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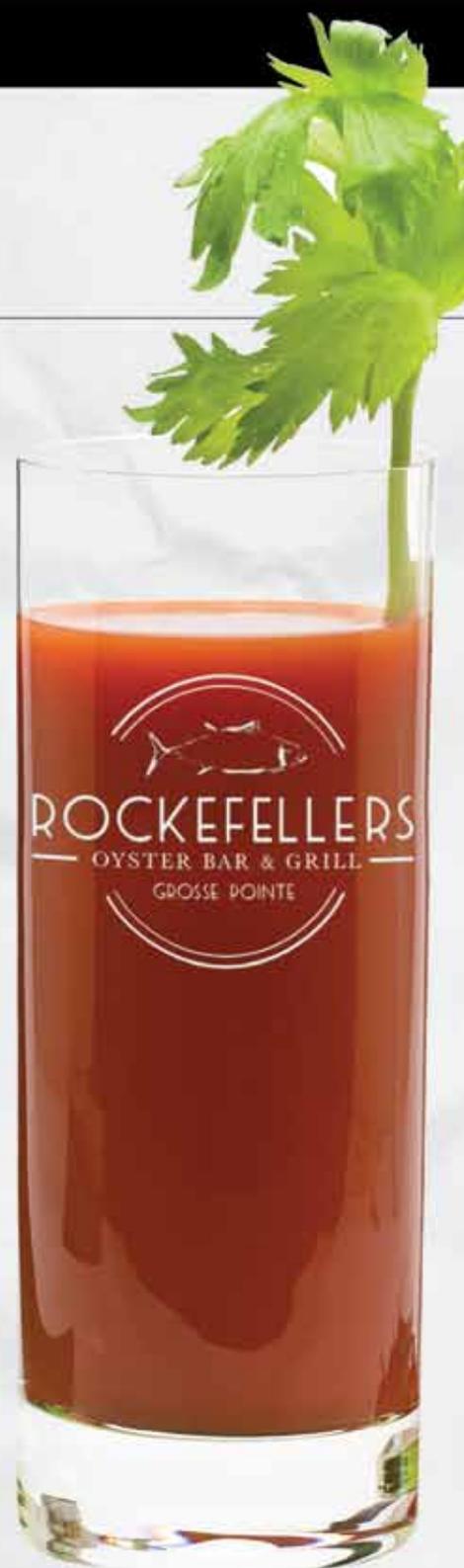
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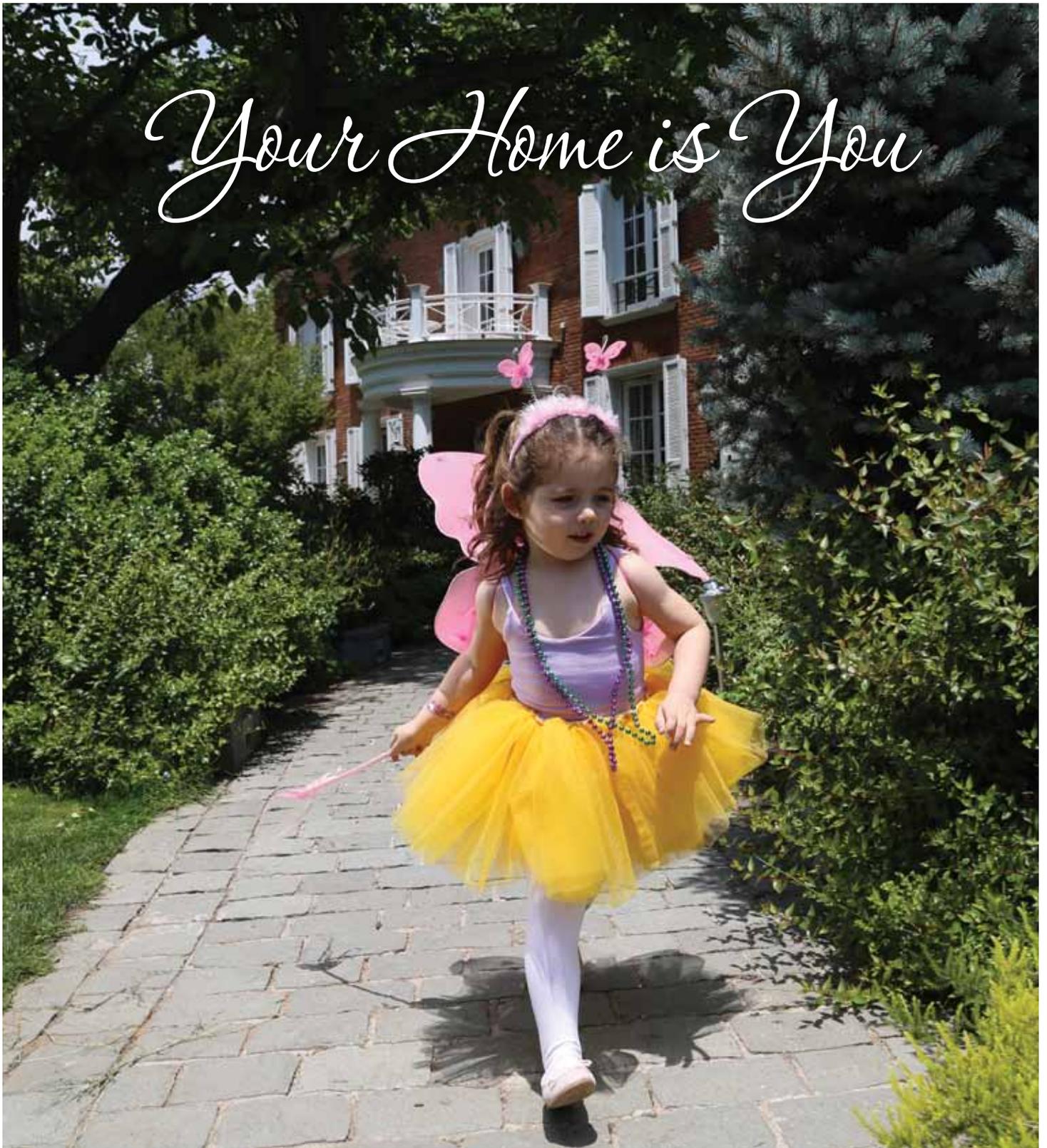
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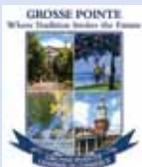


Photo by The Portrait Place

Happy New Year!

On the cover

Grosse Pointe North alumna Erin Kelly took this photo of the Hunt Club on New Year's Day 2014 when in town visiting family for the holidays. She works in Washington, D.C.



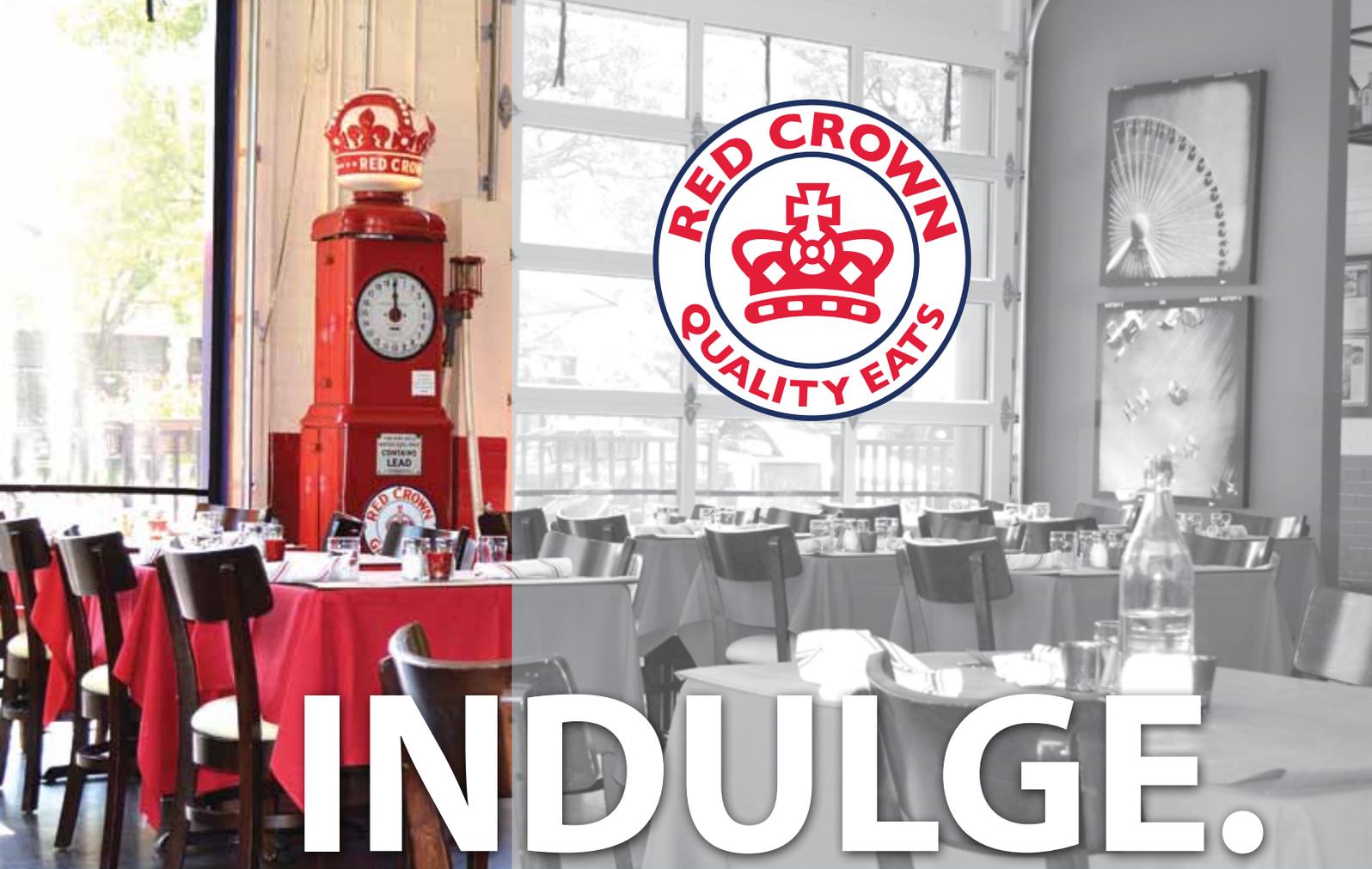
Where in the Pointes?



Where in the Pointes is this object? On Monday, Jan. 26, we will ask this question on our Facebook wall. The first person to respond with the most specific answer will win a family pass to the Michigan Science Center. Participants MUST wait for the question to be posted by Pointe Magazine. Good luck!

To find us on Facebook, search "Grosse Pointe Magazine"

Grosse Pointe Magazine is published six times a year by Pointe Media Incorporated, 18530 Mack Ave. #106, Grosse Pointe Farms, MI 48236. Phone: (313) 640-8955; e-mail: publisher@grossepointemagazine.com. Grosse Pointe Magazine reserves the right to reject any advertising. Copyright 2015 Pointe Media Incorporated. Complimentary delivery to all Grosse Pointe homes. \$20/year subscriptions available for non-Grosse Pointe and nonresidential addresses.



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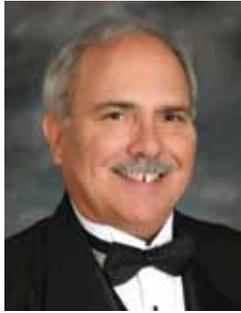
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John Minnis
Editor and Publisher

POINTE

MAGAZINE

Welcome 2015!

For the first time in a long time, we are starting to get some good news on the economic front. Jobs are up, and there's even upward pressure on wages. Home sales are up as are their prices. Good news for a New Year!

This was far from the case five years ago in 2010 when we published our first issue of *Pointe Magazine*. Home prices were plunging, bringing city, school, county and state revenue down with them. Home foreclosures were epidemic, and fears of bank closures were commonplace. Yet we weathered the storm and while we have a long way to go, we are heading in the right direction.

“

I cannot adequately express my delight and humility in receiving such an honor. I never thought I would be a Paul Harris Fellow.

”

Plans are now under way as to how to best celebrate our fifth anniversary. In fact, our May-June Anniversary Issue, promises to be a good one, so stay tuned.

Another organization celebrating its fifth year is the Full Circle Foundation. Full Circle operates the Upscale Resale Shop on Mack at Harvard. The young adults with special needs there run the shop, a commercial laundry and, if that weren't enough, the Edible Garden where Austin High School used to be, now occupied by the Riverview Health and Rehab Center. The young adults also go to school through the Grosse Pointe Public School System.

Full Circle is holding its third Raise the Roof fundraising event in February at the War Memorial. Be sure to attend if you can and support this worthy organization — the only such in the state!

Another great organization is Rotary. I've been a Rotarian for about 10 years — but in two stints. I was first inducted into the Grosse Pointe Rotary afternoon club in the 1990s. Attorney Dean Valente (“Dino” to most everyone) was, and is, my sponsor. After a few years, I had to stop going to Rotary as work prevented me from attending the Monday luncheon meetings, which could take two hours out of a deadline day. I rejoined

Rotary in 2010 when we started the magazine and have never looked back.

As communications committee chair, I helped our club win the coveted Devlyn Award, one of the highest honors in our district. But an even greater honor was bestowed on me recently — not by my club but by our sister club, Grosse Pointe Sunrise Rotary, which meets Tuesday mornings at The Hill.

The good men and women at Sunrise Rotary named Sunrise Rotarian Tim Kelch and me Paul Harris Fellows, probably the highest honor one can receive in Rotary. I cannot adequately express my delight and humility in receiving such an honor. I never dreamed I would be a Paul Harris Fellow. Thank you, Sunrise Rotary!

Speaking of Rotary, be sure to read Yolanda Turner's “Women in Rotary” article in this issue of *Pointe Magazine*. While there are 200,000 women in Rotary worldwide today, such was not the case 26 years ago!

As always, be sure to patronize our many local businesses and advertisers, without whom none of this would be possible and quality of life in Grosse Pointe would not be so dear. ☺

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Meet Ella

Name	Ella McCarthy
Age	9
City	Grosse Pointe Woods
School	Montieth Elementary School
Parents	Kevin and Marie McCarthy



Ella's Favorites

Game

SuperSmash Bro's

Food

Spaghetti

Outdoor Activity

Soccer

School Subject

Science

Vacation

Mackinac Island

Book

Pee Wee's Tale

Thing to do with your family

Watch movies

Photo by Alexa Petropoulos

What do you want to be when you grow up?

An art teacher

What is your favorite thing about going to school?

Learning new things

Who do you look up to and why?

My big sister Keelin because she loves me and treats me good. Being sisters and our friendship is very important to us.

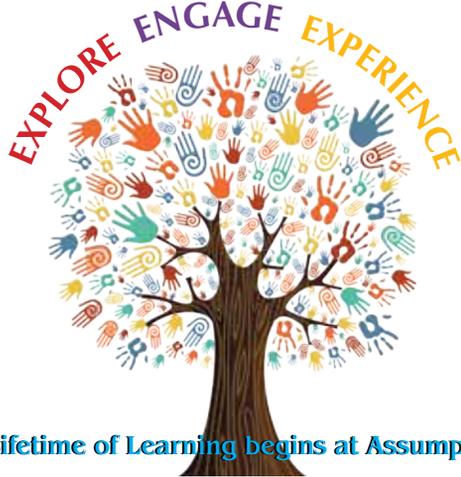
About Ella

Ella lives in Grosse Pointe Woods with her parents Kevin and Marie, sister Keelin, 11, and three (yes three!) guinea pigs – Graham Cracker, Cream Puff and Sweet Potato. Ella is funny, full of energy and comedic.

Her favorite activities include soccer, tennis and piano. She is a budding artist who loves sketching, coloring, painting and crafting.



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Meet Marcus



Name	Marcus Boddy
Age	13
City	Grosse Pointe
School	Brownell Middle School
Parents	Matthew and Gabriela Boddy

Marcus's Favorites

Music Artist

Skrillex

TV Show

Lost

Movie

The Hunger Games: Catching Fire

Actor

Christian Bale

School Subject

Social Studies

Vacation

Munich and Paris last year for 10 days

Book

Quarantine by Lex Thomas

Teacher

Mrs. Duffield

Extracurricular Activity

Video games, martial arts and tennis

What interesting skill do you possess and what would you like to learn?

I can program video games and I would like to learn to be more social.

What song on your iPod would people be surprised by?

“The Girl is Mine” by Michael Jackson

If you could have three wishes granted what would they be?

1. My own entire company enterprise
2. The most awesome video game series (made by me in the future)
3. Infinite money

Where do you see yourself in five years?

At the top of the world!

What did you want to be as a child and what do you want to be now?

I wanted to be a sniper when I was a child and I want to be a video game designer now.

About Marcus

Marcus, who currently attends Brownell Middle School, has one sister, Sofia, 7. His interests include video games, martial arts and spending time with friends.

Marcus is an extremely talented RPG (role playing games) gamer and hopes to design video games someday.

“I have a very loyal and fun set of friends and I really enjoy trying new things,” he says.

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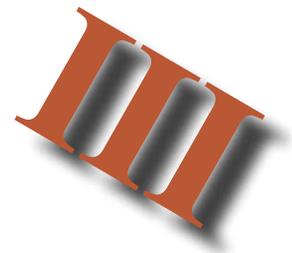
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RAISE the ROOF

A Talent event...



By John Minnis

For the third year in a row, young adult students will stage “Raise the Roof, a Talent event...,” to help raise funds for the Full Circle Foundation. In just five years, Full Circle has become the only organization of its kind in the state of Michigan that provides seamless transitions from school to adult living for people with special needs.

While the first event at the Grosse Pointe Yacht Club and the sold-out second event last year at Brownell Middle School were great successes, the third will be definitely the charm with Mary Ann Van Elslander serving as Honorary Chair, Lora Massa and Cynthia Van Elslander as Co-Chairs and WDIV’s Devin Scillian as celebrity emcee.

The third annual event will be held Thursday, Feb. 5, at 7 p.m., in the elegant Fries Ballroom at the Grosse Pointe War Memorial.

Administrative coordinator Sue Banner, retired principal and special education administrator for 20 years with the Grosse Pointe Public School System, says Full Circle has 23 young adult students, 18-26 years old, who attend classes through the GPPSS, and seven more young adults who do not take classes but who volunteer.

Full Circle operates an “Upscale Resale” shop on Mack at Harvard in Grosse Pointe Park, which the young adult students and volunteers stock and operate. The students also run a commercial laundry at the facility with such clients as Services for Older Citizens, Breckels Massage Therapy and Chocolate Bar Cafe.



“We’re already outgrowing this space at 6,000 square feet, believe it or not,” Banner says. “We’re already busting at the seams. It’s good news, bad news.”

The Full Circle students also run the huge Edible Garden behind the Riverview Health and Rehab Center at East Warren and Canyon. During the growing season, residents and senior centers can subscribe to regular deliveries of fresh produce.

Proceeds from the Raise the Roof III event will go toward building expansion, the Summer Learning Program, program coordinators for job sites and advocacy services for families.

Tickets are \$25 for adults, \$5 for children and are available at the Full Circle Upscale Resale Shop. For more information, tickets and sponsorship and program advertising opportunities, visit the Full Circle website at www.fullcircledn.org or call Sue Banner at (313) 469-6660.

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Mornings at Memorial

By Amy Miller

Parents are calling a local educational program “the best kept secret in the Grosse Pointes.” The praise is for a relative newcomer to the early childhood educational scene: the four-year-old program, Mornings at Memorial, at Grosse Pointe Memorial Church on Lakeshore and Fisher in Grosse Pointe Farms.

“When the school year ended in June 2014, our son, Luca, was only 20 months old. We already knew there was a spot for him beginning in September; it was difficult to wait all summer because we were so excited to join,” says Ryan Olivero.

Mornings at Memorial, which now boasts a wait list, operates three classrooms from 9 a.m. to noon, Monday through Friday, for children ages 18 months to pre-school. The children are divided into the “Littles” (ages 18-29 months) and the “Bigs” (30 months and up). Based on the parents’ choice, some children attend just two or three days per week. January 2015 marked the beginning of all three classrooms needing to operate five days per week.

