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The Rev. Luke McClendon talks about his vision of building a two-story community center at Christ Temple Apostolic Faith Church.

# Faith, hope and a new facility

## Community center lets church expand services

BY DARRELL CLEM

The Rev. Luke McClendon has a simple, faith-affirming philosophy. If he helps people in need of food, clothing, shelter and other basic necessities, he stands a better chance of reaching them spiritually.

McClendon, 54, practices what he preaches at Christ Temple Apostolic Faith Church on Westland's southeast side.

Tucked away on Eton Street east of Middlebelt, in Carver subdivision, McClendon and the nearly 350 people who attend his church quietly do the work that they believe God requires of them.

Working with other agencies, they help countless people from such communities as Westland, Garden City, Inkster, Romulus, Wayne and Dearborn Heights.

"It's the most hidden secret in the city of Westland," McClendon said.

#### ON THE GROW

The problem is, the church has outgrown its Samuel B. Ware Community Center, which is housed in the fellowship hall and named after a former pastor.

But, saying he had a vision from God. McClendon has spearheaded plans to build a new, two-story community center on the church's west side, allowing its people to expand their services and provide a gymnasium for young and old, alike.

Construction could begin as early as this spring, adding 4,505 square feet of space to the existing 11,828-square-foot building. The church hopes to open its new center by year's end.

"I think that pastor McClendon's vision is very well-received in the community," said Elnora Ford, who remembers when her family's house and Christ Temple Church were the only buildings on Eton Street. The

original church, which her father helped build, was erected in 1950 - the Ford house, the following year.

McClendon asked Ford to sit on the community center board, even though she isn't a member of the church.

"What this means is that our children will have an enhancement of their education, especially with after-school programs, and we will have adult programs for the community and our seniors," Ford said.

#### **LOCAL NEED**

Carver subdivision and the surrounding área have no major recreation facility close

"It is very much needed," Ford said. "We have a growing population of young families with new homes, and we certainly need services and programs to enhance their

PLEASE SEE CHURCH, A5

# Businesses mixed about service tax

City and school officials also are taking a look at proposals for shared services the governor has included in her new budget plan. See Page A4.

> BY DARRELL CLEM . STAFF WRITER

Hair stylists working at Secretz Salon didn't keep quiet Friday morning when asked about Gov. Jennifer Granholm's proposal for a 2-percent tax on services like haircuts, auto repairs, theater tickets and cable television.

Stylists Theresa Conway of Garden City and Jeannie Asimakis of Northville seemed as divided as many Michigan residents, but they were good-natured Granholm's budget-balancing propos-

al would add 64 cents to a \$32 haircut.

"The timing is bad. This is not the answer to our budget deficit in Michigan," Asimakis, 41, said. "Times are hard enough. We've already had so many clients leave Michigan, it's not even funny. Families are uprooting and leaving to find jobs.

"I just hope this doesn't affect our clients and our business," said Asimakis, who grew up in Westland.

Conway voiced mixed feelings about the 2-percent tax. While she hates to see services cost more, she realizes the state has to balance its budget. "As long as it's going to the right

resources and not in the government's pockets to pay their salaries, and if it will help the people of Michigan, I'm OK with it," Conway, 42, said.



TOM HAWLEY | STAFF PHOTOGRAPHER

Hair stylist Theresa Conway of Garden City places rollers in a client's hair at Secretz Salon in Westland. She said the cost of a \$32 haircut would increase just over 60 cents with the governor's budget plan.

# City officials say no papers withheld from Woods group

Critics of a proposed subdivision on Westland's southwest side misfired by implying that a city planning official withheld documents about wetlands on the site, officials said. A citizens group opposed to

the 35-home Maida Woods project, on Palmer Road between John Hix and Hannan, had implied that Planning Director Bruce Thompson failed to disclose information from 2005. Thompson and City Clerk

Block Deltain a back the statements - made Monday during a Westland City Council meeting.

"I don't want there to be any perception that anyone is withholding information, because that's just not the

case," Thompson told the Observer.

DeHart also refuted the statements in a letter she sent Tuesday to council members. Mayor William Wild and City Attorney Angelo Plakas. She sent a copy to Thompson.

The letter explained that Thompson and his department never received a copy of a 2005 wetlands report from the Michigan Department of Environmental Quality.

"The planning department was not copied, as is the practice, because there was not a pending development (in 2005) on the property, Deline good "M

Thompson cannot give out information which is not in his possession."

Thompson said he would have given the information to

PLEASE SEE PAPERS, A5

# Deadline is Tuesday for school election

Residents interested in serving on the Wayne-Westland Board of Education have until 4 p.m. Tuesday to file for the Tuesday, May 8, election.

Two four-years terms, currently held by board Secretary Martha Pitsenbarger and Trustee Skip Monit, will be up for grabs in the election.

A Wayne resident, Pitsenbarger is completing her third four-year term. She has already paid the \$100 filing fee to secure a spot on the ballot, as has Bhagwan Dashairya.

Dashairya is a local businessman who has unsuccessfully campaigned for the state House of Representatives and Wayne County Commission.

He has been active in serving on committees aimed at boosting economic growth and commercial development in Westland.

Monit, a Wayne resident, is completing his second four-year term on the board. He has pulled petitions, which had yet to be turned in as of Thursday afternoon, Westland City Clerk Eileen DeHart said.

T. Cortez Spann Jr. has pulled petitions, but had not turned them in as of Thursday afternoon. Also a Wayne resident, he was an unsuccessful candidate for the Republican slot in the state's 20th House District last August.

Residents interested in running must file petitions containing a minimum of 40 up to a maximum of 100 signatures of registered school district voters or pay a \$100 fee in lieu of petitions and an Affidavit of Identity by 4 p.m. Tuesday.

Candidates who have a change heart after the filing deadline will have until 4 p.m. Friday, Feb. 16. Residents new to the city can register to vote in the election through Monday, April 9.

The district includes the city of Wayne and portions of Westland, Inkster, Canton, Dearborn Heights and Romulus, and residents of those communities can pick up the necessary paperwork at the clerk's office in Westland City Hall, 36601 Ford, west of Wayne Road, or at the clerk's office in Wayne City Hall, 3355 S. Wayne Road, north of Michigan

For more information, call the Westland City Clerk's office at (734) 467-3185.

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Volume 42 Number 75



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**Coming Thursday** in Filter



Film Theatre: Check out Filter on Thursday to see the new season's line up for this historic movie house.



# PTSA's outstanding students thank influential teachers

BY REBECCA JONES STAFF WRITER

Abigail Wolfe's golf coach could not accompany her to a tournament last year, so he wrote an inspiring note for her to open when she felt frustrat-

It read, "Eat a peanut butter sandwich."

"Anyone who knows me knows I always have food," joked Wolfe, a Stevenson High School senior. "I needed to laugh when I needed some encouragement."

Wolfe was one of 15 Livonia Public Schools seniors who were honored at the Livonia PTSA Council's annual Founders' Day celebration Feb. 7 at Laurel Manor. The council selected five students from each high school who stand out because of their academic success and involvement.

Each student named three teachers who had a major influence on them throughout their school years.

There was the golf coach, Jason Delo; there was the algebra teacher, Lynda Melcher, who helped inspire Churchill senior Andrew LaBerge's decision to study calculus next year as a pre-med student; and there was Churchill senior Kathryn Rogala's fifth-grade teacher, David Higer at Kennedy, who was the first to make her believe in herself.

Some teachers made class fun by playing music, making a "boring" subject relevant, using funny voices or telling jokes.

"How does one determine if one teacher is more influential than another?" Franklin senior Anthony Sielicki asked. "It is something that goes beyond the

Many students got to know their chosen teachers through sports, drama, even traveling

together. Sielicki thanked Peg Gage, now retired, his fifth-grade teacher at Cleveland

Elementary. "I still enjoying reading to this day, and I owe it all to Mrs. Gage," he said.

Students also thanked their parents for being there.

"All those hot breakfasts and packed lunches never went unnoticed, Mom," Luke

Knochel said. National PTA president Anna Weselak gave the keynote address before a crowd of more than 400 parents, teachers, students and administrators. She congratulated Livonia's PTSA on its large membership and encouraged members to "keep the vision of our founders."

"Some things are still the same in times of change. Parents still want what's best for their children," she said.

#### STEVENSON HIGH SCHOOL

Lindsay Blackwell honored teachers Michael Corliss, Elizabeth Schuch and Kathy Ladd, all from Stevenson.

■ Mallory Fox honored Russell Keberly, from Holmes Middle School, and Craig Barker and Deborah Mato, both from Stevenson.

Luke Knochel honored David Spellich, Craig Barker and Holly Morrow, all from Stevenson.

■ Kara Piorkowski honored Nelson Sherburne, Denise Makuch and James Gibbons, all from Stevenson.

■ Abigail Wolfe honored Craig Barker, Jason Delo and Michael Corliss, all from Stevenson.

#### CHURCHILL HIGH SCHOOL

Kyle Anderson honored Helene Lusa (retired) from Randolph Elementary, and Reid Friedrichs and Jordan Herron, both from Churchill.

■ Andrew LaBerge honored Lynda Melcher, Ellen Betel and Kelly Eddy, all from Churchill.

■ Megan Maceratini honored Susan Tatro from Churchill, Mary Trotter from the Career Technical Center, and Judy Polce from Kennedy Elementary.

Tiffany Pao honored Robert Upton, Barbara Jones and Joel Meloche, all from Churchill.

Kathryn Rogala honored Michele Czach and Jaye Jackson, both from Churchill, and David Higer from Kennedy.

#### FRANKLIN HIGH SCHOOL

Joshua Billiau honored Lynn Massucci, David Chiola and Jennifer McQuade, all from Franklin.

Cassandra LaPrairie honored Lynn Massucci and Jack Kalousek, both from Franklin, and Cheryl Junk of Grant Elementary.

**■ Laura Marshall** honored

David Bjorklund and Julie Smith, both from Franklin High School and Catherine Harding of St. Michael School. **Kelly Roulier** honored Lynn Massucci and Terri

Bennett, both from Franklin

High School, and Marci Baker of Grant. Anthony Sielicki honored Peg Gage (retired) of Cleveland Elementary, and Molly Evans and Julie Smith, both from

Franklin.



Churchill High School Founders' Day award recipients, from left, Tiffany Pao, Katie Rogala, Andy LaBerge, Megan Maceratini and Kyle Anderson.



TOM HOFFMEYER | STAFF PHOTOGRAPHER

Franklin High School Founders' Day award recipients, from left, Josh Billiau, Anthony Sielicki, Cassie LaPrairie, Kelly Roulier and Laura Marshall.

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#### 5 say they're running for LPS school board p.m. Friday, according to seat, which became available

With two days to go before the filing deadline, five candidates have indicated that they will run for three school board seats in Livonia Public Schools.

Two four-year terms and a one-year term will be decided in the May 8 election. Two candidates, Eileen

McDonnell and Steve Futrell, had filed petitions as of 3:30

Livonia City Clerk Val Vandersloot.

Incumbents Robert Freeman and board President Lynda Scheel have also each said they would seek second terms.

Livonia resident Patrice Mang, a teacher in the Allen Park school district, said she would run for the one-year

when Kevin Whitehead resigned as trustee last week. Futrell, McDonnell and

Mang are part of the group Citizens for Livonia's Future, an organization that formed in the aftermath of the Legacy Initiative restructuring plan and led an unsuccessful recall of five school board members

The filing deadline is 4 p.m.

To be placed on the ballot, residents must gather between 40 and 100 signatures or pay a

\$100 filing fee. Candidates must be registered voters and live in the district.

By Rebecca Jones

## School board sets 'conversation' night

Members of the Livonia Board of Education will host a Community Conversation session from 6-6:50 p.m. Monday, Feb. 26, at the board office on

Farmington just south of Five Mile. The meetings provide a chance for community members to have informal discussions with three or fewer board members and school administrators. Livonia legislators will also be invited to join this session.

Attendees must call ahead to reserve a seat. Contact Suzanne Steffes, executive assistant to the superintendent and board of education, at (734) 744-2510.

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

# Apply by Monday to fill school board vacancy

Qualified voters in the Livonia Public Schools district have until 4 p.m. Monday to apply to fill a short-term vacancy on the Livonia Board of Education. Current school board members will make an appointment this week to fill the

position that was created when Kevin Whitehead resigned Feb. 5 from his position. Residents who are interested must fill out a form that is available at the superintendent's office and at each of the schools. The application deadline is 4 p.m. Monday.

The school board will interview candidates the evening of Friday, Feb. 16, and plans to make an appointment that night, said Suzanne Steffes, executive assistant to the superintendent and board.

As of 3 p.m. Friday, no one had returned an application, Steffes said. The appointee will serve until the results of the May 8 school board election are certified. To be eligible, a person must be a registered voter and resident of the Livonia

Public Schools school district. Property ownership is not a requirement. The board generally meets every Monday for either regular board meetings or for committee meetings, and occasionally schedules special meetings.

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# Event sparks students' interest in science

BY SUE MASON STAFF WRITER

They wrinkled their noses as they took a sniff of the bubbly concoction in the container chef Tony Paquette held under their noses

Using a simple mixture of yeast, sugar and water, Paquette showed students that there's a bit of science even in baking.

"Yeast is a living organism," he told the students. "It's not going to jump out of there, but it's a living organism. To make it grow, all you need to do is give it air, water and food."

Welcome to SPARK (Science Plus Activities Reaching Kids) Day 2007 at Madison Elementary School.

Paquette, head of the culinary arts program at the William D. Ford Career Technical Center, was among 19 science-based activities offered to youngsters in a half-day program, sponsored by the Madison PTA.

Held earlier this month, the program let students explore such things as wild weather and fitness while learning to bake bread and become germ-free. Depending on their interests, they learned about animal training from the Westland Police K-9 officers or had the opportunity to handle a swell shark and touch anemones.

"It's a great opportunity for kids to get some hands-on science knowledge," said Jenny Johnson, who organized this year's SPARK Day with the help of Dorothy Grace and Erica Tenant. This is the 11th year the program has been offered to students and Johnson's fifth year organizing it.

In one room, students felt around for a spike on the tail of a python to determine if it was a male or female with the help of wildlife specialist Nelson Pearson.

Mary Denning of the popular Mary Denning's Cake Shoppe handled the science of baking and joined the National Weather Service, St. Mary Mercy Hospital, Friends of the Rouge River and Tidepool Touch as presenters this year.

"This is the third or fourth time I've done this," said Denning. "It's a great program, but a lot of work. I have setups for 90 students and already have had 50."

The PTA provided \$3,000 for the program, then held a fund-raiser at Max & Erma's "because Tidepool Touch was so expensive". Johnson said

expensive," Johnson said.

And well worth it, according to Jordan
Johnson, who held the shark, his favorite
fish in the exhibit.

"It was sweet, it was fun to hold," Jordan said. "So was the lobster. Every time I held that, it tickled my hand."



PHOTOS BY TOM HAWLEY I STAFF PHOTOGRAPH

Madison Elementary second-graders Kendra Stover (from left) and Jordan Johnson and first-grader Alfredo Vivar had the opportunity to touch and pick up a swell shark which was part of Tim Joslyn's Tidepool Touch exhibit.



Karley Buford (left) and Anna Perez work on their tops made by students in the construction technology program at the William D. Ford Career Technical Center.

