



# Economic crash has consumers paying cash

BY KAREN SMITH  
O&E STAFF WRITER

If there's a silver lining to the dark economic clouds hanging overhead, it's that people are going back to paying for their purchases with cash instead of credit.

"I think there is a movement; I think part of it has been forced on people (by the tightening credit market)," said financial planner Rick Bloom, author of the column Money Matters in the *Observer & Eccentric Newspapers*.

But that's not a bad thing, Bloom said.

"I think Americans got addicted to easy credit," he said. "If you can only pay the minimum payment, you can't afford the item."

Living within your means

— spending less than you earn — is an old-fashioned lifestyle that provides peace of mind, said bankruptcy attorney Michael D. Lieberman of Southfield.

"The ability to sleep at night is the way I look at it," Lieberman said, adding that overspending adds a lot of needless stress to households and marriages.

But, if you're used to pulling out the plastic, how do you make the transition to paying for everything with cash?

Start by tracking every dollar you bring home and every dollar you spend for three to six months, Bloom said. That way you can identify where you can cut back your spending.

"Families need to create a budget, and the numbers have

to be realistic," Lieberman said, adding that it comes down to discipline. "It's knowing what you have and not spending more than you have; if you don't have it, then you shouldn't spend it."

Bloom said it's OK to watch expenses closely, even if it means appearing "cheap" to family members and friends.

"I'm tight with a buck, and I don't have a problem admitting that to people," Bloom said. "To me, that's one of the things people have to get over."

Candy Wright, manager of the immediate counseling group for GreenPath, a nonprofit credit counseling service with offices in Troy, Southfield and Farmington Hills, said it's more important during a bad economy

for people to have a budget and stick with it. With overtime and bonuses no longer a given, people must adjust their lifestyles to match their regular take-home pay.

She said budgets aren't set in stone and can be adjusted as necessary. "It is something that's a work in progress," she said.

If you have credit card debt, your budget will need to include monthly payments to get out of debt. "Make sure you know who you owe and start working on a plan to get out of debt," Wright said.

Once you've tracked your expenses and cut them back to where they're less than your take-home pay, it's time to build an emergency fund of three to six months' worth of living expenses.

"Too many people don't have an emergency fund," Bloom said, adding that people have been using their home equity lines of credit when they unexpectedly have to buy a new furnace or make repairs to a car.

The next step is to do a personal and family balance sheet listing all assets and liabilities, including upcoming debts, to help you reach your long-term financial goals.

"I don't think you can make sure where you're going if you don't know where you're starting from," Bloom said.

Lieberman said following such principles will keep people out of bankruptcy court.

"It's very simple, very basic. But it's good advice," he said.

ksmith@hometownlife.com | (248) 901-2592

## LIVING WITHIN YOUR MEANS

Follow these steps to move from living off credit cards to paying with cash for everything:

- 1) Track every dollar you bring home and every dollar you spend for three to six months.
- 2) Develop a realistic budget, cutting out unnecessary expenses so that you spend less than you bring home. Stick with your budget, remembering that the trade-off is trouble-free sleep and a stress-less household.
- 3) Build up an emergency fund of three to six months' worth of living expenses.
- 4) Develop a personal and family balance sheet listing all assets and liabilities, including upcoming debts, to help you reach your long-term financial goals.

An exceptional home-like setting for Active/Alert, Memory Impaired, Frail/Recovering and Alzheimer's residents.



**Crystal Creek**  
Assisted Living

STATE LICENSED

- 24 Hour Professional Staffing
- Private/Semi Private/Barrier Free
- 3 Home Cooked Meals A Day
- On Call Nurse Practitioner
- Planned Activities
- Wander Secured/Enclosed Courtyard
- Medication Management
- Daily Housekeeping & Laundry
- Incontinence Management
- Beauty & Barber Shop

**CANTON**  
**(734) 453-3203**  
8121 Lilley, Located between Joy & Warren Roads

# Fugitive wanted in 2004 Westland arson captured

A former Westland man who had eluded authorities for four years was arraigned on arson charges Friday after he was captured in Minnesota, police Sgt. Todd Adams said.

The 25-year-old man is wanted on charges he and another defendant, who already did jail time, started two laundry room fires in April 2004 at Willow Creek Apartments, a Westland com-

plex that was evicting them, Adams said.

Nobody was hurt during the fires.

The latest defendant was captured a few weeks ago after he was arrested for driving drunk in Minnesota, where authorities learned he had a warrant out for his arrest. He had been living in North Dakota, Adams said.

The defendant was arraigned Friday by new

18th District Judge Mark McConnell, who set a \$25,000 cash bond, entered a not-guilty plea and scheduled a Jan. 15 preliminary hearing, which will determine whether the man should stand trial.

The defendant was charged with arson of an occupied dwelling and arson of real property. The first charge is punishable by 20 years in prison; the second charge by 10 years.

## DR. MARTIN LUTHER KING, JR. POSTER AND ESSAY CONTEST

What does Dr. King's vision of unity look like? The City of Westland is encouraging local youth to participate in the city's annual Dr. Martin Luther King, Jr. poster and essay contest.

Students who attend the Wayne-Westland Community Schools and/or live in Westland can submit a poster which honors Dr. King. Students should use a standard-sized poster board

and include their name, address, phone number, as well as the name of their school and grade. Essays cannot exceed 500 words and must also include the contact information.

Posters and essays must be dropped off at Westland's government access channel, WLND, at 33455 W. Warren Road, 9 a.m. to 5 p.m. Monday through Friday or the Bailey Recreation Center at 36651

Ford behind Westland City Hall.

All essays and posters must be received by Jan. 9. The three poster finalists and the essay winner must be available to attend Westland's Martin Luther King Day Ceremony slated for 9:30 a.m. Monday, Jan. 19, at the Annapolis Park Church of Christ, at 30355 Annapolis. For more information, call (734) 467-3200.

Celebrate National Yoga Day USA at St. Joe's!

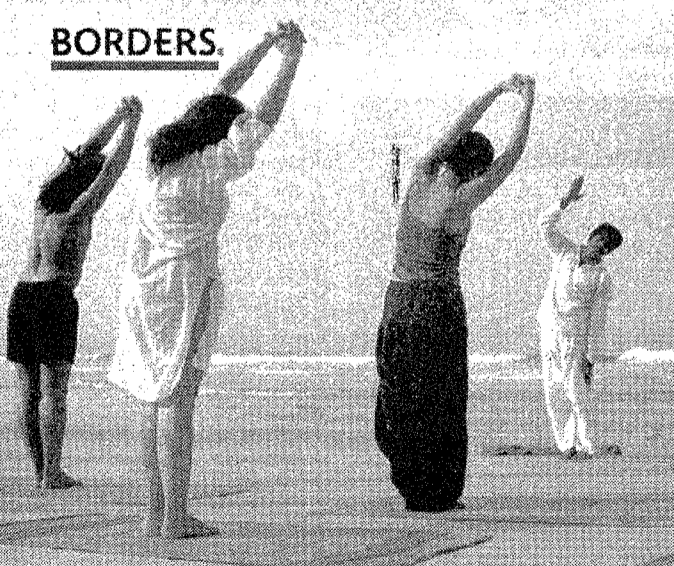
**SAINT JOSEPH MERCY HEALTH SYSTEM**  
A Member of Trinity Health

**Saturday, January 24, 2009**  
8:30 a.m. - Noon

Ellen Thompson Women's Health Center  
5320 Elliott Drive • Ypsilanti, MI  
on the campus of St. Joseph Mercy Ann Arbor

Yoga Day USA is a national history-making celebration where yogis, novices, couch potatoes and tri-athletes, young, old and everyone in between join together to stretch mind, body and spirit through the practice of yoga.

**BORDERS.**



- LAUGHING YOGA
- GENTLE YOGA
- BALL YOGA
- HEALTHY BACKS
- POSTNATAL YOGA
- VINYASA
- CHAIR YOGA
- GUIDED RELAXATION

**EIGHT UNIQUE YOGA WORKSHOPS FOR ALL AGES AND SKILL LEVELS**  
FIRST COME / FIRST SERVE BASIS

Yoga merchandise available  
Dress comfortably and bring a yoga mat or a firm blanket. Light refreshments.

For workshop schedule and registration, call or pre-register online at

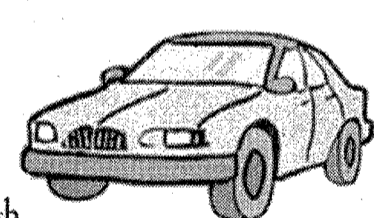
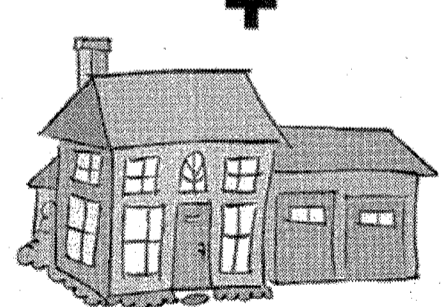
**800.231.2211 / sjmercyhealth.org**  
FREE donations accepted

\*All donations benefit Catherine's House, a program of Saint Joseph Mercy Health System providing emergency food, clothing, home supplies and personal care items to those in need.

REMARKABLE MEDICINE  
REMARKABLE CARE

We have "No Problem" saving you money.

When you insure both your car and home with us, through Auto-Owners Insurance Company, we'll save you money! Stop in, or call us today for a "No Problem" insurance check-up.


**Auto-Owners Insurance**  
Life Home Car Business  
The "No Problem" People®

**METRO AGENCY, INC.**  
"THE PERSONAL TOUCH"  
Insurance

Best Possible Premiums. Happy Customers Since 1959.

32646 Five Mile Road • Livonia, MI 48154  
734-555-3900  
www.metroagency.net

# From Sri Lanka, with love

## Volunteers - and Mitch Ryder - help orphans

BY JAMES MITCHELL  
STAFF WRITER

They went to help an orphanage in a Third World war zone, but one of the first questions people asked Tara Rony and her fiancé, Keith Kohler, was whether they got married while overseas.

"It was an unofficial celebration," said Rony, a 34-year-old physical therapist from Plymouth. "My Sri Lankan family wanted to be part of it."

It was Rony's second visit to the Grace Care Center, a home for children and elders in Trincomalee, a port town in the Sri Lanka's troubled northeast. In August 2005 she went to Grace for the first time with volunteers from VeAhavta, the nonprofit organization that established and maintains the seven-acre complex.

Rony and others from southeast Michigan have been involved since shortly before the December 2004 tsunami, which further devastated a region traumatized by poverty and a 20-plus-year civil war.

She'd learned about the efforts to help the children and elders through friends at St. Joseph Mercy Hospital, and continued her involvement to include her recent trip and helping to plan a fund-raising concert in January.

"I was inspired by the people who had been there," Rony said. "I wanted to do some type of mission work, and something was just right about this place."

### GIVING SHELTER

Grace Care Center shelters 74 orphan children and 51 destitute senior citizens, and offers vocational training, a day care for village preschoolers, and other programs. Since the tsunami, reconstruction and the renewed



SUBMITTED PHOTO

Tara Rony and Keith Kohler's "wedding" in Sri Lanka this year included fellow VeAhavta volunteer Ben Roxberry and the orphan children of Grace Care Center.

conflict resulted in soaring costs, and VeAhavta volunteers hope to locate sponsors for the children and elders, and to fund projects designed to minimize the reliance on donations.

"They want to find ways to be more self-sufficient," said Rony. "But there aren't a lot of options."

In spite of the harsh environment, Grace Care Center's appeal to visitors lies in the charm of the children and spirit of hope found at the orphanage. When it was learned during their visit that a 2009 wedding was planned for Rony and Kohler, it was quickly determined that a "ceremony" of sorts was in order.

"In less than a week they threw together a wedding," Rony said. "They decorated chairs with hand-written poems and flowers."

The "wedding" may have been more ceremony than matrimony, but the familial spirit at Grace, Rony said, is what kept her involved with VeAhavta since first visiting the orphanage.

"They just take you in," Rony said. "They feel so fortunate and thankful, they just truly appreciate people."

Kohler, a 36-year-old architect, heard more than a few Grace stories since meeting Rony after her initial trip. Everything she tried to describe lived up to his expectations.

"There's definitely a pres-

ence there, I got that right away," Koehler said. After a bumpy ride north from capitol Colombo, losing count of the military checkpoints stopped at along a desolate road, Koehler understood the potential of the peaceful seven acres against the threats of war and poverty.

"It was just amazing," Koehler said. "When we arrived, we were given these flowers. I was just overwhelmed by the happiness of the people."

### MUSIC FOR A CAUSE

Rony and Koehler spent more than week at the orphanage, meeting new friends and confirming the commitment that keeps them working, connecting, or even planning concerts to help VeAhavta maintain its promise. Next month, Motor City music legend Mitch Ryder (*Devil With a Blue Dress On*) will join local band Blues Infusion for "Give Love," a concert to benefit VeAhavta.

Fittingly, the concert will gather old friends to help fund new dreams for the orphanage. Blues Infusion - a group including doctors from St. Joseph Mercy Hospital - previously opened for Ryder during a 2007 fund-raising show. Ryder also performed during a post-tsunami fund-raising campaign in South Lyon.

"I'm amazed at the dedication these people have, and the relationship they've formed with these brave chil-

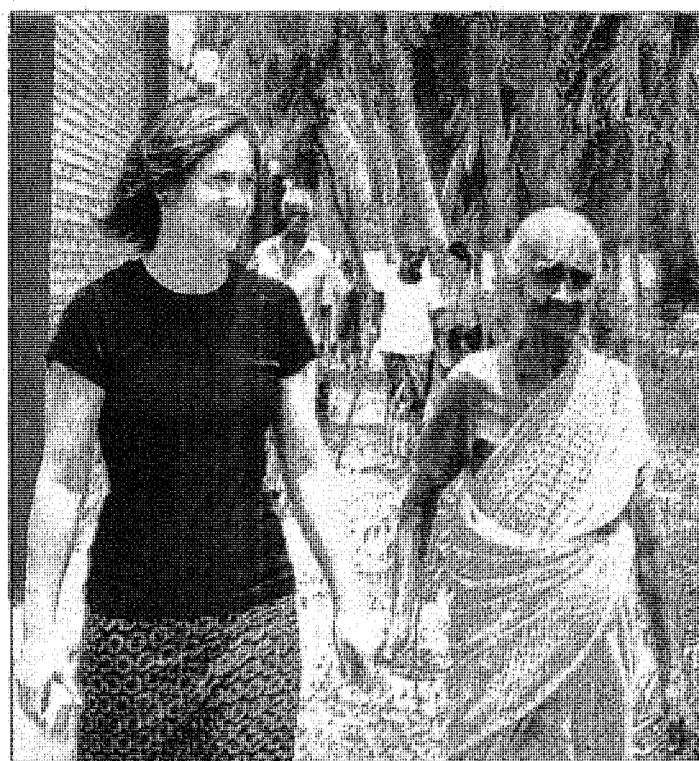


PHOTO BY JAMES MITCHELL

Physical therapist Tara Rony enjoyed a walk around the grounds with one of the elders of Mercy Home, a residence for destitute senior citizens at the Grace Care Center orphanage in Sri Lanka. Rony and other Michigan volunteers are hosting a fund-raising concert in January to benefit the orphanage, featuring Blues Infusion with special guest Mitch Ryder.

dren and senior citizens in Sri Lanka," said Ryder. "It's an honor to perform for an organization that works so hard on

their behalf. Their bond with children on the other side of the planet gives a lot of hope for a troubled world."

