of federal issues, Hamman explained.

Earlier meetings focused on other areas such as state ballot initiatives.

"Our objective was to have as many people as possible hear from candidates," said Hamman.

The ITTP sought out the lesser-known conservative candidates, he added.

Besides Rogers, speakers included Todd Courser, who is running for the Michigan Board of Education; Michael Warren, an Oakland County Circuit Court judge hoping to retain his seat; Jeff Sakwa, a Michigan State University Board of Trustees hopeful; and Rob Steele, candidate for the University of Michigan Board of Regents.

"We like to have informed voters," said Hamman. "The main thing we try to do is educate."

While Treasurer Carson hasn't officially joined the local tea party group, he was glad to see the citizen's involvement in government.

"I applaud anyone who is going to take part in the process," he said.

To Carson, the main draw for the event was Representative Rogers.

"I like going to hear what he has to say because I'm going to get it pretty straight," Carson said. "Mike Rogers is one of the

finest representatives in the country."

Despite his popularity with the audience, Rogers fielded questions that were not only critical of Democrats but Republicans as well. Listeners wanted to know why Republicans like Michelle Bachman and John Boehner have been quiet during the election season.

Rogers responded town hall meetings are "the only way we can talk to people."

He said, the media gives the president a pass, but doesn't listen to conservative voices.

Although conservative politicians got some heat, Democrats were the targets of most of the audience's criticism. The crowd accused President Obama of being a communist and a terrorist. One person in attendance said training on extremists and terrorism has been taken out of military field manuals.

"He doesn't care," attendees called out when Rogers mentioned the president's absence at the recent UN summit in New York.

In response to the audience's frustration with the current administration, Rogers encouraged them to cast their ballots for Mitt Romney.

"Every vote's going to count," he said.

Find out more about the ITPP by going to [itpp.us](http://itpp.us).

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## Wendi's Word

A column by Wendi Reardon

### One more to go

A Wolves football game is always eventful - either it is a big play or the nail biting last few minutes, hoping another penalty does not push them back...again.

Even before kickoff there was a feeling it was going to be close - holding-on-to-the-edge-of-your-seat close. Not only because it was against rival Lake Orion but for the OAA Red title, which the Wolves held onto after last Friday's 21-14 win.

Now some nay sayers on the Lake Orion side said the Dragons would win flat out. It wouldn't be close. (I won't give any names. It is not their fault they never saw Clarkston play to really know what happens at a Wolves game.)



I believe they changed their mind though. It could have been with D.J. Zezula's 37-yard pass play to Alex Dicea near the end of the game fans knew something big just happened and it would continue.

Or maybe it was when Ian Eriksen crossed into the endzone with 14.3 seconds left to clinch the game for the Wolves.

It is also eventful because of the fans. Clarkston fans decked out in their blue and gold not only filled the visitors bleachers but took over the fence around Lake Orion's football field and trinkled into the home side of the bleachers, too.

Clarkston students, mostly in the Jungle (the student section), are the most enthusiastic - they are cheering for not only their favorite player but their friends.

I might be a little biased since I do like to stay on the Wolves' side of the field. It is easier to be on the Clarkston side for photos - you never know when the Jungle is going to go on the wild rollercoaster ride.

In case you missed it, there was a wizard, a knight and a tall Dragon in the Jungle during last Friday's game. I couldn't tell you what happened to the Dragon but by the end of the game the green creature was gone.

Wolfie did make an appearance so maybe him, the wizard and the knight know what happened.

The Wolves have one more game of the regular season which is this Friday in Oak Park. Then, it is onto playoffs which pairing are announced this Sunday on FOX Sports Detroit, 6 p.m. Do you think it will be Lake Orion for the first round?

## Nice job keeping downtown colorful

Kudos to Clarkston Farm and Garden Club for their diligent work keeping downtown Clarkston beautiful this past summer and fall with its lively and colorful stone planter boxes.

Summer was long, hot, and dry, but we could always count on fresh flowers and decorations along Main Street. Now, the planters feature spooky white ghosts in honor of the season.

That's just one thing the club does.

The volunteers also apply their green thumbs to gardens at the library, plant exchange in the spring, Garden Walk in summer, programs for the kids, and the upcoming Christmas Greens Market, Dec. 1 at Church of the Resurrection, 6490 Clarkston Road.

Keep up the good work! We're looking forward to seeing what you have in store for the rest of the holiday season.

### Editorial

## Letters To The Editor . . .

### School board issues

Dear Editor,

Attention voters in the Clarkston School District. Please take the opportunity in the November election to relieve Cheryl McGinnis of her place on the school board. The school bond request, lack of transparency, and deficit spending are clear reasons why she should be terminated from her current position. Ms. McGinnis has been presiding over a board with a continual gridlock of 4-3 majority. Clearly a board not united. She is lacking either leadership abilities or the desire to contemplate a different perspective in the stewardship of our school district.

Please re-elect Sue Boatman and Joan Patterson, who both share in the current board's minority. They have proven with their voting record they are more in touch with the current economic reality and are more willing to make the harder decisions regarding the financial management of dwindling resources.

Newcomer Betty Reilly, who has tirelessly attended school board meetings and has spoken many times before the current board, also deserves your vote. She has done her homework and would bring some much needed creative thinking to a group whose current leadership under Ms. McGinnis continues the tiresome trend of under funding maintenance and upgrades and then asks voters for more funds.

We must hold our elected officials at all levels of government accountable for their decisions. A good dose of realism not idealism is much needed if we are to fix the school district's balance sheet, which is currently very shaky.

Mary Walker  
Independence Township

Please see pages 16-17 for more letters to the editor

### Support for Bushroe

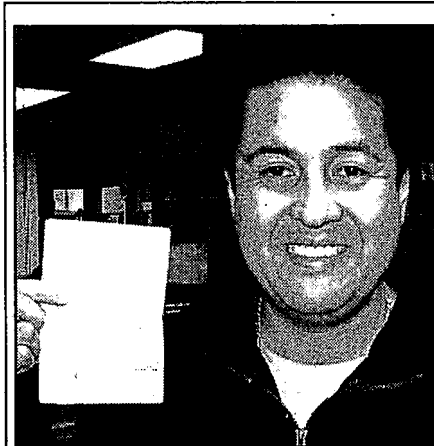
Dear Editor,

I am supporting Kevin Bushroe for Independence Township trustee for a number of reasons.

I believe he is the fresh change the township needs. New ideas, a different approach to issues, and willingness to put his energy into making Independence Township a better place. Three values come to mind: integrity, initiative, independence. In the spirit of full disclosure, the fact he married my only daughter has some influence on my recommendation, and he really likes his mother-in-law!

Seriously though, I believe he will act with the best interest of the township and his family, and wants to make a difference. If you want positive change and creative thinking for the board, elect Kevin Bushroe.

Jim Brueck  
Clarkston



**PAPERS IN ORDER:** Jose Aliaga, candidate for Independence Township Board, stopped by the Clarkston News office, Monday, because he wanted to address rumors he's heard on the campaign trail. "People keep asking me the same question - are you illegal," Aliaga said. He is a U.S. citizen, he said, and presented his passport as proof. He said voters can call him at 248-736-7163. Photo by Phil Custodio

## A Look Back

From The CNews archives

### 15 years ago - 1997

**"Fighting back"** Cancer survivor Diana Dyer thought of herself as a dedicated guinea pig. She had three bouts of cancer, once when she was a child and two as an adult. When she had her second bout with breast cancer she decided it was time to fight back. She went on a quest to find out what was available to her and as a result wanted to share what she found.

**"Engler comes to Wolf country"** Gov. John Engler dropped by Clarkston High School to compliment the Clarkston Athletic Council on its new, tough athletic code of conduct. The new code included tougher penalties for drinking and illegal drugs.

**"New school to be among first projects"** A new elementary school was among five buildings in the first phase of construction for Clarkston Community Schools.

### 25 years ago - 1987

**"Turn lane to remove village parking"** Plans to put a light on M-15 and Waldon Road in the upcoming spring meant Main Street would lose four parking spots on the street, according to Michigan Department of Transportation. They were eliminated to help the flow of southbound traffic on M-15.

**"Tire removal hits snag"** Complications regarding ownership and other issues interfered with a lawsuit to remove 600,000 tires from 65 acres on White Lake Road in Independence Township. Tires were still being dumped at the site through a hole in the fence.

**"School tax hike on ballot"** A special Clarkston school district election asked voters to approve a 4.25 mill tax increase for operating purposes. The community had rejected a 4.25 mill proposal the previous June.

### 50 years ago - 1962

**"Sashabaw school receives green pennant"** Sashabaw Elementary school received a green pennant for going through one school year without any accidents to any of their students.

**"Flash!"** The Clarkston High School Band was set to perform during the opening of I-75 at Dixie Highway in the northbound lane. Two foreign exchange students were to cut the ribbon, in the presence of several state officials.

**"Local news"** Mr. and Mrs. Gerald Schultz was spending a week in Lake City at the family cabin and visiting her sister and husband at Houghton Lake.

# Time to delete stuff from my cluttered head

Back in the 1960s, F. Ray Forman owned the Oxford Theater. I guess that gave him the right to censor films. My source is Dick Buechler, who I don't question on his Oxford Village history.

Anyway, Ingrid Bergman was featured in a movie, and was pregnant when the film hit Oxford. Because Ms. Bergman wasn't married, Mr. Forman wouldn't show the film.

These days he'd show no films.

- My memory goes way back, too. I distinctly remember one of my elementary teachers saying, "If you say something 'may' then therefore there is also a 'may not.' I think of that whenever a product is advertised, as in "It may cause . . ."

- I dislike hearing people refer to Wednesday as the 'hump' day.

- Congressman Mike Rogers, of Brighton, MI, is chairman of the House Homeland Security Commission on Transportation. Speaking to the Oxford Rotary Club last week he painted a very disturbing picture of China's increasing involvement in military and economic areas all over the world. I asked him which we should fear most. He said they are equally frightening.

- Story time: An old wooden church in this town needed painting. The pastor divided the members in two, asking one group to paint the front half, the other the back half.

## Jim's Jottings



a column by Jim Sherman

After a few hours the front half spokesman said they were running out low paint. The pastor said to add thinner. Shortly the back half was running low, and the pastor said to add thinner.

There followed a roaring voice from above, "Repaint, all you thinners!"

- There's commercial on the tube for lanterns like my daddy used to wave to engineers on the Grand Trunk railroad in Durand. They are about a foot high with a round globe. They are now called Brooklyn Lanterns, "genuine authentic antique." Wow! a genuine antique.

- I obviously watch too much television, because there's an ad for No. 1 hairspray and the No. 1 recommended cleaner. Never heard of either of them.

- You should worry if you're on a flight with Peter Pan. You may end up in never-never land.

- Forty years ago Derek Wernher from Metamora was commissioned to make some bronze sculptures of Chet Huntley at his Wyoming ranch for a promotion of the Huntley-Brinkly news show. He needed to practice because his hands needed to be stronger to work the clay.

I said he could practice on me. He agreed, for a small payment. I took this life-size bronze to the office recently to brag, and was surprised to see the heads turn so quickly when I asked, "Wanna see my bust?"

- You can lead a man to Congress but you can't make him think.

- What do you call a man who's lost 75 percent of his intelligence? Divorced.

- A man walks into a bar. There's a beautiful woman sitting at the bar, and they sit and have drink together. She leans over and says, "I want you to make me feel like a real woman." So he takes off his jacket and says, "I need this ironed."

- Aging is when you've come a long way and just ran out of gas.

- The "suburbs" are where they cut down all the trees then name streets after them.

## When you write, 'spect to git read

One of the cool things about working in the community news business folk seek you out. Most of the time it is for some of the neat things they or their loved ones have accomplished.

Sometimes they will let me know when some big wheel gets a sweetheart deal on property, then turns around and makes a killing on it. Sometimes they will let me know when government types help their buds and then put the screws to the little guy. (Hey, it happens and when we get proof we can publish it.) They may let me know that some bigger government type may be investigating a smaller government type. Sometimes they call me when they are getting picked on, ignored or done wrong.

Cool, too is most of the time whatever you write gets remembered by the readers. This is a double-edged sword. On the plus side, I feel quite honored that something I wrote was memorable. On the other side, when wrong, folks' elephant-like memories have come back to bite me in the rear.

Which goes to show when you (or me) write you (or I) should 'spect to git read, so make sure your spelling is good and your grammar ain't bad.

Back before the state governor was

a Snyder, I went off on a tirade. Hard to imagine, I know, but I went off about both gubernatorial candidates calling Michigan residents a derogatory "Michigander" versus THE correct

## Don't Rush Me



A column by Don Rush

term, Michiganian. That was about two years ago and I won't go into it again. (Suffice to say, I was right, and everybody else was wrong.) This column is about one of those good-memoried readers, Dave Williams of Lake Orion. (He really is from Lake Orion -- not just the

township where living is a vacation, but actually the lake. He lives on an island.)

At any rate, where he lives is not really important, what is is, that he called me up and reported that back in the late 1970s, he and a bunch of othe Jaycees from across this great mittened state, kicked off a fund raiser, "I'm A Michigander."

They were selling buttons, bumper stickers and decals.

"We thought it would be kinda neat for the folks who drive to Florida in the

winter. They could tell who other Michiganders were," Dave said.

To which I asked, "How'd that work out for you?"

"It went over like a lead balloon."

(I hate to gloat in my victories, but. I could've told all those Junior Chamber of Commerce types that, even back then when I was only a less than debonair teenager. Excuse me for a moment whilst I go spike my football somewhere in front of people and do my touchdown jig.)

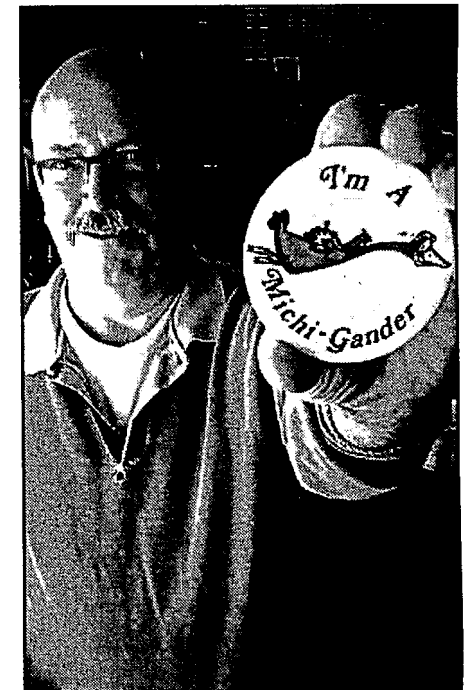
\* \* \*

Okay I'm back. Dave has hopes of bringing back the bird, the button, the decals, the whole enchilada. And, as a great number of you folks like being called a loud and obnoxious goose, I bet he can make it happen. If you want to get in on the ground floor of this movement, contact me and I will get you in touch with Dave.

\* \* \*

Dave also show me some cool things the Lake Orion Jaycee's did the 1970s. One thing in particular was their Donut Festival. And, in 1978, they baked what may still be a world record-sized glazed donut.

"It took six to eight-people to lift it," Dave recalled. "It took three and a half



Dave Williams and his Michigander button.

hours to cook and another three hours to cool down. It weighed 340 pounds and was 93 and seven-eighths inches across."

Dave thinks it would be kinda cool to bring back the Donut Fest. In the four years of the DF, it brought in estimated crowds of 20,000, 25,000, 30,000 and over 40,000. He may have a point.

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## Sewer, cemetery rates on the rise

**BY MARY KECK**  
 Clarkston News Staff Writer

Independence Township residents will pay more for sewer and burials in 2013. During their Special Budget meeting on Oct. 9, the township board voted to increase sewer rates from \$80 per quarter to about \$83.25 per quarter, said DPW Director Linda Richardson.

Residents will see the change in rates on their sewer bills on Feb. 15, 2013.

Why is there an increase?

"My cost to discharge into the Clinton-Oakland [sewer district] has increased; plus we have bonds we have to pay for the Oakland Macomb' interceptor," said Richardson.

Furthermore, "there are improvements being made to the Clinton-Oakland system, and we have a proportionate share of that cost," she said.

The price to discharge into Clinton-Oakland increased 7.6 percent (about \$200,000 more) this year, Richardson said. Her sewer budget in 2013 will be about \$4.6 million, which is down from 2012's \$4.9 million.

Improvements to the township's sewer system such as relining to fix leaks and root problems are also a part of the cost considered in the rate increase.

"We've been looking at trying to get an addition to our building since 2003. I have equipment that sits outside," Richardson said.

Illegal sump pumps connected to the sewer system impact operation rates too.

"It's a constant flow of water coming into our sewer system that we have to pay for," said Richardson.

While connecting a sump pump to the sewer is illegal, the manpower needed to monitor the inflow from unlawful sump pumps isn't available, she said.

The increase in 2013 isn't the last time citizens will be asked to pay more for sewer, said Richardson.

"The city of Detroit raises their rates every year," she said.

In fact, the rate hike this year would be higher if the township did not have fund reserves for sewer, Richardson explained.

"We're drawing down on our cash reserves to try to keep the rates as low as possible," said Richardson.

Those reserves are made up of previous years' surpluses, and using them allows the township to keep rates low despite regular increases.

Richardson said, "the board is being active," by planning in advance to use fund reserves alongside annual rate increases to avoid extreme rate escalations. However, as sewer rates continue to increase annually, "we have to pass it on." The annual increase has been changed from 3.6 to 4 percent.

"We are looking at maybe going on a flow-base; we don't have a consensus yet," said Richardson.

A "flow-base" system would mean sewer bills would be based on the amount of water used as opposed to the flat rate residents currently pay.

Besides digging a little deeper into their pockets to cover higher sewer bills, residents will also pay more in funeral expenses.

"In order for us to stay comparable with the neighboring communities, and so revenues meet our expenditures, I am proposing a 9.5 percent increase for the lot sales," said Richardson. Burial fees will increase 3.5 percent too.

Lot sales for residents are currently at \$600. In 2013 they will increase to \$657. Nonresident lots are \$820 and will increase to \$898. Cremations for residents are \$420 and will increase to \$460; for non-residents the rate is \$525 and will increase to \$575. Burial fees will increase from \$575 to \$606. The last rate increase for the cemetery was 2011.

Part of the increase will go to a perpetual care fund, Richardson explained. "The perpetual care fund is there to maintain the cemetery after you no longer have lot sales and you no longer have burials," said Richardson.

The cemetery is estimated to be full in approximately 15 to 20 years. Without revenue from new burials, the township will need funds to maintain the cemetery and will do so by drawing from the perpetual care fund.

Although sewer and burial costs have increased, water rates will stay the same.

"We're currently at \$1.98 per 100 cubic feet of water," said Richardson.

Residents can view their water and sewer bills online at [www.twp.independence.mi.us](http://www.twp.independence.mi.us).

## Fall tour features eight historic barns

Clarkston Community Historical Society sponsors a Barn Tour on Saturday, Oct. 27, 12:30-5 p.m., featuring eight historic barns in Independence and Springfield townships.

The structures, from mid-1800s to early 1900s, include large farm barns as well as modest, English-style carriage barns. Tour guides will talk about the history of the barn. Also, check out quilting, wool spinning,

stone masonry, beekeeping and honey making, antique tools and tractors, and barn-building display.

Tickets are \$10; \$5 for students, and are available at the Independence Township Library, 6495 Clarkston Road, and check-in station at Main and Washington streets on Oct. 27, where maps of the barns will be provided. Call 248-922-0270.



## Student referred

Checking on a report, school officials and deputies found a small amount of marijuana in a 14-year-old student's locker, 1:11 p.m., Oct. 2, at Clarkston Junior High School. The student was referred to youth assistance.

## Suspended license

A 29-year-old Lake Orion man was stopped for turning without signaling, 6:14 p.m., Oct. 3, at Clarkston and N. Eston roads. He was cited for driving with a suspended license and turned over to Macomb County sheriff deputies.

## Beer but no gas

A 51-year-old Flint man's vehicle ran out of gas on Dixie Highway near Davisburg Road, obstructing traffic, 6:14 a.m., Oct. 3. He had two open cans of beer in his cup holders, no driver's license, and a .04 preliminary breath test result. He was cited for no license and open intoxicants, and his vehicle was impounded.

## Identity theft

An Independence Township resident found his credit card number was stolen, when his attempt to buy a book online was rejected, Oct. 8. Someone used the credit account eight times at five convenience stores and gas stations in Florida, for about \$650 total.

# Public Safety

Reports from Oakland County Deputies and Independence Township Fire Department

## Drugs and domestic violence

Deputies responding to a domestic disturbance in the 10000 block of Springfield Circle, 11:30 a.m., Oct. 3, found a set of brass knuckles on the kitchen counter and a cake pan with marijuana seeds in it. They belonged to a 23-year-old Springfield Township man, who was arguing with his girlfriend over her government assistance checks. The brass knuckles, seeds, scale, and pipe were confiscated. Investigation continues into domestic violence and marijuana possession charges.

## Mailbox run over

A deputy on patrol came up upon a car sitting in the middle of Indianwood Drive with its hazard lights on, atop a mailbox, 6:25 p.m., Oct. 6. The driver, a 49-year-old Detroit woman, said she was lost, and the mailbox was in the road when she hit it. She later admitted she backed into the mailbox when turning around in a driveway. With a preliminary breath test of .13, she was arrested for drunk driving and driving with a license suspended because of two prior drunk driving convictions.

## Hit and run

An Independence Township driver called police after a pickup truck rear-ended her at Sashabaw and Waldon, but drove away without exchanging information, 6:02 p.m., Oct. 9. Deputies located the vehicle, driven by a 56-year-old Oxford man, at Sashabaw and Seymour Lake Road. He was there for an alcoholics support group meeting. He had a preliminary breath test of .023, and was cited for failure to stop after an accident and failure to stop within assured clear distance.

## Theft from purses

Someone took money from two purses at a business in the 600 block of Broadway Road in Davisburg, Oct. 9. They had been left behind a counter in the business, which was open to the public, while store owners were upstairs.

## Pickpocket

A wallet was taken from a purse at a business in the 8000 block of Dixie Highway, about 9 p.m., Oct. 9. The owner of the purse, who was holding it at the time of the theft, said she was in a crowd and people had been bumping into her.

## Alcohol detector gone

An alcohol detection device was taken from a vehicle parked in the 5000 block of Upland Drive, Oct. 10. The owner said it was locked but there was no sign of forced entry.

## Candy thief

A woman took about \$20 in candy from a convenience store in the 8000 block of Dixie Highway, 1:47 a.m., Oct. 11. Video shows a white woman, 5-feet-8-inches in height, stocky build, wearing a grey sweatshirt, grey gloves, and a white bandana, driving a silver Chevy minivan.

## Concert troubles

Deputies assigned to DTE Music Theater for the Marilyn Manson concert arrested a 21-year-old Clinton Township man for assault and battery, 8:49 p.m., Oct. 12. He also faces charges of resisting and damaging police property for kicking the rear passenger door of a cruiser.

At the concert, deputies also arrested a 21-year-old Waterford Township man for assault and battery, and resisting arrest. He wouldn't stop fighting, so deputies used a Taser on him.

After the concert, 11:49 p.m., a 47-year-old Saint Clair Shores man was arrested and jailed for drunk driving and destruction of police property after hitting a cruiser and almost hitting a deputy who was directing traffic on Pine Knob Road, north of Waldon.

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Friday	08-24-12	Rochester Adams (win)	Home	7 p.m.
Friday	08-31-12	West Bloomfield	Home	7 p.m.
Friday	09-07-12	Rochester	Home	7 p.m.
Friday	09-14-12	Athens	Away	7 p.m.
Friday	09-21-12	Stoney Creek	Away	7 p.m.
Friday	09-28-12	Pontiac	Home	7 p.m.
Friday	10-05-12	Troy	Home	7 p.m.
Friday	10-12-12	Lake Orion	Away	7 p.m.

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**Clarkston's OAA Red Standings\* #2**

Team	Overall Wins	Losses	Team	Overall Wins	Losses
1. Clarkston	8	0	5. Rochester	5	3
2. Lake Orion	7	1	6. West Bloomfield	2	6
3. Troy	5	3	7. Pontiac	1	7
4. Stoney Creek	5	3	8. Troy Athens	1	7

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# Claiming OAA Red

Continued from page 1A

there because of the running game. Zezula came off the bench and hit that great pass. He sat there and sat there. That's what we tell the kids - when your turn comes you need to step up."

The Dragons were the first to get on the board after a scoreless first quarter with a 10-yard run from Jacob Miller with 7:34 to go in the half.

Shane Hynes put Clarkston on the board less than four minutes later after scoring on a 38-yard field goal.

The Wolves defense tried to slow Lake Orion down as they took possession but they struck again with 1:20 to go with a 35-yard touchdown made by Dominick Giovinazzo.

Dicea caught the kickoff return and brought the Wolves to the 30-yard line. They were determined and kept closing in as the first half was winding down.

Eriksen finished the drive with 11.3 seconds left on a 5-yard run. A PAT from Hynes brought the score up to 14-10.

Hynes closed the distance a little more in the third quarter with his 37-yard field goal with 4:52 left.

"We talked at half time about taking care of the ball and shutting them down," said Richardson. "The boys responded in the second half. They didn't get down. They have a lot of belief in themselves. They thought they were going to win it all along."

Eriksen carried the ball 44 times for 177 yards.

"He runs so tough," said Richardson. "He's so strong - mentally and physically. Anytime the ball comes up he is just a hoss."

Watlington was back on the field after being injured and carried the ball 11 times for 27 yards.

Junior David Beedle led defense with seven tackles with two of them causing 8-yard losses for Lake Orion. Senior Dylan Hancock had six tackles and junior Nick Matich had four tackles and four assists.

"We made mistakes placing in the ball game," said Chris Bell, Dragons' head coach. "We have a lot to learn from. We had our opportunities. To their credit, Clarkston made plays when they had to and won the ball game."

The Wolves head to Oak Park this Friday for a OAA Red-White Crossover game, 6 p.m. before they head into playoffs, starting Oct. 26. Zezula added playing Lake Orion will help as the team prepares for this week and playoffs.

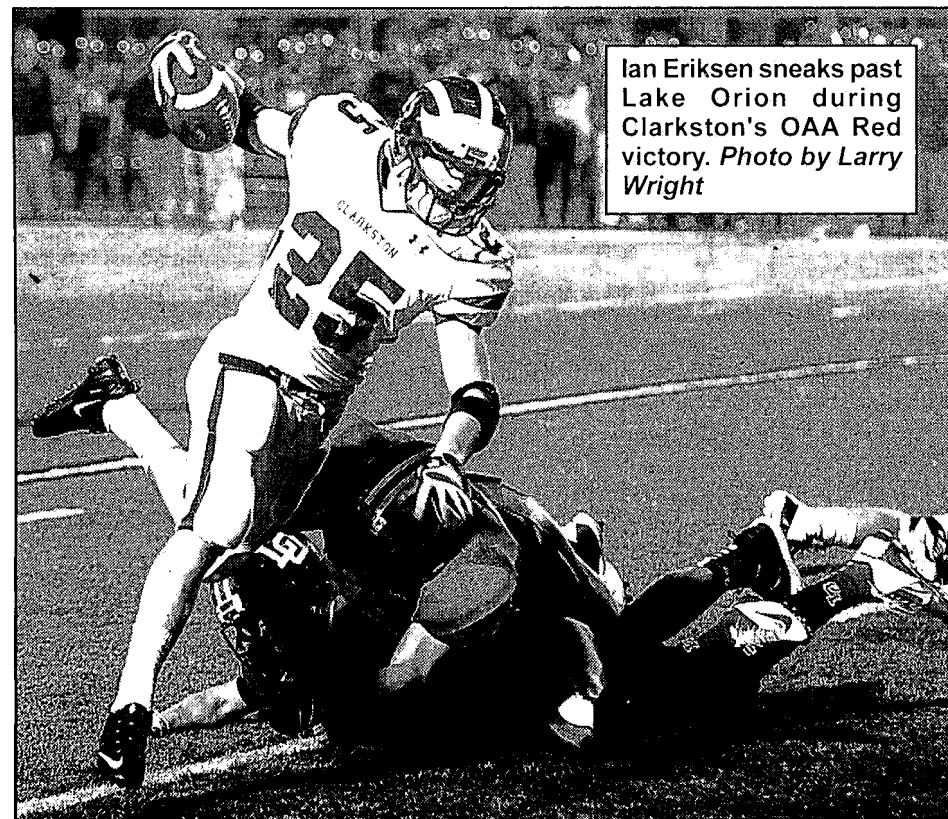
"It helps with character and confidence," he said. "We know where our team is at."

"Orion is a class team," Richardson added. "They play so quick and they play good defense. They have great speed. They are as good as anybody we are going to play."

\* \* \*

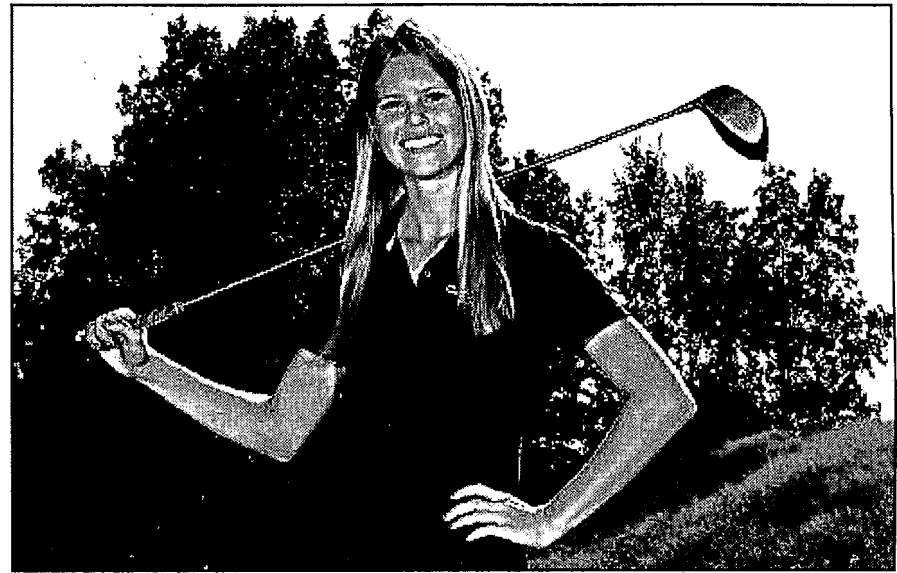
The Freshman and JV teams also clinched OAA Red titles last week. The Freshman team remained undefeated as they beat Lake Orion last Thursday, 44-19. The JV team was also undefeated with a score 38-22 over the Dragons.

Both host their last game of the season this Thursday against Oak Park. The Freshman begin at 4:30 p.m. at Clarkston Junior High School Stadium; JV follows at 7 p.m. at Clarkston High School Stadium.



Ian Eriksen sneaks past Lake Orion during Clarkston's OAA Red victory. Photo by Larry Wright

## ATHLETE OF THE WEEK



### Gray learns lessons on green

BY WENDI REARDON

Clarkston News Sports Writer

Anna Gray packed up her golf clubs after finishing her senior season for the Lady Wolves Varsity Golf team last Thursday.

"She is one of a kind," said Coach Steve Hoffman. "She truly is a leader in every sense and every fashion. Not only does she have the skills but she has the work ethic."

"It was a good finish," Gray added. "It was a good team to be a part of. We got along really well. We worked well as a team. Out of the four years I have been on varsity it was one of my favorite teams I have worked with."

Gray began playing golf when she was little when her grandfather introduced her to the sport.

"He has golfed with me every summer," she added. "It's really fun. He's a nice person to golf with. He basically taught me everything I know about the game."

When she was nine-years-old she started to get more serious about golf and joined the varsity team in her freshman year.

"It has a lot of key life lessons you learn," Gray said about playing golf. "It taught me to be pushing of challenges. It has helped shape my character over the years. You stick with it the whole time through the mental aspect of it even if you have a bad shot, bad hole or a bad day."

Hoffman nominated Gray for not only All-League but for the Academic All-State

team because of her 4.0 grade point average and scores on the green.

She is currently taking AP Biology, AP Computer Science, Japanese 5, French 5, band and dual enrolled in Differential Equations during her first trimester.

Gray is currently looking for a college based on their academics and understands it might be difficult to get a spot on a Division I golf team.

"The good thing about golf is I can play it for the rest of my life even if I am not on a team," she said. "It is one of the things I like about golf."

She plans to blend her two favorite subjects math and science in her field of study. She is thinking about something in the engineering field.

"I like problem solving. I think it would be a good fit for me and I think it would be fun," she said. I might do something else and expand on the engineering like study abroad or get a business degree so I can get the engineering be more beneficial in the work force."

She also plays with the Clarkston Girls Varsity Lacrosse team in the spring. She added the two sports tie in together because of their team building.

"It's working with the team and keeping the team motivated," Gray said.

She participates at clubs at school including Mock Trial and Business Professionals of America. She enjoys wakeboarding, waterskiing and reading in her free time.

