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Grand opening Wayne students 'star' at addition's dedication

BY SUE MASON
STAFF WRITER

Students will be the center of attention Tuesday afternoon when Wayne-Westland school officials and a host of dignitaries gather at Wayne Memorial High School for the dedication of the 12,000-square-foot addition to its Alumni Arena.

The 1 p.m. ceremony marks the end to the \$4.3 million project which was financed primarily with money from the district's sinking fund and some building and facilities money.

"We're really excited not only about the additional space, but the opportunities that it opens up for students during the day and after school," said Deputy Superintendent Charlotte Sherman.

The high school's JROTC color guard, Vocal Dimensions, concert band, as well as members of the Student Senate will participate in the ceremony which Sherman stressed will be "student-oriented."

The high school volleyball team will do a demonstration and the cheerleaders will perform a cheer routine as part of the program.

This is the first big project financed primarily by the sinking fund passed by voters in 2002. The new facility includes a 2,000-square-foot cardiovascular fitness room, an 8,700-square-foot basketball court and a second 2,000-square-foot room with a practice area for golf and batting cages.

It complements the high school's Alumni Arena erected in 1980 to house the physical education classes and sports programs.

According to Sherman, there are several primary reasons for the addition - the problem of scheduling games and practices with the inclusion of the ninth grade in the high school and the realignment of the girls sports season by the Michigan High School Athletic Association.

PLEASE SEE WAYNE MEMORIAL, A3



TOM HAWLEY | STAFF PHOTOGRAPHER

Head custodian Mike Husson puts a finishing touch on the corridor floor in the new addition to Wayne Memorial High School's Alumni Arena which will be dedicated Jan. 30.

County, MDEQ agree to more testing at park

BY DARRELL CLEM
STAFF WRITER

A more thorough investigation of Central City Park contamination could start as early as February, following productive talks Tuesday between county, city and state environmental officials.

County and city leaders have agreed to demands by the Michigan Department of Environmental Quality to conduct its own investigation of the park.

The more extensive analysis could begin within weeks, but Assistant Wayne County Executive Alan Helmkamp said, "I don't have any indication of how long that will take."

Mayor William Wild ordered the 100-acre park fenced off until the environmental testing can be done, in hopes that any cleanup plan could ultimately restore the popular park to public use.

In another development, a Westland City Council meeting has been scheduled for 5:30 p.m. Monday at City Hall to discuss how to proceed with this year's summer festival. Some events, such as the fireworks display, have traditionally occurred in the park.

DEQ investigators will conduct their work by using such instruments as a magnetometer to conduct geophysical and electromagnetic surveys - surface tests - to determine whether a more extensive probe may be necessary.

In everyday terms, Helmkamp said, it's similar to someone surveying the ground with a metal detector.

DEQ investigators will be searching for such items as 55-gallon drums, following pictures published in December in the *Observer* that showed how the site looked in late 1970.

The new testing could be costly, but DEQ officials have called it necessary before possible remediation efforts will be considered.

It's possible that the surface testing also could prompt DEQ officials to call for more invasive measures, such as digging trenches and excavating target areas.

"MDEQ, the county and the city are cooperating to move forward," Helmkamp said. "We hope to have these additional results as soon as we can for the benefit of the citizens and all concerned."

Westland City Councilwoman Cheryl Graunstadt, who serves as a council liaison for a park task force appointed by the mayor, welcomed news that Tuesday's talks appeared productive.

"I am encouraged by what appears to be a cooperative venture going forward - very much so," she said.

Graunstadt and others had earlier criticized county officials and city administration officials for keeping silent about park contamination.

Earlier soil tests found a variety of contaminants, but only lead was discovered in levels that officials considered a potential threat. Even so, blood tests of children and adults have been encouraging, in that no one tested appears to have potentially harmful levels.

When DEQ starts its new testing of the park, the county plans to have representatives on the site to observe and offer any help that might be sought.

dclem@hometownlife.com | (734) 953-2110

Sentencing ends father's long ordeal

BY DARRELL CLEM
STAFF WRITER

Three Detroit men apologized in court Thursday for the beating death of a Westland man, but the victim's father said regrets can't bring back his son.

Charles McClain, asking a Wayne County judge to impose lengthy prison sentences, said his 48-year-old son, Ronald Wayne McClain, won't get to teach his four grandchildren how to play baseball or ride horses.

The victim, beaten to death in July 2003 on a Detroit street, has two granddaughters and two grandsons whose ages

range from 2 to 8.

"He won't be around to go to their school plays or their graduations or their weddings," Charles McClain, 77, said.

McClain sat in court Thursday as defendants Marcus Strong, David Dunbar and Murray Warren - all in their 20s - learned that they will spend years in prison.

Strong, with a longer criminal history, received the lengthiest sentence at 16 years, eight months to 40 years. Dunbar learned he will spend seven to 22½ years in prison; Strong, seven years, one month to 30 years.

Their sentencing by Wayne County

Circuit Judge Daniel Ryan came after a jury earlier this month found them guilty of voluntary manslaughter.

Charles McClain had hoped for longer prison sentences, but he held out hope that his sons killers won't be released until they serve near the maximum number of years given to them.

"If they serve anything like that, I'll probably be dead before they get out," he said.

"The main thing is, I'm glad it's over with," McClain told the *Observer*. "It's been a tough three and a half years. I

PLEASE SEE SENTENCING, A6

A Wild month: First it's mayor of Westland and now it's a girl!

BY DARRELL CLEM
STAFF WRITER

Westland's first family has a new baby, and it's a girl.

Just 22 days after he became mayor, William Wild and wife Sherri welcomed their third child, Payton Love Wild, who was born Thursday by Caesarean section.

At 9.15 pounds and 20.5 inches, Payton arrived at 9 a.m. Thursday at St. Mary Mercy Hospital in Livonia, where the mother was resting Friday.

"They're both doing just fine," said Wild, 38. "Dad's doing good, too." Payton is the Wilds' third child.

She joins Luke, 4, and Lily, 2. Sherri Wild wasn't due until Feb. 2, but anyone who had seen her at recent public events could see that she was very pregnant.

As the unborn baby started growing toward the 10-pound mark, doctors decided to proceed with a Caesarean section.

Mother and father had differed over Payton's middle name.

"I was pushing for Payton Kennedy, but the mother overruled me on it," the mayor said.

His choice of middle names could have been appropriate, too. A few City Hall watchers have commented that having a first family with a new baby reminded them, on a local level, of when President John F. Kennedy and wife Jackie had children during their time in the White House.

It's not the first time that a sitting Westland mayor has welcomed a new addition to the family while in office.

Former Mayor Gene McKinney and then-wife Sue adopted one of their daughters, Megan, while McKinney was in office from November 1969 through Jan. 1, 1976.

An old biographical sheet that Wild provided to the *Observer* before he was first elected to office as a Westland City Council member hinted that he would one day be a father.

Under the heading of family, he wrote, "married, no children - yet."

Wild served five years on the council before his colleagues appointed

him Jan. 3 to replace former Mayor Sandra Cicirelli, who left the job to become a district judge.

The mayor's post will be on the Westland ballot in November.

With Wild becoming mayor and a father to his third child in the same month, January 2007 will be remembered as a time of rapid change.

"It's a busy time in our life," he said Friday, "but it's exciting."

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Number 71



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Coming Thursday in Filter

Yes it's cold, but it's something to have fun with at Detroit's Winter Blast.



LeBlanc: House Dems to address challenges

Michigan House Democrats have developed an agenda to tackle Michigan's challenges head-on and move the state in a new, positive direction, according to State Rep. Richard LeBlanc, D-Westland. The plan includes reducing high health care costs, expanding educational opportunities and new policies that will attract investments in 21st-century jobs.



LeBlanc

"Creating good-paying jobs, strengthening education and preparing our students for the jobs of the future are our top priorities for rejuvenating Michigan's economy," LeBlanc said. "Michigan has some serious problems. House Democrats are ready to roll up their sleeves and get to work making Michigan a powerhouse in the 21st century."

Democrats said their health and education committees will work on major reforms to health care and education in Michigan.

They also laid out their vision for a six-point plan for the House, which Democrats control 58-52.

On the issue of fighting the

skyrocketing cost of health care, Democrats are pursuing proposals to lower health care costs and are looking at a statewide catastrophic health care pool, as well as programs to purchase prescription drugs in bulk and provide health care to more than 1 million uninsured Michigan workers.

To strengthen schools and open the doors of educational opportunities for all citizens, Democrats have merged committees and formed the New Economy Committee to strengthen schools and build the best-trained, best-educated workforce.

Democrats are also looking to expand the Michigan Promise scholarship program by introducing a plan to provide student loans to all Michigan residents looking to go beyond high school.

To address Michigan's energy needs, House Democrats plan to tackle state's looming

energy shortage and promote alternative energy and conservation. House Democrats are convening work groups to study ways to increase alternative energy in Michigan, and introduce proposals to address the groups' findings.

Democrats are spearheading efforts to increase the use of bio-fuels such as ethanol and biodiesel.

To protect Michigan's Great Lakes and fight Canadian and out-of-state trash, Democrats want to stop big water bottling companies from shipping Great Lakes and other sources of freshwater out of the state. House Democrats have introduced a plan to curb Canadian and out-of-state trash.

Democrats also are pursuing a range of proposals to attack the economics of the trash trade.

And, to strengthen consumer protections, Democrats have introduced plans to repeal Michigan's unfair and one-of-a-kind 1996 law that gives big drug companies total immunity when they sell drugs, such as Vioxx, that harm or kill people; and to protect consumers from identi-

ty theft, by informing consumers of security breaches and increasing penalties against violators. Democrats also will tackle the practice of redlining by insurance companies.

Democrats will also place a moratorium on so-called mortgage tax pop-ups, which hit consumers and make it hard for seniors and families to buy homes.

To improve integrity in the House, proposals include banning public officials from lobbying for a year after they leave office; prohibiting conflicts of interest; requiring personal financial disclosures; and banning lawmakers from getting state grants.

"Our residents deserve a Legislature that puts the best interests of the people of Michigan first," LeBlanc said. "They sent a clear message in November - and we are prepared to respond with meaningful ethics reform. I will fight for a positive change to move Michigan forward to benefit the residents of Westland, Wayne County, and everyone in Michigan."

INFORMATION CENTRAL

Now that Christmas is over, some minds turn to outside winter pursuits - trying out that new snowboard, skiing, skating and other cold weather sports. In that spirit, here's a brief look at the first Winter Olympics.

The first official Winter Olympics were held in Chamonix, France (close to Grenoble, which had its own Olympics in 1968) in 1924 (Jan. 25-Feb. 5), but weren't official called "Olympics Games" until 1926 - while they were on, they were known as "International Winter Sports Week."

The first Winter Olympic medal winner was Charles Jewtraw, an American speed skater. Sixteen nations (with a total of 258 athletes, 247 men and 11 women) participated in 16 events, in six sports - biathlon, bobsleigh, curling, ice hockey, skating and skiing. Unfortunately, since the medal ceremony

wasn't held until the end of the games, some athletes had already left - their medals were presented to other members of their teams.

While the IOC (International Olympic Committee) does not recognize global rankings - the goal of the Olympics is to recognize and encourage excellence in individual athletes - the leading medal winner that year was Norway with four gold, seven silver and six bronze. The U.S. placed fifth, with one gold, two silvers and a bronze.

Norway had another claim to fame at these Olympics - they were the first for the internationally known Norwegian Sonja Henie, who helped popularize the sport of figure skating. At only age 11, she had to keep interrupting her freestyle program to consult with her coach. (The youngest athlete to compete at the Olympics was Dimitrios

Loundrou, who was only 10 when he competed in the parallel bars at the 1896 Olympics.) An interesting comparison would be with the 2006 Torino, Italy, games, which saw 2,500 athletes from 84 countries in 15 sports. The next Winter Olympics will be in 2010 in Vancouver, British Columbia, Canada.

All the information for this article was taken from the official Olympic Web site, <http://www.olympics.org>, but the library has some great information too, over in the sports section (790s in the Dewey Decimal system).

Highlighted Activities

Teen Anime/Manga Discussion Club: 7 p.m. Jan. 30.

All seventh-12th graders are welcome to join us as we discuss *Read or Die* by Hidevuki Kurata. Please read the book before the meeting.

Internet 201: 7 p.m. Feb. 5.

An inside look at Internet search engines. No registration or fee required.

Science Fiction Zone Book Discussion Group:

7 p.m. Jan. 31. Join us as we discuss Variable Star by Robert Heinlein and Spider Robinson. Please read the book before the meeting.

The Roots of American Music:

7 p.m. Feb. 7. Join Detroit musician Ray Kamalay as traces the development of early American music from its link to slavery up to the early Jazz Age. Ray's discussion touches on freedom, ancient and modern slavery, spirituals, blues, minstrel shows, ragtime and jazz, and he performs throughout.

Information Central is compiled by Jane Lowry of the William P. Faust Public Library, 6123 Central City Parkway, Westland. Call (734) 326-6123.

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**STATE OF MICHIGAN
COUNTY OF WAYNE
CITY OF GARDEN CITY**

DOWNTOWN DEVELOPMENT AUTHORITY TAX INCREMENT FINANCING PLAN AND DEVELOPMENT PLAN ORDINANCE

SUMMARY OF ORDINANCE NO. 07-008

AN ORDINANCE OF THE CITY OF GARDEN CITY TO ADOPT THE SECOND AMENDED AND RESTATED DEVELOPMENT PLAN AND TAX INCREMENT FINANCING PLAN FOR THE DOWNTOWN DEVELOPMENT AUTHORITY DEVELOPMENT AREA; PROVIDING FOR COMPLIANCE WITH ALL OF THE REQUIREMENTS OF PUBLIC ACT 197 OF THE PUBLIC ACTS OF 1975; PROVIDING FOR REPEAL, SEVERABILITY, SAVINGS, PUBLICATION, AND EFFECTIVE DATE.

THE CITY OF GARDEN CITY ORDAINS:

SECTION 1. REVIEW AND DETERMINATION OF PUBLIC PURPOSE.

Following the recommendation of the Garden City Downtown Development Authority (the "Authority") from December 12, 2006 and having conducted a duly noticed public hearing on the Second Amended and Restated Development Plan and Tax Increment Financing Plan (Exhibit "A") on January 22, 2007, the City Council, upon its review, finds that these plans meet the following standards and criteria as set forth in Section 19 (1) of Act 197, Public Acts of Michigan, 1975, as amended ("Act 197"):

- The Development Plan for the Authority's Development Area meets the requirements set forth in Section 17(2) of Act 197 in that it contains all of the requirements of Act 197 enumerated in the Ordinance as subparagraphs (a)-(p).
- The Tax Increment Financing Plan for the Development Area meets the requirements as set forth in Sections 14 and 15 of Act 197.

(a) This section provides for an explanation of what is required to be included in the Development Plan and what is included in the Tax Increment Financing Plan as well as the obligations of the City Treasurer regarding the transmitting of tax increment revenues. This subsection also includes the requirements of the reporting obligation of the DDA to the City Council and the State Tax Commission as well as publication of the annual report in a newspaper of general circulation in the City.
- 9. These sections provide for the remainder of the requirements of Act 197 including that the development is reasonable and necessary, the Development Plan is in reasonable accord with the Master Plan, public services will be adequate and the Plans are in the public interest of the Township.

SECTION 2. APPROVAL OF THE PLANS.

Premised upon the determinations made in Section 1 above and upon further finding that the execution of the Plans appears to be in the best interest of the City of Garden City, the Plan attached as Exhibit "A" is approved and adopted by reference. No amendment to said Plans shall be effective unless it is approved by the City Council in accordance with the procedures established in Act 197 of 1975, as amended.

SECTION 3. REPEAL.

This section provides that all Ordinances or parts of Ordinances in conflict herewith are hereby repealed only to the extent necessary to give this Ordinance full force and effect.

SECTION 4. SEVERABILITY.

This Section provides that any unenforceable section can be severed from the rest of the Ordinance.

SECTION 5. SAVINGS CLAUSE.

This Section provides that adoption of this Ordinance does not affect proceedings, prosecutions for violation of law, penalties and matured rights and duties in effect before the effective date of this Ordinance.

SECTION 6. PUBLICATION.

This section provides that the City Clerk of Garden City shall cause this Ordinance to be published in the manner required by law.

SECTION 7. EFFECTIVE DATE.

This section provides that this Ordinance shall take full force and effect upon publication.

Copies of the complete text of this Ordinance are available at the office of the City Clerk, Garden City Hall, 6000 Middlebelt Road, Garden City, Michigan 48135, during regular business hours.

Adopted: 01-22-2007 Publish: January 28, 2007 (summary form)

**LIVONIA PUBLIC SCHOOLS
15125 FARMINGTON ROAD
LIVONIA, MI 48154**

The Livonia Public Schools Board of Education, Livonia, Michigan, hereby invites the submission of sealed bids for:

**ONE A-2 29/30 BUS
ONE SPECIAL NEEDS BUS**

Sealed bids will be received until 10:00 A.M. on the 31st day of January, 2007 at the Board of Education, Business Office, Livonia, Michigan. At this time and place all bids will be publicly opened and read. Vendors are encouraged to attend.

Specifications and bid forms are available at the Business Office of the Livonia Public Schools, 15125 Farmington Road, Livonia, MI.

The Board of Education reserves the right to reject any or all bids in whole or in part in the interests of uniformity, design, equipment, delivery time or preference, to waive any informalities and to award to other than low bidder, with rationale to support such a decision.

All questions regarding this bid may be directed to Todd Dickson, Fleet Maintenance Supervisor at (734) 744-2154 between 8:00 a.m. and 3:00 p.m.

Publish: January 21 & 28, 2007

**LIVONIA PUBLIC SCHOOLS
15125 FARMINGTON ROAD
LIVONIA, MI 48154**

The Livonia Public Schools Board of Education, Livonia, Michigan, hereby invites the submission of sealed bids for:

911 EMERGENCY CALL TRAINING SIMULATOR

Sealed bids will be received until 11:00 A.M. on the 31st day of January, 2007 at the Board of Education, Business Office, Livonia, Michigan. At this time and place all bids will be publicly opened and read. Vendors are encouraged to attend.

Specifications and bid forms are available at the Business Office of the Livonia Public Schools, 15125 Farmington Road, Livonia, MI.

The Board of Education reserves the right to reject any or all bids in whole or in part in the interests of uniformity, design, equipment, delivery time or preference, to waive any informalities and to award to other than low bidder, with rationale to support such a decision.

All questions regarding this bid may be directed to Sandra Pollack, Supervisor of Finance (734) 744-2528 between 8:00 a.m. and 4:00 p.m.

Publish: January 21 & 28, 2007

ADVERTISEMENT FOR BIDS

The Architect will receive sealed bids for:

**GENERAL CONSTRUCTION OF:
GARDEN CITY PUBLIC SCHOOLS
CAMBRIDGE CENTER REROOFING**

Bid Proposals will be received until the time and the place, as follows, where and when the opening of bid proposals will be conducted by the Owner in public:

Date: February 14, 2007
Time: 1:30 p.m. EST
Place: Board of Education
Garden City Public Schools
1833 Radcliff Street
Garden City, MI 48135
Attn: Sheryl Quinn, Business Manager

Bidding Documents will be available for examination and distribution on or after January 25, 2007.