### 'GIVE LOVE' CONCERT INFO

- **What:** "Give Me Love," a benefit concert for the Grace Care Center orphanage
- **When:** 5 p.m. Sunday, Jan. 18 (program, concert begins at 5:30); tickets \$25 (\$15 for students)
- **VIP reception:** 4 p.m., tickets \$100
- **Where:** Morris Lawrence Building, Washtenaw Community College, Ypsilanti.
- **Tickets:** Available at [www.you-shall-love.org](http://www.you-shall-love.org)

Along with an on-stage guest performance, Ryder will appear at a pre-show reception for VIP ticket holders. Ryder and author James A. Mitchell will autograph copies of *It Was All Right: Mitch Ryder's Life in Music*, a biography of the Detroit Wheels singer published this year by Wayne State University Press, with proceeds going to the Grace Care Center.

For information about VeAhavta, visit [www.you-shall-love.org](http://www.you-shall-love.org).

[jamitchell@gannett.com](mailto:jamitchell@gannett.com) | (248) 437-2011

**NOW OPEN IN CANTON!**

# icomputers

**"If we can't fix it-NOBODY can"**

## \$35 DIAGNOSTIC FEE

**(Goes towards repair/service bill Same day diagnose of problem)**  
*Some exceptions apply*

- Built to order Servers
- Desktop & Notebooks
- Parts & Upgrades
- Networking
- Remote View Surveillance Cameras

Warren	Center Rd.	
Hanford		icomputers
Ford Road		Same Price as Domino's Pizza

6120 Canton Center Road • Canton • 734-404-5617 Fax 734-404-5618  
9886 Belleville Road • Belleville • Across from Meijer's • 734-699-4999  
Hours: Mon-Sat 10-7 pm Closed Sunday

# Put Your Money To Work!

Need a safe place to put your money where you'll earn a great return? Come to Co-op Services Credit Union, where your money works for you!

- IRAs (great for 401k rollovers)
- Certificates of Deposit
- On-site financial advisor
- Great rates
- Variety of terms
- NCUA insured

Visit our website or call today for more information!

**CO-OP SERVICES CREDIT UNION**  
Banking, the Credit Union Way!

www.cscu.org • 800-321-8570  
Dearborn • Livonia • Melvindale • Southgate  
Walled Lake • Westland

\*APY = Annual Percentage Yield. Rates are subject to change. IRA Certificates require a minimum \$500 deposit. Penalty may be imposed for early withdrawal. For more details, please visit [www.cscu.org](http://www.cscu.org).

# AFTER CHRISTMAS BLOW OUT SALE

First Come, First Served  
Now thru January 5<sup>th</sup>

## SAVE 50-70% STOREWIDE

- ★ Christmas Trees ★
- ★ Christmas Lights ★
- ★ Christmas Decorations ★
- ★ Roping, Wreathes & Garland ★
- ★ Department 56 Villages & Christmas Scenes ★
- ★ Indoor & Outdoor Figures: ★  
Santas, Snowmen, Angels & More!

### Don't miss these HUGE SAVINGS!

Sunday: 12-5 • Monday: 10-8  
Tuesday, Thursday & Saturday: 10-6  
Friday: 8-8 • Closed Wednesday

Beautiful, thoughtful gifts

874 West Ann Arbor Rd., Plymouth • 734.459.7410

# KRUTSCH

Mechanical & Construction Services

**- SINCE 1926 -**

## Fast 24-Hour Emergency Service

Authorized Rheem® Dealer

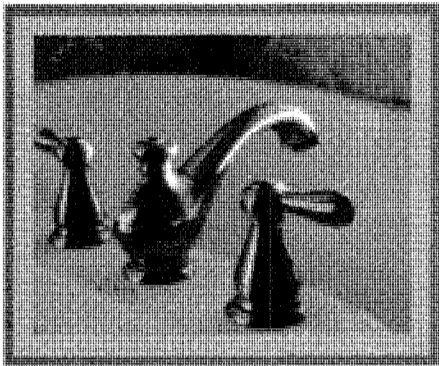
# 1-313-561-2500

A lot has changed since our company opened for business in 1926. As we move into our 82nd year, we are proud to be growing into an employee-owned company all of whom take great pride in their work.

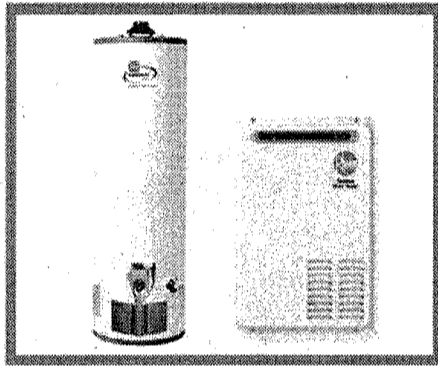
We are now offering complete home remodeling with services ranging from heating/cooling, electrical and plumbing to kitchen and bathroom remodeling. We offer full services from new porch additions to backyard patios to basement playrooms.

*Bob McNeil, President, Krutch Mechanical Services*

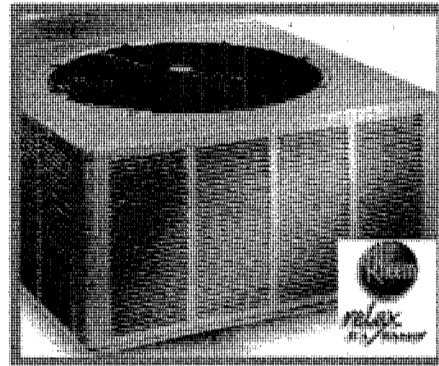
### PLUMBING



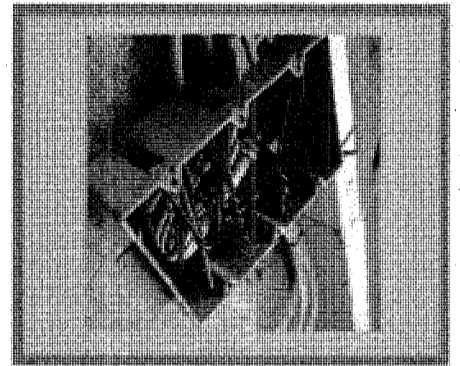
### HEATING



### COOLING



### ELECTRICAL



For 81 years, area families have been relying on Krutch for all their heating and cooling needs. Together with Rheem®, one of the world's leading manufacturers of residential air conditioners, heat pumps, furnaces and hot water systems, we are your #1 source for total home comfort.

**Any Service Call**  
**\$48**  
**Every Tuesday & Wednesday**

Not valid for residential diagnostic fee. One coupon per customer. Must be presented at time of purchase. Coupon not valid with any other offer. Expires 02-01-09.

**\$52 OFF**  
**Any Plumbing, Heating, Cooling or Electrical Repair**

Not valid for residential diagnostic fee. One coupon per customer. Must be presented at time of purchase. Coupon not valid with any other offer. Expires 02-01-09.

**\$250 OFF**  
**Rennai**  
**Tankless Hot Water Heater**

One coupon per customer. Must be presented at time of purchase. Coupon not valid with any other offer. Expires 02-01-09.

**Electrical Panel Upgrade**  
**Starting at**  
**\$695**

One coupon per customer. Must be presented at time of purchase. Coupon not valid with any other offer. Expires 02-01-09.

**Kitchen & Bath Room Remodeling**  
**Up To...**  
**\$1000 OFF**

One coupon per customer. Must be presented at time of purchase. Coupon not valid with any other offer. Expires 02-01-09.

**Installation of a Rheem® Hi-Efficiency Heating & Cooling System Up To...**  
**\$1000 OFF**

One coupon per customer. Must be presented at time of purchase. Coupon not valid with any other offer. Expires 02-01-09.

**KRUTSCH**  
 Mechanical & Construction Services  
**- SINCE 1926 -**

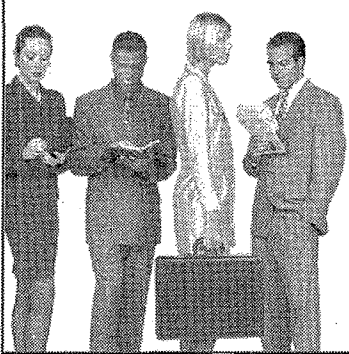
*Two offices to serve our Wayne County customers:*

6252 Monroe Taylor

26943 W. 8 Mile Redford Twp.

**24-hour hotline: 734-282-1022**





# Guide to Employment

To place your ad here contact us at [careers@hometownlife.com](mailto:careers@hometownlife.com) or call 734-953-2079



CHECK OUT THESE EXCITING CAREER OPPORTUNITIES! For even more opportunities see our "award winning" classified section!

**5000-5990**  
**Employment**  
 Illustration of two people talking.

**Help Wanted-General 5000**  
**DIRECT CARE ASSISTANT**  
 Meaningful work. Assist persons we serve in their home and community. \$8.30 per hr. plus good benefits. Call: 248-960-9657, 248-437-7535 248-946-4425

**Help Wanted-General 5000**  
**Employment Training Specialist II**  
 City of Southfield  
 Interview participants; assist in resolving problems with brief counseling sessions; refer for appropriate services. Must possess a Bachelor's Degree in Social Work, or Counseling, Master's Degree preferred and a Certification and/or License in counseling or social work, plus 2 years related work experience. Must have a valid driver's license and a good driving record. Pay range: \$35,595 - \$42,520, plus benefits.

**Help Wanted-General 5000**  
**LEASING CONSULTANT**  
 For retirement community in Westland. Enthusiastic, pleasant, energetic, a real go-getter. Training provided. Full-time with Saturdays. Compensation includes benefits and 401K. Fax resume to 734-729-9840 Equal Opportunity Employer

**Help Wanted-General 5000**  
**RECEPTIONIST**  
 W. Bloomfield Hair Salon. People person. Part Time. 248-538-1234

**Help Wanted-Medical 5060**  
**CAREGIVERS**  
 Experienced Live-ins only. 2-4 days per week. 248-350-8700

**Help Wanted-Medical 5060**  
**Medical Assistant**  
 w/exp. 32 hrs/wk. Internal Medicine Practice, Livonia. Fax resume: 734-464-9797

**Help Wanted-Medical 5060**  
**PHLEBOTOMY EDUCATION**  
 Saturday accelerated classes beginning in February, 10-4pm. Garden City; \$925, incl. book. (313) 382-3857

**Help Wanted-Sales 5120**  
**Sales**  
 A Multimedia Co. hiring amped individuals to sell and work with live sound equipment. Co. vehicle. Paid training with earning potential. Call 734-207-0317

**Help Wanted-General 5000**  
**APPOINTMENT SETTER**  
 Ideal for anyone who can't get out to work. Work from home PT, schedule pickups for Purple Heart. Call 9-5, M-F 734-728-4572

**IT'S ALL AT YOUR FINGERTIPS!**  
 Illustration of a person pointing at a screen.

**Apply by 5:00 p.m. on Friday, 1/16/09 at: City of Southfield HR Dept. 26000 Evergreen Rd. Southfield, MI 48076**  
 For more information and to download a general employment application: [www.cityofsouthfield.com](http://www.cityofsouthfield.com)

**Help Wanted-Dental 5040**  
**Dental Assistant**  
 Our progressive dental practice is seeking a motivated, energetic, career-oriented well qualified dental assistant to join our team. You must share our dedication to uncompromised care and top notch service for our great patients. Top FT salary, incentives and benefits are yours if you qualify. Fax resume to: 248-336-7901 or email: [lovingdentistry@aol.com](mailto:lovingdentistry@aol.com)

**Help Wanted-Medical 5060**  
**Medical Receptionist**  
 IHA's Cherry Hill Associates in Internal Medicine is accepting applications for a part time Medical Receptionist. This position greets and assists our patients, answers phones and checks-in/out patients. We require previous experience working in a medical office with excellent customer service and solid computer skills. Email your resume to: [mary.czinski@ihacares.com](mailto:mary.czinski@ihacares.com) or apply online at [www.ihacares.com](http://www.ihacares.com)

**Help Wanted-Medical 5060**  
**Medical Assistant**  
 Full-Time. Must have 3+ years Exp. in EKG, PFT, & injections. Must have excellent computer skills. 248-649-8060 or Fax: 248-649-8057

**Help Wanted-Medical 5060**  
**Medical Billers**  
 Billing service seeks exp'd Billers. Great salary, full benefits. Fax resume to: 248-478-5307

**SENIOR NURSE**  
 IHA's Commonwealth Associates in Internal Medicine in Ann Arbor is seeking a full-time highly-skilled and experienced Senior RN. The position has responsibility for Clinical Quality Improvement, performing as a clinical resource and providing patient education. Must be licensed to practice in the State of Mich. Interested candidates should e-mail their resume to: [amanda.gibson@ihacares.com](mailto:amanda.gibson@ihacares.com) Fax: (866)282-8067 or apply online at [www.ihacares.com](http://www.ihacares.com)

**Education/Instruction 5600**  
**NEW YEAR, NEW CAREER!**  
 Short term career programs in Medical Billing/Coding, Pharmacy Technology and Computer Training including Microsoft Certification programs begin soon at New Horizons CLC-Livonia/Troy Call: 1-866-307-1436 Financing options and Job Placement assistance available-Grants accepted. VA Training provider. Associate member of MI Works.

**Call to place your ad at 1-800-579-SELL(7355)**  
**CAREGIVERS, PART-TIME & LIVE-INS**  
 Experience preferred. Plymouth, Canton, Westland. Comfort Keepers 734-771-7404

**LOOK NO FURTHER FOR THE BEST LOCAL CLASSIFIED!**  
 TO PLACE YOUR AD: 1-800-579-7355

**Southfield**  
 EOE/Drug Free Workplace

**MORTGAGE PROCESSOR**  
 Credit Union has immediate opening for an Exp'd. FHA Processor in Farmington Hills. Fax resume: 248-932-9366 or Call: 1-888-392-0009 x19

**Help Wanted-Medical 5060**  
**Accounts Payable Assistant**  
 Major responsibilities include processing check requests, expense reports, monitoring vendor payments, coding invoices with appropriate general ledger accounts. Bachelor's degree required; min. 2yrs exp; Full Time position, located in Farmington Hills. Applicants must be very detail oriented and organized. Submit salary requirements and resumes to [hrjobs@visitingphysicians.com](mailto:hrjobs@visitingphysicians.com) Applicants without salary req. will not be considered.

**NEW YEAR! BE YOUR OWN BOSS**  
 Searching for independent, outgoing and resourceful individuals who want unlimited income potential. Bring in the New Year with a New Career. CALL TODAY! 800-889-9001

**Office Support/Dispatch**  
 Support staff needed at our VPA Diagnostics office in Southfield. Medical Assist background, basic computer skills, attn to detail, multi-tasking, good driving record, and office abilities. EKG and Holter knowledge a plus. Fax resume :248-479-0798 or email [hrjobs@visitingphysicians.com](mailto:hrjobs@visitingphysicians.com)

**Jobs**  
 Autos  
 Real Estate  
 Apartments  
 Garage Sales  
 A Top Notch Service  
 Necessary!  
 The best local classifieds!  
 1-800-579-7355

**DIRECT CARE ASSISTANT**  
 Assist persons we serve in residential settings. Feel good about your work. \$7.65 total plus good benefits. Livonia: 734-469-4523 734-469-4519, 248-474-0283

**TO PLACE YOUR AD: 1-800-579-7355**

**GYMNASTIC INSTRUCTORS**  
 Needed to help with after-school programs Mon-Thurs. Experienced only. Call 734-560-7943 or email [jump-a-rama@sbcglobal.net](mailto:jump-a-rama@sbcglobal.net)

**Real Estate Pros**  
**CALL TODAY!**  
 800-889-9001

**Medical Receptionist**  
 IHA's Cherry Hill Associates in Internal Medicine is accepting applications for a part time Medical Receptionist. This position greets and assists our patients, answers phones and checks-in/out patients. We require previous experience working in a medical office with excellent customer service and solid computer skills. Email your resume to: [mary.czinski@ihacares.com](mailto:mary.czinski@ihacares.com) or apply online at [www.ihacares.com](http://www.ihacares.com)

**Medical Receptionist**  
 IHA's Cherry Hill Associates in Internal Medicine is accepting applications for a part time Medical Receptionist. This position greets and assists our patients, answers phones and checks-in/out patients. We require previous experience working in a medical office with excellent customer service and solid computer skills. Email your resume to: [mary.czinski@ihacares.com](mailto:mary.czinski@ihacares.com) or apply online at [www.ihacares.com](http://www.ihacares.com)

**Office Support/Dispatch**  
 Support staff needed at our VPA Diagnostics office in Southfield. Medical Assist background, basic computer skills, attn to detail, multi-tasking, good driving record, and office abilities. EKG and Holter knowledge a plus. Fax resume :248-479-0798 or email [hrjobs@visitingphysicians.com](mailto:hrjobs@visitingphysicians.com)

**CLASSIFIEDS WORK!**  
 1-800-579-7355

**Jobs**  
 Autos  
 Real Estate  
 Apartments  
 Garage Sales  
 A Top Notch Service  
 Necessary!  
 The best local classifieds!  
 1-800-579-7355

# Local news.

You don't have to fish for it. It's right here, from the front to the back of your

## Observer & Eccentric

NEWSPAPERS  
 TOTALLY LOCAL COVERAGE!