Fourth-graders

Teaching assistant Mike Koelzer brought four students from the Career Technical Center's construction technology class to help students assemble tops.

Career Tech students had made the pieces, but it was the youngsters' jobs to glue them together and sand them before finding a piece of tile floor to try them out.

Next door, youngsters worked with electric circuits, creating burglar alarms and making lights turn on, while across the hall students on the auto technology program where talking engines. They also brought a few props – their award-win-

ning Innovative Vehicle Design car, Thunderbolt II, which sat in the hallway, and their race car whose engine could be heard being revved in the parking lot.

Those too old to participate in the classes stood at the doors watching the learning taking place.

One of the guests was Sally Perkins, director of elementary education in the Wayne-Westland Community Schools.

"This is a nice program and excellent experience for them," she said.

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# Organizers move relay to new park

BY DARRELL CLEA

Westland will host its seventh Relay for Life to help the American Cancer Society, although the event will be yanked from the partially contaminated Central City Park.

This year's event will be moved to Jaycee Park at Wildwood and Hunter. It will feature such activities as bands, children's games, a celebration of people who beat cancer and a solemn remembrance of those who didn't.

Relay for Life will be relocated due to the closing of Central City Park, a former Wayne County dump site that contains lead and other contaminants. The site has been closed as the Michigan Department of Environmental Quality plans to conduct a more thorough environmental analysis that could lead to cleanup efforts.

The move to Jaycee Park will put Relay for Life in a more residential area.

But Westland City Councilman Michael Kehrer, the event's public relations director, said efforts will be made to disrupt the neighborhood as little as possible.

The 24-hour event will start at 10 a.m. Saturday, June 9.

"I want everyone to know that we're being neighbor-sensitive, because we know that we're in more of a residential area than we were at Central City Park," Kehrer said. "We will try to keep activities down after 11 p.m."

A stage where bands perform will face south, away from nearby homes, and nighttime events will have minimal lighting, Kehrer said.

"We're taking every precaution we can to keep the noise and lighting levels down for the neighbors," he said.

Even so, Kehrer held out hope that many neighbors may actually decide to visit the Relay event, because "we want it to be a nice time for everyone."

City leaders didn't want to cancel Relay due to the closing

of Central City Park.

"Westland citizens are serious about raising funds for treatment and, ultimately, finding a cure, and Jaycee Park is a fantastic venue to hold the event," newly appointed Mayor William Wild said. "The park's wooded landscape is actually more

conducive to camping."

He plans to organize a team called Take A Walk On The Wild Side – a nod to the early 1970s song by rocker Lou Reed.

During the event, Relay teams will take turns walking or running laps around the park.

Holly Soranno, community representative for the American Cancer Society, said this year's goal is to raise \$100,000. That would mark a \$6,000 increase over last year's \$94,000 total.

Soranno is hopeful that 35 Westland teams will be formed – each with 10 to 15 members.

An average team raises about \$1,000, but some teams raise as much as \$30,000, she said.

To sign up, go online to www.acsevents.org/relay/mi/w estland or call Soranno at (734) 483-4359. She also can be reached by e-mail at holly.soranno@cancer.org.

"I can help people organize a team or give them fund-raising ideas," she said.

Meanwhile, the public is invited to a Relay kickoff meeting scheduled for 6:30 p.m. Thursday, March 22, at the AMVETS Post 171, located at 1217 S. Merriman in Westland.

"It's an informational meeting for anyone who might be interested in getting involved," Soranno said.

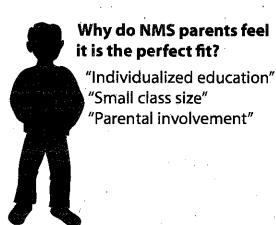
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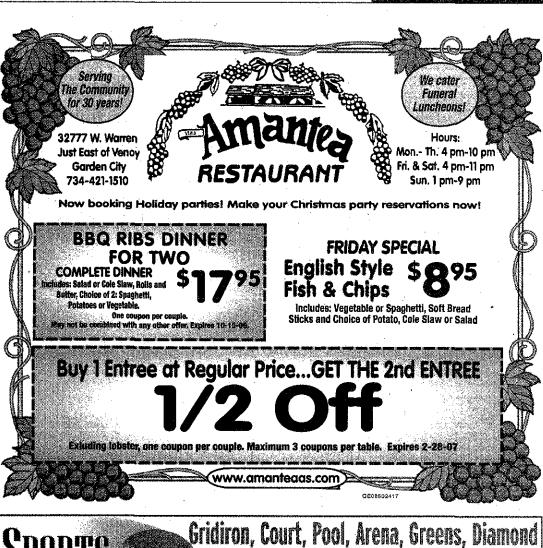
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# City, schools already sharing services

BY DARRELL CLEM AND SUE MASON STAFF WRITERS

Westland already has worked toward Gov. Jennifer Granholm's vision of having local governments combine resources to cut costs, Mayor William Wild said Friday.

"We're pretty proactive," he said.

Granholm has proposed a \$27.2 million increase for cities, townships and villages that show "meaningful efficiencies"

by sharing services Wild remains hopeful that cities like Westland will be rewarded for steps it already has

taken to become more efficient. City Finance Director Steven Smith provided Wild with a few examples:

Westland already works with Garden City, Wayne, Dearborn Heights and Inkster on an 800 megahertz emergency radio system. The tower is located in Westland, and all five communi-

ties share maintenance costs. Westland has a joint dispatch system with Inkster. Westland

If paying a few cents more for

services will help straighten out the state's budget problem, and

if it will help Michigan recover

Conway said, "I don't think it's

posal, consumers would pay a

\$5 tax for \$250 in auto repairs,

70 cents for a \$35 greens fee on

golf courses, \$1 for a \$50 cable-

Jim Romppainen, owner of

TV bill and \$20 for a \$1,000

Bob & Jim's Auto Service in

2-percent tax to their cus-

Westland, predicted that most

"I heard a couple of cus-

tomers this morning grum-

bling about it," he said. "I pre-

sume it's a bad start because

you can never get rid of taxes

"We've never had a tax

before on labor," Romppainen

said. Even so, he said, "I don't

think it will have too much of

Chamber of Commerce presi-

will likely pay the extra money

dent, said most consumers

an impact. People will still

Lori Brist, Westland

have to get their cars

repaired."

once you have them.

businesses will have to pass the

According to Granholm's pro-

from an economic mess,

too much to ask.

attorney's fee.

FROM PAGE A1

houses the system and bills Inkster for its portion.

Observer & Eccentric | Sunday, February 11, 2007

Westland and the Wayne-Westland Community Schools District already share the cost for a police officer at John Glenn High School.

Westland and the cities of Garden City, Inkster and Wayne already work together for the Nankin Transit Authority, which provides transportation services for the elderly and handicapped.

Five law-enforcement departments - Westland, Garden City, Wayne, Inkster and the Wayne County Sheriff's Department pool crime-fighting resources through the Metro Street Enforcement Team. The unit is self-funding from forfeitures, such as property from drug dealers.

Westland already has a mutual-aid agreement with surrounding communities for

emergency services. If the state adopts Granholm's plan to reward communities for working together, Wild said, "I'm hoping we'll get credit for what we're already doing. As

long as the governor is going to reward the cities that have been proactive, I think the city of Westland will be OK."

In education, Granholm has proposed a \$178 increase in perpupil state aid, and she has asked that school districts, like cities, share and consolidate services at the county and regional level.

Included in her budget is a one-time, \$10 million incentive funding for districts that consolidate business services, administrative personnel and instructional services within districts.

Districts that don't meet those "reasonable expectations" would face penalties in next year's budget. The Wayne-Westland

Community Schools has been working cooperatively to keep costs down, forming consortiums to purchase fuel and utilities and to provide special and vocational education.

According to Wayne-Westland Superintendent Greg Baracy, the district at first blush is well-positioned to benefit

from the incentives with all that has been done to trim expenses.

"Until we see the actual nuts and bolts, but it appears we're in a position to fare well," he said. "We could finally get recognition with compensation for all the

school board has been "very prudent" and has provided direction in "pursuing cost savings any where we can" without hurting the educational program.

"I'm cautiously optimistic," he

In dealing with this year's shortfall in state school aid, the governor has proposed a change in the Public School Employees Retirement System by averaging the cost to districts over three years rather than the current five. It would save \$185 million.

"It's a little disturbing that there's not something more the problem," Baracy said. "We're all fighting for our lives and this is survival time."

### **AROUND WESTLAND**

#### Pancake breakfast

The Westland Jaycees will be having a pancake breakfast at the Applebee's on Warren Road at Central City Parkway 8-10 a.m. to Saturday, Feb. 24.

Tickets are available for \$6 and this will include all-youcan-eat pancakes, meat and juice. To purchase tickets or for more information, call the Westland Jaycee hotline at (734) 226-0400.

Proceeds from the event will benefit Community Hospice of Westland.

#### **Coffee Hours**

State Rep. Richard LeBlanc, D-Westland, will hold his local coffee hour 9-10:30 a.m. Monday, Feb. 12, at the Westland Big Boy Restaurant, 6360 N. Wayne Road at Hunter, Westland.

Citizens are welcome to discuss their issues and/or concerns with LeBlanc who holds a local coffee hour the third Monday of each month.

State Sen. Glenn Anderson, D-Westland, will hold a district coffee hour 9-10 a.m. Monday, Feb. 12, Westland Big Boy Restaurant, 6360 N. Wayne Road, Westland. Anderson will have information regarding the state's budget crisis available for any interested individuals. Constituents who would like

to address an issue with the senator but are unable to attend may contact him by mail at P.O. Box 30036, Lansing, MI 48933, by telephone at (517) 373-1707 or by e-mail at

SenatorAnderson@senate.com

#### Swearing in

The public is invited to a swearing in ceremony for new Westland 18th District Judge Sandra Cicirelli at 6 p.m. Thursday, Feb. 15, at the city of Westland's senior citizen Friendship Center, 1119 N. Newburgh.

A reception also is scheduled. Judges are encouraged to bring robes.

#### Special events

In recognition of February as American Heart Month, CVS Pharmacy at 6501 N. Wayne at Hunter is hosting a Healthy Heart Event 3-6 p.m.

sure and cholesterol screenings

The CVS Pharmacy at 1750 S. Wavne at Palmer will offer the Healthy Heart Event 3-6 p.m. Tuesday, Feb. 20.

#### Presidents Day Dinner

The Garden City and Westland Democratic Clubs will present a Presidents Day Dinner Monday, Feb. 19, at the Harris Kehrer 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.

#### Vehicle auction

The Department of Public Service will hold a surplus vehicle auction 9 a.m. Saturday, Feb. 17, at its facility at 37137 Marquette, just south of Ford Road. A wide selection of items, including former city vehicles, automobiles from the street enforcement team for the Westland Police Department, clothing, computers and other electronics will be auctioned off. Viewing starts

#### Mentoring program

The Lutheran Church of Our Savior in Westland is sponsoring "Educating Youth Through Mentoring" as part of its African American History Month in February.

The featured speakers will be Christopher Lindsey, principal of the Academy of Westland, at 7 p.m. Feb. 15, and Kay Williams-Hales, principal of Winship Elementary School in

attend. The Lutheran Church of Our Savior is at 29425 information, call (734) 728-

#### Euchre games

The Wavne Ford Civic League, at 1645 N. Wayne its co-ed baseball league 10 a.m. to 1 p.m. every Saturday, which ever comes first.

T-Ball players (ages 4-6) and Coach Pitch players (ages 7-8) cost \$65 per player, Mustang players (ages 9-10) cost \$80 per player. There is no residency fee charged for children living outside Westland and no fund-raising requirements associated with this year's pro-

Managers, coaches and umpires are always needed. Online registration forms can be obtained at www.wayneford.org/youth/youth.html.

#### Valentine fun

The Westland senior citizen Friendship Center is inviting entertainment during a Valentine's Day party 1-3 p.m. Wednesday, Feb. 14.

The afternoon will include Neil Diamond songs performed by David James & Talent Live Studios and other musical surprises. Hors d'oeu-

located at 1119 N. Newburgh. Tickets are \$5 for members and \$8 for guests. For more information call (734) 722-7632.

#### Churches meet

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

Westland churches whose aim is to provided for the needy in the Westland community. For more information, call (734) 326-3885.

at 8 a.m.

Detroit, at 7 p.m. Feb. 22. The public is invited to

Annapolis, Westland. For more 3440.

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. 16. For more information, call (734) 427-5150.

#### Baseball registrations

Road, Westland, is registering children ages 4-10 years old for Feb. 10 through April 14, 2007 or until all the teams are filled,

local seniors for fellowship and

vres and sweets will be served. The Friendship Center is

good things we're doing." Baracy added that that the

long-term to structurally correct

Candice Radziewicz, who owns

service tax to her customers - at

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

Jan's Pet Grooming on Five

wouldn't pass the 2-percent

least not right away. She esti-

mated the tax would cost her

"For a small, independent

She said the tax would make

That's another piece of paper

a visit to her accountant more

that he's got to fill out for me,"

services will be taxed as well,

she said. Plus, the accountant's

Dan Morris, owner of Dan

Plymouth Road in Livonia, sees

"We're going to be taxed,

I know that," Morris said.

for the state, Morris said,

always seems to be there's

because Michigan is in trouble.

Granholm's worker-retrain-

ing program could be a boost

because "if people leave the

state, there go the dogs, too."

Morris Dog Training on

both sides of the issue.

business like mine, it is a lot,"

shop \$240 a month.

Radziewicz said.

costly, too.

she said.

Mile in Redford, said she

TOM HAWLEY | STAFF PHOTOGRAPHER

Secretz Salon stylist Jeannie Asimakis (left) and her assistant Pat Pivarchy (right) start to color Lisa Leix's hair. Asimakis hopes that a proposed tax on services, including haircuts, won't cause the salon to lose business.

for movie tickets or concerts. "I think people are going to just pay that, even though the price of a movie ticket is high already," she said.

What worries Brist is that customers may cut back on certain luxuries. They may go to a hair salon for a haircut but decide to color their hair

at home. "If it's not a necessity, I'm afraid that an additional tax might have a negative impact

GREEK

on the service industry," Brist

governor's proposal, Brist said

"I think the most important thing that has to be done is to find a reasonable replacement

In other communities,

Whatever happens with the

for the Single Business Tax," she

#### she is hopeful that there will be a fair way to replace revenues lost from the expiring Single Business Tax.

Sterling Heights

Taylor

Worren

Westland

Wyandotte

· Troy

Staff writers Matt Jachman and Alex

on. ... When's it going to stop?"

Lundberg contributed to this report. dclem@hometownlife.com

(734) 953-2110

#### However, Morris added: "It something you're being taxed

Wednesday. Feb. 14. Stop by for free blood pres-

or pick up a free HeartBeat Resource Book containing product offers worth more than \$215 and important health information.

#### WESTLAND POLICE DEPARTMENT

The following vehicles have been deemed abandoned and will be sold at public auction February 20, 2007 at 11:15 AM. The auction will be held at Westland Car Care Towing, 6375 Hix Rd., Westland, MI 48185. The vehicles will be sold as is, starting bid is for towing and storage.