  
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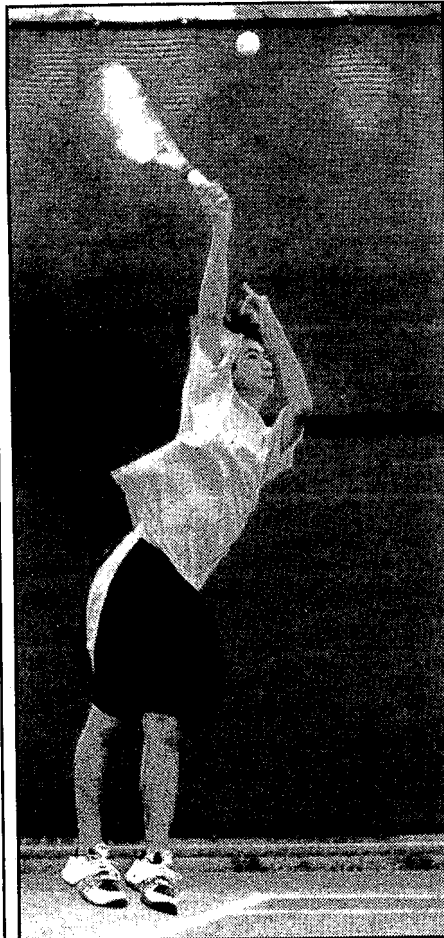
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Alexis Haselwanter hits against Rochester earlier in the season. Photo by Larry Wright

## Wolves finish season taking sixth in regional playoffs

BY WENDIREARDON  
Clarkston News Sports Writer

Freshman Alexis Haselwanter continued his streak as he played to the finals in the Singles #4 court during the MHSAA Regionals last Thursday at Rochester.

He ended up walking away with a loss to Michael Ciraci from Brother Rice, 6-1, 6-0, as the Wolves took fifth place at the tournament out of the ten teams there.

"I was pleased," said Clarkston Boys Varsity Tennis Coach Chas Claus. "We played well. You always wish you won more. We won most of the matches we had a chance to do it."

He noted Haselwanter had a good day as well as Doubles #3, junior Daniel Agnew and senior Jeff Zittel, as well as Doubles #4, junior Sean McNeil and senior Tyler Socin, also had good matches.

"Everyone played well," he said. "In some of our draws we didn't have much of a shot of winning based on the opponent."

Brother Rice were the regional champions after taking first place with 30 points. Rochester took second with 22 points; West Bloomfield in third, 16; Stoney Creek in fourth, 15.

Haselwanter broke a new record for the

team after finishing the season with the most wins. He ended his freshman season with a 24-3 record. The previous record was set in 2010 by J.P. Budzinski with 22 wins.

The team bids farewell to four seniors - Socin, Zittel, Josh Goolsby and Scott Schultz.

"This senior class had a lot of strong personalities," said Claus. "They were very good leaders and exuberant players that kept the energy of the whole team up. There were four very unique personalities. I have a hard time picturing what next year would be like without those four personalities around every day."

The team brings back 12 players to next years team - freshman Haselwanter, Josh Rosche, Ian Stuart; sophomores, Ray Coyle, Brendan Greenlee, Mitch Rogowski; juniors Agnew, McNeil, Matt Dahl, Randall Toll, John Whall and Joseph Whall.

"I am excited to bring back so many contributors to next year's team," Claus added. "It is something we have talked about a lot lately. We were a very good team this year. With off season work in the next ten months we will be a great team next year and challenge for league and regional titles."

The team finished in third place in the OAA White and with a 8-5 overall record.

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## Senior kickers lead team in Farmington win

BY WENDIREARDON  
Clarkston News Sports Writer

The Wolves closed their last week of the regular season with two wins.

They ended with a win over Rochester on Friday, 3-1.

"They played pretty well," said Clarkston Boys Varsity Soccer Coach Chuck Lawhorn.

Senior goalkeeper Harry Smith stayed in the net during the first half. He took to the field during the second half and scored the first goal of his varsity career.

"It was nice Harry got to score a goal," Lawhorn added. "It was nice to get him in the game."

Sophomores Ben Snider and Joey DeFinis added the other two goals leading the Wolves to victory.

The boys beat Farmington on Oct. 9 as they hosted Senior Night for the five seniors.

Senior Jordan Keift put the boys on the board less than two minutes into the game.

The Falcons tied the score with 26:26 left in the first half off a corner kick.

Clarkston had an opportunity to come back into the lead after being awarded a penalty kick.

Senior Jon Miller lined up the ball on the field and took his shot, placing it in the left corner of the net with 12:08 left in the half.

The Wolves added more cushion in the score seven minutes later.

Sophomore Jimmy Todd passed the ball to junior Brad Schultz. Schultz ran past Farmington defenders for the ball then ran in front of the net before taking his shot. The ball went in the net and put the boys, 3-1.

The second half remained scoreless for both teams as the Wolves outshot the Falcons 4-1, totalling nine shots on net for the game.

"We went into the week knowing we had to work on a few things," said Lawhorn. "We had to work on possession, passing and taking more shots on net. We accomplished that with nine shots against Farmington."

He added sophomore Grant Gotaas and senior Ryan Mangapora had a great week.

The Wolves started the week with the first round of MHSAA Districts on Tuesday against Davison.

"They play some tough games," said Lawhorn. "They have covenant opponents. They lost a few guys from last year. We are lucky to have the game at home which helps us a little bit being comfortable in our own surroundings. We still have to go out there and execute during the game and the boys are prepared to do that."

He added he had starters play for the first

15-20 minutes in both halves during Rochester's game and pulled players from the bench.

"We were making sure everyone stayed healthy before districts," Lawhorn said. "It was also important to get my other guys in there and get them as much time as possible to make sure they are prepared. You never know when you are going to be called on in districts."

If they win the first round of districts they will head off against Lake Orion on Thursday.

"We beat them earlier this year," Lawhorn said. "It will be tough. They are a solid team."

He added everyone on the team will have to contribute this week and they take a lot of shots on the net.

"Early in the season we didn't take a lot of shots," he said. "The last couple weeks we have been taking a lot more shots on net. We have to continue to do that."

The winner moves on to the finals on Saturday at Oxford High School, 10 a.m.

"The guys know districts are tough - it is a win or go home situation," said Lawhorn.

Keep track of the boys by visiting the Wolfpack Update on www.clarkstonnews.com, Clarkston News on Facebook, or twitter @CNewWRSports.

# Wind unpredictable for golfers in meet

BY WENDI REARDON  
Clarkston News Sports Writer

The Lady Wolves fought against the gusts of wind during their MHSAA Regionals at Twin Lake Golf Course last Thursday.

"I was so proud of them," said Clarkston Lady Wolves Varsity Golf Coach Steve Hoffman. "The course was in great shape. The sun was out. It was 60 degrees. We didn't have freezing hands. It was just the wind with 35-45 gusts per hour."

They ended up taking sixth place out of 14 teams with a score of 388. Davison, Rochester and Rochester Adams took the first three spots to continue onto the state finals.

"We beat Rochester and Rochester Adams this year so it was a even harder loss to swallow," Hoffman added. "It was just that kind of day. It was a great experience."

Senior Anna Gray led the team with a par of 86 and tied for sixth place. She lost to Midland's Amanda Walsh in the first sudden death hole to qualify for individuals.

"I was choked up," said Hoffman. "It was hard. I felt bad for Anna. She had it in her

grasp and I know she wanted it. Her pro shot was excellent. Her chip wasn't bad. Her third putt, she pushed it right and then she missed the fourth putt. It happens. It was tough. But our lives are shaped more by defeat than by victory."

Junior Paige Olsen hit a par of 93; senior Shelby Fleming, 102; sophomore Caitlin McCaghy, 107; and junior Dana Olsen, 108.

"When they hit the ball and put it up there that ball would move 50 feet to 50 yards from the wind," Hoffman added. "You couldn't predict what the ball would do. It would even move on putting green if the wind hit it just right."

He noted it was a great season mixed with fun and the golfers improved everytime they were out on the course.

"We have a lot to be grateful and thankful for," Hoffman said.

The team graduates five seniors this year - Gray, Fleming, Brooke Bullinger, Madison McGuire and Courtney Polito.

"They will be missed," said Hoffman. "It was a good chemistry and fit on this team.

They got along really well. They had fun and they worked hard. Even I choked up a little bit on Thursday. I could feel it."

Gray was nominated for the Academic All-State team and for the All-League team. Hoffman said All-League would not be announced until the end of October.

"Anna is one of a kind," he said about the team's captain. "She truly is a leader in every sense and every fashion. Not only does she have the skills but she has the work ethic. She communicates extremely well. She really held the team together. Her family hosted a team dinner. She is a cut above. She will be missed. Hopefully we will have somebody step into her shoes."

Out of the top six golfers, the team has four returning - the Olsen twins, McCaghy and junior Katie McKnee.

He noted they have excellent golfers coming up from the JV team. The JV team was undefeated this year and in 2011.

"This year was good," Hoffman smiled. "But next year will be better. It will be fun to see who works hard over the winter."



Bailey Lake Physical Education teacher Kelley Woodworth and some of the Bailey Lake runners. Photo provided

## Young runners make the distance

A new record was set with 216 total runners with Bailey Lake Elementary runners making up just over half the Clarkston High School field in last Friday's 10th Annual Elementary Cross Country race.

It was the third consecutive year Bailey Lake Elementary has won the traveling trophy for having the greatest percentage of their school participating. They shattered their participation record from last

year setting a new record with 20.5 percent of their school participating in this year's race.

The top racers for the boys in each grade were: John Kaul, Kindergarten; Bryce Nowik, first grade; Theo Walker, second grade; Jacob Murray, third grade; Bo Anderson, fourth grade; and Cole Donchez, fifth grade.

Murray set a new individual record. It

is the fourth year Murray has set a record for his grade level.

The top racers for the girls were: Channing Stoudt, Kindergarten; Macie Moscovic, first grade; Keira McGivern, second grade; Emma Scheider, third grade; Samantha Wycoff, fourth grade; and Abby Tolmie, fifth grade.

For more information, please visit [www.clarkston.k12.mi.us/crosscountry](http://www.clarkston.k12.mi.us/crosscountry).



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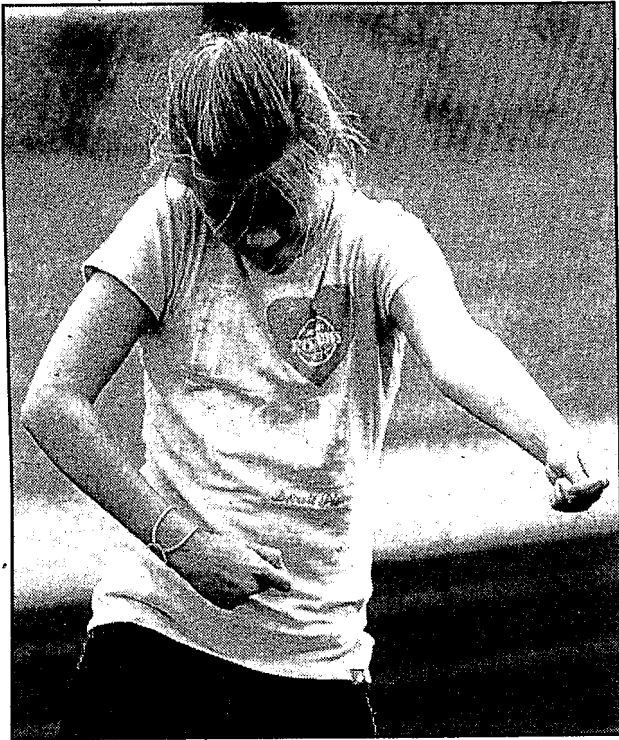
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Ashley Hathaway rocks during a song.

## Dancing in the field

Clarkston Elementary students hit the field for some activity for their A.C.E.S. (All Children Exercising Simultaneously) Day on Oct. 5.

They started with participating in a school wide dance of the "Cha Cha Slide" - even the teachers got in on the dance. Then, they moved on to the students favorite - "The Animal Song" before moving on to more dancing and walking around the track. It ended their Health and Safety Week.

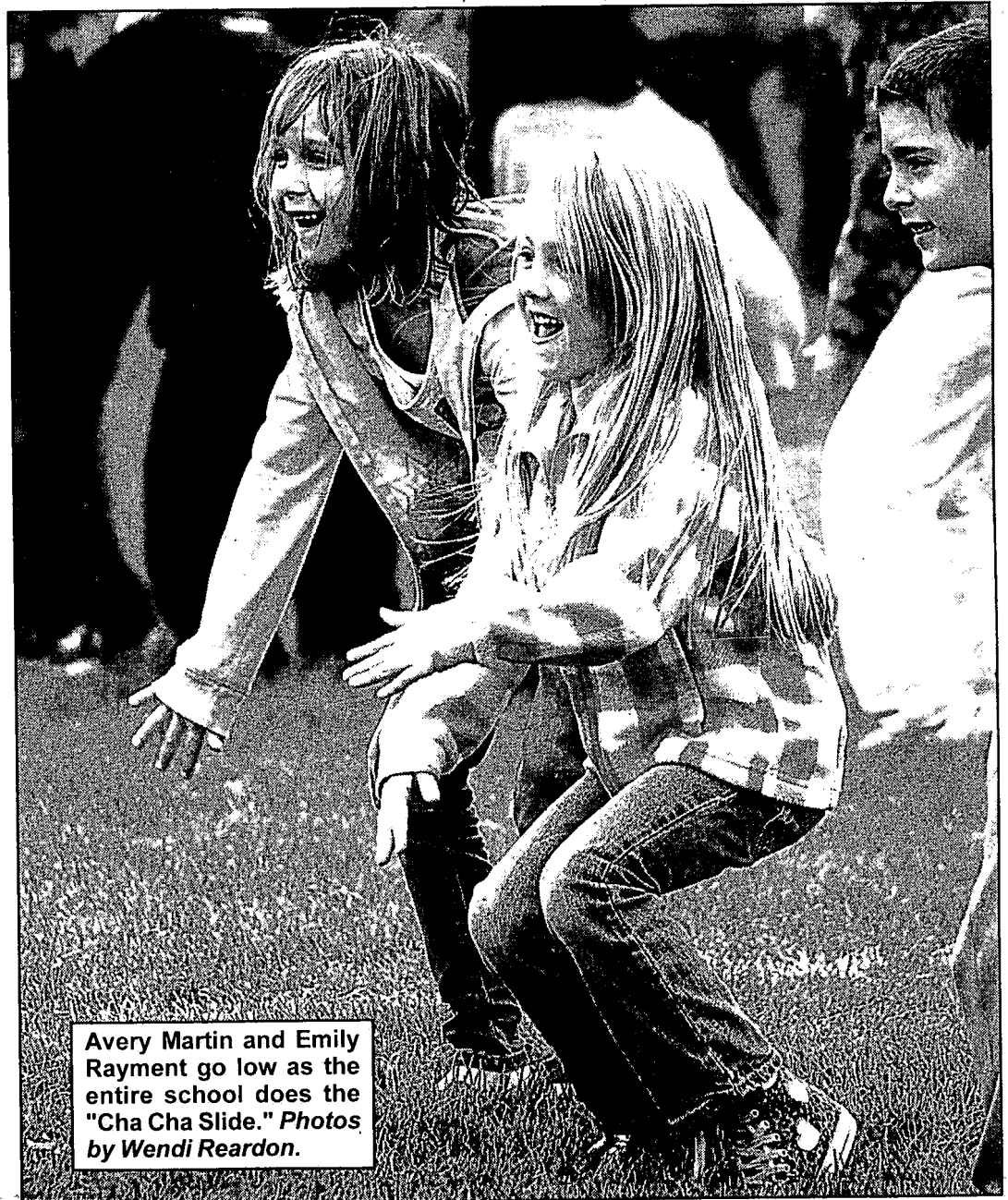
During the week they learned about things like nutrition and fire safety. They also participated in healthy activities like walking and biking to school.



Sydney Kaufman pretends to be an elephant.



Grace Havel and Sunshine Heaton slide with the rest of their classmates.



Avery Martin and Emily Rayment go low as the entire school does the "Cha Cha Slide." Photos by Wendi Reardon.



Cole Donchez and Logan Forbes close in on a Troy running back.



Antonio Gonzales stops a defender.

## Season ends with shutout

The Clarkston Chiefs JV Blue team finished their season last Saturday with a win over Oxford, 6-0.

They finished with a 4-4 record. Before they took on Oxford, they hosted the Troy Cowboys on Oct. 6.

The JV White and Gold teams begin play-offs this week. The Freshman Blue and White teams also head into playoffs.

For more information, please visit [www.eteamz.com/northernyouthfootball](http://www.eteamz.com/northernyouthfootball).

*Photos by Wendi Reardon*



Ryan Ludwa and Alex Siegfried slow the runner from gaining more yardage.

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# More letters to the editor...

## Library support

Dear Editor,

As concerned Independence Township citizens we are writing to urge our neighbors to vote in favor of the upcoming millage to support continuing operations of our library

When we were considering settling in Clarkston, we looked at several things as being very important to our family. The library was near the top of the list. This library has been very important to us raising five children.

Unfortunately, we hear people discussing the fact the Independence Township library now operated on a budgetary shoestring. This concerns us.

Our children all grew up with library cards, and despite the availability of online reference resources, they used the library extensively both in secondary school and in college. In addition, the two of us have spent many years participating in the Clarkston Area Youth Assistance tutoring program. Many of our pupils have used the library to build their reading skills, to find reference material for papers, and for the joy of the participating in the many different programs Independence library has offered.

For example, we had four of our grandkids at the library on Saturday to meet the author of "Operation Nice," an anti-bullying program.

We urge everyone to take advantage of this wonderful resource and to support it by voting for the new millage on November 6.

Very yours truly,

*Steve and Anita Demster  
Independence Township*

## Millage response

Dear Editor,

In response to Cory Johnston's letter in the Oct. 10 *Clarkston News* about the district library millage, he suggests Clarkston City Council will continue to levy the maximum millage on city property owners, even though, if the millage is approved, the city will be relieved of its obligation to pay Independence Township for library services. That's wrong.

The ballot question for the library district, which includes both Independence Township and the city, is for a 1.25 mill levy to support the library. This will replace the current .691 mill township levy and the equivalent payment that the city currently makes to the township for library services.

The city does not levy a separate library millage. It currently has a contract with the township to pay the township the equivalent of a .691 mill levy on city property from the city's general operating fund. If the millage is approved, that contract will be terminated.

The city will be relieved of the obligation to pay the equivalent of a .691 mill levy to the township starting in January 2013. Since the city will be relieved of that expense and city property owners will pay a separate tax to the library district, it is fair that the city reduce its operating millage by the same amount that it saves by not paying the township for library services, rather than spending that money on something else.

The city council approved a resolution on May 29, 2012 that pledges the council to reduce its general operating millage by .3455 mills this December, reflecting the savings to the city for half of its 2012-13 fiscal year, and by .691 mills in future years. If the library millage is approved and I am reelected, I will offer a resolution to implement that reduction at the first council meeting after the November 6 election. And, as long as I am on the council, I will

insist that the council honor that commitment in future years.

City voters should evaluate the library millage on its merits, not on speculation that the city council will repudiate its commitment to reduce the city's millage rate.

The library has done a wonderful job surviving on a shrinking income stream as property values have declined, but it has had to cut back on personnel and some services. The township has subsidized the library from its general fund, but can't afford to continue to do that.

The library is significantly underfunded compared to nearby comparable community libraries. The library is an important resource for the community and should be better funded. The proposed millage is a modest proposal, lower than what the library may have liked but sufficient to restore and improve services.

*Richard Bisio  
Clarkston City Council*

## Quality library

Dear Editor,

I am writing in support of the new Clarkston Independence District Library. For me, a quality library is an important ingredient in my life.

One of the first things that I did when we moved to Independence Township seven years ago was to get a library card, and I have been a regular patron since then. The long overdue reorganization of the library presents up with an opportunity to make improvements to the programs collections and technology available to all of us.

I encourage all of you to vote "yes" on Nov. 6 for the library our community deserves. I know I will.

*Jan Gaffney  
Independence Township*

## Great library wanted

Dear Editor,

Clarkston has a good library. It provides the basic functions of a good library. On the surface everything seems to be fine, but once you do some checking you find out the library has several areas in need of improvement to go from a good library to a great library.

The Clarkston Library serves a large area and several thousand people. To meet the needs of the people the library needs to have the right people, facility, technology and support.

The people who operate the library are very knowledgeable and good at what they do, but the work load is too great to maintain a good library and to become a great library more people resources are needed.

The facility is 20 years old and has served the area and people very well. As any homeowner knows, you must do some repairs and replacements to maintain a good home and if you want a great home you will have to do some updating. The library needs to be treated like a home and needs repairs and updating so it can go from a good facility to a great facility.

Technology changes so fast that only a 6 year old can keep up with it. The older people do not even know the technology exists. The library is limping along with very old technology. The phone system does not even have a voice mail feature. Computers and monitors need updating and/or replacing.

The support for the library comes in many forms. Many hours of volunteer support from people, financial and volunteer support from the group called Library Yes, and from the current millage. This barely helps keep the library going as a good library. We need everyone's help to get our library to become a great library. Vote yes on Nov. 6.

*Joe Pachuta  
Independence Township*

Think varicose veins are just a cosmetic issue?

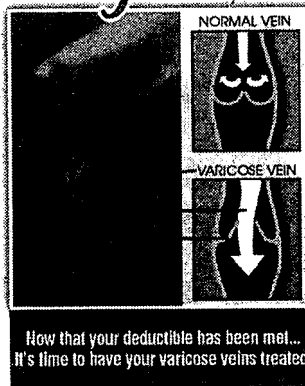


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## Mitchell's biggest fan

Dear Editor,

I am likely the biggest supporter of Jeremy Mitchell's candidacy for Independence Township Trustee, because as his wife, I have seen first-hand Jeremy's commitment to serving people and communities for several years.

I met Jeremy on a college mission trip to Virginia over nine years ago in which students from across the country came together to help low income children enrolled in summer programs. After only one month, the staff chose Jeremy as the primary student leader and tasked him with managing the mission trip operations.

As a member of the Tennessee Intercollegiate State Legislature, my husband learned the inner workings of state and local government and later applied that knowledge as a professional. Jeremy worked alongside non-profit organizations whose goal was to partner with state legislators with an interest in building a stronger middle class.

I truly believe Jeremy will make an excellent trustee because he is a knowledgeable and thoughtful leader who has a spirit of cooperation and who will bring productive energy and new ideas to this township.

Please join me in voting for Jeremy Mitchell for Independence Township Trustee on Tuesday, Nov. 6.

*Jamie Mitchell, PhD  
Independence Township*

## A call for school change

Dear Editor,

I believe the Clarkston School Board is dysfunctional and changes are needed. The public can do something about that when they vote on Nov. 6, by voting for the board members that will redirect the board to perform the functions the board has an obligation to perform.

Please vote for Susan Boatman, Joan Patterson, and Betty Reilly. A vote for them will result in the changes to the school board that the district needs. I also believe that Craig Hamilton is also worth voting for. I have spoken to Craig at school board meetings and I believe that he also sees the board's dysfunction and wants to see the changes that the district needs.

I hope voters don't vote for Cheryl McGinnis, current president; Kelli Horst, who has publicly sided with the rubber stamp members of the current board and Dr. Rock on anything else being discussed, and was one of the ring leaders of the "Say Yes to the \$20 million bond" group; or Theresa Adriaens, who is a staunch Dr. Rock supporter who is an "absentee" candidate who hasn't decided to be interested enough in the school system to even attend the board meetings before or after she decided to run for the board.

Per the Center for Public Education, an initiative of the National School Boards Association,

"The local school board is a critical public link to public schools. Whether elected or appointed, school board members serve their communities in several important ways. First and foremost school boards look out for students. Education is not a line item on the school board's agenda—it is the only item. When making decisions about school programs, school boards incorporate their community's view of what students should know and be able to do. School boards are accessible to the public and accountable for the performance of their schools. School boards are the education watchdog for their communities, ensuring that students get the best education for the tax dollars spent."

I wish that the Clarkston Community Schools School Board would actually become a group of seven professional adults representing the wants and needs of the public, focused on the direction and control of the school system in order to ensure that the students are educated safely and to the best possible degree given the funds the district has to spend on that endeavor. That is what the school board is supposed to be doing.

I see Joan Patterson, Susan Boatman, and Rosalie Lieblang living up to those school board responsibilities.

On the other hand, I see Cheryl McGinnis, Steve Hyer, Barry Bomier, and Elizabeth Egan ignoring the wants and needs of the public, not requesting the proper data from administration, financial and program data especially, they should have before making decisions on those subjects, and allowing their direct employee, the superintendent, Dr. Rock, to take over the board's responsibilities to direct and control the school system and the board, ignore the public's comments and desires, and to keep himself and the school board as inaccessible as possible from the public.

Mrs. Patterson, Mrs. Boatman, and Mrs. Lieblang have requested data they are not only entitled to as board members, but the data should have been supplied to them prior to being asked to make decisions for the district. Time and again, Dr. Rock has ignored or refused their requests. A change in the board is what is needed to stop this behavior.

*Dawn Schaller  
Independence Township*

## Thanks for service

Dear Editor,

We would like to thank Neil Wallace and Larry Rosso for their many years of public service as Trustees of Independence Township. Both of these gentlemen made significant contributions to our township over many years with little reward and considerable investment of their personal time. They handled the disappearance of our township Supervisor well and managed to put the township on a much more effective business model.

We can only hope their successors are half as dedicated and effective as these two people.

*Jim and Barb Reed  
Independence Township*

## Support for Roth

Dear Editor,

We support Peg Roth in the Clarkston City Council election on Nov. 6. Peg brings a lot of valuable experience as our longest serving council member. We are elated she has decided to run for a fourth term! Clarkston needs Peg Roth. She is actively involved in the community serving on a number of local organizations. Peg is the co-founder of the Clarkston Retailers Group.

The Clarkston Retailers Group works to improve the downtown business district, ensuring it remains vibrant. Campaigns such as "My Clarkston/Buy Clarkston" are but one example of the Clarkston Retailers Group's efforts. Peg is also a board director of the Clarkston Chamber of Commerce

Peg is very visible around town doing all she can to improve our community, whether she is working in some of the downtown gardens, or working on the recent video promoting Clarkston. We feel she is uniquely qualified to serve on the next council, due to her prior council experience, her local business background and her commitment to Clarkston.

Please join us in voting for Peg Roth on Nov. 6.

*Sue and Steve Wylie  
Clarkston*

## Library millage rates

Dear Editor,

Last week's letter to the editor from a city resident regarding the Library Millage, is inaccurate and as such, misleading to city residents. It's really pretty simple.

The city pays the same millage rate as does Independence Township, currently .691 mills. To determine the annual payment, the city's total taxable value (TV) is multiplied by the .691 millage rate. This expense has always been paid from the city's General Fund and City Council has stated that it will continue to be the case.

Now let's be clear, the city residents will not, repeat, will not experience a 1.25 mill increase for library services. The actual increase residents can expect will be .559 mills. That's because the city will continue to pay the existing .691 mills from the General Fund as it has since 1992.

On a \$200,000 home, taxed at one-half of its assessed value, \$100,000, .559 mills, amounts to an increase of \$55.90 to the home owner, not \$125 last week's writer leaves one to believe.

No, the sky is not falling.

*Dennis Ritter  
Clarkston City Manager*

Election letters will be printed through Oct. 24.  
Send letters to the editor to  
[Clarkstonnews@gmail.com](mailto:Clarkstonnews@gmail.com)

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Hundreds of supporters march out of Depot Park at the Congenital Heart Walk, Oct. 7. Photos by Phil Custodio

## Walkers rally for hearts

The second annual Congenital Heart Walk of Southeast Michigan raised over \$55,000, Oct. 7 in downtown Clarkston.

Over 400 supporters rallied in Depot Park before walking about two miles through Clarkston for the walk, which is dedicated to fighting congenital heart disease.

"The sheer number of people in attendance was remarkable," said Mary Brown, one of the committee chairs and mother to a child with CHD. "We were all there for the same reason—to raise awareness and funds to eradicate congenital heart defects, which is something so personal to each and every one of us."

"We had a remarkable turnout in Depot Park," said Sally Powers, also a chair of the walk.

The amount collected was twice that was raised in last year's walk, Powers said.

Lieutenant Governor Brian Calley, who is also the father of a child with CHD, attended as a guest speaker, as did Dr. Ralph Delius, vice chief of cardiovascular surgery at Children's Hospital of Michigan.

"To have the lieutenant governor join us and address the walkers during the opening ceremony was truly an honor," Brown said. "And to be able to introduce the surgeon who gave my son the chance at a happy, normal childhood was very touching."

The theme of the opening ceremony focused on recent medical advances for CHD patients and the need to fund more research. Prizes for the top fundraiser and most spirited

team were awarded before the walk kicked off. After returning, walkers enjoyed lunch in the park, giveaways, and time to meet other families affected by congenital heart disease.

Congenital heart defects affect 1 in 100 babies. Funds raised at the rally will be used for CHD research and services.

To learn more, visit [www.congenitalheartwalk.org](http://www.congenitalheartwalk.org). For more information, email Sally Powers at [chfmi@childrensheartfoundation.org](mailto:chfmi@childrensheartfoundation.org).



Lieutenant Governor Brian Calley addresses the walkers from the gazebo in Depot Park.



From left are Barbara Rollin, senior center coordinator, Dr. Tim O'Neill, and Lois Seddon, president of Friends of the Senior Adult Activity Center, at Bucks for Buses. Photo provided.

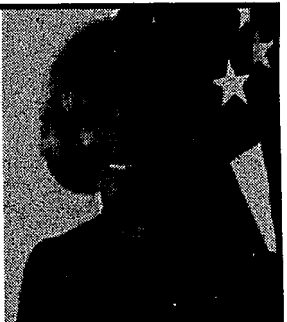
## Bucks raised for senior busing

Bucks for Buses has Gone Bocce II raised funds for Independence Township Senior Adult Activity Center Transportation, Sept. 27.

Hosted by the Friends of the Senior Adult Activity Center, the program transports seniors and disabled adults to doctors' appointments and other errands for residents of Clarkston, Independence Township and Springfield Township.

"Thanks to our Honorary Chair Dr. O'Neill, Platinum Sponsor Clarkston Medical Group and two of their staff members Amanda Fogelman and Brenda Marino for their support," said Barbara Rollin, senior center coordinator. "Thanks to all of our 17 sponsors this year for making this our best year ever. Everyone involved in this years Bucks for Buses event really made a difference in our community."

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Published by The Clarkston (MI) News, P.O. Box 20109, Waterford, MI 48106



Kali Slavin, Clarkston High School student, is pursuing the art of photography. Photo by Phil Custodio

## An eye for art

Kali Slavin, 16, likes art and photography is her medium. She likes to shoot landscapes, sunsets, animals, and people having fun.

Her teachers tell her she has a good eye for images people don't usually look for, said Slavin, a junior at Clarkston High School.

"I don't know, I look for unusual things, interesting things, like a tree stump – the points it makes, it's really cool," she said. "I like to wander around and look for things to take pictures of. Some are from my backyard, or places in downtown Clarkston, like Depot Park, or the high school. It's something I truly love to do."

She uses point-and-shoot digital cameras, but is eager for an upgrade.

"I'm working at Kruse's Deer Lake Inn to save up for a Canon Rebel T3i – that's what I really want," she said. "I want to be able to adjust the ISO. I'm reading a book on lighting techniques."

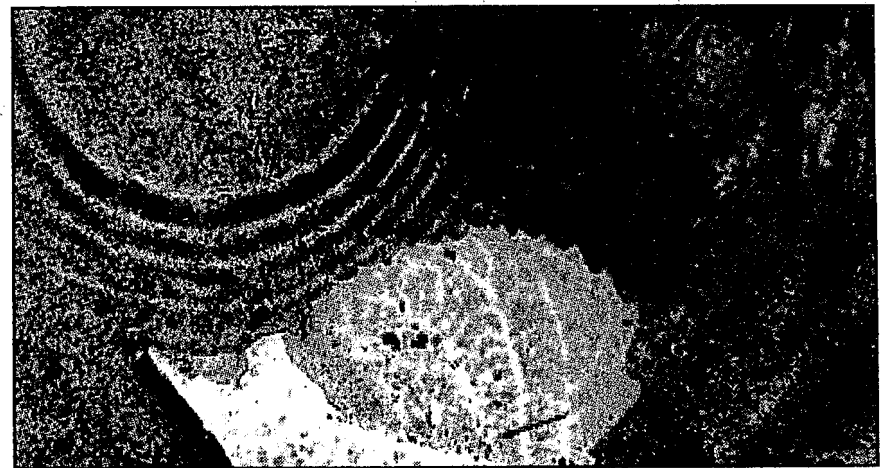
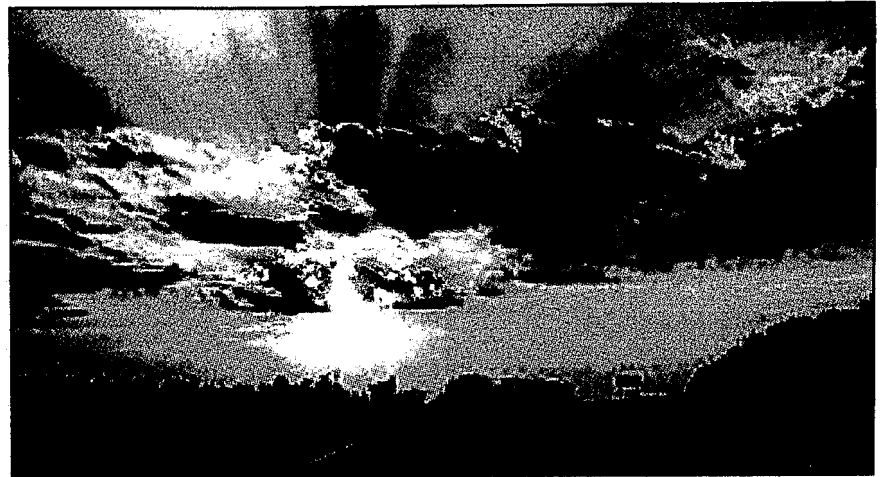
Her goal is to study photography in college and make a living at it. Her first gig – helping out with taking senior pictures at the high school.

