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Council taps Johnson, Reeves to fill council seats

BY DARRELL CLEM
STAFF WRITER

A former sheriff deputy and a United Auto Workers officer have emerged from a field of 22 candidates to become the new appointees to the Westland City Council.

Dewey Reeves, a retired Washtenaw County Sheriff's Department deputy who now has a home-based clothing design business, has replaced former Councilman Richard LeBlanc, who was elected to the state House.

Bill Johnson, UAW Local 900 plant chairman for the Wayne Assembly Plant, has succeeded newly appointed Westland Mayor William Wild.

Reeves, 53, and Johnson, 56, won their seats Wednesday after other council members deadlocked in 25 rounds of voting before ending a stalemate. They will serve until voters fill the \$12,515-a-year positions in November.

Spectators, including many nominees, packed council chambers and watched with a mixture of amusement and disbelief as the council struggled to fill the seats.



Council President William Wild (left) is sworn in by City Clerk Eileen DeHart (second from right) as the mayor. His wife Sherri holds the Bible for the ceremony as his father and stepmother, Bill and Pam Wild, watch.

Many candidates, including Reeves and Johnson, endured repeated votes of rejection before the standoff ended.

Only after sitting council members called a recess and talked in pairs in back rooms did they somehow reach a compromise on filling the positions. Ultimately, their decisions drew applause and a standing ovation from many in the audience.

Reeves became only the second



Westland City Council appointees Dewey Reeves (left) and Bill Johnson, UAW Local 900 director, shake hands after being appointed to serve on the council until the November general election.

As mayor, Wild says park is top priority

BY DARRELL CLEM
STAFF WRITER

Newly appointed Westland Mayor William Wild pledged Wednesday night that his top priority will be addressing the issue of lead contamination in Central City Park.

"We owe it to the citizens," Wild said, ascending from the Westland City Council presidency to become mayor. "It's an important park."

Wild vowed to work with his administration and with Wayne County officials to seek ways to clean up the park, long used for events from Little League baseball to the city's Fourth of July fireworks display.

"It's not the only issue," Wild said, but for now "it's the most important."

Wild's remarks came after the council voted 6-1 to appoint him to replace former Mayor Sandra Cicirelli, who started her new job Jan. 1 as a Westland district judge. Wild will have to mount a winning campaign to keep the job after November, when voters will fill the post.

Wild, 38, won the mayoral appointment with opposition from only one council member, Robert Stottlmyer.

Mayor moves quickly to fence off all of Central City Park

BY DARRELL CLEM
STAFF WRITER

In his first major action as Westland mayor, William Wild has ordered all of Central City Park closed off with a chain-link fence to keep people away from the partially contaminated site.

"I just thought it was the thing to do until we can get a better idea of the situation," Wild said Friday afternoon.

Less than 48 hours after Wild was appointed

to replace former Mayor Sandra Cicirelli, city workers on Friday had finished the job of sealing off the park.

"I just didn't feel comfortable with residents still going into the park," Wild said. "Until we get a better idea of what the situation is, I think we're better off to secure the site."

The closing isn't permanent, Wild said. Rather, the fence was erected to ensure public safety as the new mayor prepares to engage in talks with county and state officials about moving forward to clean up the park, which is par-

tially contaminated with elevated levels of lead.

"It was probably a prudent decision," said Beth Vens, the Michigan Department of Environmental Quality's project manager for the site.

Wild's decision held true to his pledge to make the park a top priority after he was chosen by the council Wednesday night to serve as mayor at least through the November election. The job became vacant as Cicirelli moved into her new job as district judge.

FENCE IS UP

City workers moved swiftly Friday to erect the chain-link fence around the entire perimeter of the 100-acre park.

"We've got some good employees," Wild said, after they finished the job.

Wild also had workers install new signs noting that Central City Park is closed for environmental testing.

Student journalists show skills in 'Voices'

The *Observer Newspapers* is proud to present "Student Voices" in today's HometownLIFE.com section.

A group of high school students volunteered late last year to write and report on issues important to younger readers. If you wonder what teens are thinking about, please take time to read their stories in today's issue and online at www.hometownlife.com.

The students, with help from their mentor reporter Stephanie Angelyn Casola, prepared today's stories and photos.

Students brainstormed ideas,

did the interviews and research and wrote the stories.

"Throughout the process, I was continually impressed by the students' writing ability and creative ideas," Casola said. "From the photographs to stories and columns, they took their assignments seriously and produced some interesting work."

From "Teens talk about eating disorders" by Justin Smith to "Staying away from school violence" by Claire Sloma, the student journalists took their assignments seriously and have produced some compelling pieces.

As your hometown newspaper, we believe it's important to hear from younger readers and give them a forum to express themselves. They will be the print and/or online journalists of the future.

Congratulations to these outstanding students.

We hope you enjoy their work and look for more to come from our panel of student journalists in 2007. We welcome your comments.

- Susan Rosiek, executive editor,
Observer & Eccentric Newspapers
srosiek@hometownlife.com



Student journalists Claire Sloma, Annie Demetriou, Nick Fonseca, Lauren Anthony, Ashley Trombley, Emberley Neidhardt, Lucy Zahor, Calvin Waids, Grace Anderson and Justin Smith meet with their Observer mentor Stephanie Casola (standing).

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Number 65

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Coming Thursday in Filter

Laugh the winter away at Detroit's many comedy clubs.

Mildred Evans: Longtime city watchdog dies

BY DARRELL CLEM
STAFF WRITER

In a single public tirade, Mildred Evans could unleash a blistering attack on Westland elected officials and then become softer, teary-eyed, when her thoughts turned to poor children who didn't have coats for winter.

In a thick Kentucky accent she never lost - even though she had been in Michigan since the 1940s - she rallied from the Westland City Council podium for causes that stirred her deep-felt emotions.

She was a fixture for decades at council meetings, an icon for those who didn't trust their government and didn't mind saying so - no matter who liked it or who didn't.

Mrs. Evans, who had been ill, was found dead Friday afternoon by friends who went to her Westland apartment to check on her. She was 90.

"I'm still in shock," said Larry Evans, 52, her only child. "She spoke her mind, that's for sure. She was the same when I was growing up. She was loving and caring, but she spoke her mind."

Mrs. Evans often had more knowledge of city goings-on than some officials would have preferred. Years ago, she told the *Observer* about some city workers who were going to the movie theater during work hours.

In numerous phone calls she made to contacts across the city, her voice never weakened even as her body began giving out. During the last year, she only made it to one or two council meetings - a clear sign her health was on the decline.

If she could have been there, she would have been in the front row. "She was obviously very well-known to our citizens, especially after our meetings started airing on cable," council President Charles Pickering said. "They knew she was opinionated, but in my mind she believed in what she was saying and that she was doing the

right thing."

For years she lashed out at the way the nonprofit Wayne-Ford Civic League was being run - long before two of its top officers faced still-pending charges of embezzling money.

Many times, she threatened to expose city officials for this or that alleged wrongdoing, and she always said she had the documentation to prove it. If they didn't heed her warning, she would threaten to take what she knew to the state or federal level.

Westland historian Jo Johnson called Mrs. Evans' death "a shame" and said, "She was an active person who was seriously concerned about the city. You mention her name and people know her. She was a government watchdog. People will remember Millie Evans - that's for sure."

Many say she was perhaps rivaled for her impassioned watchdog status only by the late Dorothy Smith, who died last January at age 85.

Mrs. Evans often called this newspaper, and even when she was upset, she almost always ended her conversation with this reporter by saying, "I love you, honey." Then came the motherly advice: "Be careful when you go out there" - meaning going out in the world.

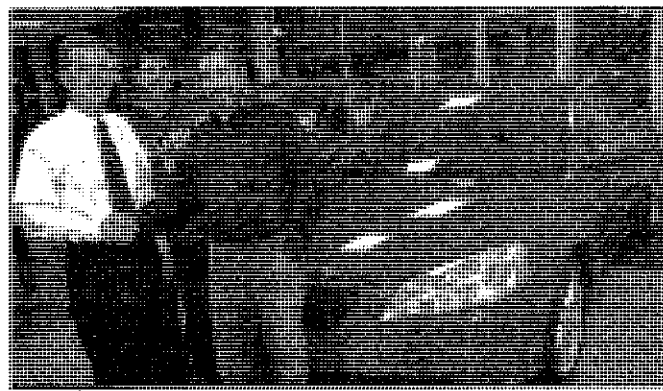
Pickering recalled how Mrs. Evans never held back what she was thinking.

"She kept all the public officials aware that she was around, and she had the ability to get information and pass it around," he said. "Sometimes she had more information than any of us had collectively. When she had questions, she might already have the answers. Those were her good days."

"It was hard to see her health deteriorate," Pickering said, calling Mrs. Evans' death "a sad thing - just like when we lost Dorothy Smith."

Arrangements were pending Friday afternoon at Uht Funeral Home in Westland.

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TOM HAWLEY | STAFF PHOTOGRAPHER

The winner is ...

Dan Martin, owner of Red Holman Pontiac in Westland, presents a 2007 Pontiac G6 to Richard Huneau of Wayne, winner of a recent Westland Youth Athletic Association car raffle. Watching is Huneau's son Coty. WYAA participants had been selling tickets throughout 2006 to raise money to fund the organization's sports programs. The winning ticket was drawn at the city's tree lighting ceremony on Dec. 4. Huneau took delivery of the car just prior to Christmas.

Anders completes 1st phase of ALERT training

Joel Anders, the son of Mark and Esther Anders of Westland, has completed Phase One of the Air Land Emergency Resource Team (ALERT) training program at the International ALERT Academy in Big

Sandy, Texas.

Anders successfully completes nine weeks of basic training, which focused on intense spiritual, physical and mental training that requires young men to con-

tinually depend on God and to serve each other.

He was among 59 young men to complete the training and receive awards in scripture memory, personal excellence and cadet membership.

He will now continue Emergency Response Training which involves specialized training in such things as counseling, disaster response, basic fire fighting

The final phase of ALERT is Advanced Training which offers training in the trades and skills like aircraft maintenance, auto mechanics, aviation and emergency medicine.

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FOOT PAIN

Physicians are trained to deal with problems occurring at the top of the foot. In medicine the term is the dorsum of the foot. Such medical problems include gout, osteoarthritis, Morton's neuroma, and a number of swellings caused by heart failure, and blood clots in the leg. Another cause of foot swelling is prolonged dependency as occurs when you are seated in a plane for a prolonged time.

Where physicians experience difficulty is in dealing with pain in the bottom of the foot. Certain conditions, such as rheumatoid arthritis, lead to pain at the balls of the toes. However, the most common problem, plantar fasciitis, causes physicians the most problem, particularly in treatment. While a bone spur is most often identified as being the culprit, research shows the great majority of bone spurs give rise to nothing more than an interesting x-ray picture. The cause of plantar fasciitis is in the tough tissue that forms the plantar quadratus muscle and its surrounding tissue in the arch of the foot.

Injecting the bone spur or the worse tender point in the bottom of your foot does little good. Anti-inflammatory medicine rarely works to resolve the daily discomfort. Resolution of pain requires the services of a podiatrist or orthopedist. These specialists receive training in use of supports known as orthotics that help shift the body weight in a manner that relieves strain on the arch of the foot.

Physicians can identify problems on the plantar surface of your foot, but therapy most often calls for help from our colleagues.

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Pretrial hearing related to apartment fire delayed

A Detroit woman's court hearing was delayed Thursday on charges she tried to kill three people by setting fire to the front door area of a Westland apartment.

Keli Angelique Coleman's hearing was postponed until Jan. 18 after her attorney asked for more time to review the case.

Coleman is accused of three counts of assault with intent to murder and one count of arson of a building for an incident that happened Dec. 26 at Willow Creek Apartments, on Newburgh south of Ford.

No one was injured, police said.

Authorities have accused Coleman of being upset because she mistakenly believed her 4-year-old child was inside the apartment.

Coleman and the child's father have had differences, and authorities said the defendant believed that the father had taken the child to a relative's apartment.

Police have said Coleman wanted to get back her child.

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PARK

FROM PAGE A1

Earlier, some city residents had criticized Cicirelli for not doing more to seal off the park. She did, however, have snow fencing erected around the worst-contaminated areas, such as the western ball diamonds.

Residents have criticized city and county officials for not informing them of the contamination despite soil tests from several years ago that indicated a problem.