IKAR	MAKE	MODEL	RODI	ATIA#
1995	FORD	PROBE	2-DR	1ZVLT20A8S5102710
1995	EAGLE	VISION	$2\text{-}\mathrm{DR}$	4E3AK4YXSE050800
1997	FORD	TAURUS	$4\text{-}\mathrm{DR}$	1FALP52U9VG166852
1970	CHEVY	PICK UP		CE140S134956
1991	DODGE	SPIRIT	4-DR	1B3XA46KXMF691456
1990	PONTIAC	SUNBIRD	$2\text{-}\mathrm{DR}$	1G2JB14K4L7575525
Publish: February 11 & 15, 2007				OE08 <b>5</b> 05668
		, , , , , , , , , , , , , , , , , , , ,		

CITY OF WESTLAND

NOTICE OF PUBLIC AUCTION

On FEBRUARY 20, 2007 the Westland Police Department will

conduct a public auction of impounded, abandoned vehicles. The

auction will begin promptly at 11:00 am at Westland Car Care,

6375 Hix Rd., Westland, MI, County of Wayne, where the following

vehicles will be offered for sale to the highest bidder:

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#### 1LNLM91V2SY640288 1995 Lincoln Mark VIII/2 Dr Beige 1G2WJ12M0TF260403 Pontiac 1996 Gr Prix/2 Dr Black 2G1WL52M8S1188099 1995 Chevy Lumina/4 Dr Silver 1FALP6241RH167631 1994 T-Bird/2 Dr Ford Green 1FALP52U1VG264953 1997 Taurus/4 Dr Ford Red 1998 Cherokee/SW 1J4GZ88Z9WC120595 Silver Jeep 2G2FS22SXP2212089 1993 Pontiac Firebird/2 Dr Green Tempo/4 Dr 1989 Silver 1FAPP37X4KK115261 Ford 1988 GMC Blazer/SW 1GKCT18ZXJ0519995 White Escort/4 Dr 1FALP13P9VW147306 1997 Ford White 1992 Century/4 Dr 1G4AH54RXN6474833 Buick BlueCavalier/2 Dr 1G1JC1248VM162601 1997 Chevy White 1G8ZH5286VZ408080 1997 Saturn 4 Dr Gray Ram/Van 2B6HB21X1RK561151 Dodge White Caprice/4 Dr 1G1BL53E8PW135683 1993 Blue Chevy 1996 Dodge Neon/4 Dr Green1B3ES47C5TD687384 Cavalier/2 Dr 1G1JC1249Y7392862 2000 Chevy Blue 1994 1FAPP31X8RK188247 Ford 2 DrGreen1993 Crwn Vic/4 Dr 2FACP73W2PX164899 FordBlack 1995 Intrepid/4 Dr 1B3HD46T0SF586099 Dodge Black 1997 Ford Escort/4 Dr Black 1FALP13P7VW372324 1996 Corsica/4 Dr 1G1LD55M9TY175436 Chevy Maroon 1992 Tracer/4 Dr Gold 3MAPM10J6NR620781 Mercury

Pontiac 1993 Grand Am/2 Dr · White 1G2NW14N0PC785746 All vehicles are sold in "as is" condition. Bidding on all vehicles will start at the amount due for towing and storage. Vehicles may be deleted from this list at any time prior to the start of the auction.

Blue

Black

1FALP52U1SA154645

1G1JC1448R7161885

1ZVCT20A4P5203945

QE08505640

1FMYU60E81UC62389

30 DAY NOTICE OF AUCTION

Due to unknown ownership, 30 day notice is hereby given that the vehicle(s) listed below will be auctioned after MARCH 13, 2007 unless it is claimed by the owner prior to that time.

YEAR MAKE BODY STYLE COLOR 1993 Ford Probe/2 Dr Black Explorer/SW 2001 Ford Tan

Taurus/4 Dr

Cavalier/2 Dr

Publish: February 11, 2007

1995

1994

Chevy

#### **CHURCH**

FROM PAGE A1

growth so they can become better citizens and healthy citizens. I respect pastor McClendon's vision very much."

The church's staff conducted a survey in 2001 to determine community needs. Now, it appears that grant dollars, bank loans and a fund-raising campaign will finally bring in the dollars needed for the \$1.5 million center.

The church and its staff members and volunteers desperately need more space. Often working with other agencies, they provide such services as a food bank; personal and marital counseling; transportation for church activities; clothing and toys for children who lack them; assistance for families whose utilities have been shut off; winter clothing for senior citizens; and a support group for grandparents who are raising grandchildren.

The church helps homeless people find shelter, and it works with the Lighthouse Mission Warming Center, housed at Full Gospel Temple on Palmer Road, to help the hungry find shelter and a hot meal.

During warm months, Christ Temple's youngsters participate in a summer camp in which they lend a helping hand to senior citi-

With the new community center, McClendon hopes to expand services, such as providing transportation for seniors who need help getting to doctor appointments or the grocery store. He also said the new facility is expected to include an Oakwood Healthcare office, a library, classrooms, a conference room and administrative offices.

McClendon and his wife, Mary Frances, graduated from Western Michigan University. A father of two, McClendon also studied for his theological credentials through Aenon Bible College in Indianapolis. He taught school in Detroit, worked as an analyst for Ford Motor Co., and served as a chaplain for the Michigan

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**50%** off

**50%** off

Orig. \$38, sale \$19. 🗪

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jewelry. Choose from a selection of earrings,

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pendants and more. Orig. \$60-\$350,

sale \$24-\$140. Excludes Fine Jewelry.

Orig. \$36-\$48, sale \$18-\$24.

Department of Corrections - all before he began devoting his life to full-time pastoral ministry.

"I studied the Bible and observed what Jesus did, and how He ministered to people and their needs," McClendon said.

His latest vision for a new community center has been embraced by the Southeast Westland Homeowners Association, a longactive citizens group.

"We consider this a positive thing, and we are happy that they have chosen our community," said Reasther Everett, the association's area representative. "We are happy with this decision, and we are hoping they will have much success in their venture. We're looking forward to it."

For more information about Christ Temple Apostolic Faith Church or its services, call church-community liaison Glaynda Wright at (734) 444-7293, (734) 326-7360 or (734) 326-3833, Ext. 3. The church also has a Web site, www.christtempleafcw.com.

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

**WEDNESDAY, FEBRUARY 14** 



stores open

wednesday at

The Rev. Luke McClendon stands outside of the church where a two-story community center is planned. The Christ Temple Apostolic Faith Church started at its current location in 1950.

#### PAPERS

FROM PAGE A1

others, including the Westland Planning Commission, if he had known about it.

"That's my duty," he said. "I just did not have that information.'

DeHart also acknowledged that the 2005 report wasn't given out to Maida Woods critics when they filed a Freedom of Information request. She said that specific project wasn't up for consideration when the report was written. She said the FOI requests referenced Maida Woods specifically.

Ultimately, in an effort to help planning officials and citizens, alike, DeHart said the confusion has prompted her to change the way she will handle such issues.

"In the future, I will change policy and copy the planning department on all MDEQ reports and information whether or not there is a

#### A study session to discuss a revised site plan by developers is scheduled for 6 p.m. Monday at City Hall.

pending development on the site," she wrote.

Maida Woods critics viewed it favorably that more information will be shared from

now on. "We view this as a positive thing for the future," said Jim Rubasky, president of the Westland Homeowners

Committee for **Environmental Conservation** and Smart Growth.

The statements by Thompson and DeHart came as the council prepares for a new round of talks about the Maida Woods project. A study session to discuss a

revised site plan by developers is scheduled for 6 p.m. Monday at City Hall. Developers have said the Maida Woods site contains 1.5 acres of regulated wetlands. Critics question that

assertion and have asked the state to conduct a new analysis of the site. Critics have said discussion

about the project should be shelved until the dispute is resolved.

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One Day Sale prices effective Wednesday, February 14, 2007, unless otherwise indicated. No price adjustments for previously purchased clearance merchandise Clearance and incredible Value merchandise is excluded from Entire Stock offers. Regular and original prices reflect offering prices in effect during the 90 days before or after this sale, but not necessarily during the past 30 days. Savings may not be based on actual sales. Intermediate markdowns may have been taken. Merchandise, style and color availability may vary by store. Sorry, no mail, phone or internet orders. [13479A]

# Scouts bake up a sweet auction

BY SUE MASON STAFF WRITER

Imagine owning the Stanley Cup for \$10? How about a castle with four towers for \$40 or a piece of the great outdoors for \$34?

It was possible at Cub Scout Pack 865's annual cake auction last week.

More than 30 cakes, made and decorated by the Scouts and their dads or significant male, were sold to the highest bidder in an auction that rivaled an evening at Christie's Auction House.

More than 35 of the palatetempting creations were on tables in the gymnasium of Hamilton Elementary School, there to be cohed and aahed over by Cub Scouts and their families.

"Boys, you can look at them all you want, but no touching, no tasting," cautioned Den Leader Rachel Smith.

The cake auction is an annual event for the pack. According to Smith, the pack's Wolf dens are in charge of the meeting and organizing the event. The money raised is used for things like patches and camp expenses.

"It was a huge success and we made \$743," said Smith "We beat our total from last year."

In addition to being auctioned off, the cakes also were judged with certificates awarded in 10 different categories

Westland Assistant Mayor



Receiving certificates for their cakes were Skyler Griffith (back row, from left), David Cooper, Nick Anderson, Jarron Holloway, Nick Tieppo, Luke Hausch, Paul Grauzer (front row, from left), Jacob Clark, Brenden Smith, and Donnie Flamini.

Courtney Brown, Donna Lochrie, director of secondary school development in the Wayne-Westland Community Schools, and Wayne Memorial High School student Josh Bradley had the task of pick-

ing the 10 winners.

The categories included the most realistic, most detailed, yummiest looking, funniest, most patriotic and biggest.

The toughest choice, according to Lochrie was the most patriotic.

Once the judging was done the auction was on with the bidding fast and sometimes furious.

"Did she tell you the bidding starts at \$100?" asked auctioneer Scott Spanos, the Cubmaster in real life, as he entertained bids for Brenden Smith's castle cake. It ended up selling for a hefty \$40.

"I got the design off the computer, I looked up online," said the 7-year-old.

Fellow Scout Paul Grauzer

wasn't so high tech in coming up with his idea for a baby blue guitar cake. He has a guitar at home.

"We all worked on it," said his mom, Christi. "My husband baked and Paul did some of the blue stars on top."

For many Scouts, the bidding is aimed at winning the cake they brought in, but Paul had his sights set on an NFL football cake for his dad for his birthday. Unfortunately, his mom pulled the plug on



A dirt cake complete with Gummi worms garnered the highest bid - \$54.

his bidding when it hit \$30.

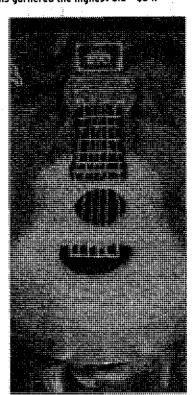
And the floor of the New York Stock Exchange couldn't match the clamoring for a piece of the great outdoors cake that sold for \$34.

But the big winner was a dirt cake made in flower pot and complete with Gummi worms. It sold for \$54. The happy bidder? Brenden Smith.

There also was a yellow skateboard with doughnuts for wheels and Lifesaver candies for hubcaps, a giant tiger paw, a bowling pin and bowling ball cake and a chocolate cake decorated with handmade white and chocolate Cub Scout emblems.

"They have a lot of fun making their cakes and then waiting patiently or impatiently to have their cake bid on," Rachel Smith said. "It gives them an opportunity to spend time with their dad and be creative, and the cakes are always something to see."

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



Elvis wasn't in the building but a guitar created by Paul Grauzer and reminiscent of the pop star was.

#### INFORMATION CENTRAL

## Dream On

You're running toward the edge of a cliff as fast as you can, and right before you plummet thousands of feet to the ground below, you suddenly spread your arms and soar into the

We have all had the flying dream, the naked dream, and the inability-toget-out-of-the-way-of-danger nightmare, but what exactly do they all

Dream interpretation has been a part of society for thousands of years and is discussed in ancient manuscripts such as early Greek texts, the Bible, and The Epic of Gilgamesh.

For a slightly more recent examination of the topic, Sigmund Freud in his work, *The Interpretation of Dreams*, expresses his belief that what a person dreams is indicative of his unconscious wishes. Carl Jung, deviated slightly from Freud's beliefs by proposing that dreams serve as compensation for those things a person lacks in life.

Did you know, according to Julia and Derek Parker in *The Complete Book of Dreams* that dreaming of a diamond can be interpreted differently than if the stone in the dream was a crystal?

In Fontana's *The Secret Language* of *Dreams*, he claims that excessive dreaming of the color orange can be interpreted as a symbol of hope and well-being.

For someone who is curious about the theory of dream interpretation but does not want to read something as technical as Freud, *The Dream*Sourcebook provides a solid overview
of the topic in plain language with
some samples of interpretation as

Whether or not you believe in the art of interpreting dreams, it can be fun to look through the dream dictionaries and see what they reveal about some of your craziest thoughts during sleep. Who knows? You may just learn that the earwig you dreamed about last week is actually symbolic of impending doom for future family relations!

Whatever your interest, the Library has resources to get you started. Come visit us at 6123 Central City Parkway, or call for more information at (734) 326-6123. And you can always visit us online at westland.lib.mi.us.

#### Highlighted Activities Teen Advisory Board meeting: 7

p.m. Feb. 13.
Join other teens and have your say in helping to select books, programs and prizes for teen activities. All sixth-12th graders are welcome.

Understanding Fibromyalgia: 7 p.m. Feb. 26.

Join Dr. Brian Brackney of The Doctors' Speaker Bureau as he talks about safe, effective and natural afternative methods for addressing Fibromyalgia and chronic pain symptoms

Information Central is compiled by Mary Beth Fixler of the William P. Faust Public Library, 6123 Central City Parkway, Westland. For more information, call (734) 326-6123.

## Dunkin' Donuts honors those who help Red Cross

Dunkin' Donuts is saying thank you to the American Red Cross in Michigan.

The doughnut maker is holding American Red Cross Appreciation Days in Michigan Wednesday, Feb. 14, through Wednesday, Feb. 28.

On Wednesday, Feb. 14, all American Red Cross employees and volunteers in southeast Michigan will receive a coupon for a medium, freshly brewed coffee or a small hot chocolate.

In addition to the volunteers and workers being recognized, between Feb. 14 and Feb. 28, all blood donors (or who attempt to give blood) at any of the area American Red Cross blood donor centers will receive the same offer coupon.

The coupons are redeemable at any participating Dunkin' Donuts locations throughout Michigan while supplies last. The American Red Cross appreciation days are the sixth in a series, between now and December, where Dunkin' Donuts serves those who serve their community and thanks the area's hard working, dedicated individuals who keep America running.





#### **WAYNE MEMORIAL HONOR ROLL**

Named to the honor roll for the second marking period at Wayne Memorial High School

Amanda Abu-lawi, Nur Abu-lawi, Anthony Adams, Jonathan Adams, Ambrosha Adkins, Ammer Ahmad, Muhammad Ali, Tiffanie Allen, Lynn Alves, Jessica Amburgey, Amirul Amirudin, Christopher Anderson, Jasmine Anderson, Sergio Anderson, Lamont Archer, David Arnold, Autumn Askew, Brittanie Askin, Ashley Atterberry, Caitlin Badrak, Amanda

Michael Bailey, Shirelle Bailey, Georgia Baker, Kailey Baker, Kelsey Baker, Matthew Baker, Cara Ball, Alexander Balli, Jacob Barnes, Joshua Barnett, Jessica Barrett, Rachael Barton, Jeremiah Bauder, Paige Bawcum, Samantha Bawcum, Jordan Beaudoin, Berlynn Beaver, Schuyler Benjamin, Hailey Benton, Cynthia Berean, Madelynn Bevill, Ryan Bird.