In each classroom, there are two teachers, all degreed, with backgrounds and experience in education, early childhood development or social work.

When Mornings at Memorial began four years ago, it was led by beloved Grosse Pointe kindergarten teacher Nancy Schulte of the Farms, who is also a parishioner at Memorial Church. Nancy and her husband Tom retired and moved up north, so City resident Marie Calcaterra took over.

“The church staff is really supportive,” Calcaterra says, “And just look at these beautiful surroundings where the children are engaged to learn and play.”

The program includes snack and play time in the beautiful Barbour Chapel,



and story time in the church’s library. There’s also music and a craft, and a letter of the alphabet per week taught.

Curriculum also includes a wee bit of religious education during circle time, as toddlers such as Joseph Kaiser of the Farms, Vivienne Pelerin of the City and Colin Williams of the Park, handed a yellow foam cross to each other, after each one says, “Dear God, thank you for Da-Da and Ma-Ma.”

“My staff is so professional, calm yet energetic,” Calcaterra says, adding, “they embrace the children’s varied learning styles. It is wonderful to see the children’s growth in just a few months into the school year. Look at how well these children communicate, play, transition from one activity to another, follow directions and creatively approach their artwork. It’s a pleasure to be here each day with them.”

For more information about the Mornings at Memorial Early Childhood Care Center, contact Marie Calcaterra at mcalcaterra@gpmchurch.org, or (313) 882-5330, ext. 140. ☎

Top, clockwise, Beverly Rashid, teacher Julie Martinbianco, Michael Slomski, Penelope Huebner, teacher Denise McCloskey with Vivienne Pelerin on her lap and Joseph Kaiser

Right, Vivienne Pelerin and teacher Denise McCloskey



Teacher Joni Neveux with Brooke MacMillan and Gabby Joseph



Director Marie Calcaterra, Lucas Tylenda, teacher Beth Wronski and Ben Karcher



Photos by Amy Miller

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RIGHT at Home

Global Paint Box

By Virginia Ficarra

This is one New Year's resolution I am sure you will keep. Say goodbye to cabin fever and hello to hues that speak to you. Tackle one of your rooms that has bothered you for years. Explore the nuance of mindful living 'right at home' using the 2015 colors. According to Jackie Jordan of Sherwin-Williams, "prepare to go on an optimistic odyssey."



Photos by Virginia Ficarra



Coral Reef is the popular color forecasted for 2015, it is a warm mixture of orange, yellow, and pink tones.

Odyssey:

The theme is global and colors are happy. They range from misty tones to buoyant carnival colors.

Let your imagination whisk you around the world. Select hues flavored with an adventurous spirit, unusual items, natural textures, fascinating shapes and cultural patterns. Feel the breeze of the tropical islands, the glitz of the aurora-borealis and enjoy the lush green of the rain forest. You will recognize the right hue for your personality if it makes you smile.

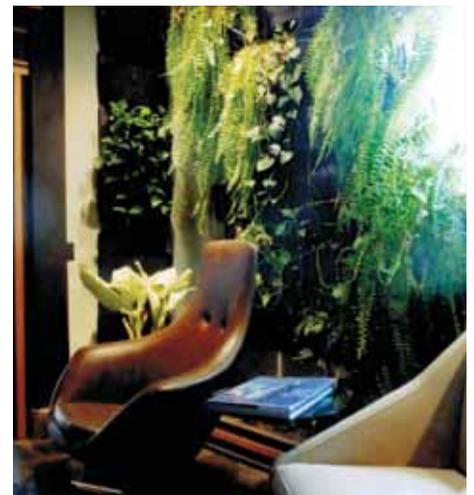


This Aigue-quartz is an example of a soothing color called Raindrop; representing tints and tones commonly used in any room for relaxing, health care facilities and senior housing.

Meditation and Calming:

Before meditating, consider the room location, lighting and ambiance. Remove anything that distracts. Declutter desks, piles of papers, bills, electronics and wall art, then list the items you will need for comfort.

Paint wood trim, ceilings and walls white or a light parsley green-blue. Select light grays or beige fabrics for furniture, and a gauzy fabric for windows. See photo below for an example of a calming palate.



Outside In:

The client from the photo top right chose a cobalt blue paint for the walls, textured natural stone floor, up lights, frosted glass, and chrome or light wood furniture with cream or cocoa leather chair coverings.

The exciting accent in this room is the wall garden. Be inspired by the outdoors and bring some greenery inside to liven up your space.

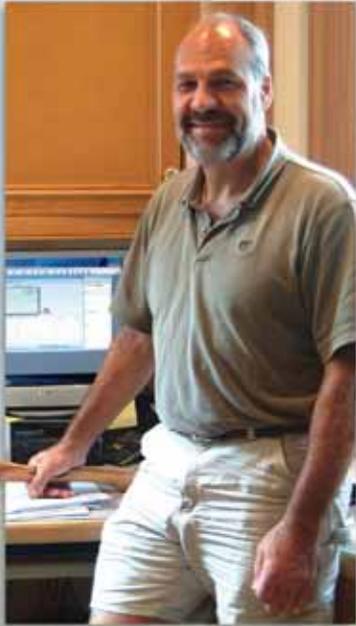
Minimalistic Design:

This minimalistic design, right, uses cobalt blue leather against white walls accented with a green textured painting. A homemade steel table and natural stone floor complete the look.

Check out the natural rafter ceiling and cocoa lamp shade to match.



For additional guidelines, ideas or decisions for your home or business, consider an hour of time to pull it all together with professional advice. Contact Virginia at colorwizard@me.com or (313) 330-8900.



The Man Behind the Hammer

Master Builder, Master Carpenter, lifelong Grosse Pointer, Steve Makos has over a quarter of a century of construction to his credit in the Pointes. His crews call him a relentless perfectionist. His customers call him back to do more work. His two kids just call him dad.

When he is not building things, Steve is an avid outdoorsman who enjoys skiing, hunting and fishing. His favorite toys are his tools, his truck and his restored Dodge Challenger.

Asked to describe himself professionally he is unhesitating. I am, at heart, a craftsman. I take great pride in each of my projects and believe that the only satisfactory approach is to do it right the first time. The Pointes have their own unique architecture. Whether replacing a window or door, adding or renovating a room, doing a complete remodel or building a new home, we respect the character and tradition of where we live. Much of our work is on homes that were built to last. The quality of our workmanship needs to be done in that same tradition — built to last.

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Thursday

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- Chicken Portobello

Friday

- Perch Dinner
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Saturday

- Champs COW - Cut of the Week
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Sunday - Hot Turkey Dinner

- Mashed potatoes, stuffing, corn & peas, cranberry sauce, soup, salad or cole slaw & garlic loaf

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FRIDAY – SATURDAY 4:00 p.m.-11 p.m.
SUNDAY 3:00 p.m.-10 p.m.



Red & White Unite

By Patti Theros

St. Paul Catholic School will host its 28th annual auction “Red & White Unite” on Saturday, Jan. 31 at the Grosse Pointe Yacht Club. Hundreds of guests will be in attendance to enjoy the dinner and bid on the many upscale prizes.

Honorary Auction Chairpersons are Bob and Peggy Kotz. “Our family has been engaged in the St. Paul school experience for more than fifty years. All of our family members have benefitted from the academic excellence and added dimension of the Catholic values experienced at St. Paul,” says Bob Kotz.

Tom and Marie Forbes are Patron Campaign Chairpersons. Kerry Moylan is the Auction Chairperson. Corporate sponsors are Absopure, Eastside Dermatology, Beline Obeid Realty, Weichert Realtors and Grosse Pointe Fine Homes.

The fundraiser will include a silent auction, class art projects, theme baskets, raffles and a live auction emceed by Paul W. Smith and run by Bob DuMouchelle of DuMouchelle Auction House. For more information or ticket information, visit www.stpaulonthelake.com or e-mail kmoylan@stpaulonthelake.org. ☎

Top, Auction 2015 Chairpersons from the Kick-off Party held Friday, Dec. 5 at the Grosse Pointe Club. Peggy and Bob Kotz, Honorary Auction Chairpersons; John and Kerry Moylan, Auction Chairpersons; Marie and Tom Forbes, Patron Campaign Chairpersons.

Photo by Robin Stiyer



Filling Empty Bowls

By Patti Theros

If you’re interested in making a clay bowl or just want to attend some fun weekend events to help fight hunger in our community, Metro Detroit Empty Bowls 2015 is for you.

The fundraiser includes two gatherings: Friday, March 13 and Sunday, March 15, and an online celebrity bowls auction. All the proceeds from the weekend events are donated to Cass Community Social Services in Detroit.

“Empty Bowls is a great opportunity to combine the arts with raising awareness of hunger in our community. People of all ages can join our efforts. It is wonderful to see preschoolers and seniors, Detroiters and suburbanites, artists and non-artists all participating in our event,” says Metro Detroit Empty Bowls co-chair Bonnie Mellos of Grosse Pointe Park. Empty Bowls is currently looking for bowl makers. No experience is necessary.

The Empty Bowls weekend kicks off on Friday, March 13 from 6-11 p.m. at Sugar Hill Clay Studio in Midtown Detroit. A great couples’ night out, guests will enjoy soups from Midtown restaurants, beer and wine and Greek desserts. Must be 21 years or older to attend. Minimum donation is \$25 per person.

Assumption Cultural Center will host a family fundraiser with food and entertainment on Sunday, March 15 from 4-6:30 p.m. The minimum donation is \$10 per person. For more information about bowl making or the events, visit www.emptybowlsdetroit.com. ☎

Photos above, Empty Bowls handmade clay bowls on display at Eastern Market’s Sunday Street Market in December.

Photos by Bonnie Mellos

Mack Avenue Grille



Alaskan Cod, lightly floured, sauteed and finished off in the broiler



Classic Lamb Chops with Greek tomato dill peas and rice with tomato sauce



31 salads to choose from



Fresh pineapple boat with seasonal fruit



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We're kicking things up a notch at Mack Avenue Grille!

To compliment the fine wine and premium beers they began offering last year, owners Dino and Louie Ropotos are adding some new fine-dining dishes to their menu, featuring pan-seared and broiled Alaskan Cod, broiled Salmon, Classic Lamb Chops, Chicken Piccata, Chicken Marsala and more, to their standard fare, including 31 gourmet salads and breakfast favorites, such as the popular Very Berry Crème Brûlée French Toast. Make breakfast or brunch special with a fresh-squeezed **Mimosa!** And true to their heritage, the Ropotos Brothers are announcing Saturday evening **Greek Night**, featuring all the classic and favorite dishes.

Mack Avenue Grille is located at 19841 Mack in Grosse Pointe Woods
 Hours: 7 a.m.-8 p.m. Monday-Saturday
 8 a.m.-3 p.m. Sunday
 For take-out, phone (313) 886-0680

In honor of Valentine's Day, a loving look at the lives of two of Grosse Pointe's first residents, Euphemia St. Aubin Provencal and Pierre Bourgeat Provencal

A Grosse Pointe Love Story



Euphemia St. Aubin Provencal



Pierre Bourgeat Provencal

By Kay Burt-Willson, Grosse Pointe Historical Society

*W*ould he ever find the love of his life? Pierre Provencal was no longer a young man, and still unmarried. His life had already taken long solitary twists.

Pierre's father, one of the early French Canadians from Montreal who had followed the fur trade to Fort Pontchartrain du Detroit, had died by his first birthday.

Only ten years old when he saw old French Detroit burn to the ground in the great fire of 1805, Pierre grew weary of city life. By 1819, he had had enough.

Longing for the life of the Habitants, fellow countrymen of French Canadian descents who had carved ribbon farms along the coast of Lake

Ste. Clair, Pierre purchased lake front property at what is now Provencal and Jefferson. By 1823 he had built the quaint two-room farm house which is now known as the Provencal-Weir House. For nine years he would live there without a wife or children.

Perhaps they met at the Church of Ste. Anne in Detroit, for that is where they married. It was in the magic month of February that Pierre took beautiful Euphemia St. Aubin; she, just seventeen years old, to be his bride. It was Gabriel Richard himself who blessed the marriage of the lovers.

Though unable to conceive, they were far from childless. This loving couple made their home Grosse Pointe's Orphanage, where they raised

24 children who had lost their parents from a Cholera epidemic which ravaged Detroit in 1832 and 1834.

The tiny farm became Grosse Pointe's first school house, as well as a church. The Provencals invited the priest from Ste. Anne to hold mass in the parlor and they even put aside room for a confessional booth.

At long last, a child did bless this union. At age 50, Pierre, the father of 24, became the father of baby Catherine Basillisse Provencal on Christmas Day in 1845.

It must have been fated from the very beginning, that February marriage, when Grosse Pointe would be gifted with a love story beyond compare. Happy Valentine's Day Grosse Pointe, and to all you love. 

Photos courtesy of Grosse Pointe Historical Society



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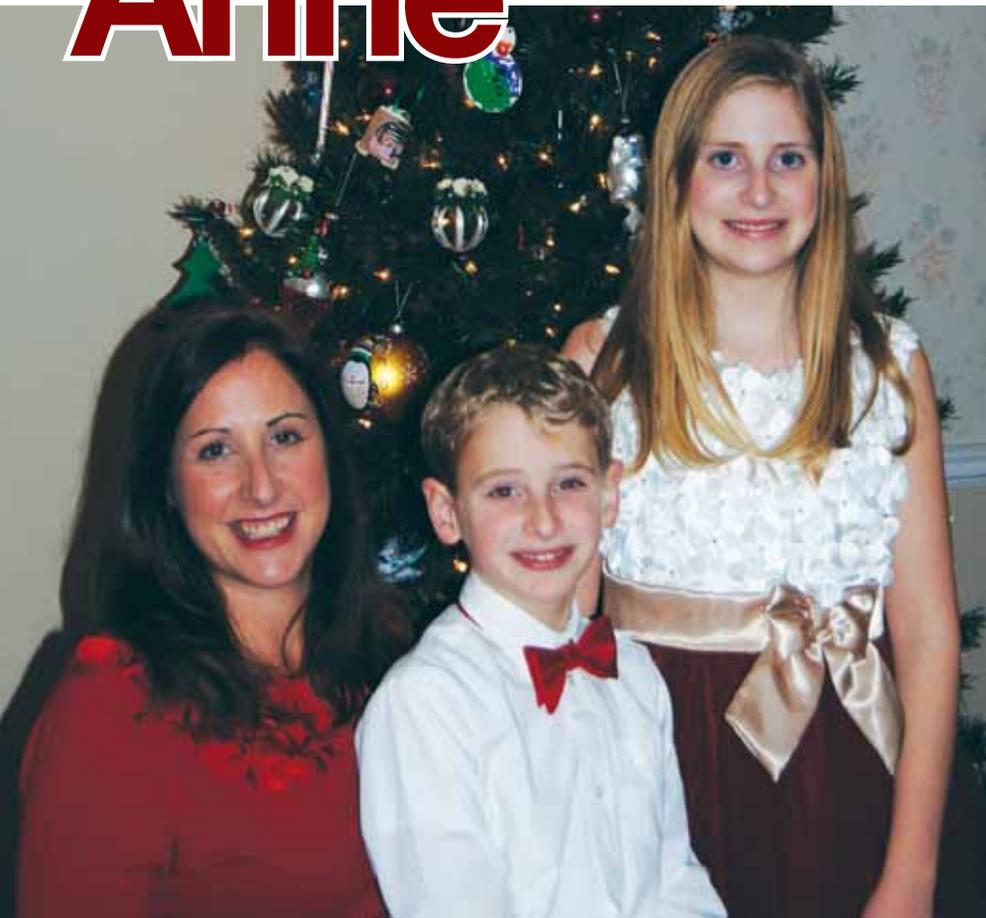


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Meet Anne



Name Anne Nearhood

Age 41

City Grosse Pointe Woods

Occupation Coordinator, Beaumont Community Health Coalition and Brightmoor Health Outreach Collaborative

Anne's Favorites

Season

Summer

Movie

Steel Magnolias

Book

The Method Behind Method by Eric Ryan and Adam Lowry

Vacation

South Florida

Spot in Grosse Pointe

Farms Pier

Outdoor Activity

Walking and spending time at the beach

Restaurant

Telly's Place

Sports Team

University of Michigan

Dessert

Ice cream

What is your favorite thing about living in Grosse Pointe?

Our beautiful parks on Lake St. Clair and our local shopping

What is the best trip you've ever taken?

A month long trip to South Florida

What is the best gift you've ever received?

Handmade gifts from my children

What is one thing not many people know about you?

I'm a great aunt. My nephew Matt and his wife Amy blessed us with the birth of their son Brayden. My nephew is a Marine, serving his second tour in the Middle East and we look forward to his return home to Grosse Pointe.

What accomplishment are you most proud of?

My personal accomplishment would be my children, they bring me so much joy each day. My professional accomplishment would be the creation of the Beaumont Community Health Coalition with my co-worker and friend Suzy Berschback. A true opportunity to make an impact on community health.

Words to live by?

Be grateful everyday.

About Anne

"I was raised in Grosse Pointe, a graduate from Grosse Pointe North and an alumna of the University of Michigan. I love spending time with my children, Emma and Jack, family and friends. We relish the summertime and visiting my parents' home in Florida, enjoying the warm ocean.

I appreciate volunteering at my children's schools and recently became a member of the Grosse Pointe Rotary. I hope to instill the importance of giving back to my children and continue to incorporate this philosophy into my professional role in community health."

Staying hydrated

Family Features

When the mercury drops, it's more important than ever to stay properly hydrated. During the winter, people may not seem to sweat as much as in the summer, but that doesn't lessen one's risk of dehydration.

Roughly 75 percent of the North American population is chronically dehydrated. By the time you feel thirsty

Photo courtesy of Getty Images



(and sometimes when you don't) you may already be getting dehydrated. Whether you're skiing or just taking a walk on a brisk day, the experts at Essentia Water provide these simple tips to help you stay hydrated throughout the winter season and beyond.

- Set a daily water intake goal. A good rule of thumb for daily water intake from food and fluids is 2 liters for females and 2.5 liters for males with moderate physical activity levels.

- Check the mirror. A tried and true way to know if you're getting enough water is to check your mirror. If your skin appears dry and flaky, it's time to drink more fluids.

- Drink electrolyte-enhanced alkaline water (also called functional water). Wellness experts agree that disease and infection have a hard time thriving in an alkaline environment.

- Pack the H₂O. From carrying a backpack to wearing a special hydration pack – it's important to bring water with you during winter outings.

While you may not feel it, your body is in need of proper hydration even on the coldest winter days. For more tips for staying well, visit www.essentiawater.com.

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Come Fly the Starry Skies AUCTION 2015

Mrs. Bettejean Ahee and her children, grandchildren and great grandchildren.

Photo by John F. Martin

By Patti Theros

Join Mrs. Bettejean Ahee and Our Lady Star of the Sea School as they celebrate the school's annual premier event "Auction 2015 – Come Fly the Starry Skies" on Saturday, Feb. 28 at the Grosse Pointe Yacht Club.

Mrs. Bettejean Ahee has been chosen as this year's Honorary Auction Chair. She is a longtime supporter of Our Lady Star of the Sea School and Parish, the community and countless charities. Founded in 1947, Edmund T. AHEE jewelers has been a flagship of the Grosse Pointe neighborhood since it moved to its present location in 1968.

"Mrs. Ahee and her family's continuous commitment to the community is remarkable," says auction chair Danielle Brousseau. "They are incredible examples of what our community stands for and it is truly an honor to stand beside her this year."

Avid supporters of Catholic education, Mrs. Ahee and her late husband Edmund sent all seven of their children to Star. Their son, Lowell was in the first 1st grade class of Star's first year as a school. To date, there have been 19 Ahee Star students throughout the school's history.

"Currently three of our grandchildren attend prestigious colleges. Albion, Loyola, and Harvard Law School. Each of them graduated from Our Lady Star of the Sea. I firmly believe that they received a solid foundation from Star which prepared them for their future endeavors," says Mrs. Ahee.