"In my media class, my teacher asked me if I'd like to help him take the senior pictures this year, and I thought that was great," she said.

She lives in Springfield Township with her mother Gwen Slavin and her cat, Drew.

"I like Clarkston, it's a good town," she said. "I love the leaves in the fall. Every tree in a different color, it's so pretty."

– Phil Custodio



Colors found in nature is a favorite for Slavin's photography. Photos provided

Please join

# State Representative Gail Haines



When: October 25, 2012  
5:30pm – 7:30pm

Where: Deer Lake Athletic Club  
6167 White Lake Road  
Clarkston, MI 48346

What: Meet & Greet

Cost: Contributions  
Appreciated

RSVP: Ghaines43@gmail.com  
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- Oakland County Executive L. Brooks Patterson
- Sen. Mat Dunaskiss
- State Representative Eileen Kowall
- State Senator Mike Kowall
- City Councilwoman Peg Roth & Bob Roth
- Kim & Pat Kittle
- Forrest Millzow
- Cindy & Tom Vella
- Kathy & Dan Kelly
- Gretchen & Ed Adler



From left, Jordan Klokeid, Emma Conner, Sara Neumann, Natalie Neumann and Emma Neumann walked with Wolfie to Pine Knob Elementary during Walk to School Day. Photo provided

## A Sashabaw walk to school

Over 200 students, parents, teachers and staff of Pine Knob Elementary met at 7:45 a.m., Oct. 3, in the parking lot at Sashabaw and Waldon Road in celebration of International Walk to School Day.

They were led by members of the Clark-

ston High School drum line and welcomed at the school by Wolfie, Clarkston High's mascot, in the annual event to promote physical fitness.

Oakland County Sheriff's deputies kept them safe in their walk down Sashabaw Road.

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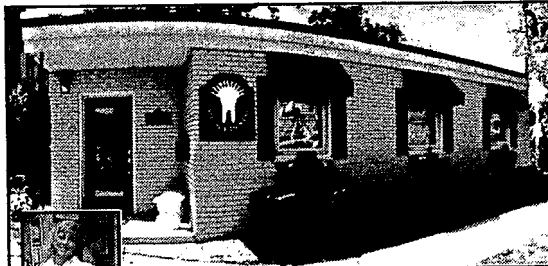
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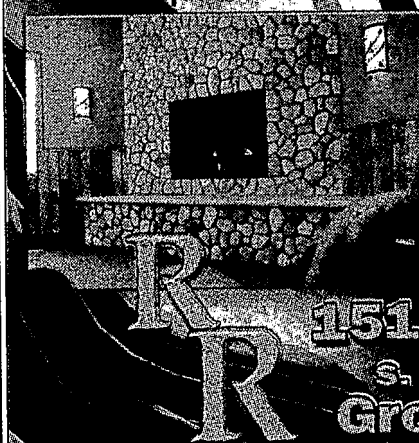
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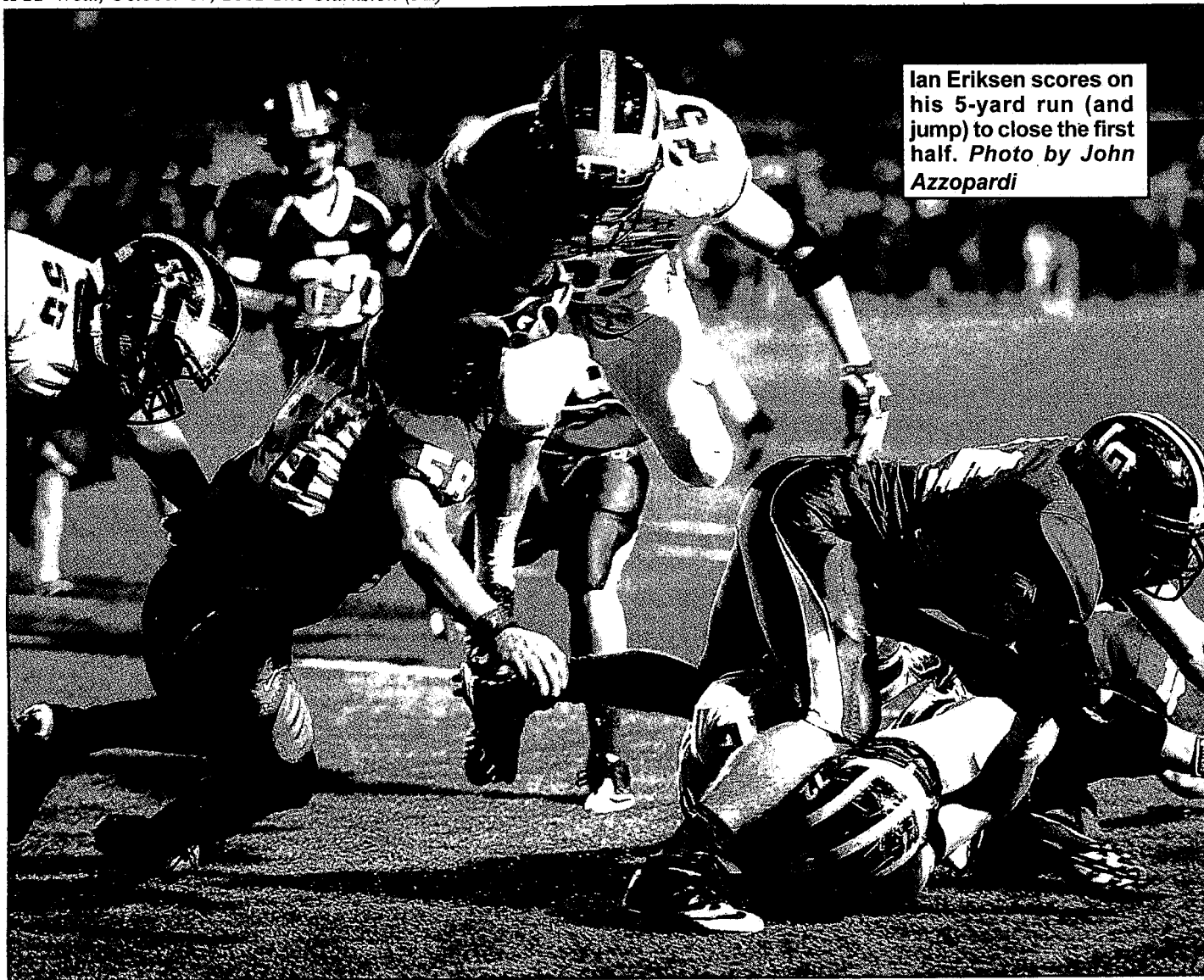


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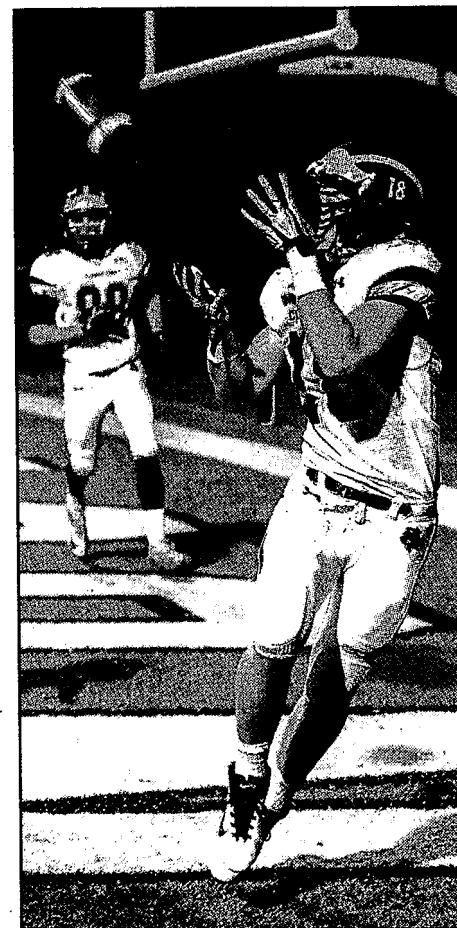
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Ian Eriksen scores on his 5-yard run (and jump) to close the first half. Photo by John Azzopardi



Nathan Yeloushan catches a 2-point conversion pass from D.J. Zezula. Photo by Larry Wright

## Scoring against Dragons in OAA Red battle

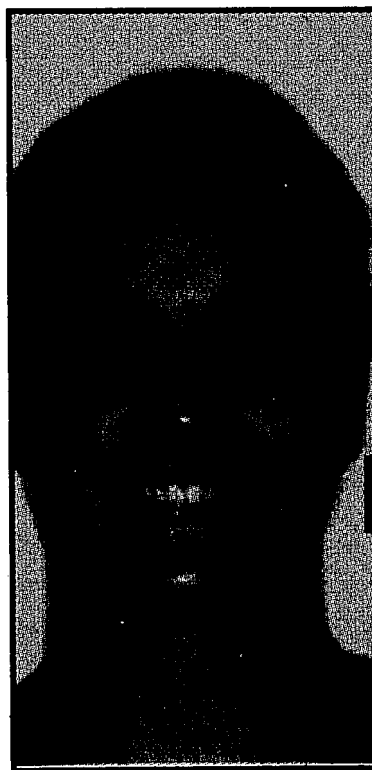
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### Smile of the Month

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Nathan is a junior at Clarkston High School. He likes to workout, bow hunt and hang out with friends.  
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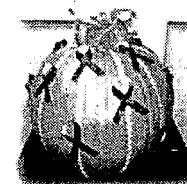
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### "Paint the Town Pink"



#### Pumpkin Decorating Contest

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- \$5 Entry Fee
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- Prize for Best decorated pumpkin in "Paint The Town Pink" theme
- All proceeds go to *Swan for Life*
- All decorated pumpkins must be in by Oct 17th at 9am.

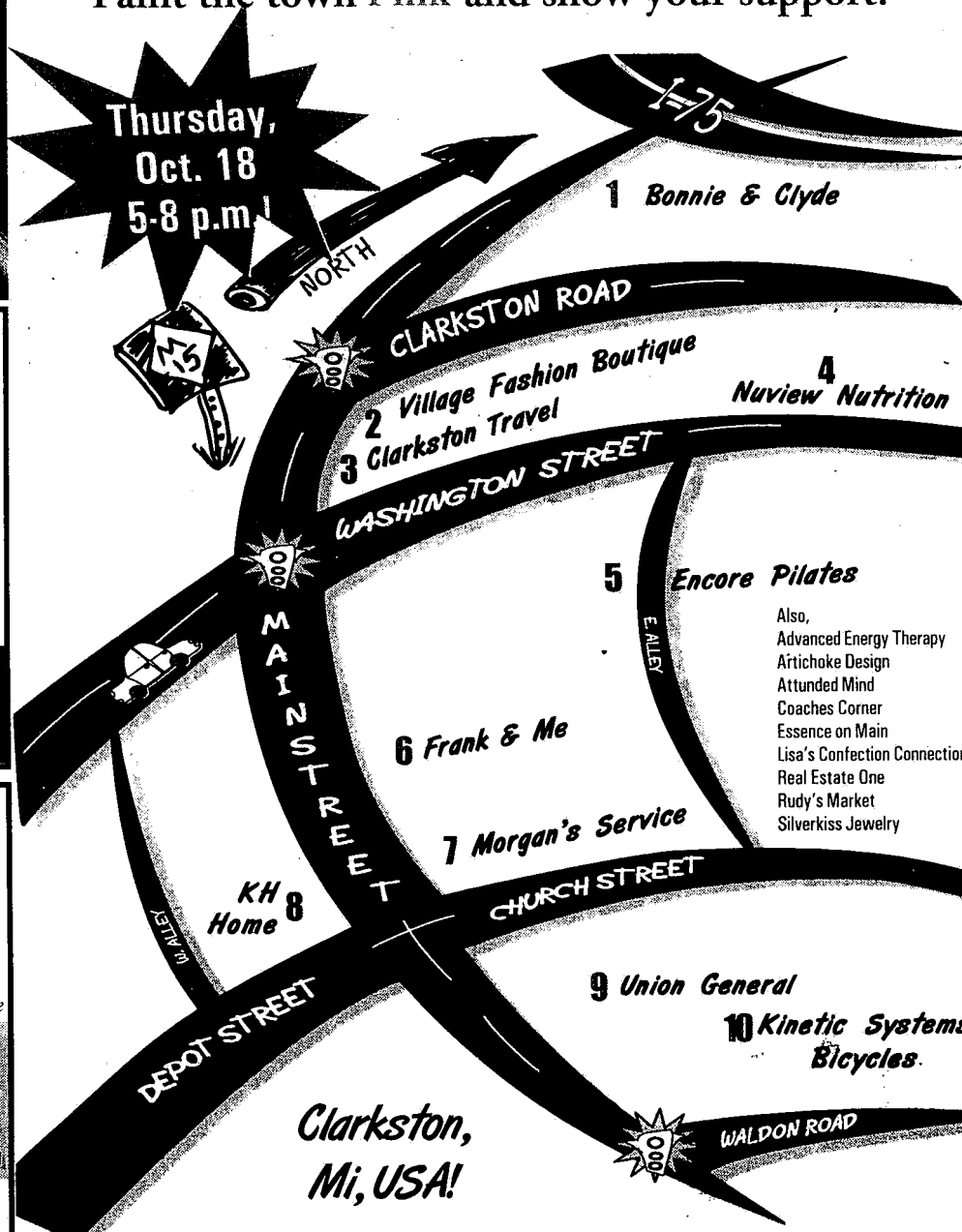


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31 S. Main St. Clarkston

# Come Downtown Clarkston for a Ladies Night Out!

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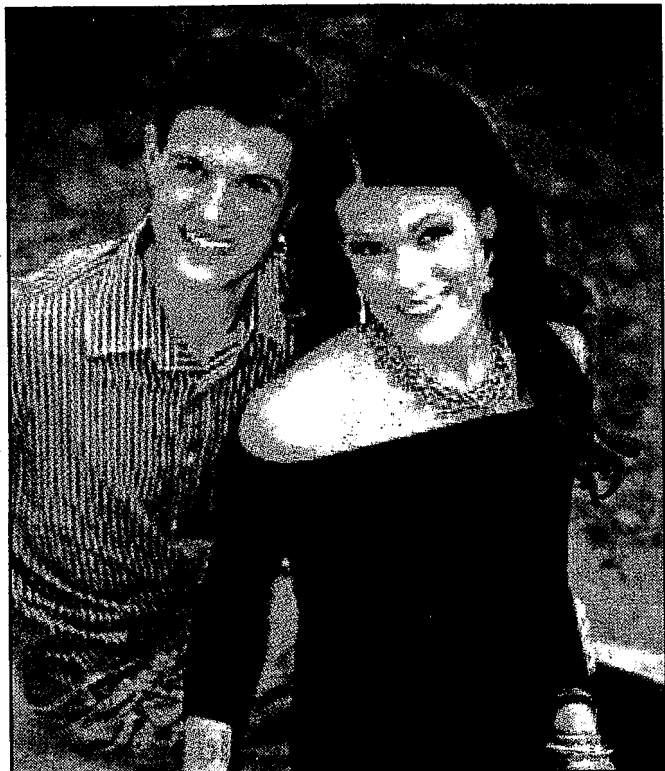
## DeFranco -Kuhn

Shawna DeFranco and Jason Kuhn of Dearborn announce their engagement to marry.

The bride to be is a medical student at Lake Erie College of Medicine, earning her DO degree in Radiology.

The future groom is a medical student earning his DO in General Surgery at Lake Erie College of Medicine. He is the son of Hope and Jack Mason of Clarkston, and the late Daniel Kuhn.

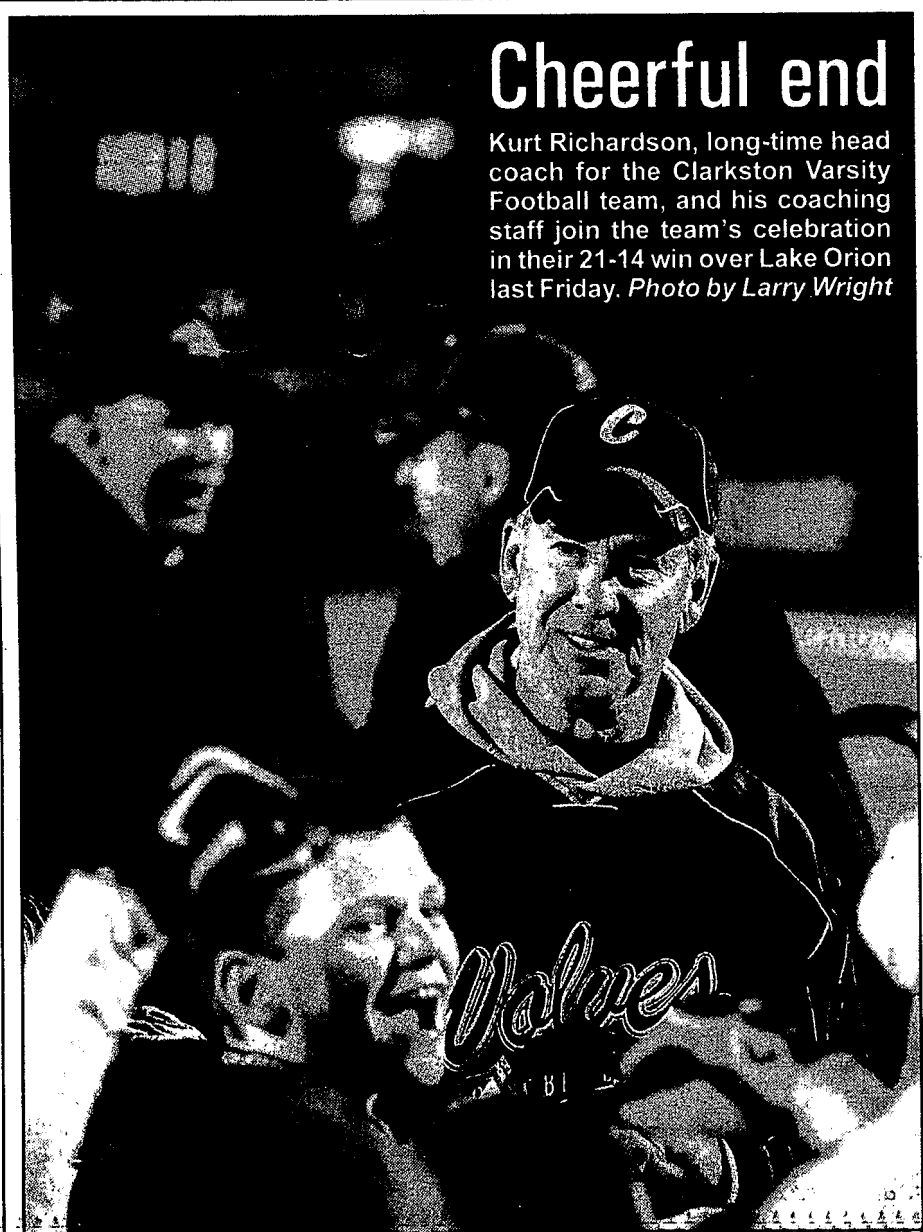
A November wedding is planned at Clarkston United Methodist Church.



Jason and Shawna

## Cheerful end

Kurt Richardson, long-time head coach for the Clarkston Varsity Football team, and his coaching staff join the team's celebration in their 21-14 win over Lake Orion last Friday. *Photo by Larry Wright*

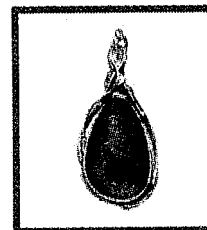
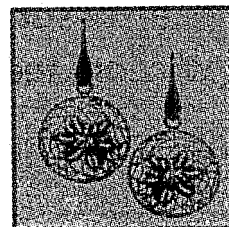
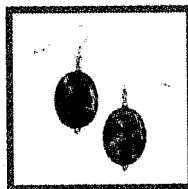


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Also join us for "Paint the Town Pink," an event to benefit Swan for Life Cancer Foundation in Downtown Clarkston on Thursday, Oct. 15, from 5-8.

# Look Who's Waking Up With Us!



## Real businesses. Real connections.

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Pam Palmer, Print Boys Digital Printing

Gerry Ward, Gerry's Auto Care

Bill Gibbs, Mikan Corp

Gary Gozdor, [Buz.fm](http://Buz.fm)

John Mathers, Mathers Ins.

Dennis James, Various Insurance Planning

Gary Zirwes, Health Coach

Rob Butler, Butler CPA & Associates

Louanne Allison, LIFE

Assad Faraj, Primerica

Eileen Drenikowski, State Farm Ins.

Larry Blevins, Lay Responder Training

Kim Dunahay, Divine Nutrition

Crystal Cockerham, Young Living Essential Oils

Joe Waldron, Clarkston Rotary Club

John Weiler, Lincoln Heritage Ins

Doug Seman, Cavalry Computing

Nanci Bereznicki, Designer Stitch Embroidery & Monogramming

Cindy Burroughs, Clarkston News

Alan Partington, [ClarkstonTV.com](http://ClarkstonTV.com)

Don Rush, Clarkston News.

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

## The Clarkston News Coffee Club

Thursdays 7:30am-9am  
Clarkston United Methodist Church

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Come see the business community we're building within the community. Those in attendance will be entered into our business card drawings for advertising in Clarkston News & Penny Stretcher!

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## Florence D. Ihrke, 88

Florence D. Ihrke of Waterford passed away, Oct. 15, 2012, at age 88.

She was the loving wife of Duane for 66 years; mother of Herbert (Vicki) Schmidt, Noreen (Henry) Manuel, Linda (Joe) Butler, Cheryl (Tom) Furness and Nadine (Gary) Copp; preceded in death by her children Duane, Rita and Julane; grandmother of 23 and great grandmother of 19.



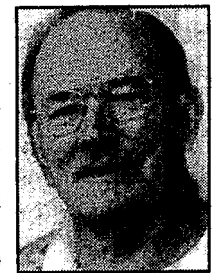
Florence was a member of the American Legion Women's Auxiliary Post 377. She worked for Waterford Schools as a crossing guard and retired from Tower Cleaners.

Funeral Service, Thursday, 12:30 p.m., at the **Lewis E. Wint & Son Funeral Home**, Clarkston, where friends may visit, Thursday, 11:30 a.m., until time of the service. Private Inurnment, Great Lakes National Cemetery. Memorials may be made to Mercy Hospice. Online guestbook [www.wintfuneralhome.com](http://www.wintfuneralhome.com).

## Donald L. Goodwin, 75

Donald L. Goodwin of Goodrich, formerly of Clarkston, passed away Oct. 15, 2012, at age 75.

He was the husband of Marion for 54 years; father of Sheila (Tony) Genna, Rick (Linda) Goodwin, Cindy (Charlie) Layman and Chuck (Sarah) Goodwin; grandpa of 12; great grandpa of seven; brother of Barbara (Gary) Rollison; preceded in death by his brother Clifton.



Donald served in the U.S. Army and retired from the Pontiac Fire Department. He was a member at Davison Assembly of God and Mt. Zion Temple.

Funeral Service, Thursday, 10 a.m., at the **Lewis E. Wint and Son Funeral Home**, Clarkston, where friends may visit on Wednesday, 4-9 p.m. Online guestbook [www.wintfuneralhome.com](http://www.wintfuneralhome.com).

## Leonard A. Fagg, 86

Leonard A. Fagg of Mt. Morris passed away Oct. 8, 2012, at age 86.

He was preceded in death by his wife Naomi. He was the father of Shawlene (Jim) Ladd-Bannow; grandpa of Les (Kristi) Ladd, Bryan (Carla) Ladd and Jeff (Eva) Bannow; great grandpa of five; brother of Jean Smith, the late Kathy Moore, Mary (Angus) McLean and Margaret (George) Weeks.

Funeral service was Oct. 12 at the **Lewis E. Wint and Son Funeral Home**, Clarkston. Interment Great Lakes National Cemetery, Holly. Online guestbook [www.wintfuneralhome.com](http://www.wintfuneralhome.com).

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**CNews**  
**People Poll**  
September 26, 2012

What would you ask in the presidential debates?



"How would you be able to take us out of the debt we're in?"

- Alfred Strickland



"What are you going to achieve in the next four years, and what can you do to correct the past?"

- Pat Steele with Noah Steele-Batell



"What are your plans for increasing clean energy?"

- Russ Dzmelyk with Luis Bussire



"What will you honestly do to improve the lives of each and every citizen?"

- Denyse Couture  
By Mary Keck

The Clarkston News'  
**Millstream**

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

**More suspense as adventure continues**

BY WENDI REARDON  
Clarkston News Staff Writer

Fans of The Secret Zoo are excited about book four, *Traps and Specters*, which was released at the end of September.

They will finally see the Shadowist as the Action Scouts, Noah, Megan, Ritchie and Ella, continue to work with the secret society to protect the Secret Zoo.

"When I go to the schools they ask when are we going to see him," said author Bryan Chick, a Independence Township resident. "Noah does come face to face with him in this book. The Shadowist is a creepy guy."

*Traps and Specters* continues

where book three, *Riddles and Dangers*, left off.

Without giving too much away, Chick said the newest adventure for the Action Scouts is longer and has more suspense.

A reason for the suspense is the Shadowist starts moving on Noah's neighborhood and he's spotted.

"We are at the point the nemesis, the Shadowist, is more visible," said Chick. "Noah, the scouts, their animal friends and his human companions are forced to deal with his threat. The big thrill is the scouts, the animals and people working to stop the Shadowist."

Fans of the series can expect their favorite characters to develop more.

A new group is introduced in book four called the Specters. It is a group of six girls with unique powers and they are a subgroup of the Descenders.

Chick added there are also new animals - a platypus, chameleons and a few others important to the Specters.

New sectors of the Secret Zoo are explored by the Action Scouts and introduced to the reader.

"They are basically the zoo exhibits but on a larger and more magical scale," Chick smiled. "The kids are always anxious to see the new places the scouts go. I always want to add more and go back to others. I

knew there would be new sectors just because zoos have different exhibits. I took what I thought was the neatest parts of exhibits and put them in sectors."

Besides exploring new areas of the zoo, some of the story takes place in Noah's neighborhood as the animals go loose in the neighborhood. Clarkville Elementary, the school in the neighborhood, is also a key piece.

He noted kids from the Clarkston area might notice something from their school.

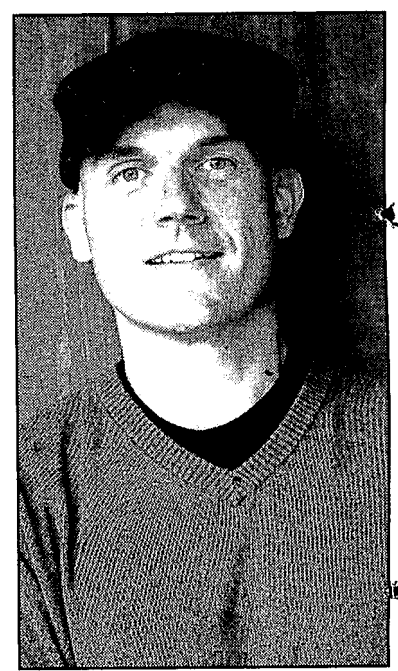
"The only thing specific they might notice is the playground equipment," he said. "The school is a average school with large media center and a gym/stage area like Independence Elementary has."

Both are important elements for a battle scene which takes place with the Shadowist.

"It was really fun to write," he said. "I felt like the kid inside of me was going to work more so than the other books. A lot of that is through the general process of writing being more in touch with my inner child. Also just seeing the kids, seeing what they like and remembering what is was like at their age. They live in a funny, goofy world that adults don't see. It was fun to write the story for that."

*Traps and Specters* is on sale now online at Amazon.com and local bookstores.

Great Turtle Toys, off Sashabaw Road, has all four books in *The Secret Zoo* series for sale.



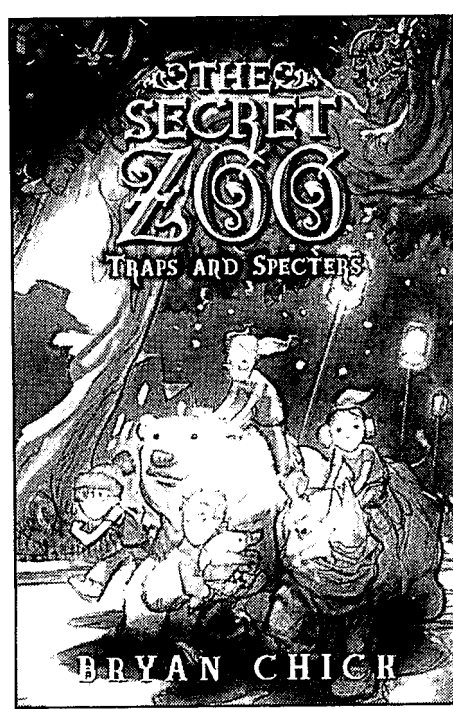
Bryan Chick

Chick is having a book signing at Great Turtle Toys on Saturday, Nov. 17, 1-3 p.m.

Chick is visiting several Clarkston elementary schools. In celebration of the release of *Traps and Specters*, Chick is offering a limited number of free school assemblies to local schools.

For more information, please call 248-705-3619 or email at bryan.chick@comcast.net.

"One thing I like about Secret Zoo is it bounces between the two worlds," said Chick. "What I like about fantasies you can come out of the world. Not just the scouts in Secret Zoo but those from the Secret Zoo are in our world. It is fun to bounce back like that."