Brooke Bishop, Brandie Bishop-Stacker, Fawna Black-Cicotte, Shereen Blair, Colleen Blake, Chelsea Blamer, Jessica Blanchard, Brittany Blanton, Kelsey Blevins, Kristina Boeck, Shayna Bono, Danielle Borg, Danielle Boston, Deanna Boston, Nicole Bouren, Joshua Bradford, Joshua Bradley, Yolanda Bray, David Brooks, Chante Browder, Andrea Brown.

Jackson Brown, Jason Brown, Rickelle Brown, Jonathan Bryant, Samantha Buglione, Deborah Burden, Brittani Burroughs, Christopher Burtraw, Dakota Butler, Domonique Butler, Alaina Butner, Cheisea Cahill, Megan Callahan, Lindsay Callender, Antwain Calloway, Cody Campbell, Corey Campbell, Danielle Capraro, Jorge Carmelo, Samantha Carrier.

Arlene Carter, Amber Rose Cassidy, Paolo Miguel Catalla, Charles Cathey, Keana Cathey, Clinton Cavanaugh, Kimberly Chau, Kristine Chau, Melissa Chesnut, Lindsay Chmiel, Jonathan Choate, Lorina Clardy, Taylor Clark, Ashley Cole, Michael Cole, Alexandra Coleman, Jedadiah Compau, Megan Connolly, Nova Connolly, Heather Copeland, Christopher Coscia.

Krystle Crandail, Anna Crawford, Ryan Crayne, Matthew Cretens, Daniel Crummey, Daisy Cruz, Ruth Cuevas, Linette Cuevas-Zuniga, Patrik Culey, Stefanie Curcuru, Christopher Curl, Patrick Dani, Heather Daniels, Brittany Davis, Brittney Davis, Richard Davis, Sheena Davis, Jennifer Dawson, Amber Decker, Brittany Demaray, Hayden Derr, Christopher Dewaelsche.

Briana Dewyer, Kyra Dewyer, Erina Dinkollari, Erica Dishon, Jordan Dottor, Elizabeth Douglas, Alyssa Draper, Kelsey Drennen, Rajat Dua, Chance Dunigan, Samantha Dye, Jessica Eaves, Brandee Eckford, Ashley Elliott, Kevin Erdmann, Javeair Ester, Kenneth Ester Jr, Irishia Evans, Kherre Fairbanks, Marian Farmer, Antwanetta Fauik, Heather Favazza,

Amanda Fill.

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Robert Woodson, Joi Woolfork, Natalie Yambrick, Joseph Yodsnukis, Torri York, Krystle Youmans, Joshua Zerafa, Jack Zimmerman and Megan Zuccaro.

Katherine K. Samuel, all of Livonia;

# Roberts is Village's residential manager

The Village of Westland Senior Living Community has appointed Nancy Roberts as its new residential living manager.

In her new role, Roberts is responsible for overseeing leasing and marketing, community outreach and educating residents, families and the local community about senior living options.

Roberts brings a wealth of experience to The Village of Westland, including 15 years in real estate and more than five years in Property Management with Home Properties.

The Village of Westland Senior

Living Community of Presbyterian Villages of Michigan. Located on 23 acres, the Village provides apartment living, assisted living and respite care services.

Presbyterian Villages of Michigan is a faith-based, nonprofit, multi-site system that has served seniors of all faiths since 1945. It currently has 18 senior living communities, sponsors community outreach and health ministry programs, and home health care.

Log on to their Web site at www.pvm.org.









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of Livonia; Lauren Adlof and Hannah Good of Plymouth; Katie Kipfmiller of Flat Rock; Samantha Barber and Kayla Stockdale of Westland, and Michaela Van Patten of Howell.

High honors - Tod Bartholomew, Rachel Purdue, Robert Russ, Michael John Cvr II and Claire E. Wood, all of Westland: Erin Henkel, Kurt Metzger,

Kathryn Stauch, Crystina Gutierriez and Katherine M. Cromwell, all of Livonia; Eryn Van Patten of Howell,

Redford; Scott Hoff, Brandon Rader, Ryan Jones, Rebecca Markham, Lindsay Bushong, Abby Hoff, Katie Markham, Brandon S. Barnum and

Lauren La Manna, Carole G. Beckler and Kyle Tacia, all of Plymouth; Brandy Nocella of Monroe; Andrew Falk, Aaron Howell, Eric Schaffer, Marrissa Stalker, Lisa Algrim and Anna E. Schaffer, all of Westland.

and Kimberlee King of Plymouth. Honors - Jeremy Elias of

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# More options are available for socially responsible investment

When it comes to investing, I have some pretty strong beliefs in how the money should be invested. I do not want to invest in companies that do not have a good environmental record. Do you have any suggestions on how I should invest my money?

The type of investments you want to look for are typically referred to as socially responsible. In the past, it was difficult for investors to invest in a socially responsible manner, as there were only a few investment options available. In addition, these investment options often underperformed the market. However, that is no longer the case. Socially responsible investing has matured and now there are many good viable investment alternatives.



Money **Matters** 

Rick Bloom

Socially responsible investing has become a very broad area. Therefore, anyone who is looking at being a socially responsible investor needs first to determine what they consider socially responsible. As an example, there are some mutual funds that are socially responsible in the fact that they will only invest in companies that have good environmental records, while other funds define socially responsible as companies that do not have interest in

alcohol, tobacco or the gaming

industry. When you invest in a socially responsible manner, it is important that you do not forget the basics of investing and that is you need to look at the performance of the investment along with cost and fees. In the past, a socially responsible investor was always willing to give up return to accomplish their social goals. However, that is no longer necessary. Socially responsible investors can invest in investments that have solid returns.

The best Web site I know of to search for socially responsible investments is www.socialfunds.com. This site is very educational and has a wealth of information regarding socially responsible investing.

My recommendation is that you use this site as a guide to help you build a balanced and diversified portfolio. Good luck!

I heard that it is possible to receive your credit report for free. Is this true and if it is, do you know where I should go?

You are correct that you can receive your credit report for free. A couple of years ago, pursuant to the Fair and Accurate Transaction Act, individuals are now allowed to obtain free copies of their credit reports from each of the major credit bureaus once a year. To request a free copy of

Socially responsible investing has matured and now there are many good viable investment alternatives.

your credit report, all you need to do is either go to www.annualcreditreport.com or call (877) 22-

There are three major credit reporting agencies: Equifax, TransUnion and Experian. You are entitled to one free credit report from each of these companies every 12 months. My recommendation is that you do not request a free credit report from each of these companies at the same time. I think it makes sense to spread the receipt of your credit report out throughout the

I have seen many advertisements on the internet and on TV regarding free credit reports. Unfortunately, there are strings attached with most of these offers. The only agencies authorized under the Fair and Accurate Transaction Act to provide free credit reports are listed above. All the other organizations are going to have some strings attached.

If you find that there are errors on your credit report, then it is important that you do something. Under the Fair Credit Reporting Act, you and I as individuals have rights to have incorrect information on are reports corrected, however, it is a frustrating process. My belief is that it is worth going through the frustration because in today's world credit reports are just not used just to determine whether you can borrow and the cost of borrowing or not, but also they have other effects. As an example, credit reports are now used by employers in determining whether someone should receive a job and also by automobile insurance companies to determine your premiums. Therefore, I believe it is important to review your credit report on a regular basis to make sure it is accurate.

If you are looking for more information regarding your credit report and correcting it, a great place to go is the Federal Trade Commission's Web site. Its Web site, www.ftc.gov, is an excellent resource.

One last note — when you receive your credit report, it does not include your credit score. Many of us over the last few years have become familiar with our credit score, which is typically between 300 and 900. The free credit report through www.annualcreditreport.com does not offer this service. Good luck!

Rick Bloom is a fee-only financial adviser. Observer & Eccentric readers can submit questions at moneymatters@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

# Here are some warming thoughts about the chill

It's so cold, the car windshield deicer fluid froze.

It's so cold, the heating wires on the back window of the car won't melt the

It's so cold, the wispy thin layer of snow on the sidewalk won't disappear under the "heat" of the mid-day sun.

Have you noticed that it's cold out late-

I like the cold way better than I like the heat. When it's cold out, I still feel like moving, even if it's just to generate some

personal heat. But when īt's hot, I just lay around like a lizard.

But this is beyond cold. This is kind of like what you would encounter on Mars. Of course, this is being written Wednesday, when the temperature is all of 16 degrees. By the time you read this Sunday, it is expected to be a balmy 26 degrees. And the freeze

of the early part of the week will likely just be a bitter memory.

Kowalski

We in Michigan are pretty inured to the cold. I know many people who actually find ways to have fun outside - skiing, skating, snowmobiling and with other forms of madness. I even know of a certain naturalist/columnist who went kayaking in the Au Sable River last week and claims he had a great time.

Dementia takes on many forms. But even we have limits. I have noticed that people begin acting weirdly as it gets colder. They move funny. They dart in front of cars and plow over anything in their way. I saw this at Oakland Mall in the depths of the deep freeze blast, when I nearly ran over several people in the parking lot who paid absolutely no attention to the rolling cars. This is especially dangerous, because drivers seem to be affected by the cold as well.

Even drivers are in a hurry to get out of the cold. They appear to be more rude than usual lately.

I might draw a lesson from this to stay away from the malls and shop in downtown Birmingham, which makes no pretext of offering shelter from the frost, except inside the stores.

This has been a strange winter. Until recently, the temperatures were fairly mild and I was beginning to think that

But even we have limits. I have noticed that people begin acting weirdly as it gets colder. They move funny. They dart in front of cars and plow over anything in their way. I saw this at Oakland Mall in the depths of the deep freeze blast, when I nearly ran over several people in the parking lot who paid absolutely no attention to the rolling cars. This is especially dangerous, because drivers seem to be affected by the cold as well.

maybe there was something to this whole global warming controversy.

I have yet to see Al Gore's movie about global warming and I doubt that I ever will, but I have seen The Day the Earth Froze (great), Ice Age (blah), The Frozen Dead (terrific), The Day After Tomorrow (dreadful) and Nanook of the North (too good for my taste), so I know just how

serious the cold can be. But we're all pretty tough around here, so after three or four really cold days most people seem to adjust and pay little heed to the frost that forms on the inside of the windows. Pedestrians again watch where they are walking and drivers are back to their usual level of vileness.

It's likely the worst is behind us. This is February, well on the way toward spring. No wayward volcanoes have spewed up clouds of sun-blocking smoke and even North Korea doesn't seem hell-bent on creating a nuclear winter anymore.

Now we can sit back and anxiously await what the weeks and months ahead have to offer — the arrival of an astronomical gas bill, the sweltering heat of summer and the promise of perhaps an even colder winter heading into next

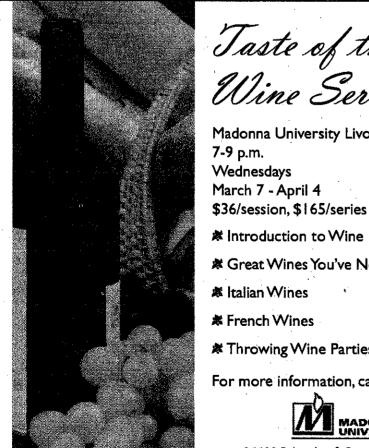
On that cheery thought, I am going to put on my coat, run to my car outside, which groans when I start it in the cold, head home and crank up the furnace so the oil company executives can buy even bigger yachts.

Happy sailing!

Greg Kowalski is editor of the Birmingham Eccentric. He can be reached at (248) 901-2570 or by e-mail at gkowalski@hometownlife.com.







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# Ficano confident a Cobo compromise is possible

BY JOE BAUMAN STAFF WRITER

Wavne County Executive Robert Ficano expressed optimism Friday that he and Oakland County Executive L. Brooks Patterson can find middle ground on a financing plan to expand Cobo Center in Detroit.

Saying he and his Oakland counterpoint were more in agreement on a plan for Cobo than it may appear, Ficano said he was hopeful that a blending of the two proposals would result in a "workable solution."

"I believe our operating model works, and Brooks has said he supports the concept of



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having a new, regional authority own and operate the facility,"



Oakland County Executive L. Brooks Patterson.

Ficano said. "It's the funding that is the sticking part."

Ficano said he agrees with Patterson that the private sector and the state of Michigan should help finance the proj-

"We continue to talk with the various stakeholders, the auto dealers, the Big Three automakers, the governor's office," he said. "The funding plans put forth by Brooks are difficult because they don't recognize the sense of urgency we face in getting this done to secure the future of the North American International Auto

In his State of the County address Wednesday, Patterson said he could not support Ficano's plan to extend the tricounty hotel-motel and liquor

taxes to 2037 to cover the estimated \$425 million expan-

Instead, Patterson offered five alternative funding proposals, three of which would expand casino-style gambling in the state. A fourth plan would add a \$1.50 surcharge on flights either arriving or transferring at Metro Airport, while a fifth would divert a portion of existing cigarette taxes that now go exclusively to Wayne County.

Patterson acknowledged the need to expand Cobo, and that a larger center would be good for the entire region:

Still, he said he is tired of funding solutions only being thrust upon residents living in Wayne, Oakland and Macomb counties. And that is a major problem with the Ficano plan.

Why is it always Wayne, Oakland, Macomb? That paradigm goes back to the end of World War II," he said. "Let's talk about other counties that

have come of age." Ficano said he believed if additional funding sources can be brought into the mix, he may be able to get Patterson to budge on extending the liquor

"We need to get our staffs working together on this outside of the public forum," he said. "We all agree Cobo needs to be expanded for the benefit of the entire region. We need to move forward and soon."

# College Goal Sunday helps students get college cash

Today has been designated as College Goal Sunday. The statewide public awareness campaign, now in its fourth year, encourages students to apply for federal financial aid no later than March 1. In general, the earlier students apply for the aid, the better their

chances at receiving it. To help make that happen, College Goal Sunday volunteers at 27 Michigan locations will be on hand to help students 2-4 p.m. fill out the free Application For Federal Student Aid (FAFSA), a form many find confusing. The program will be held at Schoolcraft College, Eastern

Michigan University and Wayne State University.

Too many students who don't fill out the FAFSA end up paying more for college than they should or just not going to college at all.

College Goal Sunday, coordinated by the nonprofit, Lansing-based Partnership for Learning, is making a difference. According to new data from the Michigan Department of Treasury, the program has contributed to a 9 percent increase in the number of students who filled out the FAFSA between 2002 and 2005 - the program's second year. An impressive 22 percent

more students during that same period also filled out their FAFSAs before March 1.

We're helping more Michigan families get money for college," said Bryan Taylor, president of the Partnership. "Waiting to fill out the FAFSA" is like flushing money down the drain."

College Goal Sunday program coordinators and volunteers want to sustain that upward trend. There are five new locations and nearly 100 more volunteers than in 2006. These locations span the state, from Wayne State University in Detroit and Lake Michigan College in Benton Harbor, to

Bay de Noc Community College in Escanaba and Lake Superior State University in Sault Ste. Marie. (Information and locations are available at www.MICollegeGoal.org or at 1-800-832-2464.)

