

Elderly woman knocked down, robbed while shopping

A 79-year-old Livonia woman reported being knocked down by a man and having her purse stolen outside the Kohl's Department store on Grand River around 10:53 a.m. Thursday. The man ran and fled in a vehicle driven by another person. Witnesses were able to get partial license plate numbers for police to investigate.

Retail fraud
Police were able to arrest two suspects in a retail fraud investigation

Wednesday at the CVS pharmacy at 29555 Orchard Lake. An employee said he witnessed two men in the liquor aisle around 5 p.m. One put five bottles of liquor in his jacket and the two left without paying. The employee got the vehicle identification and an employee of another nearby business followed the two until police could catch them. The one man, a 24-year-old of Farmington Hills, was charged and also charged with cocaine possession. At the Kmart store on Orchard Lake, a 23-year-old

West Bloomfield man was apprehended after taking eight DVD movies, pulling the discs out of the packaging, concealing them in his jacket and leaving without paying. The incident occurred around 8:30 p.m. Thursday.

Drug possession
Police pulled over a vehicle along Eight Mile and Grand River around 7 p.m. Wednesday for having a broken side mirror. The driver, a 19-year-old Westland man, was

arrested for having three baggies of marijuana and a scale.

Money lost
A 26-year-old Waterford woman said she left a fanny pack accidentally at the McDonald's Restaurant around 6:30 p.m. Wednesday. She said she later found the pack in a nearby drug store parking lot missing the \$6,000 cash inside.

Break-in garage
In the 28200 block of

Wellington Drive, a door to a garage was pried to gain entry between Dec. 16 and Wednesday. A \$500 drill press and other tools were stolen.

Smash and grab
At Sparkle Cleaners on 14 Mile, someone smashed open the window to gain entry during Wednesday night. Cash was stolen from the cash register.

Vehicle damage
A student's vehicle parked at

Harrison High School was spray painted between 7:30 a.m.-4 p.m. Wednesday. The paint was removed with thinner.

Candle stolen
In the 28600 block of Independence, a 4-foot-tall "Noel" candle lawn decoration was taken on Thursday. Loss was \$25.

Drunken driving
Police responded to an accident scene along Grand River and Middlebelt around 11 p.m. Thursday. The victim said a man rear-ended his vehicle and didn't want to wait for police. The man gave his license information and victim said he smelled of intoxicants. Police went to the man's home in Farmington Hills. The man, 42, had a .17 blood/alcohol level. Police pulled over a vehicle along Grand River and Tuck around 1:11 a.m. Friday for weaving. The driver, a 40-year-old Farmington Hills woman, had a .14 blood/alcohol level and police found a crack pipe in her possession.

Compiled by staff writer Paul R. Pace from reports on file at the Farmington Hills Police Department.

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Botsford helps kids shape up

Shapedown, a leading weight management program for children and adolescents, has been added to the programming offered by Botsford General Hospital.

Through active participation, children and teens enhance their self-esteem, improve peer relationships, adopt healthier habits and begin to normalize their weight within their genetic potential. Parents feel better about their parenting skills and about their child. And more important, the family becomes healthier and closer.

Parents learn limit-setting and nurturing techniques. In addition, cognitive therapy, stress management techniques and body image therapies are used. Together, these techniques create the intimacy and safety children need to stop their excessive appetites for food and inactive pursuits.


Dietary recommendations are consistent with "U.S. Recommended Dietary Allowances and National Cholesterol Education Project Guidelines." Physical activity recommendations include increasing endurance activities, enhancing overall activity levels through chores, interests and social activities, and decreasing sedentary pursuits.

Additional food behaviors targeted involve eating regular meals and eating in response to hunger and satiety.

A free introductory talk is scheduled for 6:30-8 p.m. Jan. 15. To register, call nutrition educator Denise Holmes at (248) 477-6100. Botsford Center for Health Improvement is in Novi at 39750 Grand River.

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