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**Special Events**

**Fire Fighters appreciation night**, 7-8:30 p.m., Oct. 17, North Oaks Community Church, 9600 Ortonville Road. Presentations for children and adults, music, ice cream, tour of a fire truck. 248-922-3515.  
\*\*\*

**Tailgator**, 11 a.m.-6 p.m., Oct. 19, between 5911 and 5897 Dixie Highway. Brose Electric and The Print Shop celebrate the upcoming Wolverine vs. Spartan game with hot dogs, fight songs, discounts, donations. Benefits Clarkston Junior Optimists. 248-623-1212.  
\*\*\*

**Haunted Forest**, 7-11 p.m., Oct. 19-20, 26-27. Wojo's Greenhouse, 2570 Oakwood Road, Ortonville. Benefits St. Anne's Youth Group. Haunted Forest, non-scary and scary. \$10/adults, \$6/under 13. Call Kim, 248-627-3965 Ext. 132.  
\*\*\*

**Fund raiser** for Adam Wheatcroft Memorial Scholarship Foundation, 5 p.m., Oct. 20, Oakland County Sportsmen's Club, 4770 Waterford Road. Silent auction, 50/50, camouflage party - prizes for best/most creative camp attire. \$15. 248-628-6390.  
\*\*\*

**Fall Pancake and Sausage Breakfast**, 8-10 a.m., Oct. 20, Lake Orion United Methodist Church, 140 E. Flint Street. 248-693-6201.  
\*\*\*

**Clarkston Marching Band Invitational**, 2-10 p.m., Oct. 20, Clarkston High School. 25 bands from around southeastern Michigan.  
\*\*\*

**School Board Candidate Forum**, 5:30-8 p.m., Oct. 23, Clarkston Community Schools Administration Building, 6389 Clarkston Road. Hosted by Clarkston Area Chamber of Commerce, Clarkston PTA Council, Clarkston Rotary.  
\*\*\*

**Marching Band Night Out** for Clarkston High School band, Oct. 24, Ruby Tuesday, 6898 Sashabaw Road. 20 percent donated to the band. 248-625-2008.  
\*\*\*

**Candidate forum**, Independence Township trustee candidates, League of Women Voters Oakland Area, 2-4 p.m., Oct. 22, Township Hall, 6483 Waldon Center Drive. judybateman@comcast.net.  
\*\*\*

**Emily Schmidt Memorial Trunk or Treat Trot**, 5K and 1 Mile Fun Run, Oct. 27, 9 a.m. Each year we raise funds to benefit a charity or worthy project. Clarkston United Methodist Church, 6600 Waldon Road. 248-625-1611.  
\*\*\*

**Recycling Day**, computers, small electronics, 10 a.m.-2 p.m., Oct. 27, Sashabaw Middle School, 5565 Pine Knob Lane. Hard drives destroyed. \$5 donation. 248-623-4572.  
\*\*\*

**Halloween Hullabaloo at High Jinks Hall**, presented by Once Upon A Puppet, 11 a.m., 1 p.m., Oct. 27, Depot Theater, 4861 White Lake Road. 248-625-1104.  
\*\*\*

# Around Town



A calendar of places to go, people to see and things to do

\*\*\*  
**Trick or treating**, Independence Township, 6-7 p.m., Oct. 31.  
\*\*\*

\*\*\*  
**A Taste For The Holidays** fall wine tasting, Clarkston Rotary, 6:30-8:30 p.m., Nov. 1, Bordine Nursery, 8600 Dixie Highway. Features wines from around the world, food from 14 local restaurants. \$40 in advance, \$50 at the door. Call Jeff at 248-625-8837 or Joel at 248-625-9741.  
\*\*\*

\*\*\*  
**Pre-election Singles Dance**, Bethany North Oakland, 8 p.m.-12 a.m., Nov. 3. Waterford Elks, 2100 Scott Lake Road. \$12. 248-891-8938.  
\*\*\*

\*\*\*  
**B. David Warner**, presentation by local author, 7 p.m., Nov. 3, Clarkston United Methodist Church, 6600 Waldon Road. Topic: research behind his book Deadlock, set at the Soo Locks during World War II. \$5. 248-625-1611.  
\*\*\*

\*\*\*  
**Camp Harmony** Barbershop Show, Big Chief Chorus, 7 p.m., Nov. 3, Waterford Mott High School, 1151 Scott Lake Road. \$15, free for children 12 and under. 248-682-4311.  
\*\*\*

\*\*\*  
**Springfield Christian Academy Craft Fair**, 2-7 p.m., Nov. 9; 10 a.m.-4 p.m., Nov. 10, 8585 Dixie Highway, 248-625-9760.  
\*\*\*

\*\*\*  
**Genealogy Workshop**, 10:30 a.m.-12:30 p.m., Nov. 10, Clarkston Independence District Library, 6495 Clarkston Road. Info, individualized help on naturalization and immigration records. Free. Register at 248-625-2212.  
\*\*\*

\*\*\*  
**Veterans Day** Program and Dinner, 6 p.m., Nov. 11, American Legion Post 63, 8047 Clarkston Road. \$7 donation/adult, \$3/children 12 and under. Free for World War II veterans and active duty. 248-625-9912 or 248-627-3038.  
\*\*\*

\*\*\*  
**Burial Preplanning Seminar**, 10 a.m., 6:30 p.m., Nov. 14, All Saints Cemetery, 4401 Nelsey Road. Tips, ideas on preplanning options, tour. Refreshments served. Free. RSVP, 248-623-9633.  
\*\*\*

**Monday**

\*\*\*  
**Exercise program for all ages**, joint mobility, coordination, strength, Mondays, 12 p.m., lower level, 7590 Dixie Highway. \$7/session, \$25/four sessions. 248-627-7445.  
\*\*\*

\*\*\*  
**Line Dancing**, Mondays, 1-4 p.m., Clarkston United Methodist Church, 6600 Waldon Road. Country, salsa, cha-cha, rock and roll with Rosemary Hall. All welcome. \$3/drop  
\*\*\*

\*\*\*  
**Mothers & More**, non-profit dedicated to improving lives of mothers through support, education, advocacy, 6:30 p.m., third Monday. In September, Deer Lake Back Court Restaurant, 6167 White Lake Road. Call Shelly, 248-778-8115, or Allison, 248-462-5510  
\*\*\*

\*\*\*  
**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. Buck Shots Bar and Grill, 7048 Gateway Park Drive. \$10. 248-880-0027.  
\*\*\*

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

\*\*\*  
**Slow Flow Yoga** with Noreen Daly, Mondays, Wednesdays, 5:45 p.m. Peace Unity Holistic Center, 8080A Ortonville Road. 248-310-7878.  
\*\*\*

\*\*\*  
**Bingo games**, Community Singles, Mondays, 5:30-6:30 p.m., Big Boy, 6440 Dixie Highway. Dinner, dessert prizes. 248-812-0604.  
\*\*\*

**Tuesday**

\*\*\*  
**50+ Pickleball**, indoor, Tuesdays, 6-9 p.m., \$4, First Congregational Church of Clarkston, 5449 Clarkston Road; outdoor, Monday, Wednesday, Friday, 8:30-10:30 a.m., \$2. Clintonwood Park Tennis Courts, 6000 Clarkston Road.  
\*\*\*

\*\*\*  
**Gentle Yoga** with Rev. Matthew Long, Tuesdays, Thursdays, 10 a.m. Peace Unity Holistic Center, 8080A Ortonville Road. 248-891-4365.  
\*\*\*

\*\*\*  
**Clarkston Community Band** rehearsals, 7 p.m., Tuesdays. \$30/semester. Band room, Sashabaw Middle School, 5565 Pine Knob Lane. Independence Township Parks & Recreation, 248-625-8223.  
\*\*\*

\*\*\*  
**Needlework Night**, fourth Tuesday, 6:30-8 p.m. Stitch and visit. Everyone welcome. Springfield Township Library, 12000 Davisburg Road. 248-846-6550.  
\*\*\*

\*\*\*  
**Belly Dancing**, Tuesdays, 10-11:30 a.m., Bay Court Park. Independence Township Parks and Recreation, 248-625-8223.  
\*\*\*

\*\*\*  
**Widowed Friends**, Tuesdays, 12 p.m., Collier Bowling Alley, 879 S. Lapeer Road, Oxford. \$2 per game. 248-628-5437 or 248-877-6692.  
\*\*\*

\*\*\*  
**Zumba**, Tuesdays, Thursdays, 8-9 p.m.; Saturdays, 12-1 p.m. Clarkston Hot Yoga, 5678 Sashabaw Road. 248-620-7101.  
\*\*\*

\*\*\*  
**Bereavement/Grief support**, Tuesdays, eight weeks starting Sept. 11, 10 a.m.-12 p.m., McLaren Cancer Institute Conference Room, facilitated by Chaplain Priscilla Craig, RSVP 248-922-6606.  
\*\*\*

**Wednesday**

\*\*\*  
**Clarkston Area Optimist Club**, 7:30-8:30 a.m., Wednesdays, Clarkston United Methodist Church, Fellowship Hall, 6600 Waldon Road. 248-622-6096.  
\*\*\*

\*\*\*  
**Senior volleyball league**, 9-11 a.m., Wednesdays, Fridays, St. Trinity Lutheral Church. Previous experience desired by not required. \$40, through April, trherh7966@comcast.net. 248-625-3881.  
\*\*\*

\*\*\*  
**CrossTowne Kids' Club**, Wednesdays, 7 p.m., North Oaks Community Church, 9600 Ortonville Road. Learn about God and Bible through lessons, application, activities, for grades 1-5.  
\*\*\*

**Thursday**

\*\*\*  
**Clarkston Area Lions Club**, second and fourth Thursday, 6:30-8 p.m., Carriage House, Clintonwood Park. 248-802-8603.  
\*\*\*

\*\*\*  
**Local Business Network**, Clarkston/Auburn Hills Chapter, first and third Thursday, 7:30-8:45 a.m., North Oakland County Board of Realtors, 4400 W. Walton Blvd., Waterford. 248-370-8029.  
\*\*\*

\*\*\*  
**Lunches for 50+**, Thursdays, 12 p.m., made-from-scratch. \$6 donation. Independence Township Adult Activities Center, 6000 Clarkston Road. Make reservation by Monday before, 248-625-8231.  
\*\*\*

\*\*\*  
**Young At Heart Active Adults**, Thursdays, 11:30 a.m.-1:30 p.m., lunches, guest speakers, musical performances, field trips, holiday parties, movies, bingo, games. Hart Community Center in Davisburg. \$5 yearly membership, \$5 lunch. 248-846-6558.  
\*\*\*

\*\*\*  
**Free General Support Group** for any type of cancer and caregivers, fourth Thursdays, 2-3 p.m., Great Lakes Cancer Institute, 5680 Bow Pointe Drive. Walk-ins welcome. 248-922-6610.  
\*\*\*

\*\*\*  
**MOPS, Mothers Of Preschoolers**, first and third Thursdays, 9-11:30 a.m., Clarkston Community Church, 6300 Clarkston Road. Call Saleena, 734-620-2844.  
\*\*\*

\*\*\*  
**DivorceCare** facilitated discussion, Thursdays, 6:45-8:30 p.m., Clarkston United Methodist Church, 6600 Waldon Road, room 122. 248-625-1611.  
\*\*\*

\*\*\*  
**General Support Group** for anyone with a cancer diagnosis, fourth Thursday, 2-3 p.m., McLaren Cancer Institute, 5680 Bow Pointe Drive. 248-922-6623.  
\*\*\*

## Ideas welcome for next year's market

This year marks the 8th season of market Saturdays in Clarkston. Our new location on Waldon Road at the Renaissance High School parking lot provided an opportunity for the market to gather once more and celebrate the abundance of the Michigan Harvest of local fruits, flowers, vegetables and so much more.

Michigan is second to California in the ability to grow the wide variety of foods we are always hungry for.

This season had challenges beyond any other – one being the early thaw after a mild winter that allowed for the budding of Michigan's fruit trees and the early emergence of the honeybees from their hives. Many of us initially guessed this might be an overabundant year for these crops, however, the freeze that followed in late spring erased the possibilities of the maturity of these fruits and killed the blossoms.

Apples, peaches, plums, cherries, apricots – you name it – fruit and flowers in Michigan took a severe hit this season. As we are aware, honey production then, declined. Tomatoes though! Wow, we had more than we knew what to do with. They ripened faster than most people could can them.

In the move from the lot across from Depot Park, we lost a few farmers and a few shoppers who were miserable about losing the idea of the charm and ambiance and the way the market used to wind itself along the river. Most people don't like change. Shoppers expressed missing the proximity of the market to the downtown businesses and the feeling of the market coming to life on Saturday mornings right up in town.

However an equally strong front of new people arrived at the market this season. Folks in wheelchairs, parents pushing strollers, and cyclists found the school site to be much more user-friendly and accessible. Many of our growers reported having a record year in sales.

I was born out West but since I grew up in Clarkston from the age of 4, went through the Clarkston Schools system, and loved being in town as a child. I felt the charm of both sites and even got to reconnect with my junior high computer teacher, Ray Cooper. Ray managed the building each Saturday this summer for us. I remember when Downtown Clarkston had our own little bookstore, ice cream shop, and apothecary.

I remember Tierra Arts and Daisy Chain Gifts, and the restaurant in the Old Mill Mall. I remember Rudy, feeding the pigeons and I fished and skated on the Mill Pond. I come from a lineage of farmers (as many of us do) and I've always loved fresh food. I am glad to have been a part of bringing a farmers' market to our town.

To my mind, a good farmers' market should be a win-win-win-win. A win for the farmers, the consumers, the city, the local ecology, and for the health and longevity of our children – the next generation. Research suggests markets do best when they are given

a space within the historic districts of the town they serve. Area farms are preserved and kept productive when a city creates the possibility of an outlet for their produce, either by funding a market or providing the resources for a market to thrive.

A Farmers' Market keeps money spent locally. Restaurants get more attention when a market is nearby because people are already thinking about food, and when humans are done eating they sometimes like to linger in local shops and parks.

### Guest viewpoint



Anissa Howard

Some systems of thought say eating locally grown goods and produce is healthier, and organic is of the highest quality. Our market welcomes both conventional and organic growers so people can choose the way their food was grown. We know what we feed our children has a direct impact on the quality of their lives.

Being a full-time elementary school teacher of 7-, 8- and 9- year olds, and running the market in the summer, I get to see directly how nutrition supports our children's growth from year to year.

I would like to again extend the reaches of gratitude to Ed Adler and Bob Roth for the use of their lot in the early years of the farmers' market. For even as I view the market through a different lens than they do, and know we cannot charge the farmers more than we currently do, I continue to hold an appreciation for Ed and Bob's generosity displayed, in allowing the market to run on their empty parking lot on summer mornings at no charge.

Usually businessmen and women like to think in terms of compensation, but there was something very special about the way the market got to gain some footing in Clarkston has partially to do with them not thinking that way for a few years. When those of us with unused resources, allow those resources to be put to use by younger generations, we can creatively bring in delightful things. Now because of that and a lot of hard work and dedication by many others, Clarkston has a Farmers' Market that is still growing and still looking for support.

The charge of excellence goes to the Clarkston Community Schools this year, in seeing the value in the Clarkston Farmers' Market and offering their unused lot for the farmers and shoppers to gather – thank you sincerely.

Next season is under construction. I continue to have many ideas for our market. Hopefully as the winter unfolds, those ideas will become clearer. Anyone who wants to offer opinions and ideas, please feel free to email me at [info@clarkstonfarmersmarket.org](mailto:info@clarkstonfarmersmarket.org).

Anissa Howard is founder and director of Clarkston Farmers' Market

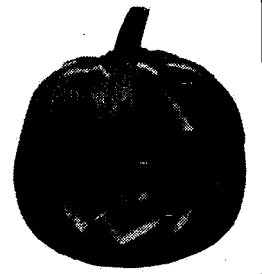
## OLDE WORLD CANTERBURY VILLAGE

**SATURDAY, OCTOBER 27TH**  
**SPOOKTACULAR**  
**TRICK AND TREAT THE VILLAGE!**

**5PM-KIDS WILL GET A "TREAT" FROM EVERY STORE**  
**6PM-MAGICIAN UNDER THE TENT ON THE C-PUB PATIO**  
**8PM-ANNUAL BONFIRE BASH AT THE C-PUB**



THE PUB WILL  
 HAVE A "GHOULISH"  
 SPECIAL MENU



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## Religion

# Taking on Halloween and darkness

Oh Halloween - the season of the great anxiety for those that do not consider themselves pagan druids!

Ghosts and devils and wart-nosed witches, racy outfits and scary demons. What *are* non-druids to do?

God's word says flee from evil and Godlessness. And yet Halloween - that celebration of the otherworldly and things not-of-God can be, well, kinda fun.

So what do people of God do? Reject it? Ignore it?

Well, Halloween exists and the darkness behind it is real. The apostle Paul says, "... we do not wrestle against flesh and blood, but against the rulers, against the authorities, against the cosmic powers over this present darkness, against the spiritual forces of evil..."

Then do we do just resign ourselves to

letting the holiday be about racy pirate girls, decapitated zombies?

No. There is another option: We redo it, we remake it and we stand against it.

What does this mean?

The Apostle Paul says, "So whether you eat or drink or whatever you do, do it all for the glory of God."

He said this because in the end the goodness of God wins; in the end evil is crushed and destroyed.

So with that confidence in mind people of God can act differently; they can remake, retake and stand against what has degenerated into the crass and creepy.

And the people of God have a history of remaking holidays for the better:

Early Christians decided to celebrate Christmas on December 25th, the date for the pagan festival of the *Sol Invictus*, the unconquered sun. They did not reject the date they simply changed what was celebrated on it.

The February pagan festival of Imbolc encouraged an unhealthy trust in omens.

But today we playfully focus on whether or not Punsxutawney Phil sees his shadow.

The traditions of darkness disappeared as new traditions of lightness prevailed over them.

If we believe that Good is indeed stronger that evil then cannot Halloween's dark side be remade as innocent and fun? What better way to demonstrate evil's powerlessness but by turning the day of its celebration into a day ignoring it?

So dress up as Spiderman or Darth Vader or Captain Jack Sparrow. Go get some candy from the neighbors. And if the spooky goblins with rubber masks from Wal-Mart scare you - laugh at them. They represent evil that may be here now but will one day be crushed and destroyed.

Because in the end God's goodness wins. And THAT is fun.

*Pastor Bill is the Lutheran Minister at The Gathering Place on Dixie Highway and Davisburg Road.*

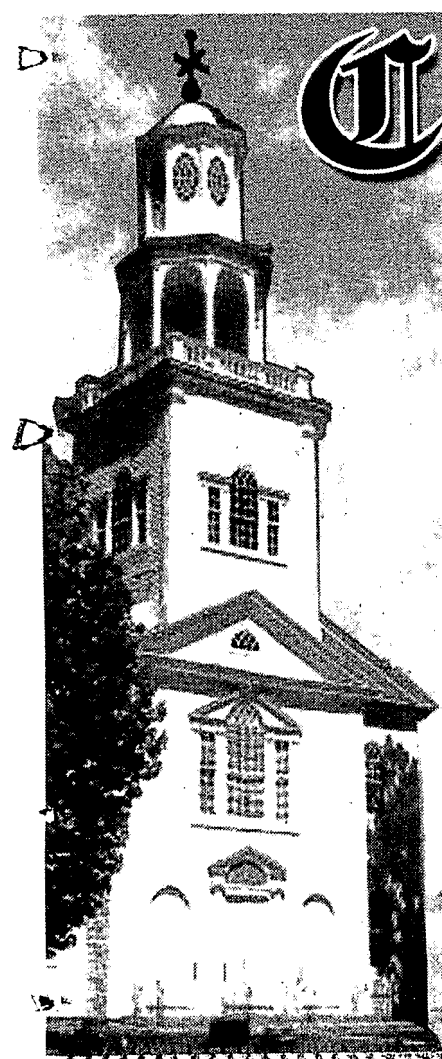
**Like to join in Spiritual Matters?  
Call us at 248-625-3370**

### Spiritual Matters



Rev. Bill Northend

# Church Directory



#### ST. TRINITY EVANGELICAL LUTHERAN CHURCH

"Lutheran Church - Missouri Synod"  
Pastor: Rev. Kendall Schaeffer  
7925 Sashabaw Road  
(1/4 mile N. of DTE Music Theater)  
Clarkston, MI 48348  
(248) 625-4644  
www.sainttrinitylutheran.com  
e-mail: sttrinity@comcast.net  
Broadcast Worship - Clarkston  
CTV-10/20 Sun. 2:00pm, Thurs. 9:00pm  
Broadcast Worship - Waterford  
CATV-10 Tues. 2:30 pm  
Worship:  
Sunday 8:15 am & 11:00 am  
Sat. 6:00 pm  
Sunday School 9:45 am  
Preschool: 3-4 years old  
Preschool: 620-6154  
6th and 8th Grade Confirmation  
Classes Sundays @ 6:00-7:30 pm

#### CALVARY MISSIONARY CHURCH

"A Place to Worship & Grow"  
1361 Giddings Rd., Pontiac MI 48340  
248-373-0311  
Services: Sunday - 10 am & 6 pm  
Contemporary Worship  
Children's Ministry 10:30 am  
Tues. - 10 am Morning Prayer  
Wed. - 7 pm Bible Study  
New Series - "Relentless"  
Senior Pastors: Dan & Debbie Burgess  
"Come & Grow With Us"

#### OAKLAND EPC

"God's Word; God's Power; Life Worth the Living"  
Here to help those concerned about life and curious about the God who made us.  
Currently meeting at Mt. Zion Center  
4453 Clintonville Road at Mann Rd., Waterford, MI 48329  
Worship Service each Sunday @ 10:30 am  
Children's Worship @ 10:30 am  
Other Opportunities:  
Call Church for times of following Meetings:  
Men's Bible Study  
Women's Bible Study  
Mid Week Bible Study  
Adult Sunday Morning Bible Studies  
Oakland EPC is an Evangelical Presbyterian Church with offices located at 7205 Clintonville Rd., Clarkston, MI 48348  
Phone (248) 858-2577

#### THE EPISCOPAL CHURCH OF THE RESURRECTION

6490 Clarkston Rd., Clarkston  
Sunday 10 am  
Holy Eucharist  
Sunday School 9:55 am  
Nursery Provided  
www.clarkstonepiscopal.org  
248-625-2325

#### FIRST BAPTIST CHURCH OF CLARKSTON

5972 Paramus, Clarkston, MI  
(248) 625-3380  
Located 2 blks. N. of Dixie Hwy. (E. of M-15)  
Pastor: Russell Reemtsma  
Sun: 9:30 am Sunday School & Adult Bible Fellowship  
10:30 am Worship Service  
6:00 pm Evening Service  
Wed: 7:00 pm Awana Club  
6:30 pm Teen Ministry  
7:00 pm Prayer Meeting & Bible Study

#### ANDERSONVILLE COMMUNITY CHURCH

10310 Andersonville Road, Davisburg, MI  
Phone (248) 625-5831  
Pastor Bruce Darling  
Sunday School 10:00 am  
Morning Worship Service 11:00 am  
Sunday Evening Service 6:00 pm  
Wednesday Evening Prayer & Bible Study 6:00 pm  
A church where Christ is the center. Hymns and Hymnals are still used. Older congregation with traditional values that honor Christ not programs and activities. A place where the people are real and the spirit is sweet. Come and visit, see, and feel the love of Christ.

#### THE FIRST CONGREGATIONAL CHURCH

5449 Clarkston Rd., Clarkston  
(248) 394-0200  
Fax: (248) 394-2142  
Interim: Rev. William Lange  
Sunday Worship: 10:00 a.m.  
Children's Sunday School 10:00 am  
Dream Keepers Youth Group  
Bible Study  
Wednesday 7:00 pm  
Youth Groups 6-12  
Wednesday 6:30 pm  
www.FirstCongregationalChurch.org

#### DIXIE BAPTIST CHURCH

8585 Dixie Highway, Clarkston, MI  
(248) 625-2311  
website: www.dixiebaptist.org  
Home of Springfield Christian Academy & Children's Ark Preschool  
Pastor: J. Todd Vanaman  
Sun: 9:45 am Worship Service  
11:00 am Sunday School for all ages  
6:00 pm Worship Service  
Wed: 7:00 pm Children and Teen Clubs & Adult Bible Study  
Nursery available for all services.

#### SASHABAW PRESBYTERIAN CHURCH

"Little Church with a BIG Heart"  
5300 Maybee Road, Clarkston  
Worship 11:00 am  
Nursery Provided  
Phone (248) 673-3101

#### CLARKSTON UNITED METHODIST CHURCH

6600 Waldon Road, Clarkston  
248-625-1611  
Website: [clarkstonumc.org](http://clarkstonumc.org)  
Sunday Worship: 8:30 am & 10:00 am  
6:00pm Evening Service  
Nursery available for all services

#### BRIDGEWOOD CHURCH

6765 Rattalee Lake Road  
Clarkston, 48348  
(248) 625-1344  
Services:  
Sunday 9:00am & 10:45am  
Morning Worship Service  
Exploration Station - Children's Ministry  
Wed. 6:45pm Fit For Life - Adult Life Ministry  
c.r.a.v.e. - Student Life Ministry  
Ozone - Children's Life Ministry  
Nurture Center/Wonderland available for all services  
A Church For Life  
[www.bridgewoodchurch.com](http://www.bridgewoodchurch.com)

#### ST. DANIEL

#### CATHOLIC CHURCH

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

#### CALVARY EVANGELICAL LUTHERAN CHURCH

6805 Bluegrass Drive, Clarkston  
(W. of M-15, just S. of I-75)  
248-625-3288  
Pastor Jonathan Heterman  
Sunday Worship:  
8:15 am (traditional), 9:30 & 11:00 am  
Also at both 9:30 & 11:00:  
Nursery, Children & Youth  
Programming  
Wednesday Evenings:  
6:00-8:30 pm  
Dinner, worship, small groups  
Nursery, Children & Youth  
Programming  
[www.calvaryinfo.org](http://www.calvaryinfo.org)

#### CLARKSTON COMMUNITY CHURCH

6300 Clarkston Road - Clarkston  
(248) 625-1323  
Home of Oakland Christian School  
Pastors: Greg Henneman, Bonita Laudeman, Kevin Kuehne, Dan Whiting, Geoff Black  
Sunday: Worship 9:15 & 11:00 am  
Nursery Care at all services  
Wednesday: Children's Ministries 6:00-8:00 pm  
Sunday: Youth Ministries 5:00-7:00 pm  
[www.clarkstoncommunity.com](http://www.clarkstoncommunity.com)

#### CLARKSTON FREE METHODIST CHURCH

5482 Winell-Clarkston  
(corner of Maybee & Winell)  
248-623-1224  
Service 9:00 - 10:30  
[www.ClarkstonFMC.org](http://www.ClarkstonFMC.org)  
Wednesday 7 pm Youth & Adult Ministry

## In our churches...

**Fall Festival/Trunk-or-Treat**, 7-9 p.m., Oct. 19; Family and Friends Game and Activity night, 7 p.m., Nov. 2. St. Trinity Evangelical Lutheran Church and Preschool, 7925 Sashabaw Road.  
\*\*\*

**Job Ministry** presentation for unemployed or to hone employability skills, third Monday, 7:30 p.m., St. Daniel's, 7010 Valley Park Drive. 248-625-4580.  
\*\*\*

**Bethany North**, peer support to all faiths dealing with divorce or separation, 7:30 p.m., fourth Monday, St. Daniel Catholic Church, 7010 Valley Park, 248-628-6825.  
\*\*\*

**DC4K**, DivorceCare for Kids, ages 5-12, Tuesdays, 6:30-8:30 p.m. Calvary Evangelical Lutheran Church, 6805 Bluegrass Drive. 248-625-3288.  
\*\*\*

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

**Celebrate Recovery** ministry for hurting people, Thursday, 7-8:30 pm., Clarkston Community Church, 6300 Clarkston Road. 248-625-1323.

# Obituaries

## John C. Bailey, 86

John C. Bailey, "Jay," of Clarkston passed away Oct. 12, 2012, at age 86.

He was preceded in death by his wife Gloria and eleven siblings. He was the father of John (Brenda) Bailey and Lynette Hess; grandpa of Tim (Sarah Widner) Hess and Chris (Amanda) Hess and Adam and Michael Bailey; great grandpa of Serenity.

Jay was an active member of St. Daniel Catholic Church and American Legion Post 377. He served in the U.S. Navy during World War II. He was a retired mechanic for Pontiac Motor, retiring in 1988 and completed 26 years of service.

Visitation was Oct. 14 at the **Lewis E. Wint and Son Funeral Home**, Clarkston. Funeral Mass was Oct. 15 at St. Daniel Catholic Church, Clarkston. Private interment All Saints Cemetery, Waterford. Memorial may be made to American Legion Post 377 or American Diabetes Association.

Online guestbook [www.wintfuneralhome.com](http://www.wintfuneralhome.com).

## Ariel Rose Black, 21

Ariel Rose Black of Burton passed away at age 21, Oct. 12, 2012, due to an automobile accident.

She was the daughter of Kimberly Adkins and Glenn (Heather) Black; granddaughter of L.D. and Linda Harless and Al and Jeanne Walsh; great granddaughter of Dorothy (the late Wallace) Smith; sister of Glenn III (Rebecca) Black, Brittany Black, Ashley Black, Scott Adkins, Chelsea Adkins, Brian Adkins Jr., Chloe Black, Cameron and Correy Cox; aunt of Haylee and Khloe; friend of Charles Bassham; also survived by many aunts, uncles and many sorority sisters at Phi Sigma Sigma.

Ariel was a 2009 Clarkston High School graduate and attended University of Michigan Flint in the teaching program.

Visitation was Oct. 16 at the **Lewis E. Wint & Son Funeral Home**, Clarkston. Funeral Service, Wednesday, 10 a.m., at The River Church, Holly. Interment Lakeview Cemetery, Clarkston. Memorials may be made to the family. Online guestbook [www.wintfuneralhome.com](http://www.wintfuneralhome.com).

Obituaries posted daily at [Clarkstonnews.com](http://Clarkstonnews.com)

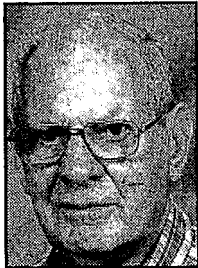
## Kay L. Ragatz, 74

Kay L. Ragatz of Waterford passed away, Oct. 12, 2012, at age 74.

She was preceded in death by her husband Stephen. She was the mother of Richard (Carol) Ragatz, Deborah (Steve) Percival, Janet Ragatz and Stephen (Sandra "Sam"); "Gram" of Trisha Kay, Ricky, Alex, Kaylee, Chuckie (Kassandra), Justin (Julie), Clay, Kerri (Joe) and Dana (Ray); "GeeGee" of six; sister of Ron Korthaus; like a mother to Cheryl (Mike) Pitts and Chuck Philpot; special sister in law of Judi Ragatz; also survived by many other loving family and friends.

Kay retired as Senior Citizen Programmer at Waterford Township. She loved spending time with family, travelling and cooking.

Visitation was Oct. 15 at **Lewis E. Wint and Son Funeral Home**, Clarkston. Funeral Service was Oct. 16 at Christ Lutheran Church, Waterford. Interment, Ottawa Park Cemetery. Memorials may be made to American Diabetes Association or Christ Lutheran Church. Online guestbook [www.wintfuneralhome.com](http://www.wintfuneralhome.com).



**BEVERLY'S of CLARKSTON**  
**" IS BACK "**  
 Gifts Select Furniture Gifts  
 Located in CB Glass  
 3960 Ortonville Rd.  
 CLARKSTON **248.625.4376**

**BOAT & RV STORAGE**  
 New Location in Lake Orion  

 Special Introductory Pricing  
**2 months FREE** with 1 year lease  
 • Secured Storage with Video Surveillance  
 • Gravel spaces  
 • Convenient, easy in and out  
 • 24 hour access  
 • Trailers, Campers, Vehicles, & Equipment  
**CALL NOW**  
**248-425-3448 or 248-431-7098**

**Auto Loan Special**  
 as low as **1.99% APR\***  
 up to 60 months  
 Available for 2011-2013 model vehicles.  
 Limited time offer!  
 Clarkston Branch  
 248-620-3278  

 \*Special rate is available to qualified borrowers with a credit score of 690 and above. Member is required to take Credit Life & Disability insurance on the loan or have Direct Deposit with AutoPay set up. Special rate is not available for refinances of current Genisys auto loans.  
 21 Southeast Michigan locations, find more at [www.genisyscu.org](http://www.genisyscu.org)  
  
**GENISYS CREDIT UNION**  
 Where you come first.

**CLARKSTON BRANDON**  
**CB GLASS**  
 Complete Glass Service, Custom Mirrors and Shower Doors, Repairs made to All Screens and Insulated Units  
**FREE Windshield Chip Repair**  
 Call For Details  
**WINDSHIELDS \$200 OFF**  
 Your Insurance Deductible  
**Glass Steamed Up?**  
 Your Seals Broken. Replace Only The Glass, Not Windows. (at a fraction of the cost)  
**20% OFF**  
 with ad exp. 11/30/12  
 • SAME DAY SERVICE  
 • FREE DELIVERY & PICK-UP  
 Mon. - Fri. 8-6, Sat. 8-2  
 3960 M-15 Ortonville Rd.  
 (Located at Oakhill & M-15, Next to Mazza Auto Parts)  
  
**248-625-4376**  
**FAX: 248-625-5983**  
 30 Years Experience  
 Our low price will bring you in...  
 Our great service brings you back  
[www.clarkstonbrandonglass.net](http://www.clarkstonbrandonglass.net)



## Service Providers In Your Area

# Who To Call

## \$8<sup>95</sup>/Week\*

\*Based on pre-paid 17-week contract. Call The Clarkston News at 248-625-3370. Deadline noon Thursday prior to publication. Reach Homes & Businesses Every Week With An Advertising Message On These Pages.

Some of these services require licensing. If in doubt, ask your contractor for their license or check with the State of Michigan.

### AIR CONDITIONING

**LORAN'S**  
Heating Cooling and Refrigeration  
Residential/Commercial  
\$35<sup>00</sup> Service Call  
Licensed and Insured  
Since 1948  
**248.390.1677**

This space is reserved for you!

### BLINDS

**Bill's Window Blinds**  
• Repairs  
• Installations  
• Sales  
Most Repairs Done On Site  
Cell 248.703.4733

### CEMENT WORK

**TOM GREEN Cement Work**  
All Floors, Driveways, Walks, Patio, Regular or Decorative Footings & Block Work, Tearouts  
**(248) 505-8194 C**  
**(248) 673-7404 H**

### CERAMIC TILE

**Ceramic Tile**  
Bathrooms • Kitchens • Showers  
Counters • Foyers • Hearths  
**GROVELAND CERAMIC TILE**  
MARBLE AND SLATE  
Frank DiMercurio  
248-627-6637

This space is reserved for you!