Volunteers will be ready to help students take the first big step toward college degrees. The FAFSA is the most important document used to decide who gets what scholarships and loans. High school seniors still uncertain about going to college should still complete the FAFSA now, so they can get aid later if they need it.

Parents or students participating in College Goal Sunday need to bring their families' completed 2006 IRS 1040 tax return if possible, or their W-2 and 1099 tax documents. Students younger than age 23 should bring a parent or guardian.

Participants will have a chance to enter to win a \$50 Barnes & Noble gift card, one of 10 individual \$200 scholarships or one \$1,000 scholarship.

## Wayne County will host household hazardous waste collection

Wayne County's Department of Environment is hosting a household hazardous waste collection for county residents.

The collection is designed to accept unwanted household chemicals for proper disposal and electronics (i.e. computer monitors, printers, scanners, keyboards, cell phones, fax machines, and TVs) for recycling from residents.

The collection will be held with cooperation from Sumpter Township and is scheduled for 8 a.m. to 2 p.m Saturday, March 31, and will be held at the Sumpter Township DPS located behind the Sumpter Township Police Station at 23501 Sumpter Road.

Items that will be accepted include household paints, stains, floor care

items, furniture polish. bathroom cleaners, lawn and garden chemicals, antifreeze, and old comput-

We will also again be accepting used tires for recycling with a limit of 10 passenger tires per vehicle. In addition, residents are encouraged to bring in mercury fever thermometers for disposal. Mercury is a toxic substance and can cause serious health effects if released into a home or the environment.

Residents who bring in a mercury thermometer will be given a safe mercury-free digital thermometer as replacement.

For more information, please contact Wayne County's Resource Recovery Coordinator at (734) 326-



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# Former CC, Tar Heel standout Zaliagiris remembered

STAFF WRITER

Basketball families in two states are mourning the loss of Livonia native Tom Zaliagiris, who starred at Detroit Catholic Central High School before going to become a co-captain at the University of North Carolina.

The 50-year-old Zaliagiris, who resided in Newton, N.C., died Jan. 29 from complications from a Streptoccus bacteria infection at Catawba Valley Medical Center.

A Service of Remembrance was held



Feb. 1 in his hometown of Newton and a Memorial Mass is set for 11 a.m. Saturday, Feb. 17, at Detroit Catholic Central High School Chapel in Novi. "It's a tough time, I'm

really down about it," said former Catholic Central coach Bernie Holowicki. "As far as basketball, he was one of the best kids

The 6-foot-5 Zaliagiris played four sea-

I ever coached. He was one of my favorite

sons for the Tar Heels, including three years with former CC teammate Tom LaGarde, who went on to play eight seasons in the NBA and earn an Olympic gold medal for Team USA at the 1976 Montreal Summer Games.

Zaliagiris averaged a modest 4.2 points per game over his career, but served as co-captain with teammate Phil Ford for the Tar Heels as he averaged 9.3 points per game during his senior season (1977-

Zaliagiris played in the 1977 NCAA National Championship Game in a 67-59 loss to Marquette. He also was drafted by

the NBA Milwaukee Bucks and played a brief stint professionally in Rome, Italy.

Tom was a great ballhandler, had great leadership ability and was a fierce competitor," Holowicki said.

Zaliagiris grew up in Burton Hollow in Livonia on Whitby Street, located across the road from Stevenson High School.

Holowicki remembers a chance encounter with the tall CC freshman, who was hitchhiking home from school one day near the Six Mile and Telegraph

PLEASE SEE ZALIAGIRIS, B2

# Clincher

## Glenn wins 54-42 to wrap up Lakes

Mission accomplished for the Westland John Glenn Rockets, who clinched the Lakes Division boys basketball title outright Friday night with a 54-42 triumph at Walled Lake Northern.

Keshawn Martin scored 16 points, while Earl Hardison and Stefan Marken added 12 and 10, respectively, as Glenn improved to 11-4 overall and 8-0 on the Lakes side of the Western Lakes Activities Association. Robert Johnson paced Northern (4-11, 1-7) with 15 points.

Down 10-2 at the outset, Glenn overcame a slow start by outscoring the Knights 46-31 over the final three quarters.

"They (Northern) drained BOYS HOOPS everything at the start, but our guys settled in and stayed composed," Glenn first-year coach Dan Young said. "We kept an even-keel about us. We just plugged away. We got balanced scoring and we rebound-

And thanks to Walled Lake Central's 53-44 win Friday over Salem, the Rockets own a threegame lead in the division with two games left before the upcoming WLAA playoffs.

And by winning the Lakes, Glenn will have home court advantage in the opening round of the playoffs Feb. 20 against the fourth seed of the Western Division.

"This was huge win for our program, it feels good and I'm very proud of the guys," Young ad. I ne guys are coming together, playing hard and having fun.

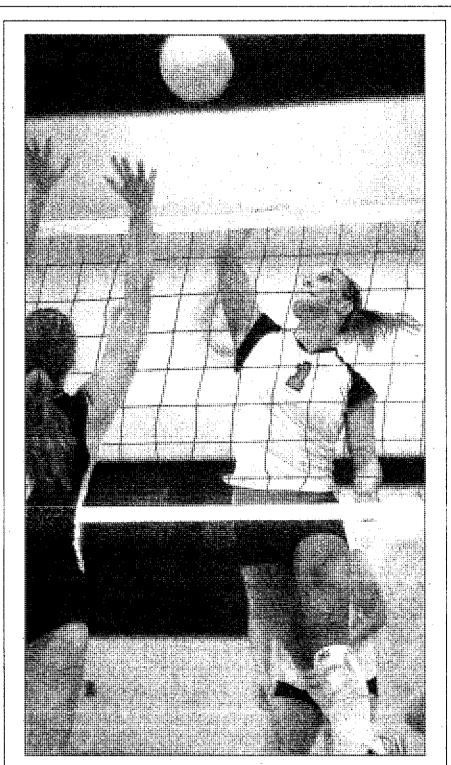
"But we've got some work left to do. We've got our eyes set on the conference (playoffs), so we have some work left to do the next few weeks."

CANTON 50, WAYNE 46: Ryan Waidmann scored 14 points Friday as the visiting Chiefs (9-5, 6-1) rallied in the final period to beat host Wayne Memorial (7-7, 3-4) in a WLAA-Western Division game.

Eric Thornton added 11 points and Josh Butler contributed eight as Canton outscored the Zebras 17-11 in the fourth. Jeremy Lovelady, a 6-foot-9 junior center, led Wayne with 14 points. Mike Lee added 11, while Robert Woodson and Matt Lewis each added nine.

Canton was 12-of-13 from the foul line, while Wayne

NORTHVILLE 54, FRANKLIN 35: Semior Alvin Storrs scored 23 points Friday as the WLAA-Western Division-leading Mustangs (13-1, 8-0) disposed of host Livonia Franklin (2-12, 0-7). Bret Spencer added 13 points for the Mustangs, who have not lost a regular season game on their home court since Jan. 25, 2005.



TOM HAWLEY | STAFF PHOTOGRAPHER

### **Patriot missile**

Franklin's Liz Dempsey (right) goes high for the kill during Wednesday night's WLAA-Western Division match against Wayne Memorial. The Zebras' Olivia Lafortune tries to make the block. See girls volleyball roundup on page B4.

# Take down

## Rockets stun Pats in WLAA crossover with late comeback

BY BRAD EMONS STAFF WRITER

Westland John Glenn appeared to be down and out.

The Rockets' top wrestler, 152pounder James Zerebiny, was pinned by Livonia Franklin's Justin Jaroh in 3:14 for only his second loss of the

Behind 30-15 in the team scoring, things got even more bleak when Scott Brown trailed Franklin's Nate Turco, 15-4.

But Brown came back to life in the third period and scored a surprising pin with 1:36 remaining, and it cata-

pulted the Lakes Division champs to WRESTLING four straight wins

and a come-from-behind 34-30 triumph Thursday night over the Western Division champion Patriots in a first-place WLAA crossover.

Glenn improved to 12-6 overall in dual meets, while the state-ranked Patriots fall to 24-3.

"I'm happy, but we should have won by a lot more," Glenn coach Bill Polk said. "A couple of things went our way and a couple of things went their way.

Their (Franklin's) kids wrestled very well. They got a big win at 152 when they pinned our best kid on our team. James (Zerebiny) is 35-1 and he's been our leader all year. But Scott (Brown) turned it around and we did the same thing to them. I guess it was a trade-off."

Glenn's 215-pounder Shamir Garcia clinched the victory in the meet's final match when he pinned Franklin's Vince Benavides in 4:44.

Joey Kowtko (189) pulled the Rockets to within one point, 30-29, when he decisioned Franklin's Marc

PLEASE SEE WRESTLING, B3

# Lights out: Spartans' Knochel nets 36 vs. Churchill

STAFF WRITER

Livonia Stevenson's Luke Knochel admitted he didn't feel quite right in the pregame warmups.

"I told Chris Mulcahy, 'My shot is way off,' and he said to me: 'Then, I'll take all your shots," Knochel recalled.

The senior guard, who is approaching the 1,000-point mark, couldn't miss once the game started as he put on a dazzling display with a careerhigh 36 points, to go along with eight



Knochel

steals and six assists, in Stevenson's 71-63 WLAA-Lakes Division win Friday night at Livonia Churchill.

The 5-foot-9 Knochel, who is averaging just over 20 points per game, made 14-of-23 shots from the floor,

including six three-pointers. Mulcahy, 5-11 senior guard, also did hit part by adding 17 as the Spartans, fighting for a WLAA playoff spot,

improved to 4-10 overall and 3-4 in

the Lakes. "I got going by hitting a couple short jumpers early and it opened up the 'three-ball,' " said Knochel, who tallied 15 in the opening half as the Spartans built 34-19 advantage. "Chris and I got some pressure on them up front, and defensively it created a lot of chances for

"We got a lot of steals and we had good ball movement. It was a team effort. We had a ton of assists. We moved the ball well and got good looks instead of forcing shots."

Churchill, battling for the fourth

seed along with Stevenson, falls to 6-9

and 2-6. The Chargers cut into Stevenson's lead thanks to 12 third-quarter points from junior forward Ryan Rosenick, who finished with a team-high 20. His three-point play with 3:36 to go in the same period put the Chargers behind by only eight, 42-36.

But Knochel answered with a pair of three-pointers, and two more steals, one resulting in a layup by Nate Wilson and the other for a layup

PLEASE SEE KNOCHEL, B4

#### WMU netter lauded

Western Michigan University senior cocaptain Brady Crosby (Livonia Stevenson) has been named Mid-American Conference Men's Tennis Player of the Week after going 8-2 for the Broncos and leading WMU to a 4-1 record in five matches.

After opening with a pair of losses against nationally-ranked players in singles and dou bles against No. 24ranked Michigan, Crosby rattled off eight straight victories against Valparaiso, Xavier, No. 71 DePaul and Division III No. 13 Kalamazoo College - in less than 48 hours.

Crosby, the No. 52ranked player in the country, moved into a tie for seventh place alltime at WMU with 180

career wins. He is the second Bronco to win the MAC award this season following sophomore teammate Kevin Hayward (Jan. 17).

WMU returns to action 4 p.m. Friday, Feb. 16 at Wisconsin.

#### Area grid signings

Observer picks Westland John Glenn leads the way with two football signees of national letters-of-intent in the Great Lakes intercollegiate Conference.

Jerry Smith, a 6-4, 205-pound senior who played tight end, linebacker and running back, is headed to Gannon (Pa.) University to join former Rocket quarterback Vinnie DeLuca.

His Gienn teammate, offensive lineman Frank Toarmina (6-3, 252), is headed to Saginaw Valley State.

Livonia Clarenceville's Marcus Watkins, a 6-2, 250-pound fullback-line man who made honorable mention All-Observer, will play next season at Wayne State University. As a junior, Watkins rushed for 1,098 yards and 10 touchdowns.

Running back and defensive back Kris Thomas, another honorable mention selection from Clarenceville, has signed with Upper Iowa, an NCAA Division II school.



# Milam lifts Chargers in Showcase

Observer & Eccentric | Sunday, February 11, 2007

Under the bright lights of before 500 fans at Detroit's Joe Louis Arena, state-ranked Marquette got a goal from John Aho six minutes into overtime Friday to edge Livonia Stevenson, 3-2, in a boys hockey game.

The Trenton Showcase loss drops Stevenson to 14-4-1 overall, while Marquette, rated No. 4 in Division II, improves to 14-

"Playing a game at Joe Louis is something these kids will remember for a long time," Stevenson coach Mike Humitz said. "It was a great hockey game and in a great environment."

Stevenson's R.J. Kierdorf opened the scoring at 2:40 of the second period on a power play from Dan Darrow, but Marquette forged ahead 2-1 on goals by D.J. Quayle (from Aho) and Mike Peterson (from Wolf Belanger) at 5:53 and 12:52, respectively.

Stevenson's Jacob Harbowy notched his first career goal from Darrow and Kierdorf on another power-play to make it 2-2 with 39 seconds left in the same period.

Kory St. Arnold and Quayle then assisted on Aho's gamewinner.

Drew MacEachern made 21 saves for the Spartans, while Marquette's Alex Wickstrom had 15 for the Redmen.

"For the most part, I was satisfied with the effort," Humitz said. "Maquette is a good, fast team. To beat them you need to battle for every loose puck. Despite the result, I think this is a game that will help us play well at the end of the year.'

CHURCHILL 4, MONA SHORES 1: Nate Milam had two goals and one assist to lift Livonia Churchill (17-2) to a non-league win Friday over Muskegon Mona Shores in a meeting of state-ranked teams in Trenton Showcase held at Kennedy Arena.

Andy LaBerge scored from Keith Yackley at 3:41 of the first period to

#### **BOYS HOCKEY**

give the state-ranked Chargers (No. 5 in Division I) a 1-0 lead.

Garrett Miencer made it 2-0 for Churchill at 7:11 of the second period from Phil Wendecker and Milam on a power play. But Mona Shores, ranked No. 8 in Division II, answered just 47 seconds later on Jacob Polanyi's goal from Justin Jackowski.

Milam gave the Chargers a twogoal cushion at 9:14 of the second period from LaBerge. Milam then capped that scoring with a goal at 2:59 of the final period from Zac Archer and Tony Ross.

Churchill outshot the Sailors, 26-15, as Scott Lewan got the win in

"The boys played well and did a nice job defensively to shut them down," said Churchill coach Pete Mazzoni, whose Chargers are 2-2 against state-ranked teams this sea-

CANTON 4, FRANKLIN 2: Alex LaJoie had a pair of goals Friday, including the game-winner at 7:18 of the final period, along with an assist as Canton downed host Livonia Franklin (3-16, 1-5) in a WLAA-Western Division game played at Edgar Arena.

Anthony Bonnet and Brad Barath added goals for the Chiefs, who scored three times in the final period.

Zane Birchler made 25 saves for Canton, while Austin Mesler had 12 Devon Bower scored both goals for

the Patriots, including a goal with 43 seconds left in the opening period from Ben Kubiak and Ryan Hudie to make it 1-1. Bower's goal at 5:47 of the final period from Jordan Chisholm made it 2-all.

Franklin took a total of 15 penalties, including 11 in the final period.

"Canton played a good game, they played consistently and stayed out of the (penalty) box," Franklin coach Terry Jobbitt said. "Our guys have got to realize they need to stay out of the box because it's hurting our team."