To subscribe call 866-88-PAPER

# FIND EMPLOYMENT IN THE CLASSIFIEDS

Everything you're looking for is in the classifieds!

"We work for you!"

**Observer & Eccentric**  
 1-800-579-7355 [www.hometownlife.com](http://www.hometownlife.com)

"We work for you!"

**Shoplifter hit with gun**

A Garden City police officer was assisting the Department of Public Services at Merriman and Cherry Hill just after 6 p.m. Dec. 28 when he heard a radio call about a shoplifter at ACO, 132 S. Merriman in Westland. The call also reportedly noted that the suspected shoplifter was being struck in the head with a gun wielded by a second man.

As the officer responded, he spotted a man standing in a driveway on the north side of Cherry Hill while a second man on the south of the street reportedly yelled "he's got a gun" and "that's him."

The man on the north side of the street complied with the officer's orders to lie on the ground and a holstered handgun was found, police said. The officer took the handgun and a knife from the man, a Plymouth Township resident, who had a permit to carry a concealed weapon. The man told the officer he saw the suspect steal batteries from the store and pursued him. Since he couldn't shoot the suspect, the man reportedly said he struck the suspect with his gun.

Garden City officers located the suspect hiding in a garage in the 31000 block of Leona, police said. The suspect, a Ypsilanti resident, and the Plymouth Township man were turned over to Westland police.

**Fire damages Canton home**

A home on the 8300 block of Holly Drive was damaged in a house fire on the morning of Dec. 30.

Fire Chief Michael Rorabacher said the fire, which was reported by neighbors at about 7 a.m., is believed to have been accidental. The homeowner, who was not at the residence at the time of the blaze, might have left the stove on.

"We feel confident that it was an accident," Rorabacher said, adding that between 50 to 60 percent of the home was damaged. "Firefighters were able to enter the home and extinguish the fire rather fast but there is significant damage. The home is not livable."

There were no reported injuries and specific damage estimates are unavailable.

**Home break-ins**

Break-ins were reported at three Garden City homes Dec. 28.

■ A woman who had been

checking on a house in the 31000 block of Rosslyn for family members told police that someone had entered the home through an unlocked window. She said she had last been at the house Dec. 24.

Reported missing were five pocket knives, 10 boxes of rifle ammunition, two gun cleaning kits, a cable box, a vacuum cleaner, 10 Elvis records, two cans of food, 20 bottles of water and five ladies coats.

Based on a can of ravioli, a bag of candy and water found in the living room, police surmised that someone had been sleeping and eating at the house. There had been an unsuccessful attempt to pry the garage overhead door, police said.

■ A resident in the 28000 block of Leona told police that she arrived home Dec. 28 to find the side door had been forced open. Reported missing was a laptop computer and the power cord valued at \$750. The laptop was later retrieved from Inkster police after it was found in the rear yard of a home in the 400 block of Central.

■ The third break-in was reported at a home in the 200 block of Lathers. The homeowner told police she arrived home the evening of Dec. 28 to find the side door forced open. She said the linen closet had been searched but nothing was taken. Missing from her bedroom, she said, was a television, a DVD player and a mother's ring with eight stones, valued at \$1,000.

The television and DVD player, valued at \$320, had apparently been recovered Dec. 27 in Inkster where police were investigating an attempted break-in in that city.

**Larceny**

The owner of Aerospace Innovations, 28919 Seven Mile Road in Livonia, left the office at noon on Dec. 30. When he came back at 10 p.m. that evening, he noticed that his desktop computer and three Playstation 3 game platforms were missing from the office. The police report on the incident noted that there were no signs of forced entry at the business.

**Shoppers caught**

Security officers at the Livonia Wal-Mart were watching when two women came into the store and started picking up makeup, clothing and jewelry as they went through the store. While they paid for some of the items, they left others in their pockets when they went through the cashier aisle.

The two were caught with more than \$120 in items they didn't pay for.

**Snow plows stolen**

Westland police are investigating a rash of thefts of trucks equipped with snow-plowing equipment.

The most recent incident happened between 10:30 p.m. and midnight Saturday in the Fountain Park apartment complex on Newburgh south of Joy, where a 2003 Ford F-350 was stolen, police Sgt. Brian Miller said.

Similar incidents were reported earlier in December at Forest Lane Apartments on Wayne Road between Ford and Hunter, at Waywood Apartments on Wayne south of Warren, and in the area of Inkster and Joy roads, Miller said.

In the Inkster-Joy incident, the truck was found in Detroit, the sergeant said, but the snow plow was missing.

**X-mas diamond ring stolen**

A 31-year-old Canton Township woman filed a report Dec. 26 to document the theft and return of a diamond ring she got as a Christmas gift from her husband.

The woman said that she left the ring in a box near her front door before she left the residence and returned to find it missing. When she asked her roommate, a 47-year-old woman, about the item, the roommate then contacted her daughter, a 22-year-old Ypsilanti woman.

The roommate told officers that her daughter had brought a friend to the residence Christmas day but that she hadn't noticed the theft. The woman said she called her daughter and told her to return the ring by the next morning or she was calling the police.

The daughter then returned the piece of jewelry. The owner of the ring, which is valued at \$300, did not want to press charges.

**Home break-in**

A resident living in the 17000 block of Deering in Livonia came home Monday to find his front door was

hanging open. Checking the house, he saw the back door was left open and found the door had been pried away from its dead bolt. The house had been empty overnight, but at the time of the report to Livonia police, nothing had been reported stolen.

**Man kicks door, flees**

A woman living in the 33000 block of Roycroft heard a knock at her front door Monday night, but no one was there. She then heard a knock at her side door. When she went to check, she saw a black man in his late 20s standing there looking in. As he started to kick at the door, she screamed and scared the man away. Livonia police responded later that night and used a K-9 unit to track the area without results.

**Playstation, rings stolen**

Police were called to a home in the 6900 block of Arcola in Garden City on Dec. 30 about a two suspicious men possibly breaking into a home. The side door to the home had been forced open. The owner was contacted and reported the missing items included a Sony Playstation hand held video game and assorted rings valued at over \$1,000.

A neighbor told police that two men had knocked on his door. When he answered, one man had told him they were looking for a lost dog. The resident was suspicious of the men and attempted to follow them.

Another witness told police he saw the two suspects knock on the front door of the home and then move to the side door.

**MP3 players taken**

Sears loss prevention officers were watching on closed-circuit TV the day after Christmas as a 22-year-old Southfield man picked up two MP3 players in the electronics department and carried them into the men's room. Later, the players were recovered when he tried to leave the store without paying. The two players together were worth about \$160.

**GREAT LAKES DERMATOLOGY**  
**MICHAEL R. COHEN, D.O.**  
 Board Certified Dermatologist  
*Specializing in Diseases of the Skin, Hair & Nails*  
 Invites you to visit and receive the care you deserve.  
 • Skin Cancer • Eczema  
 • Moles • Warts  
 • Psoriasis • Hair Loss  
 • Acne • Botox • Much More  
**Accepting New Patients • All Ages**  
 Call for Appointment 248-324-2222 Evening appts. available  
 Lewis Medical Office Centre, 39475 Lewis Drive,  
 Suite 150, Novi, Michigan 48377.  
 greatlakesderm@yahoo.com

**Mike's Marketplace** OPEN MON.-SAT. 9-9 SUN. 9-7  
 38000 Ann Arbor Rd. *Your Meat & Deli Supermarket*  
 Livonia (734) 464-0330

**Mike's Marketplace FANTASTIC SAVINGS!**  
 SALE VALID JAN 5 - 11

**Fresh Ground Beef GROUND CHUCK** \$2.39 lb. Family Pack

**Lean Tender Boneless DELMONICO PORK ROAST** \$2.99 lb.

**Boneless ENGLISH CUT ROAST** \$2.99 lb. 2 Roast Family Pack

**Fresh Ground Beef GROUND SIRLOIN** \$2.79 lb. Family Pack

**Bone In CENTER CUT PORK CHOPS** \$2.99 lb.

**Grade A Fresh CUT UP CHICKEN** \$1.29 lb.

**Our Own THICK SLICED COUNTER BACON** \$2.39 lb. Family Pack

**USDA Boneless RUMP ROAST** \$3.49 lb.

**Tender Juicy PORK TENDERLOIN** \$2.99 lb. 2 Piece Family Pack

**From The Deli**  
 Lipari Oven Roast **TURKEY BREAST** \$3.99 lb.

Check our website for additional specials! Mikes-marketplace.com

**KITCHEN REFACING**

**\$500 Countertop\*** Includes Installation  
**50% SAVINGS OR MORE!**

**FREE ESTIMATES**

**cabinet clinic**  
 The Leader in Cabinet Refacing  
 West 734-421-8151  
 North-East 586-751-1848  
 www.cabinetclinic.com  
 \* Limited time offer-50 sq.ft. max. with refacing installation

**Fine Arts Academy**

Lessons Offered:  
 Voice  
 Piano  
 Flute  
 Guitar  
 Drums  
 Clarinet & Saxophone

High-quality music instruction for youth and adults  
 Multiple lessons at one location

The Music@First Fine Arts Academy  
 located at First United Methodist Church  
 45201 N. Territorial Road, Plymouth  
 for info 734-453-5280 or  
 fineartsacademy@pfumc.org  
 Fall semester starts September 29th

**Meadow Brook Theatre**  
 A Professional Theatre  
 Located on the Campus of Oakland University

**BEYOND THE RAINBOW**  
 by William Randall Beard  
 January 7 - February 1

Hear all of your favorite Judy Garland songs in the Michigan Premiere of this NEW musical!

Kimberly Vanbiesbrouck from *Menopause the Musical* stars as Judy Garland.

Tickets range from \$24 - \$39

Sponsored by: at&t NEW Assisted Listening Devices provided by TCF BANK Open 7 Days

**Judy Garland's Life Story Live On Stage**

207 Wilson Hall, Rochester, MI 48309  
 Box Office: (248) 377-3300  
 Group Sales: (248) 370-3316  
 ticketmaster (248) 645-6666

**City clears streets**

Livonia residents are reminded that snow clearance of neighborhood streets is the responsibility of the city's public works department, while Wayne County road crews take care of most of the main roads.

Livonia is in charge of snow on neighborhood streets, the half-mile connector roads and four of the main roads — Schoolcraft, Newburgh, Ann Arbor Trail and Levan. In all, that takes in about 360 miles of roadway.

Snow removal or salting the rest of the major roads in the city is the responsibility of the county. Joy, Plymouth, each of the Mile roads (Five Mile, Six Mile, Seven Mile and Eight Mile), Inkster, Middlebelt, Merriman, Farmington, Haggerty and Eckles are handled by Wayne County road crews.

For questions or concerns regarding Livonia-maintained roads, call Livonia Public Service at (734) 466-2655. For issues regarding Wayne County Roads, call (888) ROAD-CREW.

City policy is to plow all streets when any snowfall across the city is four inches or more. To learn more about the city's snow plowing priorities and routes, visit [www.ci.livonia.mi.us](http://www.ci.livonia.mi.us) and go to the DPW Public Service page, then click on snow removal. An outline of the program was recently mailed to residents as part of the Winter Newsletter.

Information regarding snow emergency announcements can be obtained by watching City Channel 8, tuning into Livonia's Emergency Radio Station 1670 AM, local radio and television newscasts, by visiting the City's Web site or by signing up on the Web site for e-mail alerts.

**Veterans wanted**

The Polish Legion of American Veterans Post #166, located at 39375 Amrhein Road, Livonia (at the southeastern corner of Amrhein and Eckles) is seeking new veteran members (the first year is offered free). The Post meeting day is the second Monday of every month (except July and August) and begins at 7:30 p.m. with a light lunch that follows the meeting. Those interested are welcome or contact Roger L. Kehrier at (734) 453-2031.

**Chamber luncheon**

The Canton Chamber of Commerce will host its first networking luncheon of the new year at 11 a.m., Wednesday, Jan. 14 at Summit on the Park. Learn how you can become more involved in the Chamber and how you can make the Chamber work for

you. District Court Judge Mike Gerou will also be swearing in the Chamber's 2009 Board of Directors.

The cost is \$20. Reservations are required. For more information or to make a reservation call the Chamber office at (734) 453-4040.

**Bipolar disorder meeting**

Bipolar disorder can be a devastating illness, both for individuals and for families. It is a chronic disease causing unstable and unpredictable moods. The positive news is that bipolar disorder is treatable, and new research advances are under way.

The University of Michigan Depression Center and the Plymouth District Library will present a Bright Nights forum, "Understanding Bipolar Disorder," from 7-8:30 p.m. Tuesday, Jan. 13, at the library, 223 S. Main in downtown Plymouth.

Dr. Melvin McInnis, M.D., will present a brief overview of the illness from a clinical and genetic perspective.

McInnis is the Thomas B. and Nancy Upjohn Woodworth Professor of Bipolar Disorder and Depression at the U-M Depression Center. His overview will be followed by a specialist panel discussion based on audience questions.

Pre-registration for the free event can be made by calling the library at (734) 453-0750, Ext. 4.

Family members, friends and individuals with bipolar disorder are especially welcome. For more information, visit the Depression Center Web site at [www.depressioncenter.org](http://www.depressioncenter.org) or contact Trish Meyer at [meyerpa@umich.edu](mailto:meyerpa@umich.edu).

**Student artwork honored**



**Habitat honor roll award**

Anne Naszradi (right), an employee in Canton's engineering department, accepts Canton's habitat honor roll award from Bill Craig and George Rinke of the Rouge River Remedial Action Plan Advisory Council (RRAC). Canton is one of three recipients of the award, which annually recognizes efforts to restore or maintain wildlife habitat and/or water quality in the Rouge River watershed. Canton was recognized for improving many of the detention basins in the township, making them more friendly to creatures, while making them aesthetically pleasing and improving functionality. The other recipients this year are the Finnish Center in Farmington Hills for naturalizing their grounds by adding native plants to their landscape, and the University of Michigan-Dearborn's Environmental Interpretive Center (EIC) for its very successful rain garden, which demonstrates ways to use stormwater and native plants on site to benefit wildlife and the watershed.

The Livonia PTSA Council will host two art award programs this week. Both take place at Stevenson High School.

The Reflections program for lower elementary participants is Wednesday, Jan. 7. The event begins at 6:45 p.m. with all of the entries on display. At 7 p.m., the program features high school students who have won awards in the Reflections program in past years. The students, who come from each of Livonia's three high schools, will each present various

art divisions in Reflections. Each of the lower elementary students will be called on stage to receive a certificate.

