

The MONROE JOURNAL

Monroe County's Community Newspaper

Vol. 2 Issue 3

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Imagine Monroe County

By Justin Matley

Monroe County citizens are embarking on a new vision, standard and quality of life for our community. Brought about by public demand, this new visioning process named *Imagine Monroe County: A Rich History, An Exciting Future*, will give citizens an ability to be directly involved with the visioning and implementation of a plan to enhance the future of Monroe County.

Imagine Monroe County will bring together citizens and community leaders to identify shared goals for all aspects of life in Monroe County. These goals may cover such areas of common concern as the natural and built environment, economic and community development, transportation, education, culture, recreation, sports, ethnic diversity, and human

needs among others. Imagine Monroe County will also develop strategies to support each goal.

The new visioning process has been initiated by John Patterson, President and CEO of the Monroe County Convention & Tourism Bureau, and is supported by a team of visionaries. The community is very excited to present Imagine Monroe County, and expects a good turnout for future planning meetings. For several months they have been accumulating funding and sponsorship in kind from companies and organizations such as La-Z-Boy, Monroe Bank and Trust, DTE Energy, The Monroe Evening News, Monroe County Chamber of Commerce, American Speedy Printing, and Monroe County Intermediate School District.



All residents can be involved with the future of Monroe County.

An outside firm with specialized expertise has been hired to coordinate the visioning process and implementation. ACP Visioning and Planning with offices in Columbus, OH and New York City has worked with communities of all sizes, from small villages to neighborhoods, cities and regions. Lead by principals Gianni Longo and Jamie Greene, their 40 years of combined planning experience will be used to effectively utilize the ideas derived

from IMC to help our community plan, support and develop a better Monroe County. ACP has a large portfolio of improved

IMAGINE Cont. on page 3

Historical woman: Elizabeth (Libbie) Custer

By Kristin Matley

Elizabeth "Libbie" Custer may not have been a very illustrious housekeeper, probably a little spoiled by her father Judge Bacon and her stepmother, but George Armstrong Custer didn't much care about that. He wanted someone he could talk to, someone who could gallop off with him on horseback, and who would spend time with him reading in the library. For the 1800s, Libbie Custer was not your typical wife.

Born in Monroe Michigan in 1842, Elizabeth Clift Bacon was the daughter of a well-to-do Monroe County circuit court judge, and a bright, vivacious woman who was competitive, high-spirited, and an excellent student, graduating first in her class at Boyd's Academy for girls. She seemed to have possessed a certain social confidence, being able to easily talk to both men and women, and endear them to her. Although her first meeting with George Armstrong Custer, called "Autie" by his friends, was soon forgotten by them both, it is a favorite story around town. It shows some of her personality which seemed already to have been in place at a very young age.

The story goes that the boy Autie was walking down Main Street, which is now Monroe Street, and came upon the Bacon house. Before being moved, it was located where the historical museum now sits. Libbie Bacon was out playing in the front yard when she recognized him passing by, and although they had never met, she yelled out "Hello, you Custer boy!" At that time, speaking to boys who had not been formally introduced was considered extremely unladylike and went against all the strict social rules of her upbringing. So shocked was she of her own bold outburst, that she ran into the house as fast as she could before Custer even had a chance to reply. He could only laugh and go on his way. It wouldn't be until they were adults, he being an aide on General McClellan's staff, and her attending Boyd's Academy, that they would meet again and strike up a romance which would eventually lead to marriage.

It was the Civil War that ended up bringing Custer and Libbie together, and right smack-dab in the middle of the Civil War was where the new Mrs. Custer would be. Women in an army camp were completely unheard of, but she followed her husband

to the brigade headquarters at Stevensburg. It was the general idea that camp was no place for a respectable lady, especially if she wished to retain her respectability. But Libbie seemed to have a strange affect on the men of the camp whose vulgarity and drunkenness came to a halt. Army camp didn't take the respectability out of Libby. Libby brought respectability to the army camp. Other officer's wives decided to follow her example, and also started taking their place next to their husband's, away from home.

An avid writer all her life, when Libbie was unable to be with the General, she wrote to him every day, and he to her. It seems that she was his biggest fan, amazed with his exploits and in-love with him whole-heartedly. During their twelve year marriage, she traveled the country, lived out of tents, wrote, rode, socialized with important generals, senators, congressmen, and even



joked with President Lincoln about her husband's bravado. And when General Custer's death in 1876 at the Battle of the Little Big Horn left her with bills and little-to-no money, Libbie Custer turned her pen towards the public.

Elizabeth Custer wrote three books, all of which can be found in either the Dorsch Memorial Library, or the Ellis Library. In 1885 she wrote "Boots and Saddles," which describes her and her husband's last years together. "Tenting on the Plains," in three volumes, retells the period immediately following the

LIBBIE
Continued on page 8

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May
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June
Home Ownership & Upkeep

July
Investment/Retirement

August
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October
Legal Issues

November
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December
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NETWORK & SUPPORT

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NEW BUSINESSES

The doctor is in



Owner, Dave Clark doctoring a homeowners' furnace.

Dave Clark has a goal. As owner of The Home Doctor, his goal is educating people about the importance of a quality home inspection when buying or selling a home and helping them to protect and maintain their investment.

A home inspection consists of a visual inspection and evaluation of the home and its components such as heating, cooling, plumbing and electrical. The average inspection lasts between three to six hours depending on the size of the home. Clark requires his clients to be there during this process and has them carry pen and paper to take notes of possible potential problems he encounters, along with tips and suggestions on maintaining components so they stay in good working order. Upon completion, his clients receive a computer automated

printout of the entire inspection along with answering any questions they may have. A follow-up call is also made 30 days after closing, giving the new homeowners another opportunity to discuss any additional concerns.

Along with educating people about home inspections, Clark also stresses the importance of the education of the inspectors themselves. Because the State of Michigan does not require a state license to become a residential inspector, potential homeowners need to be aware of this when making their choice. The Home Doctor received his education from Thompson College, a certified and accredited home inspection school in Scranton, PA. Each member that joins his team must complete this program with an average of 90% or higher. This, Clark feels helps separate him from the competition. Purchasing a home will quite possibly be one of the biggest expenses you will have in your lifetime. Take the time to receive a quality inspection with a trained and certified team. Doctor's orders!

*David Clark
Licensed & Insured
(734) 457-5788*

From Munoz to Intech



Steve Munoz, president of Intech

S. R. Munoz Engineering may have changed its name, but nothing has gone away from its service. In fact, they now have even more to offer customers.

Steve Munoz, president of Intech, stated that the name was changed to go along with the additional help that the company has received in staff. No longer just run by Munoz, Intech has three engineers and one surveyor along with other technical staff to assist customers. Intech's main focus is land de-

velopment for residential and commercial clients, but they also do work for the county and the drain commission (like opening and closing drains) and traffic studies. Residential septic systems are another thing that Intech has begun to place for people.

According to Munoz, the initial response to their move has been great. They have had a lot of new clients and with the added staff; they are "hard to compete with in terms of knowledge and expertise."

Although a majority of their work is done in Monroe County, Intech has about a 100 mile working area, with jobs being done from Ann Arbor to a couple counties in Ohio. Munoz is focused on the expansion in this area, wanting to service developers in the county.

Another new feature at Intech is the ability to do boundary, mortgage, and land surveys for customers.

*Intech Engineering, Inc.
7276 Jackman Rd.
(734) 856-6200*

The Foot Esthetic



Mariska (left) giving a relaxing pedicure.

Regardless of our particular body shape or proportions, the more we nurture ourselves, the more radiant and confident we become physically and expressively. It is this view, along with a genuine interest in helping people realize their esthetic potential that Mariska of Attilios II Salon chose to focus her business offering regular pedicures and wax pedicures that also include a free foot massage. She feels foot care should not be viewed as a warm weather only "seasonal" regimen but feet should look and feel as if one could expose them proudly if need be without hesitation regardless of season.

Mariska starts her workday as early as 6:00 A.M. to accommodate people with hectic schedules. All the pedicures are given in a private room out of anyone's view, allowing customers not to feel ashamed or embarrassed. She also believes in keeping her services affordable charging only \$20.00 for a regular pedicure and \$25.00 to include the paraffin wax treatment. "My prices on pedicures and paraffin wax pedicures are like buying one foot and getting the other foot free!" states Mariska. Adding, "Pedicures should be an effective affordable necessity as well as an affordable luxury allowing the person to walk away feeling and looking in vogue, chic and elegant! It doesn't take a lot of money to improve your foot appearance, just diligence and care on a regular basis.

*Mariska at Attilios II
1416 W. Elm St.
(734) 241-2986 office
(313) 550-0047 cell (local call)
call for an advanced appointment*

Buy, sell, trade autos



Plenty to choose from at Mac's Auto Sales.

Traffic-goers have probably noticed a new business in Erie; a used car dealership that has both newer and older vehicles and is located just south of La Fiesta. Owned by Josh McElvany, Mac's Auto Sales buys, sells, and trades automobiles.

McElvany has seen a good response so far, and is looking forward to more customers as more people hear of his new business. Although they have not had time to send out a lot of advertis-

ing, Mac's has gotten many customers from drive-by traffic and referrals.

Those who stop are treated to an assortment of "good, clean, low mileage used cars." There are weekly sales now and even if the hours don't work for a client; McElvany will set up out-of-business-hour appointments.

According to McElvany, he "wanted to be his own boss, and thought this would be a good first business to run." His father, Marty McElvany, also buys and sells a few cars himself at Mac's.

"All cars are way below Kelly's Blue Book," McElvany said, "That's the way we want to do business... by building a solid reputation in town."

*10939 S. Telegraph in Erie
(734) 848-3332
Mon, Wed-Fri 10-6, Tues 2-6, Sat 9-2.*

IMAGINE

Continued from page 1

communities and locations that include New York, Houston, Knoxville, Washington D.C., and more. Visit them at www.acp-planning.com.

