

**FREE**  
VOLUME 31, NUMBER 12  
BATTLE CREEK / MARSHALL

# Scene

M A G A Z I N E

MEN IN BUSINESS





## NewDay is proud to offer

### *Leading Technology From The Leader in Aesthetic Lasers*

As a leader in aesthetic lasers since 1970, Candela Corporation is the maker of the **GentleYag**, one of the most versatile, safe and comfortable Nd:YAG systems ever made. It operates on 1064 nm wavelength and combines a patented cooling system called DCD™ with the laser pulse. DCD™ provides consistent, reproducible skin cooling and comfort. No messy gels, no “Down Time”. The GentleYag can be used to perform a multitude of cosmetic laser procedures safely, effectively and comfortably.

- Skin tightening – tighter, smoother looking skin for men and women
- Removal of unwanted hair – works well on dark or tanned skin, great for nap of the neck, back, under the chin, and facial hair.
- Leg veins and facial veins – the “Gold Standard” for removal of spider veins
- Wrinkle reduction – stimulates collagen production in the dermis
- Other unwanted vascular lesions

The best hair removal laser is now better than ever. The 755nm Alexandrite laser is faster, more flexible, and more comfortable than ever. It also uses **Candela’s** patented cooling system DCD™. Practitioners around the world are reporting success using the **GentleLASE** to treat a variety of conditions, including: Hair removal on lighter skin types, sun damaged skin, age spots, freckles, melasma, café-au-lait spots, seborrheic keratosis.



**Kimberly Ploehn, MD, Board Certified Physician**

[www.newdaymed.com](http://www.newdaymed.com) | 3600 Capital Ave., SW, Suite 201, Battle Creek, MI 49015

Medical Spa – 269-979-5200 – Complete Skin Care & Laser Hair Removal

Family Medicine – 269-979-5100 – Medical Care For The Whole Family

# Thank You For Your Professionalism And Dedication To Our Customers



**Steve Weston**  
OPERATIONS MGR.  
ALBION



**Scott Taylor**  
OPERATIONS MGR.  
LAKEVIEW



**Rick Rizer**  
OPERATIONS MGR.  
MARSHALL



**Kevin Rogers**  
OPERATIONS MGR.  
PENNFIELD



**Scott Feldpausch**  
OPERATIONS MGR.  
URBANDALE



**Mike O'Rourke**  
PRODUCE MGR.  
ALBION



**Joe Swafford**  
PRODUCE MGR.  
LAKEVIEW



**Scott Winchell**  
PRODUCE MGR.  
MARSHALL



**Martin Pierce**  
PRODUCE MGR.  
PENNFIELD



**Patrick Reedy**  
PRODUCE MGR.  
URBANDALE



**Larry Fitzpatrick**  
MEAT MGR.  
ALBION



**Steve Winchell**  
MEAT MGR.  
LAKEVIEW



**Keith Thurston**  
MEAT MGR.  
MARSHALL



**Brent Markley**  
MEAT MGR.  
PENNFIELD



**Jeff Whipple**  
MEAT MGR.  
URBANDALE



**Monty Rubley**  
MEAT MGR.  
Zucca's by Felpausch



**Doc Falk**  
BAKERY MGR.  
ALBION



**Tony Williams**  
BAKERY MGR.  
LAKEVIEW



**Dan Bishop**  
BAKERY MGR.  
PENNFIELD



**Chris Evans**  
BAKERY MGR.  
Zucca's by Felpausch



**Terry Price**  
DELI MGR.  
ALBION



**Nick Boertman**  
GROCERY MGR.  
ALBION



**David Coplin**  
GROCERY MGR.  
LAKEVIEW



**John Dadow**  
NIGHT STOCK MGR.  
MARSHALL



**Vic Nobbs**  
GROCERY MGR.  
MARSHALL



**Greg Wheaton**  
GROCERY/FROZEN/DAIRY MGR.  
PENNFIELD



**Kent Place**  
GROCERY MGR.  
URBANDALE



**Paul Brundt**  
GROCERY MGR.  
Zucca's by Felpausch



**Tom Jozwiak**  
FROZEN FOOD/DAIRY MGR.  
Zucca's by Felpausch



**Jeff Samson**  
DIR. FRESH FOODS  
Zucca's by Felpausch



**David Carey**  
EXEC. CHEF  
Zucca's by Felpausch



**Mark Reinke**  
WINE SPECIALIST  
Zucca's by Felpausch

**Felpausch**  
the people who care

# HAVE YOU SCENE US!

## New Classes Starting Soon

- Puppy Classes
- Obedience
- Agility
- Showmanship
- Group or Private Lessons
- Behavior Consultations

269-781-7800  
www.MichiganDog.com



Your Accidents Bring Out Our Excellence

**BOB JANVRIN**  
Auto Body  
1329 East Michigan Avenue  
Battle Creek, Michigan 49017  
269-962-0401  
www.bobjanvrinautobody.com

A Newspaper For And About Area Senior Adults

## Senior Times

269-979-1479 • www.scenepub.com



Apartment Hunting?

**edwardrose.com**

Offering The Best In Rental Living In Battle Creek

BROOKSIDE

FAIRLANE

PINE KNOLL

GLENN VALLEY



## Battle Creek Language and Culture Center

Carol Kubota: 269-979-8432 / fx 269-979-8434  
7 Heritage Oak Lane, Suite 4, Battle Creek, MI 49015  
email: carolkubota@comcast.net • www.bclanguageculture.com

English as a Second Language classes for...  
Business Communications / Language & Culture Training



THESE THINGS ENDURE  
Character • Reputation • Integrity

ESTLE & DOWDLE  
Funeral Directors  
105 Capital Ave., N.E. at North Avenue • 962-5527



## HOG CREEK Craft & Antique Mall

23,000 SQUARE FEET OF NEW CONSTRUCTION  
QUALITY CRAFTS, ANTIQUES & COLLECTIBLES

HOURS: 7 DAYS - 10-5  
10750 W. CHICAGO ROAD (US 12) • ALLEN, MICHIGAN  
517-490-4131 • www.hogcreekmall.com

## IMAGE GALLERY

GRAPHIC SOLUTIONS

Formerly Huron Camera & Video

10 W. MICHIGAN AVE., BATTLE CREEK, MI 49017 • 269-965-7285

## ARTICLES:

The Healthier Man .....	Janine Dalman .....	8
Technology That "Cuts The Edge of The Envelop" .....	Peter Phelps .....	18
County Coalition Carries On Fight to End Substance Abuse ....	Catherine Kerley .....	46

## COLUMNS:

As Scene By .....	Rich DeRuiter .....	6
Real Estate Scene .....	John L. Stauffer .....	13
Remodeling Scene .....	.....	23
Your Money Matters .....	Andrea Aker .....	26
To Be Drug Free .....	Suzanne Horsfall .....	27
Health Scene .....	Peter Phelps .....	40
Oaklawn Health .....	.....	43
Your Family's Health .....	Ginger A. Hentz.....	44
Antiques Today .....	Marsha Tech .....	45
Where Are They Now .....	Carl Angelo .....	53
Healthy Eating .....	Rachael A. Iler .....	50

## FEATURES:

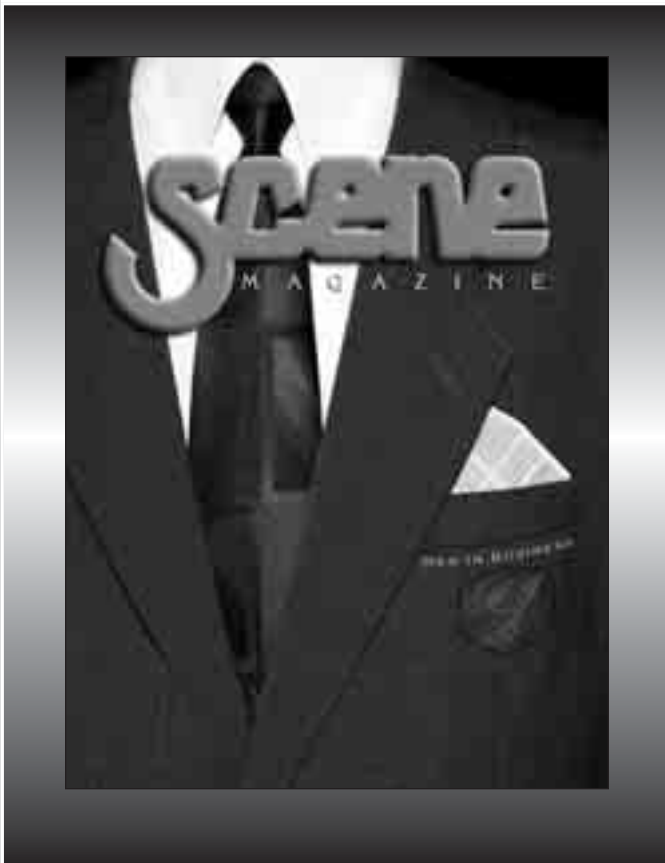
Business Perspectives .....	12
Financial Scene .....	14-17
Local Interest .....	21, 24, 39, 41, 55-57
Entertainment Calendar .....	22
MIBs – Men in Business .....	28-38
Business to Business .....	50
Business Listings .....	58
Advertisers' Index .....	60

## STAFF:

Publisher .....	Frederick (Rick) DeRuiter
Assistant Publisher/Sales .....	Shirley DeRuiter
Business Manager .....	Shelii Penny
Calendar Editor .....	Beth Rubley
Executive Editor .....	Sherii Sherban
Managing Editor .....	Gordon Rosberg, Jr.
Publications Coordinator .....	Frederick DeRuiter
General Manager/Systems Manager .....	Keith Sherban
Typesetters .....	Frederick DeRuiter, Terri DeRuiter
Artists .....	Frederick (Rick) DeRuiter Beth Rubley, Matt Travis
Staff Photographer .....	Nate Zanotti
Advertising Sales .....	Shirley DeRuiter, Leslie Hewitt, Gordon Rosberg, Jr., Sherii Sherban
Printing .....	Millbrook Printing Company

## COVER:

This month's cover was created with the digital magic of Rick DeRuiter, the lens of Keith Sherban, and inspired by Men in Business.



*Scene* was established in June, 1977, and is published twelve times per year by W.W. Thayne Advertising, Incorporated. *Scene* is distributed free through our advertisers, area professional offices, and key points of interest in the Battle Creek/Marshall area. *Scene* is also available by mail subscription, \$22 for twelve issues, \$38 for twenty-four issues. Due to bulk rate restrictions, copies of *Scene* are not forwarded automatically by the U.S. Post Office to recipients when they move or are temporarily away. Please contact our office with your new address before you move so we can update our mail list and provide you with uninterrupted service. Opinions expressed by writers in *Scene* are their own and do not necessarily reflect the opinion or policy of *Scene* or W.W. Thayne Advertising, Incorporated. All rights reserved. Reproduction without permission is prohibited.

For advertising and publicity for your event or organization:

Scene Magazine  
4642 Capital Avenue Southwest  
Battle Creek MI 49015-9350

Our telephone is (269) 979-1410, telefax (269) 979-3474

Or you can e-mail us at: [sheriis@wwthayne.com](mailto:sheriis@wwthayne.com) / [leslie@wwthayne.com](mailto:leslie@wwthayne.com)

For editorial: [sheriis@wwthayne.com](mailto:sheriis@wwthayne.com)

For ads, photos or graphics: [rick@scenepub.com](mailto:rick@scenepub.com)

REMEMBER TO VISIT SCENE'S WEBSITE AT... [www.scenepub.com](http://www.scenepub.com)

© 2007 by Scene Magazine, a division of W.W. Thayne Advertising Consultants, Inc.  
Reproduction in whole or in part is prohibited except by permission. All rights reserved.

## MY DOLLARS WORTH



**Q:** Rich, any New Year changes in your future?

**A:** Well, I can't go on a diet... I just can't eat any of my favorite foods... after last year. A year in which I made so many changes in my lifestyle, I pretty much would like to forget

about the new resolution stuff.

Well, there is one thing I would like to change, it is my reluctance to work on real difficult antique restorations. I've done some, although the results have been more than satisfying, the two dollar an hour reward was not. That usually doesn't happen when I tackle less labor-intensive projects. I need to be a bit more selective in my choices of antique furniture, as finding matching wood is sometimes difficult. When I finally find some, it is usually on a piece that I fall in love with and then I have two pieces that I'm looking for replacement wood. You can see where that can escalate quickly into a storage problem.

Come to think of it, I do have to work on my long sentence problem. It's ignorable when your wife points it out, but now my new computer complains. I think when computers want to start controlling your life, technology has gone a step too far. I never claimed to be a writer; it's just something I felt the publisher of a publication was supposed to do. I don't cover local issues or take political positions and make suggestions for change like most

publishers do. In fact, some people have suggested that there is too much "me" in my columns. Hey, if I stay out of other people's business, what's left to talk about? Think about it. Wait a minute, I think the computer just reminded me that my paragraph is getting too long. You know I'm not the publisher anymore and just to break up my day, I will occasionally write a guest column.

I stayed up late last night planning on a couple of trips to secure some parts that I was going to need to complete a couple of restorations. I got up early to get a faster start so I could complete the projects before tonight. Now it's Tuesday... I completely forgot that the antique parts store isn't open today. That was alright, because when I was rummaging around in my assortment of boxes looking for something that might still work, I found a dirty old napkin holder, maybe a hundred years old. It was big enough that it could have even been a letter holder. Intriguing find, it was in a box lot that I probably bought for a dollar at a long since forgotten auction.

It was about six inches long and five inches tall with an inch and a half of space between two beautifully posed swans. It was covered with dirt, but I couldn't put it down because the swans were too interesting. I rushed to my supply cupboard for my secret cleaning agent. I applied the solution and scrubbed it with a soft bristled toothbrush to see if I could recognize the metal. I always keep a supply of toothbrushes in my cupboard just for this very reason, I swear it was sterling silver as there were no marks indicating that it had been plated. I quickly dried the swans and got out my Maas sil-

ver polish and a few cotton balls to apply the Maas paste (It has the same feel as tooth paste and works well after you clean the silver piece with your choice of tarnish and grime remover). See what I mean. I had to use another long sentence here. After completely but lightly covering the swans in Maas, I took out a soft polishing cloth (always recommended to eliminate any chance for a scratch and besides it brings out the luster)... I must have polished the piece for 15 minutes to a half an hour. The polished piece was breathtaking, and it was sterling silver. In fact, it is sitting in front of me right now. It will bring a nice price when I decide I will be up to parting with it.

**Q:** Do you miss going to the office?

**A:** A turtle neck sweater with a Marine Corps tee shirt over it and wearing a pair of long Johns because it gets a little cold in the basement in my computer area. Try that at work. I miss the conversations with clients, co-workers and even suppliers but a man who loves what he does and makes a profit is more important than your name on the in-box.

**Q:** Any regrets that you never write about the important issues of our time?

**A:** Half the people would love me and think I was brilliant, the other half would think I lacked the intellect to make sound judgements and wasn't worth the time to take serious.

Find something you love to do, do it well. For me, I am the happiest when I find something that will bring years of pleasure to its new owner and maybe hang around for a century or two, not just a grimy piece of something in a dollar box lot at an estate sale in Ithaca.

**DON'T MISS YOUR CHANCE TO WIN!**



# WANTED

## Be a super sleuth... join the ongoing hunt for Rick DeRuiter

Pour through the pages of Scene this month and find the elusive DeRuiter. Warn your friends. Warn your neighbors. He's in there somewhere, waiting for the one lucky detective to find him!

**2 WINNERS!**

**Have you found him in this issue?**  
If yes, then call Scene at 979-1410 ext. 391 to have your name entered in the drawing to receive **2 passes** from **GARY FIELDS COMEDY COURT** and a **10\$ Gift Card** from **Felpausch**. You must make your discovery by Jan. 26, 2007 and the winner will be announced in the next issue of Scene!



**LAST MONTH... COVER  
LAST MONTH'S WINNERS...  
PAT SHIREY  
DENISE POYER**

**LOOK!** - Now you can e-mail your detective work too! [rick@scenepub.com](mailto:rick@scenepub.com)  
Include your name, daytime phone and what page you found him. **OR** on-line at...[www.scenepub.com](http://www.scenepub.com)



**WIN A VALUABLE PRIZE!**

JOHN | CHARLES  
Fine Portraiture

Come discover what the attraction is all about!

Seniors, Family, Children,  
Couples, Pre/Post Wedding  
and Pets

We create *Portrait Art*  
for you to display in your  
home, office or send to your  
friends and family.

Come to our studio for  
the best posing, lighting  
techniques and backgrounds  
in SouthWest Michigan.



15189 S. Helmer Rd, Battle Creek MI 49015 • [www.johncharlesportrait.com](http://www.johncharlesportrait.com)

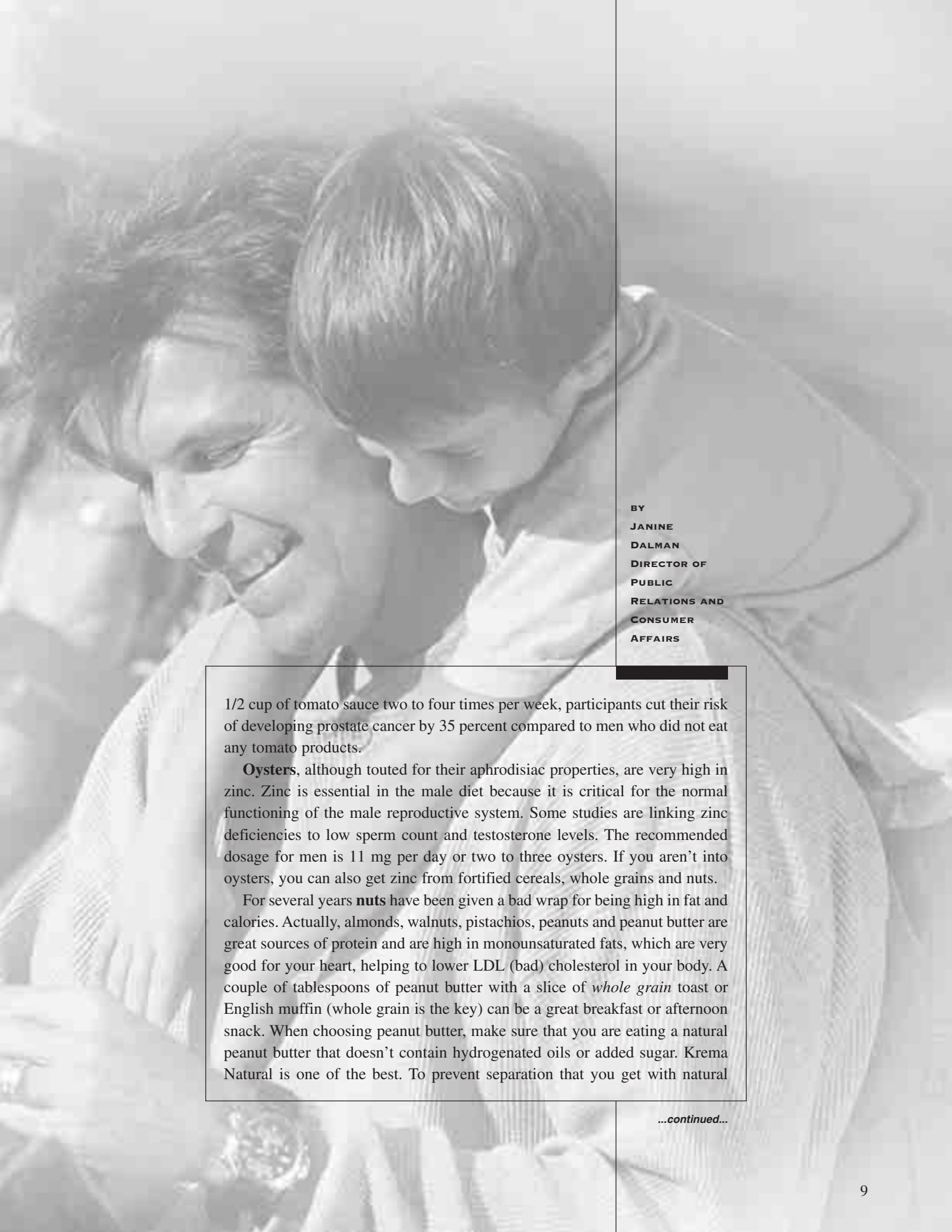
269.968.0044



# HEALTHIER MAN

**DID** you know that by simply increasing your intake of fruits and vegetables you can reduce your risk of developing cancer by 30 – 40 percent and if you stop smoking, increase your activity and control your weight, that 70 percent of cancers may be eliminated? Did you also know that men are susceptible to developing osteoporosis? Approximately 2 million of the 10 million people in the United States who develop osteoporosis are men? When considering men's health, men's nutritional needs are relatively the same as women's, but there are some variances based on physiology and chemical and hormonal differences. You have probably heard the term "super food" at some point. A super food is just that, a food that is super high in the vitamins, minerals and phytochemicals that we need to fight disease and stay healthy. The **top five super foods** for men are **tomato sauces** (spaghetti, pizza, soup, canned tomatoes and even ketchup), **oysters, nuts, watermelon and broccoli**.

Start with **tomato sauces**. Fresh tomatoes are good for you, but as far as lycopene goes, processed tomato products are much higher. The heating process used to make tomato products cause lycopene to become more concentrated. Lycopene is important for men because it is attributed to lowering the risk for developing prostate cancer. In one study where men consumed a



BY  
JANINE  
DALMAN  
DIRECTOR OF  
PUBLIC  
RELATIONS AND  
CONSUMER  
AFFAIRS

1/2 cup of tomato sauce two to four times per week, participants cut their risk of developing prostate cancer by 35 percent compared to men who did not eat any tomato products.

**Oysters**, although touted for their aphrodisiac properties, are very high in zinc. Zinc is essential in the male diet because it is critical for the normal functioning of the male reproductive system. Some studies are linking zinc deficiencies to low sperm count and testosterone levels. The recommended dosage for men is 11 mg per day or two to three oysters. If you aren't into oysters, you can also get zinc from fortified cereals, whole grains and nuts.

For several years **nuts** have been given a bad wrap for being high in fat and calories. Actually, almonds, walnuts, pistachios, peanuts and peanut butter are great sources of protein and are high in monounsaturated fats, which are very good for your heart, helping to lower LDL (bad) cholesterol in your body. A couple of tablespoons of peanut butter with a slice of *whole grain* toast or English muffin (whole grain is the key) can be a great breakfast or afternoon snack. When choosing peanut butter, make sure that you are eating a natural peanut butter that doesn't contain hydrogenated oils or added sugar. Crema Natural is one of the best. To prevent separation that you get with natural

...continued...

# RECIPIES FOR THE HEALTHIER MAN

## Confetti Meat Loaf – 6 servings

- 1/2 cup brown rice
  - 1 T. olive oil
  - 1 small onion chopped
  - 1 cup chopped red and green peppers
  - 1 pound extra-lean ground beef and/or ground turkey breast
  - 1-cup chunky salsa
  - 1/4 cup liquid egg substitute or 1 egg
  - 3/4 teaspoon sea salt (salt optional)
  - 1/2 teaspoon ground black pepper
  - 1/4 teaspoon celery seeds
  - 1/4 cup ground flax seed
- Cook rice according to package directions. Preheat oven to 350 degrees Fahrenheit.

Warm oil in small skillet over medium heat. Add onion and bell peppers. Cook 5 minutes or until tender. In a large bowl, combine meat, salsa, egg, flax seed, salt, pepper and celery seeds. Stir in vegetables and rice. Place mixture in a round baking dish and pat into an oblong loaf. Bake 45 to 50 minutes or until thermometer inserted in the center registers at 160 degrees Fahrenheit and the meat is no longer pink. Nutritional information per serving: 273 calories, 17g protein, 21g carbohydrates, 13g fat, 47mg cholesterol, 597mg sodium, 4.5g fiber.

## Garlicky Vegetables

- 4 cups vegetables (fresh or frozen) Broccoli, green beans, carrots and cauliflower work especially well.
- Olive oil
- Dried basil
- Almond slices or toasted flax seed (optional)
- Fresh or canned garlic already minced

Wash and cut the vegetables into the size you prefer. Place them in a microwave safe container and cover with lid or plastic wrap, but make sure there is a way for excess steam to escape. Cook on

high for 2-minutes and check. The Vegetables should be just tender crisp. Add additional time if needed, but you don't want to over cook them. While the vegetables are steaming, pour 1-2 tablespoons of olive oil into a saucepan and add 1-2 cloves of fresh garlic (crushed), heat and sauté slightly. Pour oil and garlic over vegetables, sprinkle with basil, salt and pepper and toss. Serve immediately. This recipe can also be prepared by sautéing the vegetables instead of steaming.

## Grilled Vegetables

Wash and cut vegetables of your choice into large pieces, toss with olive oil, sprinkle with salt and pepper and your favorite herbs such as fresh crushed garlic, red pepper flakes, thyme, rosemary or basil and place on the grill. You may choose to place them directly on the grill or on wooden skewers in a shish kabob style. Grilling adds new life to everyday vegetables. By using olive oil, you are using a monounsaturated fat that is beneficial to your heart.

## Barbecue Chicken Pizza – 1 serving

- 1/4 cup barbecue sauce
- 1 ready-made flatbread or whole grain tortilla
- 1/4 cup canned diced tomatoes with chili peppers and onions, well drained (or chop fresh Roma tomatoes, chili peppers and onions to make ? cup)
- 3/4 cup precooked chicken breast (or use left over grilled chicken breast)
- 2 T. sliced scallion, green or red onion

- 1 tsp. Diced cilantro
  - 3 T. grated, reduced-fat mozzarella cheese
- Spread barbecue sauce on the flatbread or tortilla. Top with tomatoes, chicken, onion, cilantro and mozzarella. Bake at 375 for 6 minutes, until cheese is melted. Nutritional information: Calories: 400; Protein: 39g; Carbohydrates: 41g; Fat: 10g; Saturated Fat: 4g; Fiber: at least 3g

## The Ultimate Power Breakfast

- 1 egg
- 1 c low-fat milk
- 3/4 c oatmeal
- 1/2 c mixed berries
- 1 Tbsp chopped pecans or almonds
- 1 tsp vanilla whey-protein powder
- 1 tsp ground flaxseed
- 1/2 banana, sliced

- 1 Tbsp plain yogurt
- In a microwave safe bowl, mix the egg well, and then add the next six ingredients and nuke for 2 minutes. Remove the bowl from the microwave and let the mixture cool for a minute or two. Top with the sliced banana and yogurt. Makes 1 serving

## Breakfast in a Cup – 6 servings

Make these ahead of time and store in the refrigerator. They can be warmed up in the microwave for a quick breakfast on the go. Wash it all down with 8 ounces of orange juice with calcium and make it the high-pulp kind, you will get more fiber that way.

- 4 ounces reduced-fat loose breakfast sausage or low-sodium ham
- 1/4 cup chopped green bell pepper
- 1/4 cup chopped onion
- 4 ounces sliced mushrooms
- 1/2 cup reduced fat, shredded Cheddar cheese
- 1-1/4 cup egg substitute
- 1 T ground flax seed

**How to prepare:** Coat a 6-cup muffin pan with non-stick spray. Preheat oven to 350 degrees Fahrenheit. In a medium nonstick skillet over medium-high heat, cook the sausage, pepper, and onion about 5 minutes or until the sausage is browned. Spoon mixture into a bowls and cool slightly. Stir in eggs, mushrooms and flax seed. Spoon mixture evenly into prepared muffin pan. Sprinkle with cheese. Bake 20 minutes or until egg is set. Per serving: 107 calories, 12g protein, 4g carbohydrates, 5g fat, 49mg cholesterol, 318mg sodium, 3g fiber

peanut butter, stir it up when you get home and store it upside down in the cupboard. This will keep it creamy. Nuts also contain fiber, which is great for your digestive tract and vitamin E, which is a natural antioxidant that is great for your body and your skin. You can also get many of these benefits from sunflower and pumpkin seeds, just try to avoid salted, smoked or honey coated varieties. Because nuts are packed with protein, they help curb hunger.