CHURCHILL 6, SALEM 4: State-ranked Livonia Churchill (15-2, 6-0) stormed back from an early third period deficit Wednesday to beat the Rocks (7-10-2, 2-3-1) in a WLAA-Lakes Division game at Edgar Arena.

Salem's bus arrived an hour late for the 6 p.m. start and because of time constraints, the game was reduced to three 13-minute periods with no

The Rocks built a 4-2 lead on goals by Nate Werdit, who scored twice, along with Joel Cheesman and Steve

Garrett Miencier's unassisted goal at 5:13 of the final period tied the game at 4-all. Steve Greco then scored the game-winner at 7:34 from Kyle Burke and Kody Strong.

Dustin Wischmeyer scored twice for Churchill, including an empty netter with just 13 seconds remaining to seal the win. Tony Ross and Burke also notched goals in the win.

"I think the late start helped their (Salem's) guys and hindered us," Churchill coach Pete Mazzoni said. "But we showed a lot of resolve and did not panic. We stuck together when we were down two goals early in the third period."

Churchill outshot the Rocks, 30-15, as Aaron Crouse and Scott Lewan split the goaltending duties for the Chargers.

Ralph Aspinwall went all the way in goal for Salem.

STEVENSON 3. STONEY CREEK 2: Goalie Drew MacEachern made 26 saves Wednesday as host Livonia Stevenson (14-3-1) held off Rochester Stoney Creek (13-4-1) in a non-league game played at Edgar Arena.

"This was a good win against a quality opponent," Stevenson coach Mike Humitz said.

"Stoney Creek has been a ranked team all season and we know we have to beat some quality team to call it a successful season. This was one of those type of wins. We are two evenly matched teams."

Stevenson led 1-0 after one period on Marcus Voran's power-play goal from John Vella and R.J. Kierdorf at

Mark Bekkala scored from Chris Rapp seven seconds into the second period followed by Vella's goal at 7:48 from Voran.

Stoney Creek, ranked No. 8 in Division II, closed the gap to 3-2 before the period ended on two power-play goals - Andy Craig (from Nick Dillaway and Ian Cosgrove) on a five-on-three at 11:52 followed by Andrew Reid (from Josh Goryl and Jay Rewold) at 12:43.

I think we got a few breaks tonight that really helped us," Humitz said. "Often at times, the team that gets a few breaks ends up winning the game, and that was the case

# Hockey Day: Spartans fall in OT; Blazers blast Kingswood at JLA, 6-2

Prenella Semma's hat trick carried Livonia Ladywood to a 6-2 Michigan Metro Girls High School Hockey League victory Friday afternoon over Bloomfield Hills Kingswood as part of Hockey Day at Detroit's Joe Louis Arena.

Ladywood is now 13-2-1 overall and 13-2-1 in the league, while Kingswood falls to 12-6-1 overall and 11-5-1 in the league.

Heather Sartorious added two goals and one assist for the victorious Blazers, who avenged a 4-3 setback to the Cranes on Jan. 31 thanks to an outstanding goaltending effort

#### **GIRLS HOCKEY**

from Catherine LaGrasso. Laura Szwed chipped in with

a goal and two assists, while Maria Rotondo and Abby Kienbaum added two assists

Audrey Stapleton and Ariel Magidson scored for the Cranes, who were outshot 32-"We took better shots, we

learned from what happened the first time and we got her moving (LaGrasso)," Ladywood coach Bruce Peck said.

Ladywood goalie Michelle

Wyniemko stopped 14 of 16 shots.

LADYWOOD 3, G.P. NORTH 2: Prenella Semma's goal with only 37 seconds left give Livonia Ladywood (12-2-1. 12-1-1) the MMGHSHL win Wednesday over host Grosse Pointe North (12-5-1, 10-5-1) at Hazel Park's Viking Arena. Marissa LaValley's goal with 1:11 left tied the game at 2all for the Norseman after Phelecia Van Overbeke scored with 10 minutes remaining to pull North to within a goal. Ladywood took a 2-0 lead with a pair of second period goals -Semma (unassisted) and Ashley

Ballarin (Sartorious and Kienbaum). North goaltender Tori Bogen stopped 37 shots, while Ladywood's Michelle Wyniemko made 15 saves.

#### ZALIAGIRIS

FROM PAGE B1

"I was driving an old clunker," Holowicki recalled. "I knew he was a basketball player, we talked all the way back. He said he played only three minutes all year on the freshman team and wanted to transfer over to Stevenson.

"I got the CC (coaching) job shortly after, and when I called my first meeting for the players, I think he was a little shocked. I tried to get him to stay at CC as quickly as possible. He

(Zaliagiris) told me later that I was listening to 'upbeat music,' and it's something I'll never

Zaliagiris finished his final three years at CC where he earned All-Catholic League and All-State recognition. During his junior year, he played on a powerhouse Shamrock team that was ranked No. 1 during` the regular season.

Although recruited by the University of Detroit and Western Michigan, Zaliagiris was reunited at UNC Chapel Hill with his former CC teammate LaGarde, who now resides on a farm in Saxapahaw, N.C. (15 miles outside Chapel Hill).

LaGarde and several UNC teammates, including Mitch Kupchak, now General Manager of the Los Angeles Lakers, attended the memorial service along with former coaches Dean Smith and Bill Gutheridge.

"We'd talk a least once a year," LaGarde said. "It's something you don't believe when it happens. Tom (Zaliagiris) was a lot of fun, very outgoing. He played hard and enjoyed life. He was an accomplished player.

"In high school we pursued basketball seriously and spent a lot of time dedicated to the game. We spent many hours in the gym. Tom's mother would give me rides to school in the morning and Coach Holowicki would drive us home on his way back to Livonia after prac-

Following his basketball career, Zaliagiris worked in the furniture business. He became president of Taylor-King

Furniture, started Bentley Churchill Furniture and most recently became director of marketing for Southwood Furniture Corp.

During his leisure time, Zaliagiris was an avid golfer and loved spending time with his children. The son of the late Edward John Zaliagiris, Tom Zaliagiris is survived by his mother, Joan Spurgeon Zaliagiris, of Battle Creek; a daughter, Isabella Katherine Zaliagiris; and two sons, Thomas E. and Jack Bentley Zaliagiris; all of Conover, N.C.

Other survivors include three sisters: Mary Pat Harter (Battle Creek), Janet Horvath (Littleton, Colo.), and Margaret O'Reilly (Fenton), along with a brother John J Zaliagiris (Grand Blanc). He was also engaged to be married to Dawn Ewest of Boynton Beach, Fla.

Memorials can be made to: Thomas Zaliagiris Children College Fund, c/o Tom Zaliagiris, Jr., 3475 Duck Pond Drive, Conover, NC 28613; or to: Tom Zaliagiris Memorial Fund at Detroit Catholic Central H.S., 27225 Wixom Road, Novi, MI, 48374.

#### **BOYS SWIMMING**

LIVONIA STEVENSON 120 WESTLAND JOHN GLENN 54 Feb. 8 at Stevenson

200-yard medley relay: 1. Stevenson (Jimmy Vayis, David Bladecki, Michael Cruce, Travis Hatt), 1:47.66: 2. Stevenson (Bryan Bielicki, Joey Wingett, Scott Geverink, Jeff Pauza), 1:47.74; 3. John Glenn (Kevin Chappelle, Josh Eldridge, Oan Fabrey, John Burgess),

200 freestyle: 1. Kyle Hermann (LS), 1:51.92; 2. Sam Loria (LS), 2:00.3; 3. Chris Behler

200 individual mediey: 1. Brendan Schoff (LS), 2:17.34; 2. Aaron Marecki (LS), 2:17.51;

3. Adam Dabkowski (LS), 2:19.78. 50 freestyle: 1. Pauza (LS), 22.93; 2. Robert Luke (LS), 24.4; 3. Ryan Scott (LS), 24.41. 1-meter diving: 1. Jon Whitt (WJG), 235.0 points; 2. Jeff Kinsvater (LS), 200.0; 3. Luke McKay (£S), 160.0.

100 butterfly: 1. Cruce (LS), 56.71; 2. Charles Turlo (LS), 1:01.24; 3. Dabowski (LS), 1:05.83. 100 freestyle: 1. Marecki (LS), 54.24; 2. Behler (LS), 54.47; 3. Jared Diebel (LS), 500 freestyle: 1. J.D. Loria (LS), 5:25.73; 2.

Daniel Schoff (LS), 5:27.04; 3. Scott 200 freestyle relay: 1. Stevenson (Hatt, Hermann, S. Loria, Pauza), 1:32.54; 2. John

Glenn (Shawn Long, Billy Lyons, Eldridge, Whitt), 1:43.3; 3. Stevenson (Turlo, Wingett, Chris Mitchell, B. Schoff), 1:43.31. 100 backstroke: 1. Bielicki (LS), 1:02.46; 2. Vayis (LS), 1:03.0; 3. Scott (LS), 1:03.81. 100 breaststroke: 1. Bladecki (LS), 1:09.12; 2. Eric Schuman (LS), 1:11.47; 3. lan McCracken (LS), 1:17.03.

400 freestyle relay: 1. Stevenson (Luke, S. Loria, Pauza, Hatt), 3:25.59; 2. Stevenson (Mark Johnston, Wingett, Michael Buccinna, Wegener), 3:56.58; 3. John Glenn (Chappelle, Lyons, Burgess, Whitt), 3:59.05. al meet records: Stevenson, 9-1 overal 4-0 WLAA-Lakes Divison; John Glenn, 1-8 overall, 0-4 WLAA-Lakes Division.







#### **WRESTLING**

FROM PAGE B1

Kadrich, 7-3, at 189. Kowtko's victory came after Glenn's Andrew Hein (171) scored a major decision, 20-9, over Dan Woodall.

"After James (Zerebiny) got pinned, our upper weights realized they had to step it up," Polk said. "I thought we were in big trouble when Jim (Wood) and James (Zerebiny) lost, but I knew somebody else had to win a match they weren't supposed to win.'

Other Glenn winners by pin included Anthony Pavlich (103) and Jerimiah Austin (125). Jared Stephens (119) also earned three points with an 11-7 decision over James

"Franklin is a great team, they've been beating everybody," Polk said. "But I came into tonight thinking we were capable, and I don't think we've peaked yet. Winning tonight certainly makes some of my displeasure go away."

Franklin built its 15-point advantage through 10 matches thanks to decisions by Kyle Brown (285), Jon Roos (130), Josh Billiau (135), Brian Rink (140) and Elvin Ferreira (145), along with pins from Jared Pieknik (112) and Jaroh

"I can't blame the team," Franklin coach Dave Chiola said. "We had some great performances and some bad performances. Our team was not flat, but I think Glenn was a little more hungrier throughout the match and we kind of went through the motions. They had the passion, and that's what won it for them."

One bright spot, however, was Jaroh, a senior who has been biding his time three years as a reserve before earning a varsity spot this season.

"He's a good kid, we didn't send him out there expecting to lose," Chiola said. "This is really his first year on the varsity, and when he loses, it's usually because of his inexperi-

"I'm sure for them (Glenn) it was an unexpected win for us, but then they got an unexpected win over Turco. It was a good dual meet between two good teams."

Franklin, the three-time Observerland Invitational champs and defending WLAA champions, hope to shrug off the defeat in time for Saturday's conference meet at

"The crossover doesn't mean anything as far as winning a title," Chiola said. "We just have to refocus to get the job done the next two weeks in the league meet, district and regionals. It's fortunate loss - if that makes sense."

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# **Gold medalist Gardner** inspires Canton squad

STAFF WRITER

Canton's wrestling team received a boost of inspiration from a wrestling legend prior to Thursday night's Western Lakes Activities Association cross-over match against visiting Livonia Churchill.

Olympic gold medal-winning heavyweight Rulon Gardner, now a motivational speaker and author, pumped up the Chiefs with a rousing speech an hour before the match. Canton then went out on "Semor Night" and rolled over the Chargers, 47-15, to improve to 24-3 overall.

Gardner won a gold medal at the 2000 Olympic Games when he beat previously unbeaten Russian Aleksandr Karelin, 1-0, in what is considered the "Miracle on the Mat."

In 2004, he captured a bronze medal not long after having one of his toes amputated following a snowmobile accident.

"Rulon was in the state to make another speech this morning and he was gracious enough to come over and talk to the team," Canton coach Casey Randolph said. "We didn't tell the team he was coming, so it was a nice surprise for them. He talked about overcoming obstacles in wrestling and in life, and about pushing through adversity. He's a great motivator."

Randolph was especially pleased with the performances of 130-pound sophomore Josh Hurst and 145-pound senior Jo Sanders.

"Josh was losing, 4-3, going into

#### PREP WRESTLING

the third period, but he got a reversal in the last 20 seconds to pull out the win," Randolph said of Hurst. "He's been working his tail off, so it was nice to see him get a win in front of the home

"Jo was tied at 1-1 in overtime and he got a takedown. It was a great win for him, especially since it came on 'Senior Night."

Canton seniors Corey Phillips and Donnie Laramie recorded their 194th and 110th career victories, respectively.

J.J. Vandenbossche (171) and Andrew Murray (119) scored pins for Churchill, now 8-5, while Brian Ziemba (160) won by decision.

#### Spartans runner-up

Livonia Stevenson captured four of five matches to earn runner-up honors Feb. 3 in the Okemos Team Tournament.

The Spartans posted victories over Saginaw Arthur Hill (47-27), Eaton Rapids (62-6), Okemos (54-27) and Birmingham Groves (by forfeit).

DeWitt handed Stevenson its lone setback on the day, 48-32. Going 5-0 on the day for the Spartans included Tommy Myshock (103), Michael Fobar (112), Mitch Gonzales (119), Brent Cetnar (152) and Ziad Kharbush

Jon Reale (140) also captured all three of his matches as the Spartans improved to 18-8 overall.

#### THE WEEK AHEAD

**BOYS BASKETBALL** Tuesday, Feb. 13 Churchill at W.L. Central, 7 p.m. Canton at Franklin, 7 p.m. W.L. Northern at Stevenson, 7 p.m. John Glenn at Salem, 7 p.m. Plymouth at Wayne, 7 p.m.

Harper Woods at Clarenceville, 7 p.m. Huron Valley at Canton Agape, 7 p.m. Wednesday, Feb. 14 Clarenceville at Whitmore Lake, 7 p.m. Friday, Feb. 16

Salem at Churchill, 7 p.m. Plymouth at Franklin, 7 p.m. John Glenn at Stevenson, 7 p.m. W.L. Western at Wayne, 7 p.m. Macomb Christian at Huron Valley, 7:30 p.m. GIRLS VOLLEYBALL

Monday, Feb. 12 Stevenson at Churchill, 7 p.m. Northville at Franklin, 7 p.m. John Glenn at W.L. Northern, 7 p.m. Wayne at Canton, 7 p.m. Tuesday, Feb. 13 Clarenceville at Hamtramck, 6:30 p.m.

Huron Valley at Franklin Road, 7 p.m. Wednesday, Feb. 14 Churchill at W.L. Central, 7 p.m. Canton at Franklin, 7 p.m. W.L. Northern at Stevenson, 7 p.m. John Glenn at Salem, 7 p.m. Plymouth at Wayne, 7 p.m.

Luth, Westland at Luth, N'west, 6:30 p.m.