### CHIROPRACTOR

**RUMPH**  
Chiropractic Clinic  
OFFICE  
5732 Williams Lake Rd.  
Waterford  
**248-673-1215**

### CLEANING

**Clarkston's "Finest" Cleaning**  
Personalize Service  
Office / Home Cleaning  
Looking to Pay Less?  
Top Quality / 20 Years Exp.  
Licensed/Bonded/Insured  
**248-240-4907**  
clarkstonsfinestcleaningllc@yahoo.com

### CONCRETE

Flat Work Footings  
**MISTER CONCRETE**  
For All Concrete Work  
Big or Small  
We Do Them All  
ROGER FREE ESTIMATES  
(248) 830-5000 • ORTONVILLE

### Arrow Concrete

• Driveway Specials - FREE Removal  
• Regular & Stamped  
• State Licensed & Insured  
• 20 Years Experience  
• FREE Estimates  
[www.arrowconcrete.net](http://www.arrowconcrete.net)  
**248.758.4346**

### CONSTRUCTION

**NB**  
Custom Homes, Additions, Renovations, Commercial Buildouts & Repairs  
[Northendbuilders.com](http://Northendbuilders.com)  
**248.625.5310**

### DECKS

Chris Hennig Construction  
**CUSTOM DECKS**  
Composite, PVC & Wood  
35 Years Experience  
Licensed & Insured  
[www.chrishennigconstruction.com](http://www.chrishennigconstruction.com)  
**248-634-3964**

### DRYWALL

Insured Licensed  
**Tim Kerr Drywall**  
Specializing in Drywall, Repairs, Spray and Hand Textured Ceilings  
**FREE ESTIMATES**  
**248.379.6782**

### EXCAVATING

**Nowman Brothers Excavating**  
• Pond Digging and Clean-Outs  
• Basement Digging and Site Work  
• Road Building and Grading  
• Septic Systems  
Equipment Rental with Operator  
**248.634.9057**

### GARBAGE SERVICE

Senior Citizen Rates  
Commercial & Residential  
**SMITH'S DISPOSAL**  
Recycling Containers  
**248-625-5470**  
4941 White Lake  
PO Box 125  
Clarkston, MI 48347

### RITE CHOICE

Disposal & Recycling  
Residential  
**Lowest Rates in Town**  
**248.361.7882**

### TNR

**Disposal, LLC**  
Residential Service  
Commercial & Industrial  
**248.391.2909**

**(248) 625-4177**

### MOSCOVIC BUILDING CO., LLC

New Homes & Major Renovations  
**A DESIGN BUILD COMPANY**  
[www.mosovicbuilding.com](http://www.mosovicbuilding.com)

### HANDYMAN

**HANDYMAN**  
**Fixed in a Flash**  
Drywall, Plumbing, Electrical  
Carpentry, and much more!  
Fast, Friendly Service  
Over 15 Yrs. Experience  
Licensed & Insured  
**FREE Estimates**  
**248-394-0204**

### Odds-N-Ends Home Improvement

Home Repair  
Kitchen/Bath Remodeling  
Custom Woodworking • Decks  
Free Estimates • Over 30 Years Exp.  
**248.778.7145**

### ATTENTION BRIDES

Check out one of our Carlson Craft Wedding Books overnight or for the weekend.  
**248-625-3370**

### HEATING

**248-431-8526**  
**Scrib's**  
Heating & Cooling Inc.  
Licensed/Insured  
Furnaces Air Conditioning  
Gas Lines New Construction  
Humidifiers Air Cleaners

### HOME IMPROVEMENT

**MICKEY'S CONSTRUCTION**  
• Commercial & Residential  
• Roofing • Decks • Gutters  
• Ceramic Tile • Remods  
• Painting • Siding  
Mike Bartos  
(248) 884-0464

### ROSSLARE BUILDING COMPANY, INC.

Home Improvements & Projects of any Size  
• Finished Basements  
• Additions • Kitchens  
• Baths • Drywall • Carpentry  
Licensed & Insured  
30 Years' Experience  
\*Free Estimates  
**248-625-5367**

### LOWE ROOFING

Proudly Serving Oakland & Surrounding Counties  
Re-roofs • Tear offs  
Roof Ventilation  
Chimney Repair & Flashing  
Siding • Gutters • All Repairs  
**EMERGENCY REPAIR**  
Insurance Work • Licensed & Insured  
FREE ESTIMATES  
**248-328-0140**

### HOME INSPECTIONS

Trading Places  
Home Inspections Inc.  
Proudly Serving Oakland County & Surrounding Counties  
Certified Professional Inspector  
30+ years in the Residential-Commercial Industry  
Home Inspection Reports with easy-to-read details  
Call Today for an Appointment  
**248-535-3288**

### INSURANCE REPAIR

**Above Board Construction**  
Insurance Repair Specialists  
Servicing Metro Detroit  
Since 1983  
**248-625-5555**

### LANDSCAPING

Lawn Mowing  
Spring Cleanups  
Licensed & Insured  
**FREE Estimates**  
**Robo Cut**  
**248.802.6773**

### NORTHVIEW HAULING & LANDSCAPING

Hauling - Top Soil, Sand, Gravel  
Bobcat Services, Final Grading,  
Hydroseeding & Driveway Tearouts  
Free Estimates  
Reasonable Rates • Insured  
(cell) 248.931.2764  
[northviewhauling.com](http://northviewhauling.com)

### LAWN MAINTENANCE

**Lawn Cutting**  
Spring & Fall Cleanup  
Reasonable Rates  
**620-9885**

### LAWN SPRINKLER REPAIR

**Gary's Lawn Sprinkler Repair**  
Winterizations  
Quality Work  
Affordable Price  
**248.804.7122**

### METAL DOORS

**HOLLOW METAL SERVICES**  
Commercial Entry Door & Frame Installation and Repairs  
Product Application Specialist  
Hollow Metal Doors & Frames  
Builders Hardware  
In Stock & Special Order  
Randy McLaughlin  
248.909.3625  
Fax: 248.241.6545  
email: [hollowmetalservice@comcast.net](mailto:hollowmetalservice@comcast.net)

### PAINTING

**Brinker Painting**  
Interior / Exterior  
**248.625.9954**  
Free Estimates

### Eric W. Essian, Inc. PAINTING

Interior / Exterior  
30 years Experience  
**Free Estimates**  
Licensed & Insured  
**248.842.0131**

### JR's CREATIVE PAINTING

Quality Workmanship  
• Interior • Exterior  
• Drywall Repairs  
• Textured Ceilings  
• Light Carpentry  
Your local Clarkston Painter for over 20 years  
**FREE ESTIMATES**  
**625-5638**

### Create thru Paint

• Interior Painting  
• Drywall Repair  
• Wallpaper Removal  
NORA Insured  
(248) 889-3906

### PHOTOS

**The BLUE BUTTON**  
on our website links YOU to all of our PICTURES  
Click HERE to See and Buy Photos  
Now you can easily see and purchase the photographs that featured you or someone you know in The Clarkston News!  
[GoToClarkstonnews.com](http://GoToClarkstonnews.com)

### PLUMBING

**Mark's Plumbing Service**  
Quality Work • Insured  
Repair/Replace:  
Faucets • Toilets  
Pumps • Disposals  
**248-673-1950**

### POWER PRESSURE WASHING

18 Years Experience  
Certified Contractor  
OWNER DOES ALL THE WORK  
• Mold and Mildew Removal  
• Hot Water  
**248.842.4563**

### SEPTIC

**TURNER SANITATION, INC.**  
Installation Residential  
Cleaning Industrial  
Repair Commercial

Servicing Oakland & Lapeer Counties  
Year Round Service  
MI License No. 63-008-1

Port-A-John Rental

**CALL**

**248-628-0100**

OR

**248-693-0330**

for Oakland County

### SEWER

Since 1942  
MICH. LIC# 63-030-1  
**SEPTIC TANKS PUMPED**

All Plugged Lines Cleaned  
(Sewers, Sinks, Tubs, Floor Drains, Etc.)

Locate Dig & Pump  
All Septic Tanks  
**SEPTIC FIELDS**  
Installed & Repaired  
Septic Field Inspections

**248-625-8680**

**248-334-2012**

"mention ad for discount"

### TREWORK

**A Cut Above Tree, LLC**  
Licensed/Insured  
TREE TRIMMING - REMOVAL  
STUMP GRINDING  
55' AERIAL BUCKET  
LANDSCAPING - WOOD SALES  
Bryan: 248.830.7217  
[akutabove83@aol.com](mailto:akutabove83@aol.com)

### DCI Tree Service

FREE Estimates  
Licensed & Insured  
Certified Arborist  
Trimming • Removal  
Lot Cleanup • Stump Grinding  
**248-628-3400**



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

# CLASSIFIEDS

5 Papers-2 Weeks-\$13.00 - Over 50,900 Homes

10 WORDS (50¢ EACH ADDITIONAL WORD) (Commercial accounts \$9.00 a week)



Ad-vertiser,  
Penny Stretcher,  
The Citizen

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## Online Features

★ = Map

☺ = Picture

www.oxfordleader.com  
www.lakeorionreview.com  
www.clarkstonnews.com

Antiques & Collectibles	150	General	170	Pets	200
Appliances	160	Greetings	020	Produce	040
Auctions	090	Help Wanted	360	Real Estate	310
Auto Parts	240	Holiday Items	010	Rec. Equipment	180
Bus. Opportunities	330	Horses	220	Rec. Vehicles	280
Card of Thanks	380	Household	130	Rentals	430
Cars	250	In Memorium	400	Services	410
Child Care	340	Lawn & Garden	080	Trucks	270
Computers	140	Livestock	210	Tutoring/Lessons	070
Craft Shows	120	Lost & Found	190	Vans	26
Farm Equipment	230	Manufactured Homes	320	Wanted	07
Firewood	050	Musical Instruments	060	Wanted To Rent	3
Free	100	Notices	390	Work Wanted	3
Garage Sales	110	Personals	370		

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

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

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

**HOURS:** Monday through Friday 8-5; Oxford - Saturday 9-Noon; Lake Orion & Clarkston Offices Closed Saturday

## 010 HOLIDAY ITEMS

### Glass Blowing

**DEMONSTRATIONS**  
Hand blown Holiday Gifts  
Glass pumpkins, owls,  
ornaments, & much more!  
Saturday & Sunday, Nov. 3&4  
Noon to 5pm  
PINE LAKE GLASSWORKS  
1040 South Coats Rd, Oxford  
248-425-9887  
www.pinelakeglass.com  
L463

## 030 WANTED

WANTED: OCTOBER 24, 2001  
edition of The Oxford Leader. Call  
248-628-4801 or drop off at  
Leader office. !!L43tf

WANTED: LUGERS,  
Winchesters, Colts, Savage. Top  
dollar paid. 248-818-9687.  
!!L462

JUNK CARS & TRUCKS wanted.  
Top dollar paid! 248-978-7944.  
!!L451f

LOOKING FOR Repairable  
cars/trucks. Up to \$5,000 cash  
paid. Quick pick up. 810-724-  
7647, 810-338-7770. !!L2464

WANTED: GOOD, USED copying  
machine for house. 248-376-  
1680. !!R452f

GET CASH with your junk  
cars & trucks, scrap steel.  
Certified Scales

Receive an addi-  
tional \$5 per ton  
over scale price  
with this ad.

We also have a LARGE  
INVENTORY OF NEW & USED  
AUTO PARTS.

We now offer pickup misc  
Steel Service  
BRIDGE LAKE AUTO & TRUCK  
9406 Dixie Hwy, Clarkston  
1 mile north of I-75  
Mon-Fri 9am-5:30pm.  
Sat 9am-2pm.  
Nation Wide Part Locator  
248-625-5050

WANTED: OLD motorcycles,  
minibikes, ATVs & mopeds. Run-  
ning or not. 810-338-6440.  
!!ZX84

WANTED: CASH FOR junk autos,  
trucks, tractors & farm equip-  
ment. 248-310-0953. !!L444

## 040 PRODUCE

STRAW, CORN for the Critters.  
Oxford area. 810-441-3888.  
!!L452

## 050 FIREWOOD

ELIMINATE YOUR HEATING  
bills. Outdoor wood furnace from  
Central Boiler. Call today. 810-  
625-3345. !!ZX84

SPLIT SEASONED OAK, \$70.  
facecord (delivery add \$20 per  
facecord). Call Cyndi: 248-891-  
7753. !!L443

SPLIT FIREWOOD. FACE cord  
\$70 obo. Call Bill, 248-391-  
0723. Also good for bonfire &  
campfire. !!L443

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. !!L34fhdh

SEASONED MAPLE: \$55. picked  
up. Ash: \$65. picked up. \$5: ex-  
tra delivered; per face cord. Ox-  
ford/Lake Orion. 810-834-2072.  
!!L462

MARC'S FAMOUS FIREWOOD.  
Split, Seasoned, Hardwoods. 2  
face cords- \$120. Delivery to  
most areas free. Call Marc @  
248-330-9811. !!L452

## 070 TUTORING/ LESSONS

BACKSTAGE MUSIC closed, but  
the guitar teacher Tom always  
recommended is still teaching in  
Lake Orion. 248-330-5774.  
!!R452

WANTED: PRIVATE FRENCH tu-  
tor with native accent and pri-  
vate piano teacher in my Lakeville  
home. 248-236-9177. !!L462

## 080 LAWN & GARDEN

FORD 5550 BACKHOE front  
loader with cap, diesel, new  
paint, 2 buckets. Asking \$7,500.  
248-318-7840. !!L452

TROY-BILT CHIPPER VAC. Excel-  
lent condition. 8HP, electric  
start, all accessories. \$425.  
248-391-9717. !!L462

PHIL'S AERATING & Rototilling.  
Professional & Affordable. Call  
Phil at 248-693-6582. !!L453

MASTER GARDENER SER-  
VICES. Cut back, clean up, trim.  
248-505-2205. !!C151

TREE MOVING. YOUR trees or  
ours. Premium 6'-12' spruce,  
shade trees & flowering trees.  
Planted & guaranteed. 586-839-  
6217. !!L426

CHIPPER/SHREDDER MTD, 5hp,  
Briggs & Stratton, up to 3" logs.  
\$295. 248-693-3205. !!R452

2008 CUB CADET 28hp, 54"  
mower deck, shaft drive. \$1,395  
obo. 248-318-7840. !!L452

## STUMP GRINDING

Seasoned Oak \$75.  
Mixed Hardwood \$60.  
Plus Tree Service  
Call Tim  
248-379-6782  
CZ142

Tree  
Work  
Randy  
248-891-3611  
C152

FALL SALE  
50% OFF Many 3 to 6.5 ft  
Potted Evergreens  
CANDY CANE TREE FARM  
248-628-8899  
www.candycanetreefarm.com  
LZ453

FALL  
CLEANUP  
SNOW  
REMOVAL  
INDEPENDENCE GREEN  
248-978-7673  
L464

090 AUCTIONS  
AUCTION  
Sat. Nov. 3, 2012, 4:00pm  
Stow-Away Storage  
3060 Adventure Ln., Oxford  
Unit #146 Tom Cox, miscella-  
neous.  
Unit #63 Amber Mercer, House-  
hold  
Unit #275 Nick Tish, Electron-  
ics, Miscellaneous.  
"CASH SALE"  
\$100 Deposit. Refundable  
When Unit Is Cleaned Out.  
L462

Beach Sand  
8 Ton \$149  
8 Ton 4"-6"  
Rocks, \$249  
8 Ton 6"-12"  
Rocks, \$499  
LARGER SIZES AVAILABLE  
QUANTITY DISCOUNTS  
6 Yards  
Hardwood or  
Cedar Mulch  
\$199 Includes  
Delivery up to  
10 miles  
Fire Rings  
Starting At  
\$39.99  
RICK PHILLIPS  
LANDSCAPE  
SUPPLY  
248-628-9777  
L453

SALE OF DEFAULT UNIT  
Thursday, November 1, 2012  
@ 12:00 NOON  
STORMAX SELF STORAGE  
55 Mill St  
Oxford, MI 48371  
248-690-7705  
Unit#C49: Deborah Weemaes  
Couch/ bed frame/ golf bag/  
more  
L462

100 FREE  
FREE BASKETBALL stand on  
wheels, needs TLC. 248-766-  
3593 (Lake Orion). !!L461f

GE MYERS 2" jet well lpump  
motor, 1/2hp, 115V, 60 hertz,  
3450rpm. 248-628-9622.  
!!ZX111

FREE TO GOOD HOME- Year old  
spayed female Spaniel mix. 248-  
420-0247 after 4pm. !!R461f

110 GARAGE SALE  
ESTATE SALE OCTOBER 25, 26,  
27, 10am-4pm daily. Toys, tools,  
clothes, exercise equipment, ap-  
pliances, computer parts. 2918  
Walmsley Circle (Keatington),  
Lake Orion. Rain or shine. !!L462

MOM2MOM SALE- Oct. 20,  
8am-Noon, Christ the King, 1550  
W. Drahner, Oxford. Tables \$20  
Rebecca 231-425-0220 or  
rjmarfia@gmail.com !!L432

SHERMAN PUBLICATIONS  
DEADLINE FOR  
CLASSIFIED ADS &  
CANCELLATION DEADLINE  
MONDAY  
NOON

Oxford Leader & Ad-Vertiser  
248-628-4801  
Clarkston News  
248-625-3370  
Lk. Orion Review  
248-693-8331  
(Holiday deadlines may apply)  
L28-dh

YARD SALE- Friday, October  
19th, 9am-3pm. 1042 Leidich,  
off Pine Tree. !!R461

DO YOU SEE A ☺ OR A ★  
NEXT TO AN AD? Check our  
classifieds on-line for a photo or  
a Google map. Oxfordleader.com

HUGE MOVING SALE October  
18-21, 1635 N. Hadley,  
Ortonville (1/2 mile north of  
Oakwood) 9am-6pm. Toys,  
household, furniture. Something  
for everyone. !!ZX101

ESTATE SALE. 3500 Park Island  
Dr., Oxford. Friday- Saturday  
October 19-20, 10am-6pm. Ev-  
erything Must Go! !!L461

GARAGE SALE: 941 Chirco Dr.,  
Oxford. Thursday 10/18- Satur-  
day 10/20, 9am-5pm. Tools,  
toys, furniture, clothes and treas-  
ures. Rain or Shine! Big Garage!  
Hot Coffee! !!L452

GUN SHOW  
Saturday, October 20th  
9:00AM - 3:00PM  
Tables \$10. Admission \$5  
BUY • SELL • TRADE  
Oxford American Legion  
130 East Drahner Rd.  
248-693-2444  
L452

GIANT ESTATE SALE. Thursday-  
Saturday 10am-2pm. Tools, an-  
tiques, kitchen wares, clothes,  
compressors, books, toys, medi-  
cal (wheelchairs, walkers, etc.).  
Much more! 8330 Highland Rd.,  
White Lake (M-59). !!C151

BARN SALE IN a house. Great  
vintage junkie, some antiques.  
Think Christmas. Unique gifts.  
52 Dennison, downtown Oxford.  
9am-5pm., 18th-19th; 9am-1pm  
Saturday. !!L461

GARAGE SALE- Something for  
everyone! Furniture, antique  
dishes, 5000 Ramsey Rd, Ox-  
ford, Oct 18-20, 9am-4pm.  
!!L461

## 120 CRAFT SHOWS

VENDORS WANTED. Darci  
Seipke Benefit Foundation An-  
nual Fall Festival, October 20-21,  
10am-5pm at L.O. Community  
Education Resource Center. Call  
Pam 248-721-1647 or visit  
www.dsbfoundation.com for ap-  
plication. !!L443

45th ANNUAL GEM, Jewelry,  
Mineral Show- Sale, Oct. 20-21,  
10am-5pm. Carter Middle  
School, Vienna Rd., Clio. Displays  
& Demonstrations of the Lapi-  
dary Arts, Children's Activities.  
www.fintrockandgem.org  
!!CPM1

CRAFTERS/ VENDORS  
WANTED- Good Shepherd  
Lutheran School Annual Craft  
Show, Lake Orion. Saturday No-  
vember 3rd, Contact Beth  
Gammon @ 248-391-8277 or  
bgammon66@aol.com. !!L452

Shopping  
Extravaganza  
THURS., OCT. 18th - 7pm-9pm  
Fountains Golf & Banquet  
6060 Maybee Rd., Clarkston  
55 VENDORS,  
DOOR PRIZES • RAFFLES  
Benefits Haven Womens  
Shelter  
FREE ENTRY  
L461

HOLY CROSS CRAFT SHOW Oc-  
tober 20th, 10am-4pm. 136 S.  
Washington (M-24), Oxford.  
Many crafters, like author of  
young children's books, stained  
glass, Bake Sale, & door prizes,  
& many more. Admission: \$2.00  
!!L452

DAVISON H.S. December 1-2.  
Goodrich H.S. December 8. Ox-  
ford H.S. December 15. Call for  
space. Smetanka Shows. 810-  
658-8080 or 810-658-0440.  
www.Smetankacraftshows.com  
!!ZX104

CRAFTERS WANTED- DECEM-  
BER 7th & 8th. Waterford Bap-  
tist Cathedral. 248-599-7306/  
248-673-5022. !!L462

## 130 HOUSEHOLD

MOVING SALE- Girls white bunk  
bed set with night table, dresser  
and mattress, \$400. Twin Queen  
Anne style bedroom set (tops  
need some work), with mattress  
and 2 dressers, \$150. Nook style  
kitchen table, \$400. Pool/ air  
hockey table, \$150. Mission  
style bar height kitchen table for  
6 (table top needs some refinish),  
\$150. Portable basketball hoop,  
\$100. Mens size 8 Rossignal  
skis, boots and poles, \$250.  
Other items available. Call 248-  
535-9153 and I can email pic-  
tures. !!L462

A TEMPERPADIC STYLE  
Memory Foam mattress set.  
Queen, new-never used, as seen  
on TV, with warranty. Cost  
\$1800/ sell \$695. Can deliver.  
989-832-2401 !!CPM1

AMISH LOG HEADBOARD and  
queen pillow top mattress set.  
Brand new- never used. Sell all  
for \$275. 989-923-1278  
!!CPM1

BEAUTIFUL 4PC. GIRLS  
Sleigh Bedroom set. Excellent  
condition. \$300. firm. 248-628-  
6838. !!L462

QUEEN HEADBOARD, wicker  
\$50. New wicker table, \$30. 2  
Oak bookcases, \$60. 248-242-  
1898. !!C152

## 140 COMPUTERS

COMPUTER REPAIR/ VIRUS re-  
moval. Flat rate pricing. Used  
Dell's for sale. Electric Office.  
248-693-8783. !!L454

COMPUTER PROBLEMS?  
Microsoft Certified Techni-  
cian. Free diagnostic. Pick up avail-  
able. John: 248-892-5667  
(Clarkston). !!LZ454

COMPUTER PROBLEMS?  
●FREE Diagnostics  
●On-Site  
●Your Schedule  
●Vista to 7 Upgrade  
●FREE Follow up  
Tech Support 24-7  
IS YOUR COMPUTER AS FAST  
& STABLE AS MINE?  
12 Years Experience  
Scotty: 248-245-9411  
LZ454

## 150 ANTIQUES & COLLECTIBLES

PICTURE PERFECT BABY dolls,  
1986- 2000. Still boxed. 248-  
249-3313. !!C152

THE YELLOW FARMHOUSE- Fall  
Open House Saturday, October  
20th, 9am-4pm. 2720  
Indianwood, Lake Orion, MI. An-  
tiques, vintage, watercolors and  
handmade items! !!L461

Ye Olde Stuff & Antiques  
Lake Orion Village  
20 Front 248-693-6724  
Buy/ Haggle/ Trade  
Antique & Vintage Desks  
Dining & Kitchen Tables  
Lots of Other Stuff  
Wed.-Sat. 11am-4pm  
R445

**ROLLED TICKETS**

DOUBLE \$10.50 & SINGLE ROLLS \$8.25

Assorted Colors  
 Lake Orion Review  
 Oxford Leader  
 Clarkston News

LX28-1f

1995 DODGE RAM truck, \$600 obo. 1992 Jeep Wrangler, \$3,500 obo. Marcy weight machine, \$100 obo. 248-693-7371. !!R452

BUY GOLD & Silver Coins- 1 percent over dealer cost. For a limited time, Park Avenue Numismatics is selling silver & gold American Eagle coins at 1 percent over dealer cost. 1-877-365-7718. !!CPM1

ATTEND COLLEGE Online from home. Medical, Business, Criminal Justice, Hospitality. Job placement assistance. Computer available. Financial aid if qualified. SCHEV certified. Call 877-895-1828 www.CenturaOnline.com !!CPM1

DISH NETWORK. Starting at \$19.99/month plus 30 premium movie channels free for 3 months! Save! & ask about same day installation! Call 888-851-1754 !!CPM1

WEDDING INVITATIONS and accessories available online through Carlson Craft. Check our website at www.shermanpublications.com or call 248-628-4801 for more information. !!L9tdh

BUILT RITE POLE Buildings State-wide. 24x24x8 = \$5431.00; 24x40x10 = 8,631.00 30x40x10 = \$9,841.00; 30x40x12 = \$10,761.00. Call for price not shown on any size building or go to www.builtritepolebuildings.com Toll Free 1-877-296-6802 !!CPM1

PLACE A PHOTO of what you are selling with your classified ad on our website www.oxfordleader.com for an additional \$5.00! Your classified appears in all 5 papers and online (photos online only). Call 248-628-4801 for more information. L10dhf

FOR SALE: SPRUCE TREES 5ft.-12ft. You dig. \$50. each. 248-628-4426. !!LZ452

SOCIAL SECURITY Disability Benefits. Win or pay nothing! Start your application in under 60 seconds. Call today! Contact Disability Group, Inc. Licensed attorneys & BBB accredited. Call 888-864-6041 !!CPM1

PIONEER POLE Buildings. Free Estimates, Licensed and Insured. 2x6 trusses, 45 Year Warranty, Galvalume Steel, 19 colors, Since 1976 #1 in Michigan. Call today 1-800-292-0679 !!CPM1

HOME HEALTH CARE Equipment- Wheel chair, Hospital bed, Walker, Commode, Etc. 248-766-3593 !!L462

SEE YOUR ADS ONLINE at www.oxfordleader.com. each week! For more info call 248-628-4801 !!L8tf

TREK NAVIGATOR 300 men's bike with accessories. Like new! Call for accessories info. 248-981-1177 !!L452

100FT. SHRINK WRAP, 14ft. wide, with torch, \$80. 30 Bud & Miller steins, \$100. 100 Louis Labor pocketbooks, \$15. 70 Model cars, \$200. Service for 8 Mikasa dinnerware, \$25. 248-693-0105. !!L462

HUSKY BUILT-METAL Roofs Standing Seam. Metal shingles/slate. 15 colors in stock. Energy Star Qualified. #1 in Michigan. Largest inventory in Michigan. Company installers. Free estimates. Since 1975! 800-380-2379 !!CPM1

THOMASVILLE LARGE Lighted china cabinet. Stone Terrace collection. Excellent condition. Two pieces. \$500. OBO. 248-760-9848. !!L462

POLE BARNS Michigan's largest pole barn company (Best Built Barns) best quality, best service, best price. "A" rated with the Better Business Bureau! This week's specials: Erected 24'x32'x10' - \$7995.00, 30'x40'x10' - \$10,995.00, 30'x48'x12' - \$13,495.00. We finance at 5.99%. Licensed/insured. 1-877-802-9591 !!CPM1

BUYING- COINS, JEWELRY, gold. Cash paid. Silver Steve's, Lake Orion. 248-274-4653. !!L2924c

**FAX\* Your Classified Ads 24 Hours a day**

Include BILLING NAME, ADDRESS, PHONE NUMBER and a DAYTIME NUMBER where you can be reached to verify placement and price of ad. Fax numbers are:

- \*THE OXFORD LEADER 248-628-9750
  - \*THE AD-VERTISER 248-628-9750
  - \*THE LAKE ORION REVIEW 248-693-5712
  - \*THE CLARKSTON NEWS & PENNY STRETCHER 248-625-0706
- For additional cost add THE CITIZEN 248-627-4408

LZ81f

THOUSANDS OF OTHER PEOPLE are reading this want ad, just like you are. BUY and SELL in ads like this. We'll help you with wording. 248-628-4801 !!LZ81f

TONY LITTLE HEALTH Rider, never used. Time, reps, calories, floor mat, etc. Weights, handlebars, rowing. All adjustable. \$279 new. Asking \$200 obo. 248-693-2452 !!L452

OFFICE FURNITURE- desks, \$5-\$20. Chairs, \$5-\$10. File cabinets, \$5. 248-672-2101. !!L462

PORK DINNER, October 24th. 4:30-7pm. Howarth UMC, 550 E. Silverbell. 248-373-2360. !!R452

WEDDING INVITATIONS and accessories available online through Carlson Craft Check our website at www.shermanpublications.com or call 248-628-4801 for more information. L9tdh

32IN. TOSHIBA COLOR TV. Excellent condition. \$75. 248-980-8183. !!C142

NEW, NEVER USED, Danby 15 bottle wine cooler. Black. \$150. 716-912-5406 (cell). Clarkston. !!CZ142

OAK WOOD TABLE 60X40 w/ 18" leaf & 4 chairs, \$500. Heavy duty lift chair (tan microfiber), \$300. W/ complete game system w/ 13 games & extras, \$150. 1998 Nascar Winston Cup pin collection- 40 pins in display case, \$200. 248-693-6141. !!L452

WANTED: OCTOBER 24, 2001 edition of The Oxford Leader. Call 248-628-4801 or drop off at Leader office. !!L431f

ARCH TOP WALL mounted fireplace. Never used. Gel fuel or candles. 26"x27" wide x 6" deep. Asking \$125. 248-693-2452 !!L452

KENNEDY MACHINISTS BOX with tools. \$250. firm. 248-673-0097. !!C142

**180 REC. EQUIPMENT**

GOLF BALLS WITH experience! Pick a brand and a price, ready to play again. By the dozen or \$25 for 5- 6 or 7 dozen. Range balls \$.10. 248-693-4105. !!LZ30dhtf

BROWNING 7 MAG auto. Browning light 12. Like new. 248-393-3278. !!L452

**190 LOST & FOUND**

FOUND AIRDALE TERRIER, male. Army & Pond, Leonard. Casey 248-542-6703 !!L461f

**200 PETS**

FREE KITTENS- 248-391-2887. !!L461f

FREE: Female Himalayan cat. 248-894-4482. !!C151f

YORKIE PUPPIES, 9 weeks, \$350. Before 2pm, 248-909-8904 After 2pm, 248-909-8901. !!L452

CUDDLY KITTEN. Neutered, spayed, shots. Free carrier. Indoor homes. 248-698-3951. !!C142

NEED STUD FOR 10 pound mini long hair dachshund. Lake Orion, 248-420-0990. !!L462

AKC BRITTANY PUPPIES, \$700. Champion bloodlines, 8 weeks old. 2 males left. 248-628-7045. !!L452

PET SITTING BY Sharon, 248-931-8735 !!C124

**220 HORSES**

WANTED TO BUY: Used English & Western Saddles. 888-628-1849. !!L3tfc

LARGE STUD TURNOUT with run-in, \$300. 248-628-8918/ 248-860-6556/ 248-379-3521 !!L461

STALLS, LARGE PASTURE, daily turn out. Excellent care. \$20. monthly. 248-628-8918 or 248-860-6556. !!L434

**250 CARS**

'88 BUICK ESTATE Station wagon. Fully Loaded. All power. Satellite radio Dark tinted windows. Some new parts. 66,000 miles. 'woody wagon' \$3,150. 248-814-8633. !!LZ3812

2010 CHEVY HHR, 2.2L 4-cyl., only 32,000 miles. Silver with gray interior. Power windows, power locks. Clean. Everything working good. \$8,350. 248-640-1549; 248-391-7903. !!LZ444

SHARP '67 RIVIERA 430 Automatic. Bucket seats, power brakes, power steering, power windows. New air. Vinyl top. 98,000 original miles. \$11,500. OBO. 248-622-4923. !!LZ3812

FOCUS 2011 4- DOOR, automatic, cold air. Excellent condition. Only 15,000 miles. Price: \$8,600. 248-626-9738. !!LZ4112

1995 JAGUAR XJ6, Silver, 133K. Leather interior, AC, sun roof, all power. \$2,650 obo. 248-835-0833 or 248-561-6898. !!CZ512

HEATED CLASIC CAR storage in Ortonville. Call Lonnie, 248-420-1908. !!ZX92

CHRYSLER 300 LIMITED Edition Series 2005. This vehicle has been well maintained in great condition with only 68,500 miles. \$10,995. 248-969-5980. !!L452

2001 CORVETTE CONVERTIBLE, 350/385 HP, auto, loaded, mint condition, 31,000 miles, cover, kept in climate controlled carpeted garage, one of a kind, \$25,000 obo. 248-814-8004 !!LZ4312

1976 FIREBIRD FORMULA with 350. Matching number car. 97% done. Very, very sharp! All original. 43,000 miles. \$16,000. 248-462-3818. !!LZ4212

1996 SATURN 4-dr., air, automatic, 105K miles. Runs excellent. \$2,600. 248-496-2607. !!L462

1970 CHEVROLET Chevelle SS 396/ 350HP, original. \$7,400. OBO. Email or call for details: katypy7@msn.com 734-217-4985. !!L463

DO YOU SEE A ☺ OR A ★ NEXT TO AN AD? Check our classifieds on-line for a photo or a Google map. Oxfordleader.com !!L19-1tdh

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**WE BUY CARS**

Top Dollar Paid for a Nice Vehicle Regardless of Miles

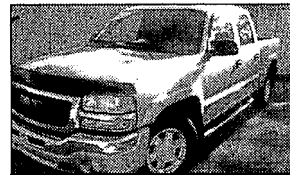
Cleanest Vehicles in the Area!