Imagine Monroe County will begin with a blank slate, free from any preconceived ideas or agendas. Through public idea gathering meetings, residents will provide a foundation of ideas and issues concerning the future of Monroe County. This series of public brainstorming meetings is scheduled for March 1-4, 2004. All meetings will be open to the public and conducted by trained facilitators in small groups of ten to twelve residents. The legitimacy and quality of the results of Imagine

Monroe County will rest on strong public participation. Other meetings will be held to develop goals and strategies to turn these goals into reality. The process will culminate with an Idea Fair in mid May that will result in an action plan. Then community support will be required to implement this plan.

Every idea for the improvement of Monroe County counts! Your ideas will help shape the future for generations to come.

*For more information contact John Patterson at:
Phone: 734-457-1030 Fax: 734-457-1097
or visit www.imagemonroecounty.org*

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BUSINESS NEWS

Listen for Precious Sounds



(left) Lee Schilling and Shelley Van Houten.

By Julie Jacobs

It is sometimes thought that people are destined for certain purposes in life. Even at a very early age Lee Schilling of Precious Sound Hearing Aids had an interest in her field. Her grandfather had a hearing loss when she was a young girl and she was always interested in the fact that he wore a body aid, used for the profoundly deaf.

Lee has been working with the hearing impaired since she became state licensed in 1979. She opened Precious

Sound Hearing Aids in 1989 which tests for hearing loss and represents more than 20 companies and over 1000 hearing aid units. Most insurances are accepted, along with Visa, MasterCard, Help Card and more. In 1990 a 24 hour Dial A Hearing Screening Test was implemented which allows a person to have a preliminary test over the phone. Since its inception, 25,205 calls have been logged and this free service is still being offered today.

Twenty seven years later, Lee still loves the hearing profession and the opportunity to serve the Monroe community. Lee, along with Shelley Van Houten who joined the firm in September 2003 as an apprentice, along with two other associates, views their work also as a ministry. "We are a Christian based business that believes in what we do and stands behind our products," states Lee. Adding, "People can expect surprisingly great friendly service in a more personal atmosphere".

Contact at: 734-241-5858
Dial A Hearing: 734-241-1234

Team MS Program to include longest day of golf in May



The Michigan Chapter of the National Multiple Sclerosis (MS) Society invites Monroe County business-people to participate in the Team MS program. Multiple sclerosis is a chronic, often disabling disease of the central nervous system affecting more than 15,000 people in Michigan.

"The Team MS Program represents the largest part of our fundraising effort to help end the devastating affects of multiple sclerosis," said Pat McDonald, Michigan Chapter president of the National MS Society. Multiple sclerosis is the number one disabling disease of young adults. Symptoms may be mild such as numbness in the limbs or severe paralysis or loss of vision.

Organizations and individuals can join the Team MS program to participate in the MS Walk, MS 150 Bike Tour or the MS Longest Day of Golf. To be eligible to form a team for the MS Walk or MS 150 Bike Tour, at least three other people in addition to the team cap-

tain need to be registered for the team. For the Longest Day of Golf, three foursomes need to be recruited. Participants collect pledges for the National MS Society.

The MS Walks are held in April, May and June in 15 locations throughout Michigan. The MS Longest Day of Golf is held at 50 host courses throughout Michigan during the month of May. The MS 150 Bike Tour is a two-day event on June 12-13 in Grand Rapids and July 17-18 in Davisburg.

Companies interested in learning more about the Team MS program should contact Leslie Kota, director of corporate partnerships at the Michigan Chapter of the MS Society at 248.350.0020.

The Michigan Chapter of the National Multiple Sclerosis Society is one of the largest chapters in the national organization and is the only national voluntary MS organization that meets the standards of all major agencies that rate nonprofit groups. The chapter uses 88 cents of every dollar raised directly for research and programs for people with multiple sclerosis in Michigan. You can reach the Michigan Chapter at 800.243.5767 or www.nmssmi.org.

A time to relax



Friendly staff awaits to relax you.

By Julie Jacobs

In today's world of fast paced living we all need to take time to relax. What better way to do this than with a therapeutic massage from The Balanced You. Whether you are trying to relieve stress, fix minor aches and pains, or have a medical issue, the highly qualified staff of independent therapists not only helps their clients to feel better, but also educates them. Their goal is to get the community healthy and they feel that this can't be accomplished if they don't know how. "Educating our clients is our number one priority," states owner Polimir Burns,

"whether it's suggesting stretching techniques, hydrotherapy, homeopathic remedies or supplements that may help them."

Burns, who worked in trauma until a knee injury forced him to make a career change, has been a registered Respiratory Therapist for 23 years and a Nationally Certified Massage Therapist for the last ten. He feels that his medical background and training have helped set him apart from the competition, along with the vast amount of services that are offered. These include everything from therapeutic and prenatal massages to Reiki. Also offered are Corporate Chair Massages at their office or yours, helping to relieve some of that daily stress.

The business which was previously located at 554 Rambow Drive celebrated their grand opening on February 16, 2004 at their new location on 15115 S. Dixie Hwy., directly behind Larry Montri Auto Sales.

Contact 734-240-0252

Animal lover to the rescue

By Mike McHone

Peggy Faunt, like most of us, is an animal lover. Her pets include 5 dogs, a cat, a horse, and a pig, among others. Seeing the pictures of her beloved animals on her desk, one can't help but think of "The Osbourne's" household; without Ozzy Osbourne belting out curses every five second, of course.

But Faunt is planning to do something that will not only help her indulge in her love for felines and canines. It will also give people a place to turn when they have to give up their animals for whatever reason.

Faunt recently purchased approximately 50 acres of land just outside of Ida Township and, through contracts with the Monroe County Humane Society, has plans to build one of the largest animal shelters in the area, called the Indian Creek Sanctuary and Domestic Animal Adoption Center.

This is good news to local humane societies, pet owners, and citizens. The kennels and cat carriers are filling at a rapid rate and the shelters, currently, do not have the accommodations needed for proper animal care.

"One of the other things I want to make available is rescuing misplaced animals," Faunt said. "If a person's home burns down, or if someone gets sick, the



Peggy Faunt, pictured here at the Monroe County Community College, is making plans for a new animal sanctuary in Monroe County

other shelters more than likely cannot take the animal in."

Faunt, who works as an administrative assistant to Dr. William McCloskey, Dean of Humanities, at the Monroe County Community College, is excited about this opportunity. For years she has worked closely with animals and has loved taking care of them.

Originally, the plan was to build the shelter with her late husband Paul, but after his death, Faunt decided to carry on their dream. And with dedication and love like Faunt's it's a dream come true to animal and person alike.

For more information, please visit www.indiancreeksanctuary.com, or email Peggy at indiancreeksanctuary@yahoo.com

E Graphics

EVERYTHING

7 3 4 - 7 3 5 - 1 3 8 1

- Business cards
- Logos
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- Book covers
- CD's/cases
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- Letterhead
- Menus
- Pamphlets
- Websites
- CD Business cards

BUSINESS NEWS

March of Dimes WalkAmerica

The March of Dimes gives Monroe County community members a chance to "Use your feet to give premature babies a hand" SM at 9 a.m. on Sunday, April 25 at Monroe's Munson Park. A six-mile walk along the River Raisin is filled with family fun activities for a



Healthy babies are what WalkAmerica is all about.

good cause: To raise money for the March of Dimes current five-year, \$75 million prematurity campaign.

Today, one in eight babies is born prematurely. That's almost 12 percent of U.S. births. In half of these cases, there is no known reason. That's why the funds raised at WalkAmerica are devoted to community services, advocacy, research and education to fight back against prematurity.

What is prematurity and why is it so harmful? According to the March of Dimes Prematurity Campaign Fact

Sheet, a premature birth is any birth before 37 weeks. Prematurity is the leading cause of neonatal death. Premature babies who survive are at risk for long-term disabilities such as mental retardation, cerebral palsy, vision and hearing problems and chronic lung disease.

To help, partici-

pate in Walk-America as a family, individual, school or organization. Participants of all ages, babies in strollers, children, dogs and runners are welcome! Visit WalkAmerica.org, call 800-525-WALK or Candice Zmijewski, Monroe WalkAmerica Representative, at: 734-761-6331.

The mission of the March of Dimes is to improve the health of babies by preventing birth defects and infant mortality. To learn more about its 66-year history, visit MarchofDimes.com.

Curves supports communities nationwide with 6th Annual Food Drive

Curves, 30 Minute Fitness and Weight Loss Center, will be joining the Curves International Inc. "Food For Friends" food drive to benefit local food banks.

Last year, the Curves food drive collected over 4,250,000 pounds of food for local communities across the nation!

Anyone joining Curves the week of March 8th may bring a bag of groceries and have the normal service fee waived. Anyone may drop off non-perishable food items at Curves Monday through Friday during business hours. "The Food For Friends promotion allows us, the franchisees, to help more

women reach their fitness goals, while giving back to the community simultaneously," Del Pacheco, manager of the club, said.



With almost 7,000 locations, Curves is the world's largest fitness franchise and the fastest growing franchise in history. Currently, Curves helps over two million women realize their fitness and weight loss goals every day.

1170 W. Front St. - Monroe
734-240-0036

Cottonwood Candles anniversary

By Julie Jacobs

What started out as a search for a better smelling, longer lasting candle has turned into a thriving business for owner Kellie Goodnough of Cottonwood Candles.

While helping her aunt find a candle supplier for a small shop she wanted to open, the two of them soon discovered that larger candle companies required too much of an investment. Kellie then introduced her aunt to candle crafters in the hopes of finding a supplier. Still not satisfied with the quality of the candles offered, she decided to take matters into her own hands. Starting out in her parent's kitchen she began experimenting with different formulas to come up with a candle that not only smelled great, but would burn longer. After much research and many mistakes later she was satisfied with the product and began selling it through local craft shows. Af-

ter two years she had built up enough equity to expand. With a lot of support and encouragement from her family, Kellie moved into a retail space in February 2001 where she offers triple scented candles and refills, along with candle accessories, soaps and lotions. Kellie feels that a quality product, along with personal service in a relaxed atmosphere has helped her business grow far beyond her expectations. In October 2003 she expanded the store, which is now double in size. As for the future Kellie is currently hoping to add a home party plan to her already successful business.



Inside Cottonwood Candles.

Visit: W. 7th St. Plaza
Contact: 734-384-9989

Two cozy establishments offer tea and events



(Top) inside Village Bistro and (bottom) outside at A Touch of Country.