All are welcome. "In recent years, the auction has grown tremendously and is well attended by not only our Star community, but our Grosse Pointe community as well. It truly is a night of celebration," says Brousseau. The evening includes a strolling dinner,

cocktails, silent and live auctions and raffles. The cost per person is \$85.

Live auction items include beautiful jewelry, a week-long vacation in a beach front condominium in the Turks & Caicos, an airborne scenic plane tour and an original oil painting by Grosse Pointe's own Jane McFeely.

The auction raffle features a 2015 Lincoln MKC sponsored by Bob Maxey Ford Lincoln. Only 400 tickets will be sold. A second raffle will be offered featuring a "Year of Dining" in twelve of our area's finer restaurants.

Event sponsors include Bob Maxey Ford Lincoln, Century Plastics, Inc., Plastic Service Centers, Wesley Orthodontics, Beline Obeid Realty, Fusion Integrated Training, Michigan OMS, Hour Detroit and The Portrait Place. For more information, visit www.OLSOS-Auction.org or call (313) 884-1070. 

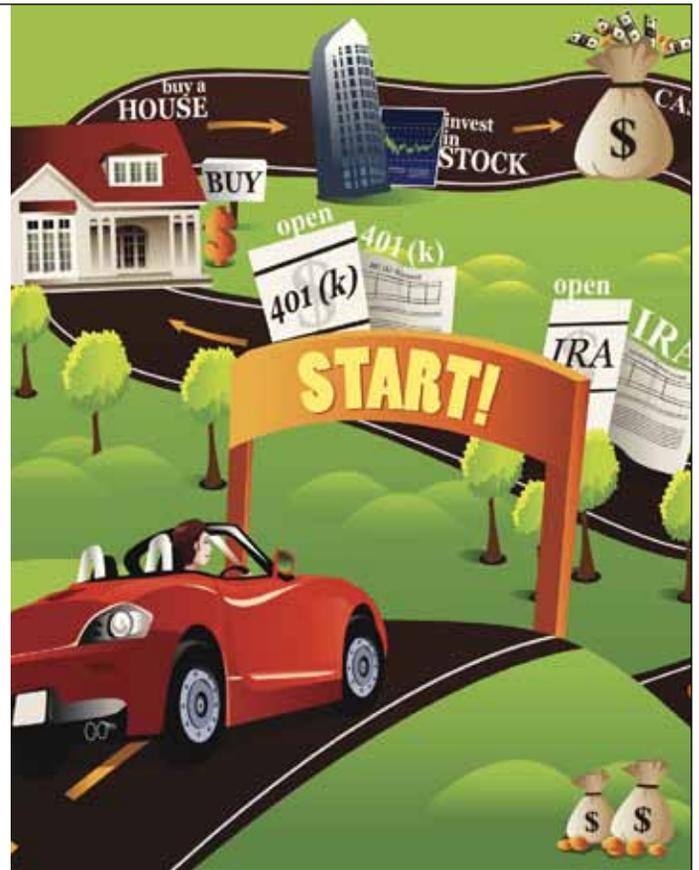
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Women in Rotary

By Yolanda Turner

Rotary, the international service organization with two clubs in Grosse Pointe, hasn't been an "old boys" club for quarter of a century. In fact, there are some 200,000 women serving in Rotary worldwide and 18 in the Grosse Pointe Rotary afternoon club alone.

To recognize "Women in Rotary," the Grosse Pointe Rotary recently established an award to honor female members who have made significant contributions to the club and the community it serves. On Dec. 15, Grosse Pointe Rotary presented Theresa M. DiVirgil with its first Women in Rotary award named in her honor.

When she joined Grosse Pointe Rotary in 1991, DiVirgil began a string of firsts. She was one of Grosse Pointe Rotary's first female members, the club's first female business owner member — she owned Kearney Travel in Detroit — and in 1999, she was elected Grosse Pointe Rotary's first female president.

At the time of her election, DiVirgil said, "To me there are not 'men' and 'women' in Rotary. There are only 'Rotarians.' There is so much pain and suffering in the world that we, as Rotarians, can help alleviate and/or eradicate. My goal is to have Grosse Pointe Rotary do its part." Reading that quote again, recently, DiVirgil says she still deeply believes in the Rotary International motto, "Service Above Self," and knows that so much more can be accomplished when an individual works in concert with the other members, men and women, of an organization like Rotary.

The theme of service to others through strength in numbers is echoed by other female Rotarians. Kim Towar has been a member of Grosse Pointe Rotary since 1992. She is a past president of the club as well as a former district



Photos by John Minnis

Grosse Pointe Rotarian Theresa DiVirgil was the first recipient of the Women in Rotary award named in her honor by the Grosse Pointe afternoon club. Presenting the award was Yolanda Turner left with President Jon Gandelot. Below, DiVirgil, with her husband, Chuck, and family, shows where her name will be displayed as the inaugural DiVirgil Award winner.



governor. She says, "Rotary, the oldest service organization in the world, is comprised of more than a million neighbors, friends and community leaders who come together to create positive, lasting change in our communities and around the world. There is tremendous power in such a collaborative group."

Diane Strickler, also a Grosse Pointe Rotary past

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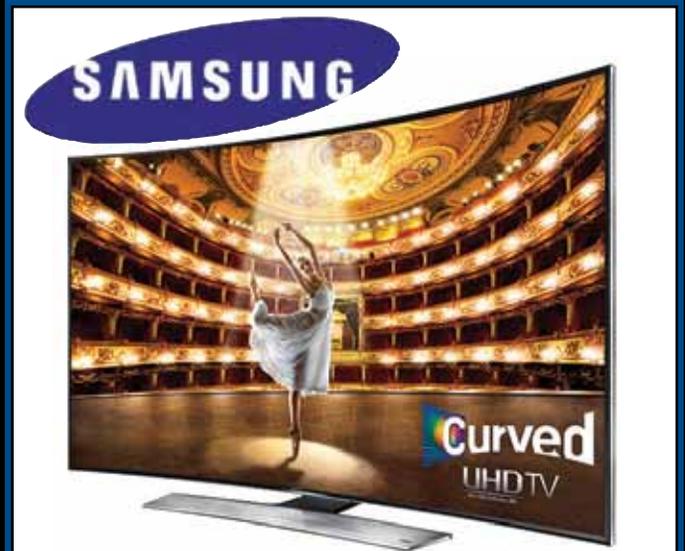


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Inaugural Women in Rotary award recipient Theresa DiVirgil, front, with fellow women Rotarians at the luncheon, from left, Bernadette Banko, Lisa Gandelot, Florence Seltzer, Yolanda Turner, Lina Bowman, Tina Antoon, Kim Towar and Diane Strickler.

president, says, “I first attended Rotary to connect with business and professional leaders in my new community. The friendships that grew plus the basic tenets of Rotary — service to others both locally and internationally, integrity in actions, fostering world peace and cultural understanding — and engaging youth in leadership development and service projects have kept me an active member of Grosse Pointe Rotary.”

The three women are quick to point out that Rotary encourages applications for membership from any resident of the metro area, but emphasize that a current campaign is in place to attract more female members. President Jon Gandelot says, “Even though women have been accepted into Rotary since 1989, some still perceive this as a men’s club. That is definitely not the case. Anyone who is interested in making a real difference in the world should explore Grosse Pointe Rotary.”

For more information about opportunities to serve through membership in Grosse Pointe Rotary, call Jon Gandelot at (313) 640-4500, John Mozena at (313) 885-8178 or visit the club’s website, www.grossepointerotary.org. 

TIMELINE OF WOMEN IN ROTARY

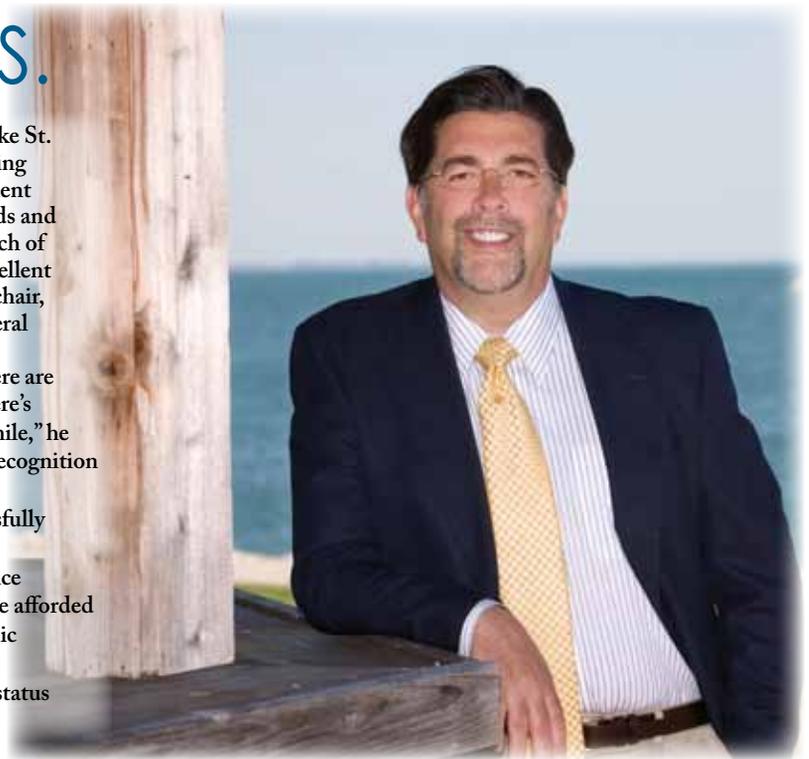
- 1977** The Rotary Club of Duarte, Calif., admits women as members in violation of the Rotary and is terminated.
- 1983** In a lawsuit filed by the Duarte club, the California Superior Court rules in favor of Rotary International, upholding gender-based qualification for membership in California Rotary clubs.
- 1986** The California Court of Appeals reverses the lower court’s decision, and it is appealed to the U.S. Supreme Court.
- 1987** On May 4, the U.S. Supreme Court rules that Rotary clubs may not exclude women from membership on the basis of gender. Rotary issues a policy statement that any Rotary club in the United States can admit qualified women into membership. Sylvia Whitlock, of the Rotary Club of Duarte, Calif., becomes the first female Rotary club president.
- 1989** The Rotary International Council on Legislation votes to eliminate the requirement in the RI Constitution that membership in Rotary clubs be limited to men. Women are welcomed into Rotary clubs around the world.
- 2010** More than 199,000 women are members of Rotary clubs worldwide, with an increasing number serving as district governors.
- 2013** Anne L. Matthews begins her term as the first woman to serve as RI vice president.

Brian J. Hunt, D.D.S.

Located on the Nautical Mile, along the banks of beautiful Lake St. Clair, is the office of Dr. Brian J. Hunt, who has been practicing dentistry for 25 years. His practice prides itself on individual patient service and comfort. "Each patient is unique, with their own needs and concerns. I take the time to listen to, and individually address, each of their issues. This one-on-one approach helps me produce the excellent results each patient expects and deserves," Dr. Hunt says. In his chair, Dr. Hunt's patients receive the highest quality cosmetic and general dentistry available.

Dr. Hunt believes this is a very exciting time to be a dentist. "There are several new techniques available for smile-enhancement, and there's no reason for a patient to be anything but delighted with their smile," he says. Dr. Hunt is quick to point out that achieving Top Dentist recognition is a team effort. With the help of his experienced and dedicated staff, and a highly skilled group of specialists, he is able to successfully transform smiles and restore dental health.

"I value each patient as a personal friend, appreciate the confidence they have in my ability, and am thankful for the support they have afforded me over the years," Dr. Hunt says. During these difficult economic times, Dr. Hunt reassures his patients that his office doors will always be open to them, regardless of their current employment status or financial situation.



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IMPLANTING HAPPINESS

By John Minnis

Dr. Mary Sue Stonisch makes people smile everywhere she goes. That's because she's the "Smile Artist" at Faircourt Dental on Mack in Grosse Pointe Woods. Recently, she and fellow dentists created 17 new smiles in a single weekend.

Stonisch was part of a three-day program at the Engel Institute where she and two other cosmetic dentists of her caliber, Dr. Todd Engel and Dr. Timothy Kosinski, taught 17 dentists from around the country how to place dental implants. But the best part is 17 patients who normally could not afford dental implants got them at a greatly reduced fee. All left smiling.

"Dentists from around the country came to learn and in three days left with a new skill set," Stonisch explains. "We are giving back to the community providing dental implant services to patients who are not typically able to afford dental implants."

One of the 17 implant recipients was Nancy King. She saw a story in the Oakland Press and applied for the procedure through the Engel Institute. She was selected. The procedure took an hour and a half. Her implant was to replace a right, back molar she lost about eight years ago due to periodontal disease.

The procedure was painless, King says, and when asked if she would do it again, she responded, "I already signed up for next April!" She has a bridge she'd like to replace.

Stonisch says the popularity of implants is really taking off. "The technology is amazing, and dental implants are a wonderful service we provide our patients, she says. "The implants really change lives."

For more information about implants and other advances in cosmetic dentistry, call Dr. Stonisch at (313) 882-2000 or visit the Faircourt Dental website, www.faircourtdental.com.



Photo by Missy Poynter



Above, Dr. Mary Sue Stonisch, of Faircourt Dental on Mack in Grosse Pointe Woods, displays the size of a dental implant. Recently she and colleagues at the Engel Institute taught 17 other cosmetic dentists from around the country how to perform the procedure.

Left, Dr. Stonisch teaches a dentist how to place an implant.



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Below, photo from the 75th anniversary booklet, taken June 11, 1924, during the construction of the church.



100 Years of Worship at First Christian Reformed Church

By Elizabeth Vogel

For 90 of its 100 years, the First Christian Reformed Church of Detroit has called Grosse Pointe Park its home. In June the congregation of 120 adults, not counting kids of all ages, celebrated the church’s centennial with a Detroit Symphony Orchestra concert, a reception with speeches from members dating back as far as the 1930s and a celebration service. Altogether, some 200 to 250 people attended the weekend of centennial events.

“Our centennial year has been a time of looking back on the good things God has done through this congregation,” says Pastor Ben Van Arragon. “At the same time we see the unique character of First Christian Reformed Church coming to expression in new ways that promise a second century as dynamic and exciting as the first.”

On June 11, 1914, a group of 13 held the first worship service of what would become the First Christian Reformed Church of Detroit. Originally, the congregation worshipped at several locations in the Elmwood Cemetery vicinity. Services were in Dutch. In late 1915, the evening service was changed to English.

People from Dutch communities in

west Michigan were flocking to Detroit. In January 1916, the rapidly growing congregation bought a church from a German Reformed congregation, but soon outgrew that building as well. The parishioners purchased the lot at Maryland and Goethe in Grosse Pointe Park in the fall of 1923 and dedicated the present building in February 1925. In 1927, the parsonage was built.

Tragically, on Sunday evening, Jan. 31, 1932, a fire gutted the new church building. But in an interesting twist of fate, reconstruction during the Depression cost less than the insurance money the church received.

In 1929, Grosse Pointe Christian Day School was built behind the church. It operated until 2003, and in 2006 the building was remodeled to become God’s Kids Early Learning Center. An accessible entry, elevator and gathering room were added in 2010.

Throughout their long and strong history worshipping together, the First Christian Reformed Church members have been good neighbors to surrounding communities in various ways, including building Habitat for Humanity homes just across Mack Avenue.

May their second 100 years be as blessed. ☩

Early history timeline

1924

- May 4:** First church service at this location held in basement of new church
- June 11:** Cornerstone laid

1925

- Jan. 21:** Building completed
- Feb. 4:** Dedication in Dutch
- Feb. 5:** Dedication in English

1927

- June 13:** Decision made to build parsonage not to exceed \$10,000 at 1442 Maryland

1929

- Spring:** Discussion, planning, and fundraising for Christian school
- Fall:** A two-room Grosse Pointe Christian School opens; Dewey Westra is principal

1932

- Jan. 31:** Church burns, leaving only the outside walls; insurance company pays \$33,000, the building is restored for about \$25,000, leaving a surplus; afternoon services held in Grace Evangelical Church (frame building on Lakepointe at Kercheval), morning and evening services and Sunday school held in Jackson School (Marlborough and Waveney, Detroit)



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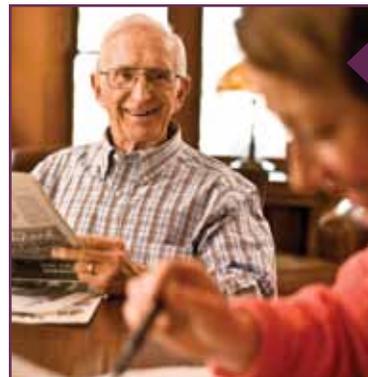
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Going with the Flo at 96

By Lauren McGregor

Everyone knows Flo, the friendly and inspirational 96-year-old gym goer, who receives more waves and greetings than anyone in the place. Florence Black, born in 1918, has lived in her Grosse Pointe Farms home since 1954 and has been a Pointe Fitness “gym dog” for nearly two decades.

“Everybody here is so friendly and encouraging,” Black says. “Ken is absolutely wonderful. I started with him 19 years ago.”

Ken Welch is the owner of Pointe Fitness on Harper Ave., which Black joined after a bad fall during one of her regular walks down Mack Ave. “The sidewalks were uneven. It became unsafe, so I joined Pointe Fitness.”

Her story is a reminder to seniors that exercising need not end when sidewalks

become too hazardous. Joining a gym, even if for the first time ever, is an excellent way to maintain health and independence.

“She’s an example of what everyone can do. Her case shouldn’t be special,” Welch says. “She should be the norm.”

“I come three times a week,” she says. Black walks on the treadmill for 25 to 40 minutes and completes a leg strength training routine, a routine particularly important after an accident she had last year.

“In April, I broke my hip,” she says. “I was caulking my driveway like I do every spring, and didn’t realize I had dropped some on the pavement. I went to walk away, but one shoe was stuck in it.”

Within a couple months, she was working with Welch again, who, Black

says, sent her flowers and cards while she recovered.

“If it wasn’t for my exercising as much as I did, I wouldn’t have recuperated as fast as I did,” Black says.

Her level of health also helped her to become a breast cancer survivor in her nineties. After a double mastectomy, Black was at it again, increasing her speed on the treadmill.

“She’s not just active,” Welch says. “She works out.” He points out that she has the ability to be as active as she is because of her work outs. Completely independent, Black drives and does her own grocery shopping and housework.

“My exercising makes me feel like I’ve accomplished something. I don’t feel guilty about taking a nap,” the great grandmother laughs. ☺

Florence Black and Ken Welch



Photos by Lauren McGregor



The 7-day rule ... it works!

By Ken Welch

It is that time of year again when most people reexamine their lives and vow to make a personal change for the coming New Year. The standard joke is that by February, many are “resolution fails.”



If exercise is one of those vows, and this time you want to stay with your program, there are really only two things you need to do.

One is to make the commitment. A commitment is more than making something a priority or giving something a try; you make up your mind that “this is what you do” no matter what.

We make commitments to our spouses, our family, our education, our faith. Working out is that important. For the sake of yourself and those that love you, commit to it.

Second is the “7-day rule.” This is what’s kept me working out my whole life through busy and tightly scheduled times.

The 7-day rule says, be sure to workout at least twice within 7 days. If you work out on a Tuesday, you need to work out “one more time” before the following Tuesday. Let’s say Saturday is your next workout. Now Saturday becomes the first day of the next 7 days. You have to work out one more time before Saturday rolls around again.

By allowing yourself this flexibility, it eliminates the all-or-nothing mentality that unravels many a good start.

Ken Welch is owner and trainer at Pointe Fitness on Harper south of Allard. Online: pointefitness.com.

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St. John Providence Medical Center welcomes patients and Village shoppers

By Susan Bollinger

The health of Grosse Pointe residents gained a significant boost beginning in October with the opening of the St. John Medical Center – Ralph C. Wilson Jr. Campus in Grosse Pointe.

The \$5.5 million facility houses a range of outpatient services including physical and occupational therapy, laboratory services, diagnostic imaging (mammography, X-ray and bone densitometry) and St. Clair Adult Internal Medicine Specialists. Staff is service-oriented and strives to create excellent experiences for patients.

The location – inside the former Border’s book store at Kercheval Ave. and St. Clair in The Village – makes it a convenient destination for health care.