**This Weeks Bargains**

- 1999 Ford Windstar SEL Loaded w/Leather ..... \$3,988
- 2002 Ford E-150 Club Wagon Leather, 7 Passenger ..... \$3,988
- 2003 Volvo S60 Sedan Only 59,000 miles, loaded ..... \$9,988
- 2003 Chevrolet Impala 3800 Engine, 84 Miles ..... \$6,988
- 2004 Chevy Monte Carlo SS Heated, Leather, Moonroof ..... \$11,988
- 2004 Porsche Cayenne Loaded, Navigation ..... \$14,988
- 2004 Pontiac Vibe Extra Clean ..... \$6,988
- 2005 Ford Escape XLT Great First Car ..... \$8,988
- 2005 Ford Focus ZX3 Gas Saver, 32 MPG ..... \$5,988
- 2005 Chevrolet Malibu LS Sedan Only 66,000 Miles ..... \$8,988
- 2006 Mercury Mariner Heated Leather w/Moon ..... \$9,988
- 2006 Ford Explorer 4x4 Eddie Bauer ..... \$11,988
- 2007 Dodge Caravan SE Drives Like New ..... \$7,988
- 2007 Ford Focus SES Heated Leather, Sunroof ..... \$10,988
- 2007 Jeep Liberty Sport 38,000 miles ..... \$12,988
- 2008 Jeep Commander Sport Extra Clean ..... \$15,988
- 2009 Dodge Avenger SXT One of a Kind ..... \$13,988



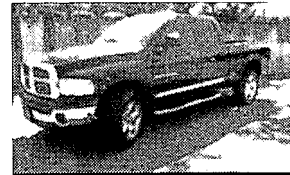
2005 GMC Sierra Crew Cab Denali \$17,988- 78K Miles



2005 GMC Sierra EXT Z71 \$13,988- Nevada Edition

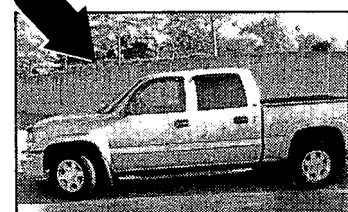


2005 GMC Sierra Crew Cab 1500 HD \$17,988- SLT/Leather



2005 Dodge Ram Quad Cab SLT \$15,988-78K Miles

**Vehicle of the Week**



2005 GMC Sierra Crew Cab 4x4 \$13,988- SLE Trim

**Your Original Hometown Dealer**

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**250 CARS**

RED '98 FORD MUSTANG, 3.8L V6, leather seats, after market wheels, 8.8 rear axle with a 3.73-1 gear ratio. Power windows. Rear defrost. 177K miles. \$2,700. Call 248-391-1004. !!L2009 FORD MUSTANG Bullitt #5985. 11,027 miles. Many performance upgrades with all factory parts. Beautiful car. Retiree owned. \$28,000. 248-875-9905. !!L2468

2007 SATURN AURA. 89,000 miles. V-6, 4 door, gold color, leather interior. \$9,000. 248-330-7554. !!L2464

**GET YOUR BEST DEAL**

ON A NEW OR USED AUTO With "Steve Ball" Rochester Hills Chrysler 248-652-9650

L461dh

1995 BENZ S320, black., 4 door. 118,000 miles, fully loaded. Black leather interior. Good condition. \$5,500 obo. 248-393-3975. !!L24212

'78 MGB ROADSTER. Runs & looks great! One third restored. Asking \$4,500 or best offer. 248-627-3300. !!L24412

1999 CONCORD 4 door. Excellent condition. New tires, low miles, executive owned. V-6, cold AC. \$3,200 firm. 248-627-6929. !!L24112

1985 PONTIAC BONNEVILLE Parisienne. New vinyl top, new headline, new IP. 84,000 miles. \$2,650. 248-931-5296, 248-628-3573. !!L24412

1993 CHEVY CORSICA, only 67,000 actual miles, absolutely no rust, Southern car, interior clean, new tires, 6-cyl. Great gas mileage, perfect Back to School car, metallic Burgundy. \$2,450. 248-494-3201. !!L23912

**260 VANS**

2000 DODGE RAM van, \$3,800. Good condition. Call 810-636-7953 !!L2452

2003 CHEVY EXPRESS conversion van, AWD, loaded. Perfect running condition. \$7,000. 248-572-4041. !!L24312

1996 FORD CARGO VAN, red color, 122K miles. Power windows & locks. Everything working good. New tires. A/C & heat working good. \$2,050. 248-640-1549. !!L24512

2000 DODGE CARAVAN. 141K miles, power steering, brakes windows, mirrors. Good air. Good tires. Video system, computer station. Runs great! Great family car. Silver/gray, excellent interior. \$3,100. 248-628-6294. !!L24212

1992 OLDS SILHOUETTE. Maintained, clean. Drives excellent. \$1,300. 248-673-0097. !!L2412

**270 TRUCKS/SUV**

2002 4X4 BLAZER 4 door. Good transportation. \$2,500. Call 248-882-1482, John. !!L452

2003 F-350 RED pickup. Regular cab, 7.3 diesel, 5th wheel fold-down ball, 4WD, chrome running boards, tool box, new Ford batteries, Ford parts. 138K. Great work truck. \$7,500. 248-627-6003. !!L241012

JEEP WRANGLER 2003. Excellent condition. 6-cyl. 5-spd. Full doors/roll down. Soft top. 2yrs. old. Silver with black top. 148K. Nice stereo with USB connect. No rust. \$7,500. OBO. 248-693-2527. !!L2398

2004 ENVOY 4X4. Heated leather, trailer package. 129K. Runs & looks great. \$7,900. 248-459-1974. !!L24312

2005 GMC SIERRA 1500 4-wheel drive extended cab, Z-71 package, Silver Birch with dark pewter leather, running boards, carpet bedliner, tonneau cover, 42,000 miles. \$19,500. 248-842-0131. !!L23134

2005 FORD F-150, extended cab. Great shape. 2WD, 200K miles. \$4,500 obo. 586-873-2480. !!L462

1986 FORD 150 XLT Super Cab, 2-wheel drive, truck cap, bedliner. Complete luxury package: power windows/locks/steering. Reese trailer hitch. 100,700 miles. Good condition! Price: \$3,695. Call Jerry: 248-496-1798. !!L23712

2000 FORD EXPLORER 4x4, 6-cyl., 98,888 miles, power windows and doors, A/C, 2 brand new front tires, good condition, daily driver past 5 years. \$3,995. Call 810-658-9116. !!L24612

2000 SILVERADO HD, A/C, loaded, black, reg. cab, Uni-mount Plow, no commercial plowing, ex. cond., \$10,500 obo. 248-814-8004 LZ4312

1998 FORD EXPEDITION XLT Eddie Bauer Edition. 4WD, leather seats, fully loaded, drop hitch, third row seat. Candy apple red. 141,000 miles. Good condition. \$4,295 obo. 248-494-2663. !!L2454

1999 GMC JIMMY SLE, 4WD, AM/FM/CD stereo, heavy duty trailering package, 4300 V6 Vortec engine, 120,000 miles, aluminum wheels, Michelin tires, power locks/windows. Great condition, one owner. \$3,950. 248-693-0981. !!L24612

2002 GMC YUKON. 138,000 miles. \$7,000. 248-431-1798. !!L21012

1997 F-150 ext. cab, black, 6" Fabtech lift, professionally installed, 3" body lift, 35" BF mud terrain tires, custom rims, no issues, 5.4 auto, A/C, \$10,500. 248-814-8004 !!L24312

**280 REC. VEHICLES**

MOTHER KNOWS BEST.. Eat your vegetables, brush your teeth, and read the Want Ads, 10 words, 2 weeks \$13.00. Over 44,000 homes. 248-628-4801, 248-693-8331, 248-625-3370. !!L8dhtf

GOLF CARTS- CLUB CAR, gas or electric, like new. Custom or stock/ warranty. Goodrich. 810-636-8500. Check us out at nuviewautoglass.com or golfcartsfomichigan.net. !!L24114

1994 POLARIS SNOWMOBILE 579 engine. Runs & looks great. \$1,500 obo. 248-693-6141. !!L452

2003 YAMAHA RX-1 Snowmobile. 3,000 miles. Red with new R&R Trailer with 500 miles only on trailer. \$4,500. 248-814-8760. !!L452

**290 RENTALS**

ROOM FOR RENT- Clarkston Village. Walking distance to downtown. All utilities, cable, internet and phone included. Pay for a room, share a whole house. No tobacco use in any form! 248-894-6223. !!L52

OXFORD- COZY ONE BEDROOM duplex. Hardwood floors, new paint, range, refrigerator, disposer, washer & dryer. Two large closets. Wall A/C, 2 ceiling fans. Two year lease. \$495 plus utilities mo. No pets. Letter of employment, credit report required. 248-608-5056

L444

LAKE ORION- LARGE 2 bedroom apartment. Excellent condition. Appliances, fresh decor. Free heat/hot water included. \$625. 248-628-5805 or 810-441-5160. !!L462

2 BEDROOM, 1 BATH Condo in Lake Orion with 1 car garage, all sports lake access. New floors, New Kitchen and New appliances. \$850. monthly. Call 248-231-9245. \$25. application. !!L461

LAKE ORION LAKEFRONT- 3 bedroom, 1-1/2 baths. Four season island fun! Job history & references. \$1,400. monthly. 248-431-4270; 248-693-1040. !!L452

CLARKSTON 1 BEDROOM Apt. 2 blocks to downtown. No pets. \$595, heat included. 248-623-0711. !!L51

CHARMING CABIN IN Lake Orion with private lake lot on Long Lake. \$1,200 per month. 3 bedrooms, 1.5 baths. Just under 1,600 sq.ft. Please call Debbie, 248-872-5035 for appointment. Serious inquiries only. !!L454

OXFORD- 2 BEDROOM apartment, dishwasher, C/A, laundry facility, fireplace, first month's rent plus security deposit. \$650/month. 248-921-9000. !!L321fc DOWNTOWN OXFORD, UNIQUE large 2 bedroom apartment, heat included. No pets, nonsmoking. \$750/month. 248-693-7137. !!L452

**MANITOU LANE APARTMENTS**

1 Bedroom \$525/mo. 1 Year Lease HEAT & WATER INCLUDED Quiet & Roomy - Sr. Discount Conveniently Located- Oxford/Lake Orion Area 248-693-4860

L434

2 DR 3 BEDROOM RANCHO, across open lakefront, appliances. \$675. plus security. No pets. 248-559-8120. !!L152 !!LCPM1

HOPE SENIOR APARTMENTS. Age 62 or better. 248-628-7676. !!L52tfc

RANCH CONDO- 2 bedrooms, 1 bath, garage, No Pets. \$775. per month. 248-814-9505. !!L462

LAKE ORION CONDO for rent- 2 bedrooms, 1 bath, 1 car garage. Beach access. \$800. monthly. Recently renovated. 248-431-7848. !!R462

LAKE ORION 2 bedroom (possibly 3). Lake privileges. \$850. 248-790-1343. !!L444

SECURE INSIDE STORAGE. Boats, vehicles, campers, etc. Metamora. Starting at \$250 per season. 586-457-7723. !!L454

**PARK VILLA APARTMENTS OF OXFORD**

FALL SPECIAL 1 & 2 Bedroom As low as \$490/ Month Quiet location by Library & Powell Lake Park Pets allowed

248-561-2498

L398

\$650. MONTHLY, PLUS Security. 3 bedroom house, Holly schools. Immediate occupancy. 248-917-7067. !!L2142

LAKE ORION 4 BEDROOM, 1.5 baths, appliances included. \$975. monthly, plus utilities. 248-420-0604. !!L462

**300 WANTED TO RENT**

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L444

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Part time Travel Coordinator Oxford Township Parks & Recreation job includes the total administration of the department's 250 member travel program. Responsible for coordinating and execution of all travel including but not limited to: researching, marketing, recruitment and budgeting. Must be able to deal professionally and courteously with public and staff. Position includes evenings, weekends, and holidays. Position requires manual labor in all weather conditions. Candidate must be a high school graduate or equivalent. Applicant must possess a valid Michigan driver's license. Position is part time with no benefits and will be based on an average of 15-25 hours per week in the office with additional hours as department escort on all trips. Part time: \$10-\$12 per hour based on qualifications and experience, no benefits. Oxford Township Parks and Recreation is an equal employment opportunity employer. Submit cover letter and resume to:

Oxford TWP Parks & Recreation Attn: Ron Davis, Director 20 W. Burdick/ P.O. Box 170 Oxford, MI 48371 Closing date: Wednesday, October 31, 2012, 5:00pm

L461c

RESIDENTIAL HVAC INSTALLER, minimum 3yrs. experience. Possible benefits. 248-969-2156. !!L462

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CHIROPRACTIC ASSISTANT (receptionist, patient care, X-ray). Part time position. Must be available Monday thru Saturday including some evenings. Your most valuable asset in this position are your personality, enthusiasm, human relations skills, and proficiency in basic office skills. You must love working with people and be passionate about helping others become their very best. Resume must be hand-delivered to Rumph Chiropractic Clinic, 5732 Williams Lake Rd., Waterford, 48329 within our office hours posted on www.rumphchiropractic.com.

L2452 MACHINE OPERATOR- ALL shifts in Orion Twp. Pay \$8.50. Must clear background check. 248-528-1444. !!L452

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C912

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**CLARKSTON**  
**NOTICE OF PUBLIC HEARING**  
**CITY OF THE VILLAGE OF CLARKSTON**  
**PLANNING COMMISSION**  
**PROPOSED AMENDMENT**  
**TO ZONING CODE NO.129**  
 NOVEMBER 7, 2012, 7:00 P.M.  
 375 Depot Road  
 CLARKSTON, MI 48346  
 A public hearing will be held to consider an amendment to the Zoning Code, Ordinance No. 129. By reducing the membership to the Planning Commission from seven (7) members to five (5) members. Copies of the proposed amendments will be available at the meeting or found at [www.villageofclarkston.org](http://www.villageofclarkston.org)  
 Kelly Richter  
 City Clerk

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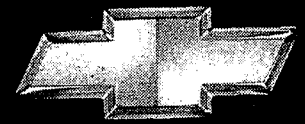
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### 2012 Cruze

ABS, traction control 10 air bags Power Windows Stabilitrak Auto Trans

35 MPG

**\$109<sup>\*†</sup>**

\$999 Down

24 Month 10K Lease



### 2013 Equinox

6 speed auto trans, A/C, Bluetooth, antilock brakes, cruise, power locks, FWD, remote keyless entry, Stabilitrak, power windows & more



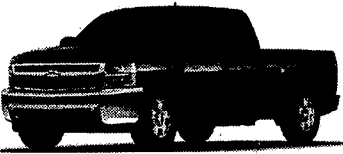
24 Month 10K Lease **\$199** \$999 Down

### 2013 Silverado Ext. Cab

V8, Auto, Trans, A/C, Locking Rear Differential, Cruise Control, Power Steering, Driver Info Center, Stabilitrak, Tire Pressure Monitor and more

**\$169<sup>\*</sup>**

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### 2013 Malibu ECO

37 MPG

**\$199<sup>\*</sup>**

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### 2012 Traverse

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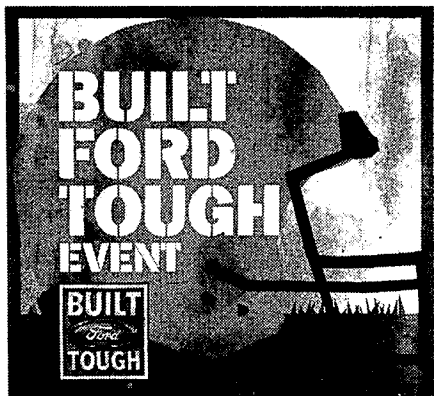
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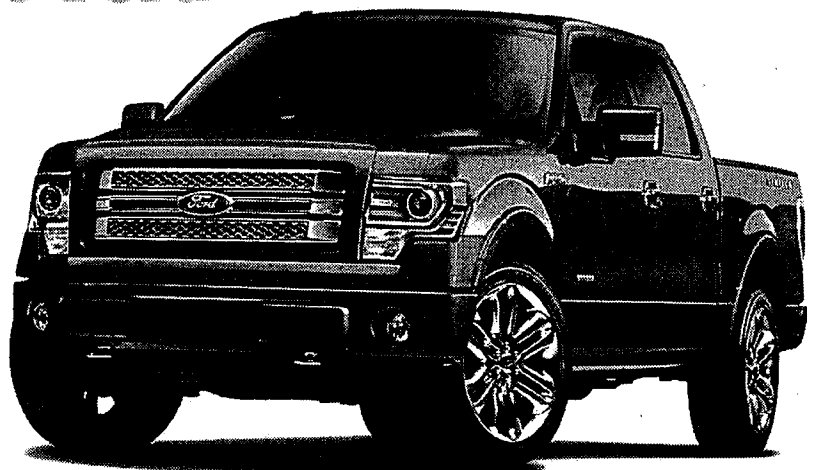
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# Patient finds peace of mind at Lake Orion Family Dentistry

When Lake Orion resident Judith Truscott told her former dentist that local anesthesia didn't numb her mouth like it should, he said he understood. He said he'd dealt with patients with similar problems, and everything would be fine.

Judith wasn't so sure. In fact, she has a major fear of the dentist, and her next appointment would involve a root canal. She put her fears aside, though, and went to her appointment.

After the procedure, her dentist pushed up his surgical mask, looked at her, and said it had been a long time since he'd had to administer that much anesthetic. Judith wasn't surprised.

"I told you so," she said as the dentist flagged her chart for future reference.

Judith wasn't satisfied. Afterward, she avoided dental work for years. She had her teeth cleaned and attended regular checkups, but would not undergo the dental work she needed. Judith knew her oral health was deteriorating, yet did not know how to overcome her fears.

"I had a major fear of the dentist," she said.

But as a registered nurse, Judith also knew that avoiding dental work could put her overall health at risk. She understood the link between poor oral health and heart attack, stroke, and other serious systemic problems.

"To be so afraid that it keeps you from



taking care of your health is horrible," she recalls. "If you do not have a fear, you can't understand it. I was so apprehensive before I found Dr. Greenfield that I would cancel an appointment three times and just never get the work done."

When Judith found Dr. Greenfield at Lake Orion Family Dentistry, her fears were put to rest. "He listened to me and explained my treatment options, what he wanted to do, and why," Judith said, noting she felt in control of her treatment plan with no pressure. "Then I met with the nurse anesthetist at Dr. Greenfield's office, and she was excellent.

Wonderful!"

In addition to an inability to numb with local anesthesia and an intense fear of dental procedures, Judith also suffers from acute asthma. She asked questions most people don't know to ask, and the nurse anesthetist provided the answers and explanation Judith needed.

After much discussion, Judith, and Dr. Greenfield determined that two sessions of dental procedures would be required. Judith requested that the milder phase of treatment be completed first, and Dr. Greenfield was pleased to comply. The nurse would administer

IV sedation to relieve Judith's anxiety during treatment.

"I felt nothing, and I remember nothing," said Judith. "There was no pain, no fear."

Dr. Greenfield used CEREC, a new technology that incorporates CAD/CAM technology for one-visit, permanent, ceramic dental crowns. Judith had two CEREC crowns placed, along with a dental filling, during her first visit. Afterward, Judith had no anxiety about the second phase of her treatment plan, which was scheduled just a few weeks later.

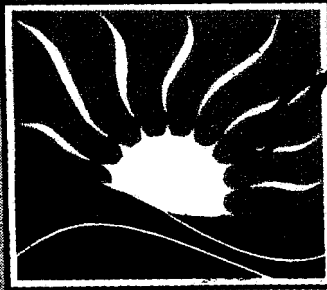
During the second appointment, the nurse administered IV sedation, and this time, Dr. Greenfield placed three crowns and performed laser periodontal treatment.

"There was no bruising, no pain, not even at the injection sites," Judith said. "In fact, I left the next day for a six-week Florida vacation."

Judith ranks her experience a 12 on a scale of 1 to 10.

"I was a basket case when I came in," she said. "They really made me feel good; they are very attentive. I never feel like a number at Dr. Greenfield's office, and my hygienist, Ronda, is wonderful."

Judith has referred her son and daughter-in-law to Dr. Greenfield, and she hopes he can help others who are in her situation, filled with fear and in desperate need of dental work to restore and protect their health.



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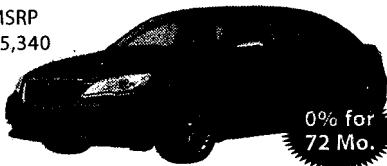
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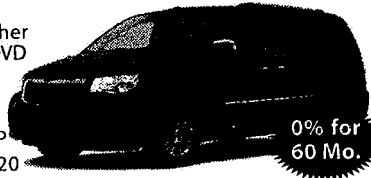
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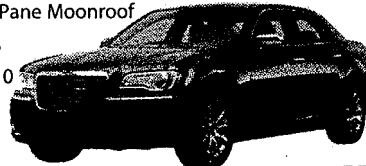
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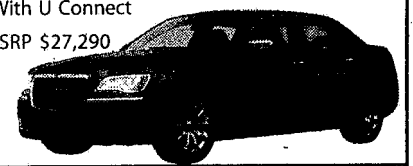


## 2012 Chrysler 300

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Sale Price **\$21,995\***

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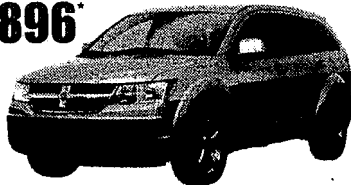


## 2012 Dodge Journey SXT

24 mo. Lease

Sale Price **\$16,896\***

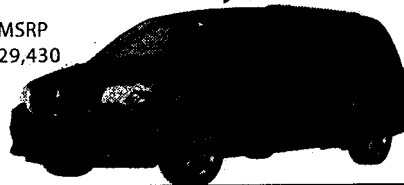
MSRP \$24,290



## 2012 Dodge Grand Caravan Crew

Sale Price **\$22,996\***

MSRP \$29,430

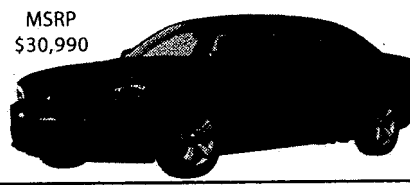


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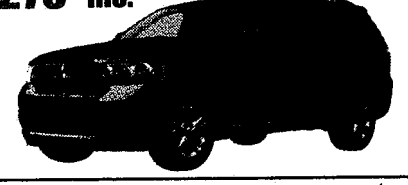
MSRP \$30,990



## 2012 Dodge Durango SXT AWD

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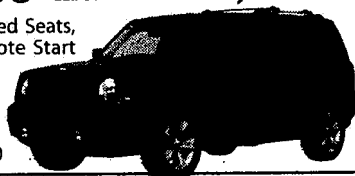


## 2013 Jeep Patriot Latitude 4x4

36 mo. Lease **\$199\*** mo. Sale Price **\$17,221\***

\*Heated Seats, \*Remote Start

MSRP \$23,190



## 2012 Jeep Liberty Latitude 4x4

24 mo. Lease **\$179\*** mo.

MSRP \$28,020

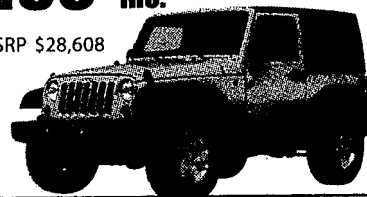


## 2013 Jeep Wrangler 4x4

36 mo. Lease **\$289\*** mo.

\*Sirius XM Radio \*3 Piece Hardtop

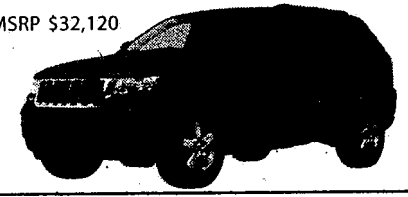
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## 2013 Jeep Grand Cherokee

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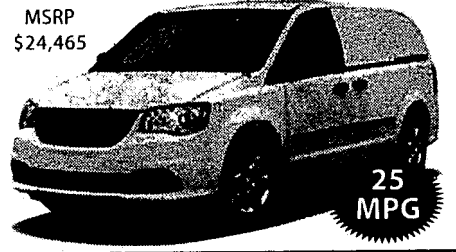
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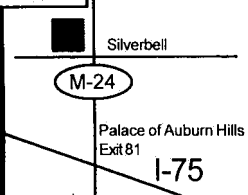
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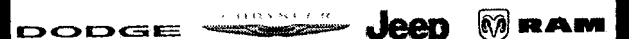
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popular healthy  
snacking option*

## FRIEND OR FOE?

*Does late-night  
eating cause  
weight gain?*



**maintain that  
summer skin**

*As fall season has come and gone*

## Why Do Hot Yoga?

According to a study by Yoga Journal, nearly 15 million Americans practice yoga. If you are among these 15 million, you know that yoga makes you feel better—its effects are almost immediate—but you may not know why. When practiced regularly, yoga increases our sense of physical health, emotional well-being, and mental clarity.

Stress can slowly cause harm to our bodies. It slows healing, cell regeneration, impairs digestion, metabolism and weakens the immune system. Yoga reduces stress in the body, returning it to a stress-free state, making it less susceptible to illness and more prone to resiliency and vitality.

Breath is the key to gaining full benefit of your yoga session. A deep, full lung breath delivers oxygen to cells, improving circulation and functions of internal organs. This explains the feeling of freshness after a yoga session. A more positive mental outlook is a natural result.

Hot yoga offers an increased benefit to practitioners. Therapeutically controlled heat and humidity in the yoga room allows your muscles to soften. This enables them to stretch further and tone faster. It's really amazing how much further you can stretch when your muscles are warm! The heat also allows you to sweat out some of your toxins, giving great benefits to your internal organs. Practicing hot yoga strengthens your entire muscular system making it more elastic and less susceptible to injury. Standing and balancing postures strengthen and lengthen the big muscle groups and floor postures strengthen the muscles that support the spine and head. The heart, which is the largest involuntary muscle of the body, greatly benefits from a hot yoga practice, allowing the whole cardiopulmonary system to reset to a healthier rhythm.

The good news is anyone can do it! You may practice next to someone who can bend and twist like a pretzel, or someone who is very arthritic and has a difficult time moving. We all practice together toward the same goal of health – healing the community one body at a time. There is a yoga practice that is right for your body and stage in life, and regular practice will bring you all the benefits yoga has to offer.

At Clarkston Hot Yoga, we offer 14 different types of classes. Hot yoga and Pilates and cycling, as well as good range of fitness classes. We now have cardio classes with weights and stability balls for increased cardio health. We recently added Zen Ball Therapy, using 2" therapy balls placed along muscles of the spine and body that release deep muscle tissue. Please call the studio at 248-620-7101 for more information on the classes that are right for you.



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## HEALTHY lifestyle



Keep pounds off  
even after beach  
season has come  
and gone

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## even after beach season has come and gone



In the months leading up to beach season, men and women tend to hit the gym hard in an effort to make their bodies look their best. But once those swimsuits have been packed away for winter, many of those same hardworking men and women abandon their efforts and allow themselves to pack on a few extra pounds.

While that might be human nature, it's also a waste of all that presummer effort. Keeping fit through the winter and into next beach season doesn't have to be so difficult. In fact, the National Weight Control Registry, who tracked men and women who lost 60 pounds and kept it off for at least five years, discovered some interesting things about those who weren't satisfied with just losing weight but wanted to keep that weight off as well. Among the notable things they found about the people they tracked:

\* 78 percent start their day off right, eating breakfast every day

\* 75 percent aren't scared of the scales, weighing themselves at least once a week

\* 90 percent exercise an average of one hour per day

\* 62 percent watch fewer than 10 hours of television per week

## Controlling portion size is one way to lose weight and keep the pounds off once they've been shed.

These behaviors should not come as a surprise. Eating breakfast every day revs up the metabolism after a night of rest, and a breakfast that's rich in protein is more likely to make you less hungry in the hours before lunch. Also, daily exercise at the expense of time spent on the couch is clearly beneficial. And the motivating power of routine weigh-ins should not be underestimated, either.

But there are other things men and women can do to keep from packing winter weight back on once beach season is a thing of the past.

\* Lift weights. Men and women might think lifting weights is for

young people, but pumping iron can help combat muscle tissue loss that typically begins when a person is in his or her thirties. Muscle burns roughly three times more calories than fat, so this reduction in muscle tissue as you age makes it harder to keep weight off. Fight this loss of muscle mass by strength training with hand weights. Hand weights help build muscle and strengthen bones, and the less muscle you lose the more capable your body will be at burning calories.

\* Subscribe to portion control. Portions have increased dramatically over the years. Consider the case of the average bagel, a breakfast favorite. According to the National Institutes of Health, 20 years ago the average bagel was three inches in diameter and 140 calories. Today, the average bagel checks in at six inches in diameter and 350 calories. The NIH also notes that 20 years ago a plate of spaghetti and three small meatballs was 500 calories, while that same meal today is more than 1,000 calories. But men and women who control their portions are much more likely to keep lost weight off than those who don't control portions. Tricks to portion control can include buying prepared meals or even buying smaller dishes. Whatever the method chosen, if the portions are smaller you're likely to be smaller as well.

\* Spend time more being physically

active. In a survey sponsored by the Environmental Protection Agency that examined activities undertaken by the average woman over the age of 18, driving, watching television and office work were three of the four activities women spent the most time on. In fact, exercise did not even land in the top 10. Though these responses don't reference how men spend their time, it's safe to assume both men and women can spend more time being active and less time on more sedentary activities. For example, if it's possible to ride a bicycle to work instead of drive a car, dust off the bike and leave the car in the garage.



# Kids and pets: a healthy combination

Dogs and cats may not just provide your family with love and constant companionship — they could also have a powerful effect on the health of children early in life, according to a small new study.

New research in the journal *Pediatrics* shows that children who live in a home with a pet during their first year of life are also more likely to be healthier, compared with kids who don't live in a pet-owning household.

"It's more support in a growing body of evidence that exposure to pets early in life can stimulate the immune system to do a better job of fighting off infection," Dr. Danielle Fisher, of St. John's Health Center in Santa Monica, Calif., told the *Los Angeles Times*.

Specifically, kids who had a dog during their first year of life had 31 percent fewer respiratory tract infections than kids who didn't live with a dog, researchers found.

Kids from dog-owning homes also had fewer ear infections — 44 percent fewer than kids from non dog-owning homes — and needed fewer antibiotics, researchers found.

Cats also seemed to have a beneficial effect on kids' health, but not as strong as dogs, the researchers said.

"Our findings support the theory that during the first year of life, animal contacts are important, possibly leading to better resistance to infectious respiratory illnesses during childhood," the European researchers wrote.

The study included 397 kids in Finland, who were

followed by researchers from the time they were born until they reached age 1. The families reported how much contact they had with a dog or a cat on a weekly basis.

ABC News also reported on the relationship between the amount of time the pet spent indoors, and the beneficial effect on the kids:

Children who live in houses where dogs are inside less than six hours a day are at lowest risk for respiratory problems. The authors believe it could be because dogs that are inside track less dirt. More exposure to dirt leads to more exposure to different types of bacteria, which can help strengthen the immune system.

With this new found data regarding additional benefits of owning pets it is important to keep our pets healthy!

Twice a year examinations by a veterinarian is really important to maintain a healthy pet. Little changes in our pet's health may not be apparent to owners, but the doctor will be able to identify them. Remember for every "pet" year it is approximately 7 years in comparison to human years. Thus, twice a year pet exams are really only every 3 1/2 years! *Most people visit their physician at least once a year, why not our pets?*

As discussed earlier in this article when a child is exposed to pets, their immune system is stimulated to better fight off infections; however, the pet must be healthy also to provide this benefit!

Keeping your pet up to date on vaccines is only a fraction of the importance of daily health care. Good

dental hygiene (so when they lick your child less germs will spread), good nutritional diets to keep their coat shining and their internal organs healthy. Having blood panels and urine tests done yearly will help with early detection of diseases that could be fatal to your pet and harmful for your family.

Thus, pets do add quality to our lives, so it is important to maintain their quality of life by keeping them healthy too!