The Village Bistro and A Touch of Country, small and cozy establishments located in Downtown Monroe, will provide together a truly unique experience. Tea luncheons and special events will now be offered.

Village Bistro located at 15 Washington St. offers a breakfast and lunch menu. Catering is also available. A Touch of Country located at 13 Washington St. has a unique line of Victorian and Shabby Chic home decor and gifts.

The aim is to provide you with a wonderful atmosphere in which to relax and enjoy a lovely cup of tea with family and friends. Enjoy a delightful shopping experience for your home decor or a special gift for yourself or someone special.

Luncheons will be offered on Saturdays. Join them for special events or book a private luncheon for bridal, baby shower, tea for two or any other occasion. Call for dates available and pricing. Reservations are required for all settings.

Contact A Touch of Country at 734-384-9933 for upcoming tea events or booking your special tea. The teas will be offered with a theme in mind, and a scrumptious menu will follow. A touch of Country and Village Bistro hope to have guest speakers, free demonstrations give free gifts for attending the tea. They hope each tea you attend will be a remembered experience. So come along and make yourself at home, step back and enjoy a relaxing afternoon tea with family and friends.

Hope to see you at our next event for
A Cup Of Tea!
Jennifer and Brenda



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FEATURED BUSINESSES

Victory in Luna Pier

By Julie Jacobs

From its humble beginning back in 1993, in the corner of a hardware store, to its newly constructed 4,000 square foot showroom and warehouse, Glen and Tara Pafford have watched their business grow steadily over the years. So much so that it has outgrown two previous locations, the most recent at Pier Plaza in Luna Pier. Customers won't have to look far for them though. They settled into their newest location just several hundred feet away.

Glen was first introduced to the flooring business right out of high school, where he worked as an installer. As time went on the desire to be more involved with the different aspects of the industry led him to pursue a business of his own. It was started back in 1993, becoming incorporated in 1994. Pafford enjoys all aspects of the business. Not only is he involved with the sales and installation, but he also enjoys dealing with customers on a one on one basis. "People can expect more personal and personable service than with bigger competitors," states his wife Tara.

Along with quality customer service, Victory Carpet Outlet also offers top of the line floor covering. "Some people may be deceived by our name," states Tara, "but it is important for people



Owners Glen and Tara Pafford in front of their newest location.

to know that we carry top of the line name brands such as Beaulieu, Congoleum, Armstrong and more." In fact, their business was chosen by Mohawk to be a Color Center dealer representing their line of floorcovering. The vast variety of floor coverings includes not only carpeting, but a complete line of ceramic tile, wood, and laminate. They also offer area rugs from such

names as Sphinx by Oriental Weavers, which can be purchased from their showroom or by ordering through their catalog. The Paffords feel there are many reasons that have allowed them to grow and contributed to the success of their business. According to both Glen and Tara the most important is their unwavering faith in the Lord. In addition the location is convenient for customers be-

cause it is a central point between Monroe and Toledo, along with Bedford Township and the Downriver community, making it easily accessible to and from I-75. Growth of Luna Pier has been an added plus. They are proud to be a part of the area's expansion.

"Mayor Jerry Welton and administrator Tom Treece have been very helpful in the building of our new location and instrumental in the growth and development of the city," states Glen. The recent expansion of Luna Pier has also kept Glen and his installers very busy. They have been chosen to install all of the flooring in the Evans Landing Condominiums that are currently being built. Other projects have included the Monroe Missionary Baptist Church, along with Comfort Inn located on Laplaine Road and other area establishments.

Even though they have just settled into their newest location, the Paffords see another expansion in the future. Their quality floor coverings, along with personalized service from a knowledgeable staff should allow them to do just that!

*Victory Carpet Outlet
10543 Evans Dr.
Luna Pier
734-848-8103*

Low carb craze hits Monroe

By Bob Oliver

Throughout the last few months, and arguably more than any other time in modern history, the public attention to diet has been heightened. One such diet that has grown in popularity is the low carbohydrate diet, and at Lo-Carb World in Monroe users of this method are sure to find many products to help their dietary needs.

Lo-Carb World is the concept of Dr. Cindy Dunne. She works with her husband at Dunne Chiropractic in Toledo and learned that she would have to switch to a low carb diet. With that information, she soon learned how hard it was to find a good selection of dietary products, especially under the same roof. Before long, she was looking to start up her own business.

Having grown up in Carleton, Dr. Dunne was familiar with the area and thought Monroe would be a great place for the store she had in mind.

"We wanted to be somewhere where we could be recognized right away," Dr. Dunne said.

Just a month and a half ago, LCW opened its doors to customers. "We've had a really good response," Dr. Dunne said. "Almost overwhelming, I wasn't expecting this strong of a response."



Owner Cindy Dunne showing her wide selection of low carb products.

LCW offers an array of snacks, meals, bread, pasta, treats, and high protein drinks to practitioners of the low carb diet.

While the importance of a healthy diet has been taught for years, methods like low carb have not always been the most popular.

"Sixty percent of people living in the U.S. are trying some kind of

low carb diet. This is not as much of a diet as it is a lifestyle. It lowers cholesterol, helps people lose weight and get leaner. It is also important for people with diabetes to follow a healthy diet," Dr. Dunne said.

Even if a customer is not sure or uneducated about low carb dieting, Dr. Dunne said that LCW is "very interactive with customers, and can teach

how low carb works, how to read nutrition labels, and what the various terms like 'net effective carbs' mean."

Dr. Dunne believes there are two big reasons why low carb is popular: "first are the health benefits, and second is the weight loss, which also houses huge health benefits."

"This is probably the easiest diet out there," Dr. Dunne said. "With all the snacks and goodies available, it doesn't seem like you're on a diet."

Although still very new, Dunne said that LCW is working on offering even more to consumers.

"I'm in the process of finding new products and more varieties. New companies are forming, and the market is growing fast," Dr. Dunne said. "We have a huge selection now, but I would like to add more varieties or foods, books, and a support group in the future."

As a gift to customers, LCW has a coupon out for 10 percent off purchases over twenty dollars in March.

Lo-Carb World is located at 15251 S. Dixie Hwy in the South Monroe Plaza and can be reached at (734) 240-0227.

WOMEN IN BUSINESS

Hats off to Monroe County's women in business

By Cindy Orlandi

Since 1992, a Presidential Proclamation has marked Women's History Month in March. "At the dawn of the 21st Century, women have more choices than ever before," President George W. Bush recently observed. "Women Inspiring Hope and Possibility," the 2004 theme of Women's History Month, celebrates their inspiration, including that of thousands of women in Monroe County.

In the past decade, more than 8.7 million women entered the workforce and women now account for nearly half of all employed persons. Females owned about a third of Monroe County's businesses in 1997. What's more, women-owned small businesses are growing twice as fast as all other U.S. firms, employing 7 million Americans and contributing to the vitality of our economy.

"This month, as we celebrate remarkable women in our Nation's past," President Bush stated, I encourage all citizens to recognize the countless American women whose efforts continue to enhance the economic, social and cultural life of our great nation."

Consider Michelle S. Nisley. A native of Monroe, she has been working in the field of economic development for the past 17 years. President of the Monroe County Chamber of Commerce since 1996, Nisley said she considers herself a "community trustee." Serving as vice chairman of Michigan Chamber of Commerce Executives, she also is treasurer of the Monroe County Convention and Tourism Bureau and a member of the County of Monroe's Economic Development Corporation Board, LaSalle Presbyterian Church and numerous other organizations.

Nisley was quick to help put the spotlight during Women's History Month on others, such as 2003 ATHENA Award winners Lonnie Peppler-Moyer of Monroe Publishing Company and Ron LaBeau of Monroe Bank and Trust (MBT). The Monroe County Chamber bestows the ATHENA Award annually (see sidebar for past winners) to those who excel in their chosen field and assist women in reaching their full leadership potential.

For the past 20 years, MBT employees have volunteered 80,000 hours of service to the Monroe County area through the ENLIST program. The gratification received as an ENLIST volunteer empowered Cindy Ellison, MBT staffing specialist, to be active in other organizations, such as Soroptimist International. Ellison volunteers with The Women's Shelter and Habitat for Humanity. In addition, she shares her experiences and conducts monthly workshops for other single working parents at Monroe's Michigan Works! office.

Nisley also noted the Chamber's Small Business Person of the

Year Award, recognizing leaders of growing companies that have demonstrated community service, frequently honors women as well as men. For example, its 2003 award went to a husband and wife that own the Bolles Harbor Café, Silverio and Georgianna Conte. Georgianna volunteers with Therapy Dogs International and is a puppy counselor for Leader Dogs for the Blind.

Other women honored with the Small Business Award included Mary Clark of Clark and Associates, Lois Yaeger of Yaeger Shoes, Lisa Herkimer of Herkimer Radio Service, Stacey Love of Advance Temporary Services, and Laurie Berry of Monroe Home Care Shoppe.

Owner of a medical equipment retail store since 1995, Berry is next in line to chair the Chamber board. The Monroe native believes "in giving back to the community" and volunteers with Hospice, the Karmanos Institute, the Monroe Senior Center, Gabbys Ladder, Interfaith Caregivers and the AIDS Awareness Council. Berry initiated and co-facilitates several health support groups that meet monthly. She noted she follows her heart and offered this advice, "Find a business you love. I truly believe that if you treat people kindly and with compassion that they will in turn be good to you."

Becky Teller, who owns Tellers Quickprint, agreed. "It is always easier to do what you want to do instead of what you have to do," she said. After receiving an Associate Degree in Business Administration from Monroe County Community College, she worked in the electrical supply field. She later stayed home for a few years to raise children and help run the family's print shop, eventually learning to run a press. "I work a lot of hours - flexible - but still a lot of them. It is important to be a self-disciplined," Teller noted.