On Thursday, Jan. 8, participants in grades five to 12 will be honored.

The program starts at with a walk-through gallery at 6:45 p.m. The award presentations will take place at 7 p.m. Entries were judged by the Livonia Arts Commission.

The theme for the 2008-09 Reflections program is "WOW!"

*We get your dentures fitting right the first time!  
We guarantee it!*

- Same Day DENTURES w/Extractions
- CROWNS-\$200 OFF
- FLEXIBLE SOFT PARTIALS

*Get your dental work done before your insurance runs out!*

AMERICAN MADE RIGHT HERE IN LIVONIA!

**Full Set of Dentures From \$380**

Offer Good til December 31, 2008

**APPLE DENTURE CENTER & MORE, L.L.C.**  
28200 West 7 Mile Rd. • Suite 126 • Livonia, MI 48152  
(248) 777-7547

Dr. Michael Blume, D.D.S. Ronald DeLuca, D.D.S.

**Celebrate With Us As The Summit On The Park Turns 13!**

To show our appreciation to Summit members, we're having

**13 Days of Member Appreciation**  
January 5-17, 2009

Special activities have been planned as our way of saying "Thank You" for your generous support throughout these past 13 years. Summit Members will also have the chance to renew now before new rates take effect on February 2, 2009.

*Thank you for making the Summit on the Park a great place to get fit and have fun!*

For more information call **734/394-5460**

46000 Summit Parkway • Canton, MI 48188

Monday - Friday 5:30 a.m.-11 p.m.  
Saturday 6 a.m. - 9 p.m. • Sunday 7 a.m. - 9 p.m.

Visit <http://leisure.canton-mi.org/summit/>

**Dentures For every smile & every budget**

- Same-day dentures with extraction
- Interest-free payment plans\*
- Most insurance plans accepted
- Emergency and walk-in care

allcare.com

**Allcare Dental & Dentures**  
We make seeing the dentist easy!

**DENTURES SAVE UP TO \$600** NEW PATIENT EXAM & X-RAYS FREE

Livonia 734 522-3100  
Auburn Hills 248 335-5700  
Roseville 586 294-2030

7:00 AM - 9:00 PM MON-SAT  
Free 1866 ALLCARE

**CITY OF WESTLAND ZONING BOARD OF APPEALS PUBLIC NOTICE NOTICE OF CANCELLATION**

REGULAR ZONING BOARD OF APPEALS MEETING SCHEDULED FOR JANUARY 21, 2009

The Zoning Board of Appeals meeting scheduled for January 21, 2009, has been cancelled due to the lack of agenda items.

The next regularly scheduled Zoning Board of Appeals meeting will be held on February 18, 2009 in the Council Chambers of Westland City Hall, 36601 Ford Road, Westland, MI at 7:00 p.m.

Publish: January 4, 2009

**SPOTLIGHT ON: YOUR DENTAL HEALTH**

Presented by **Andrea S. Vivian, D.D.S.**

**START THE NEW YEAR UP \$100**

Great service, stability and more

Flagstar

Individual accounts now FDIC-insured up to \$250,000

Make us your bank and get \$100\*

**Make us your bank and get \$100\***

Individual accounts now FDIC-insured up to \$250,000

**Flagstar**  
The new wave in banking

Open an FDIC Flagstar Checking Account Today! [www.flagstar.com](http://www.flagstar.com)

**HOLDING PENALTY**

A recent finding showing that excessive use of denture cream has been linked with nerve damage gives patients with dentures even more reason to visit the dentist for readjustments. The study involved denture wearers who developed neurological problems. All were found to have abnormally high levels of zinc in their blood (accompanied by abnormally low levels of copper). A balance of zinc and copper in the body is essential for neurological health. Absorbing too much of either of these trace metals can lead to depletion of the other. As it turned out, denture cream contains zinc, and the patients had used excessive amounts of it - two tubes per week instead of the recommended one tube every three to ten weeks.

We stay on the leading-edge of dentistry, keeping up to date on the latest health studies and dental techniques, materials, and therapies to ensure all our patients receive the very best in dental health care. If you are looking for a family dentist who understands the needs of everyone in your family as individuals and patients, we welcome you to stop by **496 W. Ann Arbor Trail, Ste. 201, Plymouth**, and get acquainted. We're sure you'll leave with a good feeling about our practice. For an appointment, please call **734-453-9413**.

P.S. If your dentures are ill-fitting, it can compromise your happiness, health, and well-being.

\*\$100 deposit for new checking account customers only into existing Flagstar checking account. For a limited time, open a new personal checking account with an automatic, recurring direct deposit of income of at least \$250 per month, excluding interest deposits, and we'll deposit \$100 into your account within 30 days after the first recurring direct deposit takes place. Minimum opening deposit is \$25. Direct deposit must be established within first 60 days of account opening. All accounts must remain open and active for a minimum of six months. If checking account is closed within the first six months, Flagstar reserves the right to reclaim the \$100 deposit. See your Flagstar representative for more details. Flagstar will issue a 1099 for the \$100. Offer not valid in conjunction with any other coupons or checking account offers. Some restrictions apply. Limit one \$100 deposit per customer per account. Offer subject to change or cancellation at any time without notice.



# Collect, sort, deliver, repeat

Suburban friends help homeless, their own way

BY STACY JENKINS  
OGE STAFF WRITER

Louise, Janie, Charles, Patsy, Glenda, Cynthia, Richard and Nena — a group of regular folks from the suburbs, on an unlikely mission.

No formal agencies, no real rules or guidelines, no paperwork or government assistance — it's renegade relief, coming straight from the 'burbs to the streets of Detroit.

Climbing onto a rickety school bus painted beige with the words, "God's Favor" on the side, these longtime friends pile coats, scarves, mittens, sweaters, socks, hygiene products, Bibles and food into the seats. They pack the rows so full, there's barely room to sit as Louise takes the wheel and fires up the noisy engine.

Away they go — onto the freeway, heading downtown Detroit to give all of the goods away.

It's that simple. They collect, they sort and hand it out to Detroit's most needy people, the homeless.

These gonzo givers are old friends, many of whom grew up in the area of Martin Luther King and Third Street — which just so happens to be the first stop on their route.

The bus pulls up to the curb outside of the Neighborhood Services Organization, where dozens of homeless people are huddled down, staying warm while seated in rows of metal chairs. Word quickly spreads that the bus is outside.

Slowly, they approach the bus with weary eyes and open hands. From inside the bus, Patsy, Glenda, Nena, Janie, Charles and Richard hand them submarine sandwiches, peanut butter and jelly sandwiches, bags of chips and bottles of water.

They're quick to offer a sweater or a warmer coat, too.

Meanwhile, Cynthia and Louise are inside the shelter, delivering food, Bibles, water and hygiene kits to homeless people who are wheelchair bound or otherwise disabled.

Louise Fincher, of New Boston, started this monthly mission 18



Glenda Fletcher of Farmington hands out food, coats, gloves, boots and other items to the crowd of homeless people on the streets of Detroit.

years ago. Her father, who was an alcoholic, lived on the streets until his death.

"I see these people out there and I think of my dad," Louise said. "I couldn't help him because I was a child, but I can help now. What I couldn't do as a child, I can do now — and, it's all done through having faith in God."

Louise began her quest in 1990, when she and a friend gathered blankets and drove downtown to hand them out, in the middle of the streets, from her minivan. Since then, she's assembled several volunteers and even had an old school bus donated.

When the bus breaks down, she barbers to get it fixed.

"I cut hair, all for free," said Louise, who owns a hair salon.

Patsy Durbin, of Livonia, is a longtime friend of Louise who has been helping with the God's Favor ministry for years. Even through her own hard times, Patsy feels compelled to keep helping others.

"Almost four years ago, my husband lost his job and I decided, no matter what, I will continue. This is something you get a heart for. It really is an honor and a privilege to do this," she said.

They've built relationships with the homeless people they've met through the years, includ-



Plenty of homeless people look forward to the bus pulling up to the curb at Martin Luther King and Third Street every third Monday of the month.

ing Gordy and Sandra, who lived under the Springwells bridge over I-75.

"We would stop by there and bring them food and then they got to know that on the third Monday of the month, we would bring them things," Patsy said.

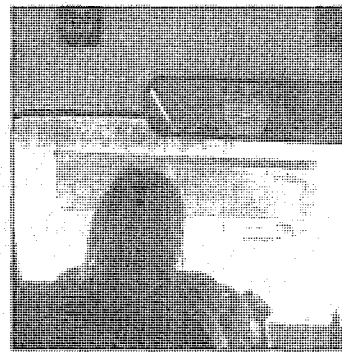
Gordy was later killed while trying to walk across the freeway, but Patsy said they heard Sandra has a room at a shelter.

### BACK TO THE BUS

The group rolls away from



Cynthia Lietz of Farmington Hills and Richard Lance of New Boston pray with a homeless man on the sidewalk outside of a shelter in downtown Detroit.



Louise Fincher drives the God's Favor bus into downtown Detroit to feed and clothe the homeless. She learned how to drive a bus from her sister, who was a school bus driver.

had a hard time getting adjusted after his release from jail. His wife is addicted to drugs and they live on the streets.

Cynthia and Richard listen to his story and pray with him as he cries and shakes in the bitter cold morning air.

Inside the bus, Glenda Fletcher, of Farmington, watches. Tears well up in her eyes.

"When you see a grown man cry like that, you know he's in a lot of pain," she said softly, gripping her hands together.

Cynthia, who has her own Another Day program, among others she participates in, said it's all about reminding people that no

matter where they are, God will meet them there.

"We all make mistakes and many people believe they messed up too much," she said. "They need to know that is why God sent his son. Every mistake and wrong that is done can be forgiven. That is why God gifts us another day — it's our gift back to God what we do with that day."

The bus rolls on to another shelter at the Pilgrim Church at Trumbull and Brainard, where the "I Am My Brother's Keeper" ministry is housed. The group drops off some bread for the church's food program.

Pastor Henry Covington and wife Annette said they need help with food donations, volunteers and financial donations so the heat can be restored in the church and shelter. Anyone interested in helping may call (313) 974-9227.

The bus then rolls over to the old train station, where a couple of homeless men are standing. The bus stops and Louise hands them some food and asks what else they need.

"This shows what individuals can do, when they want to," Patsy said. "You can make a difference."

To help, call Cynthia Lietz at (734) 377-2169 or e-mail her at anotherday\_08@yahoo.com.

**TIRED OF DIETING?**

**Curves**  
INTRODUCES A  
**FREE WEIGHT LOSS SOLUTION**  
THAT'LL FIT YOU FOR A  
**LIFETIME.**

**Curves NEW**  
**WEIGHT MANAGEMENT PLAN**  
No elaborate point systems or eliminating foods, just simple solutions to help you eat better, lose weight and keep it off for good.

OPEN TO MEMBERS AND NON-MEMBERS  
FREE CLASSES BEGIN SOON - CALL CLUB FOR DETAILS

**Curves** [ OVER 10,000 LOCATIONS WORLDWIDE. ]  
curves.com

(734) 844-6741 44248 Cherry Hill Rd. CANTON	(734) 446-9949 33759 Five Mile Rd. LIVONIA	(734) 414-0515 44717 Five Mile Rd. PLYMOUTH	(313) 937-8760 27312 Plymouth Rd. REDFORD
---	--	---	---

(734) 458-5004  
8323 Wayne Rd.  
WESTLAND

Open for members and non-members. Valid only at participating locations. ©2009 Curves International, Inc.

**Grand Opening Celebration**  
Thursday, January 8  
8am - noon  
**16815 Middlebelt Road • Livonia**

**Come Celebrate with us!**

**WVMV 98.7**  
**Smooth Jazz**  
**Live Appearance**  
**8 - 10 am**

Bring in this coupon and enjoy a  
**FREE Donut**  
With the purchase of a medium coffee.

One per customer. Not applicable with any other offer. May substitute any hot or cold beverage. Valid through 1/31/09 only at 16815 Middlebelt Rd. location.



Dr. Gary Feucht, DDS

# From all of the staff at the dental practice of Dr. Gary Feucht: We Wish You the Very Best in 2009



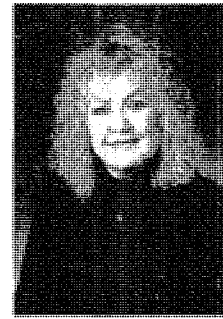
Beth  
Registered Dental Hygienist  
21 years with Dr. Feucht.



Jodi  
Registered Dental Hygienist  
19 years with Dr. Feucht.



Pat  
Registered Dental Assistant  
3 years with Dr. Feucht.



Sandie  
Dental Assistant  
23 years with Dr. Feucht.



Kara  
Office Manager

It seems like just yesterday we were celebrating the start of 2008 and here it is already time to begin yet another new year. How time flies.

It is my hope that you were able to join family and friends over the recent holiday season and were able to enjoy a few days off.

As I look back over 2008 I have fond memories of all who came out to celebrate my 30th Anniversary practicing dentistry. It was a great night indeed.

Of course I thank all of my wonderful patients who came by to see us this year. I wish you a wonderful 2009. May the new year bring you each all the happiness you deserve.

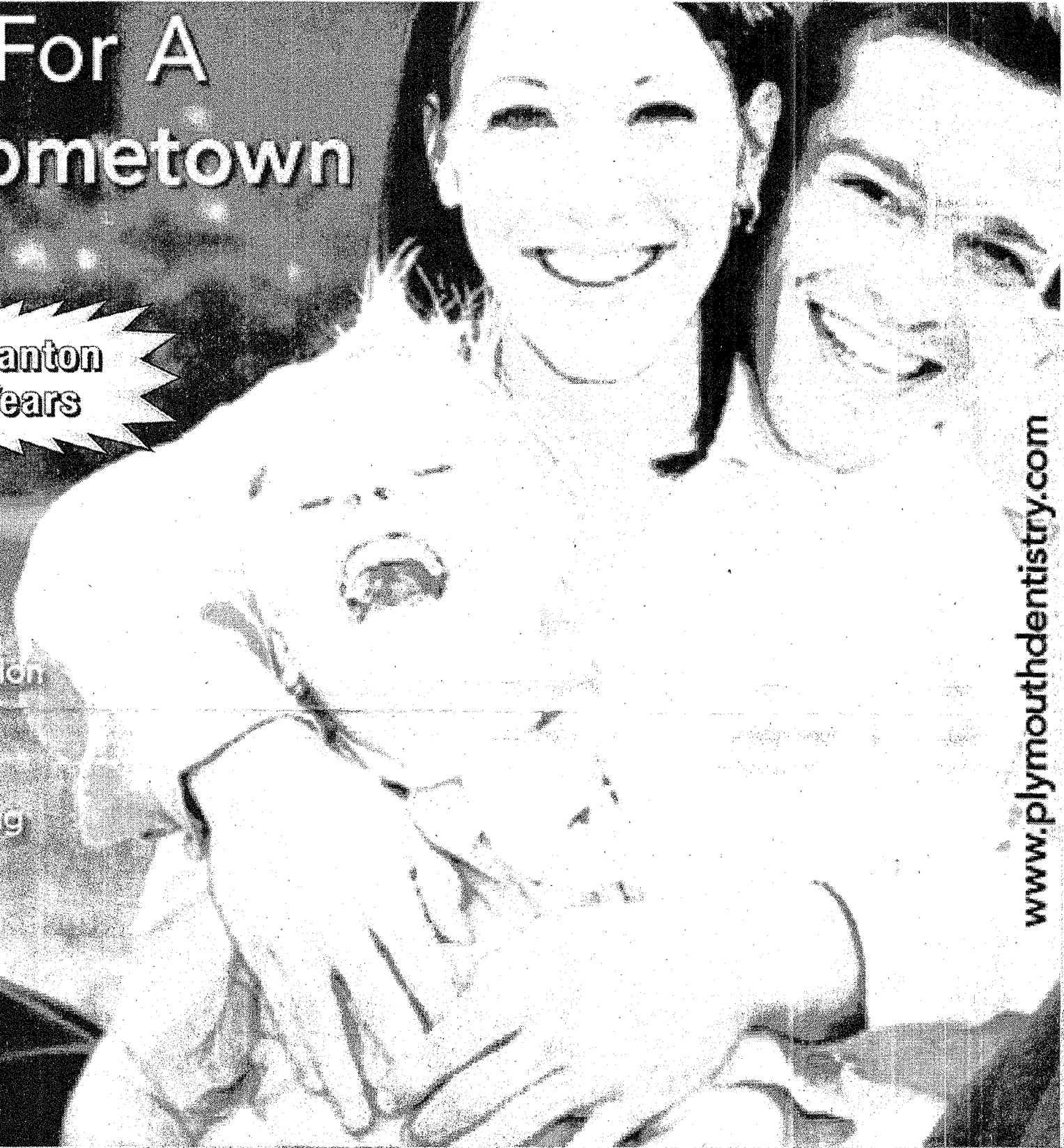
If you are looking for a dentist or have dental needs please do give me a call. My staff and I look forward to the opportunity to meet you and stand ready to help you in any way we can.