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# Understanding how gingivitis can help you ace your next dental check-up

**Those who faithfully brush their teeth each morning and night might feel as though they're doing enough to achieve a healthy smile. However, even people with good oral care habits may hear from their dentist or hygienist that they have signs of gingivitis, an early form of gum disease.**

**Arming yourself with a better understanding of gingivitis and tools to help fight it can help improve the health of your mouth and make your next dental visit a more positive experience.**

## **What is Gingivitis?**

Gingivitis is a very common early form of gum disease that causes gums to become red, swollen and bleed easily during brushing or flossing. If left untreated, gingivitis can lead to a more serious form of gum disease known as periodontitis, which affects the tissues that surround and support the teeth and represents a major cause of tooth loss in adults.<sup>1</sup>

## **How Can I Fight Gingivitis?**

Fortunately, there are several ways you can protect yourself from gingivitis. Try these techniques between dental visits to help improve your chances of acing your next dental check-up.

**\* Rinse, rinse, rinse!** Using a mouth rinse is an important part of your overall oral care routine. Look for a rinse that protects against plaque and gingivitis like Crest(R) Pro-Health(R) Invigorating Clean Multi-Protection Rinse. Rinsing with Invigorating Clean takes no more than a minute a day, but protects against gingivitis and leaves you with a lasting cool freshness that helps to signal that you are on the path to a healthy mouth. In fact, in a survey of over 100 Women's Health readers selected to receive free samples of a new Crest Pro-Health Rinse, 89 percent felt more confident about their next dental check-up after regular use of Crest Pro-Health Invigorating Clean Multi-Protection Rinse.<sup>2</sup>

**\* Give your mouth the time it deserves.** Spending a little more time on your oral health is an easy way to help keep your smile in shape. Make sure to spend at least two minutes brushing, which should include 30 seconds of brushing each section of your mouth (upper right, upper left, lower right and lower left), both morning and night.

**\* Get in touch with your toothpaste.** Not all toothpastes work the same, so choose one that protects against gingivitis. Unlike ordinary toothpastes, Crest(R) Pro-Health(R) Clinical Gum Protection Invigorating Clean Mint Toothpaste helps eliminate plaque at the gum line. In a recent clinical study, 100 percent of people who used Clinical Gum Protection Invigorating Clean Mint Toothpaste together with Crest Pro-Health Invigorating Clean Multi-Protection Rinse, Oral-B(R) CrossAction(R) Pro-Health(R) Toothbrush and Oral-B Glide Pro-Health Clinical Protection Floss had reduced gingivitis in just two weeks.<sup>3</sup>

Taking steps towards helping to prevent gingivitis can not only help you achieve a healthier mouth, but can help make you and your dentist smile at your next visit!

*To learn more about your dental health, visit [www.crestprohealth.com](http://www.crestprohealth.com).*

1. American Dental Association. Disease, Gum (Diseases, Periodontal). Retrieved April 1, 2011, from [www.ada.org/3063.aspx](http://www.ada.org/3063.aspx)

2. Source: 2011 Women's Health Reader Panel. Survey results based upon responses from 108 female Women's Health readers between the ages of 30 and 54, who are regular users of mouth wash and in good health, received a free sample of Crest Pro-Health product to try for one week in their home environment and participated in a promotion for the opportunity to travel to New York City for a photo shoot and be featured in Women's Health magazine.

3. When Crest Pro-Health Clinical Gum Protection Toothpaste, Oral-B(R) CrossAction(R) Pro-Health(R) toothbrush, Crest Pro-Health Invigorating Clean Multi-Protection Rinse and Oral-B Glide Pro-Health Clinical Protection Floss are used together. Individual results may vary.

# Chiropractic. Just what is it?

By Dr. Greg Hamilton

October is Spinal Health Care Month, so it's a great time to take a look at chiropractic care. Chiropractic is a natural form of health care that focuses on disorders of the musculoskeletal and nervous systems and the effects these disorders have on general health. Chiropractic is a drug- and surgery-free, hands-on system of health care that respects the body's ability to heal itself.

Founded in 1895, chiropractic care has been the choice for millions of patients who want safe and effective treatment *without the use of surgery or drugs* for more than 100 years. Chiropractors use natural methods to treat the biomechanics, structure, and function of the spine and its effects on the muscle and nervous systems, with an emphasis on the role played by the proper function of these systems in the preservation and restoration of health.

Chiropractors also emphasize the factors involved in a patient's overall health, including diet and proper nutrition, activity levels and exercise, other lifestyle

choices, and much more.

### Spinal Manipulation

Chiropractors typically treat subluxations with the use of "spinal manipulation," also known as a "chiropractic adjustment." This hands-on technique for restoring spinal and other joint mobility is performed by manually applying a controlled force to joints that have either become too restricted in their movement or too mobile, as a result of a tissue injury. Manipulation corrects this, alleviating pain and muscle tightness, allowing the area to heal. This highly controlled procedure rarely causes discomfort, because the chiropractor adjusts the procedure to meet the specified needs of each patient.

### What Conditions Do Chiropractors Treat?

Chiropractors diagnose injuries and other injuries of the nervous and musculoskeletal system and treat patients for pain, such as: back and neck pain; tension, cluster, migraine and other headaches; sciatica; and joint pain. They also treat osteoarthritis, carpal tunnel

syndrome, tendonitis, sprains and strains, postural issues, and a variety of other non-neuromusculoskeletal conditions, *all without the use of surgery or drugs.*

The most common injuries treated with chiropractic care include on-the-job injuries, sports injuries, and auto accidents. However, regular chiropractic care has also been shown to be helpful in maintaining general health and well-being and increasing vitality.

### Is Chiropractic Safe?

For more than a century, chiropractic care has helped millions of patients recover from spinal and other problems. Chiropractic spinal adjustments are extremely safe when performed by chiropractors. In fact, chiropractic adjustments are among the safest treatments for most back and neck problems – much safer in fact than other common treatments for musculoskeletal pain like prescription non-steroidal anti-inflammatory drugs (NSAIDs).

The American Journal of Medicine reported on studies that investigated the risks between spinal manipulation and

other treatments for the same conditions. One analysis concluded there was no evidence that NSAIDs were any more effective than spinal manipulation, but the risk of serious complications or death was between 100 and 400 times greater. In another review, estimates of serious gastrointestinal events from NSAIDs were 1 per 1,000 patients, whereas complications of cervical manipulations were 5 to 10 per 10 million treatments.

### Is Chiropractic Appropriate for Children? For Seniors?

Yes. Chiropractic care is safe for people of all ages. In children, it can provide a beneficial foundation on health and overall fitness from newborn to adult stages. As the number of people living longer continues to increase dramatically, chiropractors are on the forefront of care for our elder population, as geriatric patients often respond very positively to the gentle, hands-on approach of chiropractic care, which can increase balance and coordination, decreasing the likelihood of falls, one of the leading problems facing seniors.

Thank you to everyone that voted for us to be Best of the Best for the 6<sup>th</sup> Year in a Row



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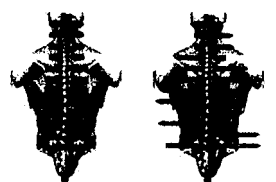
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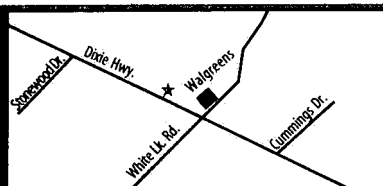
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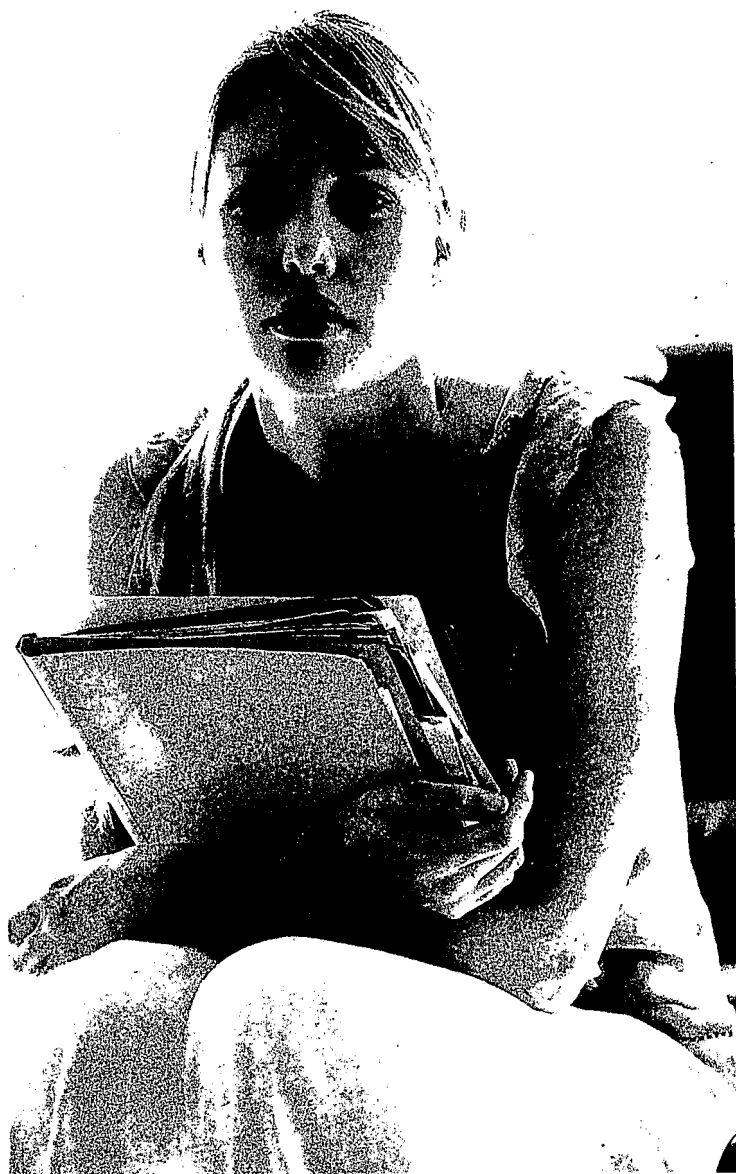
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Some of the most troubling signs that we are losing control over ourselves is reported in the media today. Increasing numbers of troubled students in schools and universities bullying, dropping out, seeking and acting out revenge on others, cheating academically and suicides are seen daily. Families are under tremendous stress and pressure dealing with life long issues of learning difficulties and/or autism, asperger's, mental health difficulties, or substance abuse and dependence. The needs go on and on.

We seek relief and help to reduce or alleviate depression, anxiety and that feeling of hopelessness and helplessness.

Many of us do not think about what we are feeling, thinking, truly experiencing at the given moment in time. Our minds race, our thoughts are cluttered and multi-tasking is standard. Most of us operate on "autopilot" where we are not in the present, but looking at the next item, issue or place to be. Most think to the next, not staying in the present, missing much of what is really going on in

their lives at the time and not really seeing. So, do you ever think "time is flying by" or "where did the time go" or "my kids grew up so fast it seems like just yesterday when they were babies now they are grown and gone?"

Sound familiar?

We have automatic responses to stimulus and respond without considering there may be a better way. It cycles through our bodies and we stay stuck in the unhealthy response patterns which ultimately become either ineffective or detrimental to ourselves and relationships with others. We become so automatic we don't even recognize our thoughts or actions. We teach ourselves to respond in a certain way given the situation before us, many times developing unhealthy behaviors and addictions.

Utilizing techniques learned in Mindfulness therapies can improve and enhance our emotional intuition, calm our bodies and thoughts, reduce stress and aid in improved sleep as well as being harmony to our lives. These techniques are suitable and recommended for all ages regardless of physical or mental agility and ability. Research is proving Mindfulness Based Reduction (MBSR) effective in treating cardiovascular disease, depression, addictions, chronic pain and may other conditions.

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# Cancer Staging

## helps indicate prognosis



**Staging is important to narrow down cancer treatments and have a basis for discussing prognosis with patients looking for answers.**

As frightening as cancer can be, evidence indicates that the survival rate for most cancers is increasing and that many are beating the odds against this potentially devastating disease. Although it can be difficult to pinpoint just how "dangerous" a specific cancer case may be, a universal method of staging classification helps patients understand the severity of their cancers and their prognosis.

There are different staging systems for cancer, and they continually evolve over time as more information is learned about cancer and cell behavior. Physical exams, special imaging procedures, pathology reports, surgical reports, and other tests help to determine the stage of cancer.

Staging is important because it can help doctors plan appropriate treatments based on how far the cancer has advanced. However, while staging is an important indicator of how a cancer should be treated, it cannot predict the end result of a patient's battle with the disease. It also isn't foolproof because it requires human identification of cancerous cells intermixed with healthy cells. New, highly sensitive methods of staging are in development with the hopes that they can lead to better precision and better prognoses.

The most familiar cancer staging system uses Roman numerals (from 0 to IV) to describe tumors and the spreading of cancer cells in the body.

**Stage 0:** The first stage is commonly referred to as carcinoma "in situ," which is a Latin phrase meaning "in its place." These are very early-stage cancer cells that have not spread beyond their immediate location. They are usually very treatable.

**Stage I:** In this stage cancers are localized to one part of the body.

**Stage II:** This is a stage when cancers are considered locally advanced. They may have spread beyond their original location.

**Stage III:** This describes similar conditions to Stage II cancers but more advanced. There may be further spreading or tumors may be larger.

**Stage IV:** In this stage, cancer has spread to other locations throughout the body.

Another system that is widely used is TNM staging, which has been accepted by the International Union Against Cancer and the American Joint Committee on Cancer. Many medical facilities now use the TNM system as the main method to reporting on cancer. TNM stands for "Tumor, Nodes, Metastasis." An equation is created using these letters together with numbers to break down a cancer diagnosis more specifically. Here is the description, courtesy of the National Cancer Institute.

#### **Tumor (T)**

TX: Primary tumor cannot be evaluated

T0: No evidence of primary tumor

Tis: Carcinoma in situ

T1, T2, T3, T4: Size and/or extent of primary tumor

#### **Regional Lymph Nodes (N)**

NX: Regional lymph nodes cannot be evaluated

N0: No regional lymph node involvement

N1, N2, N3: Involvement of regional lymph nodes, i.e. number of nodes affected and extent of spread

#### **Distant Metastasis (M)**

MX: Distant metastasis cannot be evaluated

M0: No distant metastasis

M1: Distant metastasis is present

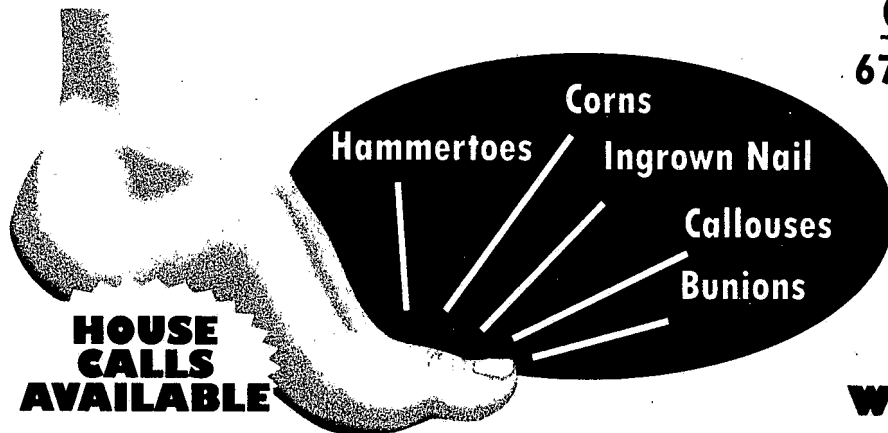
Cancer staging can help save lives and provide reassurance to patients. While it's not a foolproof method, it is one internationally recognized and used to be sure the best treatment options are provided.

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# Healthy and quick breakfasts for busy school mornings

Breakfast has long been referred to as the most important meal of the day. It is beneficial for students heading off to school to enjoy a meal before they catch the bus.

Studies have found that children who eat a healthy breakfast have higher energy levels and better learning abilities than similar students who do not eat breakfast. Harvard University researchers found that those who eat breakfast are significantly more attentive in the classroom and have fewer behavioral and emotional problems.

Many families find that time is not in abundance in the morning when they are getting ready for school or work. As a result, breakfast might be skipped in an effort to get to work or school on time. But families can skirt the issue of time with a few on-the-go foods the whole family can enjoy.

\* Individually packaged yogurts make a healthy and quick meal for anyone in the family. A good source of protein and calcium, yogurt is also filled with helpful bacteria that promote digestive health.

\* Microwaveable convenience foods come in various shapes and sizes. Choose the healthiest options among them, such as whole-wheat or multigrain waffles or pancakes. These foods are easy to heat and eat on-the-go.

\* Keep a container of fresh fruit salad in the refrigerator. A bowl of mixed fruit is refreshing and healthy.

\* Whole grain granola bars that feature fruit and nuts can be a quick meal and a satisfying snack.

\* Smoothies made from fruit and yogurt are fast and can be stored in portable cups to take in the car on the way to school.

\* The cereal aisle at the local grocery store is filled with healthy breakfast options. Cereal manufacturers are increasingly reducing the sugar and boosting the fiber content of popular brands. It doesn't take long to enjoy a bowl of cereal, even one topped with banana slices or a few strawberries.

\* Whip up a fast egg sandwich. Saute egg whites in a frying pan and place between two slices of toasted whole wheat bread.

\* Make a batch of low-fat, high-fiber muffins over the weekend. Grabbing a muffin and a banana is an easy breakfast.

\* Instant oatmeal is available in a number of flavors and is a very healthy and filling breakfast option.

\* Create parfaits with layers of vanilla yogurt, fruit and granola.

\* Use a sandwich or panini maker



to create homemade breakfast tarts. Fill bread or pitas with fresh fruit or peanut butter and use the cooker to seal them shut.

For families who simply can't get in the breakfast swing of things, many schools participate in breakfast programs. If children are routinely missing breakfast at home, find out how to enroll them in breakfast served at school.

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Health experts have long been professing the "back is best" mantra to new parents. As it turns out, the back also may be best for adults. Placing an infant to sleep on his or her back is essential to reducing the risk for Sudden Infant Death Syndrome and has been part of the advice given to new parents for decades. Sleeping on one's back can also be ideal for improving the health of older children and adults, offer sleep experts. Misalignment of the body during sleep can put strain on different areas of the body, most especially the spine, neck, shoulder, hips and jaw. Stressing these areas can affect how you feel the next day. People who cannot find a comfortable sleeping position also may have trouble drifting off to sleep in the first place.

**Sleeping on your side is the second-best sleep position behind sleeping on your back for optimal health.**



# Strike a pose

## *for better sleep*

Although mattress and pillow comfort, room temperature, noise levels, and the level of darkness play a large role in getting a good night's sleep, sleep position can also help or hinder the quality of sleep.

Sleeping on the back is the preferred position if a person wants to improve personal health. The advantages to resting on the back are numerous. Sleeping on your back enables the spine, head and neck to remain in a neutral position, alleviating or preventing strain on these areas of the body. Those with acid reflux may find sleeping on their backs helps reduce symptoms, especially if the head is slightly elevated with a fluffy pillow.

Back sleeping is also good for preventing premature wrinkling. That's because nothing — like a pillow or mattress — is pressing up against the face for a long period of time. Some medical experts also say that sleeping on the back supports a woman's

breasts.

Sleeping on the back is not good for everyone, however. Heavy snorers or people who suffer from sleep apnea should avoid this position because the tongue can fall inwards and block the breathing passage.

It isn't advisable for pregnant women to sleep on their backs, either. This is because the weight of the uterus when lying on the back is placed on a large blood vessel called the inferior vena cava, reducing the flow of blood back to the heart. This in turn may staunch blood flow to the fetus. It is best for pregnant women to sleep on their left sides, or at least place a pillow under the right hip to slightly angle the body toward the left, which promotes stronger blood flow. Side sleeping is the next best position if the back is not comfortable.

According to experts, the worst positions for

sleeping are the fetal position or on the stomach. This is because these positions cause the body to be curved in unnatural shapes that can strain the spine and neck. Arthritic people may be in agony the next day.

Although people spend significant portions of their lives asleep, few give sleep much thought until it becomes a problem in their lives. The Better Sleep Council says sleep is essential to health, and people should strive to get 7.5 hours of sleep every day.

There are tips for promoting better sleep, which include maintaining a consistent sleep schedule, avoiding eating or exercising close to bedtime, and reducing factors that diminish one's ability to fall asleep. Choosing a more healthy sleep position can be one of the things people do to get a better night's sleep.

## Walk, run, bike and visit All Saints and The Preserve cemeteries just minutes from Clarkston

Walking and running are great exercises for toning up and building endurance. For those who want to enjoy a beautiful, peaceful setting with no threat of congested traffic adjacent to one of the county's most picturesque lakes, we invite you to All Saints and The Preserve cemeteries. We're just over the Clarkston border in Waterford.

A good brisk walk or healthy run will increase your energy and can help you adhere to a regular exercise regimen. Our own employees will often spend their lunch hour or breaks walking our grounds, and each morning, weather permitting of course, you can be sure that there will be some of your neighbors doing the same on our property.

In essence, All Saints and The Preserve is a local treasure. Similar to many of our wonderful state, county and local parks, the grass here is a deep shade of green and the grounds are populated by nature of all shapes

and sizes, in both animals and flowers. You'll see deer, hear frogs and smell the flowers in the spring and summer.

We're located at Andersonville Road where White Lake and Nelsey Roads meet. To the east it is bordered by Maceday Lake. Many of our runners like to warm up by the lake and the walkers will sometimes pause there to watch the sunrise or look across the lake at the glow from the sunset. The property rises from the lake which gives the walkers and runners an added push during the course of their workout. It also provides a beautiful sunset.

The early morning and late evening hours are the busiest with walkers and runners taking advantage of our well-maintained and carefully manicured property. One lap around All Saints Cemetery is just less than two miles and there are always new areas to explore.

In early October we had the internal roads repaved throughout our properties so your walk is even smoother than before – practically as smooth as a treadmill in your basement with the added environmental beauty.

The Preserve Cemetery, which sits adjacent to our All Saints property to the south, is a new and growing concept, but one that is unique to this area. Here everything is natural with little if any impact on the environment. This is referred to as a "Green Cemetery" with many of our plants and flowers

indigenous to the state of Michigan.

And while the term "green" refers to the concept used for natural burial, it might as well refer to the sharp green colors that are all around you during the warmer parts of the season.

Everything at The Preserve is natural from the flowing creek that runs through the property to the field stones that mark the memorial site of those interred in the visitation areas. The Preserve includes benches and bridges and is the only "green" or natural burial site in southeastern Michigan.

The trails throughout this developed portion meander around the first phase of this property. The rolling landscape, tall grasses, and protected marshland provide a home for wildlife and native plants. Roughly five acres of this parcel are developed.

All Saints Cemetery opened in 1979 and serves all Christian faiths. It was designed as a memorial park which is obvious as you move through the grounds. There are areas that have family upright memorials starting at as few as two spaces.

The Garden of the Apostles is comprised of crypts that accommodate above ground interments. The Garden of the Saints is a columbarium created for interment and memorialization for those who prefer cremation.

We are happy to work with families of any Christian faith for their preplanning or

at-need, but anyone and everyone is welcomed to visit us and walk our grounds. Our family service counselors are available to conduct seminars for groups or individually on burial preplanning to ensure peace of mind for you or your loved ones. We can also help to educate you about other pre-burial topics such as cremations.

With so many stories circulating about underfunded, poorly maintained, and abandoned cemeteries in the news lately, it's comforting to know that Clarkston and its neighboring communities have a cemetery that offers so many choices with an emphasis on maintaining the highest quality property. All Saints and The Preserve are open and welcoming to individual or group walkers, area churches, non-profits and more. In fact we offer our properties to any groups that want to hold fundraisers or walks.

All Saints and The Preserve Cemeteries are part of the Mt. Elliott Cemetery Association which has been serving the metro Detroit area and southeastern Michigan since 1841. We are committed to making sure that your loved ones are memorialized in an appropriate and elegant way.

If you want to learn more about us, visit [www.mtelliott.com/all Saints](http://www.mtelliott.com/all Saints) or [www.mtelliott.com/thepreserve](http://www.mtelliott.com/thepreserve). You can also call All Saints Cemetery at 248-623-9633.

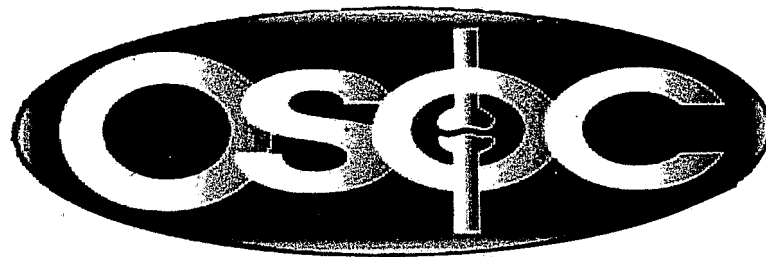
# Beauty that's Naturally Michigan

## Visit us at The Preserve at All Saints Cemetery

Rolling hills, picturesque views and peacefully tranquility – that's what you can experience at The Preserve at All Saints Cemetery in Waterford, the only "green" and natural burial site in southeastern Michigan.

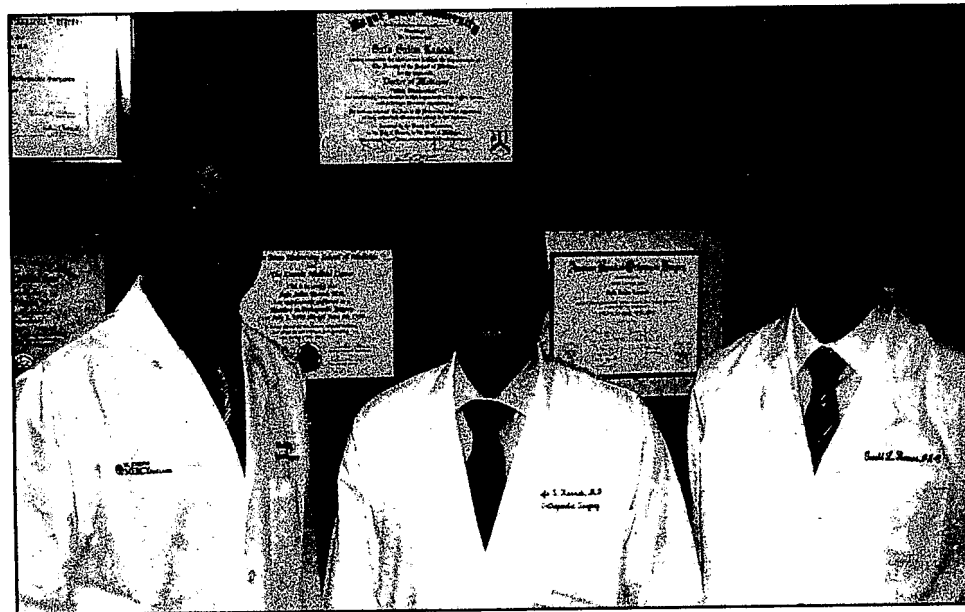
Sitting beautifully on Maceday Lake, The Preserve adjoins to natural woodlands and memorializes you and your loved ones in an environmentally-friendly way. Take a tour, a walk, ride your bike or just come view the property in the early morning or before sunset. We offer pre-planning options for individuals and families.

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# Tweens and Teens: Need a different kind of medical care than children

Some parents stop taking their children to the doctor for well-child checkups once the shot schedule tapers off.

If your child is a teen or tween, gone are the days when he/she was placated by a lollipop after a doctor's visit. Now you likely have to badger or bribe him/her to see the doctor or outright drag them to medical appointments. Even more challenging for parents is making sure the doctor is a good match for the growing child's needs, medically and emotionally.

After a childhood of doctors' visits aimed at preventing disease and tracking developmental milestones, teens and preteens need a different level of medical care. "We move from a prevention model to a sick model,"

says Jessica Kimball, D.O. Most teens, she says, "don't consult doctors regularly unless they are sick or need physicals for sports participation or jobs."

The well visit model should continue. "All adolescents should see their health care provider at least once a year," Dr. Kimball says. During those visits, your teen or preteen's doctor not only should evaluate your child's physical and mental health and any need for immunizations but take the time to discuss school performance and social issues. This is great for doctor-patient counseling about problems that plague kids – for example, peer pressure, eating habits, and drug/alcohol education.

Enlisting a doctor who really understands teens can ease the process of



turning over the medical reins. Is it easy? The answer is no, but Dr. Kimball can make it easier for your tweens and teens to learn how to take

responsibility for their own healthcare and to help establish healthy practices when they are on their own.

## A NEW CHOICE IN MEDICAL CARE

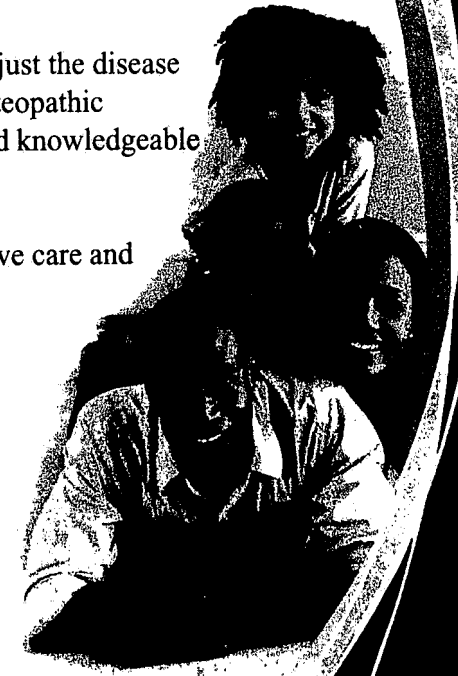
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# Understanding adult ADHD

Thanks in part to widespread media coverage of Attention Deficit Disorder and Attention Deficit Hyperactivity Disorder among children, many inaccurately assume these conditions are exclusive to children. However, there are adults who experience similar symptoms.

ADD and ADHD are often misunderstood and misdiagnosed. Characteristics of both conditions can be carried over into adulthood. ADD is the colloquial name given to the ADHD condition when hyperactivity or impulsive behaviors are not present. However, the American Psychiatric Association formally recognizes ADHD as the clinical term for all attention deficit or hyperactivity issues.

Adults who have trouble concentrating at work, feel they can never get fully organized or remember to keep appointments actually may be experiencing ADHD. Many adults carry over ADHD

tendencies from childhood. If the disorder was not diagnosed during childhood, an adult may not know he or she has it.

The National Institute of Mental Health offers that roughly 4 percent of the adult U.S. population has ADHD. Of those people, around 40 percent have severe symptoms.

Just like children, adults can be assessed by a mental health professional to see if ADHD may be the culprit behind some of their problems. This person will use a ratings system to see if the person meets the diagnostic criteria for ADHD. Questions about childhood behaviors may be asked and a psychological test may be conducted.

It can be important for an adult to receive a confirmation of ADHD, because only then can he or she begin treatment. This may include medications or behavioral therapy to alleviate symp-

toms.

Left untreated, ADHD can have a profound impact on quality of life. Many adults with the disorder find it is difficult to pay bills or manage money, leading to financial problems. Others may miss appointments or have trouble performing on the job. Behavioral issues may be frowned on by supervisors and seen as bucking the system.

Adolescents and adult students may experience many of the same hurdles as younger children in school. The inability to concentrate or behave in a classroom setting can compromise learning ability and advancement. Adults with ADHD may find the disorder has negative effects on a marriage or other relationship. Getting a firm diagnosis can help the patient and the other person work on a system that helps them function and promote the relationship.

## Symptoms of ADHD

Adults can experience impulsivity and hyperactivity and be easily distracted. Impulsivity in adults may include behaviors such as gambling or drinking, promiscuity or engaging in verbal outbursts.

Hyperactivity is showcased through restlessness and fidgeting. A person may not be able to stay still for long or possibly have a nervous tick.

With distractibility, adults may not be able to focus on one task, jumping from thing to thing and leaving projects unfinished. Boredom may come frequently.

Recognizing the symptoms of adult ADHD can mean faster diagnosis and treatment options that can restore quality of life.

## GREEK YOGURT

*a popular, healthy snacking option*

Health trends often come and go. What's healthy today might be considered detrimental tomorrow. And foods that are widely viewed as unhealthy today could very well be seen as beneficial down the road.

One food that has increasingly gained the support of fitness gurus and medical professionals alike is Greek yogurt. Yogurt itself is one of those foods that seems to have its strong supporters, who recognize its nutritional value, as well as its detractors, who find its texture too unappealing to stomach.

Different from traditional American-style yogurts, Greek yogurt boasts a thicker texture than other yogurt counterparts. Greek yogurt also



provides a host of benefits that go beyond its more agreeable texture.

\* Greek yogurt packs a heartier protein punch. Greek yogurts typically provide significantly more protein than American-style yogurts. Protein serves the human body in many ways, helping build healthy bones, muscles, cartilage, and skin. Protein-heavy diets are currently "in," though it's important to consult a physician as to just how much protein is ideal for each individual. Still, a typical 6-ounce serving of Greek yogurt can provide as many as 15 grams of protein. That's as much as three times more protein than a 6-ounce serving of American-style nonfat yogurt.