Examination may be made at the Office of the Architect, TMP ASSOCIATES, INC., Architects - Engineers - Planners, 1191 West Square Lake Road, Bloomfield Hills, Michigan 48302; the McGraw-Hill Construction Dodge Plan Room, Southfield, Michigan; or the Construction Association of Michigan, Bloomfield Hills, Michigan.

Qualified Bidders may obtain bidding documents from the Office of the Architect, consisting of one (1) set of Drawings and Specifications.

Return Bidding Documents to the Architect within ten (10) days after opening receipt of proposals. Documents are to be complete, in clean and usable condition and free of marks or other defacement.

A sworn and notarized statement disclosing any familial relationship existing between the bidder and any member of the school board, school superintendents, or chief executive must accompany each bid. A board shall not accept a bid that does not include this statement. This statement is on the proposal execution form.

Bid Proposals shall be on forms furnished by the Architect, accompanied by a satisfactory Bid Bond or Certified Check for five percent (5%) of the Base Bid Sum maximum possible proposal amount.

Bidder shall agree not to withdraw Bid Proposal for a period of sixty (60) days after date of receipt of bids.

Accepted Bidder shall be required to furnish satisfactory Performance Bond and Labor and Material Payment Bond in accordance with the Instructions to Bidders.

The right to reject any or all Bid Proposals, either in whole or in part, or to waive any informalities therein is reserved by the Owner.

This project is to be bid at the prevailing wage rate.

Publish: January 28, 2007

**WESTLAND
Observer**

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WAYNE MEMORIAL

FROM PAGE A1

"We actually have more sports activities than we've ever had and that's a good problem because we get the kids involved," said Sherman.

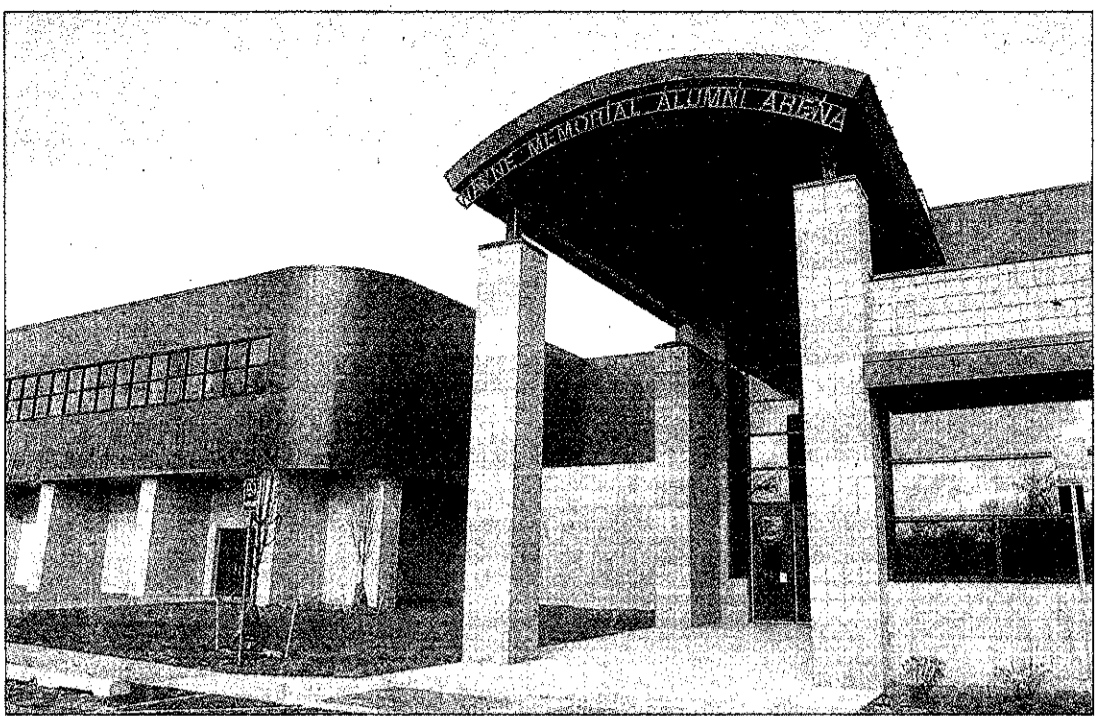
The fitness room also will be a big plus for the school's physical education program, providing students with access to workout equipment.

"We want students to get in the habit and get the training to do healthy lifelong activities," Sherman said. "With this, we can try to move them to a lifelong activity and teach them how to use the equipment."

She added that the hope is to involve the community through the district's leisure programs.

"It's a good place to offer those classes," she said.

For those who will go to the arena for games and activities, the focal point is the addition's arched two-story entrance way that contains a



One of two new entrance ways to Wayne Memorial's Alumni Arena, looking left is the old and to the right the new.

concession stand.

The entrance ties in with the wrought-iron gates that lead to the athletic fields. Superintendent Greg Baracy

has said the design is "unique and adds character to the additions."

"It gives the school a collegiate effect," Baracy has said.

"People come from other districts and say it almost looks like a college."

smason@hometownlife.com | (734) 953-2112

2 schools start late on Wednesdays

Franklin High School and Livonia Career Technical Center students can sleep in or eat an extra big breakfast most Wednesdays for the rest of the school year.

Instead of starting at 7:25 a.m., classes will be delayed until 8 a.m.

Teachers will meet from 7:15 to 7:55 a.m. those days to discuss curriculum, instruction and student achievement.

Franklin tried the "Time for Learning" concept last year. Eighty-four percent voted in favor of keeping the initiative, according to Principal Dan Willenborg.

"It's the No. 1 thing educational researchers tell you to do: Make time for teachers to collaborate," Willenborg said. "We tried to find time ... that wasn't at the end of the school day when everyone's fatigued from working with students all day."

The decision was left to each school. Churchill and Stevenson decided not to schedule professional development in the morning. School buses will still arrive

at the regular time on the late-start Wednesdays.

Students can eat breakfast, study or socialize if they get to school early, but they do not have to arrive until class starts at 8 a.m.

Juniors can use software in computer labs to prepare for the ACT, Willenborg said. Assistant principals and other monitors will supervise students before school.

Students will not be allowed to leave once they arrive at school. Franklin's Wednesday classes will be shortened by a few minutes each, but the day will end on time.

At the Career Technical Center, which draws students from the three LPS high schools, the schedule will be adjusted as well.

Students who are returning to Stevenson will be let out early, giving them time to get to their home high school on time. Franklin and Churchill students will be released at the regular dismissal, said Assistant Principal Phil Francis.

By Rebecca Jones

Franklin High could offer IB diploma

BY REBECCA JONES
STAFF WRITER

Franklin High School may apply to become the first high school in Wayne County to offer the prestigious international baccalaureate diploma, recognized worldwide.

If Livonia Public Schools decides to go forward, Franklin would become a magnet school for students who would undergo a challenging and time-consuming two-year program.

Franklin Principal Dan Willenborg said the program's intent is to develop "globally minded thinkers."

"I don't think anyone can deny that we live in an intricate and interconnected world," he said. "Students and schools need to work harder ... to build a student for the 21st century."

An IB diploma makes students stand out among college applicants and would help students vying for jobs in the international workforce in the future, Willenborg said.

The IB organization designed its diploma program in 1968 to provide families of

traveling diplomats continuity in education. However, in the past few years, more schools — from Detroit Country Day to Midland High — have adopted the program.

Students take six IB classes each of the two years, log 150 hours outside of school, take a theory of knowledge course and write a 4,000-word research essay. Before graduation, students take exams in each subject matter to determine if they get the diploma endorsement.

Some classes can transfer for college credit. The IB program also meets the new Michigan graduation requirements, said Sheila Alles, director of academic services.

The proposal was discussed, but not up for a vote, at the board's Jan. 22 committee of the whole meeting.

The earliest the program could go into effect is the 2008-09 school year. The district has already begun the application process, but would need to submit a com-

plete application, including a letter of support from the school board and a \$4,500 fee, by June 1.

LPS would offer a limited program at the outset, but could add more courses if there is enough interest.

This spring, Franklin will host a series of informational meetings with parents to gauge interest. The program would be open to 25 students — 13 from Franklin and six each from Churchill and Stevenson.

"We thought we would be much better served starting it out small," Supt. Randy Liepa said. "If there's an opportunity to expand, based on interest, then we'll do that."

Startup costs would be \$15,000 for the application and teacher training. Textbooks and materials would cost about \$35,000 over the two years, but Alles said that doesn't represent an additional cost over what the district plans to spend to replace textbooks.

Ongoing costs would be \$8,850 annually for reauthorization from the international oversight body.

The district would also need to appoint an IB coordinator, who would spend two hours on those responsibilities.

Students would be responsible for paying a \$123 registration fee and \$480 for the cost of six exams.

The district would try to connect students with scholarships, Alles said.

"We wouldn't have brought this to you if we didn't feel strongly about it within our current budget," Liepa said.

Even with budget constraints, he added, "we need to continue to find ways to move our district forward."

"I was blown away," Trustee Cynthia Markarian said after hearing the proposal. "This is tremendous. I really hope we can work together and get this thing off the ground."

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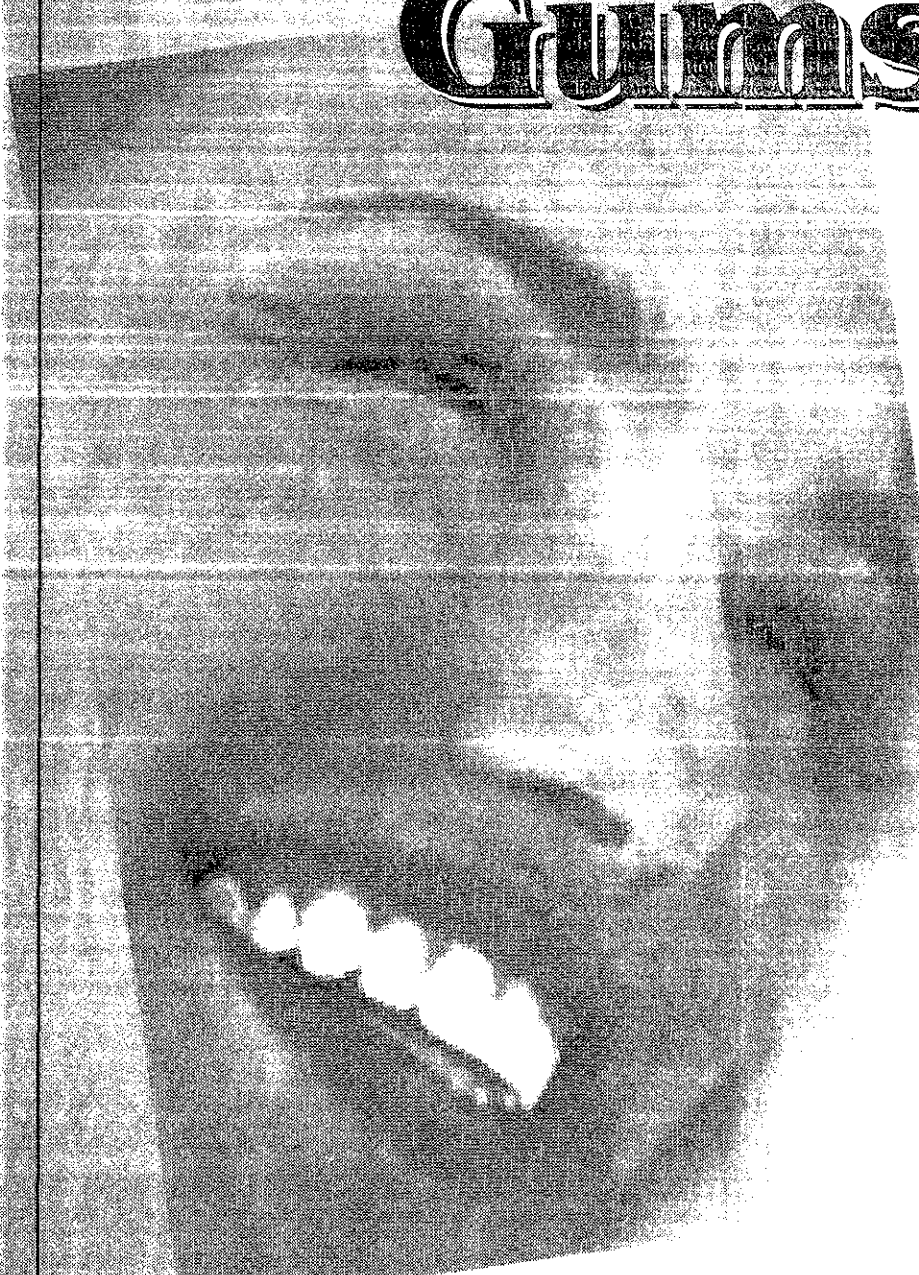
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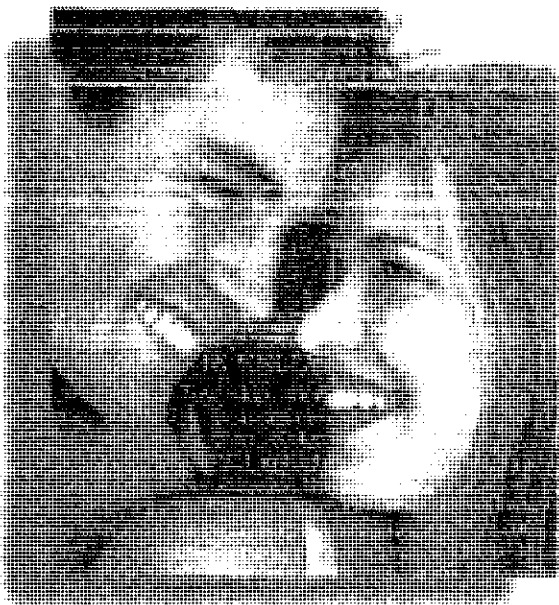
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Students compete in spelling bee

The best spellers in fifth-eighth-grades in the Wayne-Westland Community Schools will gather at Adams Middle School Thursday for the 27th Earle Chorbagan Spelling Bee.

The middle school competition will be from 8:30-10 a.m. while the elementary school competition will be 10:15-11:45 a.m.

Winners and runners-up in the school spelling bees include:

Edison - Matthew Karpiuk, winner, and Cody Smith, runner-up.
Elliott - Malik Garris, winner, and Taja Harris, runner-up.
Graham - Rahul Singh, winner, and Nicholas Lumley, runner-up.
Hamilton - Fred Smith, winner, and Michael Henry,

runner-up.

Hicks - Ikiesha White, winner, and Courtney Ball, runner-up.

Hoover - Kayla Hood, winner, and Cassidy Hill, runner-up.

Jefferson - Sydney Meade, winner, and Jeremiah Palmer, runner-up.

Kettering - Alexandra Bushway, winner, and Jarret Hendershot, runner-up.

Lincoln - Kyle Bowen, winner, and Jessica Stevens, runner-up.

Madison - Elise Penhollow, winner, and Keith Moore, runner-up.

Patchin - Alexis Davis, winner, and Kaitlyn Harris, runner-up.

Roosevelt - Danni Portman, winner, and Kaylee Yuresko, runner-up.

Schweitzer - Alyssa

Cosselmon, winner, and Collin Green, runner-up.

Taft - Zachary Anderson, winner, and Nakia Williams, runner-up.

Vandenberg - Malik Hayes, winner, and Victoria Bellamy, runner-up.

Walker - Mariam Darwish, winner, and Jesse Osoria, runner-up.

Wildwood - Brittany McGrath, winner, and Emily Miller, runner-up.

Adams (sixth) - Taylor Grondy, winner, and Carlita Jones, runner-up.

Adams (seventh) - David Petosky, winner, and Adam Kay, runner-up.

Adams (eighth) - Kateland Leong, winner, and Ryan Bartzy, runner-up.

Franklin (sixth) - Krysta Forrester, winner, and Jason Martin, runner-up.

Franklin (seventh) - Jennifer McCaffery, winner, and Taylor Blevins, runner-up.

Franklin (eighth) - Allison Hammond, winner, and Arooba Javed, runner-up.

Marshall (sixth) - Shakim Harris, winner, and D'Kari Wilson, runner-up.

Marshall (seventh) - TéLur Kuykendall, winner, and Parker Kirchinger, runner-up.

Marshall (eighth) - Angela Blay, winner, and Matthew Okunawo, runner-up.

Stevenson (sixth) - Tessa Diaz, winner, and Abhishek Roy, runner-up.

Stevenson (seventh) - Austin Smarsh, winner, and Jona Hoxhallari, runner-up.

Stevenson (eighth) - Susan Abbott, winner, and Cody Buege, runner-up.

AROUND WESTLAND

Bingo

The Ladies Auxiliary of Harris Kehler VFW Post 3323 will hold a marathon bingo noon-5 p.m. Saturday, Feb. 3, at the post, 1055 N. Wayne Road, Westland. Money raised will go towards the post's general fund projects for veterans.

A second marathon bingo will be held noon-5 p.m. Saturday, March 10, to support the Youth Activities Adopt A Troop project for overseas veterans.

Presidents Day Dinner

The Garden City and Westland Democratic Clubs will present a Presidents Day Dinner Monday, Feb. 19, at the Harris Kehler VFW Post 3323, 1055 S. Wayne Road, Westland.

Dinner will be at 6 p.m., followed by a Historical Presentation by America's First Ladies. Tickets cost \$10 each and are available by calling Carol Larkin at (734) 837-8724 or (734) 674-7327 or by sending name, address and telephone number and a check payable to the Garden City Democratic Club and Westland Democratic Club 1021 W. Rose, Garden City, MI 481835. The deadline for ordering tickets is Feb. 12.

Churches meet

Churches United Against Hunger, a coalition of 20 Westland churches, will meet at noon Tuesday, Feb. 23 at the Lighthouse Home Mission on Plamer west of Venoy.

Vegas Night

St. Theodore Parish will hold a Vegas Night 6 p.m. to midnight Friday, Feb. 2, and Saturday, Feb. 3, at the church, 8200 N. Wayne Road, Westland.

There will be 50/50 drawings every hour and games like Black Jack, Let It Ride, Easy Craps, roulette, money wheel and Texas Hold'em. The maximum win will be \$500 per person. Food, Beer, wine and soft drinks will be available.

Admission is \$2. For more information, call (734) 425-4421, voicemail 10.

Z-PAC dinner

The Wayne Memorial High School Zebra Parents Advisory Council will hold a Valentine Dinner and Silent Auction on Friday, Feb. 9, at the William D. Ford Career Technical Center, 36455 Marquette, Westland. Doors will open at 6:30 p.m. with the sit-down dinner served at 7 p.m.

The dinner will be prepared by Chef Tony Paquette, head of the center's culinary arts program and include a homemade chocolate mousse. There also will be a silent auction featuring a variety of Zebra collectibles.

Because seating is limited, only 125 tickets will be sold. They're priced at \$40 per person or \$75 per couple. Tickets as well as information about sponsorships are available by calling Wayne High Principal John Albrecht at (734) 419-2200.

Euchre games

Friday Night Euchre/Pinochle Card Parties start at 7:30 p.m. at St. Bernardine Parish in Westland. Doors open at 7 p.m. No partner is needed.

Admission is \$5 and includes refreshments, snacks and cash prizes. A 50/50 raffle also is available. The scheduled dates are Feb. 2, 9, 16. For more information, call (734) 427-5150.