Men suffer from high blood pressure more than women do. Potassium helps reduce blood pressure. **Watermelon** is high in potassium and it is delicious. One large slice of watermelon contains about 664 mg of potassium, which is more than you get in a whole banana or cup of orange juice. Not only is watermelon high in potassium, it is high in lycopene.

**Number five on the list is broccoli.**

Broccoli is in the cabbage family and both broccoli and cabbage have been found to protect against bladder cancer. Cancer of the bladder is one of the most common cancers in the United States and affects two to three times more men than women. By eating at least 5 servings of vegetables from the cabbage family, such as kale, broccoli, cauliflower, brussel sprouts and cabbage, you can reduce your risk of developing bladder cancer by 50-percent, as well as reduce your risk of a host of other cancers. Broccoli is also a good source of calcium which is needed to maintain bone mass.

Now that you know some of the things that are good for you, you can put this information to use in your everyday diet and don't forget to include lots of whole grains. Whole grains are bread products, cereals, rice and pasta that actually lists whole grain in the ingredient statement as the first ingredients (the higher on the list, the more there is in the product) and whose nutritional statement shows a minimum of 3 grams of fiber per serving, but 5 grams is ideal. Manufacturers can take white bread and add caramel coloring and call it "whole wheat/whole grain," so it is crucial to make sure that there are at least 3 grams per SLICE. Start using whole grain pastas and rice instead of enriched pasta and white rice. If it is too difficult to switch, start by mixing half your normal food with half of the same thing in a whole grain variety. Whole grain and fiber are important for two reasons. Eating whole grains provides your body with important vitamins and phytochemicals. Phytochemicals help fight disease. By increasing whole grains you can reduce your risk of heart disease by 20 - 30 percent. The fiber found in whole grain products and fruits and vegetables helps fight high blood pressure, stabilizes blood sugar and helps to reduce bad cholesterol in your body. There are two

types of fiber, insoluble and soluble. Insoluble helps you eliminate waste in your body and helps to prevent colon cancer. Soluble fiber forms a gelatin in your intestinal tract that binds to LDL cholesterol and pulls it out of your body so it isn't absorbed into your blood stream. By increasing your fiber you can reduce your bad or LDL cholesterol by as much as 7 percent. Men should be eating approximately 35 grams of fiber per day. It sounds like a lot, but it really isn't if you make a few simple modifications in your diet as we discussed.

If you are a woman trying to get your significant other to eat better, try adding chopped vegetables, beans or whole grains into sauces, meat loaf, lasagna and burgers, you can even add ground flax seed or wheat germ for a boost in fiber and omega fatty acids. Food processors are great when you need to sneak vegetables and grains into your meals. By boosting your typical meal's nutritional value, you will be on a great start to becoming healthier.

If you would like to see how your current diet rates, log on to [www.MyPyramid.gov](http://www.MyPyramid.gov). The USDA has a great interactive tool that allows you to analyze your diet and will make recommendations on how you can improve. Another great website is [www.RealAge.com](http://www.RealAge.com). On this website, you answer a variety of questions pertaining to diet, exercise, genetics and

current lifestyle. At the end it will calculate your "real" age. Your real age is based on your current health and lifestyle. For example, you may be 54, but based on your lifestyle and diet, your age may be that of a 65-year-old or you may be pleasantly surprised to find that you are on the right track and your "real age" is younger than your chronological age. RealAge.com will also make recommendations to help you add years to your life.

You don't have to jump right in with both feet on the health kick; the important thing is to start doing something good for your health. Once you start you may find that your focus on good nutrition and your health will start to snowball and you can work on other areas of your life, like adding physical activity. It doesn't take a lot to get results. Adding weight-bearing exercises (lifting weights, running or even yard work that consists of lifting) not only tones muscles, but it also increases your bone mass, which is important in fighting osteoporosis. The more muscle your body has, the more calories it will burn. Walking, dancing, yard work, gardening and cleaning house all count as good aerobic activity which is great for your heart, burns calories and reduces stress.

Replacing your favorite foods doesn't have to be boring or flavorless. Try some of these recipes and ideas to see how easy it can be.

**Foundation for Behavioral Resources**

**FBR**

**FOSTERING SELF RELIANCE**

---

Senior Home Support  
&  
Home Health Support

child development center

OAKLAND UNIVERSITY  
&  
ARDEN UNIVERSITY

---

WORK FIRST

MICHIGAN WORKS!

Connecting JOBS & people

---

600 SOUTH LINCOLN • AUGUSTA • MI • 49012 • 269-731-5775

## News From The Battle Creek Area Chamber of Commerce



I am pleased to provide this month's Battle Creek Area Chamber of Commerce and Chamber Foundation update for Scene magazine. I appreciate the support of this publication and the opportunity to provide this monthly column in Scene.

**Men in Business and Business, Industry and Investment:** This issue's focus is on Men in Business, and Business Industry and Investment. We are very fortunate to count among our Chamber members so many supportive, distinguished and successful men in leadership positions in the Battle Creek area. Our Chamber's mission is to provide member services, business advocacy and representation to promote a positive economic environment and our focus is on building and strengthening business resources. We exist to promote and support our members, and to help

their bottom line and the business community in the greater Battle Creek area.

**Membership:** We were very pleased to host Ms. Jennifer Mc Eldowney of the S.A.F.E. Place program at our December Eye Opener Breakfast meeting, where she discussed the impact of domestic violence on the business community. We had a standing room only crowd of well over 250 people gathered for the December program.

Our next Eye Opener Breakfasts will be January 9 and February 13 at 7:00 a.m. at Burnham Brook, featuring Jeff Saut of Raymond James and David McKay of Kellogg Company. They will address our audience on critical economic and business issues affecting our community.

The Eye Opener Breakfast is the Chamber's monthly membership meeting. These continue to be very well attended, with approximately 250- 300 Chamber members in attendance each month. Our Business Expo at each monthly program remains full, with 36 exhibitors at each event. We are pleased

to have so many chamber members taking advantage of this FREE member benefit to network and create business opportunities. For updates on the Eye Opener Breakfasts, please review our website at [www.battlecreek.org](http://www.battlecreek.org).

**Business Advocacy and Representation:** Through the Rap with Your Reps program and the Public Policy Committee of the Battle Creek Area Chamber of Commerce, we continue to review business issues and work with our elected officials. We are monitoring various business and employer issues at the federal, state and local levels, such as SBT replacement, Battle Creek public safety, living and prevailing wage, the state budget, federal labor standards, Amtrak services, regional airline services, and City of Battle Creek tax abatements requested by Chamber members. As a reminder, ALL CHAMBER MEMBERS are welcome and invited to attend the Rap with Your Reps programs held in the Chamber's Board Room. Please take advantage of this opportunity to speak with our elected officials about issues of concern to you and your business or organization.

We are working hard to increase funding for the Chamber's BAC-PAC, which is used to support advertising for the campaigns of state and local, pro-business candidates endorsed by the Chamber. You will see our staff at every Eye Opener Breakfast with a BAC-PAC table at the business expo. Your individual contributions will be used to more effectively support candidates who promote the platform of the Chamber for a business-friendly economic environment. If you are interested in giving to the BAC-PAC, please call the Chamber at 962.4076.

**Education:** The Battle Creek Self Employment Program, housed at the Urban League, is beginning our second series of classes, after graduating our first class of students in November. These are comprehensive training classes in a non-traditional setting, to assist in development of business plans and startups of very small businesses, or micro-enterprises.

The Chamber Business Store's **Nuts and Bolts of Starting a Business** course will hold one August class at the Chamber office. The cost of the class is \$25 per person. Pre-registration along with payment is required 24 hours prior to the scheduled class. For more information or to register, please call the Chamber office at 962.4076.

Please contact the Chamber at 962.4076 for more information on any of these topics.

**BATTLE CREEK  
TILE & MOSAIC CO.**

Since 1958

MIKE STAIB

JOHN ZANETTI

FRANKIE ZANETTI

WILL MILLER

■ Fast, Expert Installation ■ Free Estimates ■ Residential and Commercial

1338 W. Michigan (Urbandale), Battle Creek, MI ■ 269-962-8779

Hours: Tue-Fri 8:30am-5:30pm / Mon 8:30am-8:30pm & Sat 8:30am-noon

U.L.A.B.A. MEMBER

## Green Light for (some) Investors in Real Estate



Probably the two questions I get asked more than any others is “Will they take less for it” and/or “Is it a good deal?” I can promise you statistically on paper I can make almost any sale look like a good deal. If it is a good deal has a lot more to do with the transaction, the economy, and the buyer’s financial position than just what the property sold for. The market we are in right now is a clear reminder of that fact. We are entrenched in a buyer’s market that does not mean that sellers are motivated to give their home away, or that every sale is a great deal for an investor. What it really means is that we have more inventory (single family homes) than buyers right now – period! However, all other factors considered equal if as a buyer/investor you shop smartly you have a greater opportunity to purchase more home for less money because of the large inventory currently on the market.

As an investor how do you proceed in a “Buyer’s market”? Well, to begin I think it would be important to determine what kind of investor you are. What are you interested in? Commercial properties or multiple family units or Single-family residential homes? Right now even though we are in a buyer’s market it isn’t a great market for commercial property, there is a lot of it just sitting out there and most people buy commercial property with the thought to lease the space out. There is a ton of lease space available in Battle Creek and the surrounding area right now, so I would be cool towards purchase of commercial property right now if your intent was to purchase and draw a revenue stream from leasing the property out.

Lets discuss multi-family units; they also come up low on my list of “hot properties” right now. Why? Because there are so many single-family homes out there right now that aren’t selling many sellers have decided to rent or lease these homes out. This has given us a glut of rental property driving the rental prices down and therefore investment into a multifamily unit right now will not generate the revenue stream it normally would because of the suppressed rental prices.

What does that leave us for investors? Single-family units? Yup, that’s right but are single family units a great buy for all

investors right now? The answer again is No! If you are someone flipping homes (buying them, putting a little money into making them pretty, and selling for a quick profit). and as a flipper, if your cash flow is low where you have to sell a home before you get another again I don’t think this is your market – why, because the prices have actually been going down in the last several months, so even if you buy the home for a good price – homes are moving very slowly. Buyers are very slow to buy when prices are actually dropping because they want the best price possible and when prices are going down they just don’t know where the bottom is so they sit on the fence and they wait. What are they waiting for? The prices to start going back up, that’s when most folks will buy, so in the interim, very few homes are selling so if you tie your money up into a home, you might not get to flip it nearly as quickly as you would like, or you’ll end up taking much, much less for the home than you wanted.

What does that leave – well for the investor who is investing in single family homes and hanging on to them long term – this is an AWESOME market for those folks. Our current market shows again the differences between the have and have-nots. Those with money will make a lot of money investing in real estate right now because they can pick up several properties at really incredible prices and they can afford to hang on to them until the

market turns around, once the market turns around they can then sell them off at top dollar. Don’t misunderstand me regardless of what type of Real Estate investment you participate in, if you do your due diligence, and make smart decisions you can do well in any market, but the particular market we are in right now greatly favors those who have large sums of cash, or assets that they can use to acquire more properties, because these are the people who can afford to sit on the properties until the market turns around once again. My prediction? Early 2009 before we see a market that I will be happy again for sellers. This doesn’t mean that it will be rough for everybody selling for the next 2 years - lake property, homes with land, and extremely high end properties will continue to do well – the rest will have to work a little harder and the home will have to be a little nicer, cleaner, and priced tight to the belly to stand a good chance of getting sold. Why do I say 2009 before a better market? Well, we will have a major election in 2008, the Casino should be in by then, Duncan aviation will have grown and there are some other positives out there on the horizon for our city, but for now the market will be what it will be – the best advice I can give you in any market is to be educated and understand the market you are dealing in. Information (lots of it) more than makes up for the economic conditions of any market. Good luck investing!

## HEALTH CARE SOLUTIONS FOR SMALL BUSINESSES



*Let me help you purchase  
the coverage that’s best for  
you and your employees!*

**Contact Me Today!**  
**Karen M. Rial**  
1-866-546-8521

*Partners Insurance  
Agency*

of Southwest Michigan, Inc.

165 N. WASHINGTON AVE., BATTLE CREEK | 269-660-3867

## A New Weapon in the Fight Against Purchasing Card Fraud

Many businesses today are using purchasing cards, also known as commercial cards. Some people think of these simply as a credit card for their business, and a nice way to earn airline miles or other rewards. While these advantages are nice, these cards are also an efficient payment tool that can enhance your company's financial controls.

Purchasing cards streamline procurement and payments processing for businesses by driving down transaction costs and eliminating paper checks. To address some of the risk management challenges associated with purchasing card usage - namely keeping cards and account numbers secure, and maintaining control over large purchases - and to complement its Purchasing Card with Advising service, LaSalle Bank launched Purchasing Card Positive Pay.

Purchasing Cards authorize

employees to order and pay for items within pre-established security and usage parameters, such as single-purchase, daily or payment cycle spending limits, and merchant type restrictions (for example, a business might provide one of its truck drivers with a card that can only be utilized at gas stations). The cards offer prompt vendor payment while providing purchasing companies with an average of 45 days of float. Other benefits include improved tracking of employee spending and reporting (for example, the Bank has a product available that enables businesses to upload information into its ledger system utilizing SIC codes to correspond with various expense categories).

In their infancy, purchasing cards were used primarily for transactions under \$2,500. However, new products and expanded capabilities to address fraud concerns are encouraging busi-

nesses to charge higher ticket items on the cards. In February 2006, RPMG Research Corporation released study results that support these trends. RPMG's 2005 Purchasing Card Benchmark Survey Report states that some 33 percent of overall transactions for less than \$2,500 and 15 percent of transactions between \$2,500 and \$10,000 were placed on purchasing cards.

**Another dose of fraud prevention.** Purchasing Card with Advising allows a client to send LaSalle a comprehensive payables file containing a summary of pre-authorized transactions. The Bank then sends a Purchasing Card Advising notice to the merchant via U.S. mail, fax or E mail instructing it to charge the client's card account. Notices include the dollar amount and date range authorized for submission of payment. Purchasing Card Positive Pay matches pending charges against a client-provided file of pre-authorized transactions. Clients can choose to automatically charge back discrepant transactions to the merchant, or review and determine whether to accept or reject unmatched charges. Each client's vendor receives an account number or "ghost card" to charge. A ghost card provides a virtual account to streamline card administration and remove plastic cards from the process. Daily reporting is provided in a tab delimited file that may be easily viewed in Excel. This allows clients to monitor vendor payments and upload data for reconciliation. Future developments include reporting and pay/no pay decisioning through CashPro®, LaSalle's online banking service.

Purchasing Card Positive Pay is just another example of how LaSalle Bank is at the forefront of designing new solutions to help businesses handle financial transactions and information flow more efficiently and effectively. For more information on this valuable new enhancement to our card program, or any other help for your business, please feel free to call me at 965-9244.

A world of experience  
working for you.

With a market that's more competitive than ever, look to a financial partner that's more capable than ever: LaSalle Bank

### Commercial Banking Services

LaSalle Bank  
Member of the ABN AMRO Group

800/643-9600



Every community is unique, and so are the small businesses within each town. Knowing the unique circumstances of a region and the individual challenges for each business is the very expertise that draws customers to community banks.

Southern Michigan Bank & Trust has been serving southern Michigan since 1872. We are a bank defined by our customers and the communities in which we live. Throughout Calhoun County, we have branches in Union City, Tekonsha, Athens, Battle Creek, and 2007 brings a new location on Michigan Avenue in Marshall.

At Southern Michigan Bank & Trust, we know it's a challenge to fit everything into each work week, and we strive to help you spend your valuable time on your opportunities and challenges. When you have those daily deposits to get to the bank, don't take time away from your work place, we'll come to you. The Southern Michigan Bank & Trust courier is a mobile business bank that can pick up deposits and bring change right to your door, allowing you to keep focusing on your business.

We do so much more than simply process transactions - we are your one-stop shop for all your business banking solutions. Checking, savings, financing, 401K assistance, internet banking, and more - our job is to provide the support you need to grow your business.

It is the health of the businesses and people that define a community. At Southern Michigan Bank & Trust our staff is here to help with the financial questions that affect your life. As a Commercial Loan officer, I am here to assist with your business needs but I also know there are other challenges to face. Our trust and investment services staff is available to answer your questions, and Diane Davis is here for all your mortgage needs. Claudia Murch, Branch Manager of the Beckley Road office, is now joined by Annette Campau, Community Banking Officer at our Marshall office, to help their staff serve your banking needs.

Today's world is getting busier and more complicated every day but your banking shouldn't have to. With internet banking, direct deposit, and bill pay services, we can help make the financial challenges you face easier to handle.



There is a lot to prepare for out there with frauds, scams and identity theft becoming more and more prevalent, however knowledge can be empowering. Stop in today for information to help prevent identity theft and these other crimes from affecting your financial well being.

Throughout the 134 year history of Southern Michigan Bank & Trust, service has always been the key to success. As the institution helps the people of Calhoun, Branch and Hillsdale counties meet their financial goals, customers can always look to Southern Michigan Bank & Trust for "Banking As It Should Be."

## Business Partner.

"Helping business owners achieve their goals is one of my goals. I take the time to meet with you face to face so I can get to know you and your financial needs. Because the more I know about where you want to go, the better I can help you get there."

— Catherine A. Yates, Assistant Vice President

Commercial Loan Officer



(269) 979-8822 • [www.smb-t.com](http://www.smb-t.com)



## We think you'll like the Chemistry®... at Chemical Bank

Saving money is the first step toward establishing a firm financial future. Developing the right savings plan is valuable and crucial for financial success. Chemical Bank knows how hard you work for your money and how important it is for you to have a flexible savings program. That's why they have several plans designed to meet your present and future needs and goals.

Whether you are saving for a rainy day, to make holiday shopping easier, a well-deserved vacation, or just want to earn a return on your money, Chemical Bank offers a savings account designed to meet your needs.



The Classic Savings account is an excellent choice for minors, first-time savers, and anyone else who wants an affordable savings account with immedi-

ate access. If you are saving for a special purpose, such as the holidays or a vacation, or if you simply prefer a systematic savings plan, the Holiday Club account is perfect for you.

Build your money and earn interest with a Money Market account. With this investment account, your money is readily available at all times, without penalty, and you'll earn a competitive interest rate based on your account balance. The more you save the more you will earn.

If you're interested in a safe investment with an attractive interest rate and flexible terms, a Chemical Bank Certificate of Deposit (CD) may be the ideal investment vehicle for you. Several CD options are available with varying maturities and minimum investment amounts. This kind of flexibility lets you choose the investment plan that's best for your individual lifestyle and situation.

Are you interested in saving to buy a home? Saving for a down payment before buying your first home can help secure your long-term financial stability. Let Chemical Bank's Cash to Close program help you build a sturdy down payment.

It's impossible to know what the future will bring and that's why it's so essential to take steps now to guarantee a financially secure retirement. One way to do this is with an Individual Retirement Account (IRA) from Chemical Bank. An IRA is a long-term savings plan that allows you to invest for the future. With a variety of IRA options, Chemical Bank can help you find the plan that will suit your retirement needs.

Start saving today! Whether you're saving for a special purchase such as a car, new home or dream vacation, short-term financial needs, those unexpected emergencies or long-term financial security, Chemical Bank has the right plan for you. Visit any of their locations across Michigan or call toll-free 1-866-800-2627.

Chemical Bank operates on the principles of community banking with local leadership, local decision-making, community involvement, and personalized service. For more information, visit [www.chemicalbankmi.com](http://www.chemicalbankmi.com). *We think you'll like the Chemistry®... at Chemical Bank.* Member FDIC. Equal Housing, Equal Opportunity Lender.

**Only**  
**\$100 Minimum**  
**Opening Balance!**

**12-Month CD**  
**5.15%**  
**APY\***

For more details stop into your  
local Chemical Bank.

**CHEMICAL BANK**  
*We think you'll like the chemistry.*

\*The Annual Percentage Yield (APY) is as of 12/18/2006 and can change without notice. \$100 minimum is required to open the account. Substantial penalty for early withdrawal. Certificate of Deposit (CD).

## Looking for a Financial Advisor?

Be sure to check for advisor credentials and experience. Kellogg Community Federal Credit Union has recently added a wealth management department to assist members with all their financial goals. Having no proprietary products KCFCU can give you non-biased advice on everything from selecting 401(K) investment options to reviewing different education savings vehicles.

Jennifer Drummond, ChFC, has already assisted our membership on important decisions regarding pension maximization strategies and IRA rollovers. Jennifer comes to us with over 10 years of industry experience. Her skills cover many areas but she feels she adds most value to those approaching retirement, or for those already retired. "With the uncertainty in the economy and the never ending medical advances planning for a retirement that keeps up with inflation and doesn't run short of assets has become increasingly complex. Watching my clients enjoy their golden years is one of the most rewarding aspects of my career."

January is the time of year for those New Year's Resolutions. Schedule a complimentary meeting with our financial advisor to review your 2007 goals. Here are a few areas you may need to address:

**Increase your current savings.** Your savings rate should be in the double digits. Pay yourself first and increase your savings rate by at least 1% each year.

**Pay off debt.** The average credit card debt per household is estimated at \$9,312, according to cardweb.com. Develop a plan of action and focus on paying off your debt.

**Review your insurance.** Whether it is life, property and casualty, or long-term care insurance, now is a good time to review what you own. Are you over- or under-insured? Is it still what you need? Are you paying too much? Take the time to look at what you own and evaluate whether it still makes sense for your situation.

**Rebalance your investment portfolios.** Are you too heavily invested in one market sector? Are you still on the "side-lines" waiting for the economy to balance itself out?

January is also the time to review "financial experts" predictions from the past year to see how accurate their predictions were on stocks, credit, currency markets, growth and inflation. Once again, only few were "right" in 2006. Unfortunately, some people base their investment strategy on these predictions and inevitably experience disappointment. The phrase "predictions are for show, portfolio shifts are for dough," often comes to mind.

No one can reliably and consistently forecast the course of the economy, interest rates or markets. It is also impossible to predict, with consistency, which market sectors are ready to run and which are ready to flame out. You can maintain control of your lifetime returns by doing the following:

1. Have and maintain a well diversified portfolio
2. Own equities in your portfolio. The real long-term risk is not owning them.

3. Don't panic. Many people invest on fear or greed. Experienced investors distinguish between temporary fluctuations in the market and permanent losses.

4. Don't try to time the market. Develop an asset allocation strategy based on your own tax situation, risk tolerance, expected return, asset allocation preferences and your time horizon.

Whatever your investment or insurance need we have multiple solutions for you. Be sure to attend one of the upcoming educational seminars, sign up to receive our weekly e-mail market commentary, or pick up one of our semi-annual investment newsletters at any of the KCFCU branches. To schedule a complimentary appointment call: 1-269-968-9251 ext. 350, email Jennifer Drummond at: [jdrummond@kelloggfcu.org](mailto:jdrummond@kelloggfcu.org), or stop in to visit her at 6427 B Drive North, Battle Creek, MI 49014.

## Higher Rates that work for you!

### Money Market Checking Account

- Competitive dividends compounded monthly
- Unlimited deposits and withdrawals
- Free Online Banking & Bill Pay (up to 13 bills per month)
- Free VISA® ATM & Check Card with 24-hour ATM access to more than 25,000 surcharge-free ATMs nationwide
- Free online E-Statements
- Checking Line-of-Credit & Courtesy Pay available

Phone-in, Click-in or Walk-in to apply today!

**3.50% APY\***  
Minimum Balance of \$25,000


**2.50% APY\***  
Minimum Balance of \$5,000

**KELLOGG COMMUNITY**  
FEDERAL CREDIT UNION  
Anyone Can Join • Serving Southwest Michigan

269.968.9251 • [www.kelloggfcu.org](http://www.kelloggfcu.org)  
41 Second Street • 6427 B Drive North  
1425 Capital Avenue NE • 2020 W Dutton Road  
154 Highland Avenue • Battle Foyeysch

- 5 Branch Locations
- 24 Convenient ATMs
- Open 24 Hours Online
- Phone-in, Click-in or Walk-in Service

\*APY based on 12 month term. See website for details. © 2007 Kellogg Community Federal Credit Union. All rights reserved. Member FDIC. Member of the National Credit Union Administration. Member of the Michigan Credit Union Depository Fund. Member of the Michigan Credit Union Depository Fund. Member of the Michigan Credit Union Depository Fund.





BY PETER PHELPS

# THAT 'CUTS THE EDGE OF THE ENVELOPE'

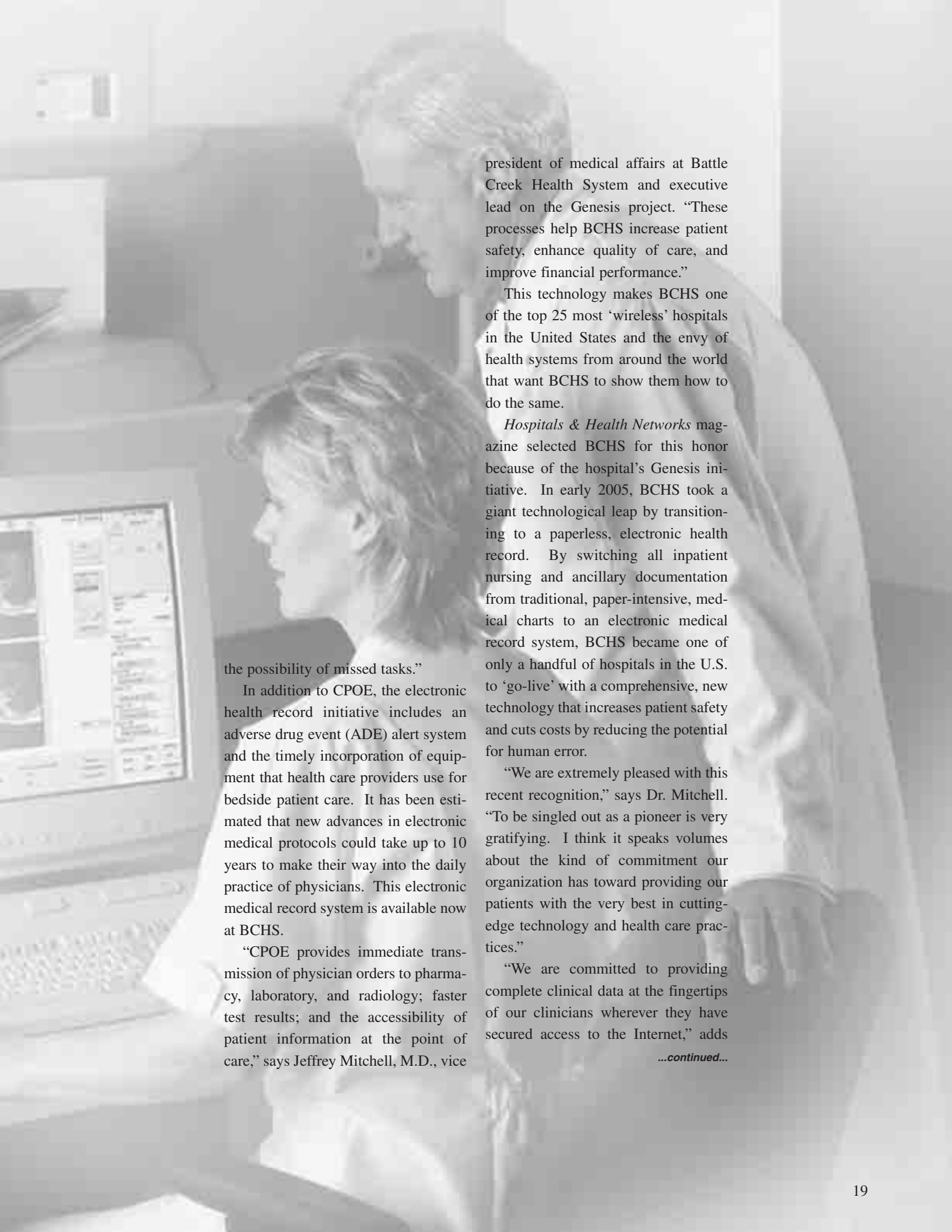
**SOMEONE** once said that technology is a lot like a fish – the longer it sits on the shelf, the less desirable it becomes. Battle Creek Health System believes that too, that is why it is constantly looking to update its equipment and techniques to make certain patients get the very best care.

