













The John Glenn High School "Rocket Rage" zone is packed for the Homecoming game.

TOM BEAUDOIN

# JOHN GLENN CELEBRATES HOMECOMING

Mother Nature provided a perfect evening for a football game and a perfect weekend for Homecoming at Westland John Glenn High School.

The festivities kicked off with a pep assembly on the football field Friday afternoon and were followed by the annual Homecoming parade down Marquette to the high school.

At halftime, fans watched as Hannah Udel and Kimari Johnson were crowned

Homecoming queen and king. Members of their court included Mariah Phelan, De'ja Rush, Jade Stovall and Asha Smith, Jimmy Solberg, Le'Jon Crawford, Charles Guy and Xavier Edwards.

However, the festive mood was dampened late in the fourth period when Homecoming gridiron opponent Canton scored a late touchdown and two-point conversion, leaving the Rockets on the short end of a 22-21 score.

TOM BEAUDOIN  
Queen Hannah Udel and king Kimari Johnson strike a pose after they are crowned at halftime at John Glenn High School on Friday night.



Homecoming court members Jimmy Solberg, Le'Jon Crawford, Kimari Johnson, Charles Guy and Xavier Edwards.



The John Glenn marching band entertained a packed house at this year's Homecoming football game.

TOM BEAUDOIN



Homecoming court members Mariah Phelan, De'ja Rush, Hannah Udel, Jade Stovall and Asha Smith.

TOM BEAUDOIN



Stevenson Middle School National Junior Honor Society students march in this year's Homecoming parade.

TOM BEAUDOIN

## What has become of our elementary school classmates?

Ever wonder what became of your elementary classmates? I do.  
We live a stone's throw away from the house I grew up in and, subsequently, the elementary school I attended, which I intentionally drive past twice a week when I take my son to his Play & Learn class. Each and every time I enter my old subdivision it's like going down Memory Lane — both literally and figuratively.  
Because my parents and I moved after fifth-grade, I never attended school with these kids again. But motherhood — coupled with my weekly elementary school drive-bys — has prompted me to reflect on the relationships I had with these kids: If I could go back in time, would I change the way I treated them?  
There are two that I won't soon forget. And while everything you are about to read is 100 percent true, I've changed their names. (What



Courtney Conover

GUEST COLUMNIST

with Facebook and social media, the last thing I wish to do is dredge up someone's past and embarrass them.)  
First, there's Heather. I met Heather, who was one year younger than me and lived four houses down, when our big wheels collided on the sidewalk one summer afternoon. The details of our first encounter are murky, admittedly, as I was only 4 years old at the time. But I do remember this: I couldn't understand a word Heather said because she had a severe speech impediment.  
And I also remember that it didn't matter.  
**Cross and Ritchie**  
What did matter, however, was that she knew every single lyric of Christopher Cross' *Sailing* and Lionel

Ritchie's *You Are the Sun, You Are the Rain*, which we sang together nearly every day under the large pine tree in my front yard. And from simple activities like that one, we forged the strongest friendship of my childhood.  
It was as if, seemingly overnight, my ears became trained to understand each and every word Heather said because her language issues became less and less of a barrier. I don't know what ever became of Heather, but I think of her, and her mother, often. As a mother now myself, I often wonder what Heather's mom must have gone through, having a child who couldn't verbalize her own name and ended up transferring to a special elementary school because of her disability, and how relieved she must have been that I accepted Heather wholeheartedly.  
Isn't that what we all want our children to experience — acceptance and true friendship?

And then there's Bennett. Bennett was a classmate as well as the brother of a fellow Girl Scout member. And his legacy, as far as I can recall, boiled down to two words: "Booger Bennett." Short and petite, Bennett was always the proverbial runt of the class, which, as a boy, put him at a disadvantage from Jump Street.  
And then the death knell came sometime around the third-grade when someone noticed him picking his nose. Stunned by being called out, Bennett then proceeded to try and wipe his finger on the sleeve of a nearby student.  
**Vicious cycle**  
It was all downhill from there, and a vicious cycle ensued: The more Bennett was teased, the more he wiped his boogers on people. He seemed to revel in his unpopularity, which, in hindsight, was all just a coping mechanism, I'm sure.  
Thirty years later, I still wonder about Bennett, how

he eventually turned out, and whether the incessant teasing he endured still affects him today.  
And here's the one regret I have: While I never teased Bennett, I never really made an effort to befriend him, either. I can't help but wonder if the true essence of his identity was lying dormant under the armor he had built up to protect himself. Was Bennett ever truly able to be himself after that fateful day in third grade? Like Heather, all he probably wanted was to be liked.  
What relationships from your childhood do you remember — for better or for worse?  
*Wayne resident Courtney Conover is a mom of two little ones and the wife of former Detroit Lions offensive lineman Scott Conover. She has more LEGOs and NFL memorabilia than she needs. She blogs at www.thebrowngirlwithlonghair.com and over-shares at www.facebook.com/thebrowngirlwithlonghair.*