The situation was made public only in early November.

"It is my intention to keep the public informed as more facts become available," Wild said.

On Friday, Wild was planning to talk with residents who live near the park — on Carlson south of Ford Road — to explain why the fence had been erected.

City officials have urged residents to use other city parks while Central City Park is closed. The park is owned by the county and leased to the city.

RESIDENTS SPEAK

During a Westland City Council meeting Wednesday, residents continued to criticize city administration officials who knew about the problem for years but kept quiet.

Wild and several other council members have said they only learned of the problem in late 2006.

On Wednesday, parent Theresa Waterkamp encouraged parents to get themselves and their children tested for lead after her 12-year-old son's recent results showed that he had elevated levels.

She noted that lead can cause such problems as learning disabilities, behavior disorders, slowed growth and impaired hearing in children. She said complications in adults may include high blood pressure, brain damage, nervous system problems and kidney disease.

"Lead poisoning is serious — serious enough that if I had knowingly exposed my son that I would have had (Child) Protective Services at my house," Waterkamp said. "So tell me, what happens to the people who have kept this a secret for so long?"

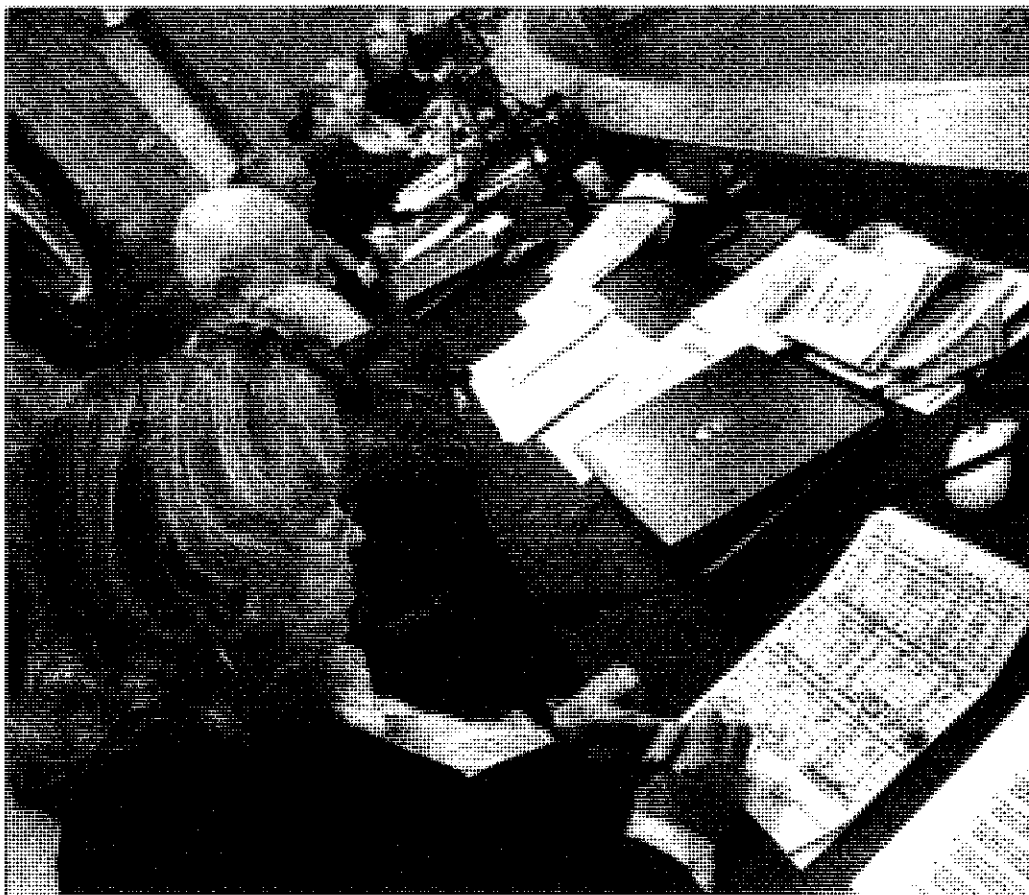
Resident Jennifer Thor described herself as angry over the situation, and she said "our government failed us. It failed to protect us."

Thor said government leaders not only failed parents, but "it failed those poor children who were exposed. I pray and hope that they are not subjected to further suffering just because they played at our park."

Thor, who had challenged Cicirelli in the November judge's race, obtained copies of documents from early 2001 indicating that several officials even then knew of the problem. One letter from then-Planning Director Tod Kilroy was copied to former Mayor Robert Thomas, City Attorney Angelo Plakas, and Parks and Recreation Director Robert Kosowski.

Documents that Thor received from her Freedom of Information request had gaps between 2002 and 2006, leading her to question what happened during that time frame.

"Who dropped the ball?" she asked.



Councilwoman Cheryl Graunstadt (foreground) keeps record of the voting on the nominations for the vacant council seats.

TOM HAWLEY | STAFF PHOTOGRAPHER

WILD

FROM PAGE A1

"I'm excited," Wild said after Wednesday's meeting. "I'm looking forward to doing a good job for the citizens."

Stottlemeyer had nominated Councilman Charles Pickering for the mayoral job, but even Pickering voted for Wild when it became clear in early voting that Wild would win support from a council majority.

Wild had long been considered the likely appointee, but Pickering had mounted his own mayoral campaign as Wednesday's decision drew closer. Wild, owner of a Wayne business that sells and recycles used auto parts, became mayor after finishing his fifth year on the council.

With a kiss from his very pregnant wife, Sherri, and with his father and stepmother standing at his side, Wild took the oath of office with help from City Clerk Eileen DeHart. The Wilds are expecting their third child in four weeks.

The park contamination issue could largely define Wild's mayoral stint, given the anger of residents over the controversy. Cicirelli and Wayne County officials have been criticized for remaining silent for years about soil tests that revealed elevated levels of lead.

On Wednesday, Wild said he will consult county officials and seek to become informed

about the latest park developments. With some results still pending, to date only one child who used the park has screened positive for potentially elevated levels of lead.

Wild pledged he will be forthcoming with the public about the park situation — a promise that Councilwoman Cheryl Graunstadt welcomed as "long overdue" from city administration officials.

Councilman James Godbout, who nominated Wild for the mayor's post, said he believes Wild will do a good job.

"I think Bill has demonstrated the energy to do the job," Godbout told the *Observer*. "There's a lot of work that needs to be done, and he's got the business background and the energy and the intelligence to move our city forward in a positive direction."

Godbout cited issues, such as sagging state-shared revenues and the vacancy of some city director positions as issues that the city also will need to address.

"Bill's going to have his hands full," Godbout said, adding that he is hopeful the administration and council can work together to address problems.

Wild has indicated he will work hard to gain the public's confidence as he strives to address pressing issues.

"It's definitely going to be a challenge," he said, "but I'm going to work hard for the citizens."

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COUNCIL

FROM PAGE 1

African-American ever to serve on the seven-member council — and the first since the late Councilman Bill Anderson left his post 32 years ago.

"This gives the council a little more diversity," Reeves told the *Observer* after being appointed in a unanimous vote.

"I plan on doing my best to represent all people," he said, later making his first public statement after a resident noted the significance of his appointment. "There's one race, and that's the human race."

Reeves had strong backing from the long-active Southeast Westland Homeowners Association, and its members embraced the council's decision.

"I feel good. I'm proud that the council did the right thing," said Reasther Everett, the association's area representative.

"This is fantastic," longtime resident and city retiree Edna Parker said. "It's the first time (since Anderson) that we've had a person of color in our government."

Reeves, who has an extensive law-enforcement résumé, described himself as a "mission-oriented person" and pledged to residents that, "I don't want you to give me your trust. I want to gain it."

When asked by the *Observer* to cite issues he hopes to address, Reeves said he wants to help foster a thriving business community, improve the housing climate, combat crime and make Westland a place where people elsewhere will want to move.

Johnson — brother of City Clerk Eileen DeHart — has been previously lauded for his community involvement, such as raising thousands of dollars for charitable organizations like Westland Goodfellows and the American Cancer Society's Relay for Life.

Johnson won his council seat in a 4-2 vote, with support from council members Cheryl Graunstadt, Charles Pickering, Robert Stottlemeyer and Reeves. His opposition came from Councilmen James Godbout and Michael Kehrer.

"I feel great," Johnson told the *Observer* after his appointment. "I won't be a rubber stamp for anybody. I plan to put the taxpayers' interests first. The rest will take care of itself."

Johnson cited addressing the issue of lead contamination in Central City Park as one of his top priorities. He said city leaders will have to find alternate sites for various events that are typically held in the park.

In his first public statement, Johnson pledged to work hard and said he will turn to other council members for tutelage as he settles into his new role.

His appointment drew praise from his longtime supporters.

"I think he's a good, honest man, and he'll vote his conscience and not what other people want him to vote," resident Georgia Becker said. "I've known Bill for a long time, and I'm really, really glad that he got the appointment."

In other action Wednesday night, the council chose Pickering as its new president and Graunstadt as the second-in-command president pro tem.

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State political scandal was turning point in Ford career

Jan. 11 marks the 61st anniversary of a turning point in the life of the late President Gerald R. Ford. On that date in 1945, paid assassins shot and killed state Sen. Warren G. Hooper, R-Albion, on a rural stretch of M-99.

Ford had nothing to do directly with the case. But he was the beneficiary of its political fallout.

A one-man grand jury had been investigating bribery and corruption in the Michigan Legislature and business circles since 1943. Special prosecutor in the case was the flamboyant former Democrat Kim Sigler. Hooper had agreed a day or two earlier to blow the whistle on money that had been passed to influence votes on sausage manufacturing, barber regulation, chain banking, dog racing, horse racing, slot machines, small loan interest rates and the manufacture of oleo.

The story of Hooper's slaying is well told, in great detail, in *Three Bullets Sealed His Lips*, by Bruce Rubenstein and Lawrence Ziewacz (1987 Michigan State University Press). I recommend it warmly.

Sigler was highly ambitious. He wanted to ride the case to the governor's chair and then to the White House, in the footsteps of crime-busting Tom Dewey. Sigler did win one term as governor in 1946 but irritated so many that voters dumped him in 1948 in favor of Democrat G. Mennen Williams. (Sigler died in a plane crash 10 years later.)

As Rubenstein and Ziewacz relate the tale, Sigler and investigators believed the trigger men were members of Detroit's old Purple Gang who were safely in Jackson Prison. They were let out by corrupt prison officials and even used a warden's car to track down Hooper and force his car off the road.

But the trigger men weren't Sigler's target. He sought bigger game. He figured the money man was Frank D. McKay, a Grand Rapids banker, real estate tycoon and businessman who had served three terms as state treasurer and was the king maker among Michigan Republicans. McKay was the target of several investigations — including why state cars all had tires purchased from the tire company McKay had founded.

Before the dust had settled, there were 130 arrests and 62 convictions of politicians, cops, lobbyists and lawyers. Among the convictions were 23 of our \$3-a-day legislators — 18 Democrats and five Republicans.

Among the Republicans was Sen. Carl F.

Attending Wolverine Boys State in 1952, I worked with a Grand Rapids student who extolled the virtues of Jerry Ford, even then destined for sainthood. In 1953 my buddy and I took a spring break vacation to Washington and called on Mr. Ford. We had in mind seeing Ford run for governor. Ford was uninterested.

DeLano, of Cooper Township in Kalamazoo County. My late colleague Fred DeLano, whose erudite writings once graced these pages, kept a 1944 edition of the *Michigan Manual* on his desk at home. One of his kids asked why. Fred opened it to a picture of his father, the senator. It may explain why Fred always was a staunch Democrat.

Officially, the murder of Warren Hooper was never solved, and McKay never was convicted of anything. He died in Florida in 1965, worth \$50 million, in the fullness of years.

But McKay's days as a political king maker were pretty much over. In Grand Rapids there arose a reform group bent to brooming out the McKay machine. The reform group was composed of many University of Michigan alumni and friends, according to the Web site of the U-M's Clements Library.

Paul Goebel soon succeeded George Welsh as mayor. In the 1948 GOP primary, a young Navy veteran, former U-M gridiron star and lawyer named Gerald R. Ford challenged and beat veteran Congressman Bartel Jonkman.

Attending Wolverine Boys State in 1952, I worked with a Grand Rapids student who extolled the virtues of Jerry Ford, even then destined for sainthood. In 1953 my buddy and I took a spring break vacation to Washington and called on Mr. Ford. We had in mind seeing Ford run for governor. Ford was uninterested.

