

CLUTTER BUSTERS An organized office space makes good first impression

By JEANINE MATLOW
Legal News

Organization might not be a priority for everyone, but it can make a difference in our lives. Although it takes some effort to get started and to stay that way, you'll save so much time in the end.

Yoav Zohar, known as the "chaos buster," created The YtoZ Approach, a coaching method designed to help others deal with the mental burden caused by piles of digital data and unmet commitments.

"I find that there is a direct correlation between scattered stuff and issues that fall into the 'unmet commitments cracks,'" says Zohar whose approach is geared toward but not limited to those who are self-employed.

His experience has shown him that most small business owners gladly create and deliver their core product (the "A to X" of their business) but are frustrated with their administrative "back office" operations (the

"Y to Z" of their business).

Zohar begins his process by creating and organizing a client's digital systems (i.e. structured file system, contact list, calendar and password vault). He then creates a visual tracking system that gently forces his clients to face their financial numbers.

"To jumpstart the process, we usually pick an unmet commitment that needs to be addressed," says Zohar, who offers what he calls a judgment-free observation where he watches how clients work in their own space, noting what works best for them.

"My role is to facilitate without judgment using the principles that apply," he says.

Zohar, who is also available for presentations, combines years of startup experience and a passion for order and simplicity to maximize small business effectiveness.

He believes entrepreneurs are frustrated by the disorganization of their digital life, such as files and e-mail, underutilization of powerful tools like smart phones and computer systems, and the lack of a secured digital vault for passwords and log-ins.

Following his personalized analysis and creation of a unique system for each individual, Zohar and his clients create a personalized system to streamline tasks.

"The result is that you have more time

and energy for the work that you actually enjoy," says Zohar.

Betty Huotari, professional organizer and owner of Logical Placement in Fenton, addresses some other organizational challenges.

"You have to be willing to make the change and do the work," she says. "It's not enough for an employer to want an employee or colleague to be neat and tidy."

Most importantly, she says clients want a professional atmosphere.

"They make their decision based on your professionalism and your office," Huotari says. "It's the first impression."

Huotari cites a former University of Michigan study that showed a disorganized office sends the message that you cannot handle any more responsibility.

On the other hand, a clean desk implies that a person can take on more work.

As Huotari explains, there is a natural work space for your computer and storage. She suggests making room for supplies and

reference materials, like magazines and binders.

"Have the tools that you use every day within your fingertips," says Huotari, who suggests setting up zones in and around your desk. "If there is a manual you refer to on a regular basis, keep it within arm's reach."

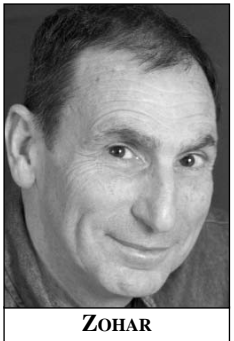
For those who bring work home, she suggests keeping a mobile briefcase or a file for everything that goes back and forth.

"At home, it's important to have a dedicated space for work materials. It's easy to get distracted by answering a call or doing a load of laundry. Get into the habit of making sure everything is in your briefcase versus waiting until the next morning when the alarm doesn't go off and the children are screaming. You never know what the next morning will entail," she says.

Huotari has found that most workplaces have a lot of duplication. You don't have to keep a copy of something if you have a reference area with the same material, she says.

Perhaps the biggest issue is that we don't try to stay one step ahead of ourselves.

"We're not proactive with our time," says Huotari. "Going through a file doesn't seem important. But, if they're half the size, we can find things faster."



ZOHAR



HUOTARI

Local retired professor finds new life as fiddler

By TOM WATTS
The Macomb Daily

HUNTINGTON WOODS (AP) — As a physics professor at Wayne State University, Talbert Stein had no time for fiddling around.

When he retired 10 years ago, the Huntington Woods resident found he could pursue the things he always wanted to do.

Stein, 73, picked up the fiddle after setting it aside for 45 years and rediscovered his passion for music. He recently won a composing music contest sponsored by Fiddler magazine.