One such technology introduced two years ago is called Genesis. Unattached and yet connected is how one might describe the extraordinary wireless communication devices at the fingertips of both physicians and nurses at Battle Creek Health System.

Waiting for lab results, searching for patient charts, or deciphering physician handwriting is a thing of the

past with computerized physician order entry (CPOE). Situations like these could have increased the potential to compromise patient care and safety in the previous, paper-based system, but not now. The Genesis clinical information system features electronic tools designed to alleviate such issues.

“CPOE helps clinicians respond to patients in ‘real time’ because orders are entered online at the point of care and then automatically sent to appropriate hospital departments,” says, Ann Pelissier Neeld, RN, MSN, MBA, chief nursing officer of BCHS patient services. “Treatments and interventions immediately appear on staff work lists – eliminating wait and reducing



the possibility of missed tasks.”

In addition to CPOE, the electronic health record initiative includes an adverse drug event (ADE) alert system and the timely incorporation of equipment that health care providers use for bedside patient care. It has been estimated that new advances in electronic medical protocols could take up to 10 years to make their way into the daily practice of physicians. This electronic medical record system is available now at BCHS.

“CPOE provides immediate transmission of physician orders to pharmacy, laboratory, and radiology; faster test results; and the accessibility of patient information at the point of care,” says Jeffrey Mitchell, M.D., vice

president of medical affairs at Battle Creek Health System and executive lead on the Genesis project. “These processes help BCHS increase patient safety, enhance quality of care, and improve financial performance.”

This technology makes BCHS one of the top 25 most ‘wireless’ hospitals in the United States and the envy of health systems from around the world that want BCHS to show them how to do the same.

*Hospitals & Health Networks* magazine selected BCHS for this honor because of the hospital’s Genesis initiative. In early 2005, BCHS took a giant technological leap by transitioning to a paperless, electronic health record. By switching all inpatient nursing and ancillary documentation from traditional, paper-intensive, medical charts to an electronic medical record system, BCHS became one of only a handful of hospitals in the U.S. to ‘go-live’ with a comprehensive, new technology that increases patient safety and cuts costs by reducing the potential for human error.

“We are extremely pleased with this recent recognition,” says Dr. Mitchell. “To be singled out as a pioneer is very gratifying. I think it speaks volumes about the kind of commitment our organization has toward providing our patients with the very best in cutting-edge technology and health care practices.”

“We are committed to providing complete clinical data at the fingertips of our clinicians wherever they have secured access to the Internet,” adds

...continued...

Pat Garrett, BCHS president and CEO. "We are also committed to an ordering process that combines patient data with evidence-based rules to reduce the risk of adverse drug events. Awards are nice, but the safety of our patients is paramount. This technology is making the consumer and patient experience much better."

**New Surgery and Diagnostic Technology**

A state-of-the-art surgery center with seven operating suites, equipped with video cameras to allow staff to view and record procedures, has just opened at BCHS helping the hospital maintain its health care leadership in the region. This expansion project has increased the size of the surgery department from 12,000 square feet to more than 30,000 square feet.

The operating rooms are designed to exchange room air 25 times per hour, which is a much higher rate than the typical 15-18 times in traditional ORs.

There are two elevators dedicated in surgery for the transport of sterile and non-sterile instruments. And each operating suite is equipped with a unique sanitary collection system.

The technology in radiology and microsurgery continues to grow at a rapid rate. And Battle Creek Health System is striving in maintaining its leadership role. Following are a few

highlights:

**Diagnostic Imaging:** Inpatient and outpatient radiology upgraded the computerized radiography (CR) system. The technological advancement to the digital world of imaging has many bonuses for patient safety; consistency in imaging can be manipulated to enhance the image, making a faster turn-around from physician to patient.

**Mammography:** The Mary Coleman Mammography Center began using its new digital mammography room in December 2006. It also has a new bone densitometry machine used for detecting osteoporosis in post-menopausal woman and men over age 55.

**Ultrasound:** BCHS now offers the latest technology of 3D/4D imaging. Many patients prefer this type of OB ultrasound because it shows a more 'true-to-life' image of their baby.

**MRI:** BCHS introduced the area's first 'open' magnetic resonance imaging (MRI) unit in 2006. The 45-ton unit, located on Beckley Road means patients will no longer have to travel hundreds of miles to receive this emerging technology. The open design allows access from all sides easily accommodating anxious, claustrophobic, large, and pediatric patients all while maintaining a high standard of image quality. The hospital also maintains a powerful fixed MRI on the main campus.

A new MRI software allows patients to breath normally while undergoing a gallbladder test. Previously a patient had to hold their breath. Images of the fingers, hand, and wrist will be even more detailed with the arrival of a new dedicated wrist coil.

**Nuclear Medicine:** In fall 2007, BCHS will unveil a new cardiac camera offering increased patient comfort and faster scanning speed.

**Non-Invasive Vascular Lab:** This modality received an upgrade called 'clarify,' offering better definition/detail information for physicians on arteries and other blood vessels in the body.

**Special Procedures:** A new non-surgical treatment for peripheral vascular disease (PVD) called percutaneous transluminal angioplasty (PTA) is now available. Specially trained physicians can insert a tiny balloon through a small puncture in the skin that inflates inside a narrowed, diseased blood vessel, compressing the fatty deposits of plaque from atherosclerosis; then deflate the balloon and remove it. Usually a small stainless steel stent is placed into the artery and gently expanded to keep the vessel open, restoring blood flow and relieving symptoms. This stent remains as a permanent implant.

**GreenLight Laser:** A revolutionary outpatient treatment for men who suffer from prostate problems was introduced last year at Battle Creek Health System. Called GreenLight PVP, BCHS is one of the first health systems in the region to offer this highly unique program that involves vaporizing prostate tissue for men who suffer from benign enlargement of the prostate.

**Brachytherapy:** Medical advances, particularly in radiation biology, have taken giant leaps through a technique called interstitial implantation or 'brachytherapy.' Prostate brachytherapy is a procedure by which radioactive material is surgically implanted in the prostate gland under ultrasound computer guidance. The computers assure more accurate and precise seed placement in the gland. Battle Creek Health System is on the cutting edge in bringing that procedure to this area.

**Patient Safety:** Already considered one of the nation's safest hospitals, Battle Creek Health System is also the recipient of the 2005 and 2006 HealthGrades\* Distinguished Hospital Awards for Patient Safety™. BCHS is one of only eight hospitals in Michigan, and the only hospital in Southwest Michigan to receive this national recognition.

As you can see Battle Creek is not leaving its equipment on the shelf to catch dust. It is updating and upgrading wherever possible assuring patients that they will receive the very best health care possible at Battle Creek Health System.

RENOVATION OF  
W.K. KELLOGG AUDITORIUM

SCHWEITZER  
CONTRACTING FOR THE FUTURE

9807 Bellevue Rd., P.O Box 1340, Battle Creek, MI 49016  
269-963-1579 • fax 269-963-3513  
www.schweitzer-inc.com

contracting for the future

## Kellogg Foundation sets new record for grantmaking.

The Kellogg Foundation reported that it awarded nearly \$287 million in grants during fiscal year 2005-06 – the largest annual total in its history, and a 15 percent increase over last year.

“While our emphasis will always be on ‘helping people to help themselves,’ there’s no question that having more funds at our disposal allows us to extend the impact of our work,” said Sterling Speirn, president and CEO of the Kellogg Foundation. “This growth puts us in a better position to face the challenges – planned and unplanned – that lie ahead.”

In 2005-06, the biggest unforeseen challenge to face the Foundation came in the forms of Hurricanes Katrina and Rita. After the storms devastated the Gulf Coast in August 2005, the Foundation took quick action. To date, the Foundation has awarded \$39 million in grants to the region, making it one of the leading private funders of hurricane relief and recovery efforts.

Stories, photos, and video of the Foundation’s hurricane recovery efforts – and all of its program areas – are featured in the 2006 Annual Report, available on-line at [www.wkkf.org](http://www.wkkf.org).

The Foundation’s primary program areas are: health; food systems and rural development; youth and education; and philanthropy and volunteerism. As detailed in the annual report, of the Foundation’s program payments, \$235 million were made in the United States (including \$56 million in Michigan); \$28 million were made in southern Africa; and \$23 million were made in Latin America and the Caribbean.

In its hometown of Battle Creek, Michigan, the Foundation awarded \$7.5 million. Since it was established in 1930, the Foundation has awarded nearly \$300 million in the Battle Creek/Calhoun County area.

The theme of this year’s annual report is “Building Hope, Building Communities.” In his CEO’s message, Sterling Speirn explains how “hope asserts itself in every effort supported by the Kellogg Foundation. Each of our projects begins as a vision. It’s an unfulfilled hope, but one that’s based on a very clear plan for realization.”

One of the key challenges for philan-

thropy, Speirn writes, is to give in a way that truly benefits people in the long-term.

“Charity, like philanthropy, is rooted in love of humankind. And direct acts of charity will always be noble and necessary. Yet the mission of philanthropy is to pick up where charity leaves off; to extend the impact and deepen the value of giving.

“The time-honored example is to teach a hungry man to fish – instead of simply giving him enough fish for his next meal . . . Like our founder, W.K. Kellogg, we wish to give in a way that makes people stronger and more capable to use their own assets and abilities.”

The W.K. Kellogg Foundation was established in 1930 “to help people help themselves through the practical application of knowledge and resources to improve their quality of life and that of future generations.” To achieve the greatest impact, the Foundation targets its grants toward specific areas. These

include: health; food systems and rural development; youth and education; and philanthropy and volunteerism. Within these areas, attention is given to exploring learning opportunities in leadership; information and communication technology; capitalizing on diversity; and social and economic community development.

Grants are concentrated in the United States, Latin America and the Caribbean, and the southern African countries of Botswana, Lesotho, Malawi, Mozambique, South Africa, Swaziland, and Zimbabwe.

For further information, visit the Foundation’s Web site at [www.wkkf.org](http://www.wkkf.org). The site offers: in-depth information about the Foundation’s programming interests; information on the Foundation’s grant application process; a database of current grant recipients; and access to publications which report on Foundation-funded projects.

## Miller College Expands Options

The path to completing a bachelor’s degree has become clearer for Glen Oaks Community College students, with the recent signing of an articulation agreement by The Robert B. Miller College in Battle Creek and Glen Oaks Community College.

The agreement makes it more convenient for students who wish to continue their college education and ensures that Glen Oaks students, who complete an associate’s degree or at least 60 credit hours, may enroll at Miller College with junior status. This seamless transition will benefit those students who wish to advance their education.

The articulation agreement was signed by Glenn Oxender, President of Glen Oaks Community College and Dr. Paul Ohm, President of Miller College. “Our goal is to do the very best we can for our students by transforming their lives and improving our community. We are the only college in St. Joseph County, and the majority of our students go on to continue their degree. This relationship with Miller College provides the opportunity for

even more students to do so,” said Oxender.

The colleges anticipate jointly communicating this agreement to present and past Glen Oaks Community College students. “A significant number of our students come from Glen Oaks. We are excited to be able to offer this opportunity to current and future students and look forward to a mutually beneficial relationship with Glen Oaks Community College,” said Ohm.

Located in the Russell G. Mawby Center in Battle Creek, The Robert B. Miller College is an upper-division, private, baccalaureate institution. For more information visit Miller College at [www.millercollege.org](http://www.millercollege.org) or call (269) 660-8021.

Glen Oaks Community College is a comprehensive post-secondary institution with a diverse student body. The College offers 10 associate degrees and 22 occupational certificates. For more information call (269) 467-9945 or toll free 1-888-994-7818. Visit Glen Oaks Community College on the web at [www.glenoaks.edu](http://www.glenoaks.edu).

# Entertainment Calendar

Events For Jan. – Feb. 2007 – (\$) = Admission Fee (D) = Disabled Access

## JANUARY

**12 - 14: The Divas & Friends,** Franke Center for the Arts, Marshall, [www.frankecenterforthearts.org](http://www.frankecenterforthearts.org)

**12 - 27: Gallery 1-2: Quilt Exhibition,** Art Center of Battle Creek, (269) 962-9511, [www.artcenterofbattlecreek.org](http://www.artcenterofbattlecreek.org)

**13: Planetarium Show,** Kingman Museum, Battle Creek, (269) 965-5117 [www.kingmanmuseum.org](http://www.kingmanmuseum.org)

**18 - 20: Michigan High School Football Coaches Convention** Kellogg Arena, (269) 963-4800 [www.kelloggarena.com](http://www.kelloggarena.com)

**19: Late Night at the Library** Willard Public Library, (269) 968-8166 [www.willard.lib.mi.us](http://www.willard.lib.mi.us)

**19 - 21: Winter Classic** The Rink, (269) 345-5369 [www.battlecreekhockey.org](http://www.battlecreekhockey.org)

**20: Master Gardner Class** Leila Arboretum, (269) 969-0270 [www.lasgarden.org](http://www.lasgarden.org)

**20: Nature Time** Kingman Museum, (269) 965-5117 [www.kingmanmuseum.org](http://www.kingmanmuseum.org)

**26 - 28: Winter Classics** The Rink, (269) 345-5369, [www.battlecreekhockey.org](http://www.battlecreekhockey.org)

**26 - 28: Bull Riding** Kellogg Arena, (269) 963-4800 [www.kelloggarena.com](http://www.kelloggarena.com)

**27: Kalamazoo Symphony Brass Quintet** Franke Center for the Arts, Marshall, [www.frankecenterforthearts.org](http://www.frankecenterforthearts.org)

**27: Desperate House - Plants Sale** Leila Arboretum, (269) 969-0270 [www.lasgarden.org](http://www.lasgarden.org)

**27: Experiments** Kingman Museum, (269) 965-5117 [www.kingmanmuseum.org](http://www.kingmanmuseum.org)

**27: Pajama Party and Movie** Full Blast, 6-10pm, \$, (269) 966-3431 [www.bcparks.org](http://www.bcparks.org)

## FEBRUARY

**1 - 4: RV Show,** Kellogg Arena, (269) 963-4800; [www.kelloggarena.com](http://www.kelloggarena.com)

**2 - 4: Michigan Amateur Hockey Association,** The Rink, [www.maha.org](http://www.maha.org)

**2 - 24: Gallery 1: Collection work from 200th Anniversary of Sojourner Truth; Galleries 2-3: Then and Now - selected pieces,** Art Center of Battle Creek, (269) 962-9511, [www.artcenterofbattlecreek.org](http://www.artcenterofbattlecreek.org)

**3: Chris Linn, Magician & Comedian** Franke Center for the Arts, Marshall, [www.frankecenterforthearts.org](http://www.frankecenterforthearts.org)

**6: Little Brush Strokes Class** Full Blast, Every Tuesdays for 4-weeks, 10-11am, Register by Jan 17, \$, (269) 966-3431, [www.bcparks.org](http://www.bcparks.org)

**8: African American Folk Tales,** Willard Public Library, (269) 968-8166, [www.willard.lib.mi.us](http://www.willard.lib.mi.us)

**10: Battle Creek Symphony, W.K.** Kellogg Auditorium, (269) 565-2199, [www.musiccenterscmi.com](http://www.musiccenterscmi.com)

**10: Classic Blend,** Franke Center for the Arts, Marshall, [www.frankecenterforthearts.org](http://www.frankecenterforthearts.org)

**10: New Planetarium Show,** Kingman Museum, (269) 965-5117, [www.kingmanmuseum.org](http://www.kingmanmuseum.org)

**10: Team of Destiny,** Kellogg Arena, (269) 963-4800, [www.kelloggarena.com](http://www.kelloggarena.com)

**10 - 11: Victorian Valentine Display,** Honolulu House, (269) 781-8544, [www.marshallhistoricalsociety.org](http://www.marshallhistoricalsociety.org)

**13: Dinner and a Show,** Kingman Museum, (269) 965-5117, [www.kingmanmuseum.org](http://www.kingmanmuseum.org)

**16 - 18: Cereal City Classic Gymnastics,** Kellogg Arena, (269) 963-4800, [www.kelloggarena.com](http://www.kelloggarena.com)

**16 - 18: Under 500 Tournament,** the Rink, [www.battlecreekhockey.org](http://www.battlecreekhockey.org)

**17: Mississippi Heat** Franke Center for the Arts, [www.frankecenterforthearts.org](http://www.frankecenterforthearts.org)

**17: Master Gardener Class,** Leila Arboretum, (269) 969-0270, [www.lasgarden.org](http://www.lasgarden.org)

**21: African American Music Project,** KCC Student Center Quiet Dining Room

**23 - 25: Boat Show,** Kellogg Arena, (269) 963-4800, [www.kelloggarena.com](http://www.kelloggarena.com)

**24: Battle Creek Boys choir and ARS VOCE - Waiting for the Morning Train,** First Congregational Church, 7:30pm (269) 963-1911, \$, [www.musiccenterscmi.com](http://www.musiccenterscmi.com)

**24: Experiments,** Kingman Museum, (269) 965-5117, [www.kingmanmuseum.org](http://www.kingmanmuseum.org)

**24 - 25: College Showcase,** The Rink, [www.battlecreekhockey.org](http://www.battlecreekhockey.org)

**26: Little Bobbers,** Full Blast, Every Monday for 5-weeks, 10-11am, Open to boys and girls ages three years to 54 months old. Register by Feb 7, \$, (269) 966-3431, [www.bcparks.org](http://www.bcparks.org)

**27 - 28: Shrine Circus,** Kellogg Arena, (269) 963-4800, [www.kelloggarena.com](http://www.kelloggarena.com)



**PROUD TO BE A  
PART OF A  
GROWING  
BATTLE CREEK**  
Import • Export



**TOYOTA TSUSHO AMERICA, INC.**

795 Fritz Keiper Blvd. • Battle Creek, MI • 49015 • (269) 962-0118

# Remodeling Scene

## Five New Solutions To Cold & Drafty Rooms

With cold winter weather now upon us, are you suffering from rooms that are cold and drafty? Many mistakenly assume that this is unavoidable, since every home they ever lived in had uneven temperatures. Others say they can understand why they have the problem, since the problem area is the farthest from the furnace or air handler, but you don't have to put up with these problems!

New government, industry and utility company research on uneven temperatures finds there are now economical permanent solutions. Here are some common causes, and solutions:

**Identify Your Duct Leaks and Have Them Sealed:** The Department Of Energy states that the typical duct system may lose an astounding 25 to 40 percent of the energy put out by the central furnace, heat pump or air conditioner. In addition to putting a strain on your monthly budget, this energy waste causes discomfort. If the conditioned air is leaking out of the ducts, it is not getting to where it's needed.

To determine if your duct system leaks, and how badly, ask your heating and cooling contractor come to check your system. If you find that your ducts are leaking, have them thoroughly sealed, using special paint-on fiber-reinforced elastomeric sealants, not simply duct tape. Simply sealing duct leaks usually makes a dramatic improvement in evening out temperatures – and pays for itself through lower utility bills.

**Have Your Duct System Tested and Air Balanced:** Your duct system may not have proper air flow. Ask your heating and cooling contractor to check the "static pressure" in your ducts. Just as with blood pressure, the pressure in your air ducts must not be too high. Renovations to the duct system may be needed to add balancing dampers and eliminate restrictions. Your contractor can use an air flow capture hood to measure and adjust each register to the proper air flow.

**Correct Missing Insulation and Thermal Bypasses:** Proper air flow is only part of the challenge. Insulation also plays a key role in making each

room comfortable. Missing insulation or not enough insulation is very common. This is especially a problem with rooms adjacent to attics, or over garages. Ask your contractor to inspect insulation levels and also check for thermal bypasses (hollow wall cavities in the home behind sheet rock walls). Insulation over the top of them does little to reduce heat transfer. Having thermal bypasses pinpointed and sealed saves energy and makes individual rooms much more comfortable.

**Consider A Zoning Damper System:** After implementing the above recommendations, if the temperatures are still not even enough, you may want to consider asking your contractor for a proposal for a zoning system. If implemented, motorized dampers are installed in the ducts, tied to thermostats in all areas. If one area needs more cooling or heating, the dampers to it stay open and others close off.

**Consider A New Smaller Furnace Or Air Conditioner:** Many homeowners mistakenly assume that if there are uneven temperatures, a larger unit is needed. In fact, the exact opposite may be true. If your current system is oversized, it comes on, runs for only a short period and then shuts off. The blast of heating or cooling from an oversized unit typically satisfies the thermostat before the farthest reaches of the home are heated or cooled. A new properly sized unit runs gently for longer periods, resulting in more even temperatures, much greater summertime humidity removal, and lower utility bills. Ask your contractor about new variable speed fans and two speed furnaces and air conditioners that adjust their output as needed to extend the run times. Although a new unit is a big investment, done properly the comfort levels will greatly improve, and lower utility bills will pay for it over time.



**TWO GREAT RESTAURANTS IN ONE!**

# GREAT CHEF. GREAT FOOD!

- Francois is proud to feature in exclusivity in Michigan Samuel Adams 18 different style beers "flight of 5 beer tasting for \$9.99.
- Come to taste the new french american bistro menu featuring home specialties starting at \$9.99. Crepe Suzette, Beef Stroganoff, Navarin d'agneau . . .
- Dinner and a Movie ticket w/3 hour free parking starting at \$14.99.
- Kids menu Available.
- Try tortilla flat new menu featuring Tex Mex specialty starting at \$7.99 enjoy our 64oz Margarita for 2 people . . . or try our Tequila bar featuring over 30 Tequila. "Flight of Tequila tasting for \$9.99.
- Live Blues and Jazz Band and Live DJ on the weekends.
- Francois News, menu entertainment schedule, gourmet classes, catering information, discount coupons online: [www.francoiskazoo.com](http://www.francoiskazoo.com)



**269-381-4958 / 116 Portage St., Kalamazoo, MI**  
In the heart of downtown Kalamazoo on the corner of Michigan and Portage – just a 20-minute drive from Battle Creek!

## Growing in The Garden 2007 Classes

Get ready for spring now...and sign up for the Leila Arboretum's "Growing In The Garden" class series!

Choose from a variety of classes that are sure to appeal to anyone that has an interest in trees, plants, wildlife and gardening. Sue Webster, our Master Gardener Coordinator and Growing in the Garden education guru, has been busy coordinating all of the upcoming classes, and boy does she have some great instructors as well as great class lined up!

There are classes on composting, becoming a Master Gardener, Landscape Design, Water Gardening, Rare and Hardy Trees, Landscape Lighting, Herbal Soap Making, Herbal Lotions and Potions, Plant Sale Seminars, Creative Containers, Leaf Form Birdbaths, and so much more!

All classes will be held at the Leila Arboretum Society's - Horticulture Training Center (unless otherwise noted), which is located at 103 Limit Street, Battle Creek, MI (just 1.5 miles west of downtown).

To sign up for any of the classes or to find out more, call Susan Jennette at 269-96-0270 x112 or Sue Webster x115.

Class details are as follows:

**MASTER GARDENER CLASS--**  
(Winter 2007). The third Saturday of the month. Starts Jan. 20 and finishes June 16. Two required classes each Saturday 9am-12pm and 1-4pm. Cost: \$250.00

This winter we are trying a new format for our Master Gardener Classes. They will be held once a month and last for 6 months. We thought this might make it easier for a lot of working folks - or just plain busy folks to take the MGV Class. Each of the Saturdays will have two classes with an hour between for lunch. It will be quite intensive but the students then have a month to catch up on reading and get ready for the next class.

The first six months of the year are full of Volunteer Opportunities and many of the Winter-students get their volunteer time in and are Certified Master Gardeners by the end of the class. Space becomes limited for the MGV Classes so call us early. Each of the twelve classes is taught by regional experts - so a lot of the information is from experience as well as books!

**DESPERATE HOUSEPLANTS--**  
Workshop and Plant Sale. Saturday, Jan.



Instructor Allison Mowry shows the fall Master Gardener Class how to divide perennials and how to plant bulbs properly.

20 from 10 am-2pm. Cost: Free - MGV ed: 1 hour

Enjoy a Class with Advance Master Gardener and houseplant guru Ted Kurnat and learn what houseplants desperately need to survive and thrive through our dark and dreary winters. Then enjoy the warm green house for some shopping - choose the perfect houseplants for your home from the hundreds of choices. Stacey Rocklin, LAS Horticulturist and her team of Master Gardeners have been busy propagating and preparing for your visit.

**LANDSCAPE DESIGN--**  
Wednesday evenings 6-8pm- from Feb 14-March 21. Cost: \$325.00 - MGV ed: 12 hours. Landscape Designer, Lori Sadowski will lead you through the maze of questions that will give you and your landscape a whole new vibe this summer. This class has been offered at LAS quite a few times and is always popular. If you feel like your landscape is just not quite there and you have no idea how to "fix" it come and join Lori for this fun 6 week course.

**WATER GARDENING--**  
Saturday, March 3 from 10am-1-pm  
Cost: \$50 - MGV ed: 3 hours. Floyd Tucker, owner/operator of Showcase

Gardens & Landscape in Coldwater, MI will be presenting this class for the beginner water gardener. If you' like to relax in your backyard to the soothing sound of trickling or bubbling water, join us on this journey. Floyd has been selling and setting up water gardens in the area for quite a while. He is a MSU Horticulture Graduate and should be a great asset to the LAS roster of teachers.

**RARE AND HARDY TREES--**  
Saturday, March 10, from 10am-12pm. Cost: \$50 - MGV ed: 2 hours. What would we do for tree information without Brett Myers? Brett is the EXPERT here at LAS and once again he will be sharing his vast knowledge of trees with us. The combination of rare and hardy gives us a chance to choose an unusual tree for our landscape - one that will be happy here in Southwest Michigan. So if you have a perfect spot for a rare and hardy tree sign up for this class with Brett. Upon completion of the class each person will receive a \$25 gift certificate to use at the upcoming May 12th, Spring Plant Sale-Fundraiser for the Leila Arboretum Society.

**TREE PRUNING--**  
March 14 from 5-7pm. Cost: \$50.00 - MGV ed: 2 hours. Afraid to prune trees and shrubs at home but know it needs to be done? Come and learn with the best! Brett Myers, our resident woody plants guru is a certified Arborist who will show you hands on techniques on pruning some of the trees in the Arboretum and Children's Garden. Upon completion of the class each person will receive a \$25 gift certificate to use at the upcoming May 12th, Spring Plant Sale-Fundraiser for the Leila Arboretum Society.