Dr. Gary Feucht, DDS  
www.plymouthdentistry.com

## Looking For A Great Hometown Dentist?

Your Plymouth/Canton  
Dentist for 30 Years

- Fillings & Crowns
- Root Canals
- Dental Implants
- Dentures & Partials
- Cosmetic Reconstruction
- Lumineers
- Porcelain Veneers
- 2-Hour Zoom Bleaching
- Cleaning/Hygiene
- Gum Treatment



www.plymouthdentistry.com

### DR. GARY FEUCHT, DDS GENERAL & COSMETIC DENTISTRY

Dr. Gary Feucht and his staff have been meeting dental healthcare needs of your neighbors throughout Plymouth and Canton for 30 years. They'd like the opportunity to become your hometown dental provider as well. Plymouth Dentistry is a full-service dental practice that believes in pampering their patients.

**\$175** TAKE HOME  
TOOTH WHITENING

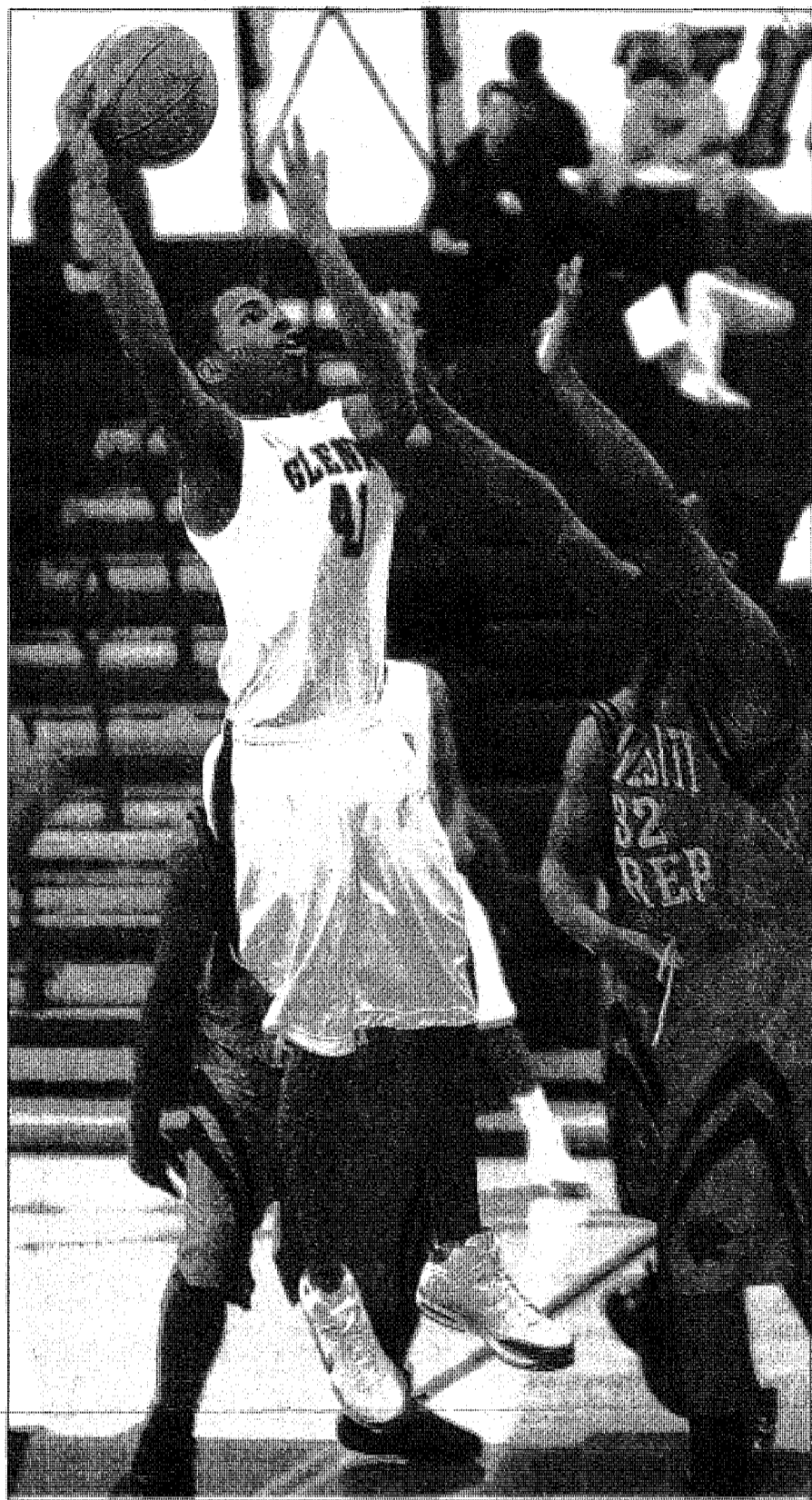
**\$85** CLEANING, EXAM  
AND X-RAYS

40400 Ann Arbor Road • Between I-275 & Haggerty • Suite 103 • Plymouth, MI 48170

# 734-459-7110

Hours: Monday, Wednesday & Thursday 8-7; Tuesday 8-5

## HOOP-Y NEW YEAR



John Glenn's Derrick Crosby goes over the top of Detroit University Prep's Delano Jenkins in the first half Monday night. John Glenn hosted the first annual John Glenn Basketball Classic.

# Miracle on Marquette St.

## Rockets pull off amazing comeback against Ferndale

BY BRAD EMONS  
OBSERVER STAFF WRITER

Please see related story and photo, Page B2.

Talk about coming back from the dead. Host Westland John Glenn trailed by as many as 19 points late in the third quarter Tuesday afternoon before pulling off a miraculous comeback to stun visiting Ferndale in the Glenn Basketball Classic, 66-62.

The Rockets, now 2-1 overall, outscored the Eagles 28-10 in the decisive final period to keep Ferndale winless at 0-6 overall. "I'm speechless," Ferndale third-year coach Randy Boldin said. "We found a way to lose and we've got to find a way to win. It's a mental thing right now."

Ferndale, dressing just eight players, had control at the half leading 36-22 after outscoring Glenn 24-9 in the second period.

"We did not have any energy, they (Ferndale) were working harder than we were and we were not into it," Glenn coach Dan Young said. "We just said we've got to cut it to 10 (points), then we cut it to six. And all the sudden we were into it."

Thanks to their relentless work on the boards, junior Jeremy Lankford (17 points) and senior Derrick Crosby (12 points) sparked the fourth-quarter comeback.

Langford's free throw with 4:28 left in the final quarter cut the deficit to 55-49 and Crosby's rebound basket and subsequent free throw for a three-point play with only 2:03 remaining evened the count at 61-all.

Senior guard Austin Anderson (19 points) also came alive after shooting just 5-of-24 from the floor through three quarters. Anderson's basket with 1:13 remaining gave Glenn the lead for keeps, 63-62, and freshman Marquette Graves sealed the

victory by nailing 3-of-4 free throws in the final 18 seconds to preserve the win.

Ferndale, meanwhile, went scoreless in the final 1:55 and missed four attempts during one sequence with just under a minute to go. The Eagles went 2-for-12 from the field in the fourth quarter.

"They (Glenn) killed us on the boards," said Boldin, who employed a 3-2 zone defense down the stretch. "We were not aggressive enough - too many offensive rebounds. We gave the game away."

Shaun Amiker led a balanced Ferndale scoring attack with 16 points, while Cecil Clark added 12. Robert Rheume had nine, while Kevin Sampson and Rex Jenkins each tallied eight.

"Ferndale was ready to play and had good energy," Young said. "They did what they wanted to do for three-and-a-half quarters."

The Glenn coach was pleased with the play of both Crosby and Langford.

"Derrick's only 6 feet tall, but plays so hard," Young said. "He's an unbelievable worker and rebounder."

"Langford just starting attacking more. He has to take advantage of his ability to run harder and get to the basket. He's our top perimeter defender."

Glenn won despite shooting only 23-of-68 from the floor and 14-of-23 from the foul line.

The Rockets had 16 first-quarter turnovers, but only four in the second half.

"We have to play defense if we're going to have a chance to win games," Young said. "We're not going to do it offensively with this group. And they realize that."

bemons@hometownlife.com

## Sidelines

### Salem girls tennis

There will be a meeting on Jan. 26 at 7 p.m. for all girls interested in playing on the 2009 Salem girls tennis team. The meeting will be held in the Salem library, which is located on the second floor.

All incoming freshman and returning players and their parents should attend. Players are encouraged to bring a copy of their physical form and current health insurance information to the meeting. Uniforms will also be ordered at this time. For more information, visit salemrockstennis.com.

### Football combine

There will be a Nike combine training designed for high school football players to prepare for the 2009 season and preparation for SPARQ and NATS testing protocols beginning later this month. Players will be taught drills and techniques used to prepare college seniors for the NFL Combine.

This training session will be on Saturdays beginning Jan. 31 at the Oakland University Sports Dome. To register, visit www.coachjacksonspeed.com. For more information, contact coach Jackson at (248) 535-7404.

### Ignition deal

The Detroit Ignition has agreed to terms with Plymouth Therapeutic Massage (PTM) in the club's first player sponsorship deal. PTM will sponsor Ignition captain Kyt Selaidopoulos during the 2008-09 season. Player sponsors receive various marketing opportunities with their sponsored player, including logo placement on the player's jersey, television exposure and more.

"The player sponsorship package is a new opportunity we are excited to offer to local businesses," Ignition Vice President of Business Operations Lindsey Gamrod said. "I think the opportunity will be especially attractive to smaller companies that want to be involved with the team, and we're happy to have this option for them."

For more information on player sponsorship opportunities, contact the Ignition at (888) 436-GOAL (4625).

## Thurston breaks out of funk vs. Kettering

BY TIM SMITH  
OBSERVER STAFF WRITER

It took more than seven halves, but Redford Thurston's varsity boys basketball team finally broke away from mounting early season frustration during Tuesday's third quarter against Waterford Kettering during the Westland John Glenn Basketball Classic.

The Eagles, losers of the first three games this season and trailing 39-38 to the Captains at halftime, suddenly turned on the fun and the offense and poured in 28 points during the third stanza to take a commanding 66-58 advantage into the fourth.

It was all window dressing from that point, as the Eagles breezed to an 85-70 nonconference victory to improve to 1-3. Kettering also now is 1-3 on the season.

"It's great to get the first win," said Thurston head coach Brian Bates. "We kind of got the monkey off our backs and we can just kind of breathe again and just start playing the way we play."

"That's what we did today, we played Thurston basketball." The tables might have turned Thurston's way late in the third. Kettering clanked foul shots that would have cut the game to a two-point game and soon thereafter, senior guard Greg Morgan stole the ball and went in for a layup.

Senior guard Josh Miller followed the same script a few moments later and Thurston enjoyed an eight-point edge with one frame remaining.

"We get things off our defense," Bates said.

"Defensively, we got after it a little bit better and got into their passing lanes.

"We score on layups, we get the steals and we score. Then, the kids minds are into it and they get right back into it again."

The first half featured Kettering senior center Kevin Truitt, who had too much free rein near the Thurston bucket.

Although Truitt wound up with 20 points, the Eagles doubled up on him in the second half and forced a number of errant long-range shots with half-court man-to-man defense.

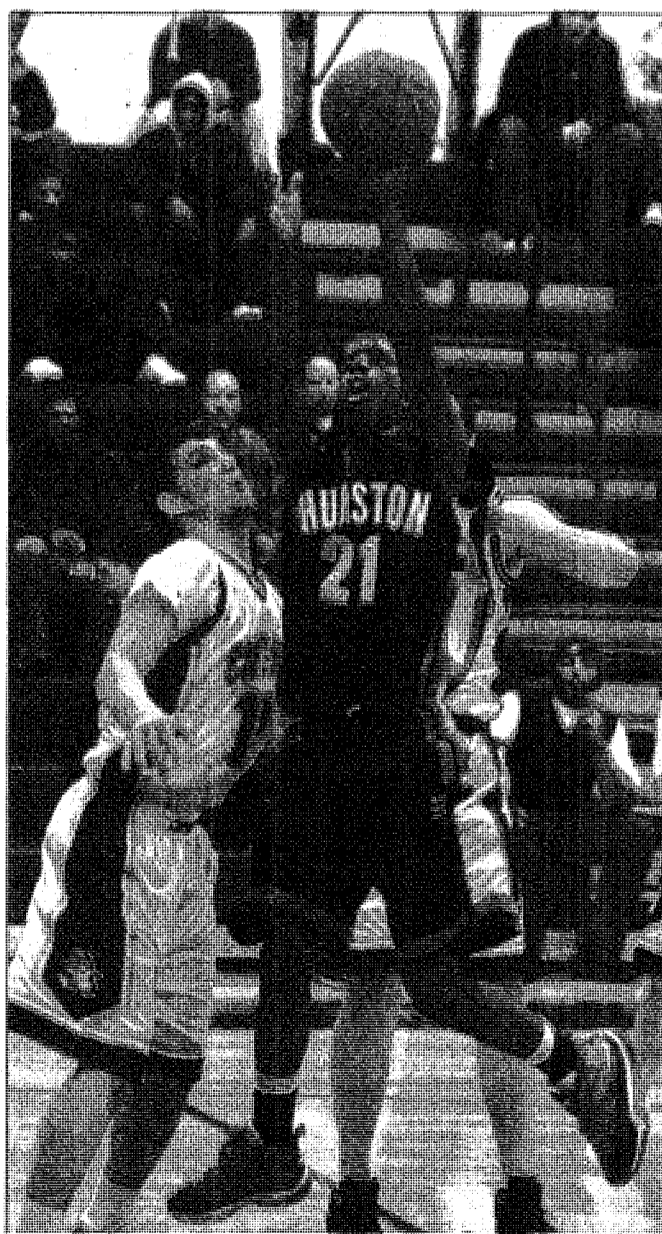
The Captains tried to close the gap in the fourth, particularly because of a number of missed layups by Thurston. But Morgan (13 points) sank a trey from the left corner with 4:10 to go and Miller (11 points, four steals) followed with a layup to give the Eagles a 73-62 edge.

A little more than a minute later, the Eagles were ahead 77-64 after a pretty give-and-go down the court between senior guards Marcus Jones (a game-leading 24 points, six steals) and Ron Brown, who also had a strong game with 16 points.