Born in the Great Depression, Bonnie Finzel-Doster grew up volunteering in 4-H and other activities to make her community a better place. "I believe that we learn to volunteer from families and I try to instill that belief in my children and grandchildren," explained the active great-grandmother, who achieved her lifelong dream of being a teacher at age 38. After teaching for 25 years, she has volunteered the past eight years: tutoring children, taking tours through the Monroe Historical Museum, and working at the Monroe Thrift Shop. A past president of the American Association of University Women, Altrusa, and Sawyer Homestead, she serves on several community boards and committees. Finzel-Doster participates in allocations for the United Way and remains active in Community Lutheran Church of Flat Rock.

The president of the Bedford Business Association Brad LaVoy cited the long-time achievements of Floffie Townsend of Townsend Carpeting,

Evelyn Oswald of Lambertville Hardware, and Marge Abel of Olde School House Commons.

LaVoy also recognized a few past presidents of the Bedford Business Association: Linda Flick of Flick's Packaged Liquor, Inc. and Mary Ann McBee of State Farm Insurance.

Women are heavily outnumbered by men in the "Wall Street Financial Industry" and in general are still underpaid compared to men doing the same job, according to Vera Johnson, retirement specialist for Morgan Stanley, who lives in Bolles Harbor. Johnson noted that women are generally better at multi-tasking, which can be an asset in the high-pressure financial planning environment.

Johnson chairs the Women's Economic Club's volunteer committee and explained that the organization provides "networking that often leads to business opportunities plus friendship and support. Women can certainly compete with men in any field of business. However, it only makes sense to look for those niches or opportunities where being a

woman can add value to your company or your customers. It also makes sense to use all the resources available to help you succeed," Johnson added.

Women's History Month reminds us that human potential comes in many forms. There are countless other stories of women's compassion and courage. Merretta I. Weddington, a counselor for the Monroe office of Michigan Rehabilitation Services, is one of numerous women who stand tall against great odds. Twice burned as a child, she dropped out of school as a teenager. Over the years, not only has she successfully raised a family, but also she went on to complete her GED and earn bachelor's and master's degrees.

Weddington chose her career as a rehabilitation counselor because, "I wanted to help others with disabilities learn to recognize their full potential."

Cindy Orlandi, APR of Cyndosura - Brilliant Communications
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Women need to nurture themselves

By Linda Lauer

Women are usually the main caretakers in our society today. They look after aging parents, raise children (often as a single or divorced Mother), and run the domestic household. Women are often the major decision makers for the family's health care needs. They often buy the food, plan and prepare meals, make appointments for healthcare check ups and provide motivation and emotional support for their family's lifestyle choices. Research suggests that children tend to mimic their mothers' eating habits. Studies show that married men are healthier than their peers and live longer. This is probably because their wives provide emotional support and influence them to choose healthier lifestyle habits. Women in our modern society have multiple demands put on them from many directions. American women are expected to have a career, go to classes, be involved in community activities, take care of a home and family and always be there to nurture their families. They set the standards for their families' lifestyle choices, such as diet, exercise and even poor habits such as smoking or drinking.

Women deal with stress on a daily basis and often feel they should just "tough through it!" Since they are the nurturers, they have no one to nurture them. This is why conditions such as Fibromyalgia, Chronic Fatigue Syndrome, autoimmune diseases, Osteoporosis and heart disease are so prevalent and becoming more common with women in the United States. In addition women are told by the media that they should be ultra-thin and always look youthful. This has

fueled the epidemic of eating disorders in our country.

Women need physicians that take their health concerns seriously. Their symptoms are often attributed to emotional problems by their doctors. Women have always been prescribed more tranquilizers and antidepressants than men. Whether their symptoms are caused by emotional distress or a physical organic disease, the dysfunction is very real to the suffering patient. Research shows that female doctors in general tend to spend more time with their patients than male doctors and engage in more personal, emotion-focused talk during office visits.

Holistic integrative medicine is a wonderful avenue for women to receive some nurturing themselves. Holistic practitioners involve themselves with the whole person, their entire physical, emotional and mental being. Patients also learn how to take better care of themselves, not just physically but also mentally and emotionally. There is no way to have a healthy body without having a healthy mind. Women often put themselves at the bottom of their long lists. This behavior will only cause them more pain and distress in the long run. Their ability to cope with the demands of their everyday lives will continue to decline. They need to learn that putting effort into promoting their own health is always worthwhile. Don't underestimate the power of the mind to influence every aspect of the body and its functions. Don't ignore the power of the mind to harm or heal.

WOMEN IN BUSINESS

Women in the workplace: depression takes its toll

By Annette Gasper

Avoiding co-workers, going home early, or calling off frequently—these are some of the problems depressed working women say affect their job.

Nationwide, depression impacts upon 12% of women, including five million who work outside the home. Untreated depression is the leading barrier to professional success, presenting even more of a challenge than child- or elder-care, pregnancy, or sexual harassment, according to a recent National Mental Health Association (NMHA) survey of 751 depressed working women. Nearly one-third of the respondents said the illness “completely interferes” with their job.

Besides work-related problems, the disorder can disrupt eating and sleeping habits, relationships, and enjoyment of life. Some symptoms of depression are emotional, like irritability, persistent sadness, or loss of interest. Others are physical, like frequent headaches, restlessness, or fatigue.

Although medication and/or psychotherapy can effectively treat more than 80% of depressed people, many are

hesitant to seek help. Less than half the women in the NMHA survey who received treatment sought it immediately, citing obstacles like fear of stigma, lack of insurance coverage, or lack of knowledge about where to turn. Yet the survey shows how valuable help is; after receiving treatment, 94% reported job related improvement, and 68% found a re-establishment of their relationships with co-workers. The women who obtained near complete relief of their depressive symptoms said they felt “highly self-confident” and “interested in their growth” again.

Depression is a common illness with effective treatment. People who think they may be depressed should contact their health care provider. Other resources are listed in the yellow pages under “Mental Health Services.”

Annette Gasper is a psychiatric RN with over 20 years experience in the Michigan Department of Community Health. In addition to Nursing, she holds a degree in Psychology from Arizona State University.

LIBBIE

Continued from page 1

Civil War, and “Following the Guidon” (soldier who carries the flag or pennant), is mainly about General Custer’s activity against the Indians. In addition to her books, she also wrote several articles which include “Out of the Way Outing,” for Harper’s Weekly, “Woman’s Life on the Frontier” for Lippincott’s and “Home Making in the American Army” for Harper’s Bazaar. Libby Custer was a highly sought after speaker.

The only thing Libbie Custer didn’t write about was anything negative concerning her husband and his career. There are whole sections of their life together that are skipped over entirely in her books, like Custer’s court martial for being cruel to deserters and leaving the wounded or killed men behind. She was the greatest defender of his name, and champion of his memory. She would put down any person who publicly or privately spoke ill of her General. In the introduction of “Tenting on the Plains,” it even goes so far as to say that the truth about the Battle of the Little Big Horn would never be known as long as Mrs. Custer was alive. It seems that “The officers and men who survived held their tongues out of [respect] to her, and she outlived all her husband’s critics. At

her death the only surviving officer was Charles Varhum who had been a second lieutenant in charge of Indian scouts.”

There are number of good books about Libby Custer including some memoirs, but most of her personal story is told within the story of her husband. In “Custer Album; A Pictorial Biography of General George A. Custer,” there are pictures of Libby in full dress and hat, sitting with her husband or drinking what appears to be tea, under large staked tents and in the middle of army camps. There is another interesting little book called “The Custers In Monroe,” that can be found in the library, which is written by Thomas E. and Alice A. O’Neil. It really helps to bring the Custer’s story alive. It has pictures and the locations of both the Bacon, and the Custer homes as they were then and now, and other places of interest such as cemeteries and the original placement of the Custer statue. The book points out names and places that most anyone in town would be familiar with, and puts them into the context of the life of General George Armstrong Custer and his somewhat overlooked but amazing wife Libbie.

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WOMEN IN BUSINESS

Exactly what are those "Surety Bonds"?

By Deanna L. Sobocianski



It isn't something we handle every day, but there seems to be a time in every businessowner's life that they will be asked to produce a surety bond

for someone. There are all kinds of bonds that fall under the category of surety bonds, including license and permit, public official, and court bonds.

Most of the time these are requirements in order to secure a job or contract. Often times contractors may not be able to bid unless a bid bond is in effect. Surety bond forms are virtually identical from one insurer to the other, so product differences are nonexistent. What rally is a key on a surety bond is the service provided by the agent and the financially sound and experience of the surety. Many insurance companies write surety bonds.

Surety bonds can guarantee the faithful performance of public officials or fiduciaries. Some guarantee the performance of work contracts of a statutory or nonstatutory nature. Others guarantee the payment of taxes upon demand of the government, or duties upon the arrival of imports. All surety bonds have basic similarities, which taken together, set them wholly apart.

In the event the principal (you the customer who purchases the bond) should fail in the performance of its obligation to the obligee (the person who originally required you carry the bond), the surety (the insurance company) becomes answerable. This means that the surety must then fulfill the obligation and/or pay damages. That does not mean that the principal is "off the hook". The principal is still obligated to indemnify (or pay back) the surety. This right is granted to sureties at common law and need not necessarily be specifically expressed in the bond or in the application.

I always explain to my clients purchasing the bond, it is like going to the bank for a loan. The company is going to examine the financial stability before they grant it, and it will have to be repaid if it is used. It's like having a "line of credit" per se.

The Surety theoretically expects no losses, as they are attesting to your integrity, capability, trustworthiness, financial responsibility or whatever quality it is that is required for the task being undertaken. Be prepared to answer to what we call the three "C's" - character, capacity and capital. Often times they will require collateral or joint control, meaning any disbursements of assets must be met with their approval while the bond is in effect. Should the principal be unable to perform fully for some reason, the surety must do whatever is necessary to fulfill the undertaking. However, in the event of default the surety acquires no more of an obligation than the principal's original obligation, subject to the bond limit or penalty. Many bonds have indeterminate length of time are noncancelable until the project or term is ended. Again a reason why some bond markets are very particular who they will issue a surety bond for.