**LANDSCAPE LIGHTING--**  
Wednesday, March 28 from 6-8pm. Cost: \$50.00 - MGV ed: 2 hours. Lighting your landscape can give a whole new dimension to the appearance of your home and garden. Stacey Rocklin, Horticulturist here at LAS will be showing us how to enhance our gardens with carefully planned use of lighting. Upon completion of the class each person will receive a \$25 gift certificate to use at the upcoming May 12th, Spring Plant Sale-Fundraiser for the Leila Arboretum Society.

**HERBAL SOAP MAKING--**  
Saturday, April 7 from 9:30am-12noon.

**Cost:** \$50 - **MGV ed:** 3hours. These classes will be taught by *Colleen French*, an herbalist and teacher, from Portland MI. She has taught all over the state and many of you may know her from Regional markets and fairs. Colleen has a thriving mail order business: French Garden Creations. Her classes are enlightening and fun – it's a hands on process with lots of information and anecdotes about herbs and life. The Herbal Soap making is done in a crock-pot – a real time and energy saver if you have ever made soap the “old” way. You will learn the process and get about ? pound of soap to take home. Colleen's book on making soap is also included. It's full of recipes and herbal information.

**HERBAL LOTIONS & POTIONS–**  
*Saturday, April 7 from 1-3:30pm. Cost:* \$50 - *MGV ed:* 3 hours. Herbal Lotions and Potions is a wonderful way to spend the afternoon! Colleen will introduce you to the essential oils and their properties. After choosing favorites, you will make several products using these oils. The class fee includes her book on Lotions and Potions—a wealth of knowledge and recipes for beauty products. Each class member will get a lip balm in a Victorian tin and two other beauty products: a personalized room spray and a personalized body lotion.

**SANDWICH & A STROLL LUNCH SERIES IN THE ARBORETUM–**  
*Friday April 20 at 12 noon. (Meet at the fountain at the main entrance of the Leila Arboretum). Cost:* Free - *MGV ed:* 1 hour. Bring your lunch and enjoy *Stacey Rocklin*, LAS Horticulturist, your guide for this series of walks through the Arboretum. Each month she will take you to a featured area or garden. It's a lovely way to take a break - be surrounded by beauty and learn about gardens in the Arboretum. Each month will feature a different area or garden. The focus will be on “**Flowering Trees and Shrubs**”.

**PLANT SALE FUNDRAISER SEMINARS–**  
*Saturday, May 12. Cost:* Free - *MG ed:* 1 hour each. Three sessions in the morning will be held to inform visitors on an aspect of horticulture.

**SANDWICH & A STROLL LUNCH SERIES IN THE ARBORETUM–**  
*Friday, May 18 at 12 noon. (Meet at the fountain at the main entrance of the Leila Arboretum). Cost:* Free - *MGV ed:* 1 hour. Bring your lunch and enjoy *Stacey Rocklin*, LAS Horticulturist, your guide for this series of walks through the Arboretum. It's a lovely way to take a break - be surrounded by beauty and learn about gardens in the Arboretum. The focus will be on “**May Flowers from April Showers**”.

**CREATIVE CONTAINERS–**  
*Friday, May 18, 6-8pm. Cost:* \$50 - *MGV ed:* 2 hours. Are you just plain tired of the tried and true container plantings – you know – the same ones you see (or do) every year. Come and join *Stacey Rocklin*, LAS Horticulturist, for an interesting look at creative containers. Both the planting and the containers themselves will be explored.

**LEAF FORM BIRDBATH–**  
*Saturday June 2 from 1-3pm. Cost:* \$50. These marvelous bird baths have grown in popularity every year. It's a messy fun job and the results are terrif-

ic. *Stacey Rocklin* leads this adventure in concrete – her vision is worth the cost of the class.

**SANDWICH & A STROLL LUNCH SERIES IN THE ARBORETUM–**  
*Friday, June 15, at 12 noon. (Meet at the fountain at the main entrance of the Leila Arboretum). Cost:* Free - *MGV ed:* 1 hour. Bring your lunch and enjoy *Stacey Rocklin*, LAS Horticulturist, your guide for this series of walks through the Arboretum. It's a lovely way to take a break - be surrounded by beauty and learn about gardens in the Arboretum. The focus will be on “**Flowering Perennials**”.

## Paying For The Holidays

It's the Worst Part of the Post-Holiday Season... It's the day when the credit card bill containing all your holiday shopping expenses arrives.

Consumers spent an average \$800 on holiday gifts this year and many charged it to credit cards. In fact, according to Consumers Reports, consumers charged

more than \$63 billion in gifts this season. That's part of the reason why the average American carries \$9,000 in credit card debt.

Paying off that debt can be difficult enough when it carries a double-digit interest rate. If you can only afford the minimum payment, it could take years to

eliminate that debt. And that's presuming you cut up or lock away those cards for emergency purposes only starting today.

So what can you do? First you should recognize that credit cards are often the problem, not the solution. The interest rates are very high and the deeper into debt you get, the harder it is to dig out.

One solution to consider is tapping your home's equity to get out from under that burden. There is almost \$9 trillion in available home equity in America, and it can be used to pay off high interest, non-deductible debt such as credit cards. Also, consider that right now long-term interest rates are near their lowest point in 40 years, hovering in the six to seven percent range. Again, compare that to the 17 to 20 percent interest rate you are likely paying on your credit cards.

Determine what you'll need to pay off the credit cards and what you'll need for upcoming major expenses. Then evaluate whether a cash-out refinance, home equity loan or home equity line of credit (HELOC) best suits your needs.


Another benefit of tapping your equity to pay off credit card debt is the interest may be deductible, unlike interest paid on credit cards. You should consult with your tax advisor to find out, however.

Working with a reputable lender can help you decide what the best loan program is for your individual situation. Often your banking institution has a great deal of useful information about various loan programs, as well as tips on how to reduce debt and better manage your budget. You could also consider the vast amount of information available online or in your nearby bookstore.

Most importantly, create a priority list of debts to pay first. The debts with the highest interest rates should be at the top of the priority list. While some might suggest that you use savings to pay off credit card debt, many families feel more comfortable having something set aside just in case it's needed. It is really a personal decision.

If you use your credit cards to track expenses or for business purposes then create a system that allows you to pay them in full each month.

Once you pay off those credit cards remember that they may be best used for emergencies and not for everyday spending. Use the cash you free up each month to fully fund investments, such as a 401(k), or save for a rainy day. If you return to lavish spending habits, you may quickly find yourself back in the same predicament.




**BUSINESS DEVELOPMENT FOR A CITY WITH**  
*Unlimited*  
**POTENTIAL**

- Battle Creek Aviation & e-Learning SmartZone <sup>SM</sup>
- Community-wide Fiber Optic Ring
- Foreign Trade Zone #43 & U.S. Customs Port of Entry
- Loan & Equity Investment Fund
- Renaissance Zone Sites
- Residential Living Opportunities
- W. K. Kellogg Airport
- World Renowned Fort Custer Industrial Park

**BATTLE CREEK UNLIMITED**

**269.962.7526**

**www.BCUnlimited.org**  
**www.BCUKnowledgeNow.com**



## Meth Community Awareness signs posted at entry points.

The Calhoun County Meth Task Force/ Substance Abuse Council kicked off the **Calhoun County Meth Community Awareness Sign campaign**. As a result you will see road signs and yard signs at strategic locations throughout the community.

The Department of Justice recently sponsored the National Methamphetamine Awareness Day in order to generate awareness about the damaging effects of Meth abuse on individuals, families and American communities. Education and public outreach are at the heart of the national drug control strategy, and National Methamphetamine Awareness Day played an important role in highlighting the nationwide efforts to increase awareness and decrease demand of this highly addictive and dangerous drug.

Methamphetamine manufacture and use is a concern being addressed locally by the Calhoun County Meth Task Force. Calhoun County's proactive preventive approach has resulted in fewer Meth incidents and lab seizures than neighboring counties. "We want to keep it this way," states Prosecutor John Hallacy, co-chair of the Task Force. "When people hear about the dangers involved in making Meth, they say, 'WOW. This is big and could affect me!'" The Calhoun County Meth Task Force is working to increase awareness in the community on the danger of Meth production and Meth use. We want to increase the eyes and ears around the county community so problems can be prevented."

Beginning with Emmett Township, road signs will be placed around Calhoun County stating **Meth Watch** is working in our county to keep Meth out! Signs will be posted by the Calhoun County Road Commission at major arteries into Calhoun County.

Residents of the Fairfax Association in Emmett Township learned about how Meth affects the individual user, children living in homes where Meth is being made, and how Meth labs can destroy homes and

pose hazards for neighborhoods. Initiated by their suggestion to post signs in yards...the yard signs campaign will be taken throughout the county.

Funding for signs is being provided by Emmett Township Public Safety

Department, the City of Battle Creek Sign Shop, Calhoun County Road Commission and Calhoun County Prosecutor's Office.

For more information, contact the Substance Abuse Council: (269) 968 – 4699.

### From generation to generation...

### experience, knowledge, and quality!



Bob (Jr.), Bob (Sr.) & Dale Hubbard



Serving Southwestern Michigan Since 1946

*The one who plants and the one who waters, work as a team... (1 Cor 3:8)*

269-962-1070 • 269-345-6000 • 800-GET-ROTO

SINCE 1938

### WHEN YOU'RE PRINTING CHECKS YOU NEED...

# security

We can add these security features to your next check order:

- Bleed-Thru Numbering
- Void Pantographs
- Watermarked Paper
- **And More!** Visit our website for additional security features and tips.

*Give your next check order the security it needs.*

printlink • palmer  
SYSTEMS • FORMS • CHECKS • GENERAL PRINTING

309 Fritz Keiper Blvd., Battle Creek, MI 49015 | 269-965-1336 | [www.printlinkpalmer.com](http://www.printlinkpalmer.com)



**CARL ANGELO**

Civic leader and contributing sport's writer each month for Scene, with popular columns, "Where Are They Now" and "Touching the Bases."

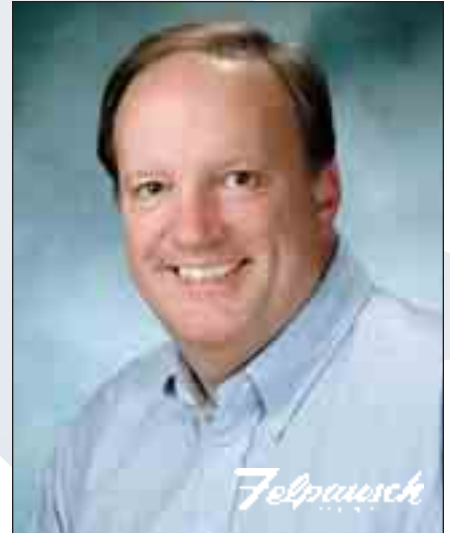
**269-979-1411**



**JOSEPH E. ARMSTRONG**

Manager of Sentinel Monument Co. a division of the Farley-Estes & Dowdle Funeral Home. Joe specializes in assisting families with the selection, ordering and inscription of cemetery markers and monuments.

**269-962-5527**



**BRIAN BLODGETT**

Store Director currently working on a special program and working in all stores.

**269-945-3485**



**BARRY BRUNS**

President, Co-Owner. HomeLife, Inc., established in 1996, now operates six programs that provide specialized care to individuals struggling with long-term effects of brain injury and mental illness.

**269-660-0854**



**JOHN J. CHMIEL**

Handles personal, business and life insurance, IRA's, mutual funds and many other financial services. State Farm also has bank products including CD's, mortgages, savings and checking accounts.

**269-965-4556**



**SCOTT M. CHRIST**

VP, Co-Owner of HomeLife, Inc. Marketing of residential home programs serving individuals with brain injury or mental illness. Currently serving 42 individuals via 100 dedicated employees.

**269-373-5919**



**CHARLES E. COLEMAN Ed.D**  
 Superintendent of Battle Creek Public Schools since June 2000. Includes oversight of the area's largest school district with 11 elementary, 4 middle schools, and 1 high school, plus special programs.  
**269-965-9500**



**THOMAS C. COLEMAN**  
 Licensed funeral director with the Richard A. Henry Funeral Home Inc. He directs families on funeral arrangements and prearrangements along with conducting funeral services.  
**269-962-5191**



**MICHAEL L. COPE**  
 Battle Creek Reg. Pres. and Dept. Mgr. of Small Business Banking in West and Central Michigan, including operations in Muskegon, Grand Rapids, Kalamazoo, Lansing, Jackson, Midland and Ann Arbor.  
**269-966-6300**



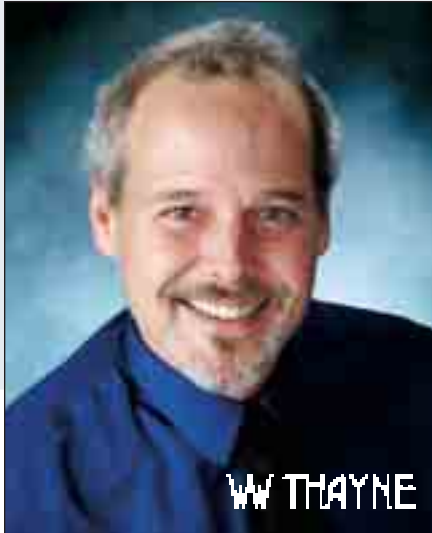
**MARC COPPINS**  
 Owner of Net Magik Pros. "I'm dedicated to designing a website that you will LOVE, at an affordable cost, while making it a stress free and pleasurable experience."  
**269-420-5168**



**TIM CREECH**  
 Chief Business Development Officer. Oversees the strategic direction of the business development department. Responsible for building relationships with local business, schools, dealerships, members and other external clients.  
**269-968-9251 ext. 227**



**MIKE DELOOF**  
 Project Mgr., Associate Partner, managing all site activities. Currently handling In-Patient & Surgery Tower Addition at BCHS. Mike has also constructed local Menard's, Meijer and more.  
**269-746-5600**

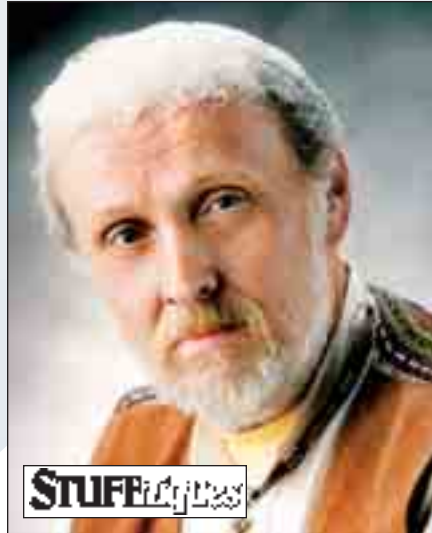


W.W. THAYNE

**FREDERICK A. DERUITER**

President & CEO, Publisher for Scene Magazine. Responsible for layout and design of Scene Magazine. Also responsible for layout, design and art direction for W.W. Thayne Advertising Inc.

**269-979-1411**



STUFFEYDES

**RICHARD F. DERUITER**

Co-Owner. Responsible for purchasing estate items, restoration and sales of unusual antiques & collectibles. Currently maintains 14 antique booths at various malls. Call for requests and appraisals.

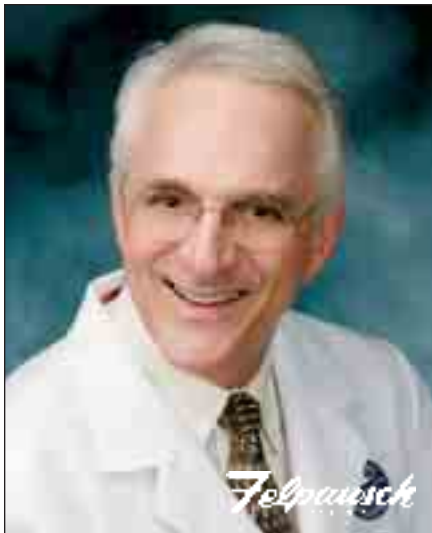
**269-968-6784**



**MICHAEL E. DOWNING**

Associate Broker. Provides homeowners with marketing assistance to sell their homes and buyers with necessary services to procure housing.

**269-968-6101**



Felpausch

**JOHN DREW**

Pharmacy Manager at the Battle Creek, Highland Ave. Felpausch Pharmacy. John has over 20-years of pharmacist experience. For outstanding pharmacy service, John can be reached at...

**269-965-5631**



Felpausch

**BILL DRUMM**

Director of Retail Merchandising. Responsible for store level execution of product merchandising.

**269-945-3485**



A

**JAMES DUNN**

Project Manager. Joined the company in 1971 as an Equipment Operator. Works in estimating, project management and field supervision, scheduling daily work crews.

**269-968-3391**



**BILL FELDPAUSCH**  
 Vice President of Sales and Marketing. Responsible for all marketing and advertising strategies for the company.  
**269-945-3485**



**JIM FELDPAUSCH**  
 President and Chief Operations Officer. Responsible for overseeing all store operations including store conditions, customer service, and labor.  
**269-945-3485**



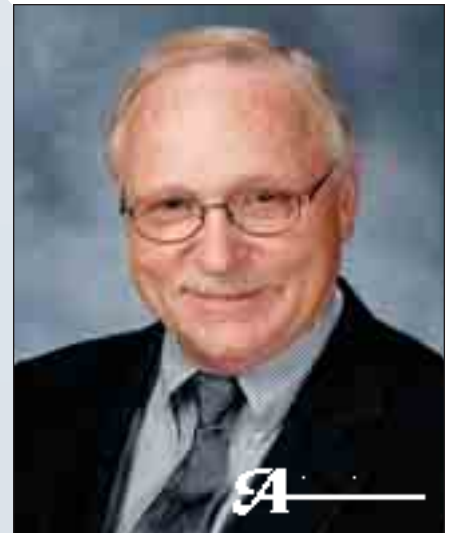
**MARK FELDPAUSCH**  
 CEO and Chairman of the Board of Dirs. Responsible for new market development and business ventures and works with senior management to establish and implement future goals for the company.  
**269-945-3485**



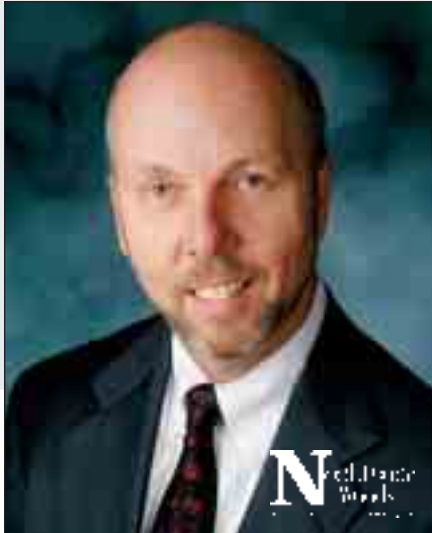
**DICK FINK**  
 Executive Director. Works along with staff and the community to ensure that the 120 years of existence forms a strong basis for a continued productive future.  
**269-964-7234**



**TODD GILLETT**  
 Store Director. Responsible for all operations in running the Marshall store. Includes serving customers, managing over 100 associates, maintaining a budget and performing miscellaneous jobs.  
**269-781-8962**



**RICHARD GREGG**  
 Retired. Joined the company in 1971 as a Project Manager and advanced to Vice President in 1979. President 1995 to 2006. Works as a consultant for the company.  
**269-968-3391**



**JEFF HAGAN**

Executive Director. Responsible for all operations, programs and services provided by this senior living community comprised of 100 independent apartments and 50 assisted living suites.

**269-964-7625**



**JOHN HALLACY**

Prosecuting Attorney since 2001. As Prosecuting Attorney he is the Chief Law Enforcement Officer for Calhoun County and he heads an office of 18 Assistant Prosecutors and 24 support staff.

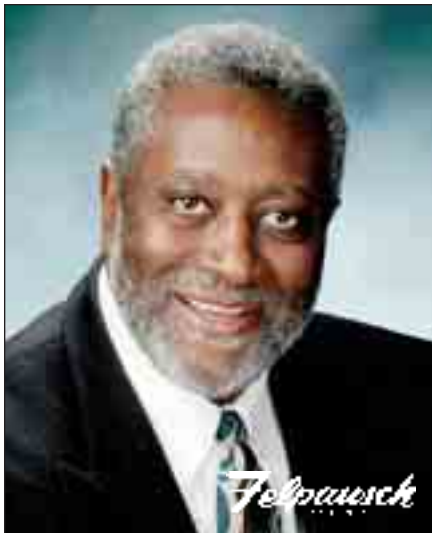
**269-969-6980**



**AARON HAROFF**

ATM Network Supervisor. Supervises all aspects of the ATM Network. Ensures the continuous availability of 24 ATMs, oversees new ATM implementation. Coordinates the movement and support of the Mobile Branch and ATM.

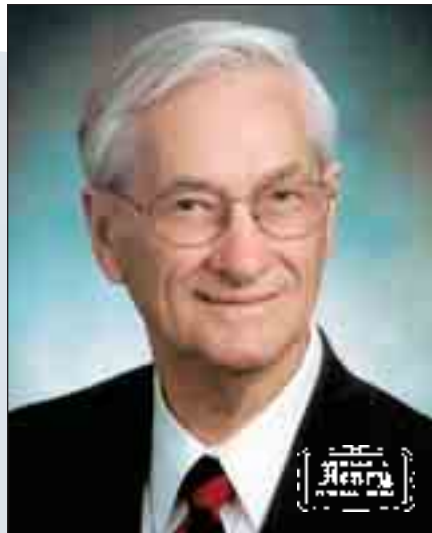
**269-968-9251 ext. 247**



**ELIJAH HARRIS**

Store Director. Responsible for running all operations at the Pennfield store. Includes serving customers, managing over 100 associates, maintaining a budget and performing miscellaneous jobs.

**269-781-8962**



**RICHARD A. HENRY**

Began serving families in 1948, established the Richard A. Henry Funeral Home Inc. in December 1963 and serves as President of the firm.

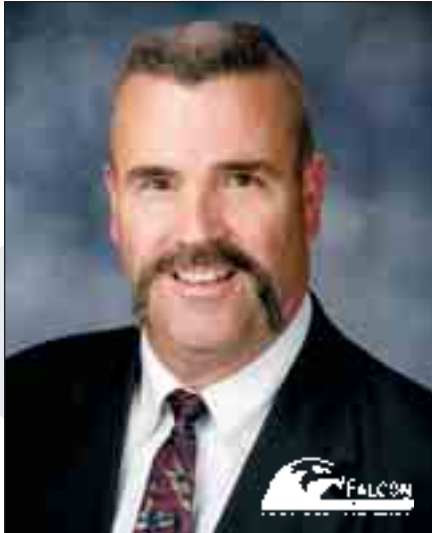
**269-962-5191**



**JODY HODGE**

Project Manager. Re-joined the company in 2006. Works in estimating and project management. Jody has a degree from Ball State University in Business Administration.

**269-968-3391**



**RON HOLCOMB**

President of a Powdered Metal and Manufacturing Solutions provider. 26 years of leadership and management experience including P&L, asset and operational management.

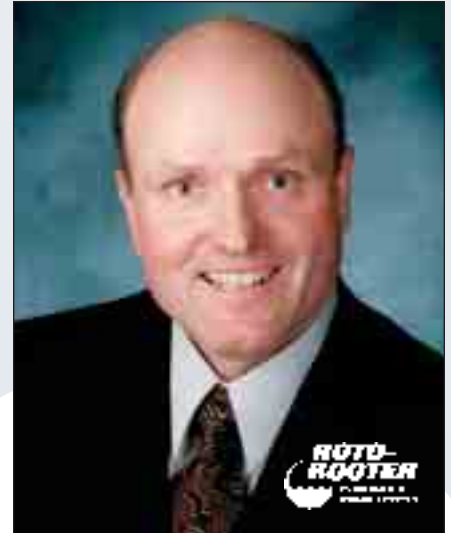
**269-968-7196**



**JOSEPH HOWES**

Owner. Responsible for designing, estimating, building, and installing all residential and commercial cabinets, vanities, furniture, and gift items created in the woodworking shop.

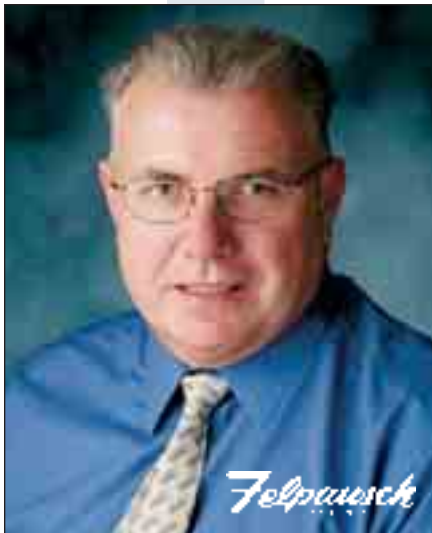
**269-964-1216**



**BOB HUBBARD, JR.**

Licensed Master Plumber / Owner. Celebrating 34 years experience in 2007. He offers a wide variety of services – including new plumbing and drain installations, repairs, and water testing.

**269-962-1070**



**MIKE HURLEY**

Vice President of Merchandising. Oversees all product selection, layout of stores and inventory control.

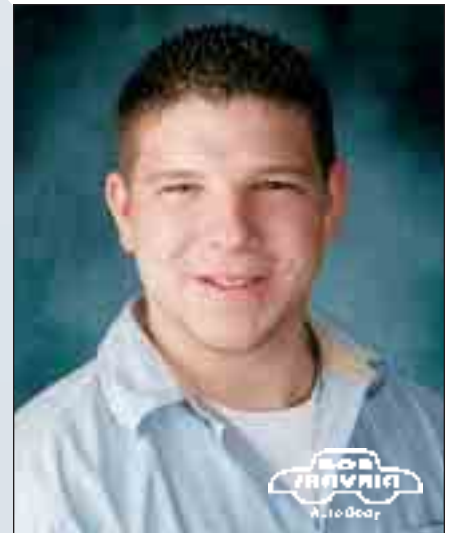
**269-945-3485**



**BOB JANVRIN**

Owner Bob Janvrin Auto Body and Frame. Oversees your complete auto body repair. Friendly customer service keeps you informed of your vehicle's progress until it's ready to be returned to you.

**269-962-0401**



**BOBBY JANVRIN**

Asst. Mgr. Services includes specializing in body, frame and paint repair. They will work with your insurance company to complete your repair and get you back on the road as quickly as possible.

**269-962-0401**



**BRAD KAUFMANN**

President. Brad leads the local operation for JA, a nonprofit organization dedicated to inspiring and preparing young people to succeed in a global economy that impacts nearly 26,000 students each year.

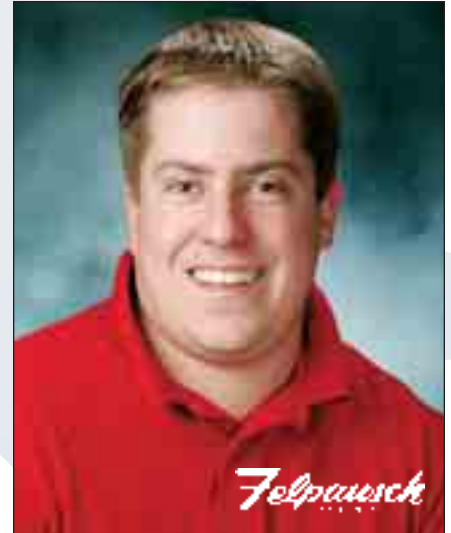
**269-968-9188**



**DEREK KING**

Owner. 15 years of experience in the jewelry field. Specializing in loose diamonds, custom work and on-site repairs. King Jewelers is a locally owned and customer service oriented jeweler.