Jones finished the play, sparking cheers from the Thurston sideline and indicating to Bates that the team was finally having fun. That wasn't apparent Monday, in a lackluster 10-point loss to North Farmington, also at the John Glenn tourney.

"The kids were focused a lot better today," the veteran coach noted. "They were more up-tempo, ... that's the way the kids like to play."

"And they have fun playing that way. For whatever reason, yesterday they had no enthusiasm for four quarters."



Redford Thurston's Josh Miller drives past Waterford Kettering's Kiril Valtchev during a game in the Westland John Glenn Basketball Classic tournament earlier this week.

Chipping in with 15 points and seven rebounds was senior forward Brandon Rivera, with senior forward Cameron Mitchell's seven boards and handful of blocks keeping the Captains at bay.

Also in double figures for Kettering was sophomore guard

Mike Mosakoski, with 12 points.

Thurston is idle until hosting Melvindale at 7 p.m. Wednesday, Jan. 7, in a Mega crossover tilt. The Eagles then welcome Waterford Kettering at 7 p.m. Friday, Jan. 9.

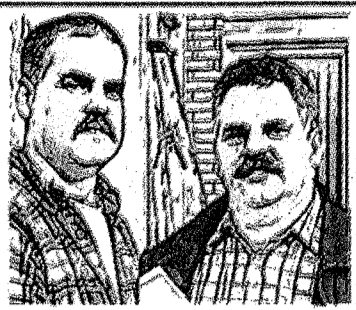
tsmith@hometownlife.com





# STAYING PUT?

## A Message From Mike & Mark



**Falling home values, rising gas prices, record foreclosures, increasing food prices...**

The headlines of late are enough to make anyone want to close the door, stay inside and go to sleep until the bad news is over.

At Planned Home Improvement, we'd rather focus on the positives. In 40 years as a family business, we've seen good times and bad and weathered a lot of storms. Even in the toughest of times, American ingenuity has enabled people to not only survive, but to realize and enjoy the benefits of living in a nation as great as ours.

Instead of grouching about high gas prices, we want to take advantage of local entertainment and tourist attractions. Southeast Michigan has much to offer in terms of parks, nature trails, music and sports venues and museums. It's time to explore small towns such as Northville and Plymouth, shop Livonia and Westland, explore the parks in Canton or visit the history museum in Garden City.

Maybe the Summer of 2009 is the year to reopen that swimming pool that's been closed up because you were always traveling on your vacations.

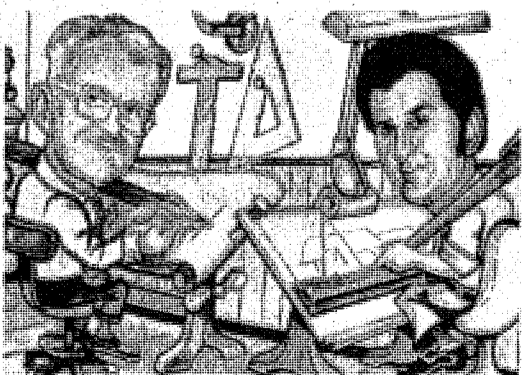
We read recently where down economies are actually better for our physical well being because we tend to do more walking, bike riding, etc. Why not start walking the neighborhood and introduce yourself to new neighbors? Maybe organize residents to beautify the subdivision.

Of course, we are hoping that some of you will opt to do some remodeling for your existing homes, instead of moving to a bigger, newer one. PHI is always ready to help with that dormer, kitchen or bath remodel or finally finishing that basement.

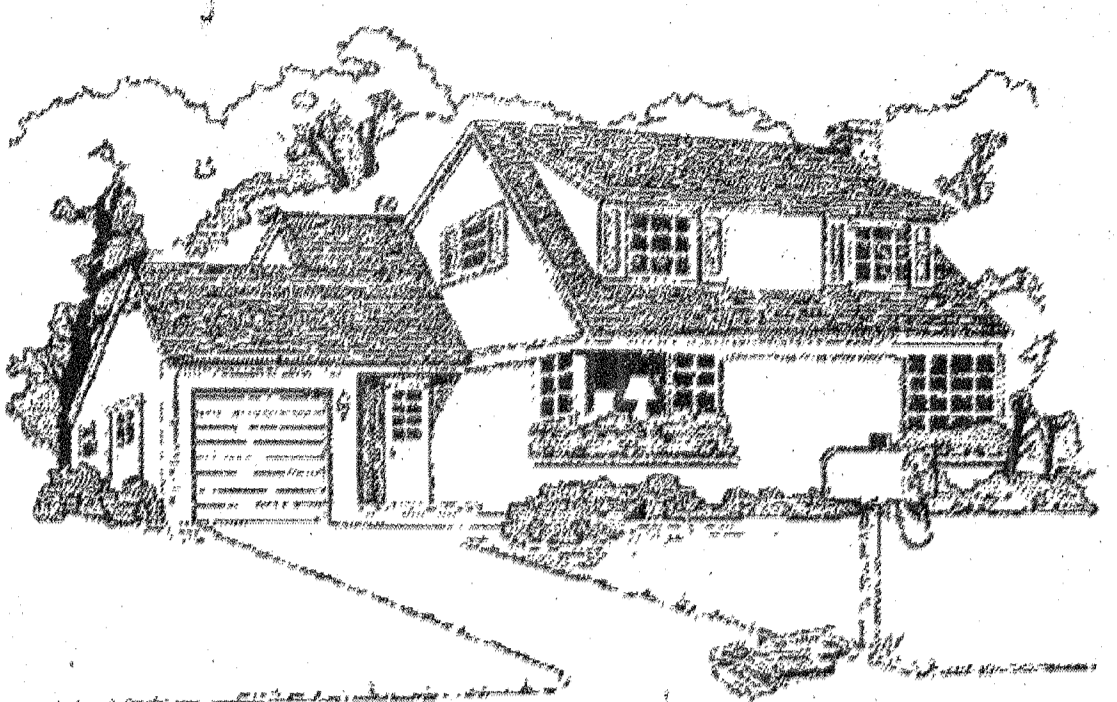
Hopefully it won't be long before we wake up one morning to find that the housing nightmare has corrected itself and gas prices are more reasonable. In the meantime, we hope you have a great New Year!

Westland's Hawthorne Valley Golf Club was the scene last spring for Planned Home Improvement's 40th Anniversary Party. Family, friends, suppliers and customers gathered to help celebrate three generations of business in home improvement since Mark and Mike Kwolek's father and grandfather started PHI in 1968.

*Thank You for Helping Us Celebrate 40 Years in Business!*



**The Kwolek Family**  
3 Generations • 1968-2008



**Now is the time to get more enjoyment out of the house you're in!**

**At Planned Home Improvement, we know something about sticking around. For the past 40 years and 3 generations, we've been helping metro Detroit homeowners transform their existing homes with affordable, hassle-free remodels and renovations. Call us today!**

**DON'T MOVE! EXPAND, UPDATE, BEAUTIFY WHERE YOU ARE!**

- Additions
- Dormers
- Family Rooms
- Basements
- Rec Rooms
- Kitchens
- Bathrooms
- Porches
- Patios
- Garages
- Decks
- And More

## Planned Home Improvement Referral Program

**Tell Your Family, Friends and Neighbors About Us and... Receive \$100!!!**

Planned Home Improvement is looking for a few good referrals. If you know of someone who is thinking about adding a dormer, porch or sunroom, or renovating a kitchen, bath or basement, or any remodeling work at all, tell them to give Mark and Mike a call. Once your referral signs a contract, we will send you \$100!



**35923 Ford Road • Westland**  
[www.plannedhomeimprovement.com](http://www.plannedhomeimprovement.com)

**734-729-3200**

## Westland women take the Dr. Phil challenge

Toria McCoggle isn't shy about her weight problem. She comes right out to say, "I was fat." Her outgoing, tell all personality is probably one of the reasons the jovial Westland woman and her sister-in-law, Meleneise Williams, are finalists on a series of reality shows at 7 p.m. Wednesdays this month on Channel 62 (WWJ-TV) and Comcast 13.

McCoggle was desperate at 277 pounds to regain her health. Diagnosed with high cholesterol, the 25-year-old sent an e-mail to the Dr. Phil show. She had been overweight her entire life. McCoggle isn't allowed to say how much she's lost but the challenge has definitely affected the entire family. McCoggle's husband Steve lost 20 pounds and started working out again. He was taking medication for high blood pressure but no longer needs it. Daughter Peyton is eating fresh broccoli. That's quite an accomplishment since most 2-year-olds are picky eaters.

"I watch the Dr. Phil show every single day," said McCoggle. "I wrote, please help us say no to the Oreos. I was just playing around and never thought anyone would call us back. The very next morning we heard from Emily at the Dr.



Toria McCoggle makes light of her weight problem. She's seeking help from Dr. Phil to overcome her battle of the bulge.

### Phil show."

After a long interview process by phone and Internet and a psychological evaluation over the Internet, the two young women were flown out to California in August. After a physical and endurance test, they went on the show where Dr. Phil personally picked six teams of two persons including McCoggle and Williams.

"We started traveling the country doing physical challenges in different cities," said McCoggle. "The first challenge was in California on Hollywood Boulevard. We ran on a scavenger hunt. We have to go back to California for the show in January."

In the meantime McCoggle and Williams, 27, work out five days a week thanks to a free membership at Anytime Fitness in Westland.

"I go green for 14 days out of each month, no meat, no dairy, the rest of the month do chicken breasts or lean beef, veggies, yogurt, nuts like walnuts and almonds," said McCoggle. "I follow a lot of recipes in Dr. Phil's cookbook and like to come up with my own. Being creative makes it a lot more exciting to eat it."

Williams is finding the weight loss challenge not only fun, but a learning experience as well. She gained weight during three pregnancies and was never able to return to her ideal 135. At the start of the program she weighed in at 185 at 5 foot 2 1/2 inches.

"I tried tons of diets without success," said Williams. "Because I never saw results right away, I started back eating again. Dr. Phil has a food guide that teaches us to eat nonfat sour cream and it tastes the same to me, a lot of skim milk and I like that."

"I'm a student at Kaplan University online, for paralegal studies, and I'm going to go to law school. I love to do research so I'm finding out a lot about food."

Linda Ann Chomin is the health and community life reporter for the Observer & Eccentric Newspapers. She can be reached at lchomin@hometownlife.com or (313) 222-2241.

## Program helps children over ruff spots

BY LINDA ANN CHOMIN  
O&E STAFF WRITER

Roxie doesn't seem to notice when 8-year-old Dylan Klann stumbles over the word, stretching. The therapy dog is trained to listen patiently as children work on reading skills.

An Israeli herding dog, Roxie is wise beyond her 12 years. She knows if she sits quietly on the floor during the 15-minute period, her owner, Debbie McDermott, has brought treats as a reward.

One by one, the second- and third-grade students enter the room at Buchanan Elementary with a book of their choice. The privacy allows them to concentrate on the words instead of being self-conscious in front of classmates.

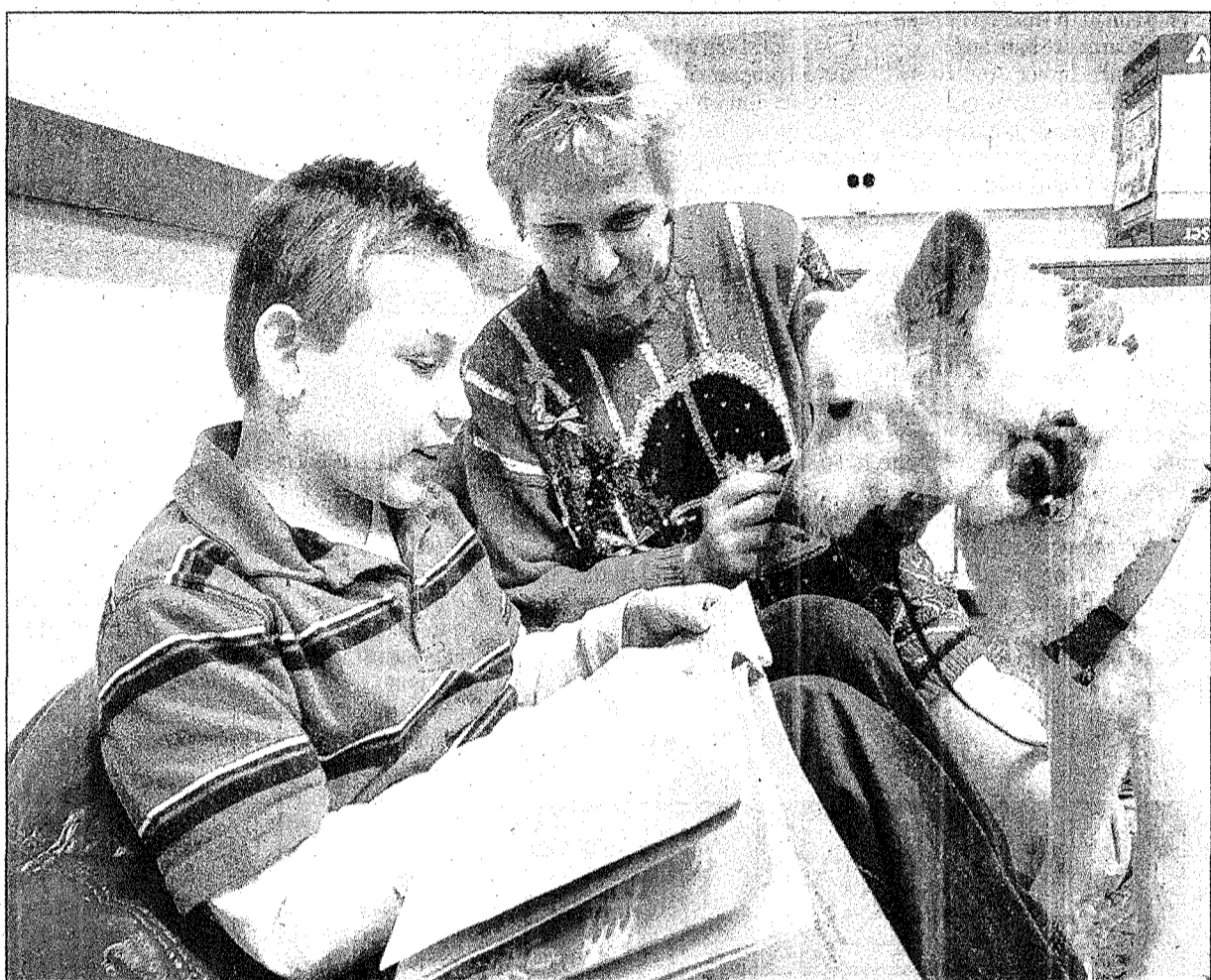
Principal Marjorie Moore decided to give Tail Waggin' Tutors a try after receiving a phone call from McDermott three years ago. Roxie is a member of Therapy Dogs International which runs the program in schools and libraries.

"Children love animals so I thought it would be a good fit," said Moore. "We do it on a selective basis. Teachers select a student each month, children we know would relate well to Roxie. I've seen big smiles. Everyone loves a listener like Roxie. They grow in confidence and reading ability."

McDermott believes children like reading to Roxie because she's nonjudgmental. McDermott enjoys watching the interaction. When needed, the Livonia woman coaxes the child-along by helping sound out the word.

Roxie has taught McDermott never to give up so she's able to pass that persevering attitude on to students. In December 2007, Roxie was diagnosed with myasthenia gravis, a neuromuscular disease that prevents her from swallowing normally because of an enlarged esophagus. Roxie must sit upright in a specially designed doggie high chair just to be able to eat liquefied food. Nonetheless she continues to compete and win awards in agility. In addition to working with children at Buchanan Elementary, Roxie brightens the days of patients at Children's Hospital of Michigan in Detroit and Camelot nursing home in Livonia.