In the event you find yourself in need of a surety bond, ask the requesting party to be very specific as to the exact type of bond they are requesting, whether or not they will be providing the bond form (some will only accept their own bond format) and be clear on your time frames. It is unrealistic to go to the bond company at 9 a.m. in the morning and expect to have a complicated surety bond in place by a 2:30 bid deadline. Some surety bonds, such as a Notary Public or Janitorial Services Bond, take only a few moments to produce and type. Those involving review of financial statements can take a few days time - just

SURETY BONDS
Continued on page 13

A time to celebrate

By Mari Broman



Attention: women, ladies, and young women. Girls, the time has come for you to celebrate your gender. The accomplishments of the women

who have come before you are a big reason why you are moving forward today. In the last thirty years there have been tremendous winds of change for women. Some examples are: female head of households, female business owners, entrepreneurs, female doctors, lawyers, ministers, heads of countries, and more.

Author Betty Friedan published a book in the late 60's that told of her frustration with feeling that her only choice for the future was to go college, find a mate, marry and have children. Today, we see young women eager to be a wife and mother. Others go to college to finish their degree and make a career for themselves. Then they commit to marriage and a family later, age 40 plus. The average age of women now having their first child has recently been reported at 25years old compared to the 1970's of 21 years old.

We have heard women yearning to use their math skills and becoming an engineer, researcher or designer. The door is now opening up for them. Firemen and policemen have now opened doors for firewomen and policewomen. Conversely, healthcare has opened its doors to many more male nurses and female doctors in all areas of medicine are much more commonly seen. Psychologists now report that 50% of the students in college studying to become clinicians are now women. At the turn of the century in the 1900's a woman who had earned her Ph.D. in the field of psychology was not awarded it because she was a woman. That all changed a few decades later.

Laws have changed, doors have opened, and people have become more tolerant of a non-traditional gender tak-

ing on a new position. Attitudes have changed to allow for the new economics where it takes many more financial resources to have a car and a home.

Women can now dream of being in positions, women in the 70's and before only fantasized about. There is a first for everything and these women before us faced ridicule, hardships, sometimes brutality just to make a living or enter an arena that had been closed before. These women thought of the possibilities and didn't let the effects of reality chase them away.

That leaves some new challenges ahead for these new workers in their new positions. The workers must prove more than maybe ever before that they can and will do the job and that they will act responsibly in the position, be dependable, reliable and become role models for the next generation. Whatever gender, there are plenty of workers that will step in to get the job done, if the present worker won't.

In our present, world men and women are being trained in the military and then deployed to problem areas around the world, not just Iraq. They have learned how to keep the peace, manage people in an orderly way, and represent their country and build cooperation and understanding around the world. Any of these troops can be put in harms way, near or at the front lines and injured or killed, and for women, accept some military nurses, which is also a very new role.

If you appreciate the sacrifices these forerunners have made then let us celebrate the woman of yesterday and the women of today. Knowing that our daughters have a myriad of choices and with our guidance, nurturing and support we can be roles models and our daughters wildest dreams for the future they aspire to be it the kitchen or the boardroom can happen for them. "You have come a long way Baby" ...but look where your going tomorrow.

Mari Broman is a business coach at Caring Alternatives, Inc. and can be reached at 734-242-8711

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In Michigan, Women-Owned Firms Top 217,000, Employment Exceeds 292,000 and Sales Approach \$38.1 Billion

Year	Number of Firms	Employment	Sales (\$B)
1997	148,500	211,100	26,499
2002	217,000	292,000	38,100

Source: Bureau of the Census and Center for Women's Business Research

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This fact sheet is published through the generous support of Wells Fargo Bank.

AL'S AUTOS

Three little letters...one great vehicle



By Al Vinikour

Vinikour Communications

2004 Acura TSX...
 Type: Sports Sedan
 Price: \$25,000-\$30,000
 Engine: 2.4-liter DOHC four-cylinder i-VTEC
 Drive line: Front Wheel Drive w/six-speed manual or five-speed automatic
 Wheelbase: 105.1"
 Curb Weight: 3,230 lbs
 MPG: 21 city/29 highway (Manual); 22/31 (Automatic)
 Final Assembly: Japan
 Information: www.acura.com

It used to be that Fall was the preview season for the following year's vehicles. Here we are in the early stages of 2003, and this past week I tested a 2004 model that goes on sale in April. I'm getting too old to want to rush the calendar, but I'm *not* too old to have been totally turned on by Acura's all-new TSX Sports Sedan. I'm glad I didn't *have* to wait until 2004 to drive it.

Acura, Honda's upscale sibling, has positioned the TSX nicely between its RSX and the sporty 3.2 TL. It was designed and appointed to compete with Europe's best sedans in the sporty near-luxury segment, like the Audi A4 and the BMW 3 Series. If I had closed my eyes (something one shouldn't do while driving), I could easily think I was winding through German roads on the way to the Autobahn (even though I was in South Carolina at the time).

During our press briefing I was a little leery of performance claims, especially

since the TSX "only has" a four-cylinder engine. Three blocks later, the all-aluminum 2.4-liter DOHC i-VTEC 200-horsepower powerplant coupled to a close-ratio six-speed manual transmission (a five-speed automatic can be ordered at no additional cost) had me. It sounds and acts comparable to most 6-cylinder offerings.

As one who spent a good deal of my teenage years beneath shade trees tuning up my hot rod Ford, it was amazing to learn the TSX is designed to run 110,000 miles before requiring a routine, scheduled tune-up. Keep feeding it premium unleaded fuel (91 octane) and maintain scheduled oil changes and you could have a friend for life.

Driving the TSX, or even riding as a front-seat passenger makes one realize how deceptively roomy this vehicle is. This is fully a five-passenger sedan, but make sure you grab one of the end seats if somebody has to sit in the middle. The vehicle sits on a 105.1" wheelbase and 13.0 cubic feet of trunk space.

Ergonomically, Acura has done its homework. The gearshift location is perfect for most drivers. The instrument panel is ideally-positioned, and the dials are big enough to allow an occasional quick glance with a minimum amount of distraction from the road.

It comes equipped with leather seating, a leather-wrapped three-spoke tilt and telescopic sport steering wheel with wheel-mounted audio and cruise control switches, dual-zone automatic climate controls, power moonroof, a 360-watt premium sound system, power windows and door locks and keyless entry and standard 8-way power driver's seat. There's only one trim level for the TSX and not a whole lot of options. It's available in seven exterior colors.

One option I wholeheartedly endorse is Acura's Navigation System with voice



recognition that recognizes 180 voice commands. (Throughout the entire time my kids were growing up, collectively they didn't recognize 180 voice commands.) It features an 8-inch touch screen display, comprehensive destination guide with 7 million points of interest covering the entire continental United States, 3-D graphics for freeway on and off ramps and turn-by-turn voice guidance. These systems are relative bargains considering what they do, not even considering their inherent safety value, and I can never understand why most would reject spending the extra money out-of-hand.

Readers of this column know my penchant for a sunglass holder. Like all Acura models, I'm happy to report the TSX has one.

There's plenty of safety built into this vehicle. It's the first Acura to feature standard side curtain airbags. Compressed helium inflators deploy the curtain in a mere 0.015 seconds.

It's also equipped with dual-stage, dual-threshold driver's and front passenger's airbags and side airbags for

the driver and front-passenger. The passenger-side airbag uses seven sensors in the seatback and side bolster to determine the height and position of the occupant. If the sensors detect a child or small-statured adult is leaning into the deployment path of the side airbag, it prevents deployment.

All three positions in the 60/40-split fold-down rear seat have 3-point seatbelts.

The TSX is equipped with four-wheel disc brakes and 4-channel ABS, 17-inch alloy wheels and P215/50R17 Michelin tires.

This car isn't going to put a lot of gas station owner's children through college. The manual transmission delivers 21 mpg city/29 highway, while the automatic transmission delivers 22 mpg city and 31 highway.

Acura has really sharpened the pencil to come up with pricing. It costs between \$25,000 and \$30,000. That's it!!! They're projecting sales of 15,000 units a year. From my experience with this vehicle, I'd say that's very much on the conservative side.

Other than the aforementioned person stuck in the middle of the back seat, there's nothing to dislike about this automobile. Acura has clearly rewritten the vehicular alphabet and it begins with T-S-X.

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A century ago, Nobel-prize winner Dr. Henri Moissan discovered minute quantities of a new mineral in an ancient meteorite from the remote Diablo Canyon in Arizona. At its essence was the potential for an absolutely shimmering brilliance, fire, luster and incredible hardness. However, the available quantity of this natural moissanite mineral was too limited for use in jewelry. Inspired by Dr. Moissan's discovery and employing the latest innovations in

science, Charles & Colvard has at last found a way to create moissanite for use in jewelry. Moissanite is the shining star in terms of fire, luster, durability and brilliance. Moissanite is available only at selected jewelers, in fine jewelry settings. Authorized retailers can also create a custom piece of moissanite jewelry especially for you. All moissanite jewelry is accompanied by Charles & Colvard's Certificate of Authenticity and Limited Lifetime Warranty.



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Community Section

Travel destination:

Weather—doesn't the winter weather make you want to escape the snow, ice, cold, and cloudy days? There are many options to take you to the sun. The most popular choices are: cruises, all-inclusive resorts in the Caribbean or Mexico, Walt Disney World packages, Hawaii, or any place you can dream. Almost all travelers would like a "deal". Winter is the high season for travel to warm climates but there are specials available. The key to finding a great price is to be flexible with your travel dates and avoid Easter week.

Let's focus on a trip to an island. One of the most popular vacations is to Punta Cana in the Dominican Republic. Punta Cana is popular with couples or families. No resort in Punta Cana is higher than the highest palm tree, and with 40 miles of spectacular white sugar beaches there is no shortage of palm trees. You can swim with the dolphins or go whale watching. Two charter tour companies operate non-stop flights from Detroit for a one-week stay every Saturday.

Several resorts have two, three, and even four properties. You can stay at one property, but use all the facilities at the other properties. If you stay at an all-inclusive resort, the price you pay will include all meals and snack, drinks, non-motorized water sports, all tips, evening entertainment, and special children clubs. You can also try your luck at a casino.

A one-week all-inclusive package from Detroit begins at \$1,110 per person. The rate includes round-trip air transportations transfers to the hotel, hotel accommodations and all-inclusive program for seven nights, all taxes, and trip cancellation insurance. Please call Going Places Travel to help plan your trip dream vacation.