"I am totally excited about it," said Stein, whose recent work was judged by a panel of expert fiddle players. "There were 110 entries and mine was chosen as the first-place tune."

The winning tune, "Muddy Clam," was named after a clam hunting trip to south New Jersey.

Stein told The Macomb Daily that he will enjoy the \$100 cash prize, three volumes of DVDs

from the Fiddle Masters Concert Series, and will always relish the letter recognizing him as the winner.

Stein will also get his winning music score published in the 20th anniversary issue of Fiddler magazine coming out this spring.

Not bad for a former professor who took up playing the fiddle again after retiring.

"When I entered college to study physics, I put the violin aside," Stein said. "I played since I was 8 years old through Detroit Public Schools and Detroit Cass Tech. I always had a love for music."

"Music was one of the things I wanted to renew when I retired. I found a local fiddle teacher; took eight lessons and told her my real focus was to get together and play with people."

Stein explored the club scene and was welcomed with open arms from other musicians.

"I dived into playing with people," Stein said. "I made a few connections. At that time I was 63

years old and thought I might have problems finding people."

To the contrary — Stein got connected early and often in the music scene.

Performing at cider mills, farmers markets, weddings, fundraisers and private parties have kept Stein busy over the years since retirement.

Stein said he currently plays in a duo called Stringtime with guitarist Tom Allen on Sundays during the cider mill season. The duo entertains visitors to Goodison Cider Mill on Orion Road in Rochester.

"For several years, Tom and I also played at Paint Creek Cider Mill every Saturday during the season," he said. "It is a totally joyful thing."

Stein said his fortunes changed in 2009 when a woman, Mackenzie Lerchen of Ann Arbor, asked if he could play "Devil's Dream," a well-known fiddle tune.

"I asked her if she played fiddle, and she was active in country music," Stein said.

Stein soon got guitarist Ryan Blankenship, 38, of Royal Oak, to join Lerchen, 29, in the twin-fiddle/guitar trio Devils Dream.

"I remember giving Mackenzie a call and asked if I could bring Ryan to her studio in Rochester," Stein said, noting the trio has played at the Oasis Dessert Bar in Rochester and at Goldfish Tea Café in Royal Oak.

"We're not playing a lot (now) because Mackenzie works full-time, but we started this and decided to call ourselves 'Devils Dream,' because of her request at the time," Stein said, noting Lerchen also plays in two other bands, The Flutter and Wow, and The Scott Thompson Band.

Stein said he wrote all the songs for the CD "Tunes from the Woods," which he recorded with

Devil's Dream. Special guest, David Mosher, recorded the music in his "By the Lake Studio" in Brighton. It is available on Amazon, iTunes and CD baby.com.

Stein also has a self-published book, "Tunes from the Woods," which includes 40 of his jigs, reels, and waltz compositions. Chords are included as well as the stories behind a number of the tunes and their titles.

Stein said he plans to reconnect soon with his Devil's Dream bandmates. Until then, he will keep adding to his collection of over 5,000 songs he has either written or composed or "sung into a little mini-recorder the size of a pill box."

"It's purely the joy that music brings you, and the joy music brings to other people."

Supreme Court Notebook

Court won't hear home-school case

WASHINGTON (AP) — The Supreme Court has declined to hear an appeal from a German family seeking asylum in the United States because their home country does not allow home-schooling.

The justices rejected an appeal from Uwe and Hannelore Romeike who claim the German government is persecuting them because they want to raise their children in accordance with their Christian beliefs.

The family moved to the U.S. in 2008 after facing fines and threats for refusing to send their children to a state-approved school, as required by Germany's compulsory attendance law. They say German laws violate international human rights standards.

Last year, the U.S. 6th Circuit Court of Appeals rejected that claim. The court found that U.S. law does not grant asylum to every victim of unfair treatment.

Justices decline immigration debate

WASHINGTON (AP) — The Supreme Court has ended two local governments' efforts to prevent some immigrants from renting apartments.