## What to do when a fund manager leaves

I was shocked when I saw the news that Bill Gross, head honcho of PIMCO, one of the largest mutual fund families, announced he was leaving the company that he helped found, and moving to manage a new fund at Janus.

Gross is one of the most well-known portfolio managers and had been affectionately known as the "Bond King." Why he left? I'll leave that for others to speculate.

The issue for investors is what to do when a portfolio manager leaves abruptly as Gross.

In today's world, most investments, particularly mutual funds, are no longer managed by one person, but rather, by a team. You don't have to worry that when a manager leaves there is no one there to manage your money. However, when the head manager of your fund leaves it requires you to review the situation — if the reason you invested in the fund was because of the departing manager.

When a manager leaves, look at the replacement and his/her previous track record. For example, is he/she a member of the portfolio management team or a new person? When there is a change in the main portfolio manager it does pay to review investments to make the decision whether to stay or go.

In addition, if you decide to stay with the investment, keep a closer eye on it to see how the new portfolio management team is doing. Remember, investors should not let loyalty nor tax consequences dictate a decision. The question to ask is whether or fund still belongs in your portfolio.

Another question regarding Gross' decision is should one use his track record at PIMCO and apply it to the new Janus Fund. I say no. Many times in my career I have seen a successful manager leave one fund for another and they don't do nearly as well at the new fund.

Would I invest in the new fund to be managed by Gross? No. I will judge him like I would any other fund — I want to see a track record. I want to see at least three to five years.

It may seem logical that managing money is managing money and if you can do it for one fund you can do it for another. Unfortunately, that is not the case. Different companies have different resources. In addition, the culture of a company makes a difference. Just because Gross had a great run at PIMCO doesn't mean he'll have the same run at Janus.

As an investor it is important to feel comfortable with every investment in your portfolio. If you don't, then don't hesitate to make a change.

Good luck.

Rick Bloom is a fee-only financial advisor. His website is bloomassetmanagement.com. If you would like him to respond to your questions, please email rick@bloomassetmanagement.com.

## Garden City 10-Minute Oil Change aims to please customers

By Sue Mason  
Staff Writer

Sam Saad has always dreamed of owning his own business. His dream came true in April when he purchased the Garden City 10-Minute Oil Change on Ford Road.

Now after five months of renovations inside and out, he's ready to celebrate with a grand opening from 8 a.m. to 7 p.m. Saturday.

"I've been doing this since I was 16; I ran a store on Eight Mile in Detroit," the Dearborn Heights resident said. "I worked there 12-13 years before I decided to buy my own business. I wanted something in the suburbs, closer to my home."

Opened in 1987, the 10-Minute Oil Change was in need of updating. Saad repainted the outside and put in new landscaping. Inside, he redid the customer waiting area, replacing plastic outdoor furniture with a coach and putting in a tile floor, flat-screen TV, coffee maker and a mini frig stocked with water.

The work area also was repainted and epoxy flooring put down. The existing lighting throughout the building was replaced with energy-efficient LED fixtures.

The business has been a Penzoil facility, and Saad continues to carry a full line of Penzoil products, including all different weight of oils and those recommended by different manufacturers. He also has other brands like Mobil and Quaker State in case a customer wants them.

"It's been Penzoil since 1987 and people love the (Penzoil) brand," he said. "I want customers to know that when they come in they're going to get excellent service and always get a quality product. They're going to get that every time."

The oil change is full service. Saad tops off fluids, adjusts tire pressure and even offers customers a bottle of water or fresh cup of coffee. He wants to make them feel comfortable about something a lot of people don't like to do.

His services also include



A fresh coat of paint and new landscaping are part of the updates at Garden City 10-Minute Oil Change.