One wonders if the McKay machine ever would have been discredited if the Purple Gang members hadn't put three bullets into the head of an obscure legislator named Warren Hooper that chilly January day in 1945. Maybe Jerry Ford would have achieved greatness anyway.

Tim Richard retired in 1999 from this newspaper. He may be reached at Trichard@bearlake-net.com

Helping the less fortunate should be a yearlong effort

"Devon? ... Devon." I had to say it at least twice ... "Devon." Maybe it was three times. Probably four, now that I think about it.

"DEVON?"

"What?"

The small 10-year-old boy didn't look at me. A puffy black jacket wrapped around him, his eyes were fixed upward, his hands hung limp into the sink, a steady stream of warm water pouring over them. He was in his head, concentrating on something I couldn't see.

I watched him for a minute. He never looked at me. I didn't really say anything.

I watched him because he was quiet. Quiet and focused. Something I hadn't yet seen Devon be in the nine months I had been volunteering at the Rosa Parks Art Studio in the Capuchin Soup Kitchen on Conner Street in Detroit.

The studio provides inner-city teens and pre-teens with arts and crafts each weekday afternoon. The idea is for these kids to express their sometimes difficult feelings in art therapy projects, while staying off the streets or alone at home in the after-school hours from 4-6 p.m.

As a volunteer "counselor," one of my biggest challenges was this wiry boy with big eyes who seemed to have an electric current running through him at all times. He was distracted, frustrating, anxious and regularly gave new meaning to the term "acting out."

But here he was, I thought to myself that day last January, his restless personality quelled by warm water falling over his hands.

I relayed the story to Sister Nancyann Turner, an art therapist and Dominican nun who started the program. Devon settled down, I told her. He actually stood still and focused, though on what I didn't know.

What Sister Nancyann said next is on my top 10 list of phrases that have impacted my life.

That's interesting, she told me. Hmm, maybe it's because the lights and heat is always going off at his house, and the feeling of warm water is such a welcome novelty.

His mother would disappear for days at a time, and Devon, one of three children, came home each night to flip on a switch that doesn't work or a faucet that doesn't produce water.

I was surprised by this fact. I was surprised by what I learned later: More than 1,000 families serviced by the Capuchin Soup Kitchen alone regularly get their heat, water and electricity shut off because for them, it's a choice between rent, food and utilities each month.

I've learned not to be surprised anymore. So I'm not surprised to relate that even

though this winter has been relatively mild thus far, the need for heating and electricity for the area's needy goes on. The poorest, those who've recently lost their jobs and must choose a mortgage payment over heat, and the working poor who've learned to go without if it means groceries that week.

It's the week after Christmas and the new year looms, and we most of us can pat ourselves on the back for dropping a toy in a Toys for Tots box, dropping canned goods and a few bucks for the needy. Maybe we helped out in a soup kitchen, maybe we adopted a family for Christmas.

And now is the time to sit back, silently congratulating ourselves on what good people we are and contemplate that perennial weight-loss resolution.

Life is good and we're good people. We'll all have another congratulatory group hug next Christmas.

This is the time where the point of this mis-sive comes in: Charity relegated to one time of the year is not true generosity. Misty eyed sentiments expressed when dropping a dollar into a Salvation Army bucket are nice, but they're not enough.

We all have credit card bills. We all have debt. And you know what? In the great big scheme of it all, we have a lot.

That needs to be played through our heads all the year is not true generosity. In the summer months, in the spring, in the autumn — hunger is hunger, heat is heat, water is water, electricity is electricity.

The needy don't just need at Christmas. And I tell you this knowing that we're all nursing battered bank accounts, myself included.

Need is need. It doesn't end. The needy don't go away when Christmas is over, even though donations seem to.

That's why when you see that solicitation for The Heat and Warmth Fund (THAW) come stuffed in with your electric bills, don't ignore it. Three dollars is better than nothing.

We may all be under the belief that for donations to mean anything, they need to be large. That's not true. Three dollars is better than nothing.

As for Devon, he still comes to art most days. He's still is distracted and anxious.

But now, I think about him when he leaves the studio. I picture him going home and flipping a light switch. I imagine the lights go on. And the heat. He can take his puffy black coat off and sit in his home. Maybe he'll do his homework. Maybe he'll sleep.

Maybe. But I know that whatever happens, it's up to me. It's up to all of us.

Megan Pennefather is a staff writer for The Eccentric Newspapers. You can reach her at mpennefather@hometownlife.com

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Nothing is easy about managing family finances

Chairwoman re-elected to Wayne County Commission

Hi, I'm Rick Bloom and it is my privilege and honor to be able to be here with you in the *Observer & Eccentric Newspapers* every Sunday and Thursday.



Money Matters

Rick Bloom

To those of you who are not familiar with me, I was born and bred in Michigan and have lived my entire life here. I'm an honor's graduate from both Michigan State University and the University of Michigan School of Law. Professionally, I have been a fee-only financial adviser for more than 20 years.

I have had the privilege of writing columns in other papers in the Detroit area. I've also have done a local radio show for 20 years. Presently, my show, *The Rick Bloom Show* is heard from noon to 3

p.m. every Sunday on WDTK-AM (1400).

I have lived in the Detroit area my entire life and I've had the privilege of conducting numerous seminars on investing, estate planning and personal financial planning throughout the state and the country.

As a financial adviser, I have always been independent in the fact that neither me nor anyone in my firm, Bloom Asset Management, has ever accepted, nor will ever accept, any compensation from any product I ever recommend. My belief is that when it comes to investing and personal financial affairs, you need independent advice, not advice cluttered by conflicts of interest.

And today, getting sound financial advice is more important than ever before. When it comes to your personal financial affairs, life used to be easy. When you needed a mortgage, you went to your savings and loan and had two or three options: 30 years, 15 years or adjustable. Today, there are hundreds of companies that handle mortgages and there are hundreds of different types

of mortgages. When it came to investing, if you decided on a mutual fund, there were only a few hundred funds to choose from. Today, there are nearly 20,000 mutual funds that you have to consider.

The bottom line is that in today's world, when it comes to your personal financial affairs, nothing is easy. In addition, what makes it even more difficult is that the consequences of making a wrong decision are greater than they've ever been before. As an example, retirement is not something that past generations had to worry about. After all, a mere 100 years ago when life expectancy was in the mid-50s, retirement wasn't an issue. In today's world, retirement is a brand new concept in the history of mankind; many of us have to plan to live in retirement for more years than we worked. The consequences of not properly investing your money for and in retirement can be severe. Today, when it comes to our personal financial affairs, you cannot turn a blind eye; you have to be proactive and involved.

When it comes to personal

finance and investing, I have some basic philosophies. I do not believe in gimmicks or mumbo-jumbo. I believe in straightforward, sound advice. My philosophy is that it is someone's individual situation that governs how they should invest their money, not their age. In implementing an investment portfolio, I believe in commission-free, low-cost investing. I have always believed that as investors, costs do matter. Before you invest in any product, you should know what it will cost you to buy, sell and to hold. All the investments I recommend are always commission-free.

My philosophy with regard to taxes is very simple: "You should never let the tax tail wag the dog." Your goal is not to lower your taxes, but rather to increase your net worth. That being said, I do not believe it is more patriotic to pay more money in taxes than you have to.

With regards to insurance, I do not believe in buying insurance as an investment. Insurance is a means to cover risk — period.

My goal for this column is to cover a wide variety of topics that impact your personal financial affairs, including investing, estate planning, taxes and risk management. I encourage you to write or e-mail me with any questions that you have, and I will answer them in my Sunday column.

I want to thank the *Observer & Eccentric Newspapers* for giving me this opportunity and I also want to take this opportunity to wish you and yours a very happy, healthy and prosperous New Year!

Rick Bloom is a fee-only financial adviser. His Web site is www.bloomassetmanagement.com. You can hear Bloom live from noon to 3 p.m. Sunday on WDTK-AM (1400). *Observer & Eccentric* readers can submit questions at moneymatters@hometownlife.com.

Wayne County Commissioner Jewel Ware (D-Detroit) was unanimously re-elected chairwoman by her colleagues Tuesday at the Commission's organization meeting for the 2007-2008 legislative session. Ware will serve her third two-year term as chair of the County's legislative body.

"I am truly honored and humbled by my re-election," Ware said in her acceptance speech. "Being chair of the Wayne County Commission is a huge responsibility, and it is one I do not take lightly."

Her agenda for the Commission for this term includes supporting key regional projects like public transit, a new international border crossing, and working with the City of Detroit to improve Cobo Hall.

"While we must support regional efforts, we cannot lose sight of our key function, which is making certain Wayne County delivers mandated services like public safety and criminal justice," she said.

She said the County Commission will explore best practices that are in place across the country to see what innovations can be brought to Wayne County.

Ware added that Wayne County must also work with the State and the City to improve access to health care for the uninsured and under-insured.

Ware saluted Wayne County Executive Robert Ficano and his administration for pursuing creative initiatives such as trade with China and a possible Regional Justice Complex to improve criminal justice and public safety operations.

She also said the County would be supportive of Detroit Mayor Kwame Kilpatrick's new neighborhood redevelopment program.

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Read Filter every Thursday in the Observer

Flames' rookie Moss burns bright in NHL debut

BY BRAD EMONS
STAFF WRITER

For Livonia native Dave Moss, brand new to the National Hockey League, "carpe diem" is the buzzword these days.

The 25-year-old Moss, however, soon found out, life can be short in the NHL. But that hasn't stopped the Catholic Central High grad from seizing the day.

In his first NHL appearance on Dec. 19, the 6-foot-3, 203-pound left winger for the third-place Calgary Flames scored the game-winning goal in a 5-3 victory against the host Los Angeles Kings.

Three days later, Moss found himself back with the Omaha (Neb.) Ak-Sar-Ben



Dave Moss

Knights of the American Hockey League, only to be recalled again by the Flames on Christmas Day.

The former University of Michigan product, never known as a prolific goal scorer, then bagged goals in each of his next two games to set a Flames

rookie record.

"I hope to stay as long as I can . . . I never expected to get a start like that in the NHL," said Moss, who now has six games under his belt. "When you play with good players, and you're in the right place at the right time, you're able to create chances. And

sometimes you're fortunate to get a bounce - and you get rewarded."

The Flames' team trainer collected the puck to have mounted on a plaque to commemorate Moss' first NHL goal.

"I was pretty nervous when I went out there," Moss admitted. "I just wanted to make sure I didn't fall down."

Injuries to Darren McCarty, Jeff Friesen and Marcus Nilson precipitated the move to bring up Moss, who had tallied seven goals and added 12 assists in 24 games this season with Omaha.

In his second AHL season, Moss found himself in a more comfortable and expanded role with the Knights. During his inaugural pro season (2005-06), Moss had 21

goals and 48 points after scoring a modest 36 goals in four seasons in Ann Arbor.

"My all-around game is better because I'm playing in a lot of different situations," said Moss, who was the Flames' seventh-round pick (221st overall) in the 2001 NHL Entry Draft. "I was penalty killing this year, going on the power play, getting a lot more ice time at critical times. It was a good learning experience."

"In Calgary my role changes a bit. Obviously I won't play as many minutes. I just try to be a hard-working guy, a guy they can rely on at both ends (of the ice) and create chances."

PLEASE SEE MOSS, B3

Sidelines

Mite Wild champion

The Livonia Mite Wild, coached by Jeff Heman, finished undefeated in its division to win the ninth annual Gordon Butler Memorial Christmas Tournament at Edgar Arena.

Members of the Wild include: goalie Hannibal Whitesell, Alex Pohl, Nick Capatina, Kyle Lynch, Nick Hourigan, Robert McQueen, Thomas Renault, Jaret Evans, Jake Osen, Jacob Chantres, Jacob Karwowski, Zach Robins, Jack Summers, Garrett Spease, Adam Heaman, Josh Lacoste.

Assistant coaches include Scott Pohl, Scott Summers, Bob Hourigan, Don Brown and Bob McComb. The team manager is Janet Lynch.

Team sponsors include Coach's Corner and Jack Doney Supplies, Inc.

LJAL sign-up

Registration for Livonia Junior Athletic League baseball and girls fast-pitch softball will be from 10 a.m. until 1 p.m. Saturday, Jan. 20, at the Frost Middle School cafeteria, located at 14041 Stark Road (north of Schoolcraft).