"Roxanne's happy to listen and they like her. They nicknamed her Roxie the Reading Dog, not me," said McDermott. "They generally



PHOTOS BY BILL BRESLER | STAFF PHOTOGRAPHER

Roxie the Reading Dog helps children over the ruff spots as part of the Tail Waggin' Tutor program at Buchanan Elementary. Here she and owner Debbie McDermott listen to Dylan Klann, 8.



Veronica Lowry, 9, takes a minute to pet Roxie the Reading Dog as owner Debbie McDermott looks on.

pick an animal story, something Roxie would like. One child brought a dog catalog and said maybe Roxie would like to go shopping. One little girl would read the page and show her the pictures."

It's not unusual for a student to choose a book above his or her reading ability. Klann is only in second grade but picked the fourth-grade level book, *I Can Read About Weather*. Even though he knows it will be a challenge, Klann looks

forward to Roxie's visits. He read to her four times last year.

"I have a dog at home and she's nice," said Klann.

Veronica Lowry couldn't believe she was reading to a dog. The 9-year-old girl is new to the school and the state. Her family moved here this summer from Ohio. Lowry's teacher thought the experience would help ease the transition for the only child.

"There's no reading dog in Ohio,"



Marjorie Moore is principal of Buchanan Elementary in Livonia, where Roxie, an Israeli herding dog, has listened to her students read.

said Lowry, who tripped on the word discouraged as she turned the pages. "I like Roxie."

For more information about Tail Waggin' Tutors, visit [www.tdi-dog.org](http://www.tdi-dog.org).

lchomin@hometownlife.com | (313) 222-2241

## Prosecutor pursues the world of publishing

BY LINDA ANN CHOMIN  
O&E STAFF WRITER

Jeffrey Caminsky is the first to admit he probably took on more than he should have by publishing three new books in one year. He can't imagine writing two sci-fi novels and an introduction to Shakespeare in that time period as well.

Caminsky actually began outlining the nonfiction stories in 1981 not long after taking a position in the Wayne County prosecutor's office. The steady paycheck as a lawyer allowed him to pursue his passion for putting words on paper. More than 20 years later, the Livonia author has released *The Sirens of Space* and *The Star Dancers*, part of a series set in the 26th century, and *The Sonnets of William Shakespeare*. Caminsky limits his words to about 40 pages in the non-fiction book. The rest is editing of the Elizabethan writer's work.

### SCI-FI FAN

"I was interested in science fiction since college and had lots of ideas popping into my head," said Caminsky, an assistant prosecutor for Wayne County. "I was overwrit-



Livonia author Jeffrey Caminsky published three new books in 2008.

ing everything and then I pitched virtually everything, but kept the basic story line for *Sirens* that introduces everything. I cut out about 40 percent of the original story then cut again and again, reworked some scenes, concluded it in 1984 and started the second book."

*The Guardians of Peace* series chronicles the adventures of Roscoe Cook and the Cosmic Guard, the Interstellar Navy, as they encounter

"I hope they're entertained and it makes them think about the common ground we share. Twenty-sixth century people will be essentially the same as we are. In order to understand other people you have to get out of your own skin."

JEFFREY CAMINSKY, attorney/author

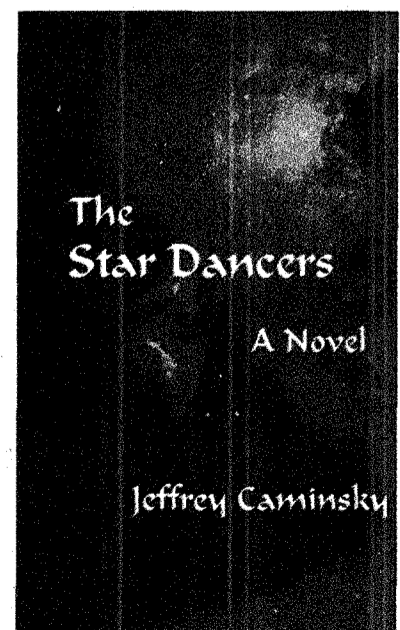
aliens. The third volume, *Clouds of Darkness*, is scheduled for release in fall, and the concluding book, *The Guardians of Peace*, in 2010.

Caminsky is taking his time writing and publishing the remainder of the series.

"I hope they're entertained and it makes them think about the common ground we share," said Caminsky. "Twenty-sixth century people will be essentially the same as we are. In order to understand other people you have to get out of your own skin."

### PUBLISHING HIS DAD

Caminsky credits an understanding family with his success so far. Nonie, his wife of 28 years, son



'The Star Dancers' is the second book in a series of sci-fi novels by Jeffrey Caminsky.

Jason, 26, and daughter Julie, 22, have been very supportive of his writing.

Caminsky grew up daydreaming. It was in one of these creative

Please see PUBLISHING, C3





*The Sonnets  
of William Shakespeare*

Edited  
with notes  
and commentary  
by Jeffrey Caminsky

Caminsky enjoyed learning about Elizabethan times while editing this book.

**PUBLISHING**  
FROM PAGE C1

moments he formed New Alexandria Press and published *The Referee's Survival Guide: Practical Suggestions for Soccer Officials*. His next project was triggered by his father's 85th birthday. Wallace Caminsky's short stories might have remained hidden in a filing cabinet if not for his son who preserved them in *All Fathers are Giants*. The collection was inspired by the elder Caminsky's childhood as the son of immigrants and later as a young father raising a family in the suburbs of Detroit.

Caminsky took on the Shakespeare project to encourage an appreciation for the Bard's work.

"Shakespeare wrote for the common people of his day," said Caminsky. "He was probably not any more or less understandable than Andrew Lloyd Weber or Stephen Sondheim. He's funny. He's bawdy. He's not this dry sterile writer. He tends to be mischievous, rather risqué."

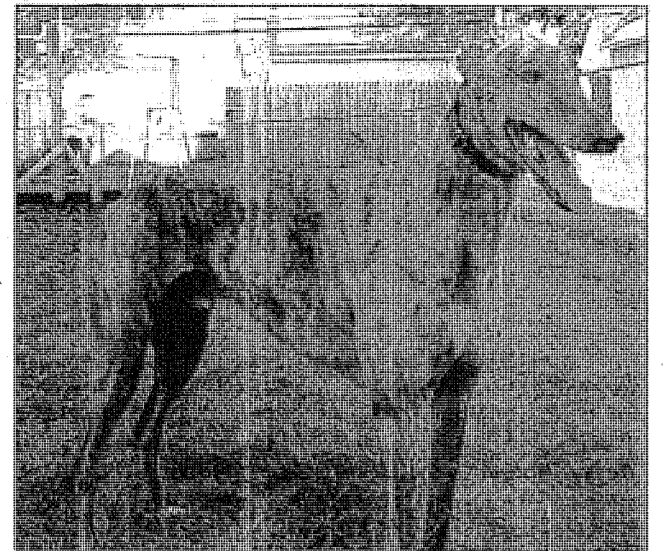
Jeffrey's Caminsky's books are available at [www.newalexandriapress.com](http://www.newalexandriapress.com), Amazon.com, and The Book Connection in Livonia.

lchomin@hometownlife.com | (313) 222-2241



**Great pet, no joshing**

Josh is a 6 1/2-year-old male greyhound in need of a permanent home. He is well behaved, extremely friendly and loves to be with people. Josh would make a wonderful pet for a family. He is neutered and up to date on all of his shots. For more information, contact Greyheart Greyhound Rescue and Adoption at (866) 438-4739 or visit [www.greyheart.org](http://www.greyheart.org). Greyheart is holding an adoption meet and greet noon to 4 p.m. Sunday, Jan. 4, at Petco, 43435 Ford Road, Canton.



**Gable movie-star handsome**

Gable is a 4-year-old brindle colored greyhound looking for a good home. He is a very friendly and happy boy who loves to play tug-of-war with children. Gable is neutered and up to date on all of his shots. For information, contact Greyheart Greyhound Rescue and Adoption at (866) 438-4739 or visit [www.greyheart.org](http://www.greyheart.org).

**KNOW THE SCORE**  
check out the numbers in today's **Sports** section

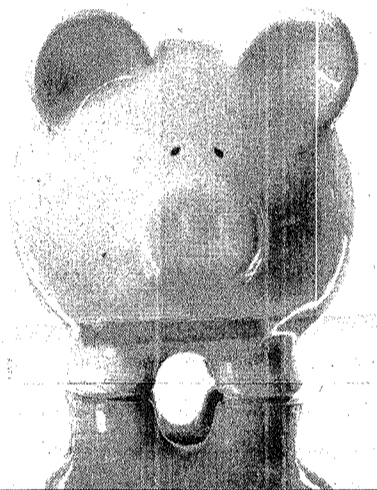
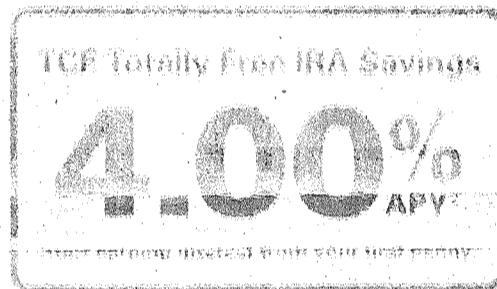
KNOW THE SCORE: Check out the numbers in today's sports section

**Now a penny saved gets a great IRA rate!**

We'll even let you use our FREE Coin Counter<sup>1</sup> to add them up.

Make your IRA contributions, 401(k) rollover, or transfer any day of the week at Michigan's most convenient bank.

Now that's convenient!



FDIC values depositor insurance coverage from \$100,000 to at least \$250,000\*

MEMBER FDIC

Visit your neighborhood TCF Bank location or call 1-800-TCF-BANK (1-800-823-2265).



©2008 TCF National Bank. <sup>1</sup>Coin counting machines are free for TCF Customers. <sup>2</sup>The following TCF Totally Free IRA Savings Annual Percentage Yield (APY) is effective as of 12/26/08. \$0.01+ = 4.00% APY. Minimum balance to open a TCF Totally Free IRA Savings account is \$50. Rates are subject to change. Certain conditions and restrictions apply. See a TCF Banker for details. Consult your tax advisor for details and eligibility limitations. \*On October 3, 2008, FDIC deposit insurance temporarily increased from \$100,000 to \$250,000 per depositor through December 31, 2009. [www.tcfbank.com](http://www.tcfbank.com).

CE08638571

**FREE WEIGHT LOSS PROGRAM**

**Keith J. Pierce, MD**  
Internal Medicine  
38525 Eight Mile Road  
Livonia, MI 48152  
248.321.6612  
Call for Directions!

**NEW PATIENTS**

**FREE DESIGN\* & COST EFFECTIVE CONSTRUCTION**

\*with all qualifying projects - ask if your project qualifies - 734-737-0500

Architectural quality since 1946

886 N. Mill Street, Plymouth, Michigan 48170 1424

**D.J. MALTESE**  
Designer & Builder  
[www.djmaltese.com](http://www.djmaltese.com)

CE08632108

**Fisher Funeral Home**

Family Owned and Operated  
Cremation  
- Affordable Alternative -

Basic Cremation  
\* inclusive of all fees & services  
**\$695**  
\* \$200 additional for Memorial Services

Traditional Service with Cremation  
includes Casket, facade, viewing & service  
**\$2195**

Affordable traditional funerals tailored for any budget

24501 Five Mile Road • Redford  
313-535-3030  
[www.fisherfuneralandcremation.com](http://www.fisherfuneralandcremation.com)

**\$500 FREE GAS WITH \$500 REPAIR**

**CHECK ENGINE LIGHT ON?**

WE'LL CHECK IT FOR FREE

Restrictions and additional charges may apply to determine the cost of major repairs. One coupon per customer. Present at time of vehicle drop off. Not valid with any other offer or coupon.

VALID AT THIS LOCATION ONLY. EXPIRES 4-1-09.

**OIL CHANGE SPECIAL**

**\$24.95**

Most cars. Not full synthetic oils.

Includes FREE TIRE ROTATION!

One coupon per customer. Present at time of vehicle drop off. Not valid with any other offer or coupon.

VALID AT THIS LOCATION ONLY. EXPIRES 4-1-09.

**20% OFF ANY REPAIR UP TO \$150 OFF**

One coupon per customer. Present at time of vehicle drop off. Not valid with any other offer or coupon.

VALID AT THIS LOCATION ONLY. EXPIRES 4-1-09.

**AAMCO TRANSMISSIONS**

**\$500 Free Gas Certificate**  
with any minor or major auto repair work over \$500.00

**COMPLETE CAR CARE EXPERTS:**

- ~ Check Engine Light On?
- ~ Transmission Problems?
- ~ Low Fluid Levels?
- ~ Brake Noise?

**We can handle ALL of that!**

**Ask about our new VIP Program!**

260 W. Ann Arbor Road • Plymouth (Behind Greko Printing)  
**734-402-8777**

TRANSMISSIONS, BRAKES, POWER STEERING, EXHAUST, TUNE-UPS, SHOCKS, COOLING SYSTEMS, ALTERNATORS, OIL/FLUID CHANGES & MORE

THE LEADER IN TRANSMISSIONS WITH 900+ NATIONWIDE LOCATIONS

**\$500 FREE GAS WITH \$500 REPAIR**

CE086427691

CE08617202



# Finding relief from fibromyalgia

## New documentary puts the pieces together

BY LINDA ANN CHOMIN  
O&E STAFF WRITER

Tears rolled down the face of Sharon Ostalecki as she spoke about her journey to find relief from fibromyalgia at the premiere of a documentary at the Townsend Hotel in Birmingham. Ostalecki went to 37 doctors in seven years before receiving a diagnosis of the condition causing pain, fatigue and sleep disturbances. Since then she has worked to educate the public as well as physicians. Her most recent project was *Fibromyalgia: Fitting the Pieces Together*, a 90-minute DVD on the often misunderstood collection of symptoms. Like Ostalecki, many patients go from physician to physician in search of answers.

Ostalecki came up with idea for the documentary after lecturing throughout Canada, Michigan and Ohio with Dr. Martin Tamler, residency program director of Physical Medicine & Rehabilitation at Beaumont Hospitals and medical adviser for the project. Mort Crim Productions filmed the 13 chapters about the syndrome at Beaumont Hospitals in Royal Oak and Troy, and the University of Michigan Chronic Pain and Fatigue Research Center in Ann Arbor.

"We decided the documentary would be a way to reach out to those who wanted to come to the lectures and couldn't," said Ostalecki of Novi. "People want to know about the basics of what it is, how it is diagnosed, how to treat it. We looked at physical therapy and treatment, nutri-

tion and decided who would be the best to do that chapter. Not enough physicians in Michigan have time to treat fibromyalgia patients because patients present with different symptoms. It would help if we could educate them to go in to properly communicate with their physicians."

Ostalecki ended up approaching nearly a dozen specialists in fibromyalgia for the documentary. Three received awards during the evening — Tamler, Dr. Ananias Diokno, executive vice president and chief medical officer at Beaumont Hospitals, and Dr. Daniel Clauw, director of U-M's Chronic Pain and Fatigue Research Center.

Tamler's been treating fibromyalgia patients for 17 years. He compares the way the condition is viewed to depression back in the 1980s. Tamler is in the middle of fibromyalgia research project which may have a huge breakthrough in the next couple of months.

"Primary care physicians didn't want to make a diagnosis of depression then Prozac came out," said Tamler of Birmingham. "I think we're going to see now with two new medications primary care physicians can actually treat fibromyalgia and start to accept the condition. Back before the 80s it was considered a psychosomatic condition. The documentary is one step to educating patients and physicians."

Clauw spoke of a multidisciplinary approach to treating the condition which can be complicated by irritable bowel syndrome and TMJ.

"Everyday we're learning more about fibromyalgia," said Clauw. "We can see in the brain that patients have an increased volume control of pain."