Owner Sam Saad (right) and Imad Hassen are making sure customers get quality products and great service at Garden City 10-Minute Oil Change. Hassen has worked at the store for 22 years.

radiator and transmission flushes, oil filters and wiper blades.

For the grand opening, Saad is offering \$10 off an oil change and a free Penzoil T-shirt. Every customer that comes in will also

receive a ticket for a raffle. The prizes include a flat-screen TV, Penzoil neon clock and collectible Penzoil truck. He also plans to have coffee, doughnuts and bagels for those who come early and a barbecue later in the day.

### GARDEN CITY 10-MINUTE OIL CHANGE

Address: 31510 Ford Road  
Hours: 8 a.m. to 7 p.m. Monday-Saturday and 10 a.m. to 4 p.m. Sunday.  
Phone: 734-422-0662.

Saad also chose the Garden City store because of the city and its residents. The city is friendly, he said. Many of the people who pull in have been coming to the store since it opened in 1987 and are "happy with the service."

"We're a friendly oil change and never try to pressure the customer into buying unnecessary services," he said. "Customer satisfaction and giving the customer a quality product is my priority. I want to make sure the customer is happy and coming back."

"Changing oil and preventive maintenance is my life; I can't see myself doing anything else," he said. "I love what I do."

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## BUSINESS NEWSBRIEFS

### Free film festival

Bloomfield Hills-based MJR Digital Cinemas announced it will offer its Free Fall Children's Film Festival at the Westland Grand Digital Cinema 16 every Saturday and Sunday beginning Saturday, Oct. 4, and running every Saturday and Sunday through Oct. 26.

It's totally free to children age 12 and under, and parents are just \$1. Advance tickets are not available, and tickets are distributed on a first-come, first served basis until theater capacity.

The film line-up is *Muppets Most Wanted* Oct. 4-5, *Earth to Echo* Oct. 11-12, *Mr. Peabody and Sherman* Oct. 18-19 and *Rio 2* Oct. 25-26.

Call 734-298-2657 for show times or check online the Tuesday prior to the show at [mjrtheatres.com](http://mjrtheatres.com).

Westland Grand Digital Cinema 16 is at 6800 N. Wayne Road, south of Warren Road.

### New project manager

Paul Davis Restoration & Remodeling of Washtenaw County, a leading provider of fire, water and mold damage restoration services for residential and commercial properties, has named Erik Felt as the company's new project manager.

Felt will be responsible for estimating and overseeing jobs in residential and commercial restoration, remodeling, and clean up and reconstruction of

property damage from water, fire, smoke, vandalism, and mold insurance claim losses.

Felt was born and raised in Garden City. He attended business management classes at Schoolcraft College in Livonia and Wayne County Community College in Detroit. For more than 14 years, Felt has extensive experience as a professional technician in fire, smoke, and water restoration along with demolition work to full reconstruction projects.

He also worked in the custom home improvement and renovations field while specializing in kitchen and bath remodeling. Felt was a business owner in home improvements, renovations and restoring foreclosed, distressed bank-owned

properties. He served in the U.S. Navy. He currently coaches as a volunteer for the Junior Varsity football team in Westland. Felt and his family are residents of Garden City.

"Erik is a valued member of our team. He understands the importance of providing exceptional customer service and the delivery of an outstanding product on each job," said Brian McCall, the local Paul Davis franchise owner. "Our customers can rely on Erik and all of our staff to provide the latest in restoration technologies. We are proud of our full-time technicians who are certified by The Institute of Inspection, Cleaning and Restoration Certification."



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SCHOOLCRAFT COLLEGE

Schoolcraft College plans to offer three new bachelor's degree programs in the culinary arts field, a first for the community college.

# Chef helps Schoolcraft develop 4-year programs

By Susan Selasky  
Gannett Michigan

Fresh off a 26-day trip to Spain with Team USA Basketball, chef Shawn Loving is celebrating the team's big win and looking forward to one of his own.

Loving recently returned from Madrid, where he served as chef for U.S. men's basketball team, which defeated Serbia on Sept. 14 during FIBA World Cup. The full-time instructor and culinary department chair at Schoolcraft College in Livonia revealed he's helping develop a new four-year culinary arts bachelor's degree program at the school.

Schoolcraft College plans to offer three new bachelor's degree programs in the culinary arts field, a first for the community college known for its two-year-degreed culinary arts program and culinary certification program.