Black History Month

The William P. Faust Public Library of Westland will honor Black History Month with a presentation by versatile storyteller Rosie Chapman.

In the oral storytelling tradition, Miz Rosie will recreate the courage of Harriet Tubman as she helped people to freedom on the Underground Railroad.

The special family event will be 1 p.m. Saturday, Feb. 3. Free tickets now are available at the Children's desk. For information, call the library at (734) 326-6123 10 a.m. to 9 p.m. Monday-Wednesday, 10 a.m. to 5 p.m. Thursday-Saturday or noon-5 p.m. Sunday.

Mentoring program

The Lutheran Church of Our Savior in Westland will sponsor "Educating Youth Through Mentoring" as part of its African American History

Month in February.

The featured speakers will be former judge and current attorney Jeffery G. Collins at 7 p.m. Thursday, Feb. 1; State Rep. Alma Wheeler-Smith, D-54th District, at 7 p.m. Feb. 8; Christopher Lindsey, principal of the Academy of Westland, at 7 p.m. Feb. 15, and Kay

Williams-Hales, principal of Winship Elementary School in Detroit, at 7 p.m. Feb. 22.

The public is invited to attend. Light refreshments will be served. The Lutheran Church of Our Savior is at 29425 Annapolis, Westland. For more information, call (734) 728-3440.

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PSORIATIC ARTHRITIS IN WINTER

Psoriatic arthritis illustrates a feature of several arthritic conditions: severity related to the weather. In the case of psoriatic arthritis, the joint and skin problems worsen in winter and recede in the spring.


If you have psoriatic arthritis it is important to comply fully with your treatment regimen at this time of year. Taking your medicines as your doctor directs is the only way you can combat a flare of the psoriasis and accompanying arthritis.

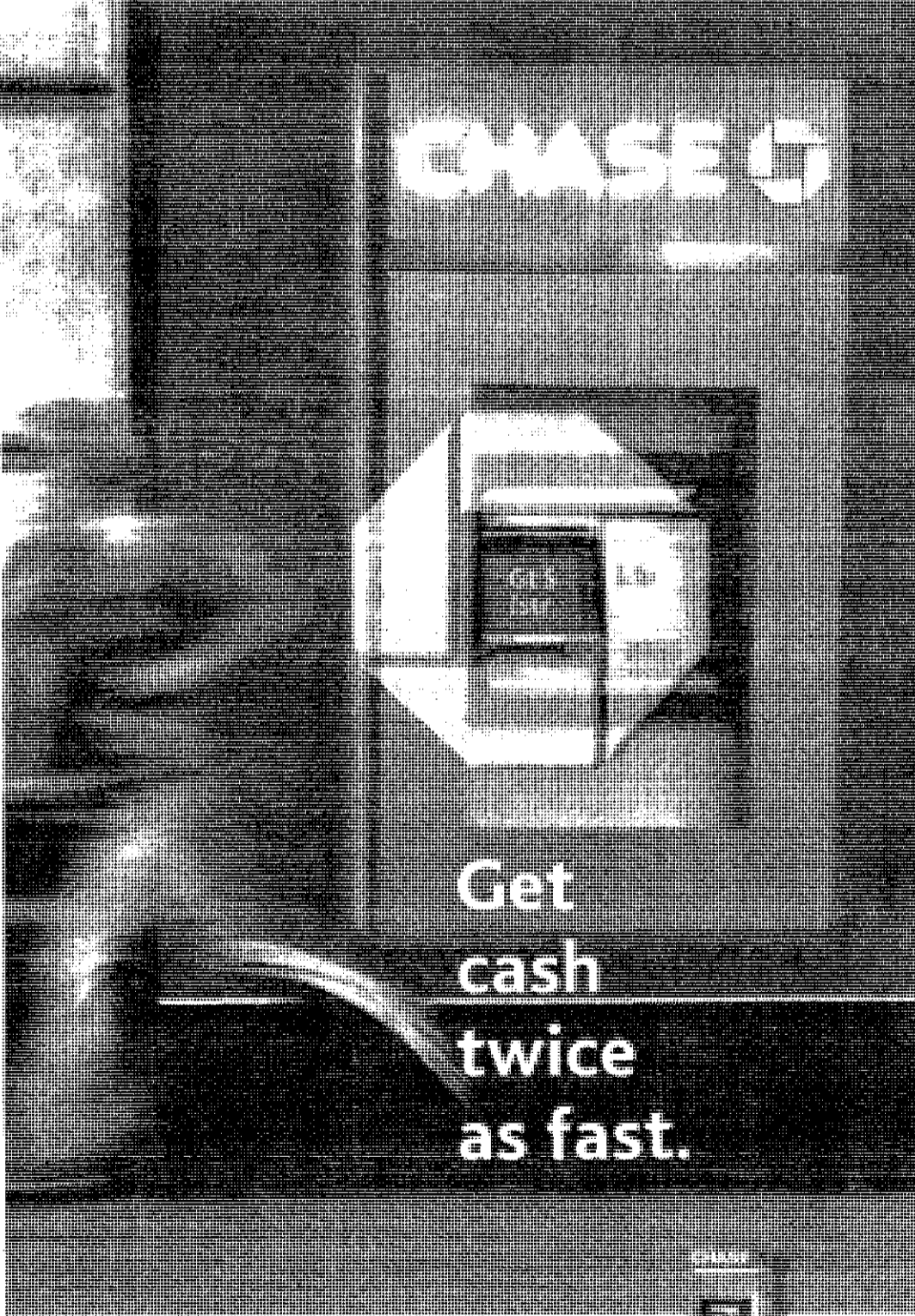
The reason that psoriasis and psoriatic arthritis are worse in the winter is because in Michigan, the ultra-violet rays are lacking in the spectrum of light. It is the ultraviolet light that exerts the beneficial effect of sunlight in treating psoriasis. Lacking that light, the best line of defense is adherence to your medical treatment.

Other arthritic conditions work in an opposite manner with the weather. Lupus arthritis is worse in the summer and remits in the winter, also because of the effect of sunlight. In Lupus, the ultraviolet rays flare the condition. Deficiency of that part of the light spectrum in winter makes Michigan a safe harbor if you have Lupus arthritis or its frequently associated skin problems.

The cold itself brings out another arthritic condition: Raynauds Phenomenon. Raynauds is a sensitivity to cold in which blood vessels to the hand close down making your hands numb and awkward to use. While medicines are available to treat it, the best therapy is to keep your hands warm.

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St. Pat's dinner features Michigan's Troubadour

Even if you're not Irish, you can celebrate at a St. Patrick's Day Dinner and Concert Saturday, March 17, at Bailey Recreation Center, 36651 Ford Road, Westland.

Sponsored by Westland Parks and Recreation Department and the Grange No. 389, the evening will include an Irish style dinner as well as a concert by Michigan's Troubadour, Neil Woodward, who will present a family friendly evening celebrating the contributions of Irish folk music to the American music traditions.

For more than 30 years, Woodward he has shared folk

music's warmth and wisdom with Great Lakes audiences in such historic surroundings as Crossroads Village and Huckleberry Railroad, Henry Ford Museum and Greenfield Village as well as schools and libraries.

The evening is for young and old alike. Dinner will be served 6-7:30 p.m. followed by the concert 7:30-9:30 p.m. Dessert will be served at the intermission.

Tickets cost \$12 per person for adults and \$7 per person for children 12 years and under will be available after Feb. 1, at the Bailey Center. For more information, call (734) 722-7620.

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Texas Smoke heats up restaurant scene

BY LEANNE ROGERS
STAFF WRITER

After 29 years in the restaurant business, Tony Matar wasn't worried about opening a restaurant in the slow economy at a location that had been vacant for a year.

"It's not a challenge for me — I know the menu and food are the best money can buy. There is service to the customers. We're lucky we have the best employees," said Matar, owner of Texas Smoke Bar and Grill on Warren east of Middlebelt.

There hasn't been a restaurant successful at the location — mostly recently occupied by Ron's Fireside Inn — for several years. Matar said he saw a need in the area.

"I felt the area needs a place like this — there is nothing around here. There is no steak house or seafood around — nothing whatsoever," Matar said. "I put the menu to accommodate the area with the pricing — the highest price on the menu is \$16.95 for a 16-ounce steak."

Since the restaurant opened just over three weeks ago, Matar said the response has exceeded his expectations. Customers have been very pleased with the food, he said, as well as the improvements to the decor.

"Our specialty is that we cook our food on grills with mesquite charcoal — not gas. It gives the flavor to the food," Matar said. "We use a lot of charcoal each day. We have a custom-made round grill."

The decor of the restaurant has been redone — Matar notes the new booths are "the Cadillacs of booths." Other furniture, such as a 75-year-old wooden table are part of the new furnishings.

"We kept the three fireplaces — they are wonderful and add to the cozy atmosphere," Matar said.

His wife of 18 years, Rana Matar agreed. "People are tired of restaurants with high ceilings and no special touches. Everything here has a story of how we collected it and loved it," she said. "People want to feel special. When you see the same customers three times in two weeks, you know you're on the right track."



Texas Smoke Bar and Grill owners Tony and Rana Matar of Canton look at chicken fajita and ribs cooked over mesquite charcoal by Chef Christopher Pounds of Westland. The new restaurant opened earlier this month on Warren east of Middlebelt in Garden City.

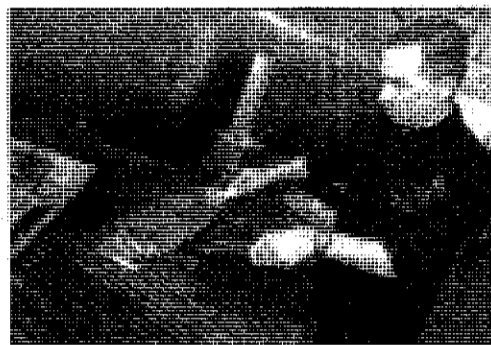
A member of the Michigan Restaurant Association board of directors, Tony Matar said his restaurant experience ranges from fine dining to sports bars to family and casual dining establishments.

"When I was a kid 5 years old, my father took me to work with him at his restaurant, so I had no choice (about a career)," he said. "I came here from Lebanon in 1976 and landed in Westland in those apartments at Venoy and Warren. I was a good bus boy at Little Caesars and became a manager, then I went out on my own."

Rana Matar said she married into the restaurant business. But don't expect to see the Canton couple's three children working at the restaurant.

"They are too busy with school to work here. They all have 4.0 grade-point averages — school comes first. They are busy with sports and music," Rana Matar said.

Texas Smoke is open from 11 a.m. to 10 p.m. Monday through Thursday, until 11



At Garden City's new Texas Smoke Bar and Grill, Chef Christopher Pounds of Westland finishes off a full rack of Texas Smoke barbecue ribs on a custom-made mesquite grill.

p.m. Friday and Saturday and noon to 9 p.m. Sunday. There is live music Friday and Saturday evenings.

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Bill offers kids more protection against bullying

Children would have greater protection against bullying and harassment at school Under bipartisan legislation introduced last week by State Sen. Glenn Anderson, D-Westland.

Named "Matt's Safe School Law," the bill uniformly defines bullying and harassment and requires that all schools adopt a policy that clearly outlines the consequences of such behavior.

"Every parent's greatest fear is that their child might be mistreated when they can't be there to keep them safe," said Anderson. "This legislation will strengthen the law protecting children in the classroom and the chat rooms."

Anderson introduced similar legislation last year as a state representative, but the new version of Matt's Safe School Law extends protections to Internet activity.

The bill now includes a provision that protects children against bullying that takes places with the use of the Internet on school grounds or with remote Internet access provided by a school.

A study by I-Safe America, a group that supports Web safety for children, found that 42 percent of kids have reported being bullied on the Internet. And, according to Anderson, video also was recently posted on the Web site YouTube of teenage girls beating a classmate highlights the extent to which the Internet is being misused to intimidate children.

He went on to say that he consequences of bullying are far-reaching. Bullying is a serious threat to school safety for both students and teachers and has been linked to higher levels of dropout rates, crime, suicide, and school shootings.

Research in the Journal of the American Medical Association suggests that one out of every three students in grades six through 10 have been involved in a bullying incident, he said.

This legislation is named in honor of Matt Epling, a 14 year-old student at MacDonald Middle School in East Lansing who had been the victim of abuse and took his own life believing no one would stop the torment he was enduring. Matt's family was actively involved in crafting this legislation to create a safer environment for young people.

Anderson's legislation has the support of the Gov. Jennifer Granholm, and groups like the Michigan Board of Education, Michigan Education Association, Michigan Association of School Psychologists and Fight Crime - Invest in Kids.

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SENTENCING

FROM PAGE A1
accept things the way they are. They certainly got penalized for what they were accused of doing."

Ronald McClain — a union pipefitter and plumber with three adult children and four grandchildren — was killed in a residential neighborhood near Fenkel and Lahser. He was beaten when the vehicle he was riding in accidentally struck a utility pole that snapped and injured a man in the street.

The driver escaped, but passenger McClain was beaten by what Assistant Wayne County Prosecutor Christine Kowal has called "an angry mob."

The accident happened when the driver and McClain were fleeing from an unrelated road rage incident in which shots were being fired at them from another vehicle.

None of the defendants testified during their trial.

Their convictions came as a relief to Charles McClain, who had worried for three years that his son's killers would never be held accountable.

In part, the case had stalled because a crucial witness had gone into hiding after she was threatened with death.

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Trust investment needs relief from losing growth fund

Welcome to the *Observer & Eccentric Newspapers*. I was looking forward to your first article. My problem concerns a trust that I set up for my nephew in 2001 after my mother passed away. The initial investment was \$54,000 and as of Dec. 31, 2006, the value of the investment is \$30,875. My nephew is about 17 or 18 years old and will be entitled to the trust when he's 21. I invested the money in a growth fund with the American Century Investment Co. Should I consider GMAC demand notes; what should I do?

Money Matters

Rick Bloom

Dear Delores: More likely than not, the fund that you have is the American Century Ultra Fund. The American Century Ultra used to be a very good long-term growth fund; however, it has run into difficult times. My advice is to sell the fund and have the money reinvested elsewhere. Since your nephew is still three or four years away from getting a distribution, my recommendation would be to divide the money equally into two separate funds. The two funds that I recommend would be the Vanguard Wellington and the Vanguard Wellesley Income, (800) 992-8845. These funds have good track records; they are commission-free and they have very low management fees. With regards to the GMAC Demand Notes, the 6 percent is a fair rate of return, however, GMAC Demand Notes are an aggressive investment at this point in time. After all, GM's debt obligations are not investment grade, thus you take a much greater risk. I used to be a fan of GMAC Demand Notes, however, in the current environment, I am not. I believe by purchasing the two funds that I've recommended, you will have a better balanced and diversified portfolio. Good luck!

Although I have retired, I do odd jobs to help make more than \$2,000 a year. Can I still contribute into an IRA? My wife is also retired. Can I contribute into an IRA for her?

Steve

Dear Steve:

In order to contribute new money into an IRA, you must have what is known as earned income. Earned income is income from your labor. Thus, on the \$2,000 a year, if it is money that you are reporting on your tax return as earned income, then yes, you can use that money to make an IRA contribution. In making an IRA contribution, the first issue is whether you should use a traditional IRA or a Roth IRA. The benefit of a traditional IRA is that you can deduct your contribution from your tax return. However, the down side is that once you reach 70, you must begin taking minimum required distributions, which are subject to ordinary income tax. In a traditional IRA, money does not grow tax-free, but rather tax-deferred. The benefit of the Roth IRA is the fact that you are not required to take minimum required distributions at 70 and the money grows

tax-free, not tax-deferred. You never pay income tax on the IRA. The down side of the Roth IRA is that you cannot deduct your contribution off your income tax return. In most situations, and considering that you are retired, I would recommend that you contribute into a Roth IRA as opposed to a traditional IRA. With regards to your spouse, unfortunately, since you only earned \$2,000 that is the most you can contribute. Thus, if you choose to put \$1,000 in your Roth IRA and \$1,000 in hers, that is permissible; however, the total contribution can only be \$2,000. It is still not too late to make 2006 IRA contributions. You have until April 16, 2007, to make an IRA contribution for 2006. I strongly recommend that people who are eligible take advantage of IRAs. The maximum contribution to an IRA is \$4,000 and if you are over 50, the maximum is \$5,000. One last note, if you can use a Roth IRA — take advantage of it.

When determining your asset allocation prior to actually retiring, should any consideration be given to future benefits such as pension or Social Security benefits? If so, should they be considered a bond portion of the allocation?

Dan

Dear Dan:

In today's world, unless someone is going to retire in the next few years, I generally do not adjust the portfolio allocation based upon pension or Social Security. For someone who is retiring over the next couple of years, I will typically treat the Social Security and the pension benefit as an income flow which is important in determining how to adjust the remaining investments. For someone who needs income, I will increase the fixed income portion of the portfolio. If they don't need income, I will increase the equity portion of the portfolio. As I have stated many times, the key to being a successful investor is to have the proper allocation. Asset allocation is a strategy where investors invest money in different parts of the economy no matter what sector of the economy is in favor or out of favor. I believe in asset allocation and I think it's a strategy that more investors should adapt. I am a firm believer that prior to investing; you need to establish the proper allocation in a portfolio. In establishing a proper allocation, the fact that someone is retiring or in retirement is relatively immaterial. What is material is someone's individual situation; in other words what they're trying to achieve as an investor. The key to being successful is not to focus on your age but rather to focus on what you're trying to accomplish. In other words, do you need income from your portfolio today or do you need it five years from now? By building a portfolio and allocating your assets based upon your goals and objectives as opposed to your age you too can be a successful investor. Good luck!

Rick Bloom is a fee-only financial adviser. *Observer & Eccentric* readers can submit questions at money@hometownlife.com. For more information, visit his Web site at www.bloomassetmanagement.com. You can hear Rick from noon to 3 p.m. Sundays on WDTK-AM (1400).

Democrats' bold visions take a 'punch to the gut'

On Monday, Michigan House Democrats did a cross-state dog and pony show outlining their plans for the coming legislative session.

In Livonia, new state Reps. Marc Corriveau of Northville and Richard LeBlanc of Westland joined Speaker of the House Andy Dillon of Redford at Schoolcraft College to outline a swath of proposals on health care, schools, the environment, consumer protection, energy and legislative ethics.

They even proposed eliminating the property tax pop-up when a property changes

hands. Under current law, a property's taxable value rises less than its state equalized value. When a property changes hands, the property will be assessed at the higher SEV, which has put a damper on an already deflated housing market.

But the Democrats didn't mention the state's revenue problems until they were asked. Speaker Dillon said a meeting was scheduled to discuss the state's structural imbalance. He offered the view that there were still areas where the state could cut services, particularly from its expensive corrections budget. But he was cautious about using the word that all politicians loathe — tax.

Meanwhile, down the road a piece, Pfizer Inc. dropped a bombshell, announcing that it would be closing its large Ann Arbor and Kalamazoo research facilities and a smaller facility in Plymouth. The move is expected to eliminate 2,400 jobs by the end of next year. In Ann Arbor, it will mean closing down a 177-acre research campus with two million square feet of laboratory, office and production space on the city's northeast side. By the end of 2008, the city will be losing 1,000 more jobs than it will gain when Google moves some of its operations there later this year.

The news couldn't have come at a worse time for the newly Democratic House and for Gov. Jennifer Granholm, who has staked her political legacy on turning around the state's woeful economy.