The program is open to boys and girls ages 8-14 who are residents of the City of Livonia or reside in the Livonia Public Schools district. The cost is \$60 per player.

For more information, e-mail LJAL commissioner Eric Carrier at eric.carrier@ljal.com.

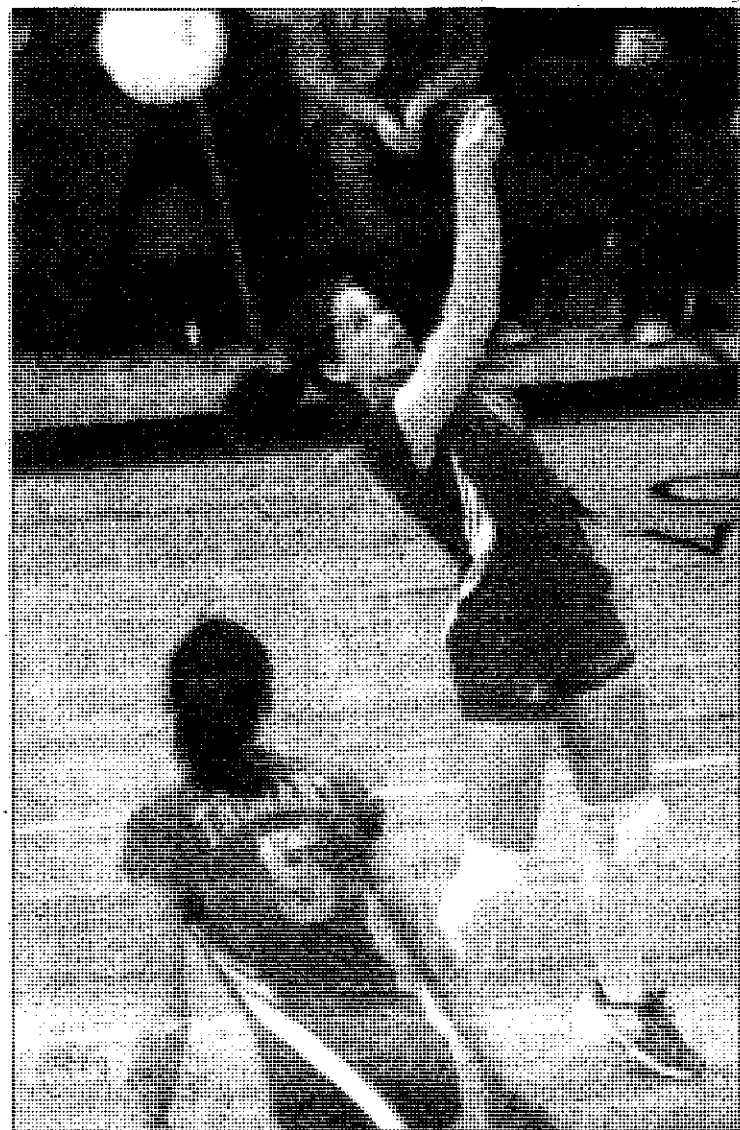
MU softball clinics

Madonna University will stage two sessions of girls softball fundamentals clinics for ages 7-18 from noon to 2:30 p.m. Sundays, Jan. 14, 21, 28 and Feb. 4 (Session I); and from 9-11:30 a.m. Saturdays, Feb. 3, 10, 17 and 24 (Session II), at the MU Activities Building.

Specialized individual instruction is offered by MU women's softball coach Al White, the 2004 NAIA Region VIII and Wolverine-Hoosier Athletic Conference Coach of the Year.

The cost is \$150 and pre-registration is required.

For more information, call Al White at (734) 432-5783 or (734) 495-4719. You can also call Gentilia at (734) 414-8053.



BILL BRESLER | STAFF PHOTOGRAPHER

Clarenceville's Amanda Moody (8) makes the back-set in front of teammate Marlene Azar (5) in Thursday's non-conference match with Plymouth Christian.

Soaring Eagles

Clarenceville spikers can't stop Plymouth Christian

BY BRAD EMONS
STAFF WRITER

Back from the holiday break, Plymouth Christian Academy's volleyball team rang in the New Year with a four-game victory Thursday night at Livonia Clarenceville.

The Eagles, who squandered an 18-12 advantage in the first game before losing 20-25, captured the final three games in convincing fashion, 25-13, 25-21, 25-13, to improve to 8-4 overall with the non-conference triumph.

"I'm proud of the way we came back after losing the first game," PCA eighth-year coach Missy Henry said. "We gave them some unforced errors. We just needed to take control and play our style."

The Eagles used a balanced attack led by junior setter Sara Ross, who collected nine kills and 32 assist-to-kills.

Not bad for somebody who sat out all of last season due to a torn anterior cruciate ligament in her knee.

Other standouts for Plymouth Christian included sophomore outside hitter Jessica Murphy, 15 digs and four ace serves; senior outside hitter Brooke Harris, nine kills, three aces and 11 digs; and sophomore middle hitter Megan Greve, eight kills.

"She's a leader, she leads by example and gets them going," Henry said of Harris. "It was not too bad for our first regular season match. We're young. Of the eight we're playing, five are sophomores. The mistakes we make are because of our inexperience. But our girls are working hard and they work well together."

Clarenceville slipped to 0-5-1 on the season as first-year coach Wendy Roy, a Trojan alum,

'We were missing a piece of the puzzle, we're still working on combinations. We were much better tonight, but we've got to work on our defense. The offense was there. We need to do a better job of covering the middle of the floor'

Wendy Roy
Clarenceville coach

remains in search of her first varsity win.

"We were missing a piece of the puzzle, we're still working on combinations," Roy said. "We were much better tonight, but we've got to work on our defense. The offense was there. We need to do a better job of covering the middle of the floor."

Despite the loss, there were some bright spots for the Trojans as junior setter Amanda Moody finished with 18 digs and 16 assists.

Senior outside hitter Chelsea Gregg added nine kills, three blocks and four aces. Junior middle hitter Amber Mills finished with 20 digs, while senior Abigail Sochacki chipped in with eight kills.

Roy also singled out the play of 5-foot-6 sophomore Marlene Azar, who was filling in for starting senior middle hitter Shannon McNeilly (on a vacation cruise).

Henry, meanwhile, was suffering on the bench from a touch of the flu.

And when the PCA coach was asked if she felt better following the win, she said: "Not really, but I would have felt a lot worse if we had lost."

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Chargers unplugged

Storrs' 27 lifts Mustangs by Churchill

BY BRAD EMONS
STAFF WRITER

BOYS HOOP

Jim Solak devised a game plan Friday night to try and stop Northville's high-scoring guard Alvin Storrs.

The Churchill boys basketball coach was successful in stopping Storrs' teammates, but in the end the Grand Valley State University recruit proved to be the difference.

The 6-foot-1 senior, who can go inside and outside, scored a game-high 27 points to keep the defending Western Lakes Activities Association champs unbeaten at 5-0 with a 50-40 win on the Chargers' home floor.

"I'm proud of our effort tonight, we came ready to play," said Solak, whose team slipped to 2-3 overall. "If we play this hard, we'll win some games. We can definitely build off this."

The Chargers started in a zone defense the opening quarter, but Storrs netted 11

including a pair of three-pointers as the Mustangs took a 17-14 advantage.

"We tried something to slow Alvin down, but he found a way to beat it," Solak said. "We used all our zone packages, so we went back to a man-to-man."

Churchill took a 22-19 lead with five minutes to go in the first half on a basket by 6-2 senior forward Ryan Rosenick, who led the Chargers with 19 points and 12 rebounds.

Northville, however, took advantage of a late Churchill meltdown with five straight points to end the half to take a 26-24 half-time lead - the last hoop coming with 13.8 seconds to play off a inbound play to 6-5 junior Dan Kirkpatrick (nine points) following two straight Charger turnovers.

Northville stretched its lead to 39-32


PLEASE SEE HOOP, B2



TOM HOFFMEYER | STAFF PHOTOGRAPHER


Making the rush


Franklin's Devon Bower brings the puck down the ice during Friday night's non-league game against North Farmington-Harrison at Edgar Arena. See prep hockey stories on page B3.



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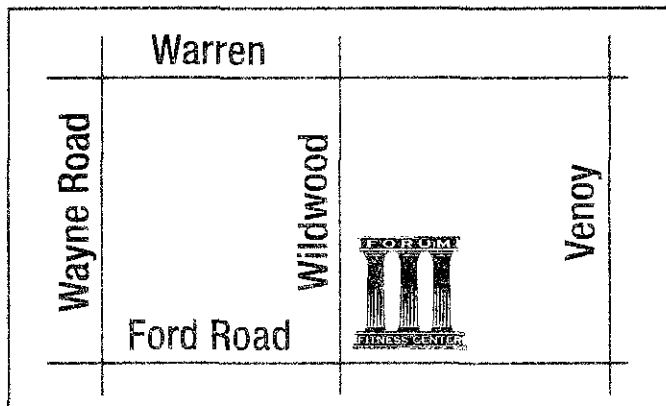
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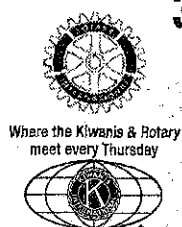
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Includes tossed salad or cole slaw, bread & bread sticks, butter & grated cheese

Real Italian Spaghetti:

With meat, tomato or butter sauce
With mushrooms or meatballs
With mushrooms & meatballs

Mostaccioli:

With meat & tomato
With mushrooms or meatballs
With mushrooms & meatballs

Gnocchi:

With meat & tomato
With mushrooms or meatballs
With mushrooms & meatballs

Baked Lazagna.....12.25

Delicious & Homemade. Prepared in our kitchen.

PASTA A LA Parmesan

Includes egg noodles with garlic, spices, romano cheese and cheese sauce

Mostaccioli

With mushrooms extra
Spaghetti Parmesan

Ravioli Parmesan
Gnocchi Parmesan
Fettuccine Alfredo

APPETIZERS

Assorted chilled juices
Pepperoncini
Olives (ripe or green)
Onion rings
Anchoivies

Shrimp Cocktail Supreme. .8.95

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Chicken soup (Homestyle)
Vegetable soup
Clam Chowder (Fridays only)
Cream of Broccoli (Saturdays only)

SALADS

Tossed Salad
Antipasto Salad for 1, 2, 4 or 6

Caesar SALADS

Dressings made with raw egg. Served with bread sticks or crackers. With anchovies upon request

Grilled Chicken Caesar Salad
Small Caesar Salad
Large Caesar Salad
Substitute Small Caesar Salad for dinner salad with dinner only

VEAL SPECIALTIES

Veal Parmigiana.....14.25

Petite Veal Parmigiana Veal Scallopine

Lean & tender veal sauteed with green peppers, mushrooms & onions in a special wine & tomato sauce.

Veal Cutlet Milanese
Breaded Veal Cutlet

STEAKS & CHOPS

We serve only fresh cut prime beef. We are not responsible for steaks ordered medium well or well done.

N.Y. Cut Sirloin Strip Steak
Choice T-Bone Steak
Tender Filet Mignon
Giant Porterhouse Stea
Pork Chops (Center Cut)
Surf & Turf Plate

Tender Loin Tip Scallopine...14.25

Tips of tenderloin sauteed in mushrooms, green peppers, onions & a very special wine & tomato sauce.

RIBS

WWJ-950 News Radio
Jim Brandsatter BBQ Ribs
Fest First Place Winner:
Long End BBQ Ribs.....12.25
Short End BBQ Ribs.....14.10

1st Place BBQ Ribs!

Ribs & Shrimp Combo
Slab of Ribs for Two
With sauteed mushrooms extra

POULTRY

Broasted Chicken
All white meat extra
BBQ Chicken
Ribs & Chicken Combo
Breast of Chicken Parmigiana
Chicken Cacciatore.....12.90
Boneless breast of chicken simmered in a savory wine and tomato sauce with green peppers, onions and mushrooms. Served on bow-tie pasta with one side dish.

Half orders on request less.....1.00

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Meatballs (2) & sauce
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Hot garlic bread
Hot garlic bread Parmigiana



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Sunday, January 7, 2007
The Observer & Eccentric Newspapers
www.hometownlife.com



Teens with eating disorders may go to extremes to be thin.

Teens talk about eating disorders

Note: The names of the sources in this story have been withheld for privacy.