**269-979-5758**



**COREY LAGRO**

Store Dir. Responsible for running all operations at Zucca's by Felpausch. Includes serving customers, managing over 100 associates, maintaining a budget and performing miscellaneous jobs.

**269-979-1870**



**MIKE LARSON**

Pres. and CPO. Responsible for ensuring that donor dollars are wisely invested to achieve United Way's mission of "measurably improving lives." Visit [www.unitedwaybattlecreek.org](http://www.unitedwaybattlecreek.org) for more information.

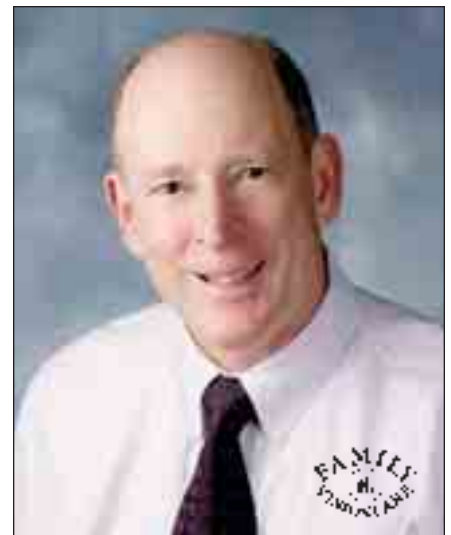
**269-962-9538**



**TODD MCDONALD**

Group VP. With CSM for 19 years progressing from Project Engineer. Oversees multiple projects and manages several relationships including BCHS, Marshall Public Schools, and Felpausch.

**269-746-5600**



**CRAIG A. MILLER, O.D.**

Servicing the area's Optometric needs for 30 years, including comprehensive eye/visual examinations for all ages, glasses, contact lenses, and treatment of minor eye diseases and injuries.

**269-979-1561**



**MICHAEL OGRIN**

Chief Financial Officer. Strategically directs, administers, and coordinates financial management activities in support of policies, goals and objectives.  
**269-968-9251 ext. 237**



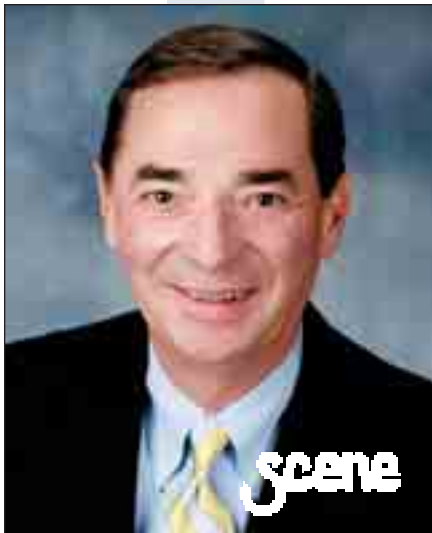
**MARK R. RIVERS**

Licensed funeral director and Vice-President of the Richard A. Henry Funeral Home Inc. He oversees daily operations and is involved with every aspect of the business.  
**269-962-5191**



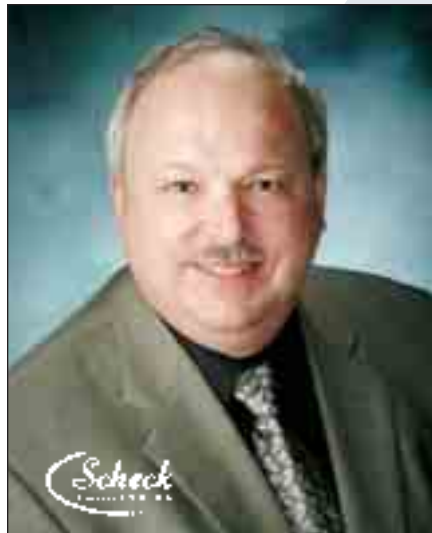
**SCOTT ROBERTSON**

Vice President. Joined the company in 1993 working as a Carpenter, Apprentice and advanced to Vice President in 2006. Scott handles estimating, project management and purchasing.  
**269-968-3391**



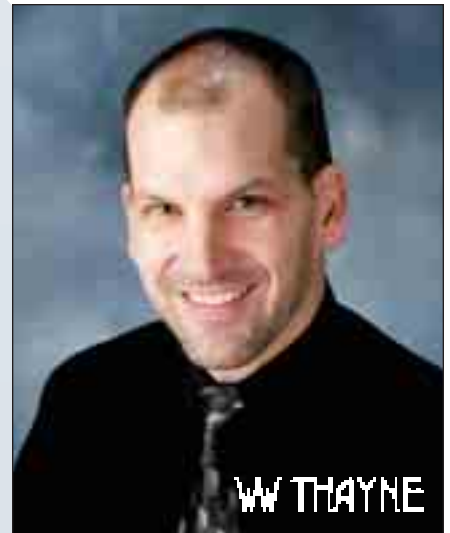
**GORDON H. ROSBERG, JR.**

Advertising Sales. Marketing Consultant for Scene Magazine. Establishing and servicing advertisers and representing Scene at various functions.  
**269-979-1411 ext 105**



**PETE SEKLINS**

Regional Manager. Manages mechanical construction and maintenance projects assigned to the Michigan office. Specializing in the construction business for over 30 years.  
**269-968-5201**



**KEITH SHERBAN**

Corporate VP and Computer Systems Manager. Specializes in digital design, web page development, photography and digital retouching. Technical writer and video script writer and producer.  
**269-979-1411**



**DON SOLSBEE**

Branch Manager, B Drive North. Oversees sales and growth goals of branch member services. Coaches employees to reach goals and provide world-class member service.

**269-968-9251 ext. 349**



**JOSEPH U. STASA**

Licensed funeral director with the Richard A. Henry Funeral Home Inc. He conducts funeral services, arrangements, and prearrangements for those that need to qualify for Medicaid.

**269-962-5191**



**ERICK STEWART**

Chairman of the Board. Chairs monthly meeting of the Board of Directors, works with staff and committees to establish and implement goals for the Chamber.

**269-962-4076**



**GILBERT TALAMANTEZ**

Store Director. Responsible for all operations in running the Albion store. Includes serving customers, managing over 100 associates, maintaining a budget and performing miscellaneous jobs.

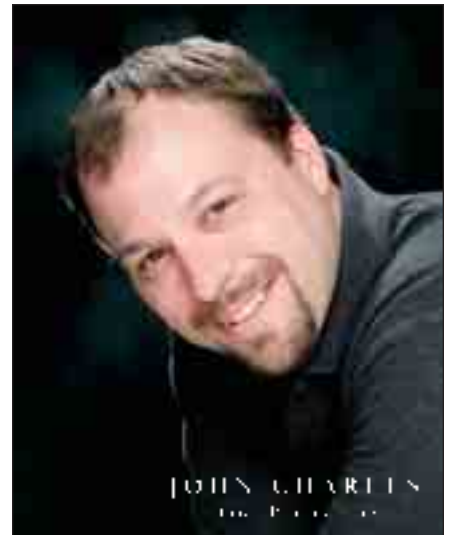
**517-629-6313**



**LEE TALMAGE**

Exec. Dir. Promotes and administers affordable rental and homeownership initiatives. Including 400 rentals, 590 rental assistance vouchers, and specialized property management services.

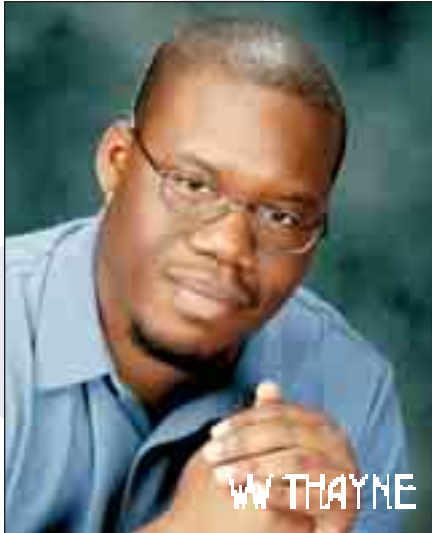
**269-965-0591**



**JOHN CHARLES TARCHALA**

Head Photographer. John, the creative force behind the studio, designs sets and backgrounds. He is one of Southern Michigan's leading family and high school senior photographers.

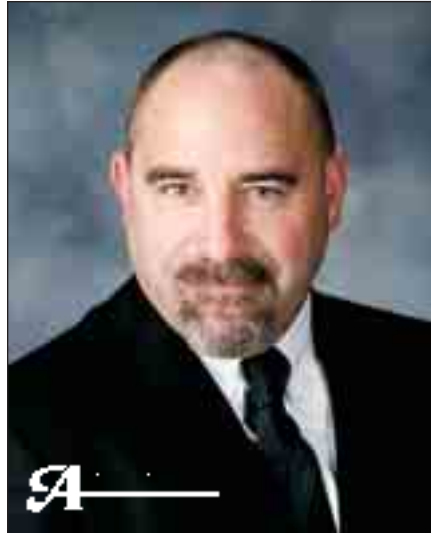
**269-968-0044**



**MATT TRAVIS**

Graphic Artist. Creatively executes ideas and concepts. Solves design issues in areas such as identity systems and logos, page layouts, packaging, posters, and other print media.

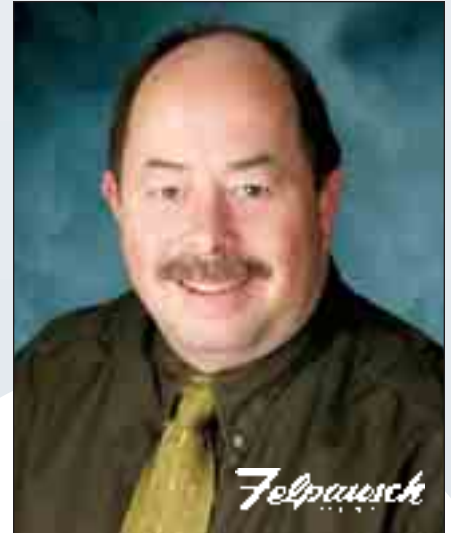
**269-979-1411**



**GREGORY VACCARO**

President. Joined the company in 1977 as an Iron Worker and advanced to Vice President in 1995. Works in estimating, project management, design build and handles day to day operations.

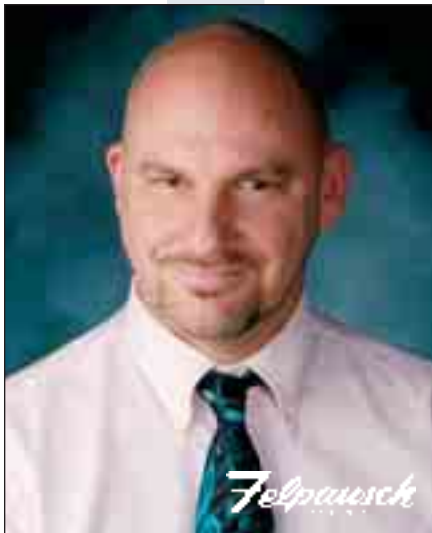
**269-968-3391**



**JEFF VAN AMAN**

Store Director. Responsible for running all operations at the Urbandale store. Includes serving customers, managing over 100 associates, maintaining a budget and performing miscellaneous jobs.

**269-962-3302**



**JOE WAID**

Store Director. Responsible for running all operations at the Lakeview store. Includes serving customers, managing over 100 associates, maintaining a budget and performing miscellaneous jobs.

**269-963-3300**



**TIM WALLING**

Vice President. Commercial Lender located at the Marshall West Drive Office, handles all types of transactions including SBA and Rural Development Loans for Marshall, Battle Creek, and Albion.

**269-781-6880**



**PER WICKSTROM**

President and Co-Owner of Narconon Stone Hawk Drug & Alcohol Rehabilitation Center in Battle Creek, MI. As a graduate of the program, I felt this was necessary for our society.

**269-963-2810**



**BRIAN WRIGHT**

Dir. of Human Resources. Responsible for employee relations including coordination of training and development programs, conflict resolution and overseeing the enforcement of company personnel policies and procedures.  
**269-945-3485**



**ZIHNI YILMAZ, M.D.**

Medical Dir. Responsible for clinical management, including diagnosis and treatment of patients requiring acute physical rehabilitation following stroke, head injury, orthopedic surgery, injury or debilitating disease.  
**269-965-3206**



**OPPORTUNITY?**

Missed out on your chance to be a part of this year's Men in Business and want to be included for next year? **Or...** are you a woman in business and want to be a part of the Women in Business issue in 2007?  
**269-979-1410**

*small business*

**This is how Michigan Tile and Carpet defines Service!**

**ONE - SALES**

- Design Service at no charge
- Mohawk Floorscapes® the largest flooring manufacturing in the world.
- 10,000 sq. ft. showroom largest in the area dedicated to flooring
- Shop at home – specialty designed product van, we bring the showroom to you!

**TWO - INSTALLATION**

- 3 day installation guarantee on stock product
- Staff mechanics
- Lifetime no wrinkle protection
- Free delivery service

**THREE - MAINTENANCE**

- Our own fleet of service trucks
- Hot water extract – no residue cleaning
- Dry Host® Cleaning
- Ceramic Tile cleaning and sealing
- We maintain what we sell

*No Flooring Store or home center in the area can offer you this, plus over 40 years of service in the area.*



HANS & ALICIA STARK

**MICHIGAN TILE & CARPET**

99 E. Columbia Ave., Battle Creek • **269-962-6227** • [www.michtile.com](http://www.michtile.com) • Hours: Mon 9am-8pm / Tue-Fri 9am-6pm / Sat 9am-3pm

IT'S WORTH TALKING TO THE *experts*



## What's New in Refractive Surgery – LASIK and Conductive Keratoplasty



LASIK and CK are procedures, one using laser energy and the later using radio frequency energy to help reduce dependence on glasses. LASIK or

Laser Assisted Insitu Keratomileusis has been FDA approved for six Excimer Laser systems since the early 1990s. Conductive Keratoplasty (CK) was FDA approved several years ago for farsightedness but more recently within the last year has been made available for presbyopia or treatment of the need for reading glasses. Both procedures are exciting technologies that have become even more successful recently due to advances in microtechnology, computer software and technique.

LASIK, which has been approved for nearsightedness, farsightedness and astigmatism has traditionally involved using a metal blade to make the flap which is followed by the Excimer laser treatment for corneal reshaping. For over two years now the INTRALASE laser has been FDA approved to perform the initial step of the LASIK procedure – creating the corneal flap. While LASIK is a successful and relatively safe procedure, the majority of complications with LASIK arise from the use of microkeratomes. INTRALASE makes every LASIK procedure safer by eliminating serious blade related LASIK complications. Furthermore, since a thinner flap can be made with Intralase a patient may be a candidate for LASIK with INTRALASE even if they were not previously for conventional LASIK with the microkeratome.

Another advance with LASIK is computer software called Wavefront analysis that develops a customized mapping of each patient's cornea with which a specific Excimer laser treatment can be performed. With Wavefront treatment, a patient has a reduced likelihood for nighttime glare, halos and greater potential for 20/20 or even 20/15 vision. Wavefront treatment of Custom Cornea with VISX-54 laser gives patients confidence for improved vision without glasses.

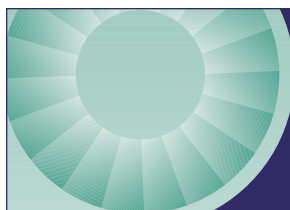
New computer software with Excimer laser has been developed known as iris recognition to allow for better capture by following the patient's eye during actual laser treatment. With iris recognition, an eye tracking device and iris recognition software allows for more exact imprinting of the laser treatment for the customized Wavefront treatment.

There are a number of new options now for treating patients with presbyopia, the age-related need for reading glasses. With LASIK, contact lenses or mono-vision lens implants after cataract surgery one eye can be fixed to distance and the other for reading. If a patient has good all around vision without glasses, yet is dependent on reading glasses, a new option using advanced radio frequency technology - Conductive Keratoplasty (CK) can be performed. With this treatment a series of 8 spots is placed to help steepen and

reshape the cornea in the non-dominant eye. This pattern around the peripheral cornea allows for improved reading vision without glasses. The majority of patients see well at most near functions and intermittent vision without the need for correction. Complications are very rare but include minimal foreign body sensation the first day and most patients return to full activities immediately. Conductive Keratoplasty is a five minute procedure performed in the office with a light topical anesthesia.

Finally, intraocular lens implants can be placed such as the Alcon Restor lens with a multi-focal design which when placed bilaterally allows for 80% of patients to see well at all distances without the need for glasses.

For more information, or to schedule a refractive surgery consultation, call Southwest Michigan Eye Center at 269-979-6383.



## Offering Complete Local Eye Care

With over 50 Years of Combined Experience

### Southwest Michigan Eye Center's Board Certified Physicians Provide:



L to R: Randall C. Stout, M.D., P. Jeffrey Colquhoun, M.D. and Larry M. Vander Plas, M.D.

- Comprehensive Eye Care from infants to seniors
- No Shot, No Stitch Cataract Surgery, including the ReSTOR® Multifocal Lens Implant
- 100% blade-free Lasik with Intralase Method™ and Wavefront
- NearVision CK for Presbyopia
- Laser Treatments for Glaucoma and Retinal Disorders
- PDT and Macugen Treatment of Macular Degeneration
- Optical Department with lab, features over 1,200 quality frames

*Choose experience, dedication, and excellence offered at Southwest Michigan Eye Center*



*A Vision of Excellence*

3600 Capital Ave. SW, Battle Creek, MI 49015  
269-979-6383 or 1-800-274-6699  
www.swmeyecenter.com

## Old Habits A New!



It has been said that many people look forward to the New Year for a new start on old habits. So let's get started.

Losing weight by Valentines Day or quitting smoking is an admirable endeavor. But for a resolution to really take hold without repeating past failures, one should set attainable, reasonable goals. They should be choices you make that you can keep without having to sacrifice too much. Certainly consumers face a constant barrage of food-related advertising, most focused on fast food and snack items. But more healthful foods are readily available if you make a choice to choose them.

Perhaps if we think about the negative, the positive will follow. For example, low-fiber diets are linked to some types of cancer and cardiovascular disease. Not getting enough fiber is also associated with an increased risk of

developing type 2 diabetes.

Too much sugar and other sweeteners, such as the high-fructose corn sweeteners found in pop are at least partly responsible for the rise in obesity.

Trans fatty acids found in margarines, chips, and prepared cookies and cakes raise cholesterol, which increases the risk of heart disease.

Not all fats are bad though. Dieticians suggest that we need to limit some fats in our diet, the saturated ones found in meat, butter, and other high-fat animal products and replace them with moderate amounts of good fats, those found in olive oil, nuts, and fish.

Protein eaten in moderate amounts can promote good nutrition and help with weight control. Choose healthful sources of protein such as chicken, fish, and beans.

Eating a diet rich in fruits and vegetables lowers the risk of a number of chronic diseases. Rather than five servings of those food groups per day, a Harvard research study suggests we should aim for as many as nine.

Actually fruits and vegetables have multiple benefits. As well as being high in vitamins, minerals, and fiber, they are a good source of substances capable of interfering with some disease processes.

Making the decision to improve your diet may seem overwhelming. But it does not have to be. Start by making small changes and resolve to keep making changes until your efforts become habit. Something that might help you is to keep a food diary for a week or two, then look at it carefully for things that you can change.

One simple, painless strategy is to change to healthier cooking oils and spreads. Read the labels and choose one with no 'trans' fats.

Try to eat at home more often where you have control over what you eat and how foods are prepared. When you do eat out, look for healthful choices.

Resolutions are easier to follow if they do not drastically change your lifestyle in one fell swoop. Make your resolutions count by making the right ones, one at a time.

SOUTHWEST MICHIGAN'S

# #1 Hospital

for Patient Safety



BATTLE CREEK  HEALTH SYSTEM

## Before You Hire A Web Designer...

I am the owner and web designer at Net Magik Pros Web Design located in Battle Creek. We have been in business over 5 years. We specialize in web design, search engine placement and website accessibility. I design and maintain several websites for businesses and organizations in the Battle Creek area and a few out of state.

A website is not going to do much good if it lacks the content required to keep customers interested in the products or services you provide.

If you are thinking of hiring a web designer to design a website for you, here are some things to think about before the design process begins. Once these questions are answered, it will ensure that your website's message is as appealing as its design. Go over these questions with the web designer **before the design process begins** because the answers will determine what your website's design and features should contain.

**What Is The Purpose Of Your Website?** Business websites have two purposes: To educate the customer and to sell them products or services.

If you sell shirts, for example, the purpose of your website is to educate potential customers on the quality and durability of your shirts. As a result, you sell them shirts. If you paint houses the purpose of your website is to educate home owners on why your services are superior to other painters and sell them on hiring you to paint their house.

By defining the purpose of your website you will give the web designer the information required to create a website that best conveys that purpose to your target audience.

**Who Is My Target Audience?** Your target audience consists of people you want to attract to your website: potential and current customers, possible investors, etc. People who might be interested in your company and its products or services are your target audience. Identifying your target audience is vital since your website should be designed to appeal to your target audience.

Put yourself in front of their computers. If you were visiting a website like yours, what would you expect to find and what would you be disappointed not to find? Identify your target audience,



and then have your website designed to fulfill their needs and exceed their expectations.

**What Content Should My Website Have?** Your website content should be driven by the nature of your business. If you're a real estate agent, your site should have photographs of homes you have for sale and information on buying and selling a home.

If you own an auto body shop, your site might have before and after photo-

graphs of cars that you have repaired along with a description of what was done. Remember to determine the purpose of your site, and then develop the content to serve that purpose.

### **What is My Competition Doing?**

**Important Question:** What is your competition doing on the web? Do a search for similar businesses and click around at least 5 websites. How are their websites designed? What message are they trying to convey? Do they convey that message and as a result, do they sell products? What do you like and dislike about their websites? Share your findings with your web designer.

**A Final Note.** Don't have a website created just to have a website. You can see from these questions, a website serves a purpose.

If you have questions about website design or hiring a web designer, email them to me at [Coppins@NetMagikPros.com](mailto:Coppins@NetMagikPros.com) and I'll do my best to answer them for you.

*creative*  
CUSTOM  
PICTURE  
FRAMING

GINNY  
SUE'S  
FRAME & DESIGN

BY APPOINTMENT 269-781-2564

WE INVITE EVERYONE TO VISIT OUR  
ANTIQUE AND COLLECTIBLE BOOTHS FOR  
SOMETHING **UNIQUE** AND **FUN!**

**NOW IN THREE ANTIQUE MALLS  
IN ALLEN, MICHIGAN...**  
On W. Chicago Road, US 12 - All within one mile

**HOG CREEK CRAFT & ANTIQUE MALL**  
517-490-4131 | OPEN 7 DAYS A WEEK | 10AM-5PM

**ALLEN ANTIQUE BARN**  
517-869-2888 | OPEN 7 DAYS A WEEK | 10AM-5PM

**ALLEN ANTIQUE MALL**  
517-869-2788 | OPEN 7 DAYS A WEEK | 10AM-5PM

**FEATURING** Furniture, Glassware, Brass, Paintings, Tools,  
Sculptures, Dolls, Toys, Jewelry, Chess Sets, Books and More.

**TAKE** I-69 south to Coldwater exit 13, then 10 miles east  
to fun and excitement. Stop at the front desk of each location  
for directions to our booths.



# Our joint replacement care? Simply stellar.



## Oaklawn receives prestigious 2007 HealthGrades Joint Replacement Excellence Award.

Oaklawn's ranking in the top 5% of hospitals in the nation for joint replacement surgery is quite a distinction, and it's not surprising when you consider Oaklawn's ongoing commitment to provide the highest quality orthopedic care.

**Total Joint Center means total commitment to orthopedic care.**

In fact, the Total Joint Center at Oaklawn Hospital was established in 2000 to provide a special setting where patients can encourage each other, along with a family member or a friend, during their hospital stay. Advanced surgical options include minimally invasive techniques and



 **OaklawnHospital.org**  
**MARSHALL**  
Advancing Medicine. Compassionate Care.

200 North Madison - Marshall, MI 49068  
[www.oaklawnhospital.org](http://www.oaklawnhospital.org)

To learn more about joint replacement surgery at Oaklawn or to sign up to attend a seminar that explores some of the causes and treatments for joint pain, call (800) 841-9103 or visit [www.oaklawnhospital.org](http://www.oaklawnhospital.org)



**HEALTHGRADES**  
NATIONAL CENTER FOR QUALITY HEALTH CARE

HealthGrades is an independent ratings organization that analyzes the quality of diagnosis, procedures, and care at more than 5,000 hospitals in the U.S. each year.

## Ask the Oaklawn Health Expert: Seasonal Affective Disorder

*A Q&A with Oaklawn Psychological Services Psychologist Shirley Martinez, LLP*

### **What is Seasonal Affective Disorder? When did it become a documented psychological disorder?**

People with SAD suffer from symptoms of depression only during the winter months. It is a mood disorder that causes symptoms of depression related to the variations of light during the different seasons. SAD was noted in medical journals as early as 1845, but it wasn't named until the early 1980s. SAD is now considered a documented psychological disorder.

### **Is this disorder more predominant in some groups of people? Is it found more often in certain age groups?**

Women are four times more likely to have SAD. It usually strikes in the late 20s or early 30s but symptoms improve after age 60, typically. Parts of the country that have significant winter weather changes and where dark hours outnumber light hours have the most cases of SAD. It is estimated that 4 to 6 percent of the U.S. population has SAD, and that another 10 to 20 percent may have a milder form typically referred to as the "winter blues."

### **What causes SAD? When does it usually strike? How long does it last?**

Lack of sunlight is what triggers SAD in most people. The body produces more melatonin, a sleep-related hormone, in the dark, which causes the depressive symptoms. The changes in light during winter also can interrupt the body's circadian rhythm, or natural sleep/wake cycle. Symptoms usually become apparent in October and can last until May.

Most of the symptoms are:

- Excessively eating or sleeping
- Craving sugary starchy kind of foods resulting in weight gain
- Lacking motivation, energy, no interest in activities
- Being more emotional
- Irritability

**If someone has SAD, does that mean that they'll suffer from it every year around the same time? Is there any way to avoid it?**

Someone with SAD probably will suffer from it each year. This is because

there is a genetic link just as there is with depression. There really isn't any way to avoid it, so the best that can be done is to treat the symptoms once they arise.

### **What are the best treatments for SAD?**

I urge my patients with SAD to walk outside daily throughout the winter for about an hour even on overcast days. Regular exposure to outdoor light can help reduce the symptoms of SAD.

Specially made lightboxes that simulate sunlight also can be helpful. Sitting in front of the lightbox for at least 20 minutes a day reduces the depressive symptoms for some people with SAD. It should be noted that going in artificial tanning beds is not a wise way to try to combat SAD. Besides the harmful effects, it probably won't help anyway. There has been some research which has shown that eyes need to be exposed to the light, so sitting in front of a lightbox and reading or doing some other activity is the best way to do that. Eating healthy

and taking vitamins can help to keep the energy level up. Antidepressants also are another method of treatment for SAD.

### **Are people with SAD more apt to be depressed in general at other times of the year? Do they often have accompanying disorders?**

People with SAD don't necessarily exhibit any other mental health disorder throughout the year. Certainly those with clinical depression are more apt to have SAD. People with bipolar disorder need to be very careful if using light therapy. The extra light can trigger manic states.

### **Can people have SAD during the spring, summer or fall?**

Yes, some people may be susceptible to SAD during other times of the year. Those who work in offices with no windows and may not be outside much during daylight could exhibit SAD symptoms. Second- and third-shift workers also are more likely to have SAD because they may be sleeping during daylight hours.