"It's a three-track opportunity so you're not just forced into the business aspect," Loving



SCHOOLCRAFT COLLEGE

Chef Shawn Loving, Schoolcraft's culinary department chairman, recently worked as chef for the U.S. men's basketball team.

said. "Having a variety today seems to be the right way to go."

The new baccalaureate programs — Culinary Entrepreneurial Leadership; Culinary Nutrition and Leadership, and Culinary and Dietary Operations Management — are pending approval by the Higher Learning Commission and could be offered as soon as spring 2015, said Rich Weinkauf, vice president and chief academic officer for Schoolcraft.

The programs were

made possible by a change in legislation that now allows community colleges to grant baccalaureate degrees in certain areas of study, including culinary arts.

Of the degrees that will be offered, only the Culinary Nutrition and Leadership program will have limited enrollment (12 students per year).

"These are folks that will work directly under certified master and executive chefs for honing their kitchen skills and cooking ability,"

Weinkauf said. "It will be intense."

Mike Hansen, president of the Michigan Community College Association in Lansing, said bringing baccalaureate programs to community colleges like Schoolcraft "makes perfect sense."

"This is offering the opportunity for a whole range of students who were previously denied that opportunity," he said. "Some can't go to a four-year college or they can't afford a four-year and but can afford a community college."

When Schoolcraft began entertaining the idea of four-year programs, Loving says, officials wanted to offer students a chance to learn about nutrition as well as the business side of the industry. The new degree programs reflect that, he says, and they will provide an "opportunity for students to get jobs in different areas," such as the nutrition and dietary fields as well as culinary management.

"We might have a student that is in a sec-

ond or third career and they may not want to work on the line as a sous chef," he said.

For those out in the field already, Loving says the school will offer tenured credit, meaning prior learning credits earned could be applied toward a bachelor's degree.

As for Loving's other job as chef for the nation's basketball team (which includes Detroit Piston Andre Drummond), Loving says planning is key.

"They are pretty finicky," he said of the team members. "But it's all about the player and building the relationship and making sure they are always fueled with what they need."

Loving takes the same approach to developing Schoolcraft's expanded programs.

"I want this to feel inviting," he said. "My desire is for this to be open ... for ... anyone who wants to go into that particular path."

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## GC reaches great heights in Mt. Morris

### Cougars go 5-0 to win first tournament of season

By Ed Wright  
Staff Writer

Garden City's volleyball team was running on all cylinders at Saturday's Mt. Morris Invitational.

The Cougars turned in several clutch performances at key times to finish 5-0 and take the title with a stirring 25-14, 33-31 triumph over Brown City in the championship match.

"It was great to see the girls battle the way they did," said Garden City head coach John Pace. "Everyone contributed and made an impact. Brittany [Radtke] had a key kill, Skyler [Clending] served match point after being subbed in stone cold. Our defense was tough all day. "Having the final set go 33-31

was completely intense. It was just an awesome set to close out the day."

The Cougars opened play by sweeping three pool-play matches: 25-11, 25-10 over Christ the King; 25-17, 26-24 over Imlay City; and 25-17, 25-21 over Brown City.

GC then survived a tense three-set semifinal showdown against Birmingham Groves, 25-11, 23-25, 16-14, before taking down Brown City in the final.

Allie Lynn had a phenomenal day, chalking up 39 kills, 42 digs and 13 aces.

Other key contributors included Holly Sayger (34 kills), Hanna Vera-Burgos (42 assists), Alex Roffi (33 assists) and Taylor Bejma, who notched 36 digs and 12 aces.



Members of the Garden City volleyball team pose with their first-place trophy after winning Saturday's Mt. Morris Invitational.

### RU dodge ball

The Redford Union High School Blue and Gold Club is hosting its annual dodge ball tournament on Friday, Nov. 7 at 6:30 p.m. in the school's gymnasium. Admission is \$3.

The tournament features teams made up of students, teachers and alumni.

### MU spikers roll

Casey Gates finished with 15 kills and 12 digs to lift the ninth-ranked Madonna University women's volleyball team to a 25-20, 25-22, 25-17 Wolverine-Hoosier Athletic Conference win Saturday at home over Marygrove College.

Emily Johnson and Katie Breault chipped in with 13 and eight kills, respectively, for the Crusaders, who improved to 20-2 overall and 8-0 in the WHAC.

Setter Spencer Stokes racked up 40 assist-to-kills, while Amanda Obrycki paced the defense with 15 digs.