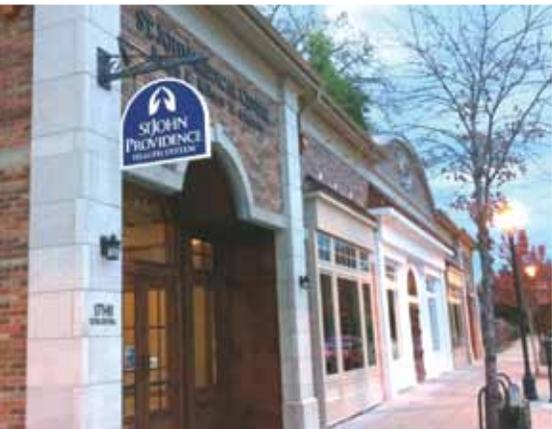
David Brooks, president of St. John Hospital and Medical Center and senior vice president of the System’s East Region, says since opening, the campus’s patient volumes have grown weekly and the reaction from the community has been overwhelmingly positive.

“People love the appearance, especially the Kercheval side of the building, and the inside is warm and inviting. The proximity of having these services available in The Village is a great convenience for many patients,” he says. “After an X-ray or blood draw, enjoy a bagel and cup of coffee or shop for a new recliner.”

The medical side of the building is in back, and the retail side – the future home of Scott Shuptrine Interiors – faces Kercheval. Brooks invites the community to park in back and use the building as a pass-through to reach the shops and restaurants on Kercheval.

“The building has a long corridor connecting the front and back, so shoppers can cut through to get to The Village. This is another way we can serve the community, and we invite everyone to come on through,” he says.

For more information about the St. John Providence Ralph C. Wilson Jr. Campus, visit www.stjohnprovidence.org. 



Photos courtesy of St. John Providence Health System



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Dealing with Disabilities

By Sarah Stahl

“Oh, he’s just all boy!” or “Sometimes they just need to get a little wild!”

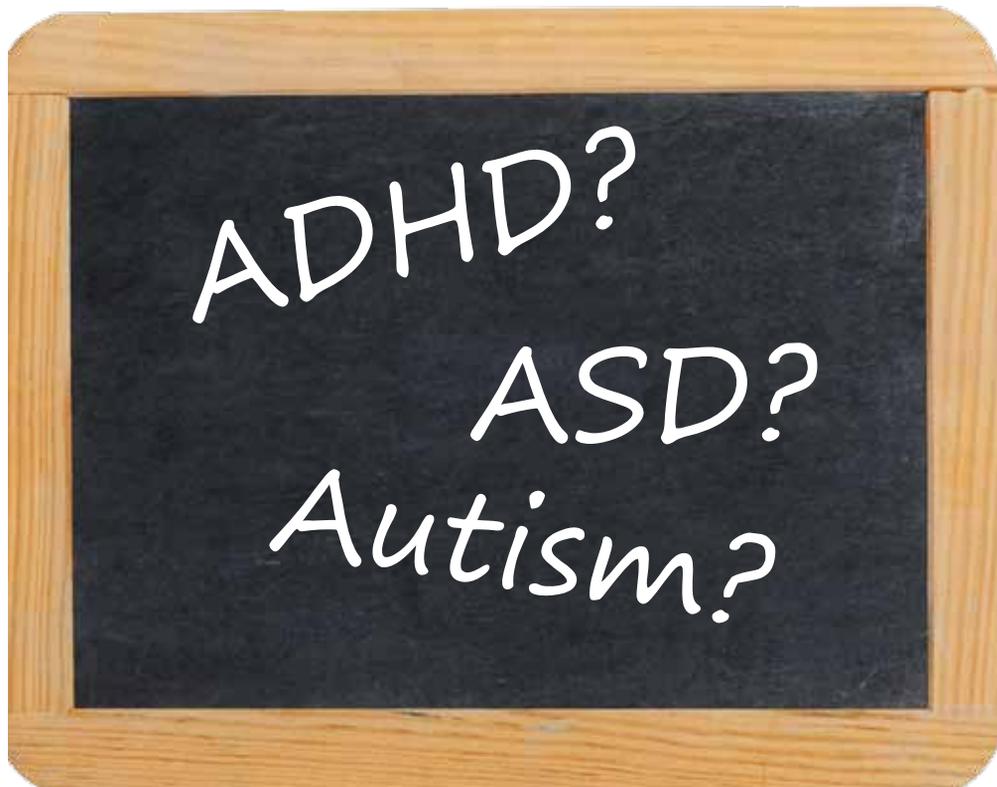
Sound familiar? Do you have a child in your life that is extremely energetic or in some areas amazingly gifted, but requires an unusual amount of individual attention?

You have changed schools, talked to teachers, attempted creative discipline and organized play dates, but nothing seems to work. This article is intended to help parents face Autism Spectrum Disorder (ASD) as a contributing factor in your child’s emotional affect, thoughts and behaviors.

In 1985, one of 2,500 children were diagnosed with (ASD) Autism Spectrum Disorder. Astoundingly, more recent estimates show one in 88 children have some form of Autism Spectrum Disorder. So, you may wonder, what does ASD and Attention Deficit Hyperactivity Disorder (ADHD) look like? How would I know if my child has ASD or ADHD? Where can I learn more? How can I help my child reach his or her highest potential?

First of all, knowing is half the battle! Often a parent, caregiver or teacher will begin noticing unique differences in children before the age of 3. Both ADHD and ASD represent a spectrum of complex, neurological and developmental disorders characterized by impulsivity, a need to touch, sensory, inattention or focus and a streak of frustration.

Don’t let this description of your child be discouraging. One of the biggest reasons children are not helped early on is that parents are in a state of denial and cling to the belief that the child will grow out of it. As long as this mindset is maintained, our children will continue to slip into a state of isolation, confusion and frustration. The earlier the disorder is diagnosed, the sooner interventions specific to your child may be identified



and implemented. Early intervention is critical and may also improve your child’s IQ, language development and everyday functional skills, also called adaptive behavior.

While searching for what was best for our son, we found these great local resources:

Barnes Early Childhood Center: Specialists guide and direct you in how to begin. Barnes specializes in children from infancy up to pre-school ages. Visit gpschools.schoolwires.net

Henry Ford or Beaumont Health Systems: A diagnostic team of specialists will evaluate your child through parent interviews, direct observation, physical examination and other diagnostic tools. Visit www.autismspeaks.org or www.beaumontchildrenshospital.com/autism-treatment-programs.

The Family Center: Free enrichment programs are offered. For more information, visit www.familycenterweb.org

Kids on the Go: Kids on the Go offers physical, occupational and speech therapies in a summer camp setting. Visit www.kidsonthegocamp.com.

Special Kids: This charity offers low cost speech, occupational and other therapies. Visit www.specialkids.us.

Parents of and children with ASD or other conditions are emotionally and mentally drained, overwhelmed and frustrated. A treatment program is not complete without including ways to cope and heal in a non-biased environment. Research has shown that involving your family in programs with spiritual influence and opportunity, encourage meaning and hope to the seemingly incomprehensible life of autism.

Locally, there is a program called Celebrate Recovery for adults and Celebration Place for children. Visit www.crosspointechristianchurch.org/connect/adults/celebrate-recovery.

You might ask, “Recovery?” This support group offers recovery for all of life’s situations. Divorce, death, alcoholism, family coping and co-dependence are among them. In a safe and structured way, children learn how to deal with life issues that coincide with the parents. 

Grosse Pointe resident Sarah Stahl is a wife and mother of three. She is a psychology/counseling student inspired by her son’s diagnosis of ADHD and is also the director of the children’s recovery program Celebration Place/Celebrate Recovery.

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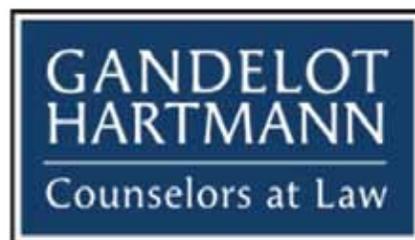
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Ever growing for every person

By Lauren McGregor

When Jeanne Lizza's son Thomas required speech therapy at just three years old, she realized the resources for those with cognitive, emotional and physical impairments were sorely lacking.

"You don't get into this arena until you have to," Lizza says. "No one thinks they will need these resources."

After wading through an ocean of paperwork and pricey half hour therapy sessions, Lizza decided to

found Special Kids in 2002, offering the resources she wish had been available to her.

"I just wished there was more, something better, something else," she says, explaining that most therapy is not covered by insurance. "You can put a price on speech. You can price people out of it."

Special Kids helps up to 75 children and young adults each year. Therapy that would typically cost \$150 per hour, costs just \$15 through this

Grosse Pointe 501 (c)(3) charity. Some programs, art and yoga therapies for example, are just \$10 per hour. Through donations and fundraising, Special Kids is able to keep costs incredibly low.

"This is reduced cost, individual therapy," explains Lizza. "We get great therapists because they are people who truly want to be clinicians, to help."

Multiple therapies are available at one site, speech and occupational

among them. Others, such as therapeutic horseback riding, take place nearby. The Grosse Pointe Hunt Club plays host to horseback riding classes of about 12 children nearly every Sunday, as it has since Special Kids began.

“A kid is a kid,” Lizza says. “We have simple forms to fill out, nothing complicated, because we have no insurance issues.”

Special Kids services any and all, with no interest in personal background, financial situation or impairment type.

“No labels and no boundaries,” Lizza stresses. “As a charity, we have no interest in either. Labels put a restriction on the amount of therapy provided.”

The individualized therapy leads to new and everchanging activities, from music therapy to martial arts therapy and now to art and yoga.

An especially unique offering is the computer program Fast Forward, which aids in language skills.

“Children wear headphones as they answer the questions,” Lizza explains. “It’s for communicative disabilities. So many words are similar, especially in the English language, and this program helps them to decipher them.”

The program is \$750 per software download, but Special Kids covers the cost with funds raised and charges a minimal amount to those interested. The program includes individual help and takes 100 minutes per day, five days a week for eight weeks.

And while \$15 per hour, whether for speech, occupational, or computer

therapy, is affordable to some, others can hardly afford the gas money to reach Special Kids. Lizza recounts the situation of one mother who could barely afford to make the drive from Hamtramck to Grosse Pointe.

Lizza charged her just \$5 per hour for her child’s therapy, secretly depositing each payment in an envelope. At the end of the child’s year of therapy, Lizza returned the envelope, with the year’s worth of money inside, to the mother.

“We just want to spread the resources,” Lizza says. “To help parents by saving them time and money.”

Another way Special Kids accomplishes this is through its

website, www.specialkids.us, where visitors can find a page of local community resources. “It’s a great list of resources and organizations, providing a sort of short cut for parents, a way of info sharing.”

This year, Special Kids celebrates the 10th anniversary of its signature game, Grossepointeopoly, once sold to raise funds for the organization.

Special Kids’ largest fundraiser, a dinner and auction at the Grosse Pointe War Memorial, will take place June 25. Tickets are \$50 and include dinner and an open bar.

Visit www.specialkids.us for more information, as well as a link to make the organization your Amazon Smile charity of choice. ☎



Photos by The Portrait Place

Michael, Maria, 18, Thomas, 19, Micaela, 21, and Allison Liddane, 23, and Jeanne Lizza. The family lives in Grosse Pointe Woods. Lizza was born and raised in Grosse Pointe Farms.

Beaumont®

Community Health Coalition

By Susan Bollinger

Improving the health of a community is a daunting task, but the Beaumont Community Health Coalition has embraced it and through data collection and a focus on identified needs, is already putting ideas into action in Grosse Pointe.

“Before we could work to improve health in the Grosse Pointes, we conducted a community health needs assessment,” says Anne Nearhood, CPS, coordinator of the Beaumont Community Health Coalition. “The results revealed five key areas: asthma, diabetes, obesity, substance abuse prevention and suicide prevention.”

Based on this valuable data, the Coalition is focused on developing programs, resources and connections in the Grosse Pointes that directly target these health concerns. They include Tar Wars, a smoking prevention program for fifth graders; a prescription medication disposal program; and “Parents who host lose the most,” an educational campaign designed to prevent parents from providing alcohol to their underage children at occasions like prom and graduation.

“It’s surprising to see how the five health issues are intertwined. For example, smoking increases the likelihood of asthma, and people who are obese are at high risk of

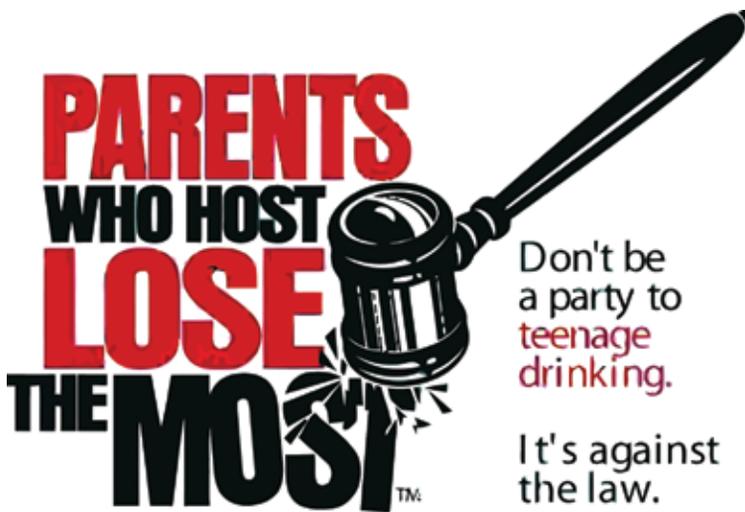
developing diabetes. Through our programming, we can offer resources that increase individuals’ knowledge of how these conditions are related, as well as how to prevent them and improve health,” says Nearhood.

The 40 members of the Coalition range from Services for Older Citizens (SOC) to the Grosse Pointe Schools. Members are currently implementing initial programming and following a carefully developed strategic plan. By the end of 2015, they will collect data to data to measure the effects of their work.

“Members of the community concerned with improving community health are welcome to attend monthly meetings and become a part of the group. Every month, we

have a speaker on one of the areas of focus, and we further identify how our combined resources can be used to develop programs and services,” says Nearhood.

The Coalition is funded by the Detroit Wayne Mental Health Authority and Beaumont Health System. For more information on the Beaumont Community Health Coalition and to find out how you can join, visit www.beaumont.edu/health-coalition or contact Anne Nearhood, anne.nearhood@beaumont.edu. 



New Year tips

By Dr. Saima A. Khan

Common New Year resolutions are about improving one's health: lose weight, stop smoking, exercise more; and all too often, all three. If you break these down and think in terms of changing small, specific, daily habits, you will be on your way to your huge, healthful goals. More gain, less pain!

"Tips" for weight loss include drinking more water, never skipping breakfast, eating more fruits and vegetables and decreasing portion sizes.

Pick one of those things, and do that for several weeks until it becomes your new habit. You can decrease portion sizes by using smaller plates and not serving dinner buffet-style. When this new habit is set, move on to having a veggie with each big meal or even just adding fruit to lunch — then make another small change.

Smoke a pack a day? Pull out one cigarette from the pack; smoke just 19 today. Do this for 2-3 weeks, cut to 18 cigarettes per day, then 17, and so on. Then, even if you still smoke in six months, you're smoking a lot less.

Another trick: Make changes that feel like a "trade," not a "loss." Don't give up your "cigarette break" at work. Rather, take your break but instead of smoking, set a timer and read a book or walk around the building. No one need know you are doing something fun with that 5 minutes!

After each habit change, take the time to congratulate yourself! Feel good about what you have done: This will keep you motivated.

Dr. Saima A. Khan, MD, MPH grew up in Grosse Pointe Farms and lives in the Woods with her husband and three daughters. She practices internal medicine in Warren, 28351 Schoenherr, (586) 393-6500.



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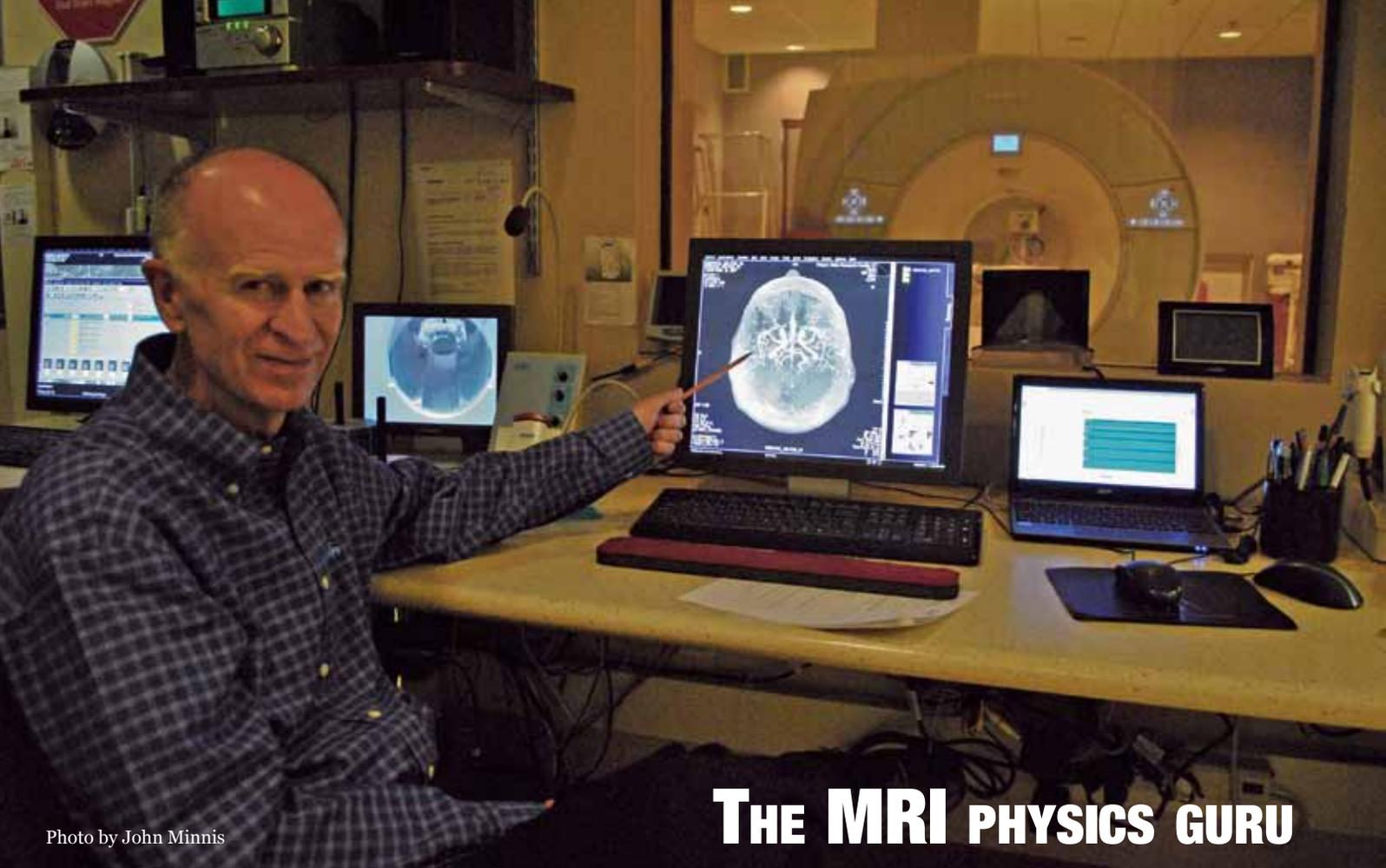


Photo by John Minnis

THE MRI PHYSICS GURU

MR IMAGING IN DETROIT WITH E. MARK HAACKE, PH.D.

By John Minnis

Thanks to the power of magnetic resonance imaging (MRI) — cited in the *New England Journal of Medicine* as one of the top 10 discoveries in the past 1,000 years — great advances are being made in the understanding and treatment of diseases such as Alzheimer’s, brain tumors, multiple sclerosis, Parkinson’s, stroke, traumatic brain injury, vascular dementia and fetal growth restriction. And these startling advances are being made right here in Detroit at the Wayne State University (WSU) School of Medicine in collaboration with the Detroit Medical Center.