BY JUSTIN SMITH

The body to a teenager is simple to understand; if you are fat, then get rid of it all. And if you are thin, keep getting thinner. At least, that's how some teenagers feel at Garden City High School.

Teenagers, both male and female, have become accustomed to the fact that an eating disorder is a deadly but quick way to lose weight.

When asked why area students had an eating disorder, the answers were all different, ranging from the fear of never being loved to the fear of becoming an effigy of the thin kids.

"It's not a diet, it's a way of life," said a 14-year-old freshman at Garden City High School.

An eating disorder is considered to be a life-threatening neurotic condition caused by anxiety, abuse, nicknames, and puberty, according to Marya Hornbacher, author of the book *Wasted*.

The results of an eating disorder are devastating to see, let alone have. Fatigue, headaches, heart pains, weak bones, thinning hair, bad teeth, insomnia and mania are all common in an eating-disordered person. These are just a few symptoms gathered from those who were interviewed.

An eating disorder is more than just purging or starving. There is binge eating, compulsive exercise, laxative or diuretic abuse, and diet pill abuse. A person is not limited

to just one eating disorder. A person with multiple eating disorders is believed to be grouped in a different form of eating disorders: Eating Disorder Not Otherwise Specified (E.D.N.O.S.).

"I have all the criteria for anorexia and all the criteria for bulimia except the bingeing," said a 16-year-old junior at Garden City High School. "I guess I would be considered E.D.N.O.S."

Hiding an eating disorder can be very easy, sources said.

"It can be as simple as taking a shower after eating to sneaking diet pills after eating a few carrot sticks," said a 17-year-old senior at John Glenn High School.

The freshman student agreed. "I always went to the garage to 'clean it' and my parents just thought that I was being nice," she said.

The senior noted: "I painted my nails to hide the discoloring and wore large hoodies and pants that were two sizes too big on me. I wore gloves on my hands to hide the scars from vomiting and when people asked why I was wearing gloves, I would just tell them that I was making a fashion statement."

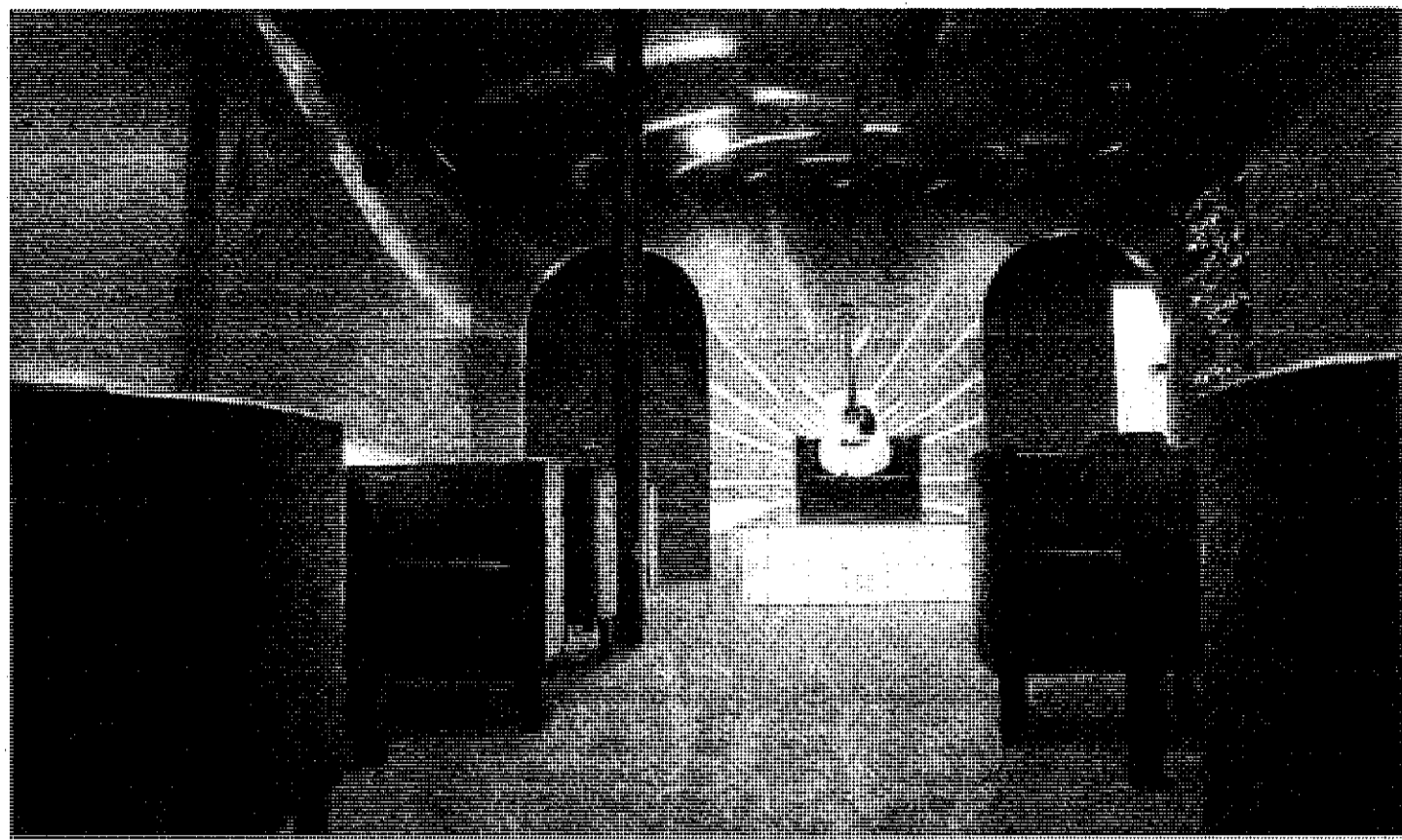
A teen starves himself or herself in order to gain control of something he or she has lost control of in his or her life. By gaining control over life, the teenager will lose the respect of his or her friends and family.

PLEASE SEE EATING DISORDERS, C3

SIGNS SOMEONE MIGHT BE HIDING AN EATING DISORDER

- Wearing baggy clothes
- Commenting that he or she ate earlier in the day
- Painting fingernails or wearing gloves to hide the blue tint
- Wearing more clothing than needed
- Rapid weight loss and denial of it
- Hard time walking up and down stairs
- Constant fatigue
- Anemia

Compiled by Justin Smith



The Acoustic, a new hookah lounge recently opened in Westland.

Local venue attracts young audience

BY EMBERLEY NEIDHARDT

The Token Lounge in Westland has made quite a name for itself through the years. Since its original opening in 1971, many musical acts have graced its stage, including Megadeth, Quiet Riot, and a slew of smaller up-and-coming rock bands. Popularity among teenagers and young adults has steadily increased over time, with the establishment of all ages shows every Sunday from 5-10 p.m.

The Lounge was closed down between the years of 1991 and 1993, but reopened in 1994 as the Mosquito Club under current owner John Anton. In 1998, Anton returned the club to its original name.

Part of the Token Lounge's reputation comes from his ability to bring small-time music to a wider fan base. Bands representing all genres, with members of all ages, are able to try out their material on a real audience.

Bands can make and distribute fliers, sell merchandise, and get the full concert experience in a small, local setting.

"You've got to start somewhere," said Anton.

With a maximum capacity of 500 and a main floor area the size of an average living room, fans get up-close and personal with the music.



ALL-AGES EVENTS AT TOKEN LOUNGE

- 5 p.m. Saturday, Jan. 13: The Vitality, Nonvellet View, Ten Ton Desiel Head, Death Before Hajek
- 5 p.m. Saturday, Jan. 20: 60 Second Crush, 8 Lives Gone, Nuke and the Living Dead, The Yulgits
- 5 p.m. Sunday, Jan. 21: Liquid Frontier
- 4 p.m. Sunday, Feb. 4: Battle of the Bands
- 4 p.m. Sunday, Feb. 11: Battle of the Bands
- 6 p.m. Friday, Feb. 23: Ajax, Verb

For more information, call (248) 797-9631 or visit myspace.com/Tokenlounge. Call (248) 747-6931 for booking information.

Host to many touring acts and battle of the bands-type events, the Token Lounge has become a bit of a hot spot among teens and young people.

"It's close to me, and it's an inexpensive way for me to hear good music," said Nick Janeczko, 16. Ticket prices are usually under \$10.

The Token Lounge provides an alternative for young people. Teens can gain exposure to new music, even if they don't have the means or desire to travel to downtown Detroit.

Located at 28949 Joy, just off of Middlebelt, it is accessible to those in nearby communities, including Westland, Garden City, Livonia, Dearborn, Redford and Canton.

Recent additions to the lounge include a curtain in front of the stage and a movie projector on which music

videos are shown between acts.

Another addition is The Acoustic, a new hookah lounge located directly behind Token Lounge. It is managed separately, and hours range from 8 p.m. to 1 a.m. Thursdays through Saturdays, and 5:30 to 10 p.m. Sundays. The deep-red lounge area features a small stage where acoustic music can be performed, and a wide variety of tobacco flavors.

Patrons of The Acoustic must be 18 or older.

The Token Lounge has held a rockin' place in history for music lovers young and old. Whether it's progressive or traditional, quiet or loud, chances are there'll be an act that will catch anyone's fancy.

Emberley Neidhardt is a senior at Garden City High School.

Staying away from school violence

School violence is nothing new, but it seems in recent times, the number of incidents has been increasing.

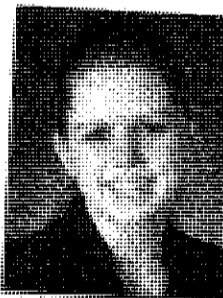
I've seen it with my own eyes, and I know we have the potential to prevent the majority of it.

According to a survey of *Indicators of School Crime and Safety* reported in 2000, 15 percent of high school students declared that they had been in a physical fight at school. More than 2.7 million students, ages 12 through 18, were victims of school violence, according to statistics compiled by the U.S. Department of Education and Department of Justice.

We all know it's there, that it's causing problems, yet some of us let ourselves still get involved. Maybe it isn't clear enough what the consequences are, or maybe by being provoked, we all sometimes manage to lose our cool.

There are a few things that you really should let run through your brain before your fist does the thinking.

First off, where is a fight going to get you?



claire sloma

Fame, fortune, a high school diploma? I think not.

It'll do just the opposite. Your school record will be tainted, and the chances of you not getting suspended or expelled are slim.

What's the sense in that? Zip, zero, nada.

I know that as a teenager it is difficult to ignore the verbal assaults and just let them fly by, but by walking away, you're really being the bigger person.

You may be worried that people will laugh at you, or think you're a coward for not beating someone up. Big deal. Those people aren't going to matter after high school. Don't let them ruin your chance at a successful education.

Secondly, try to think about how you'll feel after the fight. I assure you, it won't be a happy and accom-

plished feeling. You may even realize with time, how ridiculous it was to let yourself get sucked into the drama.

So, let's put ourselves in this situation. We're being put down, called inappropriate names, and people are starting to watch.

What do we do? Breathe, calm down, and think. Count to 10 and start over again.

Let it pass, and just look at them like, "Are you kidding me?" They'll be more likely to stop teasing, when you let them know it doesn't bother you.

By not getting involved in school violence, you'll be thanking yourself in the next few years.

We all have the same opportunity to do great in life; so don't let yourself get off to a bad start because of some pointless fight.

My advice? Be strong inside, and just remember to think. After all, as students, we're the key to preventing violence in our own schools.

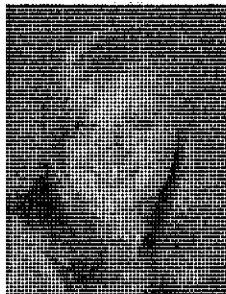
Claire Sloma is a member of the teen journalist program and a senior at Redford Union High School.