\* Greek yogurt is not as sweet. Many people try to minimize their daily consumption of sugar. Overconsumption of sugar can negatively affect the skin, leading to more wrinkles; compromise the body's immune system by making it harder for white blood cells to fight illness; and contribute to weight-related illnesses, including diabetes.

While the amount of sugar in a 6-ounce serving of yogurt is relatively negligible, Greek yogurt typically has half the amount of sugar as its American-style counterparts. Much of this is due to the texture of Greek yogurt and how that texture is achieved.

To get its distinctly thicker texture, Greek yogurt is made by repeatedly straining the whey off yogurt. A

significant amount of sugar is removed during this process. As a result, Greek yogurt does not have nearly as much sugar as American-style yogurt.

\* Greek yogurt could help conquer intestinal problems. Nearly 60 million Americans suffer from irritable bowel syndrome, a highly uncomfortable condition characterized by abdominal pain and discomfort. Until a person with IBS has a bowel movement, the pain can be intense.

Greek yogurt is minimally processed and isn't heat-treated, providing the body with lactobacillus organisms that are easier to digest, improving intestinal health as a result. In addition, the acidophilus and lactobacillus organisms present in Greek yogurt can reduce diarrhea and help women prevent vaginal yeast infections.

Men, women and children who aren't comfortable eating traditional American-style yogurt might want to try Greek yogurt. In addition to being a healthy snack, fans of Greek yogurt often find its texture similar to that of a dessert, giving them the welcomed feeling that they're indulging while still enjoying a healthy snack.

Most men and women can vividly remember those childhood moments when their parents insisted they drink their milk. Kids are often told milk helps create strong bones and healthy teeth and therefore should be an integral part of a healthy diet.

But does drinking milk offer such great benefits? While the consensus opinion toward milk and dairy products remains similar enough to that of yesteryear to keep milk and dairy in the U.S. Department of Agriculture's official food pyramid, alternative pyramids not produced by USADA are beginning to suggest that dairy is perhaps not as essential to human health as people have been led to believe.

In their food pyramid, researchers at the Harvard School of Public Health suggest that milk is not an essential part of a healthy diet. In fact, Walter Willett, MD, PhD, a professor of epidemiology and the head of the nutrition department at the Harvard School of Public Health, feels the USADA recommendation to drink low-fat milk was misguided in that it inferred doing so could reduce the risk of bone fractures. However, Willett notes there is little evidence supporting that milk consumption reduces fractures.

So is milk a wolf in sheep's clothing? Not exactly. In fact, milk remains a great source of a handful of important nutrients, including calcium, potassium and vitamin D. Each of these nutrients is considered important to bone health, and deficiency in these nutrients is common among those who do not drink milk. Since milk is also a good source of potassium, it can also help fight high blood pressure. For example, if men and women consume lots of salt and don't get enough potassium, then their risk for high blood pressure is likely to increase. Of course, an alternative solution in such a case is simply to reduce salt consumption.

But the problem with relying on milk and dairy products in general as the primary source for calcium, vitamin D and potassium is the quantity of milk that must be consumed to get the recommended daily value of these nutrients. For instance, to get the recommended daily value of vitamin D solely from milk would require the consumption of roughly 10 glasses of milk per day. Because milk is relatively high in calories (one cup of 2 percent milk has 138 calories), it can be unhealthy to drink 10 glasses of milk per day. What's more, men, women and children can get calcium and potassium

from things other than dairy products. Many fruits and vegetables, for example, are a great source of potassium and don't pack the caloric punch of dairy products.

The Harvard School of Public Health pyramid also notes the value of supplements to a daily diet. For those who don't like dairy or those who are trying to lose weight and don't want to worry about the extra calories that come with dairy products, supplements of vitamin D and calcium are an easy way to get the recommended daily value without having to count calories.

As much as men and women might remember parents insisting they drink their milk, it's not the milk itself that offered the health benefits. Instead, it was nutrients like vitamin D, calcium and potassium that made Mom and Dad insist their kids drink milk. These nutrients can be found in a host of low-calorie foods and supplements that haven't necessarily made milk obsolete but have made it easier for men and women to stay healthy even if they never have another glass of milk.

For those who continue to enjoy a tall glass of milk, choose low- or nonfat varieties to get the benefits of milk without the fat, cholesterol and calories.

## Has milk become obsolete?



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## Does late-night eating cause weight gain?

The correlation between late-night eating and weight gain has been studied and debated for quite a while. Although common sense might suggest there is a connection, there is no statistical proof to confirm the claim.

Many of the studies involving late-night eating have been conducted on lab mice or on people who are deemed "late sleepers," not necessarily on people who routinely eat the biggest or most caloric meals late in the day.

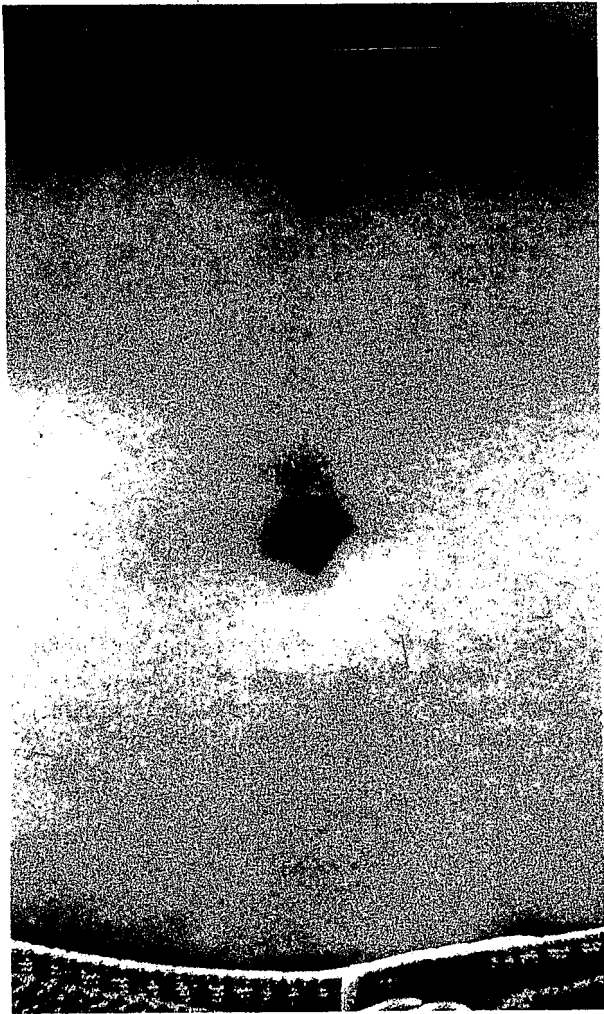
Those who are dieting are routinely told to cut off meals after 7 or 8 p.m. to improve metabolic rates and reduce weight gain. Although it would seem to be good advice, there is no definitive scientific research that equates eating at night to weight gain.

The speculation behind the eating and weight gain connection has to do with metabolism and human evolution. Humans evolved from situations where they ate and foraged between sunrise

and sunset. There were no video games to play at night, no TV shows, and certainly no refrigerators to raid for late-night snacks. The body simply adapted to getting the bulk of its caloric intake in between daylight hours.

Furthermore, people tended to be their most active during the day, when calories consumed could be burned off through exercise or daily activity. At night people tended to simply be lying around relaxing or sleeping. The calories can't be burned off.

Others debate that this is a myth, that calories consumed are simply calories. Limiting caloric intake — no matter what time it occurs — will help a person lose weight. That's because it limits the number of calories a person will need to burn off. Routinely eating several small meals a day can stave off hunger pangs and reduce the propensity for overeating or eating out of boredom at night.



# Women: Find out the benefits of regular exercise

The health benefits of regular exercise and physical activity are hard to ignore. If you are looking to feel better, lose weight and inches and perhaps even live longer 30 minutes of exercise everyday is a great way to start. What kind of exercise options are there?

Research shows that women who maintain a regular, moderate strength training program benefit from a long list of health advantages. Gaining muscle increases your metabolism which helps burn fat. Gaining more muscle helps fight obesity and makes you stronger. Nautilus makes a weight circuit that is made for women and is easy to use. Using this equipment regularly can reduce your risk of diabetes, heart disease and ease arthritis and back pain. Weight training can begin at any age.

Hiring Certified Personal Trainers is another great way to lose weight and inches. Finding the right trainer is important to help you meet your individual fitness goals. Certified trainers teach you the right form and techniques and it is all about YOU!

Have you ever tried group exercise? Group exercise classes will challenge you beyond your perceived limitations and helps keep you accountable. The music, variety of classes and social interactions

offer physical and psychological support. Group classes include Zumba, yoga, pilates, kickboxing, step, weight training and more. Try one, you'll get in shape and have FUN!

Don't forget to detoxify your body while losing weight in an infrared sauna. Studies indicate the benefits of infrared saunas are: increased energy levels, improved skin conditions, reduce stress, helps with cellulite, aids in sinus and asthma relief reduces pain in sore muscles and provides relief from arthritis and fibromyalgia.

You may have a gym in your area that offers one or two of these options but there is a gym near by that offers all this and more. Fit Zone for Women of Waterford, Grand Blanc and Livonia are full service Women's only gyms. (See the ad below for contact information).

The friendly and comfortable atmosphere along with Nautilus strength and cardio enables women to have their own individual workouts. Whether you are a member or visiting guest you will be properly adjusted and instructed on all of the equipment. Experience the Fit Zone difference, call today for your free 7 day trial membership. No contract memberships and now 24 hour access is available.

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# Foods may trigger migraines

Aged cheese and dairy are common triggers for migraine headaches.

Many factors, including food, can contribute to the onset of migraine headaches. However, migraine headaches remain a mystery to migraine sufferers and medical professionals alike. Researchers have studied the effect of foods on the genesis of a migraine, and some foods have proven to be repeat offenders when it comes to triggering the headaches.

Chemical components of certain foods may play a role in why they cause headaches to occur. Also, the effect certain foods have on the body may also be instrumental. For example, alcohol tends to thin the

blood, which can increase blood flow to the brain. Furthermore, alcohol is a diuretic and can dehydrate the body, another headache trigger. Although everyone reacts differently to alcohol, whiskey, red wine, champagne, and beer are the most common alcoholic migraine triggers.

#### Tyramine

Foods that contain tyramine may also trigger migraines. Tyramine is a naturally-occurring compound often present in many plants and animals. It

can also form from tyrosine — an amino acid found in a variety of foods — when those foods are fermented, or start to decay. Tyramine can have effects on the adrenal gland, which triggers the “fight or flight” reaction in the body. This elevates the heart rate, increases blood pressure and increases the amount of adrenaline and other substances in the blood. All of these factors may trigger a migraine.

Aged cheese, preserved meats and other items that have been fermented are prime sources of tyramine. They can be reduced or avoided if it seems



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these foods play a role in migraines.

### Additives

Chemical additives may be used in foods to preserve freshness or modify flavor. Some people report headaches from monosodium glutamate (MSG), but there is no definitive research linking MSG to headaches. However, heavily processed foods may affect people who suffer from migraines in different ways.

Cured and processed meats, such as hot dogs and sausage, will contain additives. Additives are present in many convenience foods, such as frozen and packaged dinners, as well. Processed cheese may have additives as well as high levels of tyramine, making them a double threat.

Whenever possible, migraine sufferers should limit processed foods and choose fresh foods to minimize exposure to chemical additives.

### Other Triggers

There are other foods beyond those with tyramine or additives that may trigger headaches as well.

Dairy products are often a cause of allergic reactions in people. Dairy may contribute to the overproduction of mucous in the sinuses, which can

create pressure and lead to migraines.

Published surveys have found that after cheese, chocolate, alcohol, bananas, and citrus fruit are the most common triggers of migraines. These foods may influence the release of serotonin, causing constriction and dilation of blood vessels, or directly stimulate areas of the brain such as the trigeminal ganglia, brainstem and neuronal pathways. The result is a propensity for migraines.

Caffeine products are triggers for some people, while others find caffeine helps them find relief. That is why caffeine is sometimes paired with a pain-relief medication for faster efficacy.

The World Health Organization estimates there are more than 20 million migraine attacks occurring worldwide every day. Women are three times as likely to suffer migraines than men. Individuals who experience migraines should keep a food diary to determine if foods are playing a role in attacks. A migraine can come on 20 to 25 minutes after a certain food or beverage is consumed. Learning which foods frequently trigger migraines might help sufferers who avoid these foods reduce the frequency of migraines.



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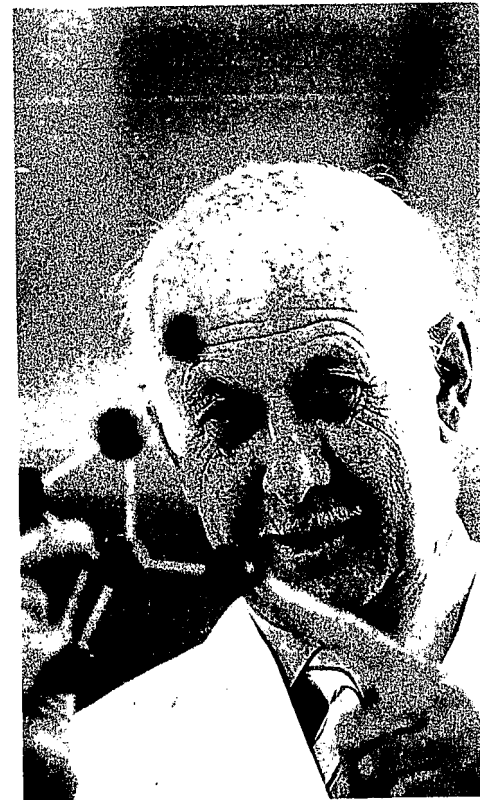
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# What to do when sickness strikes while traveling

Before going on vacation, few people consider what might go wrong. Instead, travelers are understandably preoccupied with all the exciting things that await them on their travels.

For some travelers, however, what awaits is memorable for all the wrong reasons. Getting sick while traveling is something no traveler expects and, as a result, few are prepared for sickness when it strikes. Insect-borne diseases and gastrointestinal illnesses are some of the major health risks for travelers, particularly those visiting developing nations. Whether traveling for business or pleasure, travelers should heed the following advice, courtesy of the Centers for Disease Control and Prevention, should an unexpected illness rear its ugly head while away from home.

**Don't put off seeing a doctor.** Some people simply refuse to see a doctor. While men and women might know their bodies well enough to make it through ailments at home

without seeing a doctor, it's best not to take any chances when traveling, especially when traveling in a foreign country. Travelers should see a doctor immediately if:

- They experience diarrhea and a fever 102 F or above.
- They experience bloody diarrhea.
- Fever or flu-like illness appears when visiting a malaria-risk area.
- They get in a car accident.
- They are bitten or scratched by an animal.

**Drink plenty of fluids.** When experiencing diarrhea, travelers will lose a lot of body fluids. To combat this loss, drink plenty of clean water and other fluids. Regions with little infrastructure, including those with no plumbing or outhouses, and those where electrical capacity is minimal often make it difficult to adequately refrigerate food, increasing the risk of disease. Travelers visiting such areas are, therefore, more susceptible to illness like diarrhea. If diarrhea does occur, replace fluid loss

with an oral rehydration solution, or ORS. It's typically not too difficult to find an ORS in stores and pharmacies in developing countries. Just be sure that when adding water the water has been treated or boiled.

**Consult staff or crew immediately if illness strikes while in transit.**


Symptoms of illness don't always manifest themselves right away. Sometimes it happens when in transit. Travelers who are on a plane and suddenly stricken with illness should tell a crew member immediately. Respiratory illnesses or any illness characterized by lots of coughing might prompt the crew to request the ill passenger wear a surgical mask. This is to protect fellow travelers and the crew and should not be taken as an insult. Instead, travelers should be mindful of other passengers and cooperate with the crew as much as possible.

If on a cruise ship or a boat, the ship will likely have a medical facility on board. It could just be seasickness,

something the crew aboard the cruise ship will likely be adept at handling. If the condition is something more serious, the crew might arrange to move a sick passenger to a hospital at the next stop. Whatever the case, contact staff or crew immediately. A typical crew has seen it all before and should be completely capable of handling a sudden illness.

**Contact any insurance providers.** Travelers who purchased evacuation insurance should contact their provider the moment any trouble arises. Have the name and telephone number of the provider on hand at all times. It's also a good idea for individuals to have the contact information for their standard healthcare provider with them when traveling. Some travelers might be covered even when traveling overseas.

*More information is available at [www.cdc.gov](http://www.cdc.gov).*



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# Winter wonderland weather can dry your skin

As the warm weather months come to an abrupt end, rapidly approaching is that period of time each year that requires us to bundle up, and prepare ourselves for the inevitable cold season.

Some recognize this as the time that entails the much anticipated spreading of holiday cheer. This may include several family get-togethers, holiday parties, and social events. For many, it truly is the most celebrated time of year. Whether it is reserved for family tradition, or perhaps an annual reconnection with a particular group of friends, the ever increasing pressure to look our best is intensified during this season. As most would agree, looking our best promotes feeling great, which in turn projects a positive attitude as well as heightened self esteem and confidence.

Although an exciting time, the bitter winter weather in Michigan averages a temperature of about twenty degrees. This can create optimal circumstances to trigger those unwanted, uncomfortable, dry skin conditions such as Eczema and Psoriasis. Those affected can surely testify that the brittle and bumpy display of these conditions can have a negative effect on

one's self esteem, as well as the overall discomfort they cause. Luckily, there are several ways for individuals to be proactive in preventing the unpleasant and sometimes embarrassing appearance of dry skin. According to Dr. Wendy L. McFalda, identifying and avoiding exacerbating factors, will aid in keeping itchy, rough, and sometimes painful, conditions at bay. It is best to follow these simple rules:

**Shorten Bathing or Showering Time:** Use warm, rather than hot, water and try to limit bathing time to 10 minutes or less.

**Mild soaps or Cleansers:** Choose soaps that clean without excessively removing natural oils.

**Dry your Skin Carefully:** Simply pat yourself dry with a towel after bathing, or rapidly brush your skin off with the palms of your hands to remove excess water.

**Moisturize Daily:** A thick, over-the-counter moisturizer, such as Cerave or Eucerin, applied promptly after bathing will provide a seal over your skin to keep water from escaping

Some cases, however, will require the help of a Dermatologist to determine a di-

agnosis and manage symptoms. If you're unsure if assistance is needed, here are a few instances to help identify when it is time to see your doctor.

You are so uncomfortable that you are losing sleep

Your symptoms are distracting you from your every day routine

You suspect your skin may be infected  
Your skin is painful

You've tried the above noted steps for self care with no success

It is important to understand that early, effective treatment will help prevent conditions from worsening. The more severe it becomes, the more difficult it is to control.

\* \* \*

This holiday season, you may be interested in making your New Year's resolution to say goodbye to muffin tops and love handles. Clarkston Dermatology is proud to offer the latest in non-invasive fat reduction. CoolSculpting® is the coolest, most innovative, non-surgical way to lose those annoying bumps and bulges of stubborn fat. This revolutionary technology targets and cools unwanted fat cells in the

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CoolSculpting is completely non-invasive, it's safe, FDA-cleared and effective.

Results look natural and can be seen as early as three weeks following treatment, with the most dramatic results after one to three months. This ensures perfect timing to show off your newly sculpted figure for the holiday season.

As you prepare to celebrate the holidays, remember that the difference is in the details, and healthy, attractive skin promotes a happier you. Whether your visit with us is clinical or aesthetic, the staff at Clarkston Dermatology is here to assist in all of your skin care needs.

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# Discover the most germ infested room in the house (and it's not the bathroom)

Considering the nature of a bathroom, people generally think that most germs reside there. However, kitchens tend to be the most germ-filled room in the average home, and many kitchen items and surfaces can harbor bacteria and viruses that make people sick.

Although the average toilet bowl has 3.2 million bacteria per square inch, according to the Centers for Disease Control and Prevention, frequent disinfecting and cleaning of the bathroom helps reduce germ infestation. According to health expert Dr. Joseph Mercola, there could be up to 200 times more fecal bacteria on your kitchen cutting board than on your toilet seat. Even a kitchen tabletop contains an average of 344 bacteria per square inch compared to 295 per square inch for a toilet seat.

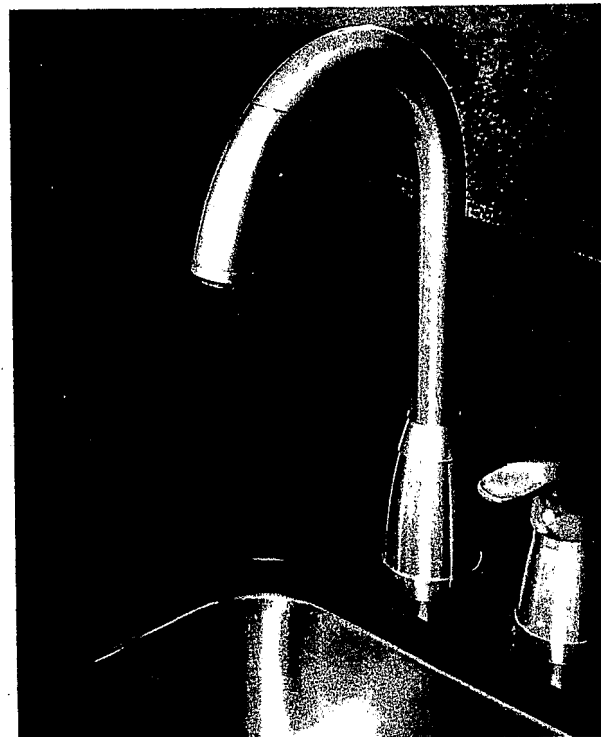
Unless people are considering cooking and eating meals in their bathrooms, it may be time to examine the germ-ridden areas of the kitchen and start cleaning.

**Cutting boards:** Even the best-billed cutting boards can scratch or gouge, creating crevices where

bacteria thrive. Also, because cutting boards are used for a wide variety of cutting tasks, there is a high likelihood of cross-contamination between raw animal products, seafood and vegetables. It's a good idea to routinely sanitize the board by running it through the dishwasher or cleaning with soap and water and then a small amount of a bleach/water solution.

**Sponges and rags:** The tools of cleaning in the kitchen tend to be some of the most germ-ridden. There are roughly 134,630 bacteria/square inch on a kitchen sponge or cleaning cloth. It is easy to spread these germs to "clean" dishes and surfaces by using a germ-y sponge for cleaning up. Ideally sponges should be replaced after one week of use. Sponges that remain wet or have leftover organic matter on,

**Kitchen sinks are notorious spots for germs to reside and thrive.**



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them, like bits of food, tend to breed germs fast. Disinfect a sponge in the microwave for 30 second to a minute or run it through the dishwasher. Use one sponge for dishes and one sponge for cleaning the kitchen to prevent more cross-contamination.

**Kitchen faucet and surfaces:** Using dirty hands to turn on the water in the kitchen can make grime and germs collect on this surface. Use a disinfecting product to clean the faucet, countertops and inside of the sink frequently.

**Drains:** Not all of the water in a drain seeps out. This moist area, usually enhanced with bits of food or other organic material, provides a ripe environment for germs to grow and thrive. Baking soda is a good freshener and cleaner that is also relatively safe for the environment. Use it to disinfect drains and remove odors.

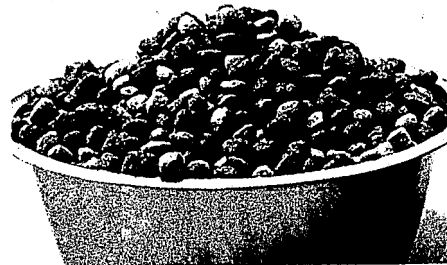
**Doorknobs, light switches, phones:** Many people fail to wash down knobs and switches as frequently as they should. A kitchen phone can have 133 bacteria per square inch and should also be wiped down. Antibacte-

rial wipes are good for this type of quick cleaning. A rag with a diluted solution of bleach is also effective.

**Pet food bowls:** Although pet bowls should be thoroughly washed every day, some people do not do so. The rim of bowls can harbor a lot of germs. In addition to causing illness in people, they may make pets sick. Routinely run the bowls through the dishwasher to rid them of bacteria.

A bleach-and-water solution is one of the most effective all-purpose cleaners. Just use caution on surfaces or materials that you don't want stained.

Remember, some bacteria are good and necessary for human life. Therefore, don't go around making the house ultra-sterile. Otherwise it can disrupt the natural balance of bacteria and actually lead to more illnesses.



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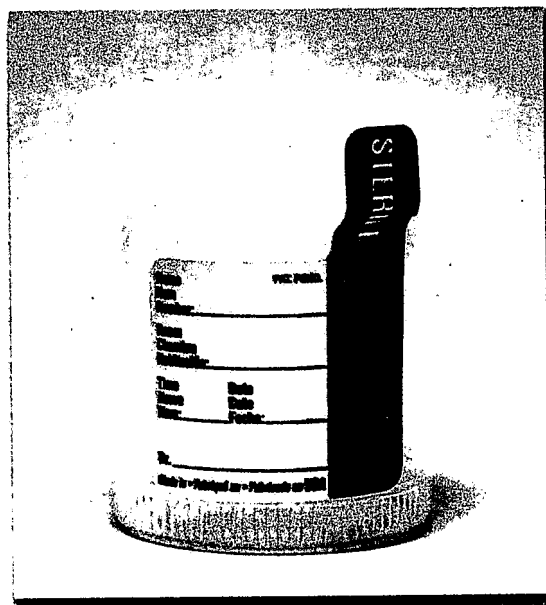
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## Possible ways to reduce risks for cataracts

While doctors still don't know what causes cataracts, there might be ways men and women concerned about their eyes can reduce their risk for cataracts. Though the following tips can't guarantee a person won't get cataracts, they might just help individuals reduce their risk.

**\* Address existing medical conditions.** Certain medical conditions increase a person's risk of getting cataracts. These conditions include diabetes, high blood pressure and obesity. Men and women with diabetes should closely follow their treatment plan to reduce their risk of cataracts. Those who are obese or have high blood pressure should adopt a healthier lifestyle to lose weight and lower their blood pressure.

**\* Get routine eye examinations.** Routine eye examinations can help doctors find cataracts and additional visionary ailments at their earliest stages. Should any sudden changes, such as blurriness or double vision, occur, visit an eye doctor immediately.

**\* Maintain a healthy weight.** As mentioned above, obesity is a risk for

cataracts. But men and women who can maintain a healthy weight with daily exercise and a healthy diet might reduce their risk for cataracts.

**\* Adopt a healthy diet.** A healthy diet will ensure people are getting enough vitamins and nutrients. Such a diet should include plenty of fruits and vegetables, which are loaded with antioxidants that may prevent damage to the eye's lens. A healthy diet will also help men and women maintain a healthy weight and can also help them successfully manage any preexisting conditions.

**\* Wear sunglasses.** Excessive exposure to sunlight can increase a person's risk of cataracts. When going outside during the daytime, wear sunglasses that block ultraviolet B rays.

**\* Stop smoking.** Smoking can lead to a slew of medical ailments and can even be tied to cataracts. High blood pressure is a risk for cataracts, and men and women who smoke should know that smoking has been linked to high blood pressure. By quitting smoking, individuals are reducing their risk for a host of ailments, including cataracts.

## Men can drink to good prostate health

An apple a day may keep the doctor away for the general population. But men looking to avoid serious types of prostate cancer, a cup of coffee a day could be a good option.

A recent major study by Harvard researchers published in *The Journal of the National Cancer Institute* found that men who drink 6 or more cups of coffee each day have a 60 percent lower chance of contracting lethal cases of prostate cancer. Those who drink 3 or more cups a day have a 30 percent lower risk. In general, heavy coffee consumption lowers men's risk of developing any type of prostate cancer by 20 percent over 20 years.

Insulin might play a role in prostate cancer formation. Coffee is high in antioxidants and also regulates glucose metabolism and insulin levels. This could be the correlation between high quantities of coffee and low occurrences of prostate cancer and other cancers.

The cause-and-effect component of coffee and prostate cancer is still hard

to identify completely. The insulin factor and coffee's effect on type 2 diabetes could be just one component. But compounds in coffee also have effects on sexual hormones that may also play a role in prostate health.

This study comes on the heels of a Swedish study that found women who drank five or more cups of coffee per day decreased their risk for a particularly aggressive form of breast tumor.

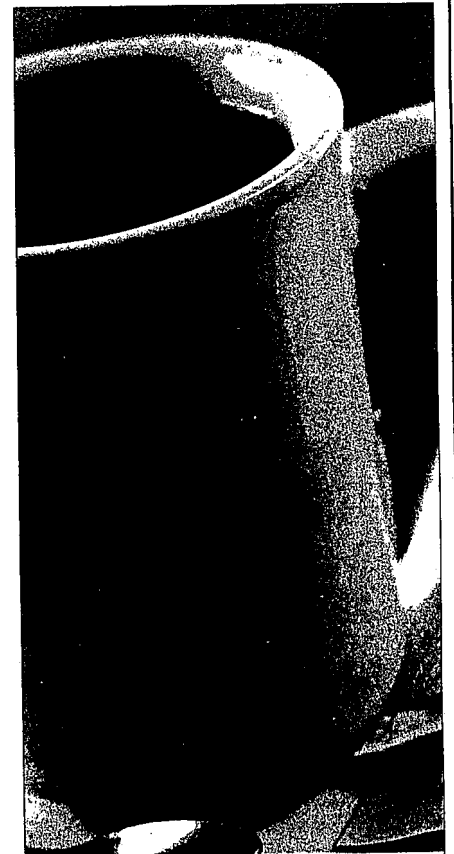
CORE Oncology reports that prostate cancer is the second leading cause of cancer deaths among American men. The National Prostate Cancer Coalition says that prostate cancer represents 30 percent of all new cancer cases in American men, while the Canadian Cancer Society says that, in 2011, an estimated 25,500 Canadian men will be diagnosed with prostate cancer and 4,100 will die of it. It is the most common form of cancer cases among men in Canada.

Although the detriments and benefits of coffee have long been debated, more and more scientists and

medical professionals are touting the medical benefits of coffee. Along with its link to warding off certain cancers, coffee has been associated with lower risk of Parkinson disease, type 2 diabetes, gall stones, and even depression. Coffee may also help prevent muscle pain and weakness associated with vigorous athletic workouts.

More research needs to be conducted to further strengthen the link between coffee and reduced risk for prostate cancer. Although medical professionals have yet to advocate increasing coffee consumption, researchers say that moderate coffee drinking is likely not a contributor or harmful in terms of prostate cancer development.

**Coffee may be instrumental in preventing prostate cancer, including some of the more lethal varieties of the disease.**



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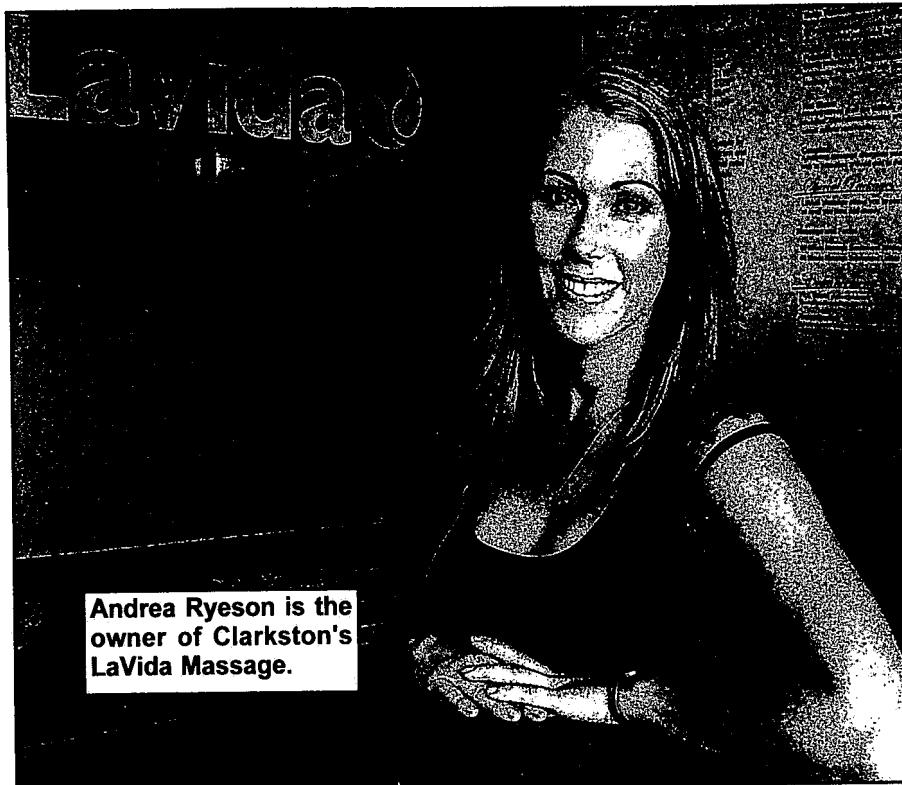
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Andrea Ryeson is the owner of Clarkston's LaVida Massage.




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