## Proud To Be A Part Of A Growing Industrial Park



WE'RE  
ALWAYS  
LOOKING  
FOR GOOD  
PEOPLE

The Original Crispy Fry Mix

1631 Pratt Avenue  
Marshall, Michigan  
269-781-3911

## Find the Roadmap to a Happy and Healthy Lifestyle



Winter conjures up picturesque images of pure white snow, hot cocoa and comfort foods. But as the winds get colder and your pants get tighter, your love

of all things winter may be waning. This year, make a wellness resolution to beat the winter blues by following these few tips to elevate the mind, body and spirit.

**Relax and Unwind.** Your wellness is directly related to your personal state of mind. In fact, studies show that stress can cause you to get sick or feel run down. And the winter months are known for seasonal stressors including everything from crowded malls to icy roads and slow traffic.

So make a resolution to maintain your mental health by taking time each

day to relax and unwind. Remedies can be as simple as enjoying the aroma of a candle with your favorite seasonal scent to relaxing in a hot bubble bath to awaken and energize your senses. Lighting a fire and curling up with a good book can be an excellent way to escape from your daily routine, or just taking a few minutes to enjoy your favorite newspaper or magazine at bedtime can help you settle down before drifting off to sleep.

**Stay Hydrated.** While we know the importance of getting plenty of water when it's warm outside or when exercising, many don't realize that our bodies still need eight glasses a day during the winter months. In fact, our bodies lose as much water in the winter due to the dry air and warm, enclosed rooms. While dry skin and headaches are common problems from dehydration during the winter, common cold symptoms, such as sinus problems or postnasal

drip can also be attributed to not getting enough water!

**Get Moving.** With blistering winds and the potential of deep snow on your favorite running path, outdoor exercising may seem like a daunting task. But that shouldn't deter you from staying active. Instead, make a winter wellness resolution to add indoor exercise to your day. That doesn't mean you have to join a gym or purchase expensive home equipment – just be sure to keep moving. Rather than popping in a movie, try one of the many exercise videos available at Barnes & Noble or even at [www.amazon.com](http://www.amazon.com) to boost your cardio and your spirits. Or if you don't want to miss your favorite shows, be sure to stretch or do sit-ups while watching TV. Finally, instead of taking the quickest route, try walking from the back of the parking lot into the store or choose the stairs rather than the elevator. Every bit of movement burns a few of those holiday calories and helps to keep your heart pumping and your metabolism moving. The Family Y Center, along with CAA and Zucca's is sponsoring just such a program. For more information contact Dan Fullenkamp at 269-963-YMCA.

**Find Fun with Friends or Philanthropy.** They say that wealth is determined not by the amount of money in your pocket, but by the number of friends in your life. So, although it may get dark before you get home from work, resist the urge to hibernate and get out for some fun. Take advantage of seasonal activities like ice skating and sledding, or even making snow angels with kids, if we get any snow that is. To stay connected to out-of-town friends and family you can purchase fun postcards or stationery and stamps to send off a quick note. Finally, plan new activities with your friends, such as volunteering at a local food bank or nursing home or taking a group cooking class. Spending quality time with friends and family can be one of the most rewarding ways to achieve all around wellness while lifting someone else's spirits too.

By following these simple steps, you can resolve to make the most of the winter with all around wellness.

**ANOTHER GREAT DAY AT WOLY...**

*Enjoy your mornings with Julie Hall*

**WOLY RADIO AM 1500**

*And your afternoons with Dave Ramsey*

15074 6-1/2 Mile Road, Battle Creek, MI  
269-965-1515  
EMAIL: [wolyradio@sbcglobal.net](mailto:wolyradio@sbcglobal.net)

Photo Courtesy of Beautiful Moments Photography [www.beautifulmoments.com](http://www.beautifulmoments.com)

## AUBURN RUBBER VEHICLES



The town of Auburn, Indiana, is well known for its Auburn Car Museum. It also housed a manufacturer of rubber vehicles, the Auburn Rubber Company. The

company started in 1910 under the name of Double Fabric Tire Corporation, fabricating tires and tubes. A short time later it altered the title to Auburn Rubber Crown Cord, extending operations and made a larger variety of rubber products.

Auburn's president in 1935, A. L. Murray, found himself interested in making toys out of rubber. These toys were soldiers, cars, trucks, farm tractors and implements, motorcycles, fire engines, and many others. The wheels were rubber with metal axles and turned, there were people in some of them and a few could tow other pieces. There were many colors used, with the earlier ones black and painted.

When WWII began, all rubber was secured for military use, thus the toys were not produced again until 1952. At this time the rubber changed to vinyl (which could be dyed colors) and they bought their first machine that did injection molding. The quality of the products were much better than the first ones; they didn't age, crack, dry out or become misshaped. Also they found that they could be more precise in the shapes, able to make them more real to life in appearance.

In 1959 the company's toy division was sold to the city of Deming, New Mexico. From 1959 to 1969 production of Auburn toys came from this city. Years later Auburn went completely under as the "mob" took over, buying the company and rumor has it that they used Auburn to "launder" their money.

In my research I found that the condition is important, but colors seem to have a larger effect. For instance, a police motorcycle with police officer (all one piece except the wheels) in blue or green with red wheels is worth \$50-85, whereas the red with yellow wheels or yellow with blue wheels \$40-55 or red bike with blue sidecar and white wheels \$60-90. The rare one is white all over, including the sidecar, with yellow tires bringing \$90-105; all bikes measure 4 1/2" to 6".

Keep in mind that even the cars came in different colors with yet another color of wheels (most I've seen were yellow or



black tires), measuring from 4"-10 1/5". There are police cars, plate #576 \$20-40; Rancharos and El Caminos, \$10-15; coupes and sedans \$10-15; convertibles \$25-35; street cleaner \$55-65; pick-up trucks \$12-20; fire trucks \$10-35; cattle trailer rack truck \$30-45; army tanks and trucks \$20-35; farm tractors \$5-45; 1930's truck and Arcor car \$100-150; stake bed truck, plate #518, \$15-25; dump or coal truck, plate #177, \$25-35; army jeep \$15-25; telephone truck \$30-55; scoop truck \$30-55.

I recently attended an auction that offered several Auburn items, in a multitude of colors, from the 1930's to 1950's. I was astounded by the prices that the toys brought. First up was soldiers, a Red Cross doctor marked #224 was bought at \$30 and a Red Cross nurse

marked #226 for \$25, each measured 3". Another individual got the final bid of \$30 for a 1930's baseball player that was only 3". Next came over 50 farm animals selling from \$5-10 each; boy on a tricycle \$22; steam shovel \$45; WWI army tank \$50; Harvester marked A103 \$20; fire truck with Mickey Mouse \$45; Harley Davidson Trike with police officer \$95; railroad car, 5 1/2", \$15; and a green hotrod with no hood, convertible with driver, \$45. But the most exciting bidding finally ended after approximately 15 minutes on a train engine marked City of Auburn #599, measured 10 1/2" and in excellent condition brought \$125.

So the next time you see rubber cars in color, maybe with a little black showing through or not, turn it upside down and look to see if it's marked Auburn, Made in the USA.

As I have mentioned in the past, if prices are quoted above they are not all conclusive and should not be used as a standard to go by when purchasing a product. Dealers buy if they feel they can make a profit with re-sale; collectors will pay what their budgets will allow.

When you decide to start collecting anything, buying a book on the subject by an expert will help you with the difference between old and reproduction. Most of these books have the price and buying guides, plus a listing of other articles or publications to read.

Since 1987, **HANDLE WITH CARE** has provided a unique safety net for our clients... when there is no other source to turn to in our community.



**FRAGILE**  
HANDLE WITH  
*Care.*

**Family & Children Services**  
1901 | A SOURCE OF HOPE | 2007  
10017 - Calhoun, Kalamazoo  
WWW.FCSOURCE.ORG

Special Thanks to the Wings Insurance Agency



**BACK - LEFT TO RIGHT:**

TIM WELLS, PAULA LANGSTON-WARE,  
PATRICK HORTON, TERRY LANGSTON,  
BARBARA FREDERICK

**SEATED:** KRISTI RIGELMAN

**MISSING:** HARRY BONNER, SR.,  
SANDRA LANGSTON, LISA LARSON,  
JOSEPH KUCHENBUCH

# COALITION CARRIES ON FIGHT TO END SUBSTANCE ABUSE

**SUBSTANCE** abuse is a subject that touches everyone in one way or another.

If you're a college student who binge drinks, a middle schooler who smokes cigarettes, a senior citizen using too much of a prescription medicine – you are part of an ongoing problem.

But issues surrounding substance abuse go beyond the user and/or abuser. Substance abuse is a problem that impacts everyone through the higher costs it creates in regard to health care and emergency responses, through cases crowding the criminal and civil court systems, in hours lost by business and industry through employees unable to work, higher insurance costs passed on to consumers, and more. Not to mention the impact on the shattered lives of families and individuals.

The current approach to fighting substance abuse is two-fold: prevention and treatment. The question then becomes finding out who is most directly affected by it and where funding should go to best deal with the problem. Finding the answers to those questions is where the Calhoun County Substance Abuse Prevention Coalition (CCSAPC) comes in.

There is no “one-size-fits-all” solution, says Terry Langston, a consultant and Calhoun County Community Mobilizer with CCSAPC.



BY  
CATHERINE  
KERLEY

“Prevention touches policy, advocacy, and education, but it also touches resources,” he says.

The Calhoun County Substance Abuse Prevention Coalition got its start in 2003. At that time, says Langston, the Mid-South Substance Abuse Commission took the 10-county region it worked with, (Calhoun, Clinton, Eaton, Gratiot, Hillsdale, Ingham, Ionia, Jackson, Lenawee, and Newaygo), through a strategic planning process. As the process moved along they discovered there was no real county-coordinated approach to the problem of substance abuse prevention.

“There were gaps in data,” says Langston. It was also difficult to measure what the impact of funding was on substance abuse prevention efforts in those counties.

The Mid-South Substance Abuse Commission is an East Lansing-based group that provides funding to service providers, collects data on substance abuse and resources and reports that information to the Michigan Department of Community Health (MDCH). The Michigan Department of Community Health oversees health policy and manages the state’s publicly-funded health service systems.

*...continued...*

Considering what it found in its work with the counties, Mid-South decided it was necessary to provide them with more technical assistance and tools to better measure substance abuse needs and outcomes. The result of that process was strategic planning in 2005 that included among others, Calhoun County substance abuse service providers, as well as the Substance Abuse Council, and Minority Program Services.

While there are groups in Calhoun County within health care, education, law enforcement, etc. who deal with the issue of substance abuse, the Calhoun County Substance Abuse Prevention Coalition is different in that it draws upon a broad cross-section of agencies, organizations, and individuals from throughout the county. It also holds its meetings at different locations throughout the county to ensure greater access for those interested in attending.

Devoted to preventing substance use by youth and high risk populations, and to reducing alcohol, tobacco and other drugs (ATOD) use/abuse by adults, the CCSAPC has no formal membership requirements and members don't have to be in law enforcement, youth development, or related fields to take part. Anyone interested in substance use and abuse in Calhoun County can attend meetings and share their thoughts and ideas.

"The CCSAPC is representative of people in youth development, people working on faith-based initiatives, domestic violence, workforce development, anyone interested in substance abuse, not just the typical organizations," says Langston.

Originally the coalition was attached to The Coordinating Council (TCC) of Calhoun County. Now, says Langston, the CCSAPC is a freestanding coalition working in partnership with TCC.

In 2007 the CCSAPC plans to have continued discussions with the Calhoun County Board of Commissioners, as well as the Mid-South Substance Abuse Commission and Summit Point about the future of coalition development around (ATOD) programs in Calhoun County and the status of future funding for these services.

The current leadership of the CCSAPC is comprised of Chair, Paula Langston-Ware, director of the Legacy Scholars Program in Battle Creek; Vice-chair, Patrick Horton, community outreach and education coordinator for Planned Parenthood of South Central Michigan; Secretary/Treasurer Sandra Langston, a counselor with the Albion Public Schools – Washington Gardner Middle School; and At-Large members Barbara Frederick, trustee and treasurer with the Albion-Homer United Way (an affiliate of the United Way of Greater Battle Creek); Joseph Kuchenbuch, program manager, Psychological

Consultants of Michigan in Battle Creek; Lisa Larson, Education & Training Coordinator, Calhoun Intermediate School District & Michigan Works!; and Timothy Wells, director of prevention, Narconon Stonehawk Rehabilitation Center. Immediate Past Chair is Kristi Rigelman, WIA Youth Coordinator, Calhoun County Michigan Works!, Calhoun Area Technology Center.

The Calhoun County Substance Abuse Prevention Coalition has a five-year strategic plan with six primary goals:

- To build a viable countywide coalition around substance abuse
- To collect and report data
- To deal with issues around the use and abuse of alcohol, especially in regard to minors
- To deal with issues around the use and abuse of tobacco, especially in regard to minors
- To work with other groups and agencies on issues revolving around methamphetamine.
- To look at the impacts of substance use and abuse in regard to high risk and special populations, such as seniors, children in foster care, economically disadvantaged youth, school drop outs or those at risk of dropping out, youth at risk of becoming sexually active, children of alcoholics, delinquents who may be involved with youth gangs, runaways or homeless youth, abused or neglected youth, latchkey youth, and users of gateway drugs such as alcohol, marijuana or tobacco.

Success, with its goal to create a countywide coalition, is evident when looking at who some of the CCSAPC members and partners are: Minority Program Services, Summit Point, Big Brothers/Big Sisters, Calhoun County Health Department, Alcohol Anonymous, the Legacy Scholars Program - Kellogg Community College, Battle Creek Public Schools, Planned Parenthood of South Central Michigan, Albion Public Schools, Homer Community Schools, Albion College Public Safety, City of Albion Public Safety, Michigan Works! Narconon Stonehawk, Albion-Homer United Way, S.A.F.E. Place, the Albion Youth Development Coalition, Athens Community Schools, the Community Action Agency of South Central Michigan, and Psychological Consultants, to name just a few.

"We have some 48 organizational members and partners from around Calhoun County involved," says Langston.

There are a number of programs the Calhoun County Substance Abuse Prevention Coalition has been in support of or working with other organizations

on such as a senior citizen's work group looking into the abuse of prescription medicines by seniors; alcohol and tobacco compliance checks of vendors to make sure they aren't selling those products to minors; and programs like the Michigan Prison Re-Entry Initiative.

"That program," says Langston, "takes current prisoners due for release and puts them into a community work group to make sure they get the support and help they need so they don't end up back in the prison system."

Currently the CCSAPC is working with Michigan State University Extension and Farm Bureau – under the leadership of Minority Program Services on behalf of the coalition – to promote awareness of issues surrounding the making and use of methamphetamine. The Coalition would also like to work with the Calhoun County Meth Task Force on that issue as well as strengthen ties to law enforcement working around this issue.

The collaboration of the CCSAPC with other countywide groups, organizations and individuals will allow for a more comprehensive and cohesive approach to substance abuse prevention and treatment, with the information gained through the partnerships established helping to better target where resources need to go.

"There has to be a connection between prevention, treatment, and community to make this work," says Langston.

Harry Bonner, Sr., director of Minority Program Services – lead substance abuse prevention service provider for the CCSAPC – sees his role as that of a servant-leader.

"I work on behalf of the coalition as a servant, not as controller or power broker," he says.

The last two years the CCSAPC has dealt with several different challenges surrounding the development of a countywide coalition. The philosophy of the CCSAPC is that the coalition is a partnership working to influence policy outcomes around the issues of alcohol, tobacco and drug use.

"In order to reduce the impact and destruction of substance abuse it takes a partnership of dedicated individuals and community organizations working together and supporting each other. We look forward to the challenge of creating a countywide coalition that is not based on power, politics or turf issues, but is based on collaboration," Bonner says, adding the CCSAPC is also looking forward to the opportunity to present more information about the coalition in 2007.

For more information about the Calhoun County Substance Abuse Prevention Coalition, please contact Harry Bonner, Sr. or Terry Langston at 517.629.2113, or by email at: hbonner@hotmail.com or tslang4504@yahoo.com.

## Omni Opens New Fort Custer Branch

OMNI Community Credit Union, headquartered in Battle Creek, Mich., held a ribbon cutting ceremony for its new branch office located on 4150 West Dickman Road at the corner of Avenue A in Fort Custer, Battle Creek.

The new 3,600 square foot branch offers members and area residents a modern and comfortable setting to conduct all their financial transactions, including retail banking services, investments and commercial lending. It also features 4 drive-thru lanes and a drive-up ATM.

This new branch office was constructed to replace the credit union's branch at 465 Avenue C, located two and one half miles away, which closed November 17.

OMNI Community Credit Union has 35,000 members and assets totaling \$200 million. Three offices are located in Battle Creek and one in Kalamazoo, Sturgis and Three Rivers. Established in 1951, it is a not-for-profit financial institution and returns all excess income to its members in the form of lower fees and loan rates and higher returns on deposits. For more information about the credit union, visit [www.omnicommunitycu.org](http://www.omnicommunitycu.org).



## Financial Training Helps Residents

Help with managing household money is available from Guardian Finance and Advocacy Services. "I just about gave up on my finances," says Patricia Kane. "A couple of months without employment can be devastating."

Looking for solutions, she attended an "Invest In You" seminar at Trinity Lutheran Church. There she learned approaches to saving money and also learned that additional free help is available for seniors in keeping their bills straight.

"My gosh, I just couldn't believe it.

Now a Guardian Finance and Advocacy Service staff member helps me with my finances." Guardian staff member Walt Hanson visits Kane monthly and helps her find ways to save money and manage her money optimally.

Knowledge is power, says Jackie De Haan, executive director of Guardian. "By giving people the knowledge of how to succeed financially they can be self sufficient. Everyone is happy when people solve their own problems."

Kane agrees with that approach. "Our society has many programs for drug, food and alcohol addictions, but little help people to solve their financial problems. I hope more people take advantage of these opportunities."

Both programs are offered free. Invest in You is a series of six classes where participants learn financial terms, and how to best approach financial institutions and save money. Also they offer techniques for resolving problems with financial institutions. Upon completion, Guardian even makes a contribution to the participant's savings account.

Routine financial coaching for seniors is available through the Money Management Assistance Program. This is supported by the Senior Millage. The program is free to seniors age 60 and over in Calhoun County, except a reasonable fee is charged if the individual is above a specific income level. In Kalamazoo County it is available for a

reasonable fee.

"DONTQWT" reads Kane's license plate. "That is my philosophy."

Formerly known as Guardian, Inc., their mission is to provide help to persons with limited opportunities, skills and other vulnerabilities. They promote independence and economic self-sufficiency using available community resources. For more information contact Pat Fosdick at (866) 963 3253 extension 434, or email [pfosdick@Guardian-Inc.org](mailto:pfosdick@Guardian-Inc.org). Information is also available at [www.guardian-inc.org](http://www.guardian-inc.org).



Patricia Kane holds her dog "Katie" while reviewing her budget. Walt Hanson, with Guardian Finance and Advocacy Services, provide Kane with financial coaching.

## Working Together To Serve You Better

### LICENSED DIRECTORS



DON ESTES



JOHN DOWDLE



BOB HEGERBERG



ROSS SCHIMMEL



JON BARNES



CHARLIE JOHNSON

*Farley*  
**ESTES & DOWDLE**  
Funeral Directors

105 CAPITAL AVENUE, NE @ NORTH AVENUE

269-962-5527

## Oaklawn Announces Promotions

Oaklawn Hospital has announced two executive promotions: Sherry Boyd, previously administrative director of the Franke Family Laboratory and the Cronin Imaging Center (Radiology), has joined the hospital's senior management team. She is also responsible for the hospital's Cardiopulmonary Department. Boyd earned a bachelor's degree in medical technology from Michigan State University. Certified by the American Society of Clinical Pathologists, she also has been an instructor at Davenport University in Battle Creek.

Keith Crowell, administrative director of marketing, also has joined the hospital's senior management team. Crowell earned a bachelor's degree in journalism and advertising from San Diego State University. Crowell oversees the hospital's planning and marketing efforts as well as Certificate of Need applications and approvals with the State of Michigan.



Boyd



Crowell

## Battle Creek and Jackson Goodwill Merger

Michigan Heartland Goodwill Industries (MHGI), headquartered in Battle Creek, and Goodwill Industries of Central Michigan (GICM), headquartered in Jackson, merged January 1, 2007. The merger results in one Goodwill organization, Goodwill Industries of Central Michigan's Heartland, serving an eight-plus county area (all of Barry, Branch, Calhoun, Clinton, Eaton, Gratiot, Jackson and Ingham Counties, along with parts of Hillsdale and Washtenaw Counties). Robert "Bob" Holderbaum, for nearly 22 years the CEO of MHGI will become CEO for the new organization. Laurence Jones, G.I.C.M. CEO for five years, will become transitions and special projects officer in the new organization. "This is no fly-by-night decision," says Holderbaum. "Senior staff considered it for many years before involving the boards of directors."

## Staff News From The Humane Society

Katie A. Opdycke has been named Marketing Director of the Humane Society Calhoun Area, responsible for public and media relations, marketing, event coordination, and assisting in fund development. "Katie brings excellent skills and special love of animals to the Humane Society," said Jim Richmond, Executive Director of HS-CA. "We are very pleased to have her on staff."

Joe Burt has been promoted to Animal Care Supervisor at the Humane Society Calhoun Area, overseeing the care of the dogs housed at the shelter. "Joe has demonstrated an outstanding work ethic at HS-CA," said Jim Richmond, Executive Director of HSCA. "I am certain he will continue to excel in his new position. Burt has been employed at Humane Society since February of 2005."



Opdycke



Burt

## Staff News From Kellogg Foundation

The W.K. Kellogg Foundation has chosen Roderick D. Gillum of Bloomfield Hills, Michigan, as the newest member of its Board of Trustees. "Rod Gillum is widely recognized for his civic and business leadership at home and abroad, and we are honored to have him join our Board," said Sterling Speirn, Kellogg Foundation president and CEO. "His commitment to social responsibility, business ethics, and diversity make him the ideal choice for the Kellogg Foundation."

After serving 25 years as a trustee of the Kellogg Foundation, Howard Sims of Detroit will retire, effective December 31, 2006. "We've been truly fortunate to have a leader of Howard's caliber serve on our Board," said Sterling Speirn, president and CEO of the Kellogg Foundation. "His wisdom and leadership has been a huge asset to our organization. And his contributions, across three decades, have become part of the Kellogg legacy."



Gillum



Sims

## CityLinC Goes Casual for Critters

Employees at CityLinC Ministries went casual for a cause when they traded their usual office attire for jeans to contributions to support the Humane Society Calhoun Area. CityLinC's "Jean Day Fund" began nearly a year ago as a way for the staff to give back to the community. Whenever an employee chooses to wear jeans, they must pay a small fee. At the end of each month, the money collected is donated to a local organization selected from staff submissions. Last November, HS-CA was the lucky organization picked. Representatives from CityLinC recently stopped by the Humane Society to present a check for \$100 and take a quick tour of the facility.

Photo: Maynda Threet (left) and Jessica Potter (right) presented the check from their Jean Day Fund to Jim Richmond to support the Humane Society.



## BCU Receives Award of Excellence

Battle Creek Unlimited (BCU), the economic development organization for the cities of Battle Creek, Marshall, and Springfield, Michigan was recognized for its marketing materials by the Mid-America Economic Development Council (MAEDC). Winning the highest level award given by MAEDC for its Annual Development Materials Competition, BCU was recognized with the Award of Excellence for its print brochures and website, [www.bcunlimited.org](http://www.bcunlimited.org), promoting Battle Creek. The awards were presented at the 2006 Mid-America Annual Competitiveness Conference.

## Young Students Get in the Holiday Spirit

Two classes from local schools recently gave special holiday gifts to hundreds of homeless dogs and cats across South-central Michigan. Second graders from Riverside Elementary and third and fourth graders from Battle Creek Academy each participated in special projects to benefit the furry residents of the Humane Society Calhoun Area. The students – supervised by teachers Karrie Nassers, Barbara Martin, and Kevin Canfield – amassed a collection of shelter essentials including dog and cat food, treats, kitty litter, and pet toys. Additionally, they sold pencils to their families, faculty members, and fellow classmates for a quarter apiece to raise almost \$300 for the Humane Society.

*Photo: (Riverside) Kari Naser's second grade class from Riverside Elementary school presented HS-CA with \$300 and a collection of items for the shelter.*



## VAMC Sponsors Care and Share Food Drive

The VA Medical Center recently sponsored its annual Care and Share Food to assist local families and individuals in need during the holiday season. The drive was held from December 4 – 15, and employees in Protective Services collected non-perishable food items each morning as employees drove into work. Boxes were also placed around the medical center for employees to donate items. This year, 4,536 pounds of food was collected and donated to the Salvation Army for their Christmas food basket program. Protective Services staff donated 2,890 pounds alone with money they collect throughout the year from pop can returns and donations.

*Photo: Tony Zapata, VA Medical Center Director (left) with Salvation Army Major Greg Voeller and VA Protective Services employees gather around the food that was collected for the VA Care and Share Food Drive.*



## Area Students Run Recycling Fundraiser

The Leila Arboretum and our neighbors at Northwestern Middle School have joined together to help raise money for both groups by having a recycling fundraiser.

Leila Arboretum Society (LAS) member and Master Gardener, Durk Durhkoff came up with the idea as a way to raise funds for LAS, a non-profit organization, who continues to work on enhancing and maintaining the Leila Arboretum by planting new trees, shrubs, flowers, and operating the water fountain just to name a few. The monies raised will be put back into LAS and the Leila Arboretum which the community uses regularly for free.

The students from Northwestern Middle School are from "8-LEAD" and were selected by their teachers, and participated in leadership training this summer. Their purpose is to engage their school in community service throughout the school year. Students engage their peers in raising funds for those in need as

well as working to meet the needs of their school and community. They are leaders in their school and are the first to be called upon to assist in any way possible.

The recycling trailer drop off location is at the west end of Northwestern Middle School at 176 Limit Street, Battle Creek, Michigan. There is a wire basket right outside of the trailer to place your recyclables in, please be sure and bundle your items with string or place them in a paper bag.

**Acceptable Items Include:** Newspapers, Cardboard, Office Paper, Magazines, Junk Mail, and Phone Books

Be sure to visit the Leila Arboretum website at [www.LASgarden.org](http://www.LASgarden.org) or call 269-969-0270 for information about upcoming events, learn more about the organization, become a Leila Arboretum member, and how you can help support the organization that helps to keep the Arboretum and B.C. Green!



*Beautiful Floor Covering From...*

# Carpet Warehouse

*Stop in or call for a free estimate*

20 Griffin Court,  
Battle Creek, MI  
269-968-1269

Set your own pace with  
**pacesetter**  
*Congoleum*

**Locally Owned & Managed Since 1980**

## Profiles of Michigan's Sports Legends



It is said that no athlete can resist the preeminent lure of sports. It isn't the monetary rewards or great publicity that fetches them. It is simply that sports enable athletes to

see and evaluate themselves as competitors in the game of life.

As I look back to some special events in sports history in 2006. On Tuesday, September 5th, the day after Labor Day to be exact, I received a telephone call from Robert James Sullivan, or "Sulli" as he's known to most of his friends and former baseball players. He was inviting me to attend the annual Grand Rapids Sports Hall of Fame dinner and induction ceremony at the Van Andel Arena, which was taking place on September 7th. I was truly honored by Sulli's invitation to attend the annual event and would like to share some of the special moments with you.