Leading the way is physicist E. Mark Haacke, Ph.D., of Grosse Pointe Farms. Known as the “MRI physics guru,” Haacke and his colleagues at WSU “wrote the book on MRI” that is being used around the world and translated into Chinese.

“My training was originally in theoretical high energy physics,” says Haacke (pronounced HAY-KEY), who earned his degrees in physics at the University of Toronto. “After several years in scattering theory and later applying that theory to geophysical tomography problems, I became

Photo, above: E. Mark Haacke, ‘the MRI physics guru,’ shows blood vessels in the brain of the author (who ‘volunteered’ to be scanned), scientifically proving editors do have brains! WSU’s 3T Siemens Verio scanner can be seen in the background.

interested in imaging research, specifically in magnetic resonance imaging in 1983.”

Via work at Siemens, the top medical scanner maker, and stints in Cleveland and St. Louis, Haacke came to WSU in 2002 as director and professor of radiology at The Vaitkevicius Magnetic Resonance Center at Harper Hospital. “This is the third MR center I have led,” says Haacke, who is also vice chairman in the Department of Biomedical Engineering at WSU School of Medicine.

The beauty of MRI is that unlike computed tomography (CT) scanning, MRI is safe and has no harmful side effects. “We do not use ionizing radiation,” says Haacke, who envisions MRI as becoming a routine part of regular medical exams. It can be used frequently and repeatedly to measure effectiveness of treatment in patients.

Like a CT scanner, the MR scanner is shaped like a hollow tube and the patient lies comfortably in the opening during scans, which can take from 10 minutes to an hour depending on the area of the body to be scanned. Haacke and his team at WSU use a 3T Siemens Verio scanner.

Over the past 30 years, Haacke and his colleagues have invented and developed many of the techniques used in MRI, including MR angiography and susceptibility weighted imaging. These methods make it possible to image the arteries and veins, respectively, and have applications in all

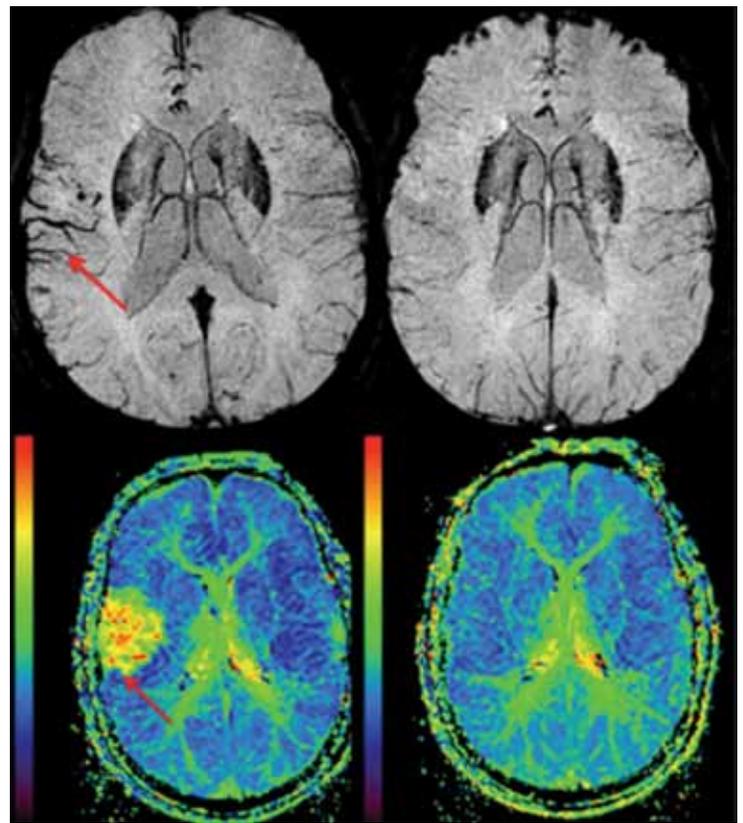
forms of neurovascular diseases, such as dementia, stroke and traumatic brain injury.

Haacke's techniques have allowed clinicians to spot "micro bleeds" in the brain, for example, which are biomarkers of cardiovascular dementia, stroke and traumatic brain injury. In fact, the U.S. military now uses Haacke's MRI protocol to look for traumatic brain injury in wounded soldiers.

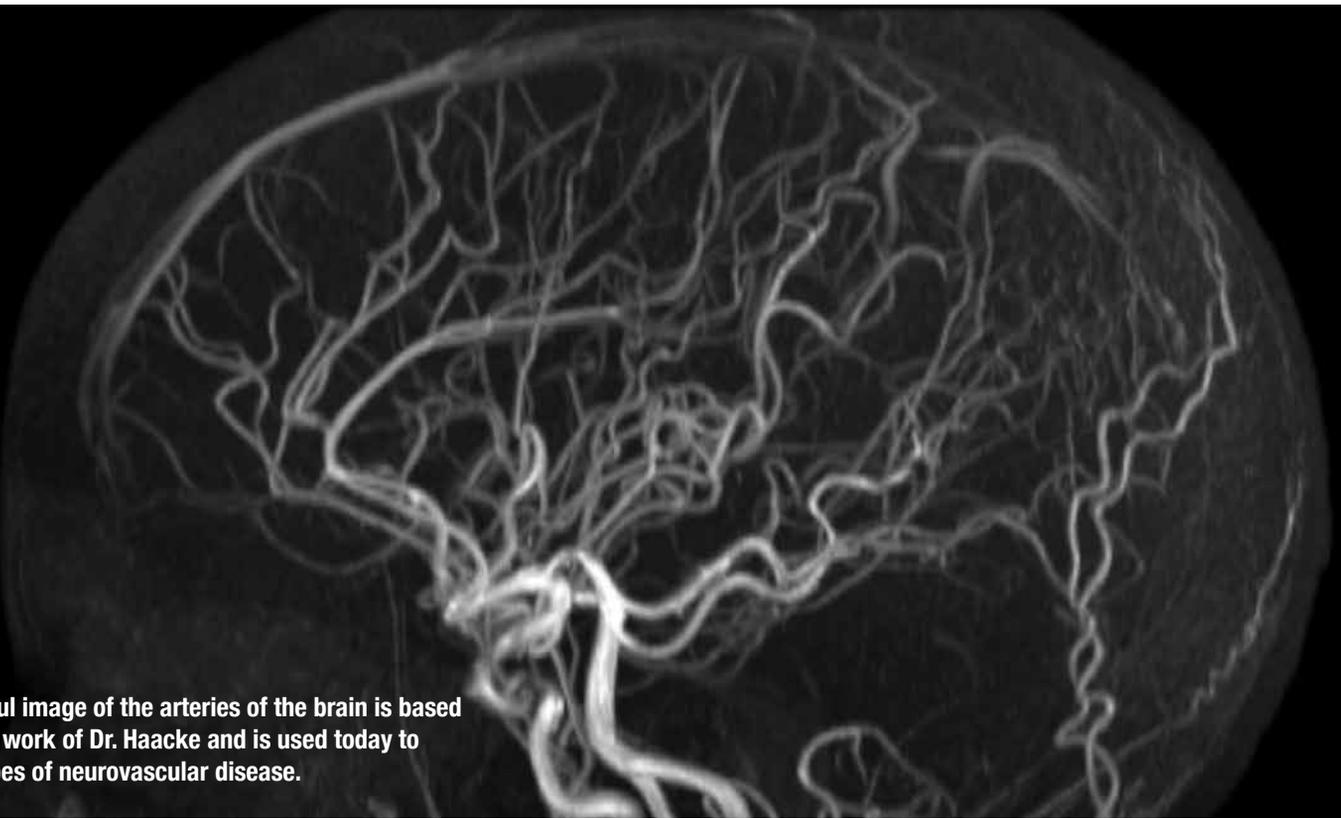
Much of Haacke's collaborative research is done in China, where he travels several times a year as a visiting professor at East China Normal University in Shanghai. China's large population is a clinician's dream in that data that would take years to gather in the United States can be collected in several months at a major hospital. For the same reason, China is a favorite of drug manufacturers for testing out new drugs. Haacke just returned from China, where he is working on studying stroke victims and the effectiveness of treatment. One of the projects where collaboration has been key is the study of Parkinson's disease both in China and more recently in Canada at the University of Saskatchewan in Saskatoon.

Sometimes unexpected images come up, such as the one of a baby's heart — in the womb! The clinicians were actually taking an MRI of the vasculature of the pregnant woman's placenta — the first ever such image — and researchers were surprised by the minute detail they captured of the baby's heart and major blood vessels.

The perimeter of Haacke's dining room table of his Tonnancour home is lined with neatly stacked piles of studies and journal articles. "Keeping up with the research," he says — a body of research that includes more than 300 journal articles of his own, not counting the more than 500 conference abstracts and presentations. "I am as excited about MRI research today as when I started in 1983. It's just



Stroke affects 800,000 people a year in the United States and many more worldwide. With the new MR imaging methods being used, Dr. Haacke and his team have developed a means to try and determine why some patients don't recover as well as others. In this example, the abnormality in perfusion and the resulting deficit in oxygen saturation is shown, left, when the patient first came to the hospital. After treatment, right, these MR methods show that the abnormality is gone and the brain function has returned to normal. In this case, the patient did very well after treatment.



This beautiful image of the arteries of the brain is based on the early work of Dr. Haacke and is used today to study all types of neurovascular disease.



There are numerous applications of MRI technologies to women and children. These include studies of attention deficit hyperactivity disorder (ADHD), obsessive-compulsive disorder (OCD) and neonatal and perinatal imaging. One such example from Dr. Jaladhar Neelavalli's work includes these images of the fetus in the mother's womb, above, and the image below is a projection over many slices showing the baby's heart and the great vessels.



phenomenal what we can do with this technology.”

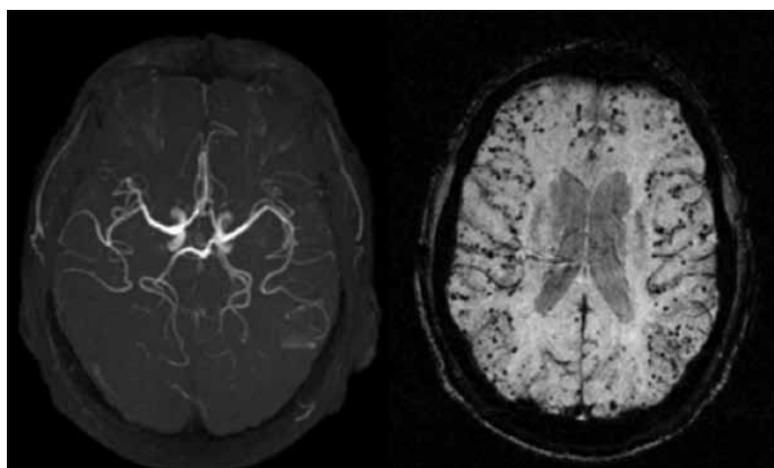
Haacke recently gave an MRI presentation to Wayne State President M. Roy Wilson. “I am convinced that every department in the university can benefit from MRI,” Haacke says. And, indeed, functional MRI (fMRI) can be used to map human and animal cognitive and motor/sensory activity to areas of the brain during a given task, making it possible to study disciplines as music, language, motor skills, etc.

With the complete support of Radiology Department Chairman Dr. Wilbur Smith, Haacke and his staff at the Vaitkevicius Magnetic Resonance Center are seeking to raise \$5 million to modernize and center's equipment and facilities.

Last year, the White House unveiled the BRAIN (Brain Research through Advancing Innovative Neurotechnologies) Initiative, a project to map the human brain in action. There are many groups studying animal and human models at WSU that could benefit from having both state-of-the-art human and animal scanners in order to investigate the brain at a level that would qualify for funding under this new program as well as current conventional funding mechanisms to study neurological diseases.

“We are in the process of fundraising to get this new equipment,” Haacke says. “We are about three generations behind now in the equipment we have here. We have brilliant minds, and we are discovering how some of these diseases work, but to avoid falling behind we need state-of-the-art equipment.”

To help in the fundraising effort or if you are interested in supporting either MR neurovascular or other research in general or the new MR research facility, contact Haacke via Rachel Martis-Laze at rachel.martis-laze@wayne.edu or call (313) 966-7433 or Lisa Brownschidle at aa1270@wayne.edu or call (313) 745-1395. 



Over 5 million Americans currently have dementia, and the number is growing. There are a number of reasons why people develop dementia. Alzheimer's disease is one and cerebral amyloid angiopathy (CAA) related to vascular dementia is another. MRI can identify and track the progression of small “micro” hemorrhages in the brain, providing a highly sensitive mechanism to follow the development and progression of vascular dementia and monitor the effectiveness of treatment interventions.

Payment for caring for a relative?

By Jon B. Gandelot

As we age, we often need additional help around the house, getting to doctor's appointments and shopping.

Frequently, an adult child or other relative will assist with some of these duties, normally, without the expectation of payment for services.



But what if the caregiver relative later requests payment for services? Typically, this arises after the death of the person who had received the services. Not only could such a request lead to family disharmony, it could land the parties in court.

The law presumes that services rendered by a person who is related by blood or marriage are gratuitous. The exception to this presumption of gratuity is the contract implied-in-fact in which:

1. one person performs or provides services for another,
2. with the expectation of getting paid, and
3. the individual receiving the benefit expects to pay for the services.

All three of the elements are required to create a contract implied-in-fact.

If a child or other relative provides services for a parent or in-law and expects to be paid for services, it is wise to have a contract prepared that outlines the nature of the services and the compensation expected *before* the services are rendered. Both the caregiver and the person receiving the services should sign the document.

Jon B. Gandelot is founding principal of GANDELOT HARTMANN, an estate planning and trust administration firm in Grosse Pointe Farms.

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Meet Marcia

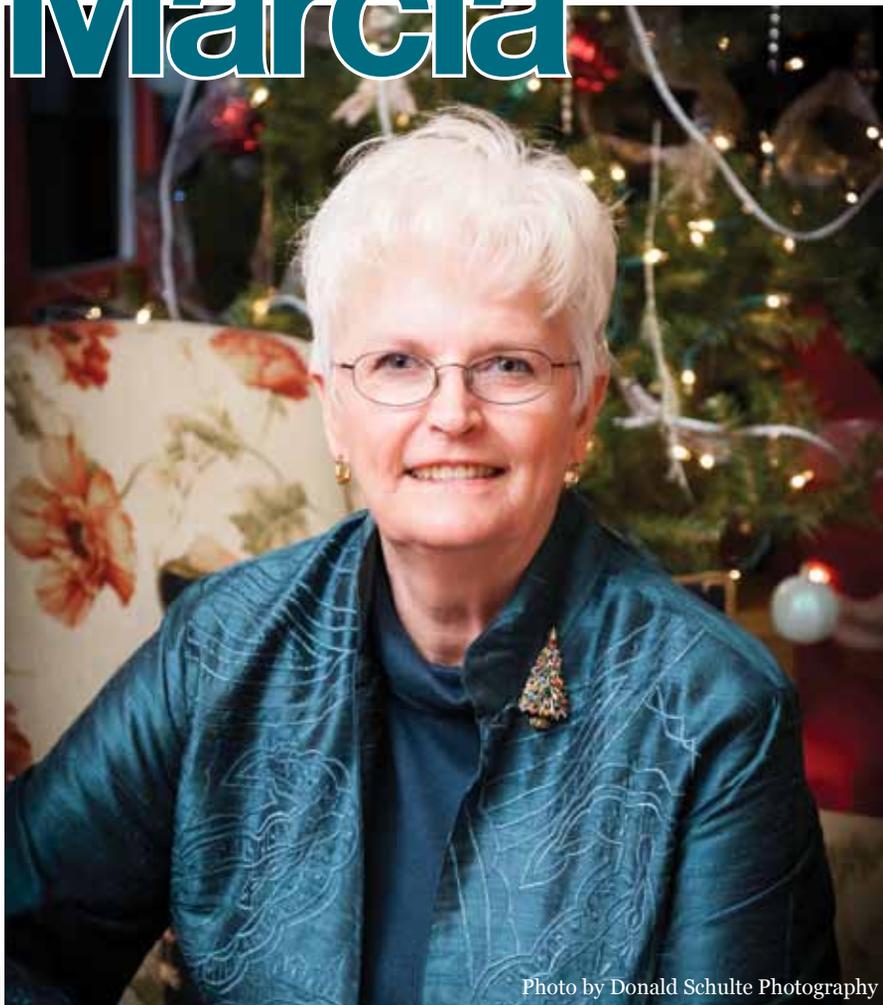


Photo by Donald Schulte Photography

Name	Marcia Everingham
Age	71
City	Grosse Pointe Park
Occupation	Retired office assistant in attorney's office

Marcia's Favorites

Season

Love spring and watching the earth awoken from winter

Book

Hawaii by James Michener

Movie

To Kill a Mockingbird

Musical Artist

Abba

Food

Mexican or Italian

Restaurant

Jumps

Dessert

Ice cream

Vacation

Anywhere with water views

Activity

Walking, reading

About Marcia

Marcia and her husband Ted are the proud parents of Scott, 52, Linda, 50, and Brad, 48, as well as loving grandparents of five grandchildren. Aside from spending time with their grandchildren, they also love sailing.

"I love living in Grosse Pointe Park and enjoy visiting either of our parks on the water," says Marcia. "It is such a pleasure to relax with the beautiful views they provide. I also like the energy of all the new and exciting things happening in our community."

What was your first job?

I worked as record librarian and on air radio host at a small radio station in Albion.

What is one thing you miss about being a kid?

I miss the joy of running, jumping climbing trees.

What did you want to be when you were a child?

A teacher and a cheerleading coach

What is the best trip you've ever taken?

A 12-day stay on the island of Kauai to celebrate our 50th wedding anniversary

Do you collect anything?

I collect Depression glass. I received some from my mother and my mother-in-law and added a few pieces of my own over the years.

What is the most historical day in your lifetime?

Kennedy Assassination and World Trade Center Disaster

What accomplishment are you most proud of?

Having and raising three amazing children and being able to count them among my best friends

Words to live by?

Stay young at heart.

New Alzheimer's Support Group

By Anne Marie Gattari

*M*ore than one medical professional has said that a career in Alzheimer's isn't something you choose, it chooses you.

That's certainly true for Faye LaPorte, BrightStar Care's Dementia Specialist. Faye was an executive in the corporate travel industry when her mother began needing care. So Faye retired, moved her mother in with her and became a full-time caregiver.

Faye has received a Certificate of Completion for the Support Group Facilitator Training with the Alzheimer's Association — Greater



Michigan Chapter.

She will lead a monthly support group at St. Michael's Episcopal Church, 20475 Sunningdale Park, Grosse Pointe Woods, the first Wednesday of every month at 6 to 7:30 p.m. beginning on Jan. 7. Subsequent sessions will be Feb. 4, March 4, April 1, May 6.

In a safe and confidential environment, Faye will help family members share their experiences and challenges, their fears and their joy. "My goal is to help people understand effective ways to communicate with their loved ones," Faye said.

Don't ask questions. Make positive statements. "Instead of asking if your mother wants to eat, try this: 'Lunch smells really good. I'm hungry. You can help me set the table.'"

The sessions are free and open to the public.

Anne Marie Gattari is the president of BrightStar Care of Grosse Pointe/Macomb, 22811 Greater Mack Ave., Ste. 204, St. Clair Shores, MI 48080. (586) 279-3610

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David Dieter in one of the kitchens on SOC's 2014 Kitchen Tour
Photo by John Minnis

New Man, New Views at SOC

By Beth Newhart

Getting older is changing in many ways. David Dieter knows this personally. As a member of the Baby Boomer generation, and in his new position as executive director of Services for Older Citizens, he is looking to change how the 36-year-old agency helps seniors in the Grosse Pointes.

Dieter, who started with SOC just after Labor Day, says that “70 is the new 50,” as far as aging is concerned, and he wants to ensure that the agency continues to be relevant and helpful to the coming generations.

Approaching 60, this Maryland native has a bird’s eye view on the landscape of those who are aging, and he sees that their needs will be unlike those of past generations.