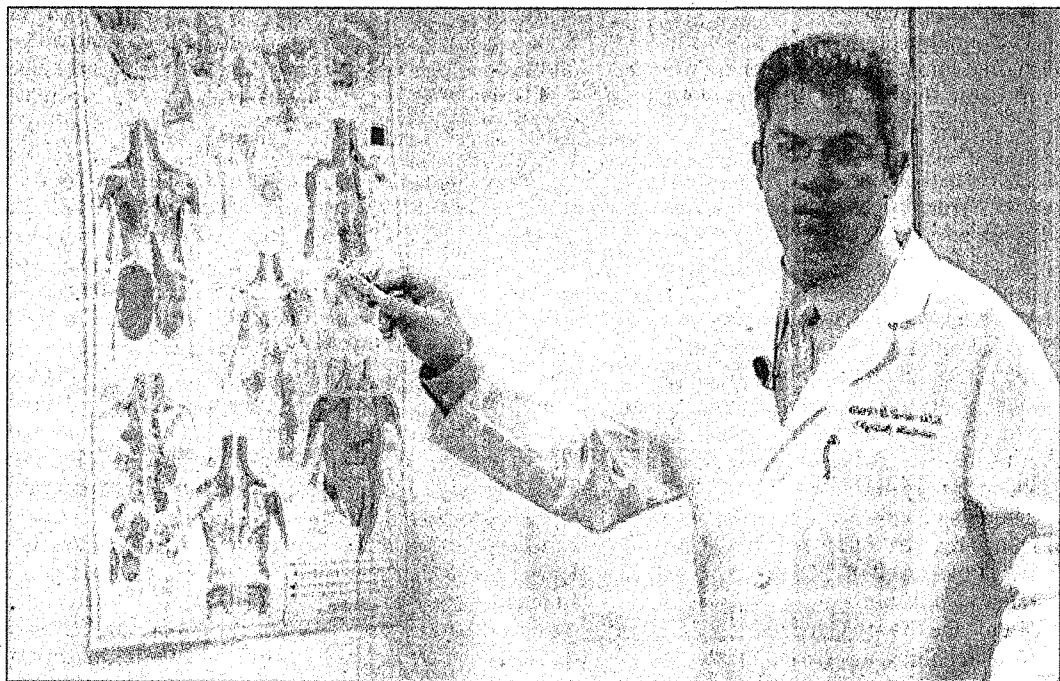
Diokno urged patients not to hide their suffering. It's estimated 10 million people have the condition worldwide.

"It's a common condition," said Diokno. "Seven percent of the population have it."

Dr. Dennis Dobritt, director of the Pain Institute at Providence Hospital in Southfield, spoke about injections into the trigger points of pain and that first degree relatives have an eight times higher risk of developing the condition. Loren DeVinney, a physical therapist in West Bloomfield, said pain leads to tightness and the need for release. Dr. Craig Hartrick, director of anesthesiology research at Beaumont Hospital in Royal Oak, told of new medications like Lyrica and Cymbalta (an anti-depressant) and said patients should have hope.

HOPE (Helping Our Pain and Exhaustion) is the name of the support group Ostalecki founded for fibromyalgia patients. The response has been so overwhelming that meetings are moving from the Farmington Community Library to Beaumont Hospital where Ostalecki presents a series of six classes starting in September. On May 1, Jones & Bartlett Publishers releases her new book, *100 Questions and Answers about Fibromyalgia*, with Tamler. Her first book, *Fibromyalgia: The Complete Guide from Medical Experts and Patients*, came out in June 2007.

Ostalecki is only too happy to share her experiences. Twenty



Dr. Martin Tamler shows the trigger points responsible for pain in fibromyalgia patients.



Sharon Ostalecki interviewed nearly one dozen specialists as well as patients for the documentary 'Fibromyalgia: Fitting the Pieces Together.'

years later she has found relief by sleeping eight hours a night; eating enough protein, fruits and vegetables; avoiding refined

flours and sugar; and practicing yoga or stretching daily. She says there is no cookie cutter recipe to treat fibromyalgia and

some patients control symptoms through chiropractic care, meditation and water aerobics. Ostalecki takes a warm water bath at night and sips hot chocolate.

Massage relieves the pain for Mark Montagano who appears in the documentary. The former Redford resident says he "walked away from doctors" to find his own solution.

"Be knowledgeable, do your reading and never give up," said Montagano, "Biofeedback helps with stress that has to do with your condition and support of family is important."

For more information or to order the documentary, visit [www.hffcf.org](http://www.hffcf.org) or call (248) 344-0896. Ostalecki is currently in the process of scheduling showings at the end of February or beginning of March at the Birmingham Palladium.

lchomin@hometownlife.com | (313) 222-2241

A New Year's Resolution that *gets results!*

NEW YEAR. NEW YOU.

**NO MONEY DOWN  
OR \$14.95 PER MONTH**

12 WEEK FITNESS GUARANTEE

CALL 734-525-4636

FOR AN APPOINTMENT TO TOUR CLUB FOR DETAILS  
OFFER VALID 1ST VISIT ONLY AND 1ST 50 CALLERS

**Fit Zone**  
for Women

16112 MIDDLEBELT • LIVONIA, MI 48154  
(Located Inside Concord Plaza)  
734-525-4636

MONEY BACK GUARANTEE  
FIRST 50 CALLERS







Be remarkable

BAE Systems is pushing technological boundaries to meet the demands of the military sector and other core industries. We are seeking innovative talent in order to expand our business in Michigan. If you're eager to cross new frontiers, join our team.

## BAE Systems Career Fair

Friday, January 16, 2009 • 9:00 AM – 8:00 PM  
 Detroit Marriott • 200 W. Big Beaver Road • Troy, Michigan  
 One Team...Many Opportunities.

**Mechanical Engineers**

Work with leaders in military systems to develop and integrate wheeled and tracked vehicle systems. Responsibilities include development, design and integration of the mobility, weapon, survivability, structures, auxiliary, crew, mechanical, and mission system components. The candidate will be responsible for the assimilation of the design requirements, exploring concept solutions, conducting trade studies, developing selected designs, overseeing hardware prototype build, and verification of the design performance characteristics through test validation in preparation for field tests and production. A BSME plus a minimum of 2 years' design experience or equivalent technical degree and experience is required. Pro-E knowledge is desired.

**Designers**

Must work with engineers and drafters to design and develop subsystems and component parts, which can include, but are not limited to, powertrain, suspension, survivability, structures, auxiliary automotive, mechanical, and/or electrical. The candidate is responsible for the documentation, analysis, layout, and design, up to and including final engineering drawings. Proficiency in Pro-E, 3-D and solid modeling is required, proficiency in CADD5; an AA degree plus a minimum of 5 years' design experience or equivalent work experience is required.

**Checker**

Ensures the accuracy, completeness, and sound design of engineering documentation to prescribed standards and contractual requirements. Exercises authority to reject incorrect documentation in terms of technical content, standards, and specifications. Supports Model and Drafting/ Drawing Standards and reference manual revisions. Interprets applicable model and drawing standard requirements and assesses the quality of the technical backup data. Must have proficiency in Pro-E with 6 years' mechanical design experience and checking experience. Must be familiar with ASME Y14.100, ASME Y14.41, and proficient with GD & T applications.

**Project Engineers**

Responsibilities include the technical coordination, lead, and execution of proposals, designs, and development projects (e.g. powertrain, suspension, survivability, structures, auxiliary automotive, mechanical, and/or electrical). As a member of an engineering team, the project engineer is the primary technical point of contact to the customer and is responsible for the project's overall technical compliance. A Bachelor's Degree with 11 years of experience or a Master's Degree with a minimum 9 years' as a project engineer is required.

**Electrical Engineers (Mobile, Power Generation and Management, FPGA Logic, Motion Control, Hybrid Electric Automotive, High Voltage Testing)**

Requires a broad knowledge of systems and components

for electrical/electronic embedded and test hardware for military systems and vehicles. Bachelor's in Electrical Engineering and 2+ years' experience.

**Quality Engineers**

Uses a wide range of mechanical or electrical engineering and quality skills to research/review technical design development activities, test, and support documentation for mechanical, digital & analog integration of systems and subsystems. Routine interaction with all levels of management and the customer. Develops quality systems and procedures to monitor design assurance activities. Develops quality provisions, specification, and validation requirements.

**Program Manager**

Responsible for managing one or more programs. Manage any or all forms of contracts. Oversee program budget and schedules. Has primary responsibilities for program growth; may be responsible for developing and marketing new technology or follow-on business acquisition. Accountable for all schedules, quality, profit, performance, and customer satisfaction with respect to relevant program. Manage departmental personnel, budgets, and administration.

**Program Control Analyst**

Develop and monitor Earned Value Management (EVM) baselines (budgets, management reserve, undistributed budget, network schedules, and scope changes) for all EVM and other engineering contracts. Analyze cost and schedule variances, determine root causes, program impact, and report contract performance to internal and external customers. Develop and assist in implementation of corrective action strategy for cost and schedule issues. Interact with Program Managers and Control Account Managers to guide problem resolution. Ensure data integrity and quality of all performance reporting submitted to both internal and external customers. Make presentations to management on contract performance status and implications of problems/ issues. Prior EVM experience is required.

**Configuration Data Management Specialist**

A minimum of 10 years of experience working in a CDM environment of which 5 or more years is spent in supporting a project in the DoD acquisition environment, or an equivalent mix of project and CDM Core staff experience. Three years of related work experience in a manufacturing or engineering environment with a demonstrated understanding of functional interrelationship of contract administration, design engineering, manufacturing, quality and logistics are required. Must have extensive knowledge of identification, change control, status accounting and audit requirements and procedures. Requires excellent knowledge of CDM computer applications (i.e. CDM systems, CCC, SUN, PC, UNIX) and be thoroughly skilled in their operation.

**Specialty Engineers (Senior Reliability/Maintainability, Quality)**

Requires strong/broad background in reliability/probability with application to complex military or aerospace systems; Bachelor's in ME, EE, Math or Physics.

**Systems Engineers**

Requires knowledge in one or more of the following: weapon systems, requirements analysis and performance optimization, vehicle design and physical architectures, embedded system integration, architectures and interfaces, C4ISR, sensor integration, survivability suites, ballistic fire control, integrated diagnostics, control systems, operations research, requirements management, objective oriented modeling. Requires a Bachelor's or Master's in Engineering or related technical field.

**Supply Chain**

Responsible for gathering, analyzing, and presenting program data across all systems platforms within a particular program; the development and implementation of tools and procedures to aid in the strategic execution of materials procurement; and guiding and instructing key members of the supply chain organization in proper and efficient use of company technological and systems assets. Requires B.S. degree in Business, Finance, or Information Systems; strong analytical, communication (written & verbal) and excellent presentation skills. Strong technical skills in an information systems discipline with the ability to perform financial analysis.

U.S. Citizenship is required for most positions.

We offer a friendly, professional environment where individuals can expect exciting challenges, personal growth, competitive salaries and excellent benefits including 401(k), tuition reimbursement, performance share, flexible work schedules and more. Contribute to our vision of the future.

Please view our website for additional positions open in Michigan as well as other locations.

[www.baesystems.jobs](http://www.baesystems.jobs)

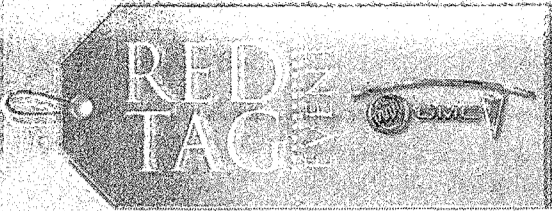
An Equal Opportunity/Affirmative Action Employer who values and respects diversity.



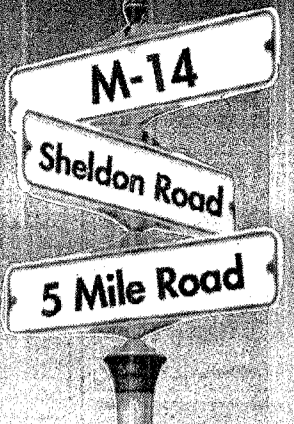
REAL COMMITMENT. REAL ADVANTAGE.



# GMC BOB JEANNOTTE



**SHELDON ROAD  
GRAND RE-OPENING  
SALE**



## GM Employee Discount to Everyone\*

**2009 PONTIAC G6**  
Stk. #90016



33 MPG

Was \$22,505 **OR-LEASE FOR NOW**  
**\$14,559\*** | **\$209\*** PER MO.  
36 MONTHS  
\$0 Down Payment

**2009 PONTIAC G5**  
Stock #90124



37 MPG

Was \$17,725 **OR-LEASE FOR NOW**  
**\$11,937\*** | **\$189\*** PER MO.  
36 MONTHS  
\$0 Down Payment

**2009 PONTIAC VIBE**  
Stock #90139



31 MPG

Was \$19,480 **OR-LEASE FOR NOW**  
**\$14,367\*** | **\$184\*** PER MO.  
36 MONTHS  
\$0 Down Payment

**2009 PONTIAC G8**  
Stock #90177




Was \$28,875 **OR-LEASE FOR NOW**  
**\$20,795\*** | **\$303\*** PER MO.  
36 MONTHS  
\$0 Down Payment

**2008 PONTIAC SOLSTICE CONVERTIBLE**  
Stock #6429



Was \$28,915 **OR-LEASE FOR NOW**  
**\$20,995\*** | **\$299\*** PER MO.  
48 MONTHS  
\$0 Down Payment


**2009 BUICK LUCERNE CX**  
Stock #93099



Was \$30,030 **OR-LEASE FOR NOW**  
**\$20,212\*** | **\$319\*** PER MO.  
48 MONTHS  
\$0 Down Payment

## 90 Day Deferred Payment Available\*\*

**2009 BUICK LACROSSE CX**  
Stk. #93035



Was \$26,390 **OR-LEASE FOR NOW**  
**\$19,880\*** | **\$299\*** PER MO.  
60 MONTHS  
\$0 Down Payment

**2009 BUICK ENCLAVE CX FWD**  
Stk. #93048



Was \$35,385 **OR-LEASE FOR NOW**  
**\$29,635\*** | **\$396\*** PER MO.  
48 MONTHS  
\$0 Down Payment

**2008 GMC ENVOY**  
Stk. #95013



Was \$30,965 **OR-LEASE FOR NOW**  
**\$20,995\*** | **\$397\*** PER MO.  
39 MONTHS  
\$0 Down Payment

**2009 GMC ACADIA**  
Stock #95004



Was \$32,675 **OR-LEASE FOR NOW**  
**\$23,953\*** | **\$389\*** PER MO.  
39 MONTHS  
\$0 Down Payment

**2008 GMC YUKON DENALI**  
Stock #95113



Was \$56,710 **OR-LEASE FOR NOW**  
**\$37,920\*** | **\$589\*** PER MO.  
48 MONTHS  
\$0 Down Payment

**2008 SIERRA**  
Stock #4431



Was \$20,010 **OR-LEASE FOR NOW**  
**\$9,995\*** | **\$199\*** PER MO.  
39 MONTHS  
\$0 Down Payment

**BOB JEANNOTTE**  
14949 SHELDON ROAD • PLYMOUTH  
(between M-14 & 5 Mile Road)



**Save a Lot with Bob Jeannotte**  
Mon. & Thurs. 9 to 9, Tues., Wed. & Fri. 9 to 6  
**734-453-2500**  
**WWW.JEANNOTTE.COM**

\*MSRP. Price and lease payments include taxes as they increase. Must have a GMAC or competitive lease rating by 8-30-08. Plus first payment, tax, title, license, and dealer fees. \*\*See dealer for details. \*\*\*On purchase finance contract thru US Bank. Must take delivery by 1-2-09.