For those of you that are not familiar with Mr. Sullivan's background in sports, he is Grand Rapids' "Mr. Baseball". This title is not self-proclaimed. He earned that title! In his five decades in baseball, first as a player, then as a manager and sponsor, he had a forty-six year reign over amateur baseball in Michigan. During that period, his teams won close to 2,000 games, 35-plus City championships, 25 State titles, 2 NBC (National 1960 and '70) baseball titles and 5 International championships in Haarlem, The Netherlands (1963, '68, '69, '88 and '90). Sulli's Shamrocks are a legendary team in the U.S. and abroad. When his teams lost on



Cal Martin, President Ford and Carl Angelo

two separate appearances in the Stan Musial AABC Championship Finals in Battle Creek, he said, "Second place is only first place in the loser's bracket." He has an obsession about winning. Any award that had "2nd place" or "runner-up" on it, he would give to one of his players to display in their home. To him, it was like "winning isn't everything, it's the only thing". His team and individual awards and honors could fill a large room in the Gerald R. Ford Museum. As a big league scout, Mr. Sullivan was instrumental in signing many players to professional baseball contracts, 72 in all played in the major leagues. Some of the big names were Phil Regan, Mickey Stanley and Kirk Gibson. Bob Sullivan is one of a kind. To know him is to love him. He has an inborn desire to win at all costs, whether it be "money, marbles or chalk". He is the ultimate competitor.

In 1969, the State of Michigan honored Sulli's team for winning three straight International championships in The Netherlands. They were proclaimed Michigan's Goodwill Ambassadors to Europe. This tribute to Sulli's team was made possible by then-State Senator Gerald R. Ford, who later became the 38th President of the United States. I had the distinct honor and privilege of meeting President Ford on two occasions; once in Grand Rapids through Mr. Sullivan, and another time at the University of Michigan Library where arrangements were made by Battle Creek's State Senator Pro-Tem, Dr. John J. H. Schwarz.

A local World War II veteran and life-long friend of mine, Cal Martin, was a shipmate of President Ford on the USS Monterey during WWII. While in Ann Arbor, Mr. Martin and I talked to the former President at length. He and Martin exchanged war stories related to their service experiences. We took pictures and I told him that like himself, I am also a member of the Michigan Sports Hall of Fame, and that Cliff Gettings, his former high school coach at Grand Rapids South, was also my high school coach. When I mentioned Coach Gettings, it brought a twinkle to his eyes. He thought so much of Coach Gettings as a person that he brought him to Washington, D.C. to attend his swearing-in ceremony as our 38th President. I found President Ford very congenial and most receptive, a very considerate man. It was like a meeting with an old teammate I hadn't seen for a while. Isn't it a small world?

Getting back to the Grand Rapids Sports Hall of Fame, it is possibly one of the most prominent City Halls of Fame in the state. It was inaugurated in 1972. The nine members in the initial group were big names, not just locally, but nationally in both college and professional sports. They were headed by John Barnum (golf), Terry Barr (football), Hugh Blacklock (football), Paul Goebel, Sr. (football), Stanley Ketchel (boxing), Marion Ladewig (bowling and the first female to be named to the Michigan Sports Hall of Fame), Wally Pipp (baseball), Wes Ramey (boxing) and Harold Worst (billiards).



Mister Baseball (Sulli) & The Captain

After the original group in 1972, the Grand Rapids Hall of Fame had a three-year respite until inductions resumed in 1976 with eight new members headed by Bob Sullivan himself. After 1976, there was a 20-year hiatus before the next group of honorees were inducted under a new format and Board of Trustees in 1996. Among the honorees that year was Gerald R. Ford, our recently deceased former President. President Ford graduated from Grand Rapids South High School in 1931 where he was an outstanding student athlete. Coincidentally, while at Grand Rapids South, President Ford was a classmate of Gerald Lehnen, who is *Scene Magazine* owner Shirley DeRuiter's father. Mr. Lehnen was the maternal grandfather of Rick, Sherii and Shelli – Rich and Shirley DeRuiter's children. In addition, Rich DeRuiter's father Tony DeRuiter, who also passed away in 2006 at the age of 93, was a teammate of President Ford, on South High School's football team.

President Ford went on to Yale Law School and graduated in 1941 in the top third of his class. He then joined a law firm in Grand Rapids. When the war broke out on December 7, 1941, he enlisted and served in the U.S. Navy from February 1942 through February 1946, earning the rank of Lieutenant Commander. With the war over, he resumed his law practice in Grand Rapids and became involved in politics and, as they say, "the rest is history." I would like to extend my condolences to his family and his many admirers for their loss. He was truly a "Special American Hero".

Altogether, there were 12 inductees in 1996. The next group of inductees was honored in 1998, when it became an annual affair. The 2006 event was held in the Van Andel Arena concourse. After an elegant buffet dinner and social hour, the induction ceremony took place in one of the large banquet rooms. It was a very unique program emceed by Jack Doles of WOOD-TV Channel 8 Sports. He interviewed each honoree about highlights and special moments from their esteemed careers. This reputable group included Lee Montgomery, Wheel Chair Sports, whose athletic accomplishments in wheel chair competitions are amazing. He was a member of the Paralympics volleyball team for 15 years competing in tennis, basketball, volleyball and racing.



Montgomery

He was ranked in the top ten nationally in tennis. Some of his greatest moments came as a coach and mentor to other physically-challenged local,

national and international athletes.

Also inducted last year was Freddie Boylan, MSU football great. Fred was a colorful and outstanding athlete who won a State Golden Gloves heavyweight boxing title. He was a two-time All-State football player at Grand Rapids Catholic Central, which led to a scholarship football career at MSU. He played two ways at State, offense and defense, which is unheard of in this era of sports specialists. He was selected as a member of MSU's All-50's-60's teams.

Ty Hallock had an outstanding athletic career at Greenville High School. At MSU he played fullback, tight end and middle linebacker, earning All Big Ten honors. He was drafted into the NFL in 1993 and, in an eight-year pro career with Detroit, Jacksonville and Chicago, he played four different positions. Ty was considered one of the most versatile and multi-talented football players to come out of the Western Michigan area.

Tom Hofmann, who coached Grand Rapids Jr. College to 650 wins, officiated Division One basketball and Big Ten football and is a member of the NCAA Baseball Coaches Hall of Fame. He was selected to assist the late, great USC baseball coach, Rod DeDeaux, in coaching the 1984 Olympic Team. Ten members of that team made it to the big leagues. One of the most prominent names from this group was Mark McGuire. He was only one of five men to ever hit 60+ home runs in the major leagues. The others who accomplished this feat were Babe Ruth 60, Roger Maris 61, Sammy Sosa 66, and Barry Bonds 73 (breaking McGuire's record of 70). Sosa is the only one of this group who hit 60+ home runs in two separate seasons. The Olympic team's only loss in '84 was at the hands of our Stan Musial All-Stars, 6 – 5, at Bailey Stadium (now C.O. Brown Field). Rick Beck, of Ferrari's Hairstylists, hit a walk-off home run to end the game.

A team honoree was the Fifth Third River Bank Run Team (originally the Old Kent River Bank Run). This race has made Grand Rapids the center of road racing. This 25k race is touted as the "official national championship" at that distance. It attracts competition from all over the world. A 5k race and 5k walk have been added to enhance the original format. Thousands of volunteers have contributed to its success as the Fifth Third River Bank Run celebrated its 30th anniversary.

Marv Stahl, golf legend, Hollywood movie producer and businessman won many Michigan Opens and PGA titles. He set a course record in winning the Los Angeles Open in 1942. After a colorful career on the West Coast, he returned to

Grand Rapids to become a successful businessman. He still contributes to the community through involvement with numerous boards and charitable organizations.

Legend Bob Senneker Auto Racing, who started 1,594 races with 483 wins and top five honors, and finished 69% of the time. He owns 65 track records in all. A real auto racing legend.

Brent Gates, Grandville High School and Minnesota Golden Gopher great, set a career .387 batting average record with the Golden Gophers. He was Big 10 Player of the Year and an All-American selection. Brent and played seven years in the majors. He attributes a lot of his success in baseball to Bob Sullivan.

Joan Garety, MSU standout woman golfer who played on four consecutive Big 10 championship teams. She won nine Grand Rapids titles and qualified for many U.S. Golf Association events and is also a member of the Michigan Golf Hall of Fame.

Last, but not least, is Glenn VanWieren, who did it all as a player and coach in Division III MIAA competition. He was the proud recipient of the prestigious Warren Reynolds Lifetime Achievement Award which commemorates the late, great Grand Rapids Sportscaster. It was a well-deserved honor.

This Hall of Fame now totals 87 individual members and five team members. This is an indication of the outstanding athletes that have been honored by the Grand Rapids Sports Hall of Fame. Their plaques are proudly displayed on the walls of the Van Andel Arena.

I would like to commend President Mark Kimball and the Hall of Fame Board of Trustees for an outstanding evening. The program moved right along and kept the interest of the audience.

In closing, I'd like to thank Sulli for a special evening and a night of fun with former teammates and friends. More on local sports in the next issue of SCENE...

## TOUCHING THE BASES

Andy Sohlich St. Philips former "Cinderella Man" of basketball is displaying his basketball talents as a student athlete at Eldon Prep Academy. He's averaging close to 20 PPG.

The Prep School plays around 50 games per year and participates in many national tournaments. Recently Sohlich averaged 27 PPG in a tournament in Portland, Maine.

The team is heavily scouted by Division I coaches. So Andy is getting great exposure for a chance at the next level. Eldon Coach Steve Ernst is expecting successful results in placing his athletes in top-level programs.

...continued...

By working together we can achieve anything.

ASMO, a world class manufacturer of windshield washer systems and servo motors.  
Located in the Fort Custer Industrial Park



Andy has raised his ACT test score, which qualifies him for NCAA clearing house eligibility. Good Luck "Cinderella Man" in all your future endeavors as a student athlete.

Well on the subject of basketball, congratulations to STP's Allyson Doyle on establishing a new school career scoring record of 1072 points breaking former STP great Jessie Greene's career mark of 1035.

Although the Lady Tigers quest for a State Round Ball Title didn't materialize, they did win another District Basketball Championship. Let's hope "The Lady Flying Tigers" and Coach Vicki Groat can bring home another State Championship in volleyball and a Miss Volleyball title for Allyson Doyle a real team player. She is "The Babe".

2006 was a great year for local area high school baseball. We celebrated two State Championship teams, The Lakeview Spartans and The Homer Trojans.

In men's Stan Musial Baseball, Behnke-Bud, our City Champion were bridesmaids again as they lost to their nemesis Flint Foutch, Halo-Burger in the finals of The AABC Regional.

Longtime player Manager Tim Karazim announced his retirement from baseball. The former Michigan great has been a fixture in local and state competition since the early 80's. Friends and team members are urging Karazim to reconsider retirement.

Battle Creek lost its Pro-Baseball Franchise to Midland. But, they have replaced the Pro-Team with a team from the newly formed Northwood Collegiate League, which will play a forty game schedule at C.O. Brown Stadium. The League Commissioner is the son of Former MSU and Boston Red Sox pitching great Dick "The Monster" Radatz. The younger Radatz is a graduate of Albion College. This team along with our B.C. Knights Basketball team who begin their season in April should provide a great summer of entertainment for our local sports enthusiasts.

Condolences to the SMABA and I commend them on their efforts on trying to bring the Musial back to our city. The presentation by Terry Newton at the National Convention in Puerto Rico was outstanding. Maybe next year guys.

Kudos to Lakeview Wrestler Blake Birmingham who has a flair for last second heroics. In a recent tournament the Tony Evans coached Spartan Grappler pinned his opponent with one second on the clock. I guess in wrestling vernacular you would have to call this "A Walk-off Pin".

I'm Carl Angelo Touching the Bases for *Scene Everyone's Favorite Magazine*...

1-2-3-4 Color Offset Printing  
Bulk Mailing Services  
Complete Design Services  
Mac & PC Files Welcome

Brochures  
Newsletters  
Flyers  
Business Cards  
Letterhead  
Envelopes  
Postcards  
Invoices  
Statements



**Progressive Printing & Graphics**  
148 East Columbia Avenue  
Battle Creek, MI 49013  
(269) 965-8909  
Toll-Free 1-800-965-8909  
Fax: (269) 965-2783  
dan@progressiveprinting.net  
www.progressiveprinting.net



"We give dogs time we can spare, space we can spare and love we can spare. And in return, dogs give us their all. It's the best deal man has ever made."

Dan Evans Owner & Kozmo, CEO  
Carline Executive Officer

## \$5 Million! Battle Creek Beats All Expectations For United Way Campaign.

For the first time in United Way of Greater Battle Creek's 85-year history, the annual campaign has surpassed \$5 million. Campaign Co-Chairs David and Cathy Lucas announced Thursday evening that United Way of Greater Battle Creek soared past its \$4.6 million goal to tally up pledges for \$5,031,033 – more than 9 percent higher than the goal.

"We are thrilled to announce this record-setting number," said Cathy Lucas, librarian for Willard Public Library. "We can't say 'thank you' enough to our fantastic Campaign Cabinet, all the businesses and organizations that run campaigns, the campaign coordinators and, most importantly, each and every donor!"

"This \$5 million in pledges says so much about our community," said David Lucas, an attorney with Vandervoort, Christ, & Fisher. "Individual giving is up eight percent this year. We are living in difficult economic times, but our friends and neighbors still find a way to give more each year to help those in need. I am grateful to live in a community that so clearly values philanthropy and the importance of helping individuals who need food, shelter, education and other services."

The \$5 million in pledges is 11 percent more than the \$4.5 million pledged in 2005. Almost 98 percent of all company/organization campaigns have been reported to United Way of Greater Battle Creek; the \$5 million number includes just 2.5 percent in conservative projections for campaigns not yet completed.

Nationally, United Way campaigns have been mostly flat over the last decade, but United Ways did see an average increase of almost one percent in campaigns from 2004 to 2005. In contrast, United Way of Greater Battle Creek's campaign has grown an astounding 57 percent over the last decade, 7 percent from 2004 to 2005 and 11 percent from 2005 to 2006.

The final numbers were announced Thursday, December 7, 2006 at an evening Wrap-Up event at Burnham Brook Community Center. The 2006 Community Solutions Campaign ran from September 7 through November 15. During the Wrap-Up event, Campaign Cabinet members highlighted the successes of the campaign and gave special thanks to the campaign coordinators who run the company or organization campaigns.

Much of the success of United Way's annual campaign is due to significant growth in the largest corporate accounts, including Kellogg Company, the W.K. Kellogg Foundation, Denso Manufacturing Michigan, Kraft Foods/Post Division, I I Stanley and the Combined Federal Campaign. From 2005 to 2006, there was a 14 percent increase in the top five accounts. This year, Kellogg Company and its employees and retirees increased their giving by 15 percent, bringing the Kellogg total to a record \$2.6 million.

"Surpassing our goal is due in large part to the many hours put in by local volunteers," said Mike Larson, president and chief professional officer of United Way of Greater Battle Creek. "Our campaign volunteers organized dozens of fund raisers – auctions, bowling tournaments, bake sales, penny wars, poinsettia sales, golf outings, motorcycle rides and shopping trips. One individual even took a pie in the face to help raise money for United Way. We are grateful for every penny raised and we pledge to continue ensuring that donations are wisely invested to help individuals in need."

Unrestricted or undesignated donations support United Way's Community Solutions Fund, which provides funding for more than 45 local programs through 32 non-profit agencies. The programs fall into one of three priority areas: Safety Net (programs that help meet basic needs such as food and clothing), Bright Futures (programs that support education and literacy) and Strong Families (programs that strengthen families and children). United Way staff and trained volunteers monitor these programs to ensure they produce measurable results that change lives.

The Wrap-Up event also recognized the success of the 2006 Days of Caring, which saw an increase of approximately 400 volunteers over last year. More than 1,400 people from more than 24 local companies or organizations participated in the 13th annual Days of Caring that took place from late August through mid-November. Volunteers did everything from read to preschoolers to distribute fresh food to low-income families. Days of Caring is meant to provide a rewarding personal experience that allows volunteers to see how their caring makes a difference in people's lives. In

particular, Kellogg Company and the W.K. Kellogg Foundation had significant increases in Days of Caring volunteers.

2006 United Way raffle winners were also announced during the event. In order to qualify for the drawing, entrants must donate at least \$3 per week or \$156 annually. Robert Campbell of Kellogg Company won the \$500 Savings Bond from LaSalle Bank, Dennis Fitzgerald of Kellogg Company won the \$200 Macy's shopping spree, Robert Gault of Ralstons won the Best Buy Kodak Digital Camera valued at \$275 and Ron Worthington of Michigan Paperboard Company won the \$300 Target shopping spree. The Grand Prize winner was Dale Gordon of Duncan Aviation. Gordon won two free airplane tickets to anywhere in the continental U.S. Winner of the non-profit television raffle was Rebekah Lehman, an employee of Guardian, Inc.

United Way's Campaign Cabinet is a group of committed volunteers who spend hours working with the businesses and organizations that run United Way employee campaigns. Cabinet members provide advice and assistance to campaign coordinators and help explain why participating in the campaign is vital to the Battle Creek community.

This year's Campaign Cabinet members include: Sharalyn Walkons-Davis, Mike Cope, J.R. Reynolds, Floyd Gallegos, John Severson, Chris Wigent, Tim Creech, Hal Fisher, Tracy Miller, Mike Isham, Joe McCorkle, Al Byam, Russ Claggett, John Hallacy, Chayo Long-Mendez, Victoria Reese, Dizzy Warren, Dennis Duval, Rocky Marsh, Kevin Patrick, Charlie Burnham, Tim Kool, Diane Thompson, Preston Hicks, Carlton Lartigue, Bill Birch, Julie Bosley, Jerry Schmidt, Erick Stewart, Todd McDonald, Frank Walker, and Cathy and David Lucas.

United Way of Greater Battle Creek addresses some of our community's most pressing problems and measurably improves the lives of individuals in need. United Way does this by raising dollars that fund more than 45 local programs operated by more than 30 non-profit agencies or organizations. United Way also collaborates with local organizations and people to identify and address emerging needs and issues.

## Kathleen Strang Named Southwest's 2005-2006 Patient of the Year

Kathleen Strang has spent most of her life in music, having begun to play the piano at age four. She also sang and was a member of her church choir. But on August 27, 2005, the music stopped for Kathleen. At the age of 65, she experienced a severe stroke that sent her to the emergency room. She was stabilized, but the stroke had paralyzed her left side and impaired her throat muscles limiting her ability to swallow and sing.

After a five-day stay in acute care, Kathleen was admitted to Southwest Regional Rehabilitation Center for therapy to restore lost function. It would take incredibly hard work for Kathleen, a retired librarian and a Battle Creek resident, who had lost her husband the previous year and had survived stage three breast cancer. When she came to Southwest, it was her dream and her goal to win back her life and once again play the piano and sing. Her commitment to her therapy and dedication to the hard work of recovery earned her Southwest's annual George M. Chamberlin, M.D., Patient of the Year Award for 2005-2006. Presentation ceremonies took place during Southwest's celebration of National Rehabilitation Awareness Week, September 18-22.

Recognizing outstanding commitment and effort made by a patient toward rehabilitation following illness or injury, Southwest's Patient of the Year Award is given only after careful consideration by the center's clinical team. Numerous patient candidates are recommended, but the final selection is based on firmly-established criteria. These criteria are: a positive attitude toward recovery; commitment to putting forth extra effort to improve; dedication to the rehabilitation process; working continuously to over-



*Kathleen Strang, accepts Southwest's 2005-2006 Patient of the Year Award at ceremonies held during National Rehabilitation Awareness Week.*

come great adversities in the face of multiple physical and/or medical challenges; and complete adjustment to disability.

A few days into her rehabilitation at Southwest, the stroke extended and Kathleen was forced to return to acute care. She was re-admitted to Southwest on September 17 and undertook an aggressive rehabilitation program involving physical, occupational and speech therapy, sometimes requiring as many as five sessions in a day. She progressed enough so that she was discharged on September 24, able to return home with the assistance of a home health nurse. At home, Kathleen set goals for herself and continued her therapy as an outpatient to gain back her independence. The going was tough, but she continued to progress.

"Stroke is a series of big failures and small triumphs," Kathleen observed. "It is all about facing fear. When I looked at what I had ahead of me, I told myself, 'I

have to do this'."

Her hard work paid off as she gradually won back her skills. On November 18, she passed her swallow study so that she could drink thin liquids again, and celebrated with a big glass of cold water. To recover her cognitive skills, she spent weeks painstakingly working on her checkbook and word puzzles. She practiced hand exercises. In the back of her mind, the question always loomed: Would she play the piano again?

The big moment came on October 16 when Kathleen went to her keyboard and played five notes, five notes she would never forget. It was a big breakthrough and after that, she made regular progress. She got rid of her walker later in the fall and began walking with a cane. By Christmas, she decided she could be on her own, and on December 29 bid farewell to her home caregiver. By January she was balancing her own checkbook, and in March she attended her first choir practice. By spring Kathleen was walking around the neighborhood. All that was left was driving a car and on August 16, 2006, she passed her driving test giving her full independence.

At her ceremony, members of her clinical team at Southwest repeatedly praised Kathleen's motivation, positive attitude, her willingness to take on every challenge.

"She would always try," her speech therapist said. "She always found the silver lining," observed her social worker. "She is a wonderful person," said her nurse. Another therapist added: "You do as much for us as we do for you."

In accepting her award, Kathleen acknowledged all the staff at Southwest and her many friends who had helped her after she had come home. She also acknowledged her faith, and then added a special thank you to Marilyn Sharp, who had recovered from stroke in 1995 and been named Southwest's first Patient of the Year. Kathleen turned to Marilyn who sat at the table of honor with other past patients, and said: "Every day I would go the Wall of Courage and read your story on the wall. You were my inspiration."

Kathleen is the 11th recipient of Southwest's Patient of the Year Award. At present she is fully independent, continues to improve her piano playing, and is once again singing with her church choir.

### MICHAEL E. DOWNING REALTOR

- ASSOCIATE BROKER • HALL OF FAME AWARD WINNER
- 30 YEARS OF EXPERIENCE • OVER 2,100 CLOSED TRANSACTIONS
- RECIPIENT OF THE LIFETIME ACHIEVEMENT AWARD
- MEMBER OF THE RE/MAX 100% CLUB FROM 1983 thru 2005

8 TIME  
PLATINUM  
AWARD  
WINNER



269-968-6101 W • 269-963-2433 H  
269-968-3930 WFX • 269-963-0221 HFX  
269-967-6315 Cell Phone  
www.battlecreek-homes.com  
e-mail: DowningMik@aol.com

RE/MAX Perrett Assoc. Inc.,  
121 Capital Ave., NE, Battle Creek, MI 49017



# Local Interest

## American Red Cross urges donors to give to replenish post holiday blood supply.

*Type O-negative critically low; patient care could be compromised.*

The American Red Cross is urging everyone who can to give blood during the holiday season and into the New Year to help offset a drop in donations that can threaten patient care in Michigan hospitals.

All blood types are needed, but there is a particular need for donors with Type O-negative. Current supplies of “the universal donor” are at emergency levels, with just a half-day on the shelves in the Red Cross region that serves 65 counties and 70 Michigan hospitals.

**“While this time of year is the season of giving, it’s also the time when blood donations plummet,”** says Sharon Jaksa, CEO of the American Red Cross Great Lakes Region Blood Services. **“The need for blood never takes a holiday.”**



Each day, the Great Lakes Region needs about 700 blood donations to support patients undergoing chemotherapy, emergency and trauma care, and medical treatments for serious diseases and surgeries.

Donations historically decline during the winter season when eligible donors are away from home, school and work, and busy with holiday activities and travel. For the past week, the number of people giving blood has declined 10 to 15 percent, putting a strain on blood availability.

Blood donors must be at least 17 years old, weigh at least 110 pounds and be in good general health. For information on a blood drive in any of the 65 counties served by the Great Lakes Region, call **1-800-GIVE LIFE** or visit [www.givelife.org](http://www.givelife.org). For a local listing of drives, please visit our web site at <http://calhounbranchmi.redcross.org/blood.html> or call 269-962-7528.