“They will have very different ideas of what they’ll do in retirement,” he



says. “They weren’t the savers and planners that their parents were having grown up in The Depression. The models they choose will be different. They will be more likely to stay in their homes.”

Dieter, who previously served as the senior associate rector and then lead priest at Christ Episcopal Church in the Farms, has an extensive background in senior living and grief

counseling along with community outreach and fundraising, all of which will serve him well in his new role with SOC.

His history with SOC also goes back 25 years, as he was a close friend to one of the founding benefactors, Helen Frances.

“I’ve been devoted to older people my whole life,” he says. “I have a passion for older people who are so many times underrepresented.”

SOC’s importance doesn’t just lie with those who are older. Dieter sees a broader picture where these services make the Grosse Pointes and Harper Woods attractive places to live.

He’s also planning to partner with the Family Center, Neighborhood Club and War Memorial so everyone, as he puts it, is working in concert, not competition. ☐



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Resolve to Get **Healthier**

Family Features

Diets don't work.

According to the Journal of Clinical Psychology, 45 percent of Americans make New Year's resolutions each year, and weight-related resolutions top the list. Unfortunately, only about 8 percent achieve any type of resolution, weight-related or not.

If you've made (and then broken) the same old weight- or health-oriented resolutions each January, you're not alone. It might be time to focus on research-proven approaches to get healthier that actually work — without gimmicks, diets that eliminate foods, or buying strange foods and equipment.

Start Well: Eat Breakfast

Start the day right, and it really can make things go better all day. Research has repeatedly shown that people who eat breakfast tend to take in more nutrients (calcium, iron, protein and fiber), are more alert and can concentrate better, and may even have better success with weight management.

To get yourself off to a strong start, think about combining protein, carbohydrates and low-fat dairy.

Eat Rough(age): Make Fiber a Priority

Fiber, found in whole grain wheat, barley, corn and oats, as well as in fruits,

vegetables and beans, helps keep things moving easily through the digestive tract. Remember that grain fiber has different nutritional benefits than fruits and vegetables, so you need both.

Fiber is also filling, providing volume with few calories because our bodies don't have the enzymes to break it down. But fiber can be digested and used for fuel by the 10 trillion bacteria that live in the colon and prevent numerous health conditions.

Get Your Facts Straight: If It Sounds Too Good to be True...

Losing 10 pounds in two weeks only to regain it in eight makes no sense. Whether you've tried to go gluten-free, low carb or avoid all white foods, chances are quite high that your efforts didn't result in long lasting effects. What does work? A balanced eating pattern and an active lifestyle.

There is no one perfect diet, and anyone who says otherwise is typically selling a book or products promising

Tips to Trim Mindless Calories

Eat mindfully

Put all of your attention on the food and nowhere else.

Eat for hunger

Make sure you are eating because you are hungry and not for other reasons.

Eat slowly

You'll stop eating sooner and register that you've had enough.

Eat without guilt

Consider whether the food is an "everyday" food or "sometimes" food and eat accordingly, enjoying every bite

weight loss. Registered dietitian selling a book or products promising weight loss. Registered dietitian nutritionists can be trusted to provide credible, evidence-based information that can be tailored to your lifestyle and taste preferences.

Move It: Walk, Dance or Ride Your Way to Health

Unless you use it often (2–3 times per week or more), skip the gym membership. Walk outside, walk the dog, dance in your kitchen, work in the garden or ride your bike to run errands. And, if possible, do it every day with friends for fun, and make it part of your regular lifestyle.

Make It Stick: Schedule and Track Your Progress

Make a schedule of your health goals, and keep track of progress by writing in a food and activity journal or calendar. Write things down; it makes them more likely to happen. Note things like how you feel before and after meals and exercise. You may be surprised by what you learn.



Photos courtesy of Getty Images

For more info, try these resources:

- US News and World Report Ranking of Best Overall Diets: health.usnews.com/best-diet/best-overall-diets.
- Mediterranean Diet: oldwayspt.org/programs/mediterranean-foods-alliance/what-mediterranean-diet.
- DASH Diet: <http://www.nhlbi.nih.gov/health/health-topics/topics/dash/>.
- Find a Registered Dietitian: www.eatright.org/programs/rndfinder/.
- MyPlate: www.choosemyplate.gov.
- Information on diet, health, fiber, gluten and other topics: www.wheatfoods.org.



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VALENTINE'S DAY IS FEB. 14 ... DON'T DISAPPOINT!

Hours: Mon-Thurs 11:30am-10pm, Fri-Sat 11:30am-11pm, Sun 3-8pm

Happy Hour: Mon-Thurs 2:30pm-5:30pm & 9pm-close

Web: WWW.BLUFINSUSHI.COM



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Hours: Mon-Thurs 4-10pm, Fri-Sat 4-11pm, Sun 3-10pm

Web: www.champsrotisserie.com



City Kitchen

16844 Kercheval, Grosse Pointe • (313) 882-6667

Located in the heart of The Village, City Kitchen prides itself on being a unique neighborhood eatery that serves quality fare in an upscale, yet relaxed and casual setting, as well as carry-out and on- and off-site catering. The restaurant offers fresh seafood from Foley Fish Co., Boston's famous fish house, as well as Great Lakes perch, pickerel and Lake Superior whitefish delivered daily. From the grill, try "Certified Angus Beef" New York strip or tenderloin steaks and some of the best burgers in town. Also enjoy seasonal salads, desserts, appetizers and wood-fired pizza. Join us at our NEW BAR for Happy Hour Monday-Friday from 4:30 to 6:30 p.m. and enjoy your favorite cocktail, beer or wine of your choice at our special Happy Hour pricing.

VALENTINE'S DAY IS SATURDAY, FEB. 14 ... MAKE YOUR RESERVATIONS TODAY!

Hours: Lunch: Mon-Fri 11:30am-3:30pm

Dinner: Mon-Thurs 4:30-10pm, Fri 4:30-10:30pm, Sat 5-11:30pm, Sun 4-9pm

Web: www.city-kitchen.com



Photo by Donald Schulte

Harvard Grill

16624 Mack Avenue, Grosse Pointe Park • (313) 882-9090

Don't feel like cooking on a school night? Stop by Harvard Grill for our home-cooked and affordable daily specials:

Monday:

- **Pot Roast** with mashed potatoes, vegetable and roll
- **Chicken Ala King** served over noodles with garlic toast

Tuesday:

- **Chicken Pot Pie** with garlic toast
- **Short Ribs of Beef** with mashed potatoes, vegetable and roll.

Wednesday:

- **Beef Stroganoff** served over noodles with garlic toast
- **Sloppy Joe** with potato chips

Thursday:

- **Pork Chop** with mashed potatoes, vegetable and roll
- **Spaghetti**
- **Baked Spaghetti**

Friday:

- **Tilapia** served with fries or mac & cheese, coleslaw and roll. Pan Fried, Deep Fried or Broiled.
- **Fish & Chips** — Cod served with fries or mac and cheese, coleslaw and roll. Pan Fried, Deep Fried or Broiled.

Sunday:

- **Eggs Benedict**

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Hours: Mon-Fri 6:30am-3pm; Sat 8am-2pm; closed Sunday

Web: www.highergroundsmministries.com



Irish Coffee Bar and Grill

18666 Mack Avenue, Grosse Pointe Farms • (313) 881-5675

Irish Coffee Bar and Grill has been a staple on Mack Avenue in Grosse Pointe Farms for 33 years, notable for their fantastic bar burgers (1/3 lb ground rounds) and numerous coffee cocktails. Three high-definition TVs make this neighborhood bar a great place to watch the game. Swing by after the game or any entertainment event in the area, bring your ticket stub and your burger is only \$1.96! The daily lunch special is the best in town: dine-in between 11 a.m. and 5 p.m. and for \$5.95 have a ground round, fries and your choice of beverage (domestic draft beer or pop). This is also good for a fish sandwich or a grilled chicken sandwich. This family-owned restaurant is a great spot for young and old, and there is something on the menu for everyone. The homemade onion rings are a local favorite, and the fresh, hand-battered yellow-belly perch is particularly popular among seafood lovers. Numerous corned-beef sandwiches top off the menu with a true, Irish flare. The grill is open until 1 am, seven days a week! Hope to see you there! 

HAPPY NEW YEAR FROM ALL OF US AT IRISH COFFEE!

Hours: Mon-Sat 11am-2am; Sun 5pm-2am



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COME JOIN US FOR DRINKS AND GREAT FOOD IN THE NEW YEAR!

Hours: Daily 11am-1am (Kitchen closes at midnight.)

Web: www.luxebarandgrill.com



Mack Avenue Grille

19841 Mack Avenue, Grosse Pointe Woods • (313) 886-0680

As the Mack Avenue Grille enters its fourth year under the ownership of veteran restaurateurs Louie and Dino Ropotos, they would like to kick things up a notch to the compliment the fine wines and premium beers they began offering last year. The brothers are adding some new fine dining dishes to their menu, including pan-seared and broiled Alaskan Cod, broiled Salmon, Classic Lamb Chops, Chicken Piccata and Chicken Marsala and more to their standard fare, including 31 gourmet salads and breakfast favorites, such as the ever-popular Very Berry Crème Brûlée French Toast. And true to their heritage, the Ropotos Brothers are announcing Saturday evening **GREEK NIGHT**, featuring all classic and favorite dishes. Of course, they are not forgetting what made Mack Avenue Grille more than a diner. They will continue to offer three homemade soups du jour or freshly homemade chili daily, burgers and all manner of diner sandwiches, fresh-squeezed orange juice and three-egg, whipped omelets of all combinations. All ingredients are fresh — no frozen fish here! **We now serve beer and wine to enhance your dining experience! Spirits coming soon!**

LOOKING FORWARD TO SEEING ALL OUR REGULARS AND NEW CUSTOMERS IN 2015!



Hours: Mon-Sat 7am-8pm, Sun 8am-3pm



Photo by Donald Schulte

Morning Glory Coffee & Pastries

85 Kercheval, Grosse Pointe Farms • (313) 647-0298

It's Grosse Pointe Farms' newest "go-to" hot spot! Morning Glory Coffee & Pastries' menu boasts everything from fresh breads, torts, cakes and pies from its full-service bakery to soups, salads, paninis and flat breads. A standout for the coffee shop is its liquor license — guests may enjoy specialty coffee drinks such as Spanish Coffee, wine by the glass, or even a "spiked" lemonade! Stop in early for that first fresh brewed "cuppa" with a homemade pastry and come back for a Mediterranean Veggie Wrap and house-made soup for lunch.



Hours: Mon-Sat 6am-6pm; Sun 9am-3pm

Web: www.MorningGloryGrossePointe.com



Pepperoni Grille

22411 Greater Mack, St. Clair Shores • (586) 774-3998

As its name implies, Pepperoni Grille is a cheerful spot set in a welcome, casual atmosphere. The eatery features a small bar and dining room on one side of the central open kitchen, and a second dining room on the other side. It offers notable pizza along with a number of popular dishes from Calamari, Chicken Picatta and Lake Michigan Perch to Filet Mignon and New York Strip Steaks and Baby Back Ribs. The staff is friendly and courteous. The full bar offers wine, liquor and beer. Our Reverse Happy Hour from 8 p.m. to close 7 days features \$2 domestic beers, \$5 martinis and 1/2-off appetizers. Tuesday is half-off pizza all day, dine in or carry out. Wednesdays feature two signature pasta dishes and a bottle of wine \$38. 

Hours: Mon 4-10pm; Tues-Thurs 11am-10pm; Fri 11am-11pm;
Sat noon-11pm; Sun 3-9pm

Web: www.pepperonigrillescs.com



Red Crown

15301 Kercheval Avenue, Grosse Pointe Park • (313) 822-3700

Red Crown: an American comfort food (with a twist) restaurant, specializing in a nostalgic element of cooking that equates to yummy goodness. Red crown's beverage program is all about the art of crafting. Craft cocktails, craft beers, craft wines. Our bartenders are artisans too, handcrafting cocktails, using the freshest and highest quality ingredients. Our beers are artisanal brews from the great state of Michigan, while our all-American wine program focuses on smaller production boutique wineries. In addition to our bottle programs, we offer artisanal beer and wine on tap, keeping our glass pours fresh to the very last drop. At Red Crown, we put the spotlight on service and hospitality. Our goal is for you, our guest, to feel welcome and well taken care of — kind of like being asked over to a friend's house for dinner. We really want all aspects of your visit to Red Crown to be remembered as something comfortable and filled with yummy goodness. Whether you are looking for something a bit nostalgic or hoping to find something unique and new, we invite you to join us for an afternoon or evening at Red Crown! **Join us for brunch Sunday morning or dinner Sunday night!**   

Hours: Tue-Thur: Lunch 11:30am-4pm; Dinner 4-10pm
Fri-Sat: Lunch 11:30am-4 pm; Dinner 4pm-11pm
Sun: Brunch: 10am-4pm; Dinner 4-9pm
Closed Monday

Web: www.redcrowningp.com



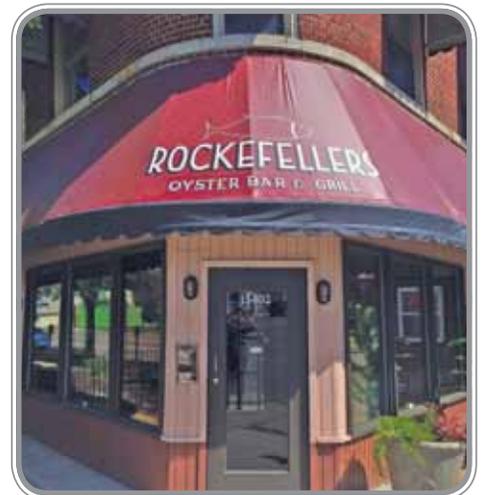
Rockefellers Oyster Bar and Grill

15402 Mack Avenue, Grosse Pointe Park • (313) 626-5000

Welcome to Rockefellers Oyster Bar and Grill, located in the beautiful Grosse Pointe Park, Michigan, and minutes away from downtown Detroit. Rockefellers is where great food, music, and service all meet to create an unforgettable, one-of-a-kind experience. While enjoying an array of culinary masterpieces, impeccable service is our guarantee. We strive only for the best. You will find only the best quality and freshest oysters, whether being shucked, served on ice in a half shell, Rockefeller or Renard style, we will prepare them to perfection. They will be some of the best you've ever had. You will enjoy our exquisite martinis and specialty drinks with your exceptional entrée's designed by Executive Chef Don Kruse, with only the finest ingredients to engage all your senses, and create a memorable occasion is our norm. Our **Happy Hour runs Monday-Friday from 4-6 p.m.**, featuring \$5 Martinis, \$5 Wine, \$3 Bottled Domestic Beer and \$1.50 Raw Oysters. We're passionate about food and good service! **Join us for Sunday Brunch**, 11 a.m.-3 p.m., featuring Bottomless Bloody Marys, Mimosa Station, Omelette Station, delicious selection of carved meats, live jazz and much more! **And don't forget your Valentine, Feb. 14!** 

Hours: Mon-Thurs 11am-10pm (kitchen) -11pm (bar);
Fri-Sun 11am-12am (kitchen) -1:30am (bar)

Web: www.rockefellersoysterbar.com



Salvatore Scallopini

19655 Mack Avenue, Grosse Pointe Woods • (313) 886-3350

Welcome to Salvatore Scallopini with crafted offerings of Authentic Italian Cuisine. We are proud to serve real Italian food with grace and style never compromising on quality. We offer both classic and modern choices all made from authentic ingredients. Our restaurants further distinguished by its outstanding wine list, while the full service bar features a variety of imported and domestic spirits and beers. At Salvatore Scallopini we are dedicated to providing a memorable dining experience, a warm, relaxing ambiance is perfect for bringing the whole family in for a big Italian feast or an intimate setting for those quiet moments with that special someone. Whatever your preference, come experience the exceptional dishes made from secret Bongiovanni family recipes. With 6 locations in Southeastern Michigan, we're sure you'll find the most convenient for you.



START THE NEW YEAR OFF RIGHT ... AT SALVATORE SCALLOPINI'S!

Hours: Mon-Thurs 11am-10pm; Fri 11am-10:30pm;
Sat Noon-10:30pm; Sun Noon-9pm

Web: www.salvatorescallopini.com



Sierra Station La Cantina

15110 Mack Avenue, Grosse Pointe Park • (313) 822-1270

The Sierra Station was established in 1977 and has transformed into a favorite Grosse Pointe Park destination. The Sierra Station prides itself as a family-style Mexican restaurant, offering affordable dinners. Most impressive is the food! Few restaurants survive 36 years unless they have great food. The entrée menu features more than 30 dishes served with the standard rice and beans. House specialties are the Verda Sauce and Chili Relleno. It is one of the few places you can sit down, eat authentic Mexican food, have a Margarita, enjoy the South-of-the-Border ambiance and bric-a-brac and let your kids run free. The patio veranda is an ideal space to throw your wedding party, family celebration or business luncheon. Prefer an indoor setting for your event? Sierra Station has a private dining room filled with beautiful authentic decorated space capable of setting 40 guests. Join us on Thursdays for \$2 Margaritas. Carry-outs available.



Prospero Año Nuevo!

Hours: Lunch: Thurs-Fri 11:30am-1:30pm
Dinner: Open daily at 5pm

Web: www.sierrastationgop.com



Photo by Donald Schulte

The Ardmore — St. Clair Shores Gem

26717 Little Mack, St. Clair Shores • (586) 443-4597

Come dine in an atmosphere that is relaxing and comfortable. For lunch we have an array of salads, sandwiches and hot entrees and new specials daily. Some of our wonderful dinner menu items include steaks, lamb chops, stuffed salmon and much more. Dinner specials now include 1/2 roasted duck, lobster tails, surf and turf and evening specials. We offer beer, wine and cocktails from our full bar. Hark back to the time when dining was an elegant, relaxing affair. What better place than the historic Ardmore Park Place? Our next 5-course Wine Tasting Dinner is Wednesday, Feb. 11, 7-10 p.m., featuring **Valentine appropriate pairings**. Cost is \$65 (tax and gratuity included). Make reservations early as seating is limited. Finally, you won't want to miss enjoying a fine libation in our **"Piano Lounge"** during dining hours, 6-9 p.m., featuring pianists Don Farrhh on Thursdays and Saturdays and Pam Kruczek on Fridays. Ardmore Park Place — it's more than dining; it's a shopping experience. We are located on Little Mack in St. Clair Shores, just north of Frazho Road (10 1/2 Mile). **Don't forget your sweetheart on Valentine's Day, Feb. 14! All ladies receive a complimentary flower.**



Hours: Lunch: Mon-Sat 11am-4pm; Dinner: Thurs-Sat 5-9pm

Web: www.ardmoreparkplace.com



RESTAURANT GUIDE

The Hill Seafood and Chop House

123 Kercheval, Grosse Pointe Farms • (313) 886-8101 • (313) 886-9653

The Hill, in its 13th year as the premier dining destination on the east side, is UNDER NEW OWNERSHIP and is DEBUTING A NEW MENU. Don't worry, the Hill of Perch is still there! But new menu items include **Allen Brothers® USDA Prime New York Strip Steaks and Burgers**, Zingerman's Desserts. The Hill continues to satisfy its guests with the finest steaks, seafood and Michigan-grown produce. Whether you're out for a "night on the town" or just looking for a great burger and fries in our upscale bar, The Hill's diverse menu will please the most discerning diners. The vibrant bar scene offers Happy Hour Monday-Thursday, 5-7 p.m., featuring \$3 Beer, \$5 Well Drinks and \$6 Appetizers. **Online reservations powered by OpenTable now offered at www.thehillgrossepointe.com!**



START THE NEW YEAR WITH US IN OUR NEWLY RENOVATED RESTAURANT!

Hours: Lunch: Mon-Sat 11:30am-3pm

Dinner: Mon-Thurs 5-10pm, Fri-Sat 5-11pm; Closed Sunday.