As the governor said, it was a "punch to the gut" but one that the state would have been hard-pressed to deflect.

Pfizer is just the kind of non-automotive

business that Michigan has been trying to court, but the world's largest pharmaceutical company has problems of its own. Caught between lawsuits and sales losses to generics, Pfizer's profits are way down. It was only able to keep its head above water by selling off its Johnson & Johnson division last year.

The first cries you'll hear are people claiming that Michigan's "high taxes" were a deciding factor in Pfizer leaving the state. But for Pfizer, the Michigan job cuts are merely part of nearly 8,000 job cuts worldwide by the New York-based drug company. AND, Ann Arbor has given Pfizer tax credits worth \$800 million.

The Pfizer announcement is in a sense unrelated to Michigan's general economic miseries. It's just another in a long, bleak list of disasters for the state. But while the state has been watching the steady freefall of the dominant auto industry, many of the more prized research and development and life sciences companies are having problems of their own.


The state still needs to continue aggressively courting a diversified range of businesses, but it also needs to maintain state services and meet growing challenges to provide for the educational, health and environmental protection needs of the state's residents.

This seemingly never-ending decline in Michigan's private sector will make it difficult if not impossible for the Democratic House to realize some of the items on their Bold Vision To Strengthen Michigan's Future. The irony, of course, is that many of these initiatives would have a long-term, positive impact on our economy and on the quality of life. But short-term, they beg the question — if we do this, what won't we do? How do we pay for these good new ideas, if we can't pay for the programs we already offer?

The *Observer & Eccentric Newspapers* on Thursday put the question to our readers. What do we cut, what will the consequences be of those cuts? Should the state raise taxes? If the state raises taxes, what will the effect be on its economy? And what about those bold new visions, are we willing to pay the cost or are we fine with pursuing less bold initiatives?

What do you think? E-mail your suggestions to myadvice@hometownlife.com.

Hugh Gallagher is the managing editor of the *Observer & Eccentric Newspapers*. He can be reached by e-mail at hgallagher@hometownlife.com or by phone at (734) 953-2149.



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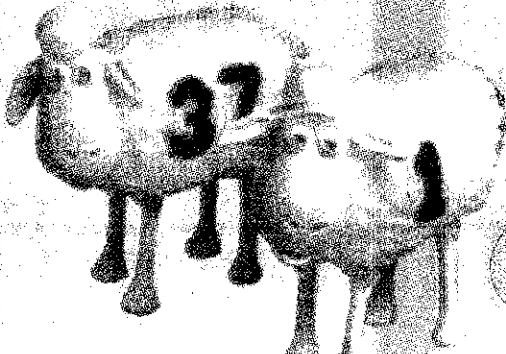
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SPORTS

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(LW)

Sunday, January 28, 2007

The Observer & Eccentric Newspapers

Brad Emons, editor . (734) 953-2123 . bemons@hometownlife.com

www.hometownlife.com

Glenn breaks up Rocks, takes divisional lead

BY ED WRIGHT
STAFF WRITER

With its fifth-consecutive victory already securely in hand and just over a minute left in Friday night's home game against Salem, Westland John Glenn's basketball team reeled off a play that showed why it's sitting atop the Western Lakes Activities Association's Lakes Division.

Guard Austin Anderson hit the floor hard near halfcourt to retrieve a loose ball, which he scooped to backcourt mate Keshawn Martin from his backside.

Martin then fired a pass to a breaking Stefan Marken, who converted a layup while getting fouled to help put the wraps on the Rockets' 68-53 win.

The hustle-pass-pass-score sequence epitomized what's been a turnaround season for Glenn, which now sits atop the Lakes with a 4-0 mark (7-4 overall).

Salem slipped to 6-5 overall and 3-1 in the division.

"We're playing with a lot more teamwork and discipline this year than we did last year," said Marken, who netted 19 points and eight rebounds. "Coach Young has stressed discipline and getting our stuff straight on and off the court."

Apparently, it's working.

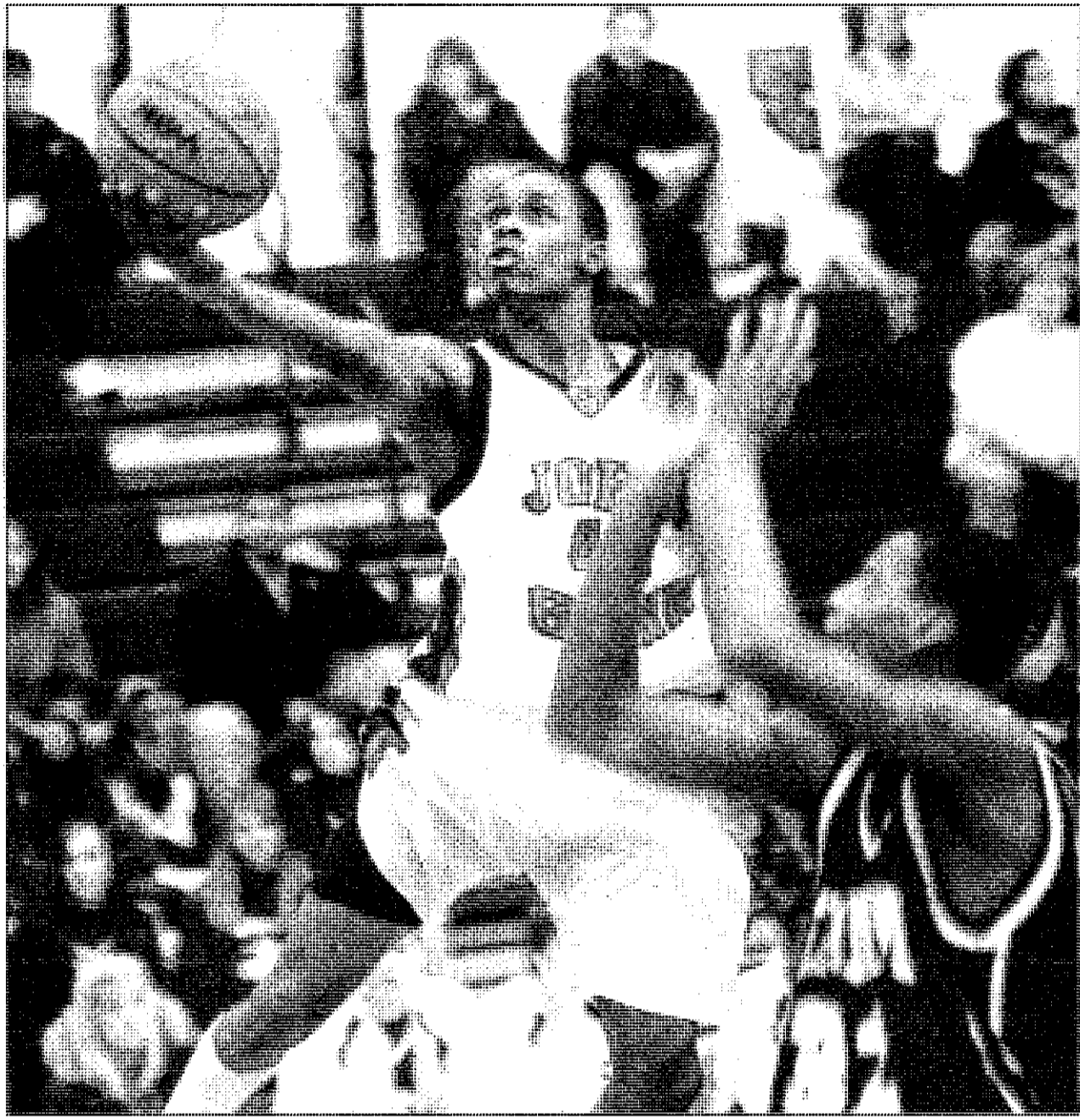
Young, in his first year at the helm at Glenn, said it's still too early in the season to say the program has turned the corner, even though this year's contingent has already surpassed the six wins last year's team compiled.

"I don't know if we're there yet, but if we continue to share the ball and play defense, we can get there," said Young. "If you do those things, I think you can be pretty good. That's what we're focusing on. We still have a long way to go. There are a lot of games left to play and a lot of tough road games ahead of us."

Martin was the catalyst of the Rockets' victory as he racked up a game-high 23 points, five rebounds, four assists and two steals. Earl Hardison, whose legs appear to be spring-loaded, added 13 points and nine high-flying rebounds.

"Probably the hardest thing so far is that the players are still trying to figure out what I want from them," said Young, referring to his young team, which includes just three seniors. "It's a good group of kids and they're not selfish at all by nature. It's going to take a tremendous amount of teamwork and mental toughness to win the division and the league."

Senior forward Dan Cassidy came off the bench to pour in a team-high 17 points for the Rocks, who also received a 14-point/10-rebound effort from junior forward Grant Stone. Ross Davis and J.P. Truesdell both contributed eight



TOM HAWLEY | STAFF PHOTOGRAPHER

PLEASE SEE **GLENN, B3** Glenn's Earl Hardison (top) drives to the bucket past Salem's Ross Davis during Friday night's Lakes Division showdown.

Sidelines

CHS Hall of Fame

The Livonia Churchill Athletic Patrons will stage their fifth annual Hall of Fame dinner 6 p.m. Thursday, March 22, at Italian-American Club in Livonia.

Among the honorees are former basketball standout Ken Landini, boys basketball coach Pat Montagnano and the 1972 undefeated Charger football team coached by Ken Kaestner.

Several members of the '72 football team still need to be located.

For more information, or to reserve a spot at the banquet, call the Churchill Athletic Office at (734) 744-2650, Ext. 46117.

SHS orientation

Livonia Stevenson will host its annual incoming ninth-grade orientation night beginning at 7 p.m. Thursday, Feb. 8 at the high school.

The orientation is open to all middle school eighth graders and their parents that are considering attending Stevenson in the fall of 2007. (Students must be accompanied by a parent.)

The program includes meeting athletic department coaches and current athletes of all sports program in the Stevenson Competition Gym. Participants can obtain information about practice-tryout dates and sports signup sheets will be available.

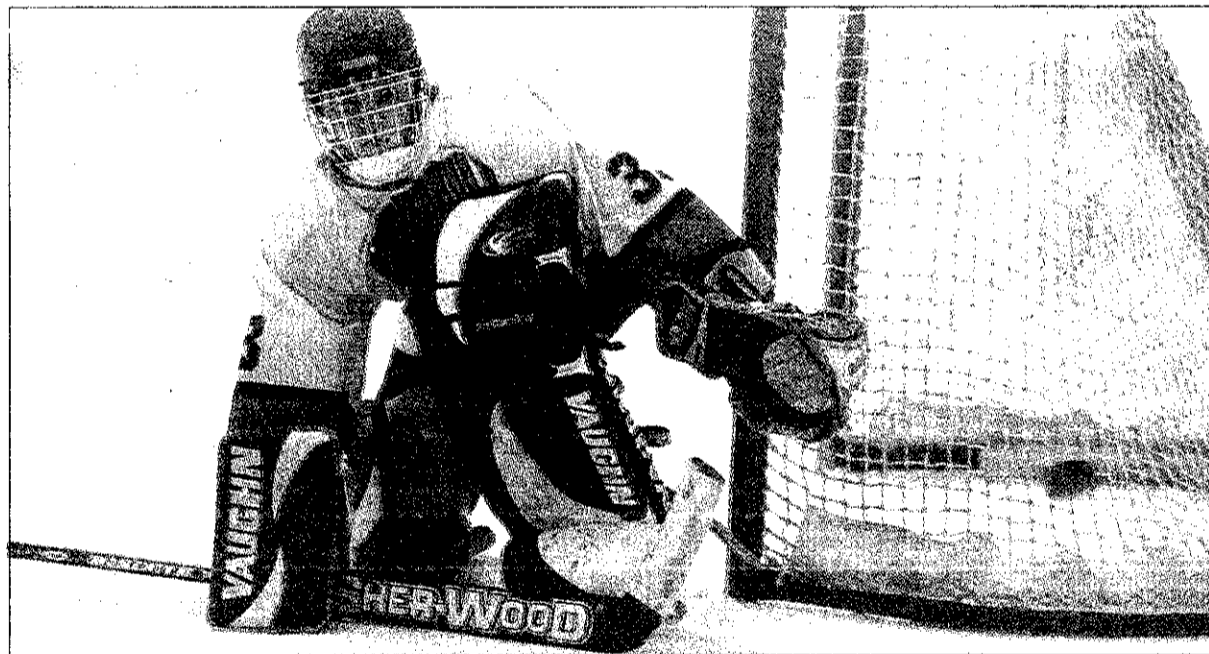
The evening also includes meeting high school counselors and members of the Student Senate, a tour of the school, and learning about extracurricular activities and clubs. The Stevenson High Jazz Band will also perform. The school store will also be open for business.

For more information, call the Stevenson athletic department at (734) 7644-2660, Ext. 2660.

Need ballplayer

The 12-and-under WaCo Wolves need one experienced player for 2007 season, which will include 80 games from March 17 through July 28 with trips to national events in Tennessee, Georgia, Ohio and Michigan.

To arrange an individual tryout, call Bill Hardin at (734) 560-0820; or visit www.wacowolves.org for more information.



TOM HAWLEY | STAFF PHOTOGRAPHER

Churchill goalie Scott Lewan went down early in the first period with a scratch to the neck by a skate in Friday's 7-0 victory over Franklin.

Goalie night

Pats' Mesler stops 40 shots in defeat; Charger hurt in win

BY BRAD EMONS
STAFF WRITER

Livonia Churchill threw plenty of rubber Austin Mesler's way Friday night at Edgar Arena.

The state-ranked Chargers, who led 3-0 after two periods added four more in the final period to put an exclamation point on a 7-0 boys hockey win over Livonia Franklin and its junior goaltender, who made a total 40 saves.

Churchill improved to 13-1 overall with the Western Lakes Activities Association crossover victory. It was the Chargers' second win this season over the Patriots, who fall to 3-12 overall.

Churchill, ranked No. 3 in Division I, was held scoreless in the second period by Mesler, but scored four times

PLEASE SEE **HOCKEY, B5**

MU's Abraham adds Kerr, Division I transfer McGinnis

Madonna University women's volleyball coach Jerry Abraham announced Wednesday the signing of Schoolcraft College's Brynn Kerr (Livonia Churchill) and Mary McGinnis, an NCAA Division I transfer from Illinois State, for the 2007 season.

A 6-foot outside hitter, McGinnis hails from Fraser where she appeared in 25 matches, including three individual starts for the Redbirds during the 2006 season.

McGinnis collected 25 kills, 74 digs and 29.5 points on the season. She recorded a pair of career bests against Florida A&M with five kills and nine digs (Sept. 8).

"Mary is a very skilled all-around player and athlete," Abraham said. "She has the whole package and we will be looking to her next season to be a stabilizing force at the outside hitter position."



As a prep, McGinnis was a three-time All-State and All-Macomb County hon-

oree who played on two Division I state championship teams and one runner-up team. She was also a member of the Fraser Volleyball Club and earned All-academic honors for both volleyball and basketball each year of her career.

"She will bring great experience to our club," Abraham said. "Her past is all volleyball and obviously transferring from a Division I school she is capable of playing at a very high level."


McGinnis comes from a very athletic family as her older sister Angie is an All-America setter at the University of Florida and is a member of the USA National Team. Her mother Dawn was a high jumper at the University of Michigan and her father Patrick ran track at Eastern Michigan University. Her younger sister Brittany is also currently

PLEASE SEE **VOLLEYBALL, B5**





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State-ranked Warrior spikers put together winning formula

The Lutheran High Westland girls volleyball team remains hot amid the frigid outdoor temperatures.

On Thursday, setters Julie Jongsma and Lauren Gieschen combined for 20 assist-to-kills the Warriors rolled to a 25-11, 25-19, 25-10 non-conference triumph over visiting Allen Park Inter-City Baptist. The Warriors, ranked No. 9 in the latest Class D statewide coaches poll, improved to 16-2-4 overall under first-year coach Kevin Wade.

Jongsma and Kayla Gieschen also served 17 and 14 points, respectively, including two aces apiece. Kayla Gieschen also had seven digs and seven kills.

Other standouts for the Warriors included sophomore Becca Refenes, eight kills and nine digs; Lauren Schwecke, 12 digs and three kills; Myrian Storck and Katey Ramthun, three kills apiece.

"I'm pleased with what we have accomplished so far this season," Wade said. "But the true test comes the next couple of weeks when we'll face some good competition in (Bloomfield Hills) Kingswood, Clawson and (Macomb) Lutheran North. We're going to find out real quick if we are contenders or pretenders."

Inter-City, meanwhile, falls to 1-4 overall.

PREP VOLLEYBALL

Trojans fall in 3

In Metro Conference match Thursday, visiting Bloomfield Hills Kingswood defeated Livonia Clarenceville, 25-23, 25-14, 25-21.

Senior Shannon McNeilly registered six kills, eight blocks and had 14 digs in the loss for the Trojans, now 1-10-1 overall and 0-2 in the conference.

Junior setter Amanda Moody added nine assists and served three aces.

With the Trojans down six points in the final game, Samantha Giordano served seven straight points, including three aces.

Stevenson wins in 4

Senior middle blocker Jamie Pounders came up with 10 solo blocks Wednesday in Livonia Stevenson's 25-22, 23-25, 25-20, 25-15 WLAA-Lakes Division triumph at Walled Lake Central.

Stevenson's top attackers were Hannah Diebel (10 kills) and Kelly Snitchler (nine kills). Setter Jill Flaughter finished with 20 assists.

The defense was led by junior libero Jordan Pilut (15 digs) and Stephanie Labby (14 digs).

Stevenson is now 11-4-1 overall and 1-2 in the division.

Churchill stuffs Glenn

Senior Lauren Krupsky finished with 20 kills to power Livonia Churchill (26-2-1, 3-0) to a 25-19, 25-5, 25-14 WLAA-Lakes Division triumph Wednesday over visiting Westland John Glenn (11-10-3, 0-2).

Junior Kyndra Abron added 13 kills and four blocks, while libero Kelly Archer had 16 digs and serve-received 16-of-16 balls.

Other contributions for the Chargers came from Anna-Marie Gatt, five aces and eight digs; Sarah Button, two kills, two assists, three blocks; and Shari Zakalowski, nine digs and two kills.

Patriots stop Wayne

In a WLAA-Western Division match Wednesday, Liz Dempsey recorded eight kills Wednesday as host Livonia Franklin (9-13-3, 2-1) defeated Wayne Memorial in three straight games on Parents Night, 25-14, 25-6, 25-11.

Ashley Price and Laura Marshall added six kills and three blocks apiece for the Patriots. Setter Kelly Powers contributed five kills, while libero Cassie LaPrairie served nine points. Brittany Taylor added three blocks.

Wayne is 0-3 in the Western Division.

Lady Ocelots rout Alpena for 17th win

The Lady Ocelots' women's basketball team keeps steam-rolling opponents in the MCCA's Eastern Conference, rolling up a 98-47 triumph Wednesday night at home over Alpena Community College.

How did Schoolcraft, now 17-2 overall 10-0 in the conference do it?

They outbounced the Lumberjacks 50-36, hit nearly 54 percent of their field-goal attempts - compared to 30 percent by Alpena - and registered 13 steals, eight more than their opponent.

Schoolcraft also compiled 31 assists (Alpena had 15), which fell just three shy of the team record of 34 set against Oakland Community College in Feb. 2002.