A teen's take on dealing with peer pressure

BY LUCY ZAHOR

We've all been there before. Someone suggests doing something you wouldn't want to do alone, but you feel obligated to do it just to fit in. Peer pressure is all around, but it isn't impossible to overcome. The experts at BetterHomesandGardens.com believe that bullying can start as early as age 3. Sometimes, this isn't recognized at home but it becomes apparent by the time children reach kindergarten. In elementary and middle school, students are taught to say "no" to drugs, alcohol and bullies — almost every day. They are told that it's OK to tell adults when they are having problems. Once these same kids reach high school, saying "no" isn't enforced nearly as much. Peer pressure is fueled by one main source — low self-esteem. Whether someone is the bully or the one being pressured, it can be traced back to low self-esteem. When bullying occurs, it is usually to boost the bully's self-esteem. According to KeepKidsHealthy.com, some children pick on others who exhibit their own low self-esteem because they seem more vulnerable. The student being teased has trouble sticking up for him or herself because by high school, it's perhaps become a common thing. "It is hard to say who is pressuring who, but it is clear to me that some people have a strong bond and influence over each other,"

said Robert Fulton, a teacher at Garden City High School.



lucy zahor

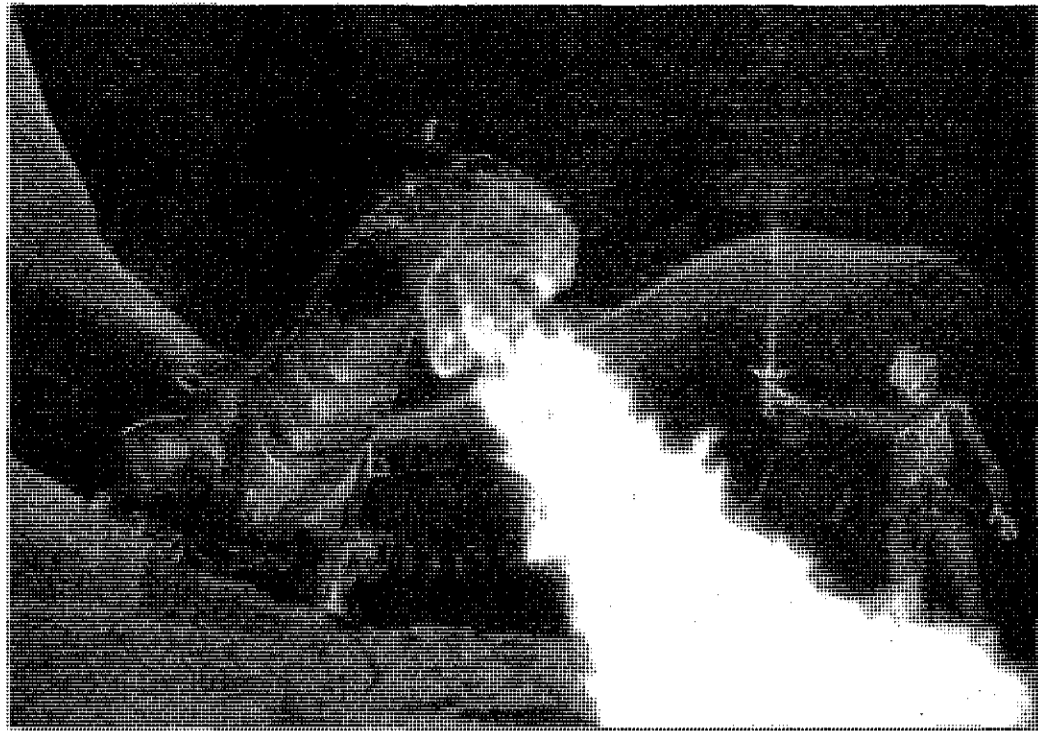
Peer pressure can also be a good thing — if it's the right kind. Students that are helping each other, whether it is academically, athletically, or socially, exhibit good peer pressure. At Thurston High School, the incoming freshmen participate in an all-day orientation to give them good peer pressure. The whole day is run by juniors and seniors who have been trained to help these students learn to deal with peer pressure and give them a chance to make new friends. "We recognize at Thurston that high school is not only about academic growth but, as well, developing the social and emotional competencies that lead to happy adult life," said Bill Zolkowski, principal. "As long as one's peers are adding to that growth we applaud and support it." Finding good peer pressure and staying away from bad can be pretty simple. First, you have to find your real friends. If someone wouldn't be a friend to you outside of school, and then suggests getting together after class to do drugs, they are not a real friend. A friend is someone who likes you for the real you; not for the things you have or the

'We recognize at Thurston that high school is not only about academic growth but, as well, developing the social and emotional competencies that lead to happy adult life.'

Bill Zolkowski
Thurston High principal

things you do. Even if teens are associated with the right people, there still may come a time that they need to know how to say "no." Remembering that there is strength in numbers is a big key. Being with other people is a great way to avoid bad peer pressure. A bully will be less likely to approach you if you are in a group of people. And if they do, you will have other people on your side. Teens often feel that telling an adult is childlike. Really, this can be the opposite. Telling an adult that another student is bothering you is a big, yet helpful step. Peer pressure isn't always a bad thing but when it is, it is important to know how to deal with it. When a problem does arise it is good to know that there is an adult you can talk to. When good peer pressure does come your way, make sure to recognize it and learn from it.

Lucy Zahor is a junior attending Garden City High School.



Eragon (Edward Spleers) and the dragon Saphira in the film version of Eragon.

Embrace the adventure of 'Eragon'

BY GRACE ANDERSON

Fire blazes around you and you're surrounded by large figures with axes. Your ears ring with the sound of screaming and your eyes sting from the red hot light. Large figures called urgals close in; you're quickly running out of arrows. As the last one flies past your cheek with a soft whoosh, you're blown off your feet by a powerful wind. You then realize

you're not touching the ground at all and you look up to see a magnificent blue dragon named Saphira holding you by her talons. Her handsome blond rider, Eragon, fights the wind to stay on her back as he shoots you a reassuring look.

Eragon the movie came out late last month drawing crowds of young and old. The movie had a lot of competition — three other blockbusters were released on the same weekend. However diehard fans of the trilogy by Christopher Paolini showed up to display their support.

The movie didn't stay as true to the book as fans might have liked, but it did give a good representation of the plot and characters. It practically brought the book to life. "To the skies we fly to win or die," yells Eragon in the last battle scene of the movie. As a major fan of the trilogy myself, I ate up the delicious concoction of suspense, humor and bravery. I suggest reading the books *Eragon*, *Eldest*, and a third to be released this year.



Holly Wrona, 15, enjoyed the film Eragon.

The critics predicted that not too many fans would show up for this movie. But I noticed many people buying tickets for the 10:30 p.m. showing on opening day. Graham Eanes, 10, of Canton showed up with his whole family in tow. He said the last couple scenes were his favorite. Movie-goer Holly Wrona, 15, of Lincoln Park had never read the book. Still, she said she was dazzled by the movie. Paolini did an excellent job. The story is riveting and doesn't jump around details. The movie isn't as

big as the fans might have hoped, but I predict that by the time the next movie in the trilogy, *Eldest*, is released it will have the potential to be as big as *Lord of the Rings*. I can't wait for the sequel, and for that matter the third book to come out. The story provides an escape from this world. Enter a place where good always wins, courage is in everyone, and dragons breath fire. See *Eragon*. The movie is playing in area theaters. Grace Anderson is a sophomore attending Garden City High School.

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Teens explore the world of podcasting

We all know the many uses of our MP3 players. We can listen to music, watch television shows and movies, and play games.



lauren ashley

The latest trend for MP3 players, however, seems to be podcasting.

Podcasts are basically radio shows that people go online to hear, download, and play back on their MP3 players. A popular place for people to download podcasts is podcastalley.com,

which currently has downloads from 27,359 podcasts and offers 1,146,077 episodes for listening.

To download you simply go to the Podcast Alley homepage, pick a category you like and choose a podcast.

Podcasts cover a wide range of subjects. You can tune in to programs covering movies, books or music. Some are devoted entirely to just one film or artist. Or, you could learn about politics

Podcasts cover a wide range of subjects. You can tune in to programs covering movies, books or music. Some are devoted entirely to just one film or artist. Or, you could learn about politics and people's views on current affairs. There are even podcasts on health and education.

and people's views on current affairs. There are even podcasts on health and education.

If you can't find a podcast that interests you, make one yourself. To do so, you record your audio on your computer, and then add it to Podcast Alley or another public podcast Web site.

With luck, and good material, you'll have people listening to your podcasts from all across the country.

The site's top five podcasts for the month of December were:

■ *Mugglecast* – featuring members of

mugglenet.com discussing all things *Harry Potter*.

■ *Keith and the Girl* – with Keith and his girlfriend talking about random subjects.

■ *Pottercast* – also covering *Harry Potter* content.

■ *Free Talk Live* – billed as a "talk radio show for politics in a digital age."

■ *Snapecast* – featuring the *Harry Potter* series character Severus Snape. Don't have an MP3 player?

You can still listen to podcasts. You can also download the shows and listen to them on your computer, or burn them onto a CD and pop to them on a CD player.

Podcasts are the radio shows of today. Chances are, if you have an iPod, you've tuned in to at least one podcast.

They offer a great way to stay updated on news and entertainment, and to listen to people just like you as they share their views – or just put on a really entertaining show.

Teen contributor Lauren Anthony fancies herself as Podcast-know-it-all. She is a sophomore at Garden City High School.

EATING DISORDERS

FROM PAGE C1

Teenagers fear the rejection of their friends and family, and therefore, do not tell many people about their illness. Doctors believe that this is why teenagers lie about their disease.

Teenagers may realize that an eating disorder is a dangerous addiction and still refuse to get help of any kind. When asked about how long she has been ill, the 16-year-old Garden City High junior said that "it started in the seventh grade and manifested completely in the eighth grade and is still going."

Almost all anorexics or bulimics have admitted during interviews that goals and excitement over weight loss go hand-in-hand.

Not all people with eating disorders are affected by feelings of regret.

"Do I ever regret my

habits?" said the 16-year-old. "Only on days when getting out of bed is harder than lifting an elephant and only on days when I cough up blood. And days when I realize that I have to keep secrets from my boyfriend. The pain you feel makes you know that you are alive."

Those with eating disorders admit they have been impacted by television and the Internet.

"I heard about it from a Lifetime movie called *Kate's Secret*," said the freshman.

The junior said: "I didn't really know what I was doing. I just picked up a few tips online."

If you or anybody that you know is doing something to hurt himself or herself, please seek help. Clinics and support groups are private. Help is out there.

Justin Smith is a junior attending Garden City High School.

Band profile: Meet Wayne Memorial's Seven Story Fall

BY ANNIE DEMETRIOU

Do you like to hear fresh new bands? Do you like going to Battle of the Bands events or other shows? How do you feel about discovering local bands?



annie demetriou

Meet Seven Story Fall. Seven Story Fall is a local, up and coming band.

They sound like a mix of Blink 182 and Underoath.

Members include Hunter Kennedy on lead vocals and guitar, Jacob Campbell on drums, Matt Praedel on guitar, Shane Christing on bass, and Andrew Larson on guitar and cello.

They all attend Wayne Memorial High School.

Hunter, Jacob and Shane are freshman, Andrew is a sophomore, and Matt is a junior.

I spoke to Hunter last month and asked him a few questions. This is what he said:

O&E: When was the band formed?
HK: In 2002.

O&E: What made you want to start a band up?
HK: It sounded fun.

O&E: Who thought of the name and how did you think of it?
HK: A friend of ours, Johnny, thought of it.

O&E: Do you have a lot of fans already?
HK: Yes. We see shirts all over the place.

O&E: How many shows have you played so far?
HK: Three. One for our manager's (Shelby Arnold) birthday party (our first show), One in my back yard in

August, and one at the Token Lounge Dec. 3.

O&E: Who writes the songs?
HK: I do.

O&E: What inspires you to write them?
HK: Some things that happen.

O&E: When you play a show, what kind of feedback do you get?
HK: They usually say that we sound good.

O&E: What bands/singers influence your music?
HK: Blink 182, Aiden, Escape the Fate, Silverstein, Senses Fall, Avenged Sevenfold, Underoath, From First to Last. Bands like that.

For more information on this band, go to their MySpace www.myspace.com/7storyfall.

Annie Demetriou is a freshman at Wayne Memorial High School.

Game Over: Westland mall's video arcade closes its doors, for now

In its time, Westland Shopping Center has seen many things come and go.

One of the more recent things to go was the American Fun Center video arcade.

This place had it all: Pinball machines, air hockey tables, simulators, even classic shoot-em-up games. For six years, the game room occupied a space at the building's south entrance and served as a popular hang out for people of all ages – especially teens.

A spokesperson for the mall said the arcade was moved due

to the terms of a leasing requirement. The company has been offered a chance to stay, and negotiations are under way.