Web: www.thehillgrossepointe.com



The Rattlesnake Club

300 River Place Drive, Detroit • (313) 567-4400

Locally Grown since 1988. Watch "Bon Appetit, Detroit," our new cooking video series in partnership with Eastern Market, on our website! Detroit's finest riverfront dining experience celebrates over 25 years of innovative cuisine and outstanding service in our exquisite setting. We take pride in providing diners with an unparalleled, unforgettable culinary experience. Memories are made here as Executive Chef Chris Franz and his renowned team creatively prepare the highest quality local and seasonal foods using Prime Certified Angus Beef and non-farmed, sustainably-harvested seafood. The wine list shines with rare and boutique wines as well as an extensive craft beer list which complements a bar stocked with the finest local-to-global products. The award-winning restaurant's elegant dining rooms offer picturesque views of the Detroit and Windsor skylines, and in the warm weather months, the lovely Garden Terrace is a lush retreat. The Rattlesnake Club's beautifully appointed private dining rooms add an intimate ambiance to special celebrations and meetings, and the Stroh River Place Atrium, with its breathtaking blend of marble, brick & glass, is the ideal setting for corporate functions, vehicle displays and charity auctions. The Rattlesnake's stunning riverfront patio sets the stage for lavish wedding ceremonies and receptions. We'll see you at the 'Snake!



MAKE YOUR VALENTINE'S DAY RESERVATIONS EARLY!

Hours: Tues-Thurs 11:30am-10pm; Fri 11:30am-11pm; Sat 5:30-11pm

Happy Hour: Thurs&Fri 4-7pm

Web: www.rattlesnakedetroit.com



Photo by The Rattlesnake Club/Joe Vaughn



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COOKING with CHEF ETHAN STEINER

New year of health



This holiday season I was invited to the home of Dr. Ann McReynolds and Dr. Rudy Menchl to teach and cook at their Mediterranean themed dinner party. It was a wonderful evening.

The menu included hummus, pita

chips, baba gannoush, tabbouleh, spinach pie, fattoush, falafel, stuffed grape leaves, marinated beef and chicken kabobs, baklava and a raspberry fig cake!

We started with a brief “class” where the guests prepared their recipes. Erica

Menchl made beautiful “Cooking with Ethan” aprons for each guest to wear. In keeping with the health department code, each guest wore a chef hat!

Here are a couple of the healthy dishes we prepared. Cheers to a happy and healthy New Year!

Fattoush

Salad Ingredients

- 2 cups** shredded lettuce
- 1** large cucumber, diced
- 2** medium tomatoes, chopped
- 1/2 cup** chopped parsley, no stems
- 1/4 cup** chopped mint leaves, no stems
- 1** green pepper, diced
- 1 bunch** green onions, finely sliced
- 1/2 tsp** sumac
- 2** pieces of pita bread, toasted, broken into quarter size pieces

Dressing Ingredients

- 1/2 cup** lemon juice
- 1/2 cup** olive oil
- 4** cloves garlic
- 1 tsp** salt
- Pinch of pepper

Directions

1. In a small bowl, mix all dressing ingredients well
2. Put all salad ingredients in a large bowl and toss with 1/2 to 1 cup dressing mixture. Serve immediately.



The guests of the dinner party were all former presidents of the Grosse Pointe South Choir Boosters under Ellen Bowen. Gary Spezia, Mike Beach, Dr. Dona Johnson-Beach, Gerrie Spezia, Bernadette Dennehy, Dr. Ann McReynolds, Joe Alam and Dr. Rudy Menchl.

Beef and Chicken Kabobs

Ingredients

- 2 lbs** beef tenderloin, trimmed and cubed into 16 pieces
- 4** chicken breasts
- 1** red bell pepper, seeded and diced large
- 1** green bell pepper, seeded and diced large
- 4** preserved lemons, halved
- 8** white mushrooms, cleaned and stems trimmed
- 1** red onion, diced large
- 2 tbs** Italian parsley leaves, chopped
- 1 tbs** chopped garlic
- 2 tsp** dried oregano
- 1 tsp** curry powder
- 1 tsp** ground cinnamon
- 1 tbs** kosher salt
- 2 tsp** freshly ground black pepper
- 1 cup** olive oil
- 8 (10-inch)** wooden skewers, soaked

in water for 30 minutes

Directions

1. Place sliced vegetables on skewers, alternating with meat
2. Mix together parsley leaves, garlic, oregano, curry, cinnamon, salt, pepper and olive oil
3. In separate containers, marinate beef and chicken skewers for one hour
4. Grill to liking



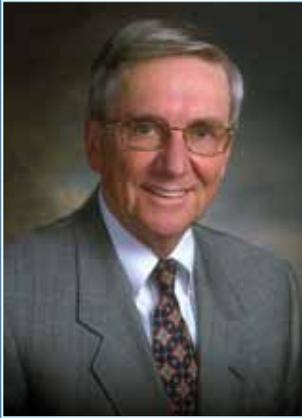
Chef Ethan Steiner, a 2008 graduate of De La Salle Collegiate High School, graduated from Le Cordon Bleu College of Culinary Arts with an Associates of Occupational Studies Degree in Culinary Arts and a Bachelor of Arts Degree in Culinary Management in Las Vegas.

After working the Las Vegas hotel circuit, Steiner decided to return to Michigan. He has worked with, and for, Chef Jose Andres, Chef John Hilton, Chef Rick Moonen, Chef Gordon Ramsay and Chef Wolfgang Puck. Today, Steiner is Sous Chef at Antietam in Detroit Eastern Market in Detroit.

Follow him on twitter@Chef_Ethan.

EVERINGHAM & ASSOCIATES

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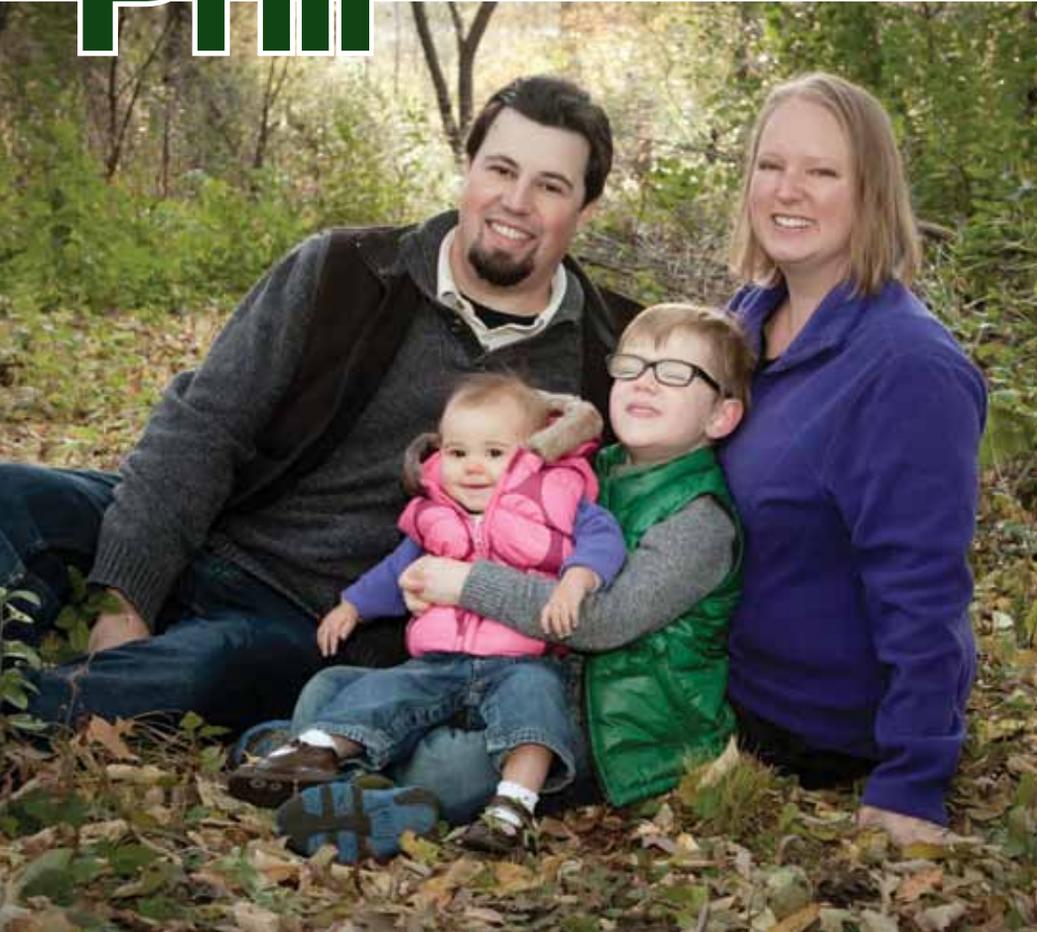
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PILATES TRAINING AT ITS BEST!

Meet Phil



Name	Phil Hands
Age	34
City	Madison, Wisconsin
Occupation	Editorial cartoonist at the Wisconsin State Journal

Phil's Facts

Grosse Pointe hometown
Grosse Pointe Park

Years lived in Grosse Pointe
1988-2003

Grosse Pointe schools attended
Graduated from Grosse Pointe South Class of 1999

College
Graduated from Kenyon College in 2003 and received my masters degree in journalism from UW-Madison in 2007

About Phil

“I’m the editorial cartoonist for the Wisconsin State Journal, the only paper in Wisconsin with a staff cartoonist. I won the 2012 Society of Professional Journalists Sigma Delta Chi Award for editorial cartooning.

I live near Camp Randall stadium near Downtown Madison with my two children, Owen, 6, and Claire, 2, and my very understanding wife, Tricia who I met at Grosse Pointe South. In my spare time, I enjoy drinking coffee, eating cheese and being cold.”

When and why did you move from Grosse Pointe?

I moved to Madison in 2005 to go to grad school at University of Wisconsin-Madison and for the chance to work as a freelance political cartoonist at the Wisconsin State Journal.

What do you miss most about living in Grosse Pointe?

I miss shopping in the Village at Christmas time. That really was a magical place. I also miss being able to go a Detroit Tigers game whenever I want.

Do you have family in Grosse Pointe?

Not anymore. My parents moved to Madison to be closer to there grandkids and my in-laws moved to Kalamazoo to be closer to their other grandkids.

What do you tell people about Grosse Pointe?

That it’s not as snobbish as you think. It’s the only suburban community that really understands the importance of a vital Detroit city proper.

If circumstances permitted, would you move back to Grosse Pointe?

I might. If the Free Press or News offered me a job, I’d be tempted to move back.

'Sailing scholars,' DRYA series

By Ted Everingham

The charter of the Grosse Pointe Youth Nautical Education Foundation (GPYNEF) is unchanged since it was founded in 2010: Promote involvement of young men and women in sailing, education, competition and safety.



The GYNEF initiatives in 2014 included \$1,000 scholarships awarded to eight "sailing scholars." The initiatives will continue in 2015, but the scholarship program deserves special mention.

This year, the GPYNEF will award up to 10 \$1,000 college scholarships to youth involved in sailing at the high school or club level. Applicants are assessed based on original essays, sailing experience and scholastic achievement. Complete instructions to applicants are available at www.gpynef.org. The deadline for applications is Feb. 22.

Reminders for the dark months: The popular DRYA Winter Seminar Series launches on Jan. 7 and continues every Wednesday through March 25 with a variety of free programs for sailors, powerboaters and anyone who enjoys being on or near the water. For locations, times and a description of each presentation, visit www.drya.org.

The 57th annual Detroit Boat Show returns to Cobo Center on February 14-22. Go to detroitboatshow.net for information and watch for our preview on *Great Lakes Log*.

Ted Everingham's Great Lakes Log can be seen daily at 10:30 a.m., 4:30 & 10:30 p.m. and 4:30 a.m. on WMTV, a service of the Grosse Pointe War Memorial, on Comcast channels 5 & 915 in the Pointes and Harper Woods, on WOW channel 10 in Grosse Pointe Woods and on AT&T U-verse in seven counties in Southeast Michigan.

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Meet Betsy



Name	Betsy Breckels Fortuna
Age	54
City	Grosse Pointe Park
Occupation	Massage Therapist

Breckels Massage Therapy

Breckels Massage Therapy has been giving consistently great massages since 1986. Our goal is for every client to walk out happy, relaxed and as free of pain as possible.

We are committed to providing great service with love and respect to clients, employees and anyone else who happens by our little shop. We believe in offering our therapists a living wage and our business operates with a triple bottom line: people, planet and profit.

About Betsy

“My husband (Clem Fortuna), son (Jeff, 32) and I have dinner together most nights and we make it a point to spend time with each other.

My husband and I also love music, dance, nature and singing. Once a month we get together with two other couples to work on home repair projects. This is a lot more fun than it sounds.

We work in Grosse Pointe Park’s Grayton and Backyard Community Gardens and enjoy the fruits of our labor all summer long.”

What was your first job?

At age 10 I made chocolate bunnies for Easter and sold them.

What is the best advice you’ve ever received?

Live as debt free as possible.

Why did you want to become a massage therapist?

I was interested in natural health and needed to figure out a way to support myself and my son.

If you weren’t a massage therapist, what would you be?

National Park Ranger

What is your next goal?

Along with DiverseGP, help facilitate a healthy, happy, racially integrated Grosse Pointe area.

What is the best feedback you’ve received?

I recently spoke to a former employee who said I was the best boss she ever had, and that she thanks me every day for helping her be a great therapist.

Tell us something about you that most people don’t know.

When I was growing up our family didn’t own a car.

Words to live by?

Be as kind as possible in all situations.

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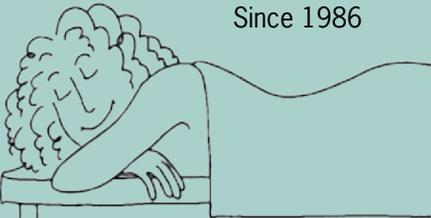
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Pointe Prose | A GROSSE POINTE WRITERS SERIES

While not a Pointe Prose, a beautiful piece of Pointe Poetry was submitted to this Grosse Pointe Writers Series. Carol F. Mengden of Grosse Pointe turns to poetry the bitter frost and slowness we feel traveling during these winter months.

Mengden is a retired voice over actor for television and radio

and a member of the Screen Actors Guild. She was also a writer for radio and television commercials and is a lifelong poet. She resides in Grosse Pointe.

Submit your own work for publication by e-mailing Lauren McGregor at Lbeaver1@grossepointemagazine.com.

In the Time of the Snow

By Carol F. Mengden

My practical husband,
In the time of the snow,
Went down to the water
And boarded a floe.
“I’ve places to go,” said Joe.
“I hired a taxi
But it was a ‘no show.’
I’ve places to go,
Whether fast or slow.”
Now, nothing’s as slow
As a floe, you know.
But fast or slow,
In the time of the snow,
It’s better to go with the flow.

Grosse Pointe Symphony Garden Party Aug. 2 @ Huskler Home

Photos by John Minnis



GPSO Conductor and DSO 2nd violinist Joe Striplin and DSO 1st violinist Greg Staples



Bill Huskler and Gwen and Dick Bowley



Dick McClelland and Susan Budrys



Ron and Evelyn Vitale, Rosemary Gugino and Paul McNeill



Jack Daly, Brooke Grace and Geri Daly



Nancy Yuhn, Carol Reed and Tony Brinkman

ULS Annual Fund Drive Kick-Off Sept. 4 @ Head of School Home

Courtesy of Michelle Franzen Martin



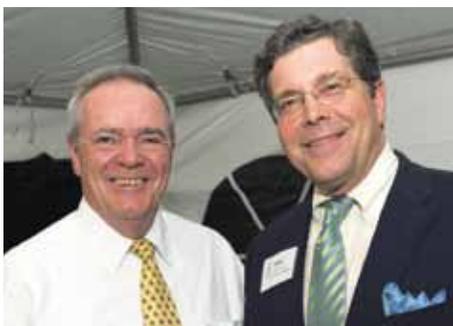
Anne Widlak and Alan Darr



Ben Warren and Wendy and Jody Jennings



Don Wray and Arlene Rozzelle



Joseph Healey and John Stroh



Julie and Rob Wesley, DeAnn Lukas



Pete Dow, Bill Shelden and Kelley Hamilton

Clambake at the Cottage Sept. 6 @ Edsel & Eleanor Ford House

Photos by Christine M.J. Hathaway



Amy Zimmer and Steve Rybicki



Beth Fisher and Kristen Van Pelt



Donielle and Sandy Hudson



Jennifer and Paul Edwards



Donielle Hudson, Susie Bowen and Renee Krebs



Julie and Joe Kaiser

Garden Party Sept. 9 @ Belle Isle Conservatory

Photos by Christine M.J. Hathaway



Dan Clancy, Kay Wisok and Jack Perlmutter



Dan Hughes, Kevin Broderick and Charlie McFeely



Ginny Brown, Dona Reynolds and Mil and Matt Hurley



Lucy and John Prost, Betsy and Gordon Maitland



Janet Fruehauf and Anne Paddock



Lena Costea Adasek and Ken Adasek

JLD Centennial Cocktail Party Sept. 12 @ Detroit Historical Society Exhibit Photos by Carrie Hall



Georgiana Henritz, Mil Hurley and Tina Washington



Carol and David Gaskin



Dona Reynolds, Rita Goss and Jane Shook



Robin Heller, Kathie Nesi and Therese Bellaimey

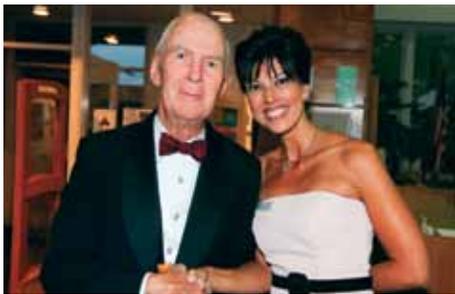


Patty Gmeiner and Marie Brady



Gloria Jenkins, Verne Brown, Jean Tucker and Denise Bailey

Black-Tie Gala Sept. 20 @ Central Branch Library Photos by John F. Martin



Dr. Henry Sprague and Holly Babiarz



Vicky and Jim Bloom and Stef Lozon



Marcia and Ted Everingham



Holly and Jim Babiarz



Susan, Liz and William Vogel



George McMullen and Patti Leonard

Shores Foundation Fundraiser Sept. 27 @ Edsel & Eleanor Ford House Photos by Christine M.J. Hathaway



Fran Solomon and Hidee Neuenschwander



Nena Dahling and Carole and Kurt Tech



Dr. Ginnie Rice, Lynn Kurtz and Katie Wilson



Mike and Jackie Monahan and Marilyn and Joe Schneider



Vito Cusenza and Bruce Nichols



Steven and Michelle Rivera and Mike Kluge

The Greening of Detroit Gala Oct. 10 @ Michael Symon's Roast

Photos by Santa Fabio



Robert and Sandy Riney



Robb Harper, Sheila O'Hara, Gabriela Baginski, Trish Hubbell and Rebecca Salminen Witt



Eleanor Marsh, Sydney Lentz, Boyd Chapin and Nancy Andrews



Heather Walker, Michael Symon and Ryan Hoyle



Pamela Moore, Jose Reyes, Devon Buskin and Stephanie Nixon



Devon Buskin, Michael Symon and Tosha Tabro



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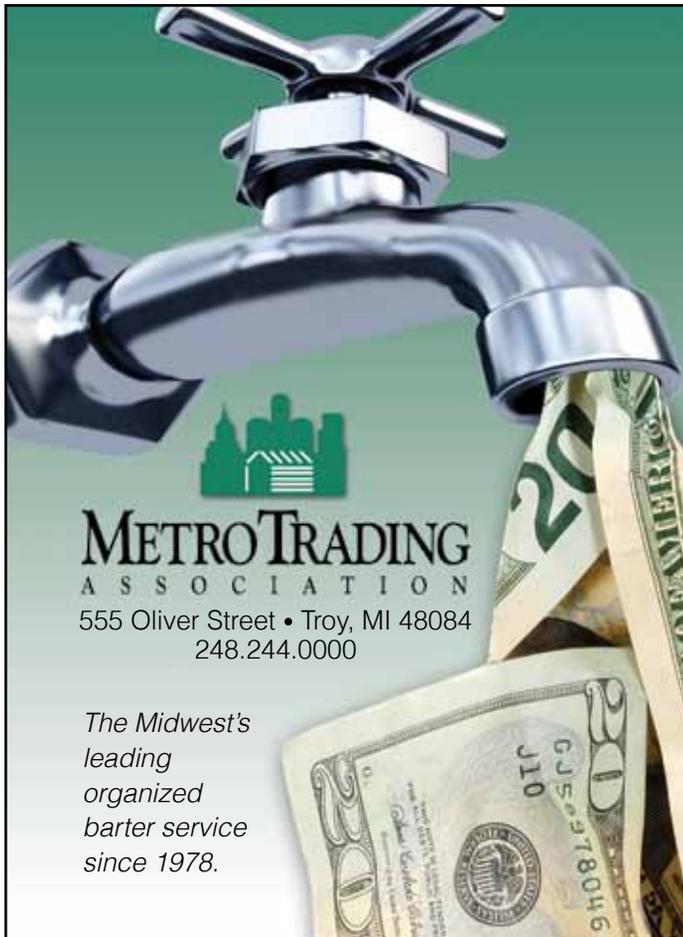
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pets

Molly welcomes your hi-res Pointe Pets pictures at 18530 Mack #106, Grosse Pointe Farms, MI 48236 or e-mail lbeaver1@grossepointemagazine.com.