With complete domination in every category, the Lady Ocelots breezed through the first half, leading 49-24 at the break. It was more of the same after the intermission with a 49-23 differential.

Not surprisingly given how the game went, Schoolcraft head coach Karen Lafata emptied her bench. Ten players saw action and nine scored.

Leading the way were freshman forwards Antoinette Brown (24 points and eight rebounds) and Janelle Harris (22 points and eight boards). The scoring out-

COLLEGE HOOPS

puts represented career highs for both Brown and Harris.

Sophomore forward Ashley Sibby tallied 16, while sophomore forward Maricka Seay contributed 12 points and a game-high nine rebounds.

Several other players made good impressions with their work off the bench including freshman forward Shana King (six points, five boards), sophomore forward Amanda Crouse (five points, four rebounds), sophomore forward and Garden City alum Alicia June (five points, six boards).

Also scoring five was freshman guard Adrena Walker-Price, while freshman guard LaDwan Jones (Wayne Memorial) added three. Even though freshman guard Brittney Ivey failed to score, she was outstanding in other areas - tallying 10 assists and six rebounds to spark No. 4 ranked Schoolcraft.

Alpena (1-17, 0-11) got 17 points from Regina Robinson and 11 from Tanya Domke.

Crusaders split pair

Madonna University's women's basketball team couldn't put back-to-back victories together last week, losing 76-52 Thursday at Urbana (Ohio) after a promis-

ing 72-56 win the previous night against Concordia University.

The Crusaders, now 8-15 overall and 3-5 in the Wolverine-Hoosier Athletic Conference, came out of the gate slow Thursday, trailing 41-21 at half-time, hampered by abysmal shooting from the floor (8-for-31, 26 percent).

Urbana (12-11) also took control of the non-conference game thanks to the hot outside shooting of guard Sam Riley, who scored 20 points including 15 on five triples.

Also a thorn in Madonna's side was guard Haley Fannon, who hit 4-of-5 from beyond the three-point arc to finish with 12 points.

Junior guards Lahnna Waybrant and Rebecca Ruffi scored 15 and 14 points, respectively, to lead MU. Junior guard-forward Caryn Inman chipped in with eight.

In Wednesday's WHAC encounter, the Crusaders broke away from Concordia with a 38-24 second half to earn their 16-point victory.

Senior forward Martina Franklin (Redford Union) led MU with 17 points and 10 rebounds, eight on the defensive glass.

Sophomore forward Christie Carrico also had a solid game, with 12 points and 10 boards.

PREP BOWLING

BOYS BOWLING RESULTS
LIVONIA CLARENCEVILLE 21 UNIVERSITY OF DETROIT-JESUIT 9
Jan. 25 at Drakehire Lanes
Clarenceville scorers: Christian Grajes, 220 and 192; Jason Bertera, 227; Andrew Abbott, 225; Brandon Bentley, 22; Robert Ion, 182.
Clarenceville's match record: 5-3 (Wayne-Oakland Bowling Conference).

Baker games: Clarenceville, 153-178 (10 points); Mercy, 133-152 (0 points).
Clarenceville scorers: Kayla Barber, 180-181; Erica Charboneau, 186-176; Kari Cummins, 222; Danielle Fecso, 175; Sara Brown, 171.
Mercy scorers: Paige Marshall, 194-208; Marissa Moffett, 173-188; Carey Kloster, 161-141; Alaina Holmes, 154; Stephanie Hazel, 152.
Match records: Clarenceville, 9-0 (Wayne-Oakland Bowling Conference); Mercy, 7-2 (Wayne-Oakland Bowling Conference).

GIRLS BOWLING RESULTS
LIVONIA CLARENCEVILLE 20 FARMINGTON HILLS MERCY 10
Jan. 25 at Drakehire Lanes

PREP SKIING

LIVONIA LADYWOOD-SACRED HEART 13 HARTLAND 33
Jan. 25 at Alpine Valley

Giant slalom: 1. Maggie Zymontowicz (LL-SH), 29.06 seconds; 2. Chelsea Lee (Hartland), 29.94; 3. Shannon Corby (LL-SH), 30.43; 4. Torey Filer (LL-SH), 31.32.
Slalom: 1. Zymontowicz (LL-SH), 37.45; 2. Lee (Hartland), 40.61; 3. Corby (LL-SH), 41.25; 4. Filer (LL-SH), 44.33.

WALLED LAKE NORTHERN 14 LIVONIA LADYWOOD-SACRED HEART 27
Jan. 25 at Alpine Valley

Giant slalom: 1. Carolyn Pr. Jump (WLN), 28.55; 2. Maggie Zymontowicz (LL-SH), 29.07; 3. Kristen Lisen (WLN), 29.6; 4. Sarah Delvecchio (WLN), 29.76.
Slalom: 1. Zymontowicz (LL-SH), 38.11; 2. Elexa Harris (WLN), 38.65; 3. Breeding (WLN), 39.03; 4. Olsen (WLN), 39.25.
Ladywood's dual meet record: 2-3 overall.

Balanced attack works for MU cagers

A furious second-half surge Wednesday night lifted host Madonna University to an 81-73 victory over Concordia University in Wolverine-Hoosier Athletic Conference men's basketball action.

Trailing 40-28 at the halftime break, the Crusaders scorched the cords in the second half, making 18 of 30 field-goal attempts (60 percent) - including seven of 14 from three-point range.

Four Madonna players scored at least 12 points, with senior guard Adam Kerfoot (20 points) and junior forward and Canton alum D. J. Bridges (18 points, eight rebounds) leading the way. Registering 12 points each

MENS ROUNDUP

were senior forwards Derrick Mudri and Doug Creighton. Mudri led Madonna (8-15, 4-3 in the WHAC) with 11 rebounds.

Concordia (11-10, 5-2 in the WHAC) was led by guard Nate Ashcraft, who scored 26 points.

Ocelots rally to win

Nineteen second-half points by sophomore guard Jon Yeazel lifted host Schoolcraft College to a 96-76 victory Wednesday night over visiting Alpena Community College.

The Ocelots, now 12-7 overall and 7-3 in the MCCA's Eastern Conference, trailed 40-38 at half-

time, but the Lumberjacks didn't know what hit them over the final 20 minutes.


Yeazel, a transfer from Central Michigan University, scored all of his points during that span, but he had plenty of help putting the ball into the basket down the stretch.

Purdue University transfers Nate Minnoy and Corey Spates added 20 and 19 points, respectively.

Other Ocelots in double figures included freshman guard Josh Samarco (Belleville) with 14 and freshman guard Jerome Hutchins with 12.

For Alpena (8-11, 4-7), sophomore center Aaron Hincka tallied 26 points.

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GLENN

FROM PAGE B1

points to the Rocks' cause. Salem coach Bob Brodie responded with a one-word answer when asked what his team's biggest downfall was Friday night. "Everything," the veteran mentor said. "I told the kids after the game that there wasn't one phase of the game we did well in tonight - either as a team or individually. Dan Cassidy had a nice run for us when he came in and hit some shots (in the second quarter), but other than that we didn't block out well and we got outthrustled.

"John Glenn played a great game. They came out to play and they played with a lot of emotion and intensity while we just seemed to go through the motions at times. They're a very athletic team. They're quick and they can shoot and rebound extremely well."

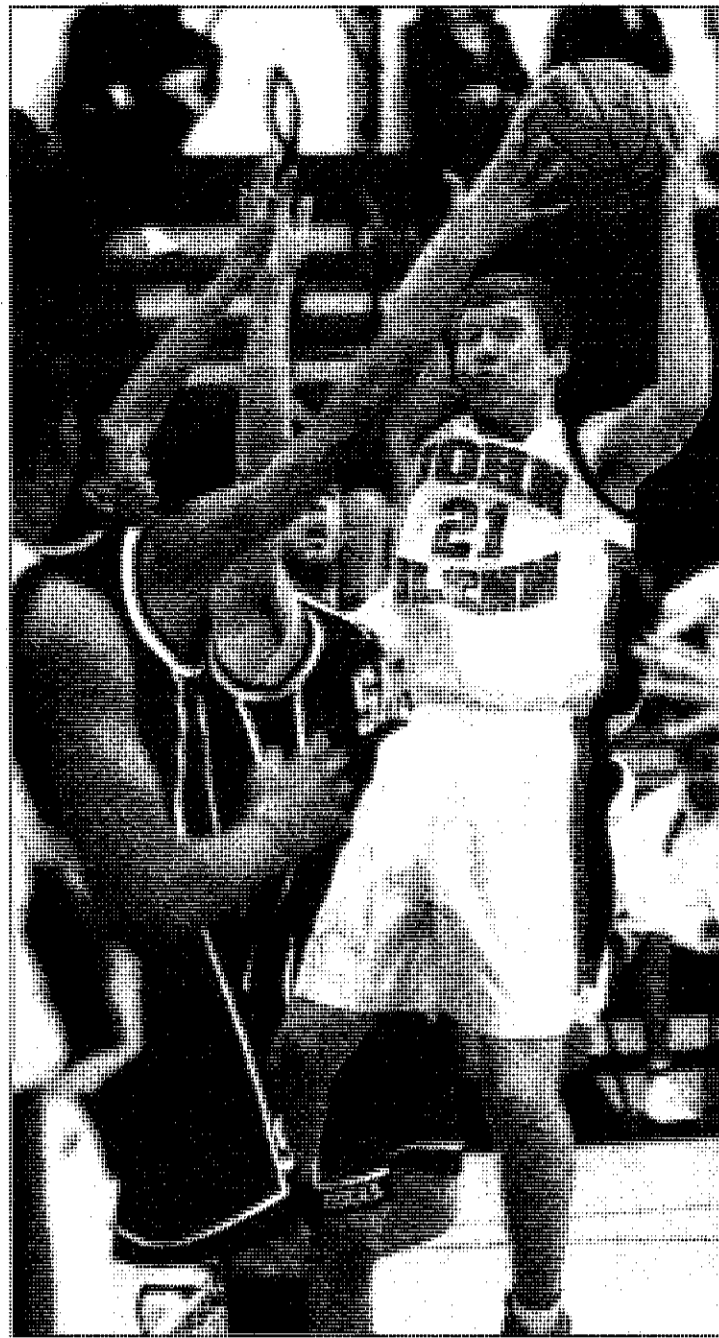
The contest was both entertaining and close throughout the first half. Salem grabbed its biggest lead of the night - 28-23 - on guard Anthony Mullins' drive with 2:20 left in the half. Mullins' shot followed a dazzling shooting exhibition by Cassidy, who swished three straight long-range threes to turn a 21-15 deficit into a 26-23 advantage for the Rocks.

Glenn took a 31-30 advantage into the half thanks to an old-fashioned three-point play from Martin with 7.2 seconds left before the break.

The Rockets owned a 46-40 lead heading into the fourth period thanks in part to Marken's seven-point quarter.

The Rocks never got to within six over the final eight minutes. Even though the Rockets played with an up-tempo style throughout the game, they finished with just five turnovers.

That's the main reason they were able to get off 64 shots, 25



TOM HAWLEY | STAFF PHOTOGRAPHER

Glenn's Rob Jones is fouled by Salem's J.P. Truesdell (center), while Rocks teammate Ross Davis (left) applies pressure in the middle.

of which found the net (39 percent). Salem connected on 24-of-56 attempts from the field (42.8 percent).

John Glenn hit 11-of-19 free

throws (57.8) while the Rocks sank just 2-of-10 from the charity stripe.

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Lutheran Westland topples Light & Life

Lutheran High Westland pulled away in the second half to earn a 60-44 non-conference boys basketball victory Friday night over visiting Taylor Light & Life Christian.

Senior guard Kyle Ramthun continued his hot scoring pace with a game-high 26 points to lead the Warriors, now 7-3 overall.

Senior forward Josh Haller contributed nine points, while sophomore forward Sam Ahlersmeyer added eight for the Warriors, who outscored the Crusaders 31-22 over the final two quarters.

Aaron Layne, a 6-foot-6 senior forward, led the Crusaders (4-5) with 20 points.

"They (Light & Life) had their point-guard hot and they had some size on us, but we held our

CAGE ROUNDUP

own rebounding," Lutheran Westland coach Dan Ramthun said.

The Warriors made 21-of-59 field goal tries (35.5 percent) and 13-of-19 free throws (68.4 percent). Light & Life was 7-of-15 from the foul line.

CRANBROOK 56, CLARENCEVILLE 33: Forward Chris Rencher scored 19 points and junior Matt Broder added 12 Friday as Metro Conference leader Bloomfield Hills Cranbrook (10-2, 5-0) downed visiting Livonia Clarenceville (1-8, 1-3).

The Cranes roared out to a 28-10 halftime lead and never looked back.

Cranbrook was 19-of-35 from the free throw line, while Clarenceville was 8-of-18.

Eric Jones, a senior forward, led the Trojans with eight points.

"We did a good job of picking up the

tempo in the third quarter," Clarenceville coach Corey McKendry said. "We played much better defense and forced 10 turnovers, just not enough scoring on our part."

MACOMB CHRISTIAN 70, HURON VALLEY 56: Joel Battjes poured in a game-high 25 points Friday to spark host Warren Macomb Christian (2-11, 1-3) to a homecoming triumph over Westland Huron Valley Lutheran (0-9, 0-4) in a Michigan Independent Athletic Conference-Red Division game.

Justin Khunel added 15 points for the Crusaders, who led 24-10 at halftime. (The teams each scored 46 second-half points.)

Senior Kurt Metzger scored 21 points to pace the Hawks, who made just 5-of-22 free throws on the night. Sophomore Kyle Tacia chipped in with 15 points. Macomb Christian was 14-of-24 from the line.

"I had to light a fire under them (for the second half)," said Huron Valley coach Jim Ott. "Free throws were the difference."

Stevenson snaps skid; Wayne hangs on

Livonia Stevenson broke a nine-game losing streak Friday with a 54-46 boys basketball victory at Walled Lake Northern.

Senior guard Luke Knochel scored 17 points and made 6-of-6 free throws in the decisive fourth quarter to propel the Spartans, who improved to 2-9 overall and 1-3 in the Lakes Division of the Western Lakes Activities Association.

Senior center Nate Wilson posted his first double-double of the year with 12 points and 12 rebounds. Chris Mulcahy also chipped in with 12 points.

Northern, which trailed 23-20 at halftime and 36-28 after three quarters, got a team-high 17 points from Steve Kenvirich.

The Knights' top scorer, Ryan Bahnmler, was limited to eight points, including only two through three quarters.

"Derek Severson did a phenomenal job defensively against their best player," Stevenson first-year coach Brad Miller said. "Overall we were committed to boxing out on the boards and we locked down defensively. It's something we've been preaching the last two months."

Both teams made 10-of-15 free throws.

Northern falls to 4-7 overall and 2-2 in the division.

WAYNE 46, PLYMOUTH 44: Jeremy Lovelady, a 6-foot-9 junior center,

WLAA HOOPS

posted a double-double with 15 points and 16 rebounds Friday as Wayne Memorial (6-5, 2-2) held off a furious fourth-quarter rally to beat the host Wildcats (3-7, 0-4) in a WLAA-Western Division clash.

"They (Plymouth) played a 1-3-1 (defense) and Jeremy was able to get around the basket without being boxed out," Wayne coach Wayne Woodard said. "He got some put-backs and tip-ins."

Wayne carried a 37-24 lead heading into the final period before the Wildcats stormed back with a 20-8 run. Myron Puryear's shot at the buzzer went in-and-out as Wayne was able to survive.

Robert Woodson added eight points, including 4-of-5 free throws in the final quarter, for the victorious Zebras.

Wayne made 9-of-10 free throws on the night, while Plymouth was only 3-of-6.

Navraj Sandhu scored 12 of his 17 points in the final period for the Wildcats. Brandon Roberts added nine points, including a pair of triples in the fourth to spark the comeback.

W.L. CENTRAL 57, CHURCHILL 56 (OT): Bryan Peterson's three-point at the buzzer Friday enabled Walled Lake Central (5-6, 2-2) to escape with a WLAA-Lakes Division victory in overtime against host Livonia Churchill (5-6, 1-3).

Ryan Rosenick, a junior center who led the Chargers with 18 points, scored on a layup with 10 seconds left to put his team ahead, 56-54.

Central then called timeout to set

up the game-winning shot by Peterson, who drained a shot from the deeper. He finished with 11 points.

"We had our chances to put the game away," said Churchill coach Jim Solak, whose team was outscored 15-9 in the final period. "They (Central) hit a couple of big 'threes' early in the fourth quarter. We could have ended it early, but we only hit 3-of-9 free throws (in the fourth)."

Senior forward Joe Marshall added 13 for the victorious Vikings, who missed two shots, including a putback, at the end of regulation following a Churchill turnover. Junior Cody Rzeznik contributed 11 points. Junior guard Ryan Whittum added 11 points, while junior forward Nick Seger grabbed 11 rebounds for the Chargers.

Churchill was 17-of-26 from the foul line, while Central was 4-of-7.

CANTON 52, FRANKLIN 39: A 16-3 first-quarter run Friday carried the host Chiefs (7-4, 4-0) to their seventh straight triumph in a WLAA-Western Division game against Livonia Franklin (2-9, 0-4).

Ryan Waidmann led a balanced Canton scoring attack with nine points. Steve Paye and Neil Sharma added eight and seven, respectively.

Andy Ring led the Patriots and all scorers with 15 points. Tyler Canyock added 11.

"We played well, I'm happy with the performance," Franklin coach Russ Keberly said. "We held their best scorer (Sharma) to seven points, but we didn't have enough firepower offensively. We also had 17 turnovers, which didn't help."

Franklin was 13-of-19 from the foul line, while Canton was 2-of-3.



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4 day work week. Exp. necessary. No evenings, no weekends. Benefits. 248-351-9080

Help Wanted-Medical 5060
PACEMAKER/DEVICE NURSE
Part-Time. 1 yr. exp. preferred. Cardiology clinic Farmington Hills. Fax resume to: (248) 932-2842

Help Wanted-Medical 5060
PHLEBOTOMY EDUCATION
Classes begin in Feb. 1 day a week. 5 weeks. Cost \$850 at local hospital. (313) 382-3857

Help Wanted-Medical 5060
RN NURSE EDUCATOR
FT position. Responsibilities involve staff education for all center employees. Candidate must be able to flex work hours to facilitate education on all three shifts and work one weekend per mo. Westland Convalescent & Rehab Center employs about 900 employees who provide a wide variety of rehabilitation services as well as long term care, dementia care and hospice/respite care. We are committed to provide outstanding personalized service. If interested, contact Patricia Sullivan at: Westland Convalescent & Rehab Center 36137 W. Warren Rd. Westland, MI 48185 734-728-6100 ext 115 or apply at www.westlandcc.com

Help Wanted-Medical 5060
RN's and LPN
Nursing Home Experience preferred! Please fax resume to: The Manor of Wayne. Fax: 734-729-8410 EOE

Help Wanted-Food/Beverage 5080
BARTENDER
Days. Mon-Fri. Prefer exp. Apply within: Rusty Nail, 43845 Ford Rd., Canton.