Kara Kempinski (Livonia Churchill) led the Mustangs (4-12, 1-7) with 20 digs, while setter Hayley Jury (Livonia Ladywood) had 14 assists.

On Friday, host Madonna got 14 kills from Johnson and 49 assists from Stokes in a 25-18, 23-25, 25-22, 25-20 WHAC victory over Lawrence Tech.

### Redford Catholic football

The Lancers freshman team lost, 7-6, to Cabrini on Saturday. The lone offensive highlight for Redford Catholic was Donovan Lemmon's 95-yard TD run. Anthony Blouin (12 tackles) was a force on defense.

The junior-varsity Lancers fell 29-0 to the Monarchs. Daron Dunning, Skyler Bowens, Michael Rossi and Jerry Shananaquet sparked for the defense.

The Lancers' varsity squad secured a berth in a CYO consolation game Oct. 25 at Ford Field by blanking Cabrini, 28-0. JJ Cantrell excelled at quarterback while Matthew McCarty had two touchdowns - one on each side of the ball. Devin Dunning also scored a TD. Defensively, Dunning, McCarty, Kevin Cox, Karron Paynes, Jeremy Pfeifer, Cantrell, Joseph Brintley, Sean Rankin, Reginald Jones, Mark Grundy, Logan Warren, Paul Wagner and Terrance Moore stood out.

### Reporting results

Local high school athletic coaches are encouraged to report results of their team's contests to Observer sports editor Ed Wright, who can be reached at 734-578-2767.

The deadline for Sunday editions of the Observer is Friday at 10 p.m. The deadline for Thursday editions is Tuesday at 10 p.m.

## Padget making an impact at Alma

### Churchill grad named to 'Good Works Team'

By Ed Wright  
Staff Writer

Simply going through the motions has never been a viable option for Blake Padget.

Whether he's clearing running lanes as an offensive lineman for the Alma College football team, volunteering at youth football camps, studying for a Law School Admission Test or collecting equipment for less-fortunate young athletes, the 2011 Livonia Churchill graduate's motor is always revving at full throttle.

So it was no surprise to anyone who knows the energetic Padget that he was recently named to the 2014 Allstate AFCA Good Works Team - a prestigious group of 22 college football players (11 from Division 1 schools; and 11 from D2 and smaller schools) who have made extraordinary commitments to enriching the lives of others in their communities.

In addition to participating in a local soup kitchen at Alma First Presbyterian Church, serving at various Big Brothers/Big Sisters events and working with Habitat for Humanity to build ramps for people with cerebral palsy, Padget co-founded the nonprofit organization Together All Can Keep Limits Exhausted (T.A.C.K.L.E.), which provides equipment to young football players who may not be able to play without a helping hand.

"We thought that it would be sad if a kid couldn't play football just because of something silly like not being able to afford cleats," said Padget, when asked about the inspiration for forming T.A.C.K.L.E. "We raise money and collect equipment for youth football leagues so that

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Alma College senior Blake Padget (67), a 2011 graduate of Livonia Churchill, has been a mainstay on and off the field.



Wayne Memorial graduate Katie Horton has been made an instant impact during her first season at Florida State University.

## RISE & SHINE

### Wayne Memorial grad Horton contributing big-time for Florida State volleyball team

By Ed Wright  
Staff Writer

It hasn't taken long for Katie Horton's sky-high volleyball skills to heat up in the "Sunshine State."

In her first season playing for the nationally-ranked Florida State University volleyball team, the former Wayne Memorial standout has proven to be a sunbelt sensation, helping the Seminoles to an 11-0 record by earning Atlantic Coast Conference Player of the Week honors.

Horton was an all-around force during her accolades-filled performance, collecting 36 kills, 25 digs and nine blocks in a pair of victories over No. 21-ranked Texas A&M.

"Katie had a real breakout weekend and she continues to be a welcomed addition as a full-rotation passer," said FSU head coach Chris Poole. "Katie's recognition is very well-deserved."

Horton excelled during her freshman season of collegiate volleyball at Ohio University, where she was instrumental in leading the Bobcats to a 27-6 overall record and the school's 10th Mid-American Conference championship in the past 11 seasons.



Katie Horton

*"It's an honor to come to practice every day and play with such talented teammates. It really makes me want to push myself every day to get better."*

But when Ohio's coach resigned following the season, Horton opted to transfer her talents to Tallahassee.

"I love it down here," Horton said during a Tuesday afternoon phone interview. "The people are nice, the weather is nice, I won't have to deal with snow this winter."