Rudy

The 2-year-old Cockapoo lives with Becky, Matt, Carter and Mia in Grosse Pointe Farms.



Austin

Austin is the rambunctious 5-year-old Shih Tzu of Tracey, Ed and Zoe Evans of Grosse Pointe Farms. He loves to play with tennis balls in the backyard, going on long walks, playing with his friends at Little Dogs Resort and hiding all of his toys under the dining room table because he thinks no one can see them. He brings so much joy to the Evans family home.



Einstein

GPAAS - Einstein is an adoptable 3-year-old male Red Persian cat.



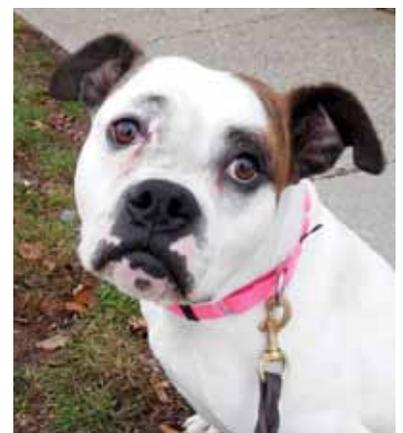
Pumpkin

GPAAS - Pumpkin is an adoptable 6-year-old Corgi mix.



Joey & Lucy Mae

Joey and Lucy Mae, a Boston Terrier, are both rescued pets that now live happily together in Grosse Pointe with Liz and David Jackson.



Georgia

GPAAS - Georgia is an adoptable 1-year-old 60-pound female white brindle Boxer/Pitbull mix.

Is your pet overweight?

By Dr. Elizabeth Doppke

Just as there is a national obesity epidemic in humans, the same holds true for our pets. It is estimated that over half of all dogs and cats in the U.S. are overweight or obese. The most common cause of obesity is an imbalance of calories consumed and calories expended. Other causes may include an

underactive thyroid gland, Cushing's disease or an insulin secreting tumor.

The excess weight your pet carries around can result in serious adverse health effects such as arthritis, high blood pressure, diabetes, kidney disease, heart and respiratory disease, cancer and a decreased life expectancy. Studies have shown obesity can decrease your pet's life expectancy by as much as 2 1/2 years!

Your veterinarian can diagnose obesity with a physical exam. If the ribs cannot be felt or a waist cannot be seen while standing over your pet, he or she is likely overweight. While it may take a little effort, obesity can be treated by increasing exercise and decreasing caloric intake. There are many diets your veterinarian can help you choose that are formulated to help with weight loss. Generally, diets rich in protein and fiber but low in fat are advisable.

Obesity may be prevented by limiting the use of treats, not offering table scraps and feeding a high quality pet food. Offering and encouraging an exercise routine is also very important. Monitoring your pet's body condition and maintaining regular annual veterinary visits will also help to keep your pet's weight in check.

Dr. Doppke is a 2005 graduate of Michigan State University. She joined the veterinary staff of Harper Woods Veterinary Hospital in 2005.



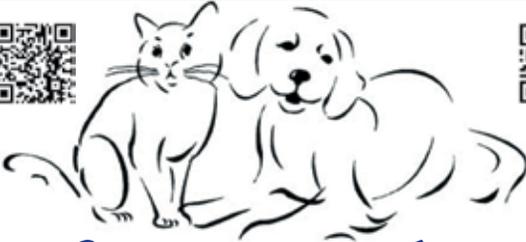

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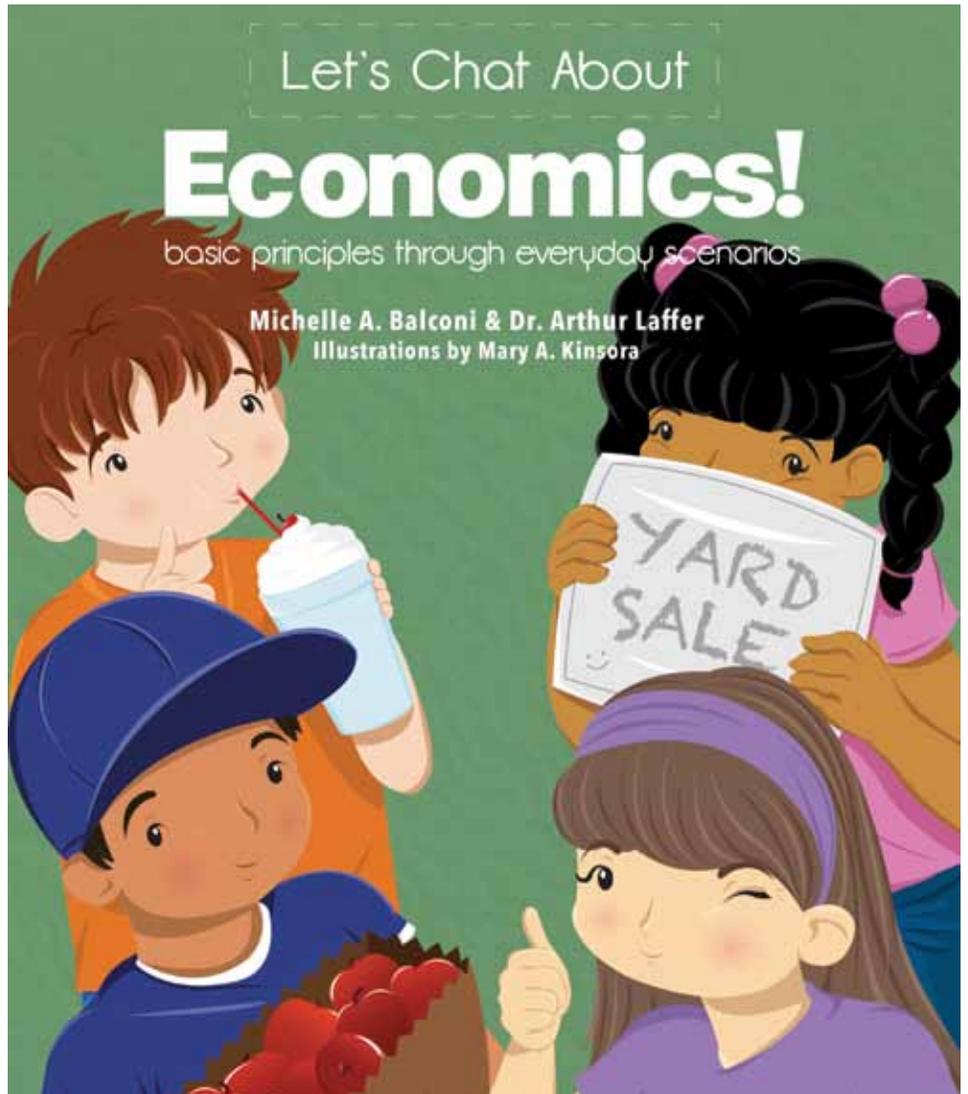
Economics is Elementary

By Beth Newhart

For most people, the first economics course comes in college, a rite of passage that is akin to Saturday afternoon tickets in the student section and memorizing the phone number for the closest pizza place. No one associates it with elementary school. However, local freelance writer Michelle Balconi might be changing that.

Two years ago, Balconi and her husband, Brian, heard Dr. Arthur Laffer speak at the Detroit Economic Club. Laffer, a world-renowned economist who has worked with several U.S. presidents and world leaders, gave a presentation that the Balconis wished their two children could hear. That night, it was the topic of dinner conversation in their Park home with Bridget, then 10, and Jake, then 12. It was so successful, she wanted to find more information for them.

“I started searching for books to keep the conversation going,” she says. Coming up empty, she decided to write her own. It took two months to work up the courage to ask Dr. Laffer to assist with the project, but when the grandfather of 11 (and one great-grandchild) received her request, he replied, “Game on.”



To start, she created four real-world vignettes that children could easily follow – a trip to the grocery store, a yard sale, allowances and family vacations – and introduced the basic principles of supply and demand, opportunity costs and diminishing returns.

Balconi’s end goal was to bring Laffer’s brilliance together with families. Graphs and charts creatively designed by Mary A. Kinsora bring the concepts to life.

“The main drive is being a mom and wanting my kids to know everything. I love putting stuff out there, stuff I don’t understand,” she says.

In the end, she also sees the true value of economics is learning that people are a valuable resource and there is empowerment in economics.

She ends the book with her best piece of advice: “You are a unique and scarce resource with a tremendous value – make choices that serve you!”



Mary Kinsora and Michelle Balconi

Photo by John Minnis

***Let's Chat About Economics!* is available for purchase at Notre Dame Pharmacy, The League Shop and Mr. C's Car Wash.**

New Year's resolutions

By Lina Bowman

Did you make a resolution to get in shape? While a wealth manager or financial adviser can't help you get in shape physically, a good one can help you get you in shape fiscally.

Think about how great it feels to get your clothes organized. It helps you look your best while feeling less stress!



Well, the same goes for your financial closet. But the payoff can be so much more.

Spend an afternoon and get your paperwork in order. You may find assets that you may have forgotten or neglected, such as old bank accounts or CDs, 401(k) accounts from former employers, life insurance policies or annuities. These financial instruments are all tax deferred and may not generate 1099s as a reminder at tax time.

Once organized, review these accounts. Are you paying for features that you're not using or don't need? Can these accounts work harder for you? Can they generate the income or protection you may need to help you reach your financial goals? Annuity or life insurance reviews can often uncover either savings or more income for you.

Partner with a financial adviser to help answer these questions and discover opportunities that may be hidden.

Lina Bowman is a financial adviser in Grosse Pointe. She can be reached at 313-343-0800 or Lina@BowmanAsset.com. She offers securities and advisory services as an Investment Adviser Representative of Commonwealth Financial Network, Member FINRA/SIPC, a Registered Investment Adviser. Fixed Insurance products and services offered through Bowman Asset Management, Inc.

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January

Calendar

08 THURSDAY

- Winter Film Fest at Central Library, 10:30 a.m.

09 FRIDAY

- Daddy-Daughter Dance at Our Lady Star of the Sea, 6 p.m.
- Merry Music Maker Pajama Party in the Lavins Activity Center, ages 2-8, \$12 per family, 7-8 p.m.

10 SATURDAY

- GPHS Open House at Provencal-Weir House, La Belle Country Store open and free house tours, 1-4 p.m.
- Izzy's Second Saturday at Provencal-Weir House, make a snowman fleece hat, modest sewing skills needed, ages 7 and up, \$15 per member, \$23 per non-member, reservations must be made by Thursday, Jan. 8 at (313) 884-7010, crafting takes place 1-3 p.m.
- Grosse Pointe Animal Adoption Society Adoption Day at Camp BowWow Training Center, 12-3 p.m.

11 SUNDAY

- Grosse Pointe Chamber Music at Grosse Pointe War Memorial, \$35 for membership, \$14 tickets at the door, for more information, call Sylvelin Bouwman at (586) 945-6830, 2:30-5 p.m.

14 WEDNESDAY

- SOC's January Birthday Celebration, if you have a birthday in January, come to SOC to celebrate, receive a piece of cake with a candle, a keepsake photo and free lunch.

Bring family and friends to help you celebrate. Call (313) 882-9600 to make a reservation, 11:30 a.m.

15 THURSDAY

- Desserts, Coffee, Tour and Talk with Grosse Pointe War Memorial Docents, \$12 per person, 7-8:30 p.m.
- Momcat's Signing Academy Nursery Rhyme & Sign for Bedtime at Grosse Pointe Public Library Woods Branch, grab your pajamas and favorite stuffed buddy for songs, rhymes and stories, learn how fun and easy it can be to add sign language to your family's bedtime routine, all ages welcome, craft to follow, 6:30 p.m.

16 FRIDAY

- Youth Dance "White Out" at Grosse Pointe War Memorial, must reserve space ahead of dance, student's name must be on attendance list upon arriving or entry will be denied, see gpt.org for more information, \$18 per student, 7:30-10 p.m.

18 SUNDAY

- Grosse Pointe Theatre presents "Little Women - the Broadway Musical," also Jan. 22-25, 29-31, visit gpt.org for ticket information

20 TUESDAY

- Pasta in the Park, all you can eat pasta buffet by Mary Lou Muer and Blue Pointe Restaurant at the Tompkins Community Center, bring your own bottle of wine, tickets are \$10 and must be purchased in advance by calling Chris at (313) 822-2812 x201 or e-mailing delmegec@grossepointepark.org, dinner begins at 5:30 p.m.

22 THURSDAY

- Come Dine With Us! in the Grosse Pointe War Memorial's Crystal Ballroom before seeing Grosse Pointe Theatre's "Little Women - The Broadway Musical," Jan. 22-24, 29-31, \$22 per person, 6:30 p.m.

24 SATURDAY

- Bird Walk guided tour with Rosann Kovalcik of Wild Birds Unlimited on the grounds of the Edsel & Eleanor Ford House, \$7 per person, register with the Ford House, 8 a.m.
- GPAAS Adoption Day at Camp BowWow Training Center, 12-3 p.m.

28 WEDNESDAY

- SOC Pizza and Movie featuring "Heaven if for Real," pizza is \$4 and served at 11:30 a.m., movie is \$2 and begins at 1 p.m.

29 THURSDAY

- Grosse Pointe Chamber of Commerce Annual Meeting and Pointer of Distinction Awards at Country Club of Detroit, 5-8 p.m.

31 SATURDAY

- Grosse Pointe's Own Antique Road Show at Grosse Pointe War Memorial, \$10 per antique item appraised, maximum of 6 items, 10 a.m. - 4 p.m.
- Grosse Pointe Woods Winterfest at Lake Front Park, 12-2 p.m.
- Grosse Pointe Park Chilly-Fest at Windmill Pointe Park, 12-4 p.m.
- Grosse Pointe City 11th Annual Winter Fest at Neff Park, 1 p.m.

February

Calendar

01 SUNDAY

- Grosse Pointe Chamber Music at Grosse Pointe War Memorial, \$35 for membership, \$14 tickets at the door, for more information, call Sylvelin Bouwman at (586) 945-6830, 2:30-5 p.m.

05 THURSDAY

- Full Circle Foundation Raise the Roof Fundraiser at Grosse Pointe War Memorial, \$25 per adult, \$5 per child, 7 p.m.

06 FRIDAY

- Youth Valentine's Dance at Grosse Pointe War Memorial, must reserve ahead of dance, student's name must be on attendance list upon arriving, \$18 per student, 7:30-10 p.m.
- Grosse Pointe Nspire Talks Conference in the Brownell multi-purpose room, students from each GPPSS school and ten other metro Detroit schools will give a series of short and inspiring talks, proceeds to benefit Michigan Eye Bank, 6-10 p.m.

07 SATURDAY

- Edsel & Eleanor Ford House Behind the Scenes Tour, get a peek behind the scenes at the 11 a.m. 90-minute tour or pair it with a General House Tour to see the entire 30,000 square foot home. If you do a BTS/House Tour combination, arrive 9:45 a.m., reservations required, \$13 per member, \$15 per non-member, \$22 for BTS/House Tour combination, also takes place Feb. 15 and 28, 9:45 or 11 a.m.

10 TUESDAY

- GPCC Business Before Hours at

Salon Tresor, 8-9 a.m.

12 THURSDAY

- SOC's January Birthday Celebration, if you have a birthday in January, come to SOC to celebrate, receive a piece of cake with a candle, a keepsake photo and free lunch. Bring family and friends to help you celebrate. Call (313) 882-9600 to make a reservation, 11:30 a.m.
- The Family Center and Senior Expo present "Taking Care While Giving Care, Coping with the Challenges of the Sandwich Generation," hosted by Assumption Cultural Center, free of charge, RSVP at (313)432-3832, 5-9 p.m.

13 FRIDAY

- Merry Music Maker Pajama Party in the Lavins Activity Center, ages 2-8, \$12 per family, 7-8 p.m.

14 SATURDAY - Valentine's Day

- GPHS Open House at Provencal-Weir House, La Belle Country Store open and free tours, 1-4 p.m.
- Izzy's Second Saturday at Provencal-Weir House, make translucent hanging hearts with wax paper and crayons, hang in your window and watch the sun beams color your room! ages 7 and up, \$15 per member, \$23 per non-member, reservations must be made by Thursday, Feb. 12 at (313) 884-7010, crafting takes place 1-3 p.m.
- GPAAS Adoption Day at Camp BowWow Training Center, 12-3 p.m.

15 SUNDAY

- Just Between Us - Chamber Soloists of Detroit at Grosse Pointe War Memorial, \$35 per person, includes brunch and concert, 10:15 a.m. - 2:15 p.m.

18 WEDNESDAY

- The Family Center's Meet & Greet for Professionals Working with Families and Individuals, hosted by SOC, free of charge, RSVP at (313)432-3832, 9:30-11:30 a.m.
- Grosse Pointe Public Library presents Oscar Night at the Library, Picks and Pans for 2014 with film critic, Jason Buchanan of All Movie Guide and TVGuide.com, featuring film clips, free of charge, limited seating, reserve at www.gp.lib.mi.us or at (313) 343-2074 x222, hosted by Woods Branch, 7:30 p.m.

25 WEDNESDAY

- Jeantini Mardi Gras Party at Grosse Pointe War Memorial, wear jeans, drink martinis and enjoy the music of a brass band, \$20 per person, including food and drink ticket, 7-9:30 p.m.

26 THURSDAY

- The Family Center presents "Drugs and Alcohol: What OUR Parents and Professionals Need to Know!" hosted by Grosse Pointe Memorial Church, free of charge, RSVP at (313) 432-3832, 6:15-8:30 p.m.

28 SATURDAY

- Bird Walk guided tour with Rosann Kovalcik of Wild Birds Unlimited on the grounds of the Edsel & Eleanor Ford House, \$7 per person, register with the Ford House, 8 a.m.
- GPAAS Adoption Day at Camp BowWow Training Center, 12-3 p.m.
- Our Lady Star of the Sea Auction "Come Fly the Starry Skies" at Grosse Pointe Yacht Club, 6 p.m.



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Of course, fat is simply not a filler that is injected during your lunch hour like the many products that are available in the marketplace; it's living tissue and, therefore, needs a healthy environment to take root, not unlike a farmer sowing seeds in a field, so technique can be important. In the long run, however, once placed and fully integrated, fat has the potential to last a lifetime!

Fat is natural and it's yours ... never to be rejected. It's soft and pliable with results that usually cannot be distinguished from the areas into which it is placed. It's virtually scarless using access sites that are practically nonexistent and the best part is that the donor sites will achieve liposuction contouring in larger volume procedures!

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No procedure is perfect and fat graft enhancement is not for everyone. Certain women, for many reasons, may not be good candidates. In other patients, the use of an expanding dome called BRAVA® will be necessary to "grow" the breast prior to fat grafting. In most cases, breast augmentation with implants will likely be a better choice as the results are usually consistent and implants have a well proven safety record. In the right patient, however, fat can be an option that is simply unmatched by other methods of enhancement. It is an exciting new frontier in plastic surgery and is becoming adopted by more plastic surgeons as we continue to understand its biology and use.



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