Thursday, Feb. 15 Univ.-Liggett at Clarenceville, 6:30 p.m. Hamtramck at Luth, Westland, 6:30 p.m. Yosi Calvary at Huron Valley, 7 p.m. Saturday, Feb. 17

Waterford Mott Invitational, 8:30 a.m. PREP HOCKEY

Wednesday, Feb. 14 Franklin vs. W.L. Western, Churchill vs. Stevenson at Edgar Arena, 6 & 8 p.m. Friday, Feb. 16 CHSL finals at O.L. St. Mary, TBA.

Churchill vs. W.L. Central at Edgar Arena, 6 p.m. Saturday, Feb. 17 Churchill vs. Farmington at Farm. Hills Ice Arena, 4 p.m. Stevenson vs. W.L. Northern at Lakeland ice Arena, 6 p.m. Franklin vs. Plymouth

at Compuware Arena, 7 p.m. Saturday, Feb. 17 (CHSL Finals at O.L. St. Mary) Ladywood vs. H.W. Regina, 2:30 p.m. PREP WRESTLING

**TEAM DISTRICTS** Wednesday, Feb. 14 Division IV at Harper Woods, TBA. Thursday, Feb. 15 DIVISION 1

at WESTLAND JOHN GLENN Semifinals: John Glenn vs. Wayne Memorial, 5 p.m.; Belleville vs. Romulus, 5 p.m. Championship final: 6:30 p.m. (Winner advances to the regional semifinals

Wednesday, Feb. 21 at Wyandotte Roosevelt vs. Garden City district champion.) at LIVONIA FRANKLIN Semifinal: Livonia Churchill vs. Livonia

Stevenson, 5 p.m. Championship final: Franklin vs. A-B winner, 6:30 p.m. (Winner advances to the regional semifinals Wednesday, Feb. 21 at Saline vs. Novi district champ Division III at Annagolis, TBA.

Saturday, Feb. 17 (Individual District Tournaments)

Division I at John Glenn, 10:30 a.m. Division 1 at Saline, 10:30 a.m. Division III at Goodrich, 10:30 a.m. Division IV at Manchester, 10:30 a.m. **BOYS SWIMMING** Tuesday, Feb. 13 Wayne at John Glenn, 7 p.m.

Thursday, Feb. 15 W.L. Central at Churchill, 7 p.m. Franklin at Wayne, 7 p.m. Salem, Pioneer at Stevenson, 7 p.m. John Glenn at W.L. Northern, 7 p.m. 💂 **GIRLS GYMNASTICS** Monday, Feb. 12

Livonia Red-Blue vs. Northville-Novi at Churchill High School, 7 p.m. Thursday, Feb. 15 Livonia Red-Blue vs. Birm. Unified at Churchill High School, 7 p.m. PREP BOWLING Sunday, Feb. 11

Utica Eisenhower Doubles Tourney at Sterling Lanes, TBA. Monday, Feb. 12 at Novi Larses, 3:30 p.m.

Tuesday, Feb. 13 Ladywood vs. Mercy at Drakeshire Lanes, 3:30 p.m. Clarenceville vs. Brother Rice-Marian at Novi Lanes, 3:30 p.m. Wayne vs. John Glenn at Town 'n Country Lanes, 3:30 p.m. Thursday, Feb. 15 John Glenn, Wayne vs. South Lyon\* at 700 Bowl, 3:30 p.m.

PREP SKIING Thursday, Feb. 15 MHSAA Regional at Alpine Valley, TBA. GIRLS COMPETITIVE CHEER

Monday, Feb. 12 Franklin, Stevenson at John Glenn, 7 p.m. Thursday, Feb. 15 Franklin Invitational, 7 p.m. Saturday, Feb. 17 Ida Invitational, 10 a.m. **MEN'S COLLEGE BASKETBALL** Monday, Feb. 12

Schoolcraft at Flint Mott, 7:30 p.m. Aquinas College at Madonna, 7:30 p.m. Wednesday, Feb. 14 Schoolcraft at Macomb CC, 7:30 p.m. Siena Heights at Madonna, 7:30 p.m.

Saturday, Feb. 17 Schoolcraft at OCC-Highland Lakes, 3 p.m. Madonna at Concordia, 3 p.m. **WOMEN'S COLLEGE BASKETBALL** Monday, Feb. 12

Schoolcraft at Flint Mott, 5:30 p.m. Madonna at Aquinas College, 7:30 p.m. Wednesday, Feb. 14 Schoolcraft at Macomb CC, 5:30 p.m. Madonna at Siena Heights, 7:30 p.m. Saturday, Feb. 17 Schoolcraft at OCC-Highland Lakes, 1 p.m.

Madonna at Concordia, 1 p.m.
ONTARIO HOCKEY LEAGUE Sunday, Feb. 11 Whalers at Windsor Spitfires, 2 p.m.

Thursday, Feb. 15 Whalers at Barrie Colts, 7:30 p.m. Friday, Feb. 16 Whalers at Sudbury Wolves, 7:30 p.m. Sunday, Feb. 17 Whalers at Sault Ste. Marie, 7 p.m.
MAJOR INDOOR SOCCER LEAGUE

Saturday, Feb. 17 Detroit Ignition vs. Chicago Storm at Compuware Arena, 7:35 p.m. TBA - time to be announced.

## **MAT RESULTS**

PREP WRESTLING RESULTS WESTLAND JOHN GLENN 34 LIYONIA FRANKLIN 30 (WLAA 1st-place crossover) Feb. 8 at Franklin

285 pounds: Kyle Brown (LF) decisioned Frank Toarmina, 6-0: 103: Anthony Pavlich (WJG) pinned Erik Czech, 4:48; 112: Jared Pieknik (LF) p. Josh Austin, 3:50; 119: Jared Stephens (WJG) dec. James Benetiz, 11-7; 125: Jerimiah Austin (WJG) p. Matt Hintz, 3:48: 130: Jon Roos (LF) dec. Nick Shak, 8-7; 135: Josh Billiau (LF) dec. Jim Wood, 11-8; 140: Brian Rink (LF) dec. Dan McCahill, 6-3; 145: Elvin Ferreira (LF) dec. Gary Lawrence, 8-4; 152: Justin Jaroh (LF) p. James Zerebiny, 3:14; 160: Scott Brown (WJG) p. Nate Turco, 4:24: 171: Andrew Hein (WJG) won by

Jamie Stewart was a sight for

Back in the lineup for the first

sore eyes as far as Livonia

Clarenceville boys basketball

coach Corey McKendry was

time in over 10 months after

undergoing surgeries for two

sophomore guard hit his first

four shots en route to 21 points

as the visiting Trojans earned a

at Rochester Hills Lutheran

62-59 Metro Conference victory

Stewart, who sparked a 20-10

"His first game was fantastic,"

first-quarter run, also grabbed

Clarenceville improves to 3-9

overall and 3-4 in the confer-

McKendry said. "I'm glad for

that, he deserved it."

the kid. To be able to overcome

11 rebounds in the win as

broken tibia bones, the 6-foot-3

concerned Friday night.

major dec. over Dan Woodall, 20-9; 189: Joey Kowtko (WJG) dec. Marc Kadrich, 7-3; 215: Shamir Garcia (WJG) p. Vince Benavides. 4:44. Oual meet records: John Glenn, 12-6 overall: Franklin, 24-3 overall.

> **CANTON 47 LIVONIA CHURCHILL 15** Feb. 8 at Canton

140 pounds: Corey Phillips (C) pinned Josh Gustitus, 1:04: 145: Jo Sanders (C) decisioned Dan Small, 3-1 (overtime); 152: Kiel Price (C) dec. Allan Frantsen, 7-2; 160: Brian Ziemba (LC) dec. Brian Brubaker, 9-3; 171: J.J. Vandenbosche (LC) p. Adam Powers, 1:57; 189: Dan Wanshon (C) won by major decision over Curtis Castiebury, 12-4: 215: Jon Webster (C)

dec. John Shekell, 4-0; 285: Oonnie Laramie (C) pinned Mark Parrish, 0:44; 103; Donnie Watkins (C) p. Brian Bashaw, 0:46: 112: Carl Lucke (C) dec. Matt Hecksel, 4-2: 119: Andrew Murray (LC) p. Adam Fleishmann, 5:35; 125: Steve Cox (C) p. Tim Hecksel, 2:55; 130: Josh Hurst (C) dec. Adam Rowe, 5-4; 135: Brent Winekoff (C) won by major decision over J.P.

Gaffke, 11-2.

Dual meet records: Canton, 24-3 overall; Churchill, 8-5 overall.

LIYONIA STEVENSON 30 **WALLED LAKE WESTERN 237** Feb. 8 at W.L. Western 160 pounds: Andy Goodman (WLW) pinned Ziad Kharbush, 5:59: 171: Joey Cantrell (LS) decision

Joey Hajal, 6-3; 189: Matt Greenman (LS) won by major dec. over Steven Vonmarie, 19-6; 215: Chris Alexopoulous (WLW) p. Austin Micallef, 1:49: 285: S. Jardine (WLW) dec. Ricky Bell, 6-2 (overtime); 103: Tommy Myshock (LS) p. D. Rose, 1:24; 112; Michael Fobar (LS) won by major dec. over B. Lannerstater, 11-2; 119: D. Johnston (WLW) dec. Anthony Mainella, 8-6; 125: Nick Zilan (WLW) dec. Mitchell Gonzales, 3-Or 130: Nick Lutren (WLW) dec. Charlie Kokenakes, B-1: 135: Johny Myshock (LS) wonby major dec. over J. Neal, 21-7; 140: Jon Reale (LS) p. K. Hamina, 0:42; 145; J. Deverteuil Cetnar (LS) dec. Eric Kitada, 15-12.

Stevenson's dual meet record: 19-8 overall.







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#### ROUNDUP

Stewart's return lifts C'ville cagers

with 22 points and 10 rebounds. Senior forward Eric Jones contributed 11 points.

Senior guard Jeff Beauregard led Northwest (5-9, 3-5) with 17

Northwest was 16-of-25 from the foul line, while Clarenceville was 8-of-13. HARPER WOODS 70, LUTH, WESTLAND

59: On Friday, the host Pioneers (7-7-, 5-2) had too much inside against Lutheran High Westland (9-5, 5-3) in a Metro Conference game.

Bobby Gibson, a 6-foot-8 senior center, scored a game-high 23 points for the Pioneers, who led 20-13 after one quarter. Senior guard Xavier Fowler added 15 points. "It was a decent effort, but they

(Harper Woods) got lots of boards and we did not box out well enough," Lutheran Westland coach Dan Ramthun said. "Their size did us in."

Senior guard Kyle Ramthun and Sean Vandenbrink scored 13 and 12,

#### WESTSIDE CHRISTIAN 76, HURON VAL-LEY 49: Martez Washington scored 18

points to lead four players in double figures Friday as Detroit Westside Christian Academy (4-6) topped Westland Huron Valley Lutheran (0-13) in a non-conference encounter. The Warriors, who led 22-7 after

Matt Head, while William Baggs and and A.J. Hawthorne added 13 and 11, respectively. Kyle Tacia scored 16 to lead the

one quarter, also got 17 points from

Hawks, while Kurt Metzger contributed 10. Huron Valley was only 11-for-27 from the foul line, while Westside hit

14-of-21. **LUTHERAN SOUTH 73, HURON VALLEY** 60: Brad Puchalky scored 26 of his game-high 35 points in first half Thursday as host Newport Lutheran South (5-8) downed Westland Huron

Valley Lutheran (0-12) in a non-con-

ference game. Paul Hopkins added 22 points for

Kurt Metzger led the Hawks with 17 points, while teammates Aaron Howell and Kyle Tacia added 12

#### Sophomore center Jeremy Gainer also had a strong game respectively, for the Warriors. MU's Creighton sparks WHAC victory vs. UM-D

A fast start gave visiting Madonna University just enough to earn a 70-63 win over University of Michigan-Dearborn Wednesday in Wolverine-Hoosier Athletic Conference men's basketball action.

The Crusaders (10-16, 6-4 in the WHAC) broke out to a 28-18 halftime lead, despite making just 12 of 36 field-goal attempts.

During the second half, the Wolves warmed up offensively but not as much as Madonna (15of-28, .536 from the field in the second half).

Leading MU was senior for-

ward and Redford Catholic Central alum Doug Creighton, who finished with 18 points along with 10 rebounds. Junior forward D. J. Bridges (Canton) also was outstanding, with 17 points and 13 boards.

forward Mike Rashad (Wayne Memorial), who tallied 10. For the Wolves (7-16, 1-9), guard Chris Shepard scored 25,

Also in double figures was jumor

#### **COLLEGE HOOPS**

three-point line.

Franklin sparks MU

Franklin (Redford Union) had a double-double with 21 points and 15 rebounds to lead Madonna's women's basketball team to a 72-62 victory over host University of Michigan-Dearborn on Wednesday. Franklin also tallied three blocks, to move her to the top of Madonna's all-time leader board in that category with 80 surpassing the previous mark of 79 set by Marwa Ayoub from

points and eight rebounds from sophomore forward Christie Carrico and 11 points and six boards from junior guard-forward Caryn Inman.

Contributing eight points each were sophomore guard Alyssa Guerin (Salem) and senior guard Lindsay Klemmer (Salem).

Leading the Lady Wolves with , 16 points was guard Chanel Bridges. With the WHAC triumph, Madonna evened its conference record at 5-5. Overall, the team owns a mark of 10-16. UM-D falls to 6-18 and 1-10 in the conference.

SC teams victorious Schoolcraft College's two basketball teams defeated Wayne County Community College

District on Wednesday night.

The Michigan Community College Athletic Association tournament-bound women's cagers took care of the host Wildcats 63-44. The Lady Ocelots earned their 21st victory in 23 games overall and 14th consecutive MCCAA-Eastern win without a loss. Wayne County fell to 10-15 overall and 7-8 in the conference.

On the men's side, Schoolcraft got past Wayne County 92-84 to move to 15-8 overall and 10-4 in the conference. The Wildcats dropped to 11-10 and 8-7 in MCCAA-Eastern play.

including four from behind the

Junior forward Martina

2001-04. The Crusaders also received 13

# Franklin spikers block Wayne Memorial

Livonia Franklin girls volleyball coach Linda Jimenez has been forced to reconfigure her lineup after senior libero Cassie LaPrairie was lost for the season after suffering a broken leg last weekend in an indoor soccer game.

But even with LaPrairie and senior middle hitter Laura Marshall (Founders Day honoree) out of the lineup Wednesday, the Patriots overcame a slow start to beat host Wayne Memorial in four games, 22-25, 25-17, 25-18, 25-14.

Senior starter Liz Dempsey had 19 kills, four ace serves and six days to lead the Patriots, who improved to 12-13 overall and 5-1 in the Western Division of the Western Lakes Activities Association.

"Liz had another great game but our starters were out of sync," Jimenez said. "We could not establish any rhythm. So I went to the bench and we got tremendous play from Lauren Osiwala, Sam Wensing, Sara Slack, Ashley Sawyer and Amy McGaughey."

Franklin is 9-3 since Jan. 10. Wayne falls to 0-6 in the Western Division.

#### C'ville wins 1st match

Shannon McNeily recorded a team-high 17 kills and setter Amanda Moody finished with

32 assists as Livonia Clarenceville earned its first victory of the season in five games. against visiting Rochester Hills



TOM HAWLEY | STAFF PHOTOGRAPHER

Wayne's Cheisea Quintal makes the pass during Wednesday's WLAA-Western Division match against Franklin.