Until that time, the tenant space American Fun Center



ashley j. trombley

used to occupy has been taken over by a store appropriately titled Always Irish. The shop specializes items associated with Irish culture and heritage.

As for the arcade games – they are on hold in storage until an agreement can be reached.

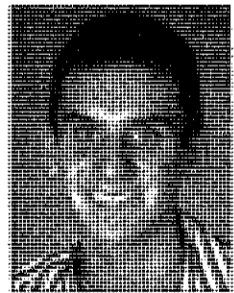
Local pinball wizards who are still itching for a game, can find American Fun Center arcades at various locations around the state, including Twelve Oaks Mall.

Ashley J. Trombley is a sophomore at Garden City High School.

What you should've been seeing in 2006

BY BRANDON KIRBY

With an entire year gone by, a massive batch of movies comes along with it. With so many to choose from, you have to be able to sift through the possibilities to find the ones worth actually taking a



brandon kirby

look at. Maybe you were even lucky enough to catch all of those notable titles. If not, here's a guide to all of those must-see movies throughout the year, and those that might snatch an Oscar along the way.

BABEL

In the same vein as 2006's "Best Picture," *Babel* presents seemingly separate stories that actually have certain profound connections. Its stories span across three entire countries, so with a scope this huge, one might think the experience

would feel overwhelmingly vast. This is entirely not the case, as the stories flow seamlessly and intelligently together. It makes for a genuinely intense experience that becomes even hard to watch at times; it's powerful and emotionally draining. *Babel* has the potential of getting nominated for "Best Picture" later this month.

LITTLE MISS SUNSHINE

Little Miss Sunshine is the type of movie you'll want to just hug afterwards. It's so charming, full of delightfully flawed characters that are a joy to watch. The movie follows a dysfunctional family on a cross-country road trip full of emotional road bumps. The journey is at times absurd and hysterical, while at other times touching and sad. A great ensemble cast only sweetens the deal, making for a truly genuine experience.

THE QUEEN

The Queen is one of the most important movies of the year simply due to Helen Mirren's Oscar-worthy portrayal of Queen Elizabeth. The movie depicts the personal conflicts

that developed during the week after Princess Diana's death. It paints an intimate portrait of the queen and the royal family with a behind-the-scenes look that is as interesting as it is humorous. Not only will Helen Mirren surely get nominated, but *The Queen* is also my prediction for being crowned with "Best Picture" this year.

BORAT: CULTURAL LEARNINGS

This new landmark in comedy classics is the single-most uproariously hilarious movie of the year. It stars Sacha Baron Cohen as Borat Sagdiyev, a fictional Kazakh reporter who comes to America to film a documentary. The movie consists of interviews with people who actually believe this guy is for real. It addresses many different groups and stereotypes, making for absolutely spot-on social satire. The movie is ingenious because it's just as outrageously stupid and crude as it is bitingly smart and knowledgeable.

Brandon Kirby attends Stevenson High School.

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Detroit Public TV | detroitpublictv.org

CLASS REUNIONS

As space permits, the Observer & Eccentric Newspapers print, without charge, announcements of class reunions...

REUNIONS

Dearborn Fordson Class of 1977

A 30-year reunion, Friday, Aug. 3 to Sunday, Aug. 5, 2007. Contact Val Schulte...

Dearborn Edsel Ford Class of 1967

A 40-year reunion 7:30 p.m. Saturday, Aug. 4, 2007, at Doubletree Hotel, Dearborn...

Detroit Chadsey Class of 1957

A 50th Reunion is being planned for the summer of 2007. Looking for January, June and Summer '57 graduates...

Detroit Cody Class of 1957

A 50th reunion at the Embassy Suites, Livonia Oct. 5, 2007. Cost is \$95 per person...

Detroit Mackenzie Class of 1957

Looking for graduates to attend a reunion scheduled for Oct. 19, 2007. Call Eleanor at (734)425-8278.

Detroit Western Class of 1962

A 45-year reunion will be held in September 2007. Seeking information of classmates from that year...

jlsocranton@yahoo.com

Detroit Southwestern Class of 1957

A 50-year reunion is being planned for September 2007. Looking for January and June graduates...

Epiphany Grade School Class of 1966

A 40-year reunion is in the planning stages for the summer of 2006. Contact Dorothy at (248) 477-9478...

Fordson High School Class of 1969

Planning a reunion for 2007. Please contact Kathy Nisun at (248) 363-5679...

Garden City High School Class of 1987

Searching for all class of '87 Alumni for a 20-year reunion. Need to find current information on alumni...

Grosse Pointe North Class of 1991

Call (800) 677-7800, visit www.taylorreunions.com or e-mail: info@taylorreunions.com.

Livonia Churchill Classes of 1971-2007

Alumni Summer Bash 10 a.m. to 6 p.m. Saturday, June 16, Nankin Mills Park, Ann Arbor Trail and Hines Drive...

Livonia Franklin Class of 1969

A reunion is in the pre-planning stages for 2007. For more information, contact Kathy Nisun at (248) 363-5679...

Redford Thurston High School Classes of 1957, 1958

A 50-year reunion is planned with several events Sept. 14-16 at Embassy Suites, Livonia. For information, contact Ron Beller at (989)652-9724...

Roseville High School Class of 1956

A 50th reunion in fall of 2006. The reunion committee is searching for classmates. For information, call Shirley at (586) 677-2709...

Southeastern (Detroit) Class of 1987

A 20-year reunion is being planned for summer 2007. Looking for graduates of June 1987...

Southfield High School Class of 1977

A 30th Reunion on Sunday, Sept. 2, 2007. For further information, contact MDurz@aol.com...

St. Mary of Redford High School class of 1956

Grade School class of 1952 Looking for graduates. Contact (734) 525-5888 or e-mail: kheenan@qjis.net.

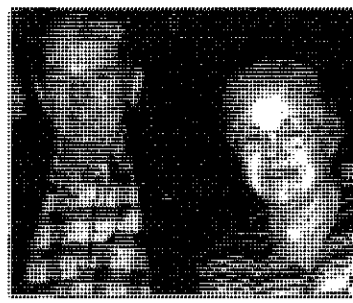
Utica High School Class of 1981

A 25th reunion is being planned for the fall of 2006. Please send updated address information and inquires to: Todd Richter...

Wayne Memorial High School Class of 1957

A 50-year class reunion, 6 p.m. to midnight, Saturday, May 19, 2007, at American Legion Post, 9318 Newburgh Road...

ANNIVERSARY



Schells celebrate 55th anniversary

Kenneth and Carol (Richards) Schell of Westland are will celebrate their 55th wedding anniversary. The Schells were married Jan. 19, 1952...

WEDDING



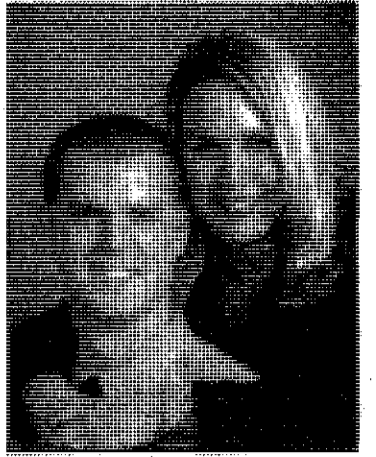
Kostun-Wysocki

Michael Kostun of Brighton and Erin Wysocki of Plymouth were married Oct. 7 at Trinity Evangelical Presbyterian Church with Dr. William C. Moore officiating...

ENGAGEMENTS

Rzepka-Kaufman

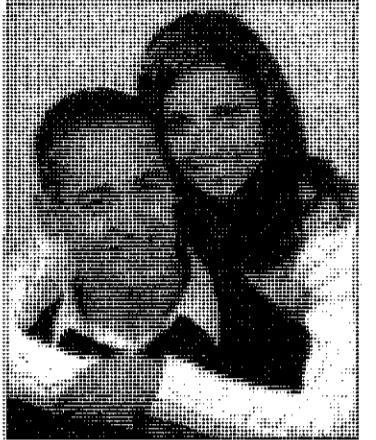
Steven and Helen Rzepka of Canton announce the engagement of their daughter, Melissa Diane Rzepka, to Bryan William Kaufman of Canton. The bride-to-be is pursuing a master of occupational therapy degree...



Catholic Church. The couple will honeymoon in Maui, Hawaii.

Serge-Blue

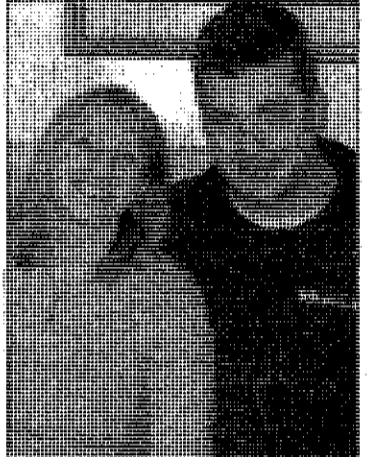
Michael and Joan Serge of Livonia announce the engagement of their daughter, Katie Serge of Livonia, to Matt Blue of Homewood, Ill. The bride-to-be is a 2004 graduate of Western Michigan University...



An August 2007 wedding is planned at the Inn at St. John's in Plymouth, Mich.

Merrill-Stone

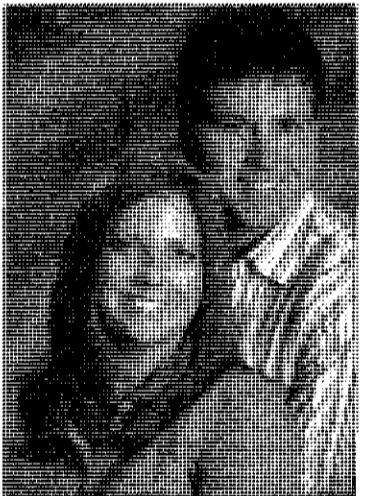
Jim and Sharon Merrill of Livonia announce the engagement of their daughter, Emily Merrill of Philadelphia, Pa., to Bill Stone of Philadelphia. The bride-to-be is a 2003 graduate of Livonia Churchill High School...



is a first-year law student at the University of Pennsylvania Law School. An Aug. 11, 2007, wedding is planned for St. Colette Church in Livonia.

Jordan-Wagner

Jerry and Lenore Jordan of Livonia announce the engagement of their daughter, Kathleen Lynn Jordan, to Matthew Lee Wagner of Livonia. The bride-to-be is a 2000 graduate of Livonia Stevenson High School...



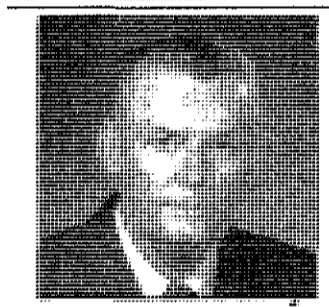
A Sept. 29, 2007, wedding is planned for Greenmead Historical Village in Livonia.

Passages Obituaries, Memorials, Remembrances 1-800-579-7355 fax: 734-953-2232 e-mail: oeobits@hometownlife.com



DUANE L. BLOCK, M.D.

January 3, 2007 Age 80 of Bloomfield Hills. Retired Medical Director for Ford Motor Company. Beloved husband of Kathleen for 25 years...



JOSEPH M. HENSHAW

Jan. 4, 2007, age 76 of Plymouth. Beloved husband of Janet. Loving father of Michael (Margot) and Kimberly (Steven) Grulke...

WILLIAM KIMBALL, DVM

December 26, 2006. Age 78, of Bigfork, Montana. Beloved husband of the late Donna, loving father of the late Ross, Scott, Tom, Melody, Todd, Monty, and spouses...

HERBERT JAMES BROWN Age 87, January 3, 2007. Dear husband of Jean L. Uncle to numerous nieces and nephews...

LAVERNE GORDON WILLSEY Jan. 4, 2007. Retired Detroit Police Sergeant. Service on Mon., 1pm at UH Funeral Home, Westland...

RUTH N. ARNOLD Age 83, November 14, 2006. Ruth was a long-time resident of Livonia, a member of the Livonia Church of Christ...

ROBERT WILLIAM ROSENBERGER

Age 84, passed away January 3, 2007. He was born on January 20, 1922, in McKeesport, PA... He resided in Plymouth, prior to moving to South Lyon...

May You Find Comfort in Family & Friends

OBITUARY POLICY

The first five "billed" lines of an obituary are published at no cost. All additional lines will be charged at \$4 per line. You may place a picture of your loved one for an additional cost of only \$6...