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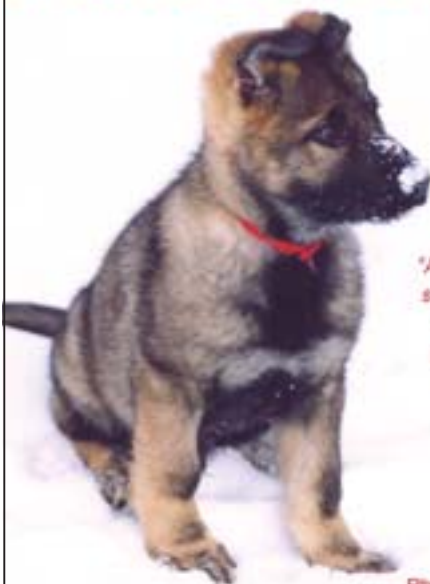
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FEATURE PHOTO



"Alright, who threw the snowball?" asked this German Sheppard puppy named Bear.

Photo by: Teresa Teague

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COMMUNITY SECTION

Cookin' With Fats



Hello, I'm Frank Pekala, owner and cook of a catering service called "Kitchen Fats Charcoal & Blues" backyard cooking. I have traveled the countryside, learning and gathering recipes from other backyard cooks and major grill masters, and was invited to the famous "Memphis in May" cook off a few years ago.

I became interested in cooking back in 1957 at age 13, and my first cookout was quite an experience. The menu was hot dogs, pork & beans and baked potatoes. My buddies and I ended up only eating the hot dogs. The can of beans exploded in the fire because we didn't open it first. The potatoes, once out of the embers, looked like large charcoal briquettes. The only part edible was the size of a golf ball. That was the start of "Cooking 101." I have definitely improved since that day, and hope you will enjoy the recipes I am about to share with you.

Boogie Woogie Burger

- 1 pound of ground beef
- 1 pound of ground pork
- 1 cup of chopped onions
- 2 tablespoons of soy sauce
- 3 tablespoons of paprika
- 1 tablespoon of black pepper
- ½ tablespoon of salt
- 1 ½ tablespoons of chili powder
- 2 teaspoons of garlic powder
- 2 teaspoons of onion powder
- seasoned salt
- seasoned pepper

In a large bowl, mix the ground beef and pork together. Then add chopped onions and soy sauce, mix into meat. Mix all dry ingredients together in a separate bowl, add to meat, mix well. Make 6 to 8 patties. Place on flat sheet pan, cover with foil and refrigerate for 2 hours. Bring patties back to room temperature before grilling. Season patties lightly with seasoned salt and seasoned pepper. Place on grill when coals are white. Cover patties with foil to cook faster. Flip burgers once.

You can experiment by substituting the soy sauce with teriyaki, Worcestershire, A-1 or your favorite hot sauce. That's what makes this a Boogie Woogie Burger.

Serving suggestion: Serve on a large fresh onion or sesame roll. Toasting roll on grill is an option. Add your favorite condiments. A light coating of mayo on both sides of a toasted bun along with a thick slice of onion is my way of enjoying this burger. Serve along with your favorite Deli style dill pickle and a big handful of kettle cooked style potato chips or potato salad.

Volunteer recognition

By Julie Jacobs

One of the greatest gifts we can give to others is our time. It is time that we give freely, without hesitation and without expectations. Everyday we come in contact with people that do this in one form or another through their work as a volunteer. It can be a simple act of kindness such as running an errand for a home bound neighbor, or watching a friend's child after school. Other ways someone may choose to volunteer is through a non-profit organization or group that shares a common goal such as raising money for a family in need. Regardless of how one chooses to do it, the fact is those people are making a difference in someone else's life and their community. Mahatma Gandhi once stated that "you must be the change that you wish to see in the world."

Many times people truly want to help out, but feel their lives are too busy and the small amount of time they could offer would not be enough. Nothing could be farther from the truth. For every person, from a child that awaits treatment to an elderly person that sits in a nursing home all but forgotten, any contribution of time, no matter how



Together, father and son help the community.

small can make a difference. By volunteering we give meaning and purpose to someone else's life along with that of our own. It allows us to meet others and build friendships. We also open ourselves up to new possibilities and opportunities. We are able to learn new skills and explore career choices. It can even help us with our own problems by teaching us to appreciate what we have and change our focus from *our* wants and needs to those of others.

It doesn't matter how old we are, male or female, employed or retired, each of us has something special to give. Our time and our talents will be appreciated by others and our simple acts of kindness will touch those around us. Give what you can to help out others in need. Someday the person in need may be you.

Monroe County Kids

Sam Baker, 6, of Trinity Lutheran



Q: If a lucky Leprechaun granted you one wish, what would it be and why?

A: "I would wish for more time to play with my friends at school."

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COMMUNITY SECTION

Local Hero Brothers, young firefighter serve community



(left to right) Kevin Van Daele, Jason Van Daele, Brian S. Merkle, and Mike Merkle

By Jeff Guthrie

A fire department will usually refer to themselves as a family, a unit that can depend on each other with their lives, but at the Monroe Charter Township Volunteer Fire Department the word family takes on a literal definition. Current Fire Chief Larry W. Merkle is a third generation family member of the department, his grandfather William M. Merkle started the department in 1948. Now the Merkle family has a 4th generation on the same department. What makes the 4th generation so special is that it is not just one person, but two brothers: Mike and Brian Merkle are 21 and 25 years old.

Mike and Brian both stated how they "grew up" with the department and how it felt natural to join the department. Before the brothers individually decided to join the department, they had to consider whether or not they wanted to dedicate themselves to a strenuous job with unpredictable hours. "It takes major time, I remember watching my dad in stands when I used to play soccer and the tone would go off on the radio and I would

see four or five guys run off to answer the call," Mike Merkle said. But in the end, the call to help people in their most critical time of need was too much of a calling and tradition for the brothers to pass up. "I always wanted to be a firefighter, I just grew up around it" Mike stated.

Surprisingly, the Merkle brothers are not the only brothers on the department: Jason and Kevin Vandaele, 21 and 23 years old are also members of the department. "Kevin got on first and I followed his lead" younger brother Jason said. He also added that being a firefighter is the "experience of a lifetime."

Both sets of brothers agree that it is "nice" having a family member on the department that they can trust with each other's life, but all the fire fighters agreed that even though they all may not be related by blood; they still consider it a family. In addition to the brothers there are several other young men who are on the department:

David Haynes is 21 years old and works in a rehab center with drug and alcohol patients. 22 year old John Kranz does masonry work. The youngest member of the department is 19 year old Steve Needham who is also a United States Marine. "I can call anyone of these firefighters and they will give me help, advice, or whatever I need," Mr. Needham, who is in his probation period as a firefighter, said.

"It is a type of big brotherly love," Mr. Needham said.

SURETY BONDS

Continued from page 9

like going to the bank for that loan, so make sure to allow yourself sufficient time. If you are a contractor, talk with your insurance agent about bond requirements in advance of your needing them. It is always better to have your bond line established and approved ahead of time when in business - then it will take on a phone call and short period of time to

produce the bond form you need. You will have that edge on the competition and professionally be able to produce those bonds in a timely fashion.

Deanna L. Sobocienski, AAI, AAM, CPIW
Raisin Valley Insurance Agency, Inc.
President

Monroe County Grandparent: Virginia (Jenny) Bellmore



Virginia (Jenny) Bellmore with her five grandchildren

By Jeff Guthrie

It has become quite common in America for immediate family members to be divided by many miles and sometimes many states, but one particular family in Monroe, Michigan has managed to keep the majority of their family within 1 mile of each other. The close proximity allows for many trips to Grandma and Grandpa's house.

Virginia (Jenny) Bellmore, a life long resident of Monroe, is a devoted wife, mother of four children, and a grandmother of five children. Mrs. Bellmore married Steven M. Bellmore on November 13, 1971. Together, through hard work and deep faith in Christian beliefs they raised four children: Stacy Bellmore-Byrne, Heather LaRoy, Travis Bellmore, and Amy Bellmore. Now two of her children have families of their own to raise and they have relied heavily on their mother for advice, guidance, and assistance. "She is always there for us and her grandchildren" Mrs. LaRoy said. "It doesn't matter if it is the middle of the day or the middle of the night, if we need help, advice, or somebody to watch the kids because of an emergency, she's a 24-7 grandma" Mrs. LaRoy continued.

This sentiment is echoed by Mrs. Bellmore's first born Stacy Bellmore-

Byrne who has two children, "She is always there, active in their lives, and she spends much more time with her grandchildren than the average grandparent." But Mrs. Bellmore doesn't mind spending her days with her family and grandchildren, "I love to watch them, and I enjoy spending time with them," Mrs. Bellmore said. "My grandchildren play a huge role in my life. They are part of my life everyday, and they give me a lot of joy and happiness. They help me to remember to keep a smile on my face."

Ms. Bellmore-Byrne and Mrs. LaRoy both credit their mother with raising them on core values of Christian faith. That continues today with Mrs. Bellmore's grandchildren. "I model myself after my mother with the values she has instilled in me concerning church values, honesty, and work ethic," Ms. Bellmore-Byrne said. These values are handed down to the grandchildren, primarily by the parents, but when grandma spends time with them she always makes it worth while. "She helps with school work, stories, songs, she is just so active in their lives," according to Ms. Bellmore-Byrne.

In addition to the previous activities, the three oldest children I spoke to all said they like to go to Grandma's to play games and one game in particular, tic-tac-toe. "I like fun games, because the game I like to play is tic-tac-toe, because when you play tic-tac-toe and get three in a row; you win" 4 year old Ryleigh smiled and giggled.

"I want them to have happy memories of their Grandma and Grandpa," Mrs. Bellmore said. Judging from the reaction of Mrs. Bellmore's family it looks like it is safe to say this has already been accomplished.

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COMMUNITY SECTION

Movie Review: The Butterfly Effect

By Mike McHone

There's only one thing wrong with "The Butterfly Effect." Everything.

The film stars Ashton Kutcher as a young man imbued with the problem of blacking out at certain times in his life. In his youth, he discovers that his father (a man locked inside a mental ward) was cursed with the same problem. Later, after a bad reunion with a girl from his childhood, he also discovers that he can tap into the exact moments that he blacked out in his life, actually travel back through time and alter his life's course.