Help Wanted-Sales 5120
ATTN: DOOR TO DOOR SALES REP
If you're not making \$1,000/wk. with salary + commission. Healthcare & 401K. We need to talk now! Call: 1-877-662-2835

Help Wanted-Sales 5120
AUTO SALES PreOwned
Career opportunity for customer oriented salesperson. Prospecting & follow up skills needed. Demo, Blue Cross & 401k available. Contact Mark Tracey at 248-844-2033
Huntington Ford, Rochester Hills, MI

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Michigan's leading window & home improvement co. is looking for sales people in the Canvassing Dept. Looking for motivated, hard-working & responsible individuals. Hry. pay + commission & bonuses. Will train. No exp. necessary. Overtime available. Please call Dave: (734) 634-6575

Help Wanted-General 5000
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2801 W. Big Beaver Rd., Space C143 Troy, MI 48064
crateandbarrel.com/careers

Help Wanted-General 5000
SOFTWARE ENGINEER
Masters degree and experience in Oracle Forms, Oracle Reports, Oracle Designer, TOAD, SQL*Plus, PL/SQL, HTML, JavaScript, VB Script. Qualified candidates mail resume & salary requirements to: F. Qureshi, Sigma Technologies, Inc., 1176 S. Main St., Plymouth, MI 48170.

Help Wanted-Office 5020
A/R & A/P
Livonia. 7:30-3:30 M-F. Exp necessary. Excel & Quickbooks exp req'd. Email resume to: Ref Box #1478 oeresume@hometownlife.com

Help Wanted-Office 5020
ADMINISTRATIVE ASSISTANT FULL-TIME
To support operations & transportation manager. Must have experience in design & management of Access Database. Proficient in Word & Excel. Associate Degree & 5 yrs. exp. necessary. Knowledge of ISO 9000 a plus. Please fax resume 734-286-6400 or email: zdavis@generalolico.com

Help Wanted-Office 5020
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Full-Time. Exp. reliable, responsible self-starter for busy position to trial balance 4-PR out sourced) taxes, HR, Insurance, W/C and more. Contractor's exp. a plus. Must be able to work independently. Mon-Fri. 8-5pm. Upright Fence, Inc. Westland. Call for appl. (734) 729-5172

Help Wanted-Office 5020
BOOKKEEPER
Growing technology company seeking an exp'd Bookkeeper to work 20-25 hrs per week. Send resume to Relume Technologies 925 N. Lapeer Rd Ste B, Oxford MI 48371 Attn:Stacey

Help Wanted-Office 5020
BOOKKEEPER/RECEPTIONIST
Person needed 16 hrs/wk to answer phones & handle accounting duties. Computer exp. helpful. Fax resume to: Attn HR Dept. 313-278-6523

Help Wanted-Office 5020
SERVICE TECHNICIAN
National leader in apartment management has a career opportunity for a Service Technician at Woodbridge Pond Apts. in Westland. Prior general maint exp req'd. Fax resume Attn: Woodbridge Pond- ST-7055 at 734-425-9005 or email woodbridgepond@eod-concord.com www.concordrents.com Exc. benefits. Credit/ criminal/drug test req'd. EOE

Help Wanted-Office 5020
SPECIAL EDUCATION TEACHER
Oak Park School District seeks Special Education Teacher of Autism Spectrum Disorder to provide student instruction and staff consulting services at Einstein Elementary. Minimum requirements include Masters degree in Special Education, Michigan Teacher Certification with learning disabilities and autistic endorsements, 3 years experience instructing autistic students, and possession or current eligibility for MDE Teacher Consultant: Autistic Impairment approval. Fax resumes to Executive Director of Human Resources (248) 336-7738

Help Wanted-Office 5020
BOOKKEEPER
Person needed 16 hrs/wk to answer phones & handle accounting duties. Computer exp. helpful. Fax resume to: Attn HR Dept. 313-278-6523

Help Wanted-Office 5020
SECRETARY II - Development & Grants
Full-Time position. Interested applicants please refer to our website, www.schoolcraft.edu/jobs/ for the job description and qualifications. Apply online; applications, along with photocopy of college transcripts from a regionally accredited institution, must be received in Human Resources by no later than 4:30 on Fri., Feb. 2, 2007.
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ENGINEERING POSITIONS
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PACEMAKER/DEVICE NURSE
Part-Time. 1 yr. exp. preferred. Cardiology clinic Farmington Hills. Fax resume to: (248) 932-2842

Help Wanted-Dental 5040
PHLEBOTOMY EDUCATION
Classes begin in Feb. 1 day a week. 5 weeks. Cost \$850 at local hospital. (313) 382-3857

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Nursing Home Experience preferred! Please fax resume to: The Manor of Wayne. Fax: 734-729-8410 EOE

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Days. Mon-Fri. Prefer exp. Apply within: Rusty Nail, 43845 Ford Rd., Canton.

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If you're not making \$1,000/wk. with salary + commission. Healthcare & 401K. We need to talk now! Call: 1-877-662-2835

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Info@PSCenters.com

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Help Wanted-Dental 5040
MA & RECEPTIONIST
Very busy medical office in need of MA & Receptionist. Exp'd only. Fax resume to: 248

BOYS SWIM RESULTS

BOYS SWIM RESULTS
LIVONIA CHURCHILL 114
WESTLAND JOHN GLENN 72
 Jan. 25 at Churchill

200-yard medley relay: 1. Churchill (Steve Jones, Mark Gordon, Ben Lamerand, Jason Young), 1:54.15; 2. John Glenn (Kevin Chappelle, Dennis Knight, Dan Fabrey, Shawn Long), 2:02.92; 3. Churchill (Marcus Vega, Nathan Larsen, Ricky Scully, Joey Liberati), 2:07.35.

200 freestyle: 1. B. Lamerand (LC), 1:56.41; 2. John Burgess (WJG), 2:10.91; 3. Young (LC), 2:11.2.

200 Individual medley: 1. Drew Randall (LC), 2:16.84; 2. Jones (LC), 2:24.87; 3. Chappelle (WJG), 2:32.31.

50 freestyle: 1. Matt Espy (WJG), 23.72; 2. Gordon (LC), 24.64; 3. Jake Keeler (LC), 25.5.

1-meter diving: 1. Jon Whitt (WJG), 209.60 points; 2. Matt Hope (LC), 181.15; 3. Travis Holt (LC), 150.45.

100 butterfly: 1. B. Lamerand (LC), 59.2; 2. Fabrey (WJG), 1:09.22; 3. Whitt (WJG), 1:09.72.

100 freestyle: 1. Randall (LC), 50.5; 2. Espy (WJG), 53.45; 3. Keeler (LC), 57.3.

500 freestyle: 1. Burgess (WJG), 6:00.34; 2. Young (LC), 6:00.96; 3. Fabrey (WJG), 6:07.9.

200 freestyle relay: 1. John Glenn (Espy, Long, Billy Lyons, Whitt), 1:39.39; 2. Churchill (Randall, Keeler, Young, Gordon), 1:41.98; 3. Churchill (Matt Castellani, Liberati, Larsen, Greg Van Gorp), 1:52.08.

100 backstroke: 1. Jones (LC), 1:04.79; 2. Chappelle (WJG), 1:07.6; 3. Scully (LC), 1:14.17.

100 breaststroke: 1. Gordon (LC), 1:15.89; 2. Liberati (LC), 1:17.38; 3. Andrew Thorne (WJG), 1:18.97.

400 freestyle relay: 1. Churchill (B. Lamerand, Jones, Keeler, Randall), 3:38.83; 2. John Glenn (Espy, Fabrey, Lyons, Whitt), 1:15.51; 3. Churchill (Van Gorp, Vega, Scully, Castellani), 4:18.29.

Dual meet records: Churchill, 5-3 overall; 1-1 WLAA-Lakes Division; John Glenn, 0-6 overall, 0-2 WLAA-Lakes Division.

PLYMOUTH 128
LIVONIA FRANKLIN 55
 Jan. 25 at Franklin

200-yard medley relay: 1. Plymouth (Mike Conger, Frank Su, Paul Snyder, Chris Wilson), 1:53.78; 2. Plymouth (Adam Wing, Kyle Dull, Jack Distel, Peter Nolan), 1:58.23; 3. Franklin (Scott Ansteth, Shane Shelton, Nick Anthony, Mike Wood), 2:00.47.

200 freestyle: 1. Shelton (LF), 2:04.43; 2. Jack Gruszczynski (P), 2:10.52; 3. Dan Stescup (WJ), 2:12.51.

200 IM: 1. Conger (P), 2:12.85; 2. Anthony (LF), 2:13.19; 3. Snyder (P), 2:31.09.

50 freestyle: 1. Wilson (P), 25.13; 2. Dull (P), 25.82; 3. M. Wood (LF), 26.68.

1-meter diving: 1. Kyle Wilkenson (P), 125.85 points; 2. Ben Ambrose (P), 113.05; 3. Ryan Williams (P), 104.00.

100 butterfly: 1. Distel (P), 1:04.52; 2. Snyder (P), 1:07.99; 3. Ansteth (LF), 1:08.85.

100 freestyle: 1. Jason Oldani (P), 57.28; 2. Tony McLaughlin (P), 58.30; 3. Andy Rossiter (LF), 59.97.

500 freestyle: 1. Anthony (LF), 5:28.09; 2. Joe Eudy (P), 5:49.79; 3. Joe Michniewicz (LF), 6:14.25.

200 freestyle relay: 1. Plymouth (Wilson, Nolan, Distel, Conger), 1:40.67; 2. Franklin (Anthony, Shelton, M. Wood, Rossiter), 1:43.95; 3. Plymouth (Dull, Ambrose, Eudy, McLaughlin), 1:44.19.

100 backstroke: 1. Ansteth (LF), 1:12.45; 2. Ruedger (P), 1:11.63; 3. Oldani (P), 1:12.61.

100 breaststroke: 1. McLaughlin (P), 1:14.47; 2. Shelton (LF), 1:15.51; 3. Ambrose (P), 1:16.62.

400 freestyle relay: 1. Plymouth (Wilson, Snyder, Eudy, Conger), 3:50.47; 2. Plymouth (Oldani, Gruszczynski, Su, Ethan Weiner), 3:59.56; 3. Franklin (Rossiter, Michniewicz, Ansteth, Eric Madaj), 4:20.38.

Dual meet records: Plymouth, 2-1 overall; Franklin, 1-2 overall, 1-1 WLAA-Western Division.



Patriots volunteer

The Livonia Franklin High boys varsity hockey team served as volunteers during a recent Saturday for the Area 23 Special Olympics Poly Hockey Tournament, which attracted 18 teams. The Patriots played a pair of games, going 1-1 against the highly-skilled Northwest ARC Special Olympics team in preparation for the upcoming state finals. "Both teams really enjoy this competition as it helps the ARC team get better and the Pats enjoy helping with Special Olympics," Franklin hockey coach Terry Jobbitt said. "Each team won a game and I know the Pats took a great feeling home with them that day." Among those participating that day are (from left to right) Franklin players Dave Muller and Devon Bower (goalie); ARC player Jamie Horner and referee John Palmer. The ARC players are from Livonia and Westland with three attending Churchill High School.

HOCKEY

FROM PAGE B1

in the final period, two of the short-handed variety. "Austin is a very good goaltender and I'm sure he gets tired because he sees a lot of shots," Churchill coach Pete Mazzoni said. "I like the way we finished. We went to the net well and we battled below the goal line pretty well."

Seven different Chargers scored as senior Tony Ross led the way with a goal and three assists. Matt Heinzelman added a goal and two assists, while Nathan Milam chipped in with a goal and assist.

Other Churchill goal scorers included Dan Bostick, Josh Proben, Keith Yackley and Zac Archer.

Mitch Carpenter collected two assists, while Scott Sundberg, Garrett Miencier and Phil Wendecker added one each.

"Our kids played their

hearts out, it was a great effort," said Franklin coach Terry Jobbitt. "The second period was a good one. It was our best period. But then we had a breakdown in our systems and started running around. You can't do that versus a great team like Churchill because they're well-coached and well-disciplined."

"Austin really played a great game. It could have been over earlier, but he made some big saves."

Churchill's starting goaltender, senior Scott Lewan, who had started 13 of 14 games this season, left the game early in the first period with an injury. He was replaced by junior Greg Wirick, who preserved the shutout.

"He (Lewan) got scratched by a skate, nothing serious," Mazzoni said.

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VOLLEYBALL

FROM PAGE B1

playing volleyball at Fraser.

"I really wanted to be closer to home," McGinnis said. "The great coaching at Madonna, combined with the competitive atmosphere and national reputation, also helped me decide that this is the place for me."

A 5-5 libero and defensive specialist, Kerr is a sophomore transfer from Schoolcraft and a former teammate of current Crusader Jacqui Gatt at Churchill.

"Brynn is someone we were recruiting last season," Abraham said. "She was a great high school player that has excellent ball control and good court sense."

Kerr, who is planning on majoring in education at MU, earned NJCAA All-Region 12 honors and was named to the Dean's List last year at Schoolcraft.

"Madonna is a very good program," Kerr said. "The level of competition that Coach Abraham schedules, as well as the great name recognition the program already has, helped me with my decision to join the team."

"Jacqui Gatt is also a very good friend of mine and I look up to her as one of my role models."

Kerr was a two-time All-Western Division and All-Region selection at Churchill where she also earned team MVP honors following her senior season after breaking the school record for digs.

"These two players are a great start to our recruiting class for next year," Abraham said. "We still have some pieces to add to our team but this is an outstanding start for us."

The Crusaders are coming off a 38-5 season where they earned a trip to the 2006 NAAI Nationals and repeated as Region VIII and Wolverine-Hoosier Athletic Conference champions.

MAT RESULTS

PREP WRESTLING RESULTS
WESTLAND JOHN GLENN 63
SALEM 12
 Jan. 25 at Salem

285 pounds: Darius Griffin (WJG) pinned Chase Moore, 1:06; 103: Anthony Pavlich (WJG) p. Devin Stratton, 2:27; 112: Kevin Bennett (S) p. Justin Robinson, 4:42; 125: Drew Daubenmeyer (S) p. Jeremiah Austin, 0:59; 130: Nick Shak (WJG) p. Mike Charara, 0:19; 135: Zaid Annari (WJG) p. Chris Sweet, 1:18; 140: Jim Wood (WJG) p. Justin Kane, 3:22 (Wood's school-record 90th career pin); 145: Dan McCahill (WJG) p. Robert Schultz, 3:10; 152: James Zerebinny (WJG) decisioned Jeremy Epley, 2-1; 160: Scott Brown (WJG) p. Austin Root, 0:30; 170: Andrew Hein (WJG) won by technical fall over Sam Lepper, 20-5; 189: Joey Kowitz (WJG) p. Blake Abbey, 1:30; 215: Shamir Garcia (WJG) dec. Hassen Ajami, 11-5.

Glenn's dual meet record: 10-6 overall, 4-0 WLAA-Lakes Division.

LIVONIA FRANKLIN 65
NORTHVILLE 12
 Jan. 25 at Franklin

119 pounds: Jonny D'Anna (N) pinned James Benitez, 5:22; 125: Josh Billiau (LF) won by major decision over Madd Ladhoff, 14-5; 130: Brandon Billiau (LF) p. Joe Gholami, 1:19; 135: Brandon Smith (LF) dec. Jon Hebert, 12-10 (overtime); 140: Brian Bang (N) p. Jason Zanger, 3:41; 145: Elvin Ferreira (LF) won by technical fall over Aaron Towne, 16-1; 152:

Justin Jaroh (LF) p. Dan Dulzo, 1:41; 160: Nate Turco (LF) p. Kevin Montay, 4:55; 171: Marc Kadrich (LF) p. Jim Carroll, 1:09; 189: Pat Rounayah (LF) p. Jon Pace, 5:01; 215: Vince Benavides (LF) p. Dave Owens, 1:01; 285: Kyle Brown (LF) p. Dave Stewart, 1:49; 103: Grant Phillips (LF) p. Mike Baglan, 4:35; 112: Jared Pieknik (LF) won by tech. fall over Steve Manney, 15-0.

Franklin's dual meet record: 23-2 overall, 4-0 WLAA-Western Division.

WALLED LAKE CENTRAL 99
LIVONIA STEVENSON 30
 Jan. 25 at W.L. Central

130 pounds: Jonny Myshock (LS) decision A. Gazaryants, 15-8; 135: Jon Reale (LS) dec. J. Davids, 2-0; 140: K. Walker (WLC) dec. Dan McCarthy, 10-5; 145: T. Dillon (WLC) pinned Ben Beaman, 5:49; 152: Brent Cetnar (LS) p. A. Fenn, 1:08; 160: Ziad Kharbush (LS) p. D. Burwell, 5:20; 171: J. Kerestis (WLC) p. Emanuel Onwuemene, 3:17; 189: B. Decker (WLC) dec. Matt Greenman, 8-2; 215: E. DeRocher (WLC) p. James McCarthy, 3:55; 285: G. Lubitz (WLC) p. Ricky Bell, 3:40; 103: Tommy Myshock (LS) p. B. Hatfield, 1:30; 112: Dustin Poisson (LS) won by forfeit; 119: R. Kort (WLC) dec. Michael Fobar, 5-0; 125: D. Kort (WLC) p. Anthony Mainella, 1:05.

Stevenson's dual meet record: 13-7 overall, 0-4 WLAA-Lakes Division.

CANTON 53
WAYNE MEMORIAL 18
 Jan. 25 at Wayne

103 pounds: Donnie Watkins (C) decisioned Chad Dunn, 11-5; 112: Carl Lucke (C) pinned Mark Thompson, 3:41; 125: Jeremy Filippelli (C) dec. Kevin Whittenberg, 6-4; 125: Jamie Preiss (WM) p. Adam Fleischman, 1:50; 130: Steve Cox (C) won by technical fall over Brandon Whittenberg, 19-0; 135: Brent Winekoff (C) p. Jack Muncie, 1:26; 140: Corey Phillips (C) p. Josh Mills, 0:36; 145: Joe Sanders (C) dec. Charlie Malnar, 10-4; 152: Rodger Kropp (C) dec. Robert Walsh, 7-4; 160: Kiel Price (C) p. Ryan Nesbitt, 3:41; 171: Jeff Eiswick (WM) p. Brian Brubaker, 0:36; 189: Adam Powers (C) p. Anthony Baskins, 0:39; 215: Robert Coffey (WM) p. Jon Webster, 4:45; 285: Donnie Laramie (C) won by void.

Dual meet records: Canton, 19-3 overall, 2-1 WLAA-Western Division; Wayne, 9-9 overall, 1-2 WLAA-Western Division.

METRO CONFERENCE
DOUBLE-DUAL MEET
 Jan. 24 at Livonia Clarenceville

TEAM SCORES: Clarenceville, 56, Hamtramck; Clarenceville 52, Detroit Cesar Chavez Academy, 6.

Clarenceville winners: Derek Robbins (140 pounds) and Scott Convery (125), 2-0 records; Jake Ruth (119), 1-0; Tim Slesinski (160), 1-0; Joe Haapala (189), 1-0; Tony Brandt (130), 1-0; Travis Hawthorn (171), 1-0.

Clarenceville's dual meet record: 4-16 overall; 1-0 Metro Conference.