KNOW THE SCORE check out the numbers in today's SPORTS section

How to submit announcements Local engagement, wedding, anniversary and birth announcements run in the Sunday editions of the Observer...

Open Letter to all DFCU Financial Member-Owners

Restore Member Trust - It's time for a change in Leadership!

Dear Member-Owners,

DFCU Owners United is pleased to endorse three highly competent DFCU Financial members who are running for the credit union's volunteer board of directors. After fulfilling all the requirements mandated by the credit union's bylaws, **Jesse D.L. Brunais, Linda M. Malec and Salvatore Mazzola** have been notified by the DFCU Financial Board of Directors Nominating Committee that their names will be included on the ballot for the 2007 Board of Directors election.

Bruce D. Gearns, Ryan M. Hershberger and Ronald K. Seiler, endorsed by DFCU Owners United, also qualified to run for the board election. However, they have since notified DFCU Financial that they wish to have their names withdrawn from the ballot, and will lend their support to **BRUNAIS, MALEC and MAZZOLA** for the three announced open board positions.

Brunais, Malec & Mazzola pledge that putting members first is their #1 commitment. Each of these candidates has a passion for DFCU Financial Federal Credit Union, and they have expressed their displeasure at the recent attempt to change their credit union to a bank.

"It is no secret that DFCU's recent initiative to become a bank provoked very strong opposition from member-owners of the credit union. Early in 2006, I took the time to learn more about this ill-fated proposal by talking with others, attending informational meetings sponsored by DFCU Owners United, and reading industry related periodicals. The more I learned, the more my personal opposition grew. I now ask the members of DFCU for their vote as a candidate for DFCU's Board of Directors in order to help guide this great institution in an open and transparent manner as governed by the credit union's bylaws and policies."

--- **Jesse D.L. Brunais**, automotive product design engineer in Powertrain Operations at Ford Motor Company. A member of DFCU Financial since 1981, Brunais is a graduate of Michigan State University with a Master's degree in electronics and computer science from Wayne State University.

"I became re-involved in DFCU during the attempt to convert it into a for-profit bank. During that time, I also listened to members unhappy with other changes that seemed to be trending toward 'just another bank.' I was stunned because, as a cooperative, DFCU operates for the benefit of member-owners and should strive to be 'better than the competition' by returning earnings back to members with better rates on savings, lower rates on loans, and providing exemplary services so that over time, all members benefit. With your vote, I pledge to 'put members first' and to support continuing the great traditions of DFCU, its employees and members." --- **Linda M. Malec**, human resources associate on the corporate staff at Ford Motor Company's World Headquarters. A member of DFCU Financial for 36 years, Malec served on DFCU's board of directors from 1980 to 2000, including chairperson from 1988 to 1998. Malec holds a Bachelor's degree from the University of Michigan.

"In the nine years I have been a member of DFCU, I have come to value the credit union for what it is—an efficient organization of exceptionally competent professionals, committed to serving all its members as owners and not as customers. I first became involved with DFCU Owners United when my confidence in the present Board of Directors was shaken by last year's proposed bank conversion, which was strongly opposed by the membership. In seeking the members' vote for the Board of Directors, I ask DFCU member-owners to support continuing the credit union's traditions of professional service and growth driven by members' needs." --- **Salvatore Mazzola**, funding analyst in the Treasurer's Office of Ford Motor Company. Mazzola earned his Bachelor of Science degree from Michigan Technological University and a Master of Science degree from the University of Illinois, as well as a Master of Business Administration degree from Wayne State University.

Ballots are expected to be mailed to members in January 2007, in advance of DFCU Financial's Annual Membership Meeting scheduled for February 15, 2007.

**At a credit union, it's one member--one vote.
VOTE FOR A CHANGE IN LEADERSHIP!**

For additional information, visit www.SaveMyCU.com

Paid for by DFCU Owners United, P.O. Box 511445, Livonia, MI 48151, Phone #734-620-8900

West coast workout

Nia combines art forms to improve health

BY LINDA ANN CHOMIN
STAFF WRITER

Beverly Price is enjoying every movement of the newest class at the Body Connection in Royal Oak. Nia puts the fun back in exercise for those courageous enough to let themselves go.

Even though the workout originated on the West Coast in the 1980s, Nia is just beginning to catch on in Metro Detroit. In anticipation of the growth of the next hottest fitness craze, Price has scheduled classes from morning to evening for nearly every day of the week.

Usually Price is leading classes through yoga movements or counseling clients about their relationship with food but this evening she follows instructor Beth Silver who is scooping chi or energy out of thin air. A registered dietitian, Price regularly sees men, women and children with eating disorders and weight issues.

Nia's neuromuscular integrative action blends elements of dance, kickboxing, the martial arts including tai chi, and yoga and healing techniques such as feldenkrais to raise the heart rate, strengthen muscles, release tension, and burn calories while liberating the mind, body and spirit. Throughout the session students are able to express themselves during free style periods by creating their own movement.

"We bought an elliptical trainer for our basement but it's boring," said Price, a Huntington Woods resident who was practicing yoga every day and looking for a way to cross train when she invited a Nia instructor to teach a course in July. "When you go to a Nia class you gather everybody else's energy. Health wise, it's increased my endurance although yoga has as well, my strength and durability. I like the combination of both."

Price has observed a change in her nutritional counseling clients as a result.

"Many of them don't feel good about their bodies," said Price. "This is a nonjudgmental way to move your body. Many come to see me for weight loss but they're not exercising. This is a great way to do it and have fun."

Silver discovered Nia while on a self-exploration journey. Over the years, she tried pilates, yoga, weight training, and ice dancing as a way to stay fit after leaving Harbinger Dance

Company.

"Nia invites you to move your body naturally. You're not asked to get into positions that don't feel good," said Silver who became a certified Nia instructor after completing training in East Lansing. "It's a work in and a work out, a mind, body, spirit class. Anything cardio you've got to improve your heart, circulation. It's going to make weight loss easier. People in wheelchairs can take the class. It's designed for all fitness levels, ages, body types. I provide the movements. Students decide how big or small they're going to do the movement. It's self-adjusting."

Best friends Mayyadah Ali and Valerie Harris of Southfield had tried every kind of exercise program as well. They decided to take Nia together as part of a continuing search to keep their bodies limber. Both trained with Alvin Ailey.

"I love the constant movement," said Mayyadah Ali. "I'm feeling more relaxed. I'm just entering menopause and it's given me a release of stress, tension."

Kelly Ray drives all the way from Rochester Hills to take Nia classes at the Body Connection in Royal Oak. Her physician recommended Nia as a way for her to lose weight and reduce stress.

Jeni Langan likes the stretching, music and the fact that Nia incorporates dance. She earned a dance degree from Wayne State University.

Sandra Braden was searching for different way to exercise when she discovered Nia. Now at least once a week Braden leaves her job in Detroit to drop in for a Nia class in Royal Oak before heading home to St. Clair Shores.

"I'm age 56 and it keeps the joints moving," said Sandra Braden. "Even after the class I kept feeling the movement. You feel looser. It stays with you the whole week."

Amy Lockmondy is always looking for new, effective ways for students to stay fit at The Summit on the Park Community Center in Canton. As the recreational facility's health and wellness coordinator and a mother of twin toddlers, Lockmondy doesn't always have time to exercise so when a Nia instructor contacted her a year ago she was excited about offering classes. Unfortunately, the community has shown no interest.



LAWRENCE MCKEE | STAFF PHOTOGRAPHER

Valerie Harris, Southfield, participates in a workout called Nia which combines dance, and the martial and healing arts.

"I liked it because it was something different," said Amy Lockmondy. "I feel people are looking for out of the ordinary workouts. When pilates broke across the country everybody was asking about it. I will offer it if the community asks for it."

"With Nia there are a couple of parts where you have to freestyle with your movement. That can be very intimidating if others are around because people don't want to look silly. I am actually fine with it but think that part of it, letting yourself go completely, might be hard for some people."

It's not unusual for Lockmondy to offer a class and have no one sign up. While the community wasn't ready for belly dancing, Lockmondy says January and February will be "crazy" with people registering for land aerobics, pilates, yoga, kick boxing, tai chi, mother-daughter aerobics, and family yoga. For details,

call (734) 394-5460 or visit www.canton-mi.org then click on leisure services.

For information on Nia classes at the Body Connection in Royal Oak, call (248) 390-4150 or visit www.bodyconnection-nia.com. In addition to Nia, pilates, yoga, and yoga dance are offered nearly every day from 6:15 a.m. to 7:15 p.m. along with nutrition counseling and workshops. Nia classes are \$15 for drop-ins or 12 classes for \$139, 24 sessions for \$239, or a \$79 per month unlimited package with a one year commitment. Price offers the first week of classes free to prospective students.

"It's a great way to exercise your body and your mind," said Price. "The instructors bring in a lot of stress management techniques, breathing techniques."

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Be careful with water during run



Jill from Commerce is a marathon runner and wants some tips on proper water intake.

Peter's Principles

Peter Nielsen

athletes losing body fluids with excessive sweat, but athletes going at a slower pace just don't need that kind of water consumption.

Taking in too much water can lead to a condition called hyponatremia, or water intoxication. The water overload causes the body's cells to swell up. This condition can

lead to things like headache and nausea. You can even become delirious.

Try to limit water intake to no more than a liter per hour for no more than four hours.

When it comes to water intake, for some endurance athletes slow and steady really does win the race!

Terri from Detroit is concerned about her daughter's weight. She e-mailed Peter looking for help.

Terri I am glad that you brought this up. The childhood obesity problem in this country is skyrocketing out of control. One in 3 kids are overweight! Now, a new study could help fight the epidemic.

Researchers followed a group of children for 10 years. They found the average child ate 165 calories more than they needed each day. Also, the more

overweight teens took in about 1,000 calories more each day than needed. That is almost two Big Macs! The study concluded children are spending more time putting food into their mouths than exercising.

So what can be done? Teach your children healthy eating habits, which include avoiding sugary sodas because they are packed with calories. Also limit television time. Experts found cutting television watching by just an hour a day can cut a child's food intake by 160 calories a day. Get your child involved in a physical activity instead!

If you have a health or fitness question you would like answered in the *Observer & Eccentric Newspapers*, e-mail Peter through his Web site www.peternielsen.com.

Protect yourself with a flu shot

Local visiting nurse associations are warning residents that time is running out to get a flu shot.

Walk-in clinics are being offered at the Visiting Nurse Association of Southeast Michigan headquarters, 25900 Greenfield Road, Suite 600 in Oak Park from 9 a.m. to noon, Monday through Friday.

Homebound service and corporate worksite clinics are also available.

"Flu season generally peaks in February for Michigan residents," said Kay Renny, R.N., Visiting Nurse Association of Southeast Michigan community programs manager. "The U.S. Centers for Disease Control and Prevention (CDC) stresses that

individuals can be vaccinated through flu season as late as March, but remember, it takes up to two weeks to build up sufficient immunity."

Each year in the United States approximately 36,000 people die and more than 200,000 people are hospitalized because of influenza complications, according to the CDC.

Flu shots through the Visiting Nurse Association of Southeast Michigan cost \$24, and are payable by cash, check, Medicare, HAP or Care Choices. Pneumonia shots are \$40. For more information, call (248) 967-8751 or visit www.vna.org.

The University of Michigan Health System's Michigan Visiting Nurses is offering a flu shot clinic 10 a.m. to 2 p.m. Tuesday, Jan. 9, at Michigan Visiting Nurses, 2850 S. Industrial Hwy, Suite 75, near the intersection of Industrial and Eisenhower in Ann Arbor.

Flu shots are \$33 this year, pneumonia shots \$82. Payment options include cash, check and credit card, as well as Medicare Part B, M-Care, CareChoices and HAP, all of which cover the entire cost of the flu shot.

You cannot receive a flu shot at these clinics if you have a fever of 101 degrees or higher; have an allergy to eggs or egg products; have a Thimerosal allergy; have been diagnosed with Guillain-Barre Syndrome, or are allergic to Benadryl or Epinephrine.


MY 2007 TO DO LIST

- Lose weight (get healthy)
- Cure diabetes (no more pills or insulin for me!)
- Stop my snoring
- Play with the kids
- Lower risk of heart disease and stroke (lower my blood pressure)
- Plant a Garden
- Volunteer in the community
- See the Grand Canyon

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