Bored of reading this yet? Yeah, imagine sitting through it for about two hours after paying almost nine bucks.

Basically, the film is one long drawn out episode of "Quantum Leap." Except, of course, without the interesting characters, good plotlines, and witty writing. One must give credit, however, to the idea of the piece. It was, most definitely, an interesting concept, and one that could've been fascinating if in the hands of, say, M. Night Shyamalan (dir. "The Sixth Sense," "Unbreakable") or even Steven Spielberg. But that's all that really sticks out from the film: the potential.



Besides the boring acting, the overdone "leaps" back in time to set things right, and the complete waste of Eric Stoltz ("Pulp Fiction," "Mask") as a drunken pedophile, the film really misses the mark when it comes to the father character. How did Kutcher's character inherit this time travel gift from dear old dad? How, truly, did his father deal with it? These things might've added weight to the story.

All in all, this "Butterfly" should've stayed in the cocoon a little while longer.

Food Review: Asiana

By Phil Koch

There is a new Asian restaurant in town, located on 315 South Telegraph next door to the new Farmer Jack. From Almond Chicken to Sweet and Sour Shrimp, Asiana offers the public Chinese, Japanese, Taiwanese, and Korean flavors. Brilliant displays of peacocks and dragons surround the dining area. Stringed sea shells drape the walls and cherry oak furniture invites you to sit.

The dinner selected was Dragon Phoenix, a chicken and beef stir fried in a special hot sauce. Looking over the menu for a soup to fit the main course, Tom Yum was found listed between two peppers indicating to the reader that they would be getting a bowl of something hot. Traditional egg rolls were chosen as an appetizer to help put out those flames. For a beverage, the Thai Ice Tea seemed to be a suitable contrast.

The Tom Yum tasted spicy but not to over powering, putting some fear to rest. Curry powder is the secret behind the Tom Yum's kick, and can be ordered with chicken, beef, or shrimp. Out came the Dragon Phoenix, an array of peapods, water chestnuts, onions, salary, and carrots lay mixed with



Looking through the seashells into the bright interior at Asiana.

the chicken and beef. For one dollar extra replace white rice with fried rice. Washing down those flames with Thai Ice Tea was excellent, this concoction contains a special brew of sweetened Thai tea topped with ice cubes and milk. The combination was delicious; the discovery of a new flavor was exciting.

Josh Spas has been a server at Asiana since June of 2003. "Good family, regular customers and laid back atmosphere" said Spas.

The fortune cookie always ends an Asian meal, without it how does one know what lotto numbers to play? The contents of the cookie reading "It's going to be a nice day" after a dinner like that the fortune seemed very possible.

Humane Society
of Monroe County
(734) 243-3669



By Phil Koch

For eight months now B cat has lived at the Monroe Humane Society's animal shelter. B cat was dropped off by his previous owners and has awaited adoption ever since.

"When he first came in you couldn't touch him, I worked with him on a daily basis to get him adoptable" said Monroe Humane Society assistant manager Dawn Musko.

The "B" in B cat stands for Brat. "He's playful but once he gets going he can be a little rough. I do not recommend him around children" said Musko.

B cat is a beautiful feline with soft golden brown fur. There is much energy

inside B cat, he is only about one and half years old and not yet settled for being a kitten. With time, this misunderstood, energetic, four legged friend can become company for a willing, patient adult.

Kelli Geierman has volunteered at the Humane Society since July of 2003. Geierman enjoys spending time and taking care of the cat at the shelter.

Tending to B cat, Geierman said "I like him ... he's very playful ... he might need another cat for company."

If you would like to receive information about how to adopt B cat, or have questions on how to adopt any orphaned animal, please contact the Monroe Humane Society at 243-3669.

Remembering Yesteryear

Historical Markers of Monroe County

By Mike McHone

History is a curious thing. We, as people, are always striving to look forward to the future. But sometimes the most assured way to see into the future is to look into the past.

Monroe is a city, as many scholars and University professors have noted, that is one of the most historically marked places in all of the United States. As a town, we have what most cities need, but few could ever attain: a sense of where we are, and where we once were.

On the corner of North Custer Road and Raisinville Road lies one of the oldest historical sites in all of Monroe. Some of us have seen it, probably, a thousand times in our life, maybe more. A few of us, more than likely, drive by it every single day. And it's a good chance that some of us have visited it during the summer on the way to the fair.

Located right on the Raisin River, next to the bridge, is the Old Papermill School, a historical place that has had a hand in shaping the lives of many people in Monroe County.

In the 1850s, the McDowell Papermill was located approximately where Ellis Library now stands. A school was built across the river and it served the children of mill workers and students living on the north bank for over 100



years. An early wooden bridge spanned the River Raisin here about 1849.

However, in 1887, the bridge washed away due to severe winter ice conditions and students from the south side rowed across the river to complete the term. The mill closed that same year and the bridge was not replaced until the 1940s.

In 1955, the school became apart of the Monroe County School Commission. It closed in 1962 and students were transferred to Raisinville School. Sometime later, it was turned over to the Monroe County Historical Commission.

For more information concerning this, or other historical sites in the city of Monroe, contact the Monroe County Convention and Tourism Bureau at 734-457-1030 or visit www.monroinfo.com

PUBLIC VOICE

Dedication of firefighters overwhelming

By Jeff Guthrie



The men of the Monroe Charter Township Fire Department (MCTFD) are dedicated to their work. I had the privilege of sitting down with seven

young firefighters and the Chief of the department for a feature in this paper called Local Hero. I did not expect to write a column about them, but I felt compelled to do so.

THE BUILDING

MCTFD has a newer building and Chief Larry Merkle was kind enough to give me a tour of the building which features a shower and locker room, weight room, a recreation room with furniture, television and is connected to a kitchen. But what impressed me most about the department's headquarters was not the rooms but the condition of the rooms. They were spotless and shiny.

Now some of you reading may think this is a stupid thing to mention, but a group of 24 guys who only get paid \$ 8.00/rescue call, keeping a 15,000 square foot building clean as a whistle is an accomplishment that takes one thing: *Dedication.*

THE FIRE ENGINES

On the tour Chief Merkle was showing me all of the headquarters fire engines and I began to ask him questions about cost, maintenance, age, etc. The responses I received from the chief were impressive concerning the cost, (as one might expect) but what was more impressive was the attention paid to the fire engines. According to Chief Merkle

90% of the maintenance/repairs to the vehicles are carried out by the volunteer firefighters, a staggering thought when one thinks about all the other obligations of life; family, job, and a house to take care of.

Further in our discussion when the chief was showing me the stations newest custom made fire engine I made a reference to how new all of the vehicles were. Chief Merkle at that point kind of chuckled and pointed to a shiny smaller fire engine, maybe a little bit bigger than a pick-up truck, and said "That one is 16 years old." I was shocked. How does a truck that has been driven in every type of weather for last 16 years have a shine like my Uncle Mike's bald head?

"One night they washed the fire engines 5 times," Chief Merkle said. Oh, I see why it still shines: *Dedication.*

THE MEN

They are all young and all they want to do is make a difference in the community in which they live. But what struck me most is what they do beside volunteer their time to the department. For example, Brian Merkle, 25, a volunteer firefighter, Funeral Director at Bennett Funeral Homes in Erie, Mi., a Trustee on the Monroe Township Board of Trustees, and most importantly a father and a husband. The same can be said for 21 year old David Haynes, who works for Salvation Army in the rehabilitation center with drug and alcohol abusers.

I was offered just a glimpse into these young men's lives and I know they already have and will continue to strive to make our community a better place to live because of one thing they all have. *Dedication.*

Fear Not

By Julie Jacobs



It is said that a journey of a thousand miles begins with a single step. Yet for many that first step is the hardest. Maybe the "big picture" seems too far away, almost unreachable. Maybe it seems, it will take too long. Or maybe, God for bid, we could fail. So we settle back into our comfort zone and do nothing. We accept this way of living as the norm because it's easier than facing change. Yet it seems that change is what we are striving for. We want to spend more time with our family, to have financial freedom and independence and live life to the fullest.

So why do we continue to fight it? Fear. How many times have you had an idea for a product or business that made you excited just thinking about it? You were sure it could be the "next big thing". Maybe you made plans, wrote down ideas and even added a few goals to the list. Then reality kicks in. People tell you it will never work, money becomes an issue, and your hot idea begins to cool

down. The what-ifs begin to enter the picture. What if it doesn't work, what if no one calls, what if no one buys it and the list goes on. Soon you set it aside and think about it a little longer. Then the inevitable happens. You're thumbing through a magazine or newspaper only to read about someone that has taken your idea and made it a success.

Too many times we let fear stand in the way of opportunities that may only come along once. There are times in our lives when we need to take chances and welcome change. Change is inevitable so you can either embrace it by working with it or be left behind to watch others live your dream. Don't sell yourself short and settle for what life gives you because you're afraid to fail. Fear is just an emotion. Let it become anything more and it will paralyze you. Face your fears head on. Once you make up your mind to it, you will be amazed at the confidence you will gain and the freedom you will feel.

Remember that the cost of doing nothing is greater than that of doing something. Take it one step at a time, set your standards high and reach for your dream. I dare you!

MCCC student recognition

By Phil Koch



Jeff Berry is your typical young American male. Berry can be found playing guitar in a band, delivering pizzas, and listening to Kid Rock. On top of his job, and his

commitment to the band Berry is a full time student at Monroe County Community College (MCCC). Berry was born on October 30, the day before Halloween, at Monroe Mercy Hospital. Living in Monroe County his whole life, this Jefferson High School graduate of 2002 can't wait to see the world.

Devoted to a higher education, Berry maintains four classes at MCCC.

"I really like the teachers. The staff is personable, and it's not too big" said Berry.

Writing for MCCC's student newspaper the Agora, Berry picks this to be his favorite class, "I like writing and interacting with people I don't know. I like the stress that comes with it, gives me fuel to burn at the gym" said Berry.

At the college Berry has also taken an interest in Literature. "Short stories are pretty interesting, in a way it helps my writing" said Berry.