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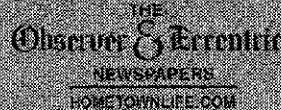


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THE WEEK AHEAD

BOYS BASKETBALL
 Tuesday, Jan. 30
 Churchill at Salem, 7 p.m.
 Franklin at Plymouth, 7 p.m.
 Stevenson at John Glenn, 7 p.m.
 Wayne at W.L. Western, 7 p.m.
 Clawson at Clarenceville, 7 p.m.
 Cranbrook at Luth. Westland, 7 p.m.
 Friday, Feb. 2
 W.L. Northern at Churchill, 7 p.m.
 W.L. Western at Franklin, 7 p.m.
 Salem at Stevenson, 7 p.m.
 John Glenn at W.L. Central, 7 p.m.
 Northville at Wayne, 7 p.m.
 Clarenceville at Luth. North, 7 p.m.
 Luth. Westland at Clawson, 7 p.m.
 Huron Valley at Franklin Road, 7:30 p.m.
GIRLS VOLLEYBALL
 Monday, Jan. 29
 W.L. Central at Churchill, 7 p.m.
 Franklin at Canton, 7 p.m.
 Stevenson at W.L. Northern, 7 p.m.
 Salem at John Glenn, 7 p.m.
 Wayne at Plymouth, 7 p.m.
 Tuesday, Jan. 30
 Clarenceville at Clawson, 6:30 p.m.
 Luth. Westland at Kingswood, 6:30 p.m.
 Agape at Huron Valley, 7 p.m.
 Wednesday, Jan. 31
 Churchill at Salem, 7 p.m.
 Franklin at Plymouth, 7 p.m.
 Stevenson at John Glenn, 7 p.m.
 Wayne at W.L. Western, 7 p.m.
 Thursday, Feb. 1
 H.W. Regina at Ladywood, 6:30 p.m.
 Luth. North at Clarenceville, 6:30 p.m.
 Clawson at Luth. Westland, 6:30 p.m.
 Macomb Christian at Huron Valley, 7 p.m.
 Saturday, Feb. 3
 Novi Invitational, 8 a.m.
PREP HOCKEY
 Tuesday, Jan. 30
 Ladywood vs. G.P.W. Univ.-Liggett at McCann Arena, 6 p.m.
 Wednesday, Jan. 31
 Ladywood at B.H. Kingswood, 5 p.m.
 Churchill vs. Anchor Bay at Glacier Pointe, 6:15 p.m.
 Stevenson vs. W.L. Central, Franklin vs. Northville at Edgar Arena, 8 p.m.
 Friday, Feb. 2
 Churchill vs. W.L. Northern at Edgar Arena, 6 p.m.
 Franklin vs. Pinckney at Kensington Valley Ice House, 6 p.m.
 Saturday, Feb. 3
 Franklin vs. Woodhaven at Brownstown Ice Box, 1:30 p.m.
 Ladywood vs. Northville at Arctic Pond, 6:30 p.m.
PREP WRESTLING
 Wednesday, Jan. 31
 Luth. Westland, Harper Woods at Clarenceville, 5:30 p.m.
 Thursday, Feb. 1
 W.L. Central at Churchill, 6:30 p.m.
 Franklin at W.L. Western, 6:30 p.m.
 Salem at Stevenson, 6:30 p.m.
 John Glenn at W.L. Northern, 6:30 p.m.
 Plymouth at Wayne, 6:30 p.m.
 Friday, Feb. 2
 Lathrup at Clarenceville, 5 p.m.
 Saturday, Feb. 3
 Memphis Invitational, 9 a.m.
 Dundee Invitational, 10 a.m.
BOYS SWIMMING
 Tuesday, Jan. 30
 Trenton at Wayne, 6:30 p.m.
 Dearborn at Churchill, 7 p.m.
 John Glenn at Franklin, 7 p.m.
 Thursday, Feb. 1
 Churchill at Salem, 7 p.m.
 Franklin at Northville, 7 p.m.
 Stevenson at W.L. Northern, 7 p.m.
 W.L. Central at John Glenn, 7 p.m.
 Wayne at W.L. Western, 7 p.m.
GIRLS GYMNASTICS
 Monday, Jan. 29
 Livonia Red-Blue at Salem, 7 p.m.
 Saturday, Feb. 3
 Canton Invitational, 10 a.m.
PREP BOWLING
 Monday, Jan. 29
 Ladywood, Novi CC vs. Clarenceville at Woodland Lanes, 3:30 p.m.
 Wednesday, Jan. 31
 Ladywood vs. Divine Child, Clarenceville vs. Northville at Cherry Hill Lanes, 3:30 p.m.
 John Glenn, Wayne vs. Trenton at Parkway Lanes, 3:30 p.m.
 Saturday, Feb. 3
 Tri-County Inv. at Five Star Lanes, noon.
PREP SKIING
 Tuesday, Jan. 30
 Ladywood vs. W.L. Western at Alpine Valley, 3:30 p.m.
 Wednesday, Jan. 31
 Ladywood vs. Novi at Alpine Valley, 3:30 p.m.
GIRLS COMPETITIVE CHEER
 Sunday, Jan. 28
 Catholic League Championship at Livonia Ladywood, 10 a.m.
 Wednesday, Jan. 31
 Northville at Franklin, 6:30 p.m.
 Saturday, Feb. 3
 Ladywood Invitational, 1:30 p.m.
MEN'S COLLEGE BASKETBALL
 Wednesday, Jan. 31
 Flint Mott at Schoolcraft, 7:30 p.m.
 Madonna at Indiana Tech, 7:30 p.m.
 Saturday, Feb. 3
 Henry Ford at Schoolcraft, 3 p.m.
 Aquinas College at Madonna, 3 p.m.
WOMEN'S COLLEGE BASKETBALL
 Wednesday, Jan. 31
 Flint Mott at Schoolcraft, 5:30 p.m.
 Indiana Tech at Madonna, 7:30 p.m.
 Saturday, Feb. 3
 Henry Ford at Schoolcraft, 1 p.m.
 Madonna at Aquinas College, 1 p.m.
ONTARIO HOCKEY LEAGUE
 Sunday, Jan. 28
 Whalers at Toronto Marlies, 2 p.m.
 Thursday, Feb. 1
 Whalers at Sarnia Sting, 7:35 p.m.
 Friday, Feb. 2
 Whalers vs. Erie Otters at Compuware Arena, 7:05 p.m.
 Saturday, Feb. 3
 Whalers vs. London Knights at Compuware Arena, 7:05 p.m.
MAJOR INDOOR SOCCER LEAGUE
 Sunday, Jan. 28
 Det. Ignition vs. Philadelphia KIXX at Compuware Arena, 4:35 p.m.
 Saturday, Feb. 3
 Ignition at California Cougars, 7:35 p.m.



Perfect season

The under-13 Select Westland Wolves finished in first place in their division in the Western Suburban Soccer League, outscoring their opponents 44-4 and amassing a record 8-0-0 record. Members of the Wolves include (back row, from left): coach Claudio Mancini, Austin Valentine, Tyler Simpson, Tony Gjocaj, Austin Smarsh, Troy McGuigan, Bobby Mason, Dillon DeBeliso, Brian Lewandowski, Coach Emilio Troiani, Hussein Rachid; (front row, from left) Nathan Phillips, Kyle Gruebnau, Mario Canestraro, Kevin Diehi, Daniel Mullett, Dean Bokuniewicz and Robert Mancini.

St. Clair Shores stymies Spartans

St. Clair Shores Unified got a late goal from Nick Gwodz to beat Livonia Stevenson, 3-2, in a battle of top ten boys hockey teams Wednesday at Edgar Arena.

St. Clair Shores, No. 8 in the latest Division I statewide coaches poll, improved to 12-1-1 overall.

Livonia Stevenson, ranked 10th, falls to 12-3-1.

Gwodz tallied the game-winner with just 1:02 left in the third period on assist from Justin MacPhee and Joe Kozlinski.

Andrew Zito's goal from Bryan Burlingame and Nick Stewart at 9:01 of the second period tied it at 2-all for St. Clair Shores.

Stevenson's Dan Darrow opened the scoring at 3:11 of the first period from Marcus Voran, but Paul Stewart answered for St. Clair Shores just nine seconds before the period ended.

Stevenson regained the lead, 2-1, at 8:09 of the second period on assists from Chris Rapp and Mike Jahn.

"Anytime a team gives up two goals in the late minute of periods, it makes it hard to be successful," said Stevenson coach Mike Humitz, whose team is ranked No. 10. "We gave late goals in two periods today and the results reflected that."

St. Clair Shores netminder Andy DiChristofaro made 19 saves, while Mike Zynda turned

PREP HOCKEY

back 23 for Stevenson. "Even though we did not get the outcome we wanted, I feel this was a good game for our team," Humitz said. "We are learning that if you don't play 45 minutes of solid hockey against good teams, you'll have a tough time winning."

"These lessons better learned now than in early March."

CHURCHILL 4, NORTH-HARRISON 2: State-ranked Livonia Churchill (12-1) built a 4-0 lead and held off visiting North Farmington-Harrison (8-6-1) in a non-league game played Wednesday at Edgar Arena.

"It was a bit of an emotional let-down after the Stevenson game, but we had enough to get by," Churchill coach Pete Mazzoni said. "They (North-Harrison) played extremely hard and extremely well."

Churchill led 1-0 after one period on Garrett Miencier's goal at 1:16 from Keith Yackley and Nathan Milam. The Chargers' Josh Proben made it 2-0 at 2:02 of the second period from Dustin Wischmeyer and Matt Heinzelman.

Kody Strong then scored 1:48 later from Detroit Country Day transfer Tyler Cotter and Kyle Burke. Yackley put the Chargers ahead 4-0 at 11:49 of the second period from Miencier and Steve Greco.

The Flyers' Evan Chornoby scored the game's final two goals - 13:46 of the second period from Grant Primboli; and 9:19 of the third on a power-play from Dave Laird. Churchill goaltender Scott Lewan made 18 saves, while North-Harrison's Sean Shapiro turned away 22 shots.

SPORTS ROUNDUP

Little League signup

Registration for the Redford American Little League (2007 season) will be from 6:30-8:30 p.m., Wednesday, Jan. 31, at the R.A.L.L. Clubhouse, located at 25944 Plymouth Road (between Beech Daly and Inkster roads).

Registration is for boys and girl ages 5-18 whose parents or guardians reside within boundaries of R.A.L.L. District 5. Parents should bring a photocopy of player birth certificates

to registration as well as insurance cards and a check for \$115 (made out to Redford American Little League. Included in the cost is Major League Baseball hat, jersey, pants, socks, participation trophy or plaque (no fund-raisers involved).

For more information, call R.A.L.L. officer Mike Pawlowski at (586) 759-2405. You can also e-mail him at mpawloski@sbc-global.net.

Girls fastpitch

Registration for the 2007

Westland Lightning girls fastpitch softball program (ages 8-16) is being held from 7-9 p.m. Wednesdays and 10 a.m. until noon Saturdays at the Westland Youth Athletic Association Compound, 6050 Farmington Road, Westland.

Birth certificates are required. For more information, call (734) 421-0640; or visit www.wyaa.org.

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Exercise may ease fatigue

PETER'S PRINCIPLES - PAGE C6



Go Red campaign
raises awareness about No. 1 killer

HEALTH - PAGE C6



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(LWR6c)

Sunday, January 28, 2007

The Observer & Eccentric Newspapers

HOMETOWN LIFE.COM

Hugh Gallagher, editor . (734) 953-2149 . hgallagher@hometownlife.com

www.hometownlife.com

Accurately diagnosing ADHD

This month, I wanted to answer several questions that have been coming in about a similar subject. To do this, I found it necessary to trim the letters down to a sentence or two. My responses will be similarly brief but, hopefully, thorough. Here we go ...

Why are there so many kids with ADHD today?

I, like many other professionals, feel that the diagnosis of ADHD is far too easily rendered. I feel that many children labeled as ADHD are misdiagnosed. There are several diagnoses that can explain the behaviors commonly associated with this label. For instance, a child with a specific learning problem, significant anxieties, an undiagnosed receptive language problem, a history of abuse, prenatal exposure to alcohol or drugs, depression, etc. may demonstrate the same behaviors as a child who is truly ADHD. The major concern about this is that even though the behaviors may be nearly exact, the cause and therefore the course of treatment may be radically different. A misdiagnosis may mean mistreatment and ultimately, a negative outcome.



Terry Wilamowski

I believe that an appropriate diagnosis involves time and effort. I am not comfortable with a five-minute diagnostic interview nor am I a supporter of checklists used to make such important decisions (more on this later). I feel that there can be no substitute for a comprehensive examination and psychological testing conducted by a qualified professional.

What is the difference between ADD and ADHD?

ADHD is a shortened way to refer to attention deficit-hyperactivity disorder. As some of you may know, the diagnosis of ADHD is further divided into three sub-types to clarify the symptoms that are present: ADHD can be primarily inattentive, primarily impulsive-hyperactive, or combined inattentive and impulsive-hyperactive. The term ADD is often used when one is talking about the primarily inattentive type.

Can girls have ADD?

While this behavior is more commonly associated with young males, it is possible for females to demonstrate them as well. In my experience, girls are less commonly identified and diagnosed even when they have similar concerns to their male classmates. One major reason for this may be the tendency for males to act out more aggressively which gets more immediate attention than a girl who is struggling quietly with the same types of problems. This attention leads to intervention and usually, a diagnosis of some kind.

What do you think about the checklists that are being used to diagnose kids with ADD?

I think that these checklists are a good way to gather information in an organized fashion and to quantify the degree of concern between various people involved with the child. However, I do not believe that these forms can or should be used as a diagnostic tool. They cannot ask follow-up questions or find out more about a parent's responses to any given item. They do not have clinical judgment, which is the key ingredient for making an appropriate medical or psychological decision. In short, these questionnaires should only be used as a brief and subjective means of gathering some initial information about parent or teacher concerns. They do not provide any information that cannot be obtained with far greater accuracy and understanding in a clinical interview. As such, do not take the results from such measures as fact, but rather as motivation for further inquiry. Is it possible for a child to have ADD at school but not at home (or anywhere else)?

It is possible for a child to act completely different at school than at home, and vice versa. Most kids do this to some degree. In general, these behaviors need to be present in at least two distinct situations or settings in order for a diagnosis to be made. If they are only present at school, my inclination is to look at the school environment for the cause of his behavior rather than for a diagnosis of ADHD. He could be having academic difficulties, issues with his peers, or some problem with his teacher. I would explore these variables before considering ADHD.

Is it true that a lot of creative or gifted people have ADHD?

Well, as a creatively gifted individual let me just say that ... OK, I didn't think that I could pull that off, but it was worth a shot. But in all seriousness, it has been suggested that people who are very creative or particularly gifted in one area or another are often labeled with ADHD or some other disorder. The reason for this may be that such individuals tend to do things differently than their classmates which draws attention to them, and as we discussed above, this attention usually leads to a diagnosis. Thus, the creativity or intellectual spark may be misidentified as problematic because it is outside the norm. It is not until later, under different circumstances, that the child's individuality and talents are recognized and fostered. Of course, I believe that all kids, regardless of the labels that are given to them, have unique talents and abilities that need to be recognized and nurtured. The sooner that we, as a society, understand this, the more optimistic our future will become.

Terry M. Wilamowski is a therapist working with children, ado-

Metroparks for the People



PHOTOS COURTESY OF HURON-CLINTON METROPOLITAN AUTHORITY

Hockey players enjoy a quick game at the ice rink on Kent Lake, Kensington.



Canaan's beauty at Huron River at Lower Huron Metropark.

Book celebrates area's greenbelt, the 13 Huron-Clinton parks

BY HUGH GALLAGHER
STAFF WRITER

In the midst of the Great Depression, Detroit was a hard-hit industrial city. But long before urban sprawl and miles upon miles of subdivisions, the Motor City was surrounded by forests, meadows, rivers and lakes.

Two men had a vision to preserve some of that land and waterways for the recreation and spiritual restoration of the people of southeast Michigan. In 1934, Henry S. Curtis and Harlow O. Whittemore, working independently and then together, laid the groundwork for what would become one of the most innovative, well-managed and diverse park systems in the country — the Huron-Clinton Metropolitan Authority.

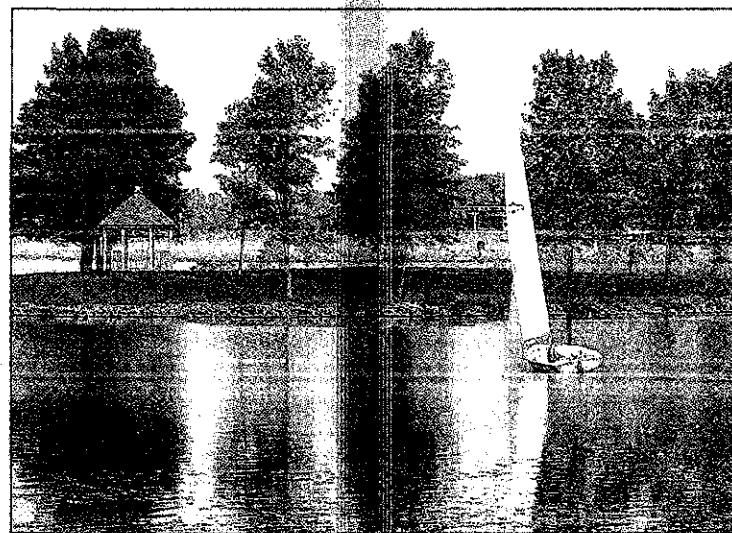
The story of Curtis, Whittemore and the dedicated people who have made this system possible are the subjects of a new book by Cynthia Furlong Reynolds, *Metroparks for the People: A History of the Huron-Clinton Metropolitan Authority*. The specially commissioned, compact coffee table volume follows the story of the parks from the early planning to the present day and includes a wealth of historic black and white photographs and a 48-page section of outstanding color photographs.

The 13 Metroparks form a green necklace around metro Detroit, beginning in the north-

PLEASE SEE METROPARKS, C3



A swan glides across Kent Lake at Kensington. This is a photo contest winner.



The day is picture perfect for sailing on Stony Creek Lake at Stony Creek Metropark.

HURON-CLINTON METROPARKS

1. Metro Beach, 91300 Metro Parkway, Mt. Clemens
2. Wolcott Mill, 63841 Wolcott Road, Ray
3. Stony Creek, 4300 Main Park Road, Shelby Township
4. Indian Springs, 5200 Indian Trail, White Lake
5. Kensington, 2240 W. Bund Road, Milford
6. Huron Meadows, 8765 Hammel Road, Brighton
7. Hudson Mills, 8801 N. Territorial Road, Dexter
8. Dexter-Huron, Huron River Drive, Dexter
9. Delhi, Huron River Drive, Huron River Drive, Scio Township
10. Lower Huron, 17845 Savage Road, Belleville
11. Willow, Huron River Drive, Huron
12. Oakwoods, Huron River Drive, Flat Rock
13. Lake Erie, 32481 W. Jefferson, Brownstown

Adult day care program in need of new home

BY LINDA ANN CHOMIN
STAFF WRITER

Time is running out for HelpSource to find a new location, but instead of grumbling about losing their current space seniors were joking with one another on a recent Tuesday afternoon.

Like many of the elderly enrolled in the adult day care program, Florence Tod is losing her short term memory, but that doesn't stop the Canton resident from living life to the fullest. Tod enjoys all of the social and recreational activities offered by HelpSource in the rooms rented from Riverside Park Church in Livonia.

The program is tailored primarily for senior citizens who are not totally independent due to dementia,

stroke or other diseases but could benefit from supervised, structured activities up to five days a week. The cost is based on a sliding scale as funding from the Plymouth Community United Way, Senior Alliance (Area Agency on Aging), and block grants from Livonia does not cover expenses.