"It's an honor to come to practice every day and play with such talented teammates. It really makes me want to push myself every day to get better."

The opportunity to play volleyball indoors and outdoors at the college level was a big

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## Start the day right with these five tips for **BREAKFAST**

**B**reakfast has forever been celebrated as the most important meal of the day — but are you eating the right kind of breakfast to power your potential? To ensure your morning meal gets you off on the right start, opt for one with protein.

While experts recommend 20-30 grams of protein at each meal, the average breakfast bowl and plate only contains 10-12 grams. One way to help close the gap is to include an 8-ounce glass of milk. All milk, including fat-free and lowfat, packs the same nutrient-rich punch, with nine essential nutrients, including 8 grams of high-quality protein in an 8-ounce glass — that's more protein than an egg.

Below are five tips to help you enjoy a better breakfast to help power your day:

**1.** Make sure your breakfast consists of three of the five food groups including dairy, fruits, vegetables, meat/beans and whole grains.

**2.** Like oatmeal? Swap out 8 ounces of water for 8 ounces of milk to add 8 grams of protein for a creamy addition to your oatmeal.

**3.** Pair any breakfast with an 8-ounce glass of milk. Not only does milk help enhance the nutrition of any meal, it can help get you closer to the recommended amount of protein at each meal when served alongside your frittata or egg scramble. In addition to protein, each serving of milk includes nearly one-third of the daily-recommended amount of calcium and vitamin D.

**4.** No time to eat at home? No problem. Grab fruit, a granola bar and milk to go. You can also make a quick smoothie by swirling in ½ cup of milk to your favorite recipe, and add a tablespoon of almond butter for extra protein punch.

**5.** If you find yourself rushing in the mornings, plan ahead and think about breakfast after dinner. You can set the table the night before with bowls and glasses, and pre-mix ingredients to maximize time in the morning.

Get more tips and recipes to be the envy of all breakfasts by visiting <http://milklife.com/recipes>.

Courtesy of Family Features



### INDIVIDUAL BREAKFAST CHILE CHEESE SOUFFLÉS

Makes 6 servings, approximately 1 ounce of milk per serving

1 cup lowfat or fat-free milk  
5 eggs  
½ cup shredded Monterey Jack or Cheddar cheese  
3 tablespoons all-purpose flour  
1 teaspoon kosher salt  
8 ounces ground turkey sausage  
1 cup frozen hash browns  
Can chopped green chiles (¼ ounces)  
3 tablespoons chopped fresh cilantro  
Prepared fresh salsa (optional)

Preheat oven to 425°F. Grease six 6-ounce ovenproof ramekins or custard cups with nonstick spray; arrange on a baking sheet and set aside. In a bowl whisk together milk, eggs, cheese, flour, and salt; set aside. In a large nonstick skillet over medium-high heat, brown turkey sausage until nearly cooked through. Add hash browns and chiles, and stir until heated through. Combine sausage mixture with egg mixture and stir well.

Divide the soufflé mixture evenly among the prepared ramekins. Bake in the preheated oven 20 to 25 minutes or until soufflés are puffy, browned, and set in the center. Sprinkle cilantro over soufflés and serve with fresh salsa, if desired.

Nutrition: 219 calories; 10 g fat; 4 g saturated fat; 215 mg cholesterol; 17 g protein; 13 g carbohydrates; 1 g fiber; 772 mg sodium; 152 mg calcium (15 percent of daily value).

Nutrition figures based on using fat-free milk.



### HEARTY OATMEAL

Serve this hearty dish with an 8-ounce glass of milk and half a banana, and you'll start the day with 25 grams of protein.

Makes 2 servings

1 ½ cup lowfat or fat-free milk  
1 cup old fashioned or quick cooking oats (not instant)  
1 teaspoon brown sugar  
½ teaspoon ground cinnamon  
¼ cup sliced strawberries  
¼ cup dried cherries  
3 tablespoons toasted sliced almonds (¼ ounce)

Combine milk, oatmeal, brown sugar and cinnamon in saucepan; bring to a boil over medium-high heat. Stir often to prevent boiling over.

Cook until thickened. Divide between two serving bowls and top with strawberries, cherries and almonds. Serve immediately.

Nutrition: 510 calories; 8 g fat; 0 g saturated fat; 10 mg cholesterol; 25 g protein; 87 g carbohydrates; 8 g fiber; 0 mg sodium; 600 mg calcium (60 percent of daily value). Nutrition figures based on using fat-free milk.