After his time at MCCC Berry wants to transfer to Eastern Michigan University where he will work on finishing a four year degree. Once receiving his degree Berry hopes to become a radio talk show personality and maybe write a column for a newspaper.

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Imagine Monroe County kick's off with youth

By John Patterson

Well, by now most of you have heard about "our" Imagine Monroe County Project. A citizen based, Community Vision Process, that will allow everyone in Monroe County the opportunity to contribute to the hopes and dreams of our future. First introduced to me several years ago by Mayor Jeanette Blazier of Kingsport, Tennessee, the Community Vision process has changed the course of communities across the U.S. and around the world. By providing citizens input into areas of interest like economic development, recreation, education and the arts (to name just a few) the process compiles a series of ideas for the community, in this case the community of Monroe County, to focus on and work toward together. One compelling reason to invest the resources, time and effort into such a project is the incentive it may provide our youth to continue to work hard and get a great education, then keep that knowledge and experience close to home for the benefit of our economic growth and quality of life.

For this reason, our Imagine Monroe County Project will be kicked off by a session designated specifically for youth and will include participants from eleven (11) school systems from throughout the County. "The concept has been met with tremendous enthusiasm," stated Bill Saul, a volunteer for Imagine Monroe County and Erie Mason School Board Member. Mr. Saul added, "Every school, administrator and student we have talked

with have expressed both a strong endorsement of the project and a contagious excitement to participate!" He also stated, "I am so proud of this community...and to be a part of this project. It is going to have a significant impact on our future if we can come together to accomplish the goals established throughout the process the way we have during the planning and organizational phases of it."

It is no secret that the emphasis on capturing the hearts of youth is the key element in the success of a community. Governor Jennifer Granholm has joined other elected officials and community leaders in declaring youth the States most valuable resource. Well, Monday morning March 1, 2004 in the auditorium of Monroe High School...Imagine Monroe County will attempt to do just that as 165 students from every corner of our community will put the plan in motion. Stay tuned for the details! If you have questions about how you can be involved in Imagine Monroe County...call 734.457.1095 and on the web at www.imaginemonroecounty.org!

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734.457.1097 Fax
www.monroeinfo.com

Monroe County's Employee of the month: Thea Vandercook



Thea Vandercook has been working for Kris Bezeau, Monroe Branch Manager of Liberty Mortgage Funding, for about a year, and has become an extremely valuable member of his staff. "Not only does she care about her job and the clients that we work with, but Thea goes above and beyond as a mortgage processor," stated Mr. Bezeau. "Thea makes sure that every person who steps in the door knows what Liberty Mortgage Funding does and she also makes sure that they all walk out with a business card and some free information if needed."

"We have had several clients that I would never have been able to assist without Thea's personal skills and persistence. I get compliments from

many clients and professionals about her ability to handle their needs and make them feel like they are our only concern."

Thea is highly organized and keeps Mr. Bezeau updated constantly on pertinent dates and times for files as well as appointments. Most processors at mortgage companies rarely deal with clients on a day to day basis. Thea handles much of the office's contacts after initial application and is competent in expediting closings quickly. According to Bezeau, this freedom allows Liberty's staff to assist special needs mortgage clients that other lenders or brokers won't work on unless charging huge closing fees and points.

Thea is an hourly employee who stays after to get her job done on a frequent basis without being asked. She deserves the bonuses that she earns. "If I had a processor like Thea in the past, my income would have been significantly increased over the years," said Bezeau. "The trade of becoming a highly efficient mortgage processor takes years of experience. Thea is way ahead of the curve and is essential in the operations of our Monroe Branch."

"Our industry can be quite difficult at times with the constantly changing mortgage guidelines and processes. With Thea as part of our staff, we take many of these changes in stride and the office atmosphere is friendly and light-hearted instead of stressful and depressing."

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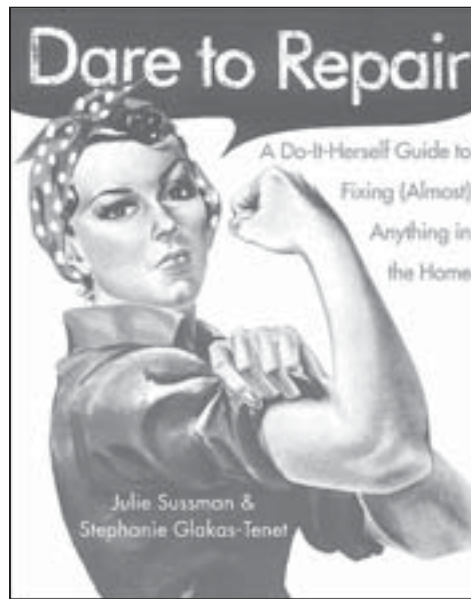
Book Review: Dare to Repair

By Jen Wilson

By authors **Julie Sussman and Stephanie Glakas-Tenet**
Paperback: \$13.75

"This is not your father's home repair book. And it's not your husband's, your brother's, your boyfriend's, or the guy's next door." That's how authors Julie Sussman and Stephanie Glakas-Tenet are describing their Do-It-Yourself Guide to Fixing (Almost) Anything in the Home. As wives of busy CIA agents (yes, Glakas-Tenet is the wife of CIA director George Tenet) they often found themselves alone and frustrated by home repairs that never seemed to get finished. When they consulted the do-it-yourself guides generally available on the market, they realized that these manuals were not written for your average female repair rookies. That's when they teamed up, learned their way around the toolbox, and created Dare to Repair.

According to Julie and Stephanie, many women have broken the glass ceiling in corporate America but don't know how to fix it. Four times as many women as men now head households. Sixty percent of women live alone. Women are the fastest-growing segment of home buyers and a driving force be-



hind increased sales at hardware stores. It's about time women had their own home repair manual!

In Dare to Repair, Julie and Stephanie attack every repair with wit, patience, and encouragement. They swear they've done each of these repairs in their own homes, so when they promise it's

easy, it's easy. Each easy fix comes illustrated and diagramed, making it easy to identify the parts, the process, and even the tools required for the job.

This book covers everything from plumbing to home safety. With Dare to Repair, every woman can feel comfortable taking the plunge—from fixing a leaky faucet to cleaning the gutters. Learn to lighten up—whether it's removing a broken light bulb or installing a dimmer switch. Ladies, keep your cool—from maintaining a refrigerator's gasket to changing the rotation on a ceiling fan. The Windows, Walls, and Doors chapter shows us how to get a handle on it—from replacing a doorknob to replacing a broken window. And finally, this book can teach us all how to play it safe—from planning a fire escape route to installing a smoke detector.

For Sussman and Glakas-Tenet,

writing this book was as much about learning to fix things around the house as it was about passing their knowledge on to others. They ask each of us to do the same thing; to pass on new repairs to the neighbors, mothers, grandmothers, and sisters in our lives. They challenge us to use our own knowledge (of many things, not only home repair) as a tool for improving our lives as well as the lives of others.

From cover to cover, Dare to Repair is inspirational, easy to follow, and never condescending. This book makes a great gift, no matter whether you are giving it to a daughter who is about to live on her own for the first time, or just buying it for yourself so that you can start to tackle some of the many projects that you always thought you needed a handy—man to do. No matter what your reason is for buying this book, Julie Sussman and Stephanie Glakas-Tenet promise that once you start, you won't want to stop.

For more information about this book, including a tip of the month, how to buy this book, what the authors are up to now, and the accompanying PBS program, visit www.daretorepair.com.



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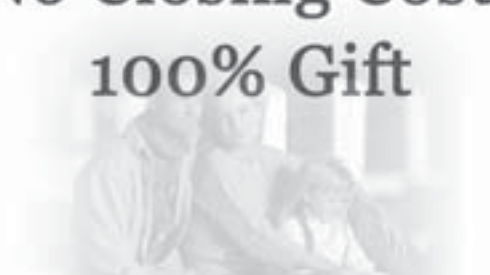





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The Monroe Journal one year anniversary



Everyone knows that time flies when you're having fun, and for The Monroe Journal staff, that age-old saying holds true. Why, it seems like only yesterday that our first issue hit the stands. Surprisingly however, it wasn't yesterday, but one year ago this month.

In March of 2003, three young creative and excited minds sat around a kitchen table discussing the possibility of a business-focused newspaper devoted to Monroe County. After limited debate, it was determined that with our talents, experience and personal contacts combined, we could and would produce the Monroe Business Journal, later to become the Monroe Journal. Diving headfirst into the difficult task should have produced an immense headache, but the product of our imagination was a 12 page newspaper that received incredibly positive feedback from both advertisers and readers. "We really need this," they'd say time and time again.

For those who remember Vol. 1 Issue 1, it was rather hollow and flimsy compared to today's publication. However, four key elements aided in its popularity with casual readers.

The first issue was simple, positive, friendly, and informative. It had

been created with good intentions and hard work. It had been created by people who care about our community. Though many things have changed within the Monroe Journal office, those elements will remain our foundation.

The Monroe Journal has grown to 20 pages of content, adding more personal community content such as the employee and manager of the month. Older members of the community are recognized as the grandparent of the month. At the opposite end of an age bracket, each issue contains a kid quote where children reply to common questions. These columns, a food review, student interview, etc. have been added to the Monroe Journal for your enjoyment and involvement with the community. More columns and a few extra pages will continue to be added as our publication progresses. As for distribution, that too has improved greatly as evident on page 2. The printed distribution list is our way of acknowledging

those businesses and establishments who provide consistent locations for readers to find their copy each month. Now, as a supporter of the Monroe County Habitat for Humanity through corporate sponsorship and subscription sales, our involvement with Monroe County has come full circle.

It is my pleasure to announce The Monroe Journal's one-year anniversary! We are greatly pleased to be a part of this community, and hope for another productive year. A special thanks is in order for those who have been directly involved with production and distribution of the journal: Ben Belknap, Chris McDowell, Amelia Church, Milton Jackson, Julie Jacobs, Cindy Orlandi, Nick Wilson, Phil Coch, Jeff Guthrie, Bob Oliver, Mike McHone, Andy Jones, Tom Kordowski, Korrine Milks, and Jen Wilson.

*Justin Matley, Owner
The Monroe Journal*



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