The justices on Monday declined to take up appeals from the Dallas suburb of Farmers Branch, Texas, or the city of Hazleton, Pa., of lower court rulings that blocked local ordinances regulating rental housing. Both were intended to keep people who are in the country illegally from finding housing in those jurisdictions.

The Supreme Court held in 2012 that immigration is primarily a matter for the federal government, ruling out most local and state laws targeting illegal immigration. The Hazleton case also involved an ordinance that would have denied permits to businesses that hired people who are in the U.S. illegally.

UNITED STATES DISTRICT COURT EASTERN DISTRICT OF MICHIGAN

Public Notice Appointment of New Magistrate Judges (Detroit, Michigan)

The Judicial Conference of the United States has authorized the appointment of up to two full-time United States Magistrate Judges for the Eastern District of Michigan at Detroit. The current annual salary of the position is \$183,172. The term of office is eight years.

Copies of the complete notice and the application form may be obtained at www.mied.uscourts.gov and at the following Clerk's Office locations:

- 600 Church Street, Room 140, Flint
- 231 W. Lafayette Boulevard, Room 564, Detroit
- 1000 Washington Avenue, Room 304, Bay City

In order to be assured of consideration, applications must be received by 5:00 p.m., MARCH 14, 2014.

National Kidney Month fights disease

Kidney disease kills more people each year than breast and prostate cancer combined. But while the majority of Americans can recite the common tests for breast and prostate cancer, not many know the risk factors and tests that could keep them off dialysis and the transplant list.

March is National Kidney Month and March 13 is World Kidney Day. During this time, the National Kidney Foundation of Michigan (NKF) is urging Michigan residents to learn the key risk factors for kidney disease in order to prevent or delay its onset.

The major risk factors include:

- Diabetes - Diabetes is the leading cause of kidney failure in the United States.
- High Blood Pressure - High blood pressure is the second leading cause of kidney disease.
- Family History of Kidney Failure - If your family has a history of kidney failure, you are at increased risk for kidney disease and kidney failure yourself.
- Age Over 60 - Being over the age of 60 is a risk factor for developing kidney disease and kidney failure.
- Kidney Stones - Studies have shown that a history of kidney stones is associated with the development of kidney disease.

Anyone with the above risk factors should be tested to check kidney function, according to the National Kidney Foundation of Michigan.

Simple steps such as controlling blood pressure and blood sugar, keeping weight down, exercising regularly, quitting smoking and avoiding excessive use of pain medicine, can help reduce risk.

Because kidney disease often has no symptoms, it can go undetected until it is very advanced. A simple urine test can identify whether you have the early signs of kidney disease. Untreated, kidney disease can lead to kidney failure and the need for dialysis or a kidney transplant.

There are 120,000 Americans currently on the waiting list for an organ transplant. Of those, more than 96,000 need a kidney, yet fewer than 17,000 people receive one each year. On average 13 people die every day waiting for a kidney. Kidney disease kills more people each year than breast and prostate cancer combined.

During National Kidney Month in March, and in honor of World Kidney Day on March 13, the NKF will offer the following health activities to promote awareness of kidney failure and kidney disease: kidney and health screenings, disease management workshops, health fairs and resources, community meetings and education opportunities, and more.

For additional information about preventing and controlling kidney disease, or details about local events and workshops during Kidney Month, visit www.nkfm.org or call the NKF at 800-482-1455.

With enough hope and help, this light will change.

MDA is making bold inroads and gaining greater understanding of muscular dystrophy. With your help, we're providing the best and the brightest hope for all of Jerry's Kids and their families.