Date	Start	End	Site Name & Address	Employees only
01/17/06	10:30am	4:30pm	Kraft Foods, In Honor of Amanda Patrick, 275 Cliff St.	Employees Only
01/17/07	10 am-4 m	6pm-12am	II Stanley 1500 Hill Brady Rd.	Employees Only
01/19/07	12pm	6pm	Central Christian Church 713 Riverside Drive	
01/19/07	12pm	6pm	Marshall United Methodist Church 14711 N. Old US 27, Marshall	
01/22/07	1pm	6pm	The Laurels of Coldwater 90 North Michigan, Coldwater	
01/22/07	5am-11am	1-7pm	Denso Mfg 1 Denso Rd.	Employees Only
01/22/07	12pm	6pm	Christ United Methodist Church 65 N. Bedford	
01/24/07	9am	3pm	First Congregational Church 145 Capital Ave. NE	
01/30/07	12pm	6pm	Tekonsha Union Church 206 Randall Street, Tekonsha	
01/31/07	11am	5pm	Coldwater Eagles 331 Butters, Coldwater	
02/01/07	12pm	6pm	Albion First United Methodist Church	
02/02/07	10:30am	4pm	Fieldstone Center	
02/07/07	10:3am	4:30pm	Kellogg Community College	
02/09/07	8am	1pm	Battle Creek Federal Center, 75 North Washington Ave	Employees Only
02/12/07	8am	2pm	St. Phillip Catholic High School, 20 Cherry Street	
02/13/07	8am	2pm	Marshall High School	Employees & Students
02/15/07	8am	2pm	Albion High School	
02/16/07	10am	4:30pm	Duncan Aviation, 15745 South Airport Road	Employees Only
02/16/07	11am	5pm	Chapel Hill United Methodist Church	
02/19/07	11am	5pm	Marshall Tendercare	
02/19/07	12pm	6pm	Coldwater Masonic Temple, Coldwater	
02/26/07	8am	2pm	Branch Area Career Center	
02/27/07	12pm	6pm	Bronson Chicago Street School, Bronson	

## A

### ALLEN ANTIQUE BARN

9247 W. Chicago Rd., Allen, MI 49227  
517-869-2888 [www.allenantiquebarn.com](http://www.allenantiquebarn.com)

### ALLEN ANTIQUE MALL

9011 W. Chicago, Allen, MI 49227  
517-869-2788

### ALL-TRONICS

550 Major Ave., Battle Creek, MI 49015  
269-968-7171 [www.all-tronics.com](http://www.all-tronics.com)

## B

### BATTLE CREEK AREA CHAMBER OF COMMERCE

77 E. Michigan Ave., Battle Creek, MI 49017  
269-962-4076 [www.battlecreek.org](http://www.battlecreek.org)

### BATTLE CREEK HEALTH SYSTEM

300 North Ave., Battle Creek, MI 49016  
269-966-8000 [www.bchealth.com](http://www.bchealth.com)

### BATTLE CREEK LANGUAGE & CULTURE CTR.

7 Heritage Oak Lane #4, Battle Creek, MI 49015  
269-979-8432 [www.bclanguageculture.com](http://www.bclanguageculture.com)

### BATTLE CREEK PUBLIC SCHOOLS

3 W. Van Buren St., Battle Creek, MI 49017  
269-965-9486 [www.battlecreekpublicschools.org](http://www.battlecreekpublicschools.org)

### BATTLE CREEK TILE & MOSAIC CO.

1338 W. Michigan, Battle Creek, MI 49017  
269-962-8779 [fx: 269-962-0620](http://www.battlecreektile.com)

### BATTLE CREEK UNLIMITED

4950 W. Dickman Rd., Battle Creek, MI 49015  
269-262-7526 [www.bcunlimited.org](http://www.bcunlimited.org)

### BOB JANVRIN AUTO BODY & FRAME

1329 E. Michigan Ave., Battle Creek, MI 49017  
269-962-0401 [www.bobjanvrinautobody.com](http://www.bobjanvrinautobody.com)

### BURNHAM BROOK

200 West Michigan, Battle Creek, MI 49017  
269-966-2566 [www.burnhambrook.com](http://www.burnhambrook.com)

## C-D

### CARPET WAREHOUSE

20 Griffin Ct., Battle Creek, MI 49015  
269-968-1269 [www.cwcarpetwarehouse.com](http://www.cwcarpetwarehouse.com)

### CHEMICAL BANK

115 W. Drive South, Marshall, MI 49068  
269-781-6880 [www.chemicalbankmi.com](http://www.chemicalbankmi.com)

### CREATIVE COVERING FABRIC & UPHOLSTERY

1499 E. Michigan, Battle Creek, MI 49014  
269-964-6094 [www.creative-covering.com](http://www.creative-covering.com)

### CSM GROUP INC.

13800 E. Michigan Ave., Galesburg, MI 49053  
269-746-5600 [www.csmgroup.com](http://www.csmgroup.com)

### DRAKE'S BATTER MIX CO.

1631 Pratt Ave., Marshall, MI 49068  
269-781-3911 [fx: 269-781-3915](http://www.drakesbattermix.com)

## E-F

### EDWARD ROSE & SONS

115 Pine Knoll Dr., Battle Creek, MI 49014  
269-962-0222 [www.edwardrose.com](http://www.edwardrose.com)

### FAMILY Y CENTER

182 Capital Ave., NE, Battle Creek, MI 49017  
269-963-9622 [www.ycabattlecreek.org](http://www.ycabattlecreek.org)

### FARLEY ESTES & DOWDLE FUNERAL DIRS.

105 Capital Ave., NE, Battle Creek, MI 49017  
269-962-5527 [www.farleyestesdowdle.com](http://www.farleyestesdowdle.com)

### FELPAUSCH SUPPORT OFFICE

127 S. Michigan, Hastings, MI 49058  
269-945-3485 [www.felpausch.com](http://www.felpausch.com)

### FOUNDATION FOR BEHAVIORAL RESOURCES

600 South Lincoln, Augusta, MI 49012  
269-731-5775 [fx: 269-731-5346](http://www.fbrmi.org)

### FRANCOIS' CORNER BISTRO/TORTILLA FLATS

116 Portage St., Kalamazoo, MI 49007  
269-381-4958 [www.francoiskazoo.com](http://www.francoiskazoo.com)

## G-I

### GINNY SUE'S FRAME & DESIGN

By Appointment  
269-781-2564

### HOG CREEK CRAFT & ANTIQUE MALL

10750 W. Chicago Rd. (U.S. 12), Allen, MI 49227  
517-490-4131 [www.hogcreekmall.com](http://www.hogcreekmall.com)

### HOWES CUSTOM CABINETRY

22130 N. Bedford Rd., Battle Creek, MI 49017  
269-964-1216 [fx: 269-964-1216](http://www.howescabinetry.com)

### IMAGE GALLERY GRAPHIC SOLUTIONS

10 W. Michigan Ave., Battle Creek, MI 49017  
269-965-7285 [www.imagegallery.cc](http://www.imagegallery.cc)

### INTEGRATED HEALTH PARTNERS

165 N. Washington, Battle Creek, MI 49017  
269-660-3850 [fx: 269-660-3859](http://www.ihp.com)

## J-K

### JIM HAZEL CITGO/AUTO PARTS STORE

14301 Beadle Lake Rd., Battle Creek, MI 49014  
269-966-9153 [fx: 269-968-1142](http://www.jimhazel.com)

### JOHN CHARLES FINE PORTRAITURE

15189 S. Helmer Rd., Battle Creek, MI 49015  
269-968-0044 [www.johncharlesportrait.com](http://www.johncharlesportrait.com)

### KELLOGG COMMUNITY FEDERAL CREDIT UNION

41 Second St., Battle Creek, MI 49017  
269-968-9251 [www.kelloggcfcu.org](http://www.kelloggcfcu.org)

## L-N

### LASALLE BANK

1 W. Michigan Ave., Battle Creek, MI 49017  
269-965-9244 [www.lasallebank.com](http://www.lasallebank.com)

### LES STANFORD FORD

295 W. Dickman Rd., Battle Creek, MI 49015  
269-965-7771 [www.lesstanfordford.com](http://www.lesstanfordford.com)

### LITTLE GIANT RESTAURANT

1275 E. Columbia Ave., Battle Creek, MI 49014  
269-963-2212

### MICHIGAN TILE & CARPET

99 E. Columbia Ave., Battle Creek, MI 49015  
269-962-6227 [www.michtile.com](http://www.michtile.com)

### NARCONON STONE HAWK

216 St. Mary's Lake Rd., Battle Creek, MI 49017  
269-969-9773 [www.narcononstonehawk.com](http://www.narcononstonehawk.com)

### NEW DAY FAMILY MEDICINE & MEDICAL SPA, P.C.

3600 Capital Ave., SW, Battle Creek, MI 49015  
269-979-5100 [www.newdaymed.com](http://www.newdaymed.com)

## O-P

### OAKLAWN HOSPITAL

200 North Madison, Marshall, MI 49068  
269-781-4271 [www.oaklawnhospital.org](http://www.oaklawnhospital.org)

### PARTNERS INSURANCE AGENCY OF SW MI

165 N. Washington, Battle Creek, MI 49017  
269-660-3867 [fx: 269-660-3862](http://www.partnersins.com)

### PROGRESSIVE PRINTING & GRAPHICS

148 E. Columbia, Battle Creek, MI 49015  
269-965-8909 [www.progressiveprinting.net](http://www.progressiveprinting.net)

## R

### RADIO COMMUNICATIONS, INC.

176 Meachem, Battle Creek, MI 49015  
269-963-4171 [fx: 269-963-2426](http://www.radiocomm.com)

### RE/MAX Perrett Assoc., Inc./MIKE DOWNING

121 Capital Ave., NE, Battle Creek, MI 49017  
269-968-6101 [www.battlecreek-homes.com](http://www.battlecreek-homes.com)

### ROTO ROOTER PLUMBING & DRAIN SERVICE

7275 Tower Rd., Battle Creek, MI 49014  
269-962-1070 [www.rotorooter.com](http://www.rotorooter.com)

## S

### SCHWEITZER

9807 Bellevue Rd., Battle Creek, MI 49016  
269-963-1579 [www.schweitzer-inc.com](http://www.schweitzer-inc.com)

### SIMS/KNOLL'S ELECTRIC

466 Main, Battle Creek, MI 49014  
269-963-7910 [fx: 269-962-7276](http://www.sims-knolls.com)

### SOUTHERN MICHIGAN BANK & TRUST

5350 E. Beckley Rd., Battle Creek, MI 49015  
269-979-8822 [www.smb-t.com](http://www.smb-t.com)

### SOUTHWEST MICHIGAN EYE CENTER

3600 Capital Ave. SW #203, Battle Creek, MI 49015  
269-979-6383 [www.swmec.yourmd.com](http://www.swmec.yourmd.com)

### SOUTHWEST REG. REHABILITATION CTR.

393 E. Roosevelt, Battle Creek, MI 49017  
269-965-3206 [www.sw-rehab.org](http://www.sw-rehab.org)

### STATE FARM INSURANCE - Agent: John Chmiel

409 W. Columbia Ave., Battle Creek, MI 49015  
269-965-4556 [fx: 269-965-1656](http://www.statefarm.com)

### STUFFNIQUES

9011 W. Chicago, Allen, MI 49227  
517-869-2788 [269-979-1411 ext. 103](http://www.stuffniques.com)

### SWONK'S FLOWER SHOP

84 W. Goguc St., Battle Creek, MI 49015  
269-963-5571 [www.swonksflowershop.com](http://www.swonksflowershop.com)

## T-V

### TAKING THE LEAD DOG TRAINING

2050 17 Mile Rd., Marshall, MI 49068  
269-781-7800 [www.MichiganDog.com](http://www.MichiganDog.com)

### TLC EYECARE & LASER CENTERS

363 Fremont, Suite 301, Battle Creek, MI 49017  
269-964-3018 [www.tlceyecare.com](http://www.tlceyecare.com)

### TOYOTA TSUSHO AMERICA INC.

795 Fritz Keiper Blvd., Battle Creek, MI 49015  
269-962-0118 [www.taiamerica.com](http://www.taiamerica.com)

## W-Z

### WOLY AM 1500

15074 6-1/2 Mile Rd., Battle Creek, MI 49017  
269-965-1515 [fx: 269-965-1315](http://www.woly.com)

### WORCESS INSURANCE AGENCY

55 N. McCamly, Battle Creek, MI 49017  
269-965-3221 [fx: 269-965-8853](http://www.worcess.com)

### WW THAYNE ADVERTISING

4642 Capital Ave., SW, Battle Creek, MI 49015  
269-979-1411 [fx: 269-979-3474](http://www.thayne.com)

WOULD YOU LIKE **YOUR BUSINESS** TO  
APPEAR IN SCENE'S BUSINESS LISTINGS?

CALL 269-979-1410

## ALLEN ANTIQUE BARN



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

- Over 300 Booths on Two Floors
- Stairs and Elevator to Second Floor
- Limited Dealer Space Available
- Brown's Clock Repair
- Furniture Reconditioning Supplies

9247 West Chicago Road, Allen, Michigan  
517-869-2888 / [allenantiquebarn@hotmail.com](mailto:allenantiquebarn@hotmail.com)



Hours: 10:00-5:00 - 7 Days

OWNERS: DEREK & EILEEN SCHROEDER

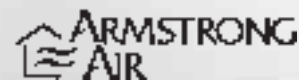
*We Give You The Best! For The Same Price As The Rest!*

# Need A New FURNACE?

## Give Us A Call!

PLEASE CALL **269-963-7910** and talk to the YELLOW TRUCK People!

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



Calhoun County's **ONLY** Authorized Armstrong Dealer

*Three Generations of Customer Commitment*



**Access Control**  
**Auto Attendant**  
**C.C.T.V.**  
**Card Access**  
**Data Cabling**  
**Door Entry**  
**Emergency Page**  
**Fiber Optics**  
**Fire Alarm**  
**Intercom**  
**M.A.T.V.**  
**Nurse-Call**  
**Security Alarm**  
**Sound Systems**  
**Time Signaling**  
**Telephone**  
**Video**  
**Video Conferencing**  
**Voice Mail**

**Auditoriums**  
**Businesses**  
**Churches**  
**Commercial**  
**Health Care**  
**Hotels/Motels**  
**Manufacturing**  
**Meeting Halls**  
**Offices**  
**Restaurants**  
**Retail Stores**  
**Schools**  
**Stadiums**  
**Warehouses**

**Sales**  
**Training**  
**Design Services**  
**Installation**  
**24 Hour Service**  
**Free Estimates**  
**5 Year Warranty**



**Battle Creek 269-968-7171**  
**Kalamazoo 269-385-5195**  
**Grand Rapids 616-949-0900**  
**Toll Free 800-589-7171**  
**www.all-tronics.com**

# Advertiser's Index

3MCA .....	64	Jim Hazel / CITGO .....	60
Allen Antique Barn .....	59	John/Charles Fine Portraiture .	7, 63
Allen Antique Mall .....	60	Kellogg Community Federal	
All-Tronics .....	60	Credit Union .....	17
ASMO .....	54	LaSalle Bank .....	14
Battle Creek Area Chamber		Les Stanford Ford .....	63
of Commerce .....	25	Little Giant .....	63
Battle Creek Family YMCA ....	63	Michigan Tile & Carpet .....	38
Battle Creek Health System ....	40	New Day Family Medicine &	
Battle Creek Language and		Medical Spa, P.C. ....	2, 63
Culture Center .....	4	Oaklawn Hospital .....	42
Battle Creek Tile & Mosaic ....	12	Partners Insurance Agency ....	13
Battle Creek Unlimited .....	26	printlink•palmer .....	27
Bob Janvrin Auto Body .....	4	Progressive Printing & Graphics .	54
Burnham Brook .....	25	Radio Communications .....	60
Carpet Warehouse .....	51, 63	RE/MAX Perrett Assoc., Inc.,	
Chemical Bank .....	16	Michael E. Downing Realtor .	56
CSM Group .....	61	Roto-Rooter .....	27
Creative Covering Fabrics &		Schweitzer Contracting .....	20
Upholstery .....	63	Senior Times .....	4
Drake's Batter Mix .....	43	Sims Electric .....	59
edwardrose.com .....	4	Southern Michigan Bank	
Family & Children Services ....	45	& Trust .....	15
Farley Estes & Dowdle		Southwest Michigan	
Funeral Directors .....	4, 49	Eye Center .....	39
Felpausch .....	3	Southwest Regional Rehabilitation	
Foundation for Behavioral		Center .....	62
Resources .....	11	Stuffniques .....	42
Francois' Bistro .....	23	Swonk's Flower Shop .....	63
Ginny Sues Frame & Design ....	41	Taking the Lead Dog Training ...	4
Hog Creek Craft &		TLC Eyecare & Laser Centers ...	61
Antique Mall .....	4	Toyota Tsusho .....	22
Image Gallery Graphic Solutions .	4	WOLY Radio AM1500 .....	44

## Business Directory

Call 979-1410 For This  
 Valuable Advertising Opportunity!

### ♦ ANTIQUES

**ALLEN ANTIQUE MALL**  
 427 Booths  
 Dealers From 6 States  
 Grill & Restaurant on Grounds  
 Bus Tours Welcome  
 9011 W. Chicago, Allen, Michigan • 517-869-2788  
 7 days 10-5  
 Take I-69 south to Coldwater exit 13, 10 miles east

### ♦ AUTOMOTIVE

<b>auto parts store</b>		
14299 Beadle Lake Rd.	14301 Beadle Lake Rd.	
I-94 exit 100	I-94 exit 100	
968-1150	966-9153	
• Fax: 968-1142 •		

### ♦ COMMUNICATIONS

*Radio*  
**Communications, Inc.**  
 176 Meachem  
 Battle Creek, MI 49015  
**963-4171 • Fax:963-2426**  
 Doug Hartough, Sales Manager  
  
 Authorized Two-Way Radio Dealer

## Tips For The High-Tech Traveler

Whether using your laptop or cell phone, it is important for today's travelers to stay connected while on the road. Chris McGinnis, noted business travel expert and author of "The Unofficial Business Traveler's Pocket Guide: 165 Travel Tips Even the Best Business Travelers May Not Know," offers useful high (and some low) tech tips on how to keep connected and stay secure while traveling.

**Wi-fi:** If you don't have it, get it. Wireless Internet access (wi-fi) is now the killer app for frequent travelers. Most new laptops come with built in wi-fi, but if yours doesn't you can buy an inexpensive adapter card for under \$15 that will allow you to access the rapidly growing number of Internet hotspots.

**Inquire about high speed:** Always ask if high-speed Internet connections (wired or wireless) are available in your hotel. If wi-fi is offered, find out if it is accessible only in the lobby or also in your room. Check if the wi-fi service is free or if there is a charge; in the U.S. it is generally inexpensive, but overseas it can be as high as \$30/day.

**Log on at the airport:** There's nothing better than finding a wi-fi connection to the Internet when you are at the airport waiting for your flight, and it is even better when that connection is free. There are now nearly 400 airports across the country offering wi-fi service to travelers, with some offering free access, although most require a fee of \$6 to \$10.

**People are watching:** Help protect your privacy on the plane, in the airport and in other public areas where you are working on your laptop by using products like 3M Privacy Filters ([www.3MPrivacyFilters.com](http://www.3MPrivacyFilters.com)) with "black out" technology. With the privacy filter, your laptop screen cannot be viewed from the side and you do not have to worry about "wandering eyes" stealing information off your computer screen.

**Be careful with free wi-fi:** If you are not certain who is providing the free wi-fi hotspot you are accessing, do not enter sensitive information like credit card numbers, passwords or confidential financial information. Beware of "evil twin" hotspots that simulate the look of a legitimate hotspot, and may actually provide you with a connection to the Internet, but are set up to steal your proprietary information.

**Safer hotel rooms:** Keep your electronic gear out of sight when you are not in your hotel room. Most business class hotels now offer in-room safes that are flat and wide enough to accommodate your laptop. Use them!

**Trust can turn a leap of faith into a confident decision.**

When you're the owner, a building construction project can be overwhelming. Trust in your Construction Manager is critical.

CSM Group is known for professionalism at every level of the organization, every step of the way. Our proactive approach and established processes help ensure that project goals, quality standards, and deadlines are met.

**CSM GROUP**  
Building owners' trust.

11800 East Michigan Avenue  
Caledonia, MI 49510-9458  
PH: 249.746.5400  
[www.csigroup.com](http://www.csigroup.com)

400 Monroe Avenue NW • Suite 104  
Grand Rapids, MI 49503-1470  
PH: 416.638.5400  
[info@csigroup.com](mailto:info@csigroup.com)

It's why building owners trust CSM Group.

**See the big picture**

**without missing the details.**

**Don't let cataracts get in the way.**

You've waited your whole life to take this trip. Don't miss seeing the whole picture. The AcrySof® ReSTOR® cataract replacement lens lets you see more sharply – from near to far, **usually without glasses.** If your eyes are young at heart, but your cataracts are getting in the way, choosing this innovative lens could be life changing.

**ReSTOR**  
See it all

For More Information or to Schedule a Consultation

**777.TLC.TIME**  
[www.tlceyecare.com](http://www.tlceyecare.com)  
363 Fremont Avenue,  
Battle Creek

**#2 provider in the nation using ReSTOR technology and the 1st surgeons in Michigan to use a 20% smaller incision during surgery.**

**Dr. Paul Ernest**  
**Dr. Kevin Lavery**  
TLC Cataract and Refractive Specialists

We're building a great name  
in physical rehabilitation.



## Barnes & Noble Highlights

**BARNES & NOBLE**  
BOOKSELLERS

### Literacy, Arts, and Education

Our main goal at Barnes & Noble is to promote literacy, art and education (pre-k to 12th) with the young people in our community. We have many programs at the store that help us do this along with activities schools and day-cares. Storytimes and Educator Appreciation Weeks are just a few of the things that we do for our community that help us reach our goal. We take every opportunity that we can get to reach young people because we know how important literacy, art and education are for their future.

Every week we have storytimes that include an activity and snack for young children. All storytimes are free to the public and the stories and activities are age appropriate for 3 to 6 year olds.

Every month we have book groups for young readers. These book groups are free and include a discussion about the books, fun games and activities, and prizes for the participants to take home. These groups consist of 8 to 13 year olds and have become very popular.

Along with our store programs, we also have many books that can help parents and teachers promote literacy, art and education with their children and students. Shirley C. Raines and Robert Canady have created *Story Stretchers*, which are books that give many ideas for games and activities to do with kids during a storytime.

For older children, there are fantastic books called *Spark Notes*. Similar to *Cliff Notes*, these are easy to use study guides and there are *Spark Notes* for every subject from U.S. History to Algebra and Geometry.

### Calendar of Events:

- Storytimes: Tuesdays at 10am and Wednesdays at 11:30am
- Family Game Night: Thursdays at 6pm
- Quilting Night: The 1st Wednesday of the month at 7pm
- Bookworms Book Group: The 3rd Tuesday of the month at 7pm
- Knitting and Crocheting Group: the 3rd Wednesday of the month at 6:30pm
- American Girls Book Group: The 3rd Saturday of the month at 2pm
- Writer's Workshop: The last Thursday of the month at 6:30pm

See our store calendar of events that includes author signings and other special events.

LISTENING • RESPONDING • WORKING TOGETHER

Battle Creek Public Schools  
Offers Students **More . . .**

CURRICULUM CHOICES

FINE ARTS OFFERINGS

EXTRACURRICULAR ACTIVITIES

TECHNOLOGY MULTIMEDIA CLASSES

BEFORE & AFTER SCHOOL ACTIVITIES

ADVANCED LEVEL CLASSES

**MORE**



3 West VanBuren Street • Battle Creek • Michigan 49017 • 269-965-9486 • Website: [www.battlecreekpublicschools.org](http://www.battlecreekpublicschools.org)

# HAVE YOU SCENE US!

## JOHN | CHARLES Fine Portraiture.

Come discover  
what the attraction  
is all about!

269-968-0044

15189 S. Helmer Rd.  
Battle Creek, MI 49015  
[www.johncharlesportrait.com](http://www.johncharlesportrait.com)



20 GRIFFIN COURT • BATTLE CREEK • MI • 269-968-1269  
LOCALLY OWNED & MANAGED SINCE 1980

**KIMBERLY PLOEHN, MD**

Board Certified Physician  
[www.newdaymed.com](http://www.newdaymed.com)  
3600 Capital Ave., SW, Suite 201  
Battle Creek, MI 49015

Medical Spa – 269-979-5200  
COMPLETE SKIN CARE & LASER HAIR REMOVAL

Family Medicine – 269-979-5100  
MEDICAL CARE FOR THE WHOLE FAMILY

**Family Friends  
Fitness Fun!**

- State of the art Health Enhancement Center
- Multi-Sports Complex
- Aquatic Center
- FREE Child Watch and Y in the Sky Youth Activity Centers

**Battle Creek Family YMCA**

182 CAPITAL AVENUE NE, BATTLE CREEK, MI 49017  
269-963-YMCA • [www.ymcabattlecreek.org](http://www.ymcabattlecreek.org)

**Swonk's  
Flower Shop**

**Floral Arrangements  
For Every Occasion**

269-963-5571 / 877-255-0905  
[www.swonksflowershop.com](http://www.swonksflowershop.com)  
84 W. Goguc St., Battle Creek, MI 49015  
Monday-Saturday, 8am to 5:30pm

**JEANETTE M. SCHMID**  
Michigan Certified Florist

**EVERYTHING BIG AND BEAUTIFUL**

**Bringing  
New Life  
To Old  
Furniture**

COMMERCIAL | RESIDENTIAL

1499 E. MICHIGAN | BATTLE CREEK MI 49014  
269-964-6094 | [www.creative-covering.com](http://www.creative-covering.com)

**Little  
GIANT**

LOCALLY OWNED  
**Popular  
Breakfast and  
Lunch Menu**

AND NOW, DINNER, TOO!  
(Thursday-Saturday)

HOURS: Mon-Sat 6am-9pm  
Sunday 7am-9pm

*Everyone has a favorite here!*

1275 E. Columbia Ave., Battle Creek, MI 49014 | 269-963-2212

**See Les.  
Pay Less.**

**Les Ford  
Stanford**

295 W. Dickman Rd.

269-965-7771

Scene Magazine  
4642 Capital Ave., SW  
Battle Creek, MI 49015-9350  
CHANGE SERVICE REQUESTED

It takes a team to build a  
thriving community.

It's  
What  
WE  
DO!



**ADRIAN MECHANICAL SERVICE CO.**

Todd Carver / Adrian  
Ph: 517-263-5025 Fx: 517-263-1430  
t.carver@adrianmechanical.com

**ANDERSON AIR CONDITIONING**

Richard Adams / Lansing  
Ph: 517-372-3100 Fx: 517-485-5812  
anderson\_service@hotmail.com

**APPLEGATE, INC.**

Garry Applegate/Jackson  
Ph: 517-783-2646 Fx: 517-783-1219  
gapplegate@applegateincjxn.com

**FRY MECHANICAL INC.**

Rodney Fry / Adrian  
Ph: 517-263-0812 Fx: 517-265-4140  
rod@frymech.com

**GRINDALL & WHITE INC.**

Jeff White / Jackson  
Ph: 517-784-7124 Fx: 517-784-2239  
grindall.white@comcast.net

**GUNTHORPE PLUMBING  
& HEATING INC.**

Larry Gunthorpe / East Lansing  
Ph: 517-333-2660 Fx: 517-333-2665  
larry@gunthorpeplumbing.com

**JOHN E. GREEN COMPANY**

Charles J. Osborne / Lansing  
Ph: 517-322-4030 Fax: 517-322-9030  
chuckosborne@johnegreen.com

**HUNTER-PRELL COMPANY**

Dan Wells / Battle Creek  
Ph: 269-962-7538 Fx: 269-962-7311  
hunterpr@iserve.net

**MYERS PLUMBING & HEATING, INC.**

Kirk Myers / Lansing  
Ph: 517-886-2255 Fx: 517-886-7854  
kirk.myers@myersmech.com

**PAUL E. BENDEL CO.**

Jerry Jehnzen / Jackson  
Ph: 517-783-2803 Fx: 517-783-2153  
jjehnzenpaulbengel@ameritech.net

**SCHECK MECHANICAL**

Pete Seklins / Battle Creek  
Ph: 269-968-5201 Fx: 269-968-5242  
pseklins@goscheck.com

**SHAW-WINKLER, INC.**

Lynn O. Morgan / East Lansing  
Ph: 517-351-5720 Fx: 517-351-5131  
lynnomorgan@sbcglobal.net

**T. H. EIFERT, INC.**

Tom Eifert / Lansing  
Ph: 517-484-9944 Fx: 517-484-1699  
teifert@theifert.com

**WILLIAM E. WALTER, INC.**

Douglas Wyrwicki / Flint  
Ph: 810-232-7459 Fx: 810-232-8698  
dwyrwicki@williamewalter.com

**3 MCA**

**Mid-Michigan  
Mechanical  
Contractors  
Association**

**MID-MICHIGAN MECHANICAL CONTRACTORS:**

A/C MECHANICAL SYSTEMS • ADRIAN MECHANICAL  
ANDERSON AIR CONDITIONING • APPLGATE • APCOM • BAM HEATING  
BOSCH MECHANICAL • CASCADE REFRIGERATION • DAN ALLOR P & H  
EIFERT, T.H. • FHC • FM SYLVAN • FRY MECHANICAL • GOYETTE MECHANICAL  
GREEN, JOHN E. • GRINDALL & WHITE • GUNTHORPE PLBG & HTG  
H2O COMPLIANCE • HUNTER PRELL • JOHNSON CONTROLS  
KEBLER PLBG & HTG • LANG PLUMBING • MALL CITY MECHANICAL  
MAPLE CITY PLBG & HTG • MICHAEL MCNAMARA • MLF ENTERPRISES  
METRO INDUSTRIAL PIPING • MJR • MORGAN MECHANICAL  
MYERS PLBG & HTG • NATIONAL PIPING • N B PROCESSING, INC.  
NELSON TRANE • PAUL BENDEL CO. • PHOENIX REFRIGERATION  
POWER PROCESS PIPING • PRIME MECHANICAL • PRO SERVICES  
REFRIGERATION ENGINEER • SCHECK MECHANICAL • SHAW-WINKLER  
SIEMENS BUILDING • SHAMBAUGH & SONS • STAFFORD-SMITH, INC.  
SUMMIT CONTRACTORS • UNIVERSAL PIPING  
WESTSIDE MECHANICAL • W. SOULE CO. • WHITE REFRIGERATION  
WILLIAM E WALTER • WYERS PLUMBING • YORK INTERNATIONAL

**SERVICING:** Adrian, Battle Creek, Jackson, Lansing, Webberville and all areas in between  
A directory of members is available on our website: [www.mid-michiganmca.org](http://www.mid-michiganmca.org)  
700 North Washington Avenue, Lansing, MI 48906-5133 / 517-485-7990 / fax 517-485-4129