### SKILLET EGGS AND POLENTA

Makes 4 servings

2 teaspoons olive oil, divided  
1 cup sliced mushrooms  
1 cup red bell pepper, cut into strips  
1 cup zucchini, halved lengthwise and sliced into half-moons  
1 jar (32 ounces) marinara sauce  
2 ½ cups lowfat or fat-free milk  
Salt  
½ cup finely ground polenta or cornmeal  
4 eggs  
Chopped fresh basil (optional)  
Pair each serving with:  
8 ounces fat-free milk  
Slice of toast with 1 tsp jelly

Spray a large nonstick skillet over medium-high. Add mushrooms, bell pepper, and zucchini, and saute until vegetables soften slightly, about 3 minutes. Add marinara and simmer to heat through. Reduce heat to low and keep warm.

Bring milk and salt to a boil in a medium saucepan over medium-high. Slowly whisk in polenta, stirring constantly to prevent lumps from forming. Cook until thickened, about 5 minutes. Remove from heat, cover, and keep warm.

Heat 2 teaspoons oil in a large nonstick skillet over medium-high. Carefully crack eggs into pan and cook until whites are set and yolks are cooked to desired doneness, 4 to 6 minutes. To serve, divide polenta among 4 shallow serving bowls; top with marinara and an egg. Sprinkle with chopped basil if desired.

Nutrition: 460 calories; 8 g fat; 1.5 g saturated fat; 170 mg cholesterol; 28 g protein; 74 g carbohydrates; 11 g fiber; 980 mg sodium; 700 mg calcium (70 percent of daily value).

Nutrition figures based on using fat-free milk. Per serving: Grains: 1 ounce (slice of toast); Vegetables: 1 ¼ cup (mushrooms, red bell pepper, zucchini, 1 cup marinara); Protein: 1 ounce (1 egg); Dairy: 1 ½ cup (8 ounces in glass, 5 ounces in polenta).



### MANGO GINGER SMOOTHIE

Makes two servings, 4 ounces of milk per serving

½ cup - quick-cooking oats  
1 cup lowfat or fat-free milk  
1 cup fresh or jarred mango cubes (peeled, if fresh)  
1 (11-ounce) can mandarin orange segments, drained  
2 tablespoons almond butter  
1 tablespoon honey  
1 tablespoon lime juice  
½ teaspoon ground ginger

In a blender grind the oats until fine. Add the milk and buzz to blend, then add remaining ingredients and blend until smooth. Serve immediately.

Nutrition: 380 calories; 10 g fat; 1 g saturated fat; 0 mg cholesterol; 11 g protein; 64 g carbohydrates; 6 g fiber; 95 mg sodium; 233 mg calcium (25 percent of daily value). Nutrition figures based on using fat-free milk.

## CITY BITES

### Dine for a cause

**Plymouth** — If you dine at E.G. Nicks Monday, Oct. 13, you can aid Habitat for Humanity Western Wayne County, the organization that helps families in need with interest-free, low-cost housing. E.G. Nicks will donate 20 percent of the price of your meal to Habitat for Humanity. Print a coupon for the fundraiser from the organization's website at [habitatwvc.org](http://habitatwvc.org). E.G. Nicks is located at 500 Forest. 734-414-6400.

**Farmington Hills** — Learn to cook vegetarian dishes 10 a.m. Friday, Oct. 3, at Zhong Shu Temple, a Tao community, 23845 Middlebelt. A noon cere-

### Vegetarian cooking

mony and potluck lunch follow the class. Participants are asked to bring a vegetarian dish to share. 248-579-4791.

### Chocolate Affair

**Livonia** — The Ladies Ancient Order of Hibernians Elizabeth Fagan Division presents the 10th annual Chocolate Affair to benefit First Step, the western Wayne County-based organization working to end sexual and domestic violence, 2-5 p.m. Sunday, Oct. 5, at Laurel Manor Banquet & Conference Center, 39000 Schoolcraft. Guests will sample chocolate treats from local bakeries, restaurants, confectioners and caterers. Tickets are \$25, available from First Step at 734-416-1111, Pat at 734-981-1702 and Kittie at 734-646-5212.



SUBMITTED  
Learn to make vegetarian dishes at a monthly class at Zhong Shu Temple in Farmington Hills.