1-800-572-1717
www.mda.org

MDA
Helping Jerry's Kids

JURY TRIALS AND UTILIZATION FOR JANUARY 2014										
Start Date	Judge	Case Number Case Name	Attorneys	Type of Case	Criminal Disposition	Plaintiff/Defense	Amount	Jury Days	Not Finished	
1/27/2014	Alexander, J	2013 245076 FH People V. Jackson	Lauren Bettininger Jeffrey Franklin	Larceny by Conversion	Guilty			2	<input type="checkbox"/>	
1/9/2014	Anderson, M	2012 242855 FH People V. Allon	Beth Hand Robert Zivian	Controlled Substance	Guilty as Charged			2	<input type="checkbox"/>	
1/13/2014	Bowman, L	2012 243335 FH People V. Rodgers	Adam Nael Lawrence Gadd	Controlled Substances	Guilty as Charged			1.5	<input type="checkbox"/>	
1/21/2014	Bowman, L	2012 243961 FC People V. Evans	Beth Hand Charles Toby	Controlled Substance	Guilty as Charged			4	<input type="checkbox"/>	
1/13/2014	Chabot, R	2013 245478 FC People V. Cargle	Kenneth Frazee Howard Arnkoff	Armed Robbery	Cts 1-6 Guilty			3.5	<input type="checkbox"/>	
1/27/2014	Chabot, R	2011 123332 NI Mancuso V. Jeziorski	Michael Heilmann David Dyki	Personal Injury		No Cause No Cause		2	<input type="checkbox"/>	
1/6/2014	Hallmark, L	2001 36901 MI In The Matter of: Redmond	Peter Menna Michael Dean	Mental Health		Found in need of treatment		0.5	<input type="checkbox"/>	
1/6/2014	Langford Morris, D	2013 246293 FH People V. Burrows	Marc Keast Richard Taylor	Controlled Substance	Guilty as Charged			2	<input type="checkbox"/>	
1/28/2014	Langford Morris, D	2013 247603 FH People V. Washington	Andrew Starr Paulette Michel	Felony Possession of Firearm	Guilty as Charged			2	<input type="checkbox"/>	
1/23/2014	Mathews, C	2013 811960 NA In The Matter of: Kirk	Amanda Mason A.Badalucco,Charla Adams	Neglect		Court to take Jurisdiction		3.5	<input type="checkbox"/>	
1/27/2014	McMillen, P	2012 126706 NH Stirmann V. William Beaumont	Steven Jenkins Richard O'Connor	Wrongful Death	In Progress			3.5	<input checked="" type="checkbox"/>	
1/13/2014	O'Brien, C	2012 127894 NI Jackson V. Reese	Timothy Lessing Bryan Valentine	Auto Negligence		Verdict for Plaintiff	\$30,000.00	1.5	<input type="checkbox"/>	
1/6/2014	O'Brien, D P	2012 129120 NI Plair V. Husain	Donald Cummings Thomas Dombrowski	Personal Injury		Verdict for Plaintiff	\$180,000.00	4.5	<input type="checkbox"/>	
1/14/2014	O'Brien, D P	2013 246962 FH People V. Kowalchuk	Joanne Pray Andrew Kowalkowski	OWIL 3rd	Cts 1-3 Guilty			3.5	<input type="checkbox"/>	
1/7/2014	Potts, W	2012 126838 NO Weissman V. Nadeau	James Raor James Mackinnon	Premises Liability		No Cause No Cause		2	<input type="checkbox"/>	
1/23/2014	Potts, W	2013 247355 FH People V. McGuigan	Jeffrey Hall Meissa Krauskopf	Fleeing & Eluding	Cts 1-3 Guilty			1	<input type="checkbox"/>	
1/27/2014	Potts, W	2010 114555 CK Andy Egan V. Pro Serv Inc.	Steven Hilger Marous Sanborn	Breach of Contract		No Cause No Cause		4	<input type="checkbox"/>	
1/6/2014	Warren, M	2013 131375 CZ Weingarten V. Sherman	H. Sher, K. Neuman M.Morganroth, S.Goldstein	General Civil		Verdict for Plaintiff to be troubled + ccc@attv.net	\$112,754.22	4.5	<input type="checkbox"/>	
1/13/2014	Warren, M	2013 247526 FC People V. Brassfield	Paul Dickerson John Holmes	Firearm	Mistrial			2	<input type="checkbox"/>	

*Cases tried together