"The exercise keeps your joints loose," said Tod. "I enjoy the people. The program keeps you alive and living. They serve good food and everything is planned well. I'm thankful it's available."

KEEPING BUSY

While Marie Knight isn't fond of exercising, she does love celebrating the birthdays of members.



TOM HOFFMEYER | STAFF PHOTOGRAPHER

Margaret Lucky of Redford is congratulated by activity assistants Colleen Wagner, left, and Barbara Rush, right, during ski-ball activities at the adult day care center.

PLEASE SEE ADULT DAY CARE, C2

ADULT DAY CARE

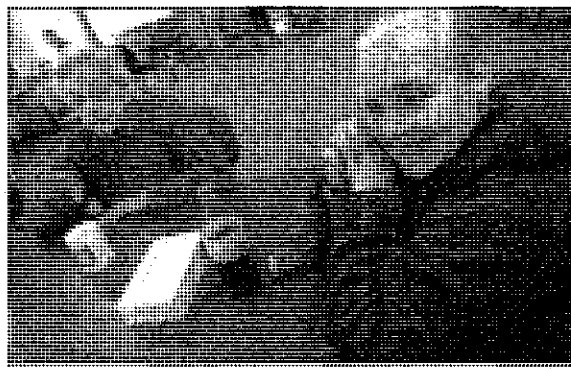
FROM PAGE C1

"We play bingo," said Knight. "If you feel bad you can talk with the one next to you and tell them your problems and they offer you Kleenex."

"It's very friendly and people get along," added Anne Hall of Livonia. "If we were home it would be boring."

In June, the fun could end if an affordable facility is not found to house the program. For nearly 100 years, HelpSource (formerly known as Child & Family Services-Huron Services for Youth) has been providing residential treatment, foster care and adoption services for at-risk youth, substance abuse education and treatment, mental health counseling, and teen parenting programs in Washtenaw and western Wayne counties. The nonprofit agency's older adult services has more than 25 years experience of caring for the elderly at home as well as in day care programs.

"We've been given till the end of June because the church has plans for the space. Being a nonprofit, we cannot afford to pay the cost of a commercial space," said HelpSource site manager



Marie Knight of Westland, left, and Anne Hall of Livonia, right, talk about spending time in the adult day care center.

Laurie Krause. "We're looking at churches, senior centers, YWCA programs. We'd like it to be handicap accessible for wheelchairs and walkers, or we can adapt to meet their needs. While we're looking for a space that's nearby in the Plymouth-Canton-Livonia area, we will not rule it out if it's too far away, but we would lose members."

"Members really depend on the program. They depend on us for a social out, for an improved quality of life. The families depend on us. Families who are caring for a parent and have to work and are also taking care of their own children need to know their loved one is in a safe environment. We're also here for spouses that need the break."

Krause equates the adult day care program to a senior center.

She's hoping to find a space large enough for the members to not only play games like Skee Ball but eat lunch especially if it could be served from an adjacent kitchen.

"Members from Plymouth, Redford, Livonia start coming in at 7:30 a.m. and we have coffee and do something fun like Trivia," said Krause. "Families can come in at any time. We have fun. They want to do things that are interesting."

Colleen Wagner is one of six staff members organizing the activities. She's especially proud of the gallery of art painted by members on the rear wall.

"For socialization it's great," said Wagner of Westland who has been a HelpSource activity assistant for more than four years. "A lot of them would sit

home and watch TV and sleep. When they're here after lunch they like doing an activity. They love singing and music, doing things from creative writing to crafts and bingo."

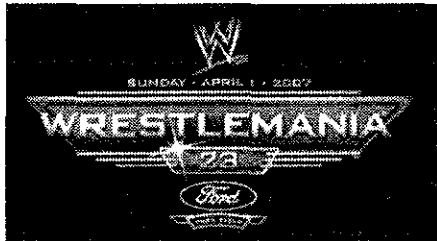
Staff as well as family caregivers refer to participants as members because it's almost like an exclusive club, said Greg Lucky, who was picking up his mother, Margaret. Lucky lived in California until four years ago when he moved back to Redford to care for his elderly parents. He can't say enough about the activities that help motivate Margaret, who has Alzheimer's as well as limited speech because of a stroke she suffered.

"Mom's been coming twice a week but I'm going to bump it up to three times a week," said Lucky. "Mom was bored and vegetating at home when I started researching and interviewing for adult day care. HelpSource is the only one with fun, structured activities all day long. People here are loving and devoted to quality care for the elderly. They want for people to succeed and have a sense of satisfaction. She's more alive when she comes here. They have current events all day long. The place is great. I call it the club."

For more information, call (734) 591-2216.

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NEW CONCEPT STAFF
Left to right:

- Greg Bloom
- David McCormick
- Jurek Stawikowski
- Mark Browning
- Stephen Stapleton
- Joe Pochota
- David Stapleton
- Mary Holtzman
- Tara Piechocki

New Concept Kitchen & Bath owner Dave Stapleton says he maintains the same work ethic he had the first day he started the business 20 years ago: "We take care of the customer and I make sure that every job is done as if it were my own."

His experience has provided him with plenty of advice to help customers steer clear of remodeling disasters.

For instance, Stapleton recommends always getting at least three estimates before starting a project. While it sounds like a good idea, a lot of people fail to get copies of the company's builder's license and proof of insurance. Asking for references is always a good idea, too.

It's key to take your time when you're deciding on which products to use and your decision can be made easier by always taking samples home, because lighting is different in every location.

"We try to steer the customer as best we can," the Garden City resident says. "We go into the house to do the measure and we see the décor. We listen to them and we get a feel for what they are looking for. If there's something we think is going to clash we speak up and say we think this is going to clash. We work with the customer to find out what exactly fits their needs. That's probably the most important part of the design process."

Apparently, his methods are successful, because over the years only one customer didn't like what was installed.

Stapleton came to the business after serving in the military and working for Spartan stores in Plymouth.

"I enjoyed doing carpentry and I decided to do it on the side," he explains adding that in 1987 he decided it was time to start his own business with a remodeling shop in Garden City.

"Back then I did everything from basements, garages, additions and dormers and over the years I've narrowed it down to kitchens and bathrooms," says Stapleton.

He moved the business to 13245 Newburgh in Livonia seven years ago and New Concept Kitchen and Bath has become a family legacy that includes his three sons, David, Jr., 25; Philip, 21 and Stephen, 19.

"Today, we design, supply the materials and install with our own installers," says Stapleton explaining that he has 19 employees.

"Our philosophy is to never burn a bridge," he says. "The customer, a lot of times, is buying things they can't see on a shelf, and it's up to us to make sure we meet the customer's high expectations."

All of his designs are done in color to help the buyer visualize the end result.

"Whatever we can do to help them visualize the final product better will make that outcome that much acceptable," he says.

Technology has sped up the design process tremendously from his early business days when everything was drawn by hand.

"Today we use sophisticated design programs," Stapleton says. "We can make changes with a couple of clicks of the mouse."

The number of choices the customer has now is three-fold today, too. For instance, each cabinet company has between 80 and 90 choices compared to years ago when it was 20 or 30 designs. Currently, the maple and lighter cherry products are the most popular.

Stapleton says the plethora of products requires more employee training.

"In today's times you have to be much more lean and you have to do that," he adds. "The old adage, 'Measure twice, cut once' holds true more than ever today."

A wide range of pricing satisfies a lot of different needs. "We have cabinets that a lot of folks use in rental properties or if they are going to sell their house right away," he says. "And we have higher-end cabinets that someone is looking for if they are going to spend a number of years in the house."

In countertops, Corians, Gibtratars and stone products, like granite, are installed most often. Warming drawers are becoming more and more common, too, he adds.

The cost of an average remodeled kitchen in Livonia, Stapleton says, is between \$15,000 and \$20,000.

The dragging Michigan economy, he adds, has put a damper on new construction, but more and more people are putting money into their existing homes.

"We've probably cut out 90 percent of new construction, but fortunately we do remodeling," Stapleton says. "People aren't moving, but the remodeling end has picked up and it has pretty much balanced out."

Customers today are much more knowledgeable before they walk into his showroom, he says explaining that most clients do research on the Internet and they get to know what materials and designs are available.

"They have a much more clear view of what they are looking for," Stapleton says predicting a bright future in his business.

"I think it will only get better as the economy gets better," he says.

"The products are getting better and I look forward to the changes. Right now, a lot of people are sitting on their hands to do projects, but they are waiting for the economy to turn. They want to do it, but they don't know if there will be a lay-off in the family or a downsizing. I think we're at the end of that. I think things are starting to turn and that people are starting to get more comfortable."

The excitement provided by his business, he says, hasn't waned over the years.

"Part of the thrill of doing my job is going in and seeing the end product and saying, 'Wow.' Each job is different and it never gets boring."

Congratulations New Concept Kitchen & Bath on your 20 year anniversary!

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in your continuing success.

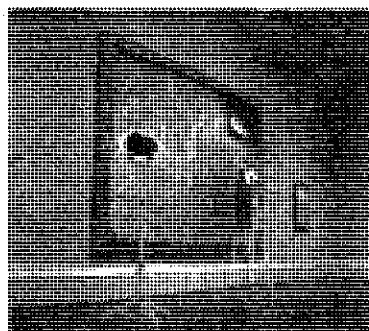


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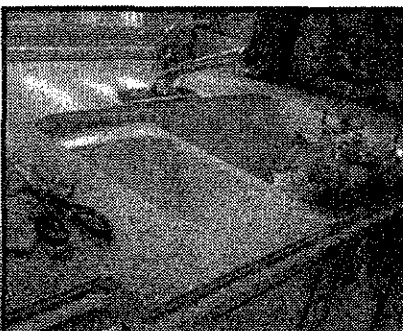


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MEDICAL DATEBOOK

JANUARY

Pandemic flu session

Madonna University is hosting two information sessions about pandemic flu. At each session, Sharon McMahon from St. Mary Mercy Hospital's infection control department will explain what a pandemic is, how to prepare for a pandemic, provide an overview of Madonna's pandemic flu plan, and share tips on what individuals can do in the event of a pandemic noon to 1 p.m. in the West Colonnade Lounge and 6-7 p.m. in Kresge Hall Tuesday, Jan. 30, on the campus at 35500 Schoolcraft at Levan, Livonia. Administrators from area colleges and universities, area business lead-

ers and the general public are encouraged to attend this free, informational session. Call (734) 432-5741 to confirm attendance at either the afternoon or evening session.

UPCOMING

Fund-raiser

Dr. Herman Gray and Shirley Mann Gray, both of Children's Hospital of Michigan, will be the featured speakers at the 11th annual Circle of Friends fund-raising luncheon of the Child Abuse and Neglect Council of Oakland County 11 a.m. to 2 p.m. Thursday, Feb. 1, at The Townsend Hotel, Birmingham. A Circle of Friends Patron Preview Party will be held the evening

before at Mon Jin Lau Restaurant in Troy. Special highlights of the 2007 Circle of Friends will be Boutique Shopping from 11 a.m. to 2 p.m. Circle of Friends patron level tickets are \$150, luncheon tickets \$75. For more information, call (248) 332-7173. **Tai chi for arthritis** 10-11 a.m. Friday, Feb. 2 to March 23, at St. Mary Mercy Hospital, 36475 Five Mile at Levan, Livonia. Registration required as well as a fee payable prior to first class. Enrollment limited. Call (734) 655-8940. A relaxing pace will be set in each class with meditation and repetitive form sequences. It's a great way for people of all ages to enjoy life and meet new friends while taking control of physical, emotional and

mental health. Tai Chi has also been shown to reduce pain and stiffness.

Free flu shots

It's not too late to receive a flu shot this season. Botsford Hospital and Livonia Family Physicians are partnering to offer a free flu shot clinic 9 a.m. to 1 p.m. Saturday, Feb. 3, and 9 a.m. to noon Sunday, Feb. 4, at 17800 Newburgh, Livonia. The shots are offered to adults of all ages and to children accompanied by their parents.

CHADD meeting

Children and Adults with Attention-Deficit Disorder support groups offer presentations for parents and another for adults 7:30-9 p.m. (registration begins at 7 p.m.) Monday, Feb. 5, at Way

Elementary School, 765 W Long Lake Road, east of Telegraph, Bloomfield Hills. Free for members, \$5 donation per non member family with option to join on site. For information, call (248) 988-6716. Parent session will be on Thinking Straight about AD/HD and Mood Disorders with psychologist Steve Ceresnie, PhD. Adult presentation features a testimonial by Gregg Slubowski on Substance Abuse, Confusion and Self-Sabotaging Behaviors.

Blood drive

American Red Cross holds a blood drive 8:30 a.m. to 2:30 p.m. Sunday, Feb. 11, in the Parish Hall at St. Edith Catholic Church, 15089 Newburgh, Livonia. Walk-ins welcome. Call (734) 464-1222.

Fund-raiser

Dr. Jason Lawlor, Livonia Back To Health Chiropractic Clinic Director, will perform all first day services for new patients, which includes a consultation, thorough exam, any necessary x-rays and a report of findings for a minimum donation of \$10 from Feb. 12-16. All money raised will go directly to Seedlings Braille Books for Children, a nonprofit organization providing high quality, low cost children's literature in Braille. Seedlings makes their books available for about half of what it costs to produce them and subsidizes the difference with donations, grants and fundraising events. For more information or to make an appointment, call (734) 432-7071.

Events focus on heart disease in women

BY LINDA ANN CHOMIN
STAFF WRITER

Local hospitals as well as the American Heart Association are doing their part to lower the incidence of cardiovascular disease through research and education. Now it's up to women to learn about the risks by attending heart-related events or scheduling a speaker at their organization's next meeting.

Lindsey West is especially excited about a \$1 million Ford Motor Co. Fund grant to institute the Healthy Hearts for Women initiative of the Oakwood Healthcare System. A Feb. 7 lecture in Canton is just one of the ways Oakwood is fighting to reduce the risk of heart disease in women. Organizations interested in presenting a lecture or screening to help women understand their risk for heart disease, can call (313) 586-4938 to schedule a day and time.

The AHA Go Red for Women campaign is encouraging everyone to become involved.

Oakwood is recruiting volunteers for a research study on preventing heart disease in women thanks to the grant from Ford. For more information, call (313) 562-4132. "We're looking for women at moderate to high risk for heart disease, not for women with heart disease," said West, manager of community health for Oakwood Healthcare System. "We're looking at different interventions to prevent heart disease in women and lower their risk."

CRITTENTON HOSPITAL

Fun, fashion, food, and learning is the focus of the Go Red For Women event 11:30 a.m. Friday, Feb. 9, at Great Oaks Country Club. Presented by Crittenton Hospital Medical Center, the event begins with a noon luncheon followed by an informational presentation about women and heart disease by cardiologist Dr. B. Shahbender, chief of cardiology at Crittenton, and a fashion show sponsored by Parisian of the Village of Rochester. The program concludes at

approximately 1:15 p.m. Tickets are \$25. For reservations, call (248) 652-5269.

ST. MARY MERCY HOSPITAL

A Ladies Night Out takes place 6-9 p.m. Thursday, Feb. 15, at St. Mary Mercy Hospital in Livonia. From 6-7 p.m. relieve your stress with a massage or receive a bone density screening then listen to a presentation by Sanjeev Vaishampayan, a St. Mary Mercy Hospital cardiologist. Registration required. Call (734) 655-1182.

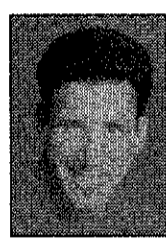
GO RED HEART CHECKUP

To assess your risk for having a heart attack or cardiovascular disease within the next 10 years, visit www.GoRedForWomen.org and click on Know Your Numbers then Heart CheckUp. The Web site provides information on keeping your heart healthy in addition to the assessment.

lchomin@hometownlife.com | (734) 953-2145

Exercise may ease fatigue

Rick from Troy has been undergoing chemotherapy and e-mails for tips on getting through it. Rick, new research shows that exercise can help reduce some of the fatigue associated with chemo! Scientists followed a group of women aged 27 to 69 who were in the first few stages of chemotherapy. Participants were put on an accelerometer to measure the calories burned during a controlled workout. The women also kept a diary to record levels of fatigue. Researchers found that as the amount of exercise increased, the level of fatigue decreased. The reduced fatigue levels did not carry over into non-exercise



Peter's Principles

Peter Nielsen

days. The Finding: The impact of exercise on fatigue during chemo is significant. The Message: Working out when you least feel like it can sometimes be the most important time!

Ken from Pontiac e-mails wanting to know which is more effective for toning the abs, single or multi-set training programs.

Ken, for most of us, when it comes to ab workouts logic flies out the window! Some believe that as long as you push the muscles intensely, there is no benefit in doing more sets. Fans of multi-set workouts say muscles need repeated stress to grow. Many folks trying to build

definition for their abs do five sets of 10 reps of bench press and squats, then turn around and do five sets of 100 crunches. They think the abs respond differently to working out than other muscle groups. In this case, variety, not reps, is the key to success. Try doing several different exercises using a variety of equipment, like an exercise ball. Whether you do one set or a dozen, remember that the abs don't respond differently to exercise than any other muscle group and that proper diet is the second part of the puzzle!

If you have a health or fitness question you would like answered in the *Observer & Eccentric Newspapers*, e-mail Peter Nielsen through his Web site www.peternielsen.com. Contact him at Peter Nielsen's Personal Training Club in West Bloomfield or Nielsen's Town Center Health Club in Southfield.

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Go Red For Women Luncheon
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9 a.m.-1:30 p.m.

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The American Heart Association's annual **GO RED FOR WOMEN LUNCHEON** highlights women and their heart health on Thursday, Feb. 15, at the Renaissance Center Marriott Hotel in Downtown Detroit. Keynote speaker and Emmy award winning actress Tracey Conway tops off a morning of seminars, screenings, and a silent auction beginning at 9 a.m. Emceed by Lila Lazarus of FOX 2, the luncheon and fashion show begin at noon.

The Red Dress tour, presented by Deloitte, will also be on display featuring items from national and local celebrities including Dr. Maya Angelou, Oprah Winfrey, Vanna White and actresses Jackie Zemen and Kristen Bell.

Call 248-827-4214 or visit www.americanheart.org/detroitgoesred

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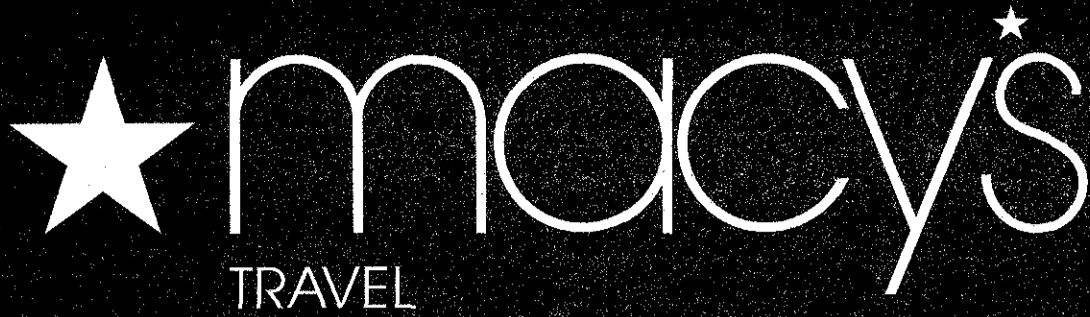
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