26, 25-23, 25-23, 15-12, Clarenceville is 1-12-1 overall and 1-4 in the Metro Conference.

Chelsea Gregg added 13 kills and six blocks in the victory. Other standouts for the Trojans included Amber Mills

(three kills, two blocks), Corrine Clark (three kills and a block).

Moody also had three aces and four blocks.

#### Spartans beat Central

Setter Jill Flaugher recorded 35 assist-to-kills, 16 digs and seven kills Wednesday to spur host Livonia Stevenson to a 16-25, 25-23, 25-12, 25-19 win over Walled Lake Central.

Stevenson improves to 13-6-1 overall and 3-4 in the WLAA-Lakes Division.

Libero Jordan Pilut added 25 digs and was 20-for-20 serving, including six aces. Amber Sharp also added 22 digs, while Kelly Snitchler was 18-for-18 serving (two aces) and 21 digs.

Stephanie Labby chipped in with 23 digs and three aces.

Top kills leaders included Hannah Diebel (12), Snitchler (11), Laura Khalil (10), Meg Iafrate (7) and Jamie Pounders (6). Iafrate also had three solo blocks.

"We're playing better defense lately," Stevenson coach Kelly Graham said. "We are just giving teams long point-runs that make it more difficult to come back and get into the game."

#### Chargers romp

Livonia Churchill improved to 6-0 in the WLAA-Lakes Division with a 25-15, 25-14, 25-12 triumph Thursday over visiting Walled Lake Northern.

Senior Lauren Krupsky paced the victorious Chargers, now 34-2-1 overall, with 16 kills and

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three solo blocks. Junior Kyndra Abron contributed 13 kills.

Other standouts for Churchill included Kelly Archer, who had 16 digs and was 100 percent on serve receive; Jordan Kerr, who served 100 percent with six digs; setter Kelsey McKenzie, 31 assists; and Sarah Button, four digs, three kills and three

#### Warriors cruise

Lauren Harris served 21 points, including five aces, as Lutheran Westland rolled to a 25-10, 25-6, 25-4 Metro Conference victory Thursday over visiting Harper Woods.

Sophomore Becca Refenes added 10 kills for the Warriors, who improved to 22-3-4 overall and 5-1 in the conference.

Kayla Gieschen contributed 10 points serving, including two aces, along with seven kills. Sister Lauren Gieschen served 10 points with seven aces and 11 assists.

Other standouts included Julie Jongsma, 11 service points and nine assists; and Katey Ramthun, three kills.

#### Ladywood falls

In a Catholic League Central Division match Thursday, host Birmingham Marian defeated Livonia Ladywood in three games, 25-21, 25-21, 25-20.

Ladywood is 28-9-1 overall and 3-2 in the Central. The Blazers begin the Catholic League playoff's Thursday.

Kids U10 thru U14!

FROM PAGE B1

himself to keep the Spartans ahead by 13.

"He (Knochel) was special tonight," Stevenson coach Brad Miller said. "The first half we were able to execute. It seemed mentally we were almost perfect. And it seemed when we needed it, Luke would either make a big shot or big pass. He was everything tonight. He's hard to guard when he plays like that."

Churchill coach Jim Solak felt virtually helpless on the bench while watching Knochel make play-afterplay.

"We tried four different guys and we went to a trap, but give him credit, he found a way to beat it," Solak said. "He's a special player and he had a great night."

Stevenson made a blistering 28-of-45 shots from the floor (62.2 percent) and committed just 11 turnovers.

Miller, whose Spartans

avenged a 61-59 loss to Churchill on Jan. 19, was also pleased with his team's defensive effort.

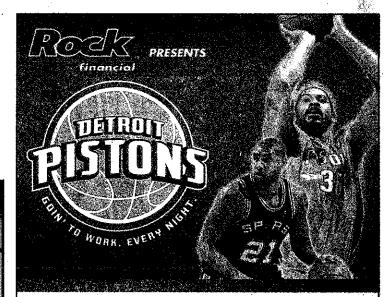
"I thought Derek (Severson) was outstanding defensively," Miller said. "The first half he was all over (Ryan) Rosenick and he did a great job on him. Defensively we attacked them differentia this time. We played straight man and matched up with the four other guys. With Rosenick, you can't let him touch the ball because if he touches the ball, good things happen.

"At halftime I told our guys we had to weather the storm because Churchill was going to attack the lane."

Senior forward Brad Evans added 12 points, while junior guard Ryan Whittum had nine for the Chargers.

'Turnovers in the second quarter killed us," Solak said. 'We had 14 the first half, and you simply can't win doing that."

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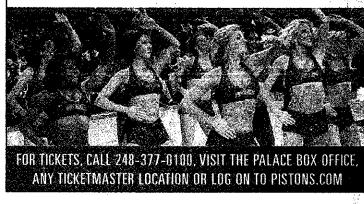
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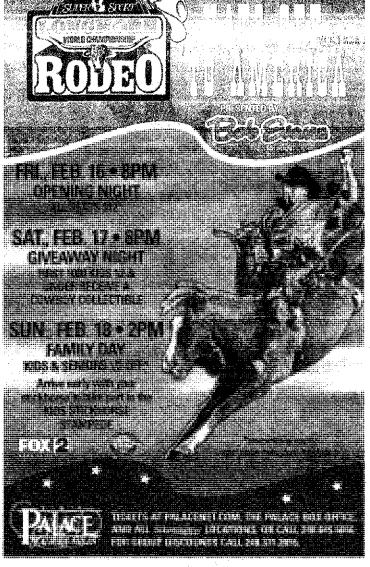
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#### (eight kills, seven blocks, four Lutheran Northwest, 19-25, 24ace serves); Marlene Azar We don't DOUBLE our prices to say they're 50% OFF! We will make your night! MAKE US YOUR **QUEEN 2PC SETS** STARTING AS LOW AS We Invite You To Compare Our Products, Apple To Apples, Versus The Big **Furniture And Mattress** Chain Stores And **SPRING AIR'S** SAVE HUNDREDS ON 3 BEARS! TÜXURIOUS SLEEP!!! "PLEASE ASK US ABOUT ANY REMAINING 2008 STOCK OR FLOOR MODELS FOR HUGE DISCOUNTS, WE'VE GOT ROOM TO WORK WITH YOUR BUDGETIL" YOUR CHOICE OF FIRM. SLEEPING BESIDE YOU? TRY THE LEGENDARY ENCASED COIL REDUCED MOTION INNER SPRING DESIGN! ALSO TWIN/FULL/KING SPRING AIR'S 3 BEARS! WHY WAIT FOR YOUR TAX REFUND CHECK?? \$999<sup>99</sup> QUEEN 2 PC SET YOUR CHOICE OF LUXURY FIRM, KNIFE-EDGE PILLOWTOP OR EUROBOX STYLE PILLOWTOP! Start Enjoying Your New Mattress Set today. E-Z Financing Available To HIS OFFER LIMITED TIME ON EURO-TOP (REG. \$1099.99) YOU SAVE \$100!! qualified Buyers, 1 Year, 6 Mos., 90 Or As Little As 30 MUST MENTION COUPON Days SAME AS CASH!! \* Free delivery \* Free removal!! \* Free frame!! \*We pay your sales tax!! \*Advertised bonuses applicable to sets \$49999 and above for 1, \$999<sup>se</sup> for 2. Call store for details. N.E. corner of Ford Rd. & Lilley (Near Bed Bath & Beyond and IKEA) 42134 Ford Rd. • Canton • 734-844-6600 www.michiganmattresslimited.com



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# Book helps deal with transitions

here are so many changes going on around us that it seems impossible to keep up. Maybe it is. Jobs are changing, through loss. Companies are closing. Houses are not selling. People are moving. Some are afraid to move. Less income is placing much stress on all of us. A method to handle all of this stress is important. One author, William Bridges, has a model which he has written about and which I will summarize

here. Bridges makes the distinction between change, which is situational, and transition, which is psychological. In his book, Transitions, Making Sense of Life's Changes, he describes the difference and describes what is needed to go through a transition, or transitions, often precipitated by unanticipated change.

Transition is psychological in that it requires a redirection of your life internally and a new self-definition: that I have go to through an inner transition to handle the changes in my life. It is a move from the way things are (were) to

are going to be." Paul There are three Meirose steps to making this inner transition.

the new "way things

The first move is to recognize the ending: to let go of the old (current) situation.

The second step, the longest and the hardest, is to enter, go through and come out on the other side of the neutral zone: that place where I suffer the confusion of miving up, learning condition ing the journey from here to there.

The final step is a new beginning: starting off in the new situation. At the time of ending we disengage, or separate ourselves, from familiar social places. We dismantle old habits and beh familiar infrastructure.

We disidentify in that our old identity, i.e., I am an employee of "X" company, is no longer who we are. It assumes, temporarily, non-identity. We become disenchanted with the beliefs which sustained us. We hecome disorientated, as there is a deepening of a sense of lostness or con-

fusion. Endings are experiences of dying. The neutral zone becomes our place of self-renewal. What is real does not seem real, but rather becomes transparent. The things we depended on don't look so certain: they become an illusion. What we do is let this sense of emptiness grow. We need this time to find out more about ourselves. We are more than who we were before the ending occurred. We can write an autobiography so that we might identify those things that keep us mov-

What do you really want? That may be a guide to moving you through the neutral zone to a beginning. This is not a neat time. It feels like being lost or the Hebrew Bible idea of journey through the wilderness. It may occur before the ending occurs. It takes time and invites you to be with your innermost thoughts

and feelings. In the New Beginning, much is happening. There can be a feeling of betrayal to old ways and relationships. There is a need to distinguish between a new beginning and a defensive reaction to the

ending. The reorganization of the kitchen after the husband retires may actually be a first step to redefining the husband/wife relationship. Take things step by step. Act, identify yourself with the new beginning, i.e., I am out of work, I am retired, I am single etc.

The Beginning is really the End. It is the process of bringing us back to ourselves in a new way. Our new identity integrates with our old one. There is an old Zen saying which says: "after enlightenment, the laundry." Welcome to the new place. The book is readable and workable. It is a wonderful guide to aid you in myriad changes going on around

Good luck. You will come out on the other side, a new person in a new situa-

Dr. Paul J. Meirose is executive director of the Samaritan Counseling Center of SE Michigan, He can be reached at www.paulmeirose.com or though (248) 474-4701. The staff of the Samaritan Center is available at www.samaritancounselingmichigan.com or through (248) 474-4701.





Don Bohnwagner (left), Wally Jennings, Don Venturino, and Don McCorkle pose with one of the sweethearts they sang to on Valentine's Day 2006.

# Heard of my hea

## Singing valentines say Hove you

BY LINDA ANN CHOMIN STAFF WRITER

Last year, Eunice and Rick Taylor were hoping to surprise each other for Valentine's Day. What neither realized wa after 15 years of marriage they'd grown to think alike. Both had phoned The Renaissance Chorus to have a quartet deliver a singing valentine. Hearing Heart of My Heart sung in barbershop style can be one of the most moving ways to sav "I love vou."

"That was cute," said Eunice Taylor of Plymouth. "They came up to the door and I shushed them so Rick wouldn't know they were here. We usually just go out to dinner or send flowers. Rick travels so it's not always easy to observe Valentine's Day, but he's always been romantic through the years."



Bob Wolf (left), Gary Francis, Hal Reid, and Dave Pieffer sang for 94-year-old Mildred Hein on Valentine's Day last year. The quartet originally went to the Plymouth home of Eunice and Rick Taylor when the married couple ordered singing valentines for each other. Hein is holding a valentine Eunice's father Jurgen gave her in grade school.

Bob Wolf says he'll never forget the day the Four Decades delivered the double surprise to the Taylor home. Afterwards, the quartet sang for Eunice's 94-yearold mother who lives with the couple. While it's always nice to make the ladies smile, Wolf enjoys see-

ing the men's response.

"One man stood amazed with tears coming down his face," said Bob Wolf, membership vice president and a Livonia resident. "You don't know what reaction you're going to get."

#### 'IN SHOCK'

Ann Feichtinger never expected her husband, Mark, to react the way he did when a quartet sang at their Canton home. Until then the couple's typical Valentine's Day celebration consisted of going out to dinner.

"I think he was in shock. You couldn't wipe the smile off his face. He was very touched," said Feichtinger. "I would do it again. I had seen a blurb in the Observer, thought this was different and neat and fun. We'd been married for 11 years at that point and I wanted to surprise him. He was a stay at home dad. It was just so easy. You place a phone call, give them your information and they show up. It was just so nice and I was lucky enough to be home."

Scott Casey especially remembers singing for one woman.

"One of the most touching was when the quartet visited a hospice patient in her Livonia home," said Casev, musical director of the chorus and a Westland resident. "Tears started rolling out of the corners of her eyes. Her grand-

PLEASE SEE VALENTINES, C2

# Indulge in favorite cookies of U.S. presidents at tea

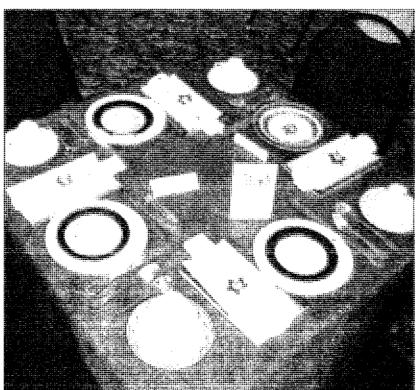
BY LINDA ANN CHOMIN STAFF WRITER

Did you know former President Jimmy Carter's favorite cookies were Pecan Squares or that George Washington often requested crab bisque during his years at the White House? Guests at a Presidential Tea will not only have the opportunity to taste these favorites, but take home a booklet with the recipes. The afternoon of delights takes place in the Alexander Blue House at Greenmead Historical Park 3-5 p.m. Saturday, Feb. 24.

Tickets are \$25 and sold only in advance. Proceeds go to restore and preserve Greenmead. Purchased by the city of Livonia in 1976, the historic site is home to 20 buildings in which early residents lived, shopped and attended church. It is divided into two sections - one reflecting the 1850s, the other the early 1920s. For tickets to the tea or more information, call (248) 477-7375.

The menu includes tea sandwiches, desserts, tea, and scones with either blueberries and cherries or cranberries in keeping with the red, white and blue theme.

'We're featuring presidential favorite cookies and compiled a



Guests will enjoy sitting at tables set with presidential china and a red, white and blue

variety of four to five different cookies," said Linda Wiacek, recreation supervisor at Greenmead. "We have about 25 favorite recipes. We've been collecting them over the years. The Jimmy Carter Pecan Squares we love them so much we serve them at every tea. They were introduced as Pecan Diamonds by the

White House pastry chef Harry Haller and became a favorite of the family."

Greenmead began presenting teas in the historical setting in

'Our teas are very popular," said Wiacek. "We're really kind of fussy. We use real china, silver and little fancy covered dishes on the table set with red and blue linens with white napkins. There's a good selection of presidential china at each table, and a presidential exhibit of photos, prints, posters.

"In keeping with the theme our speaker is Sandi Knollenberg, wife of U.S. Rep. Joe Knollenberg. She's been involved in first ladies' luncheons and will be able to talk about various White House experiences over the years."

As a thank you for coming to the tea, guests will be given the booklet with favorite recipes and fun facts about U.S. presidents.

"We have recipes for Chewy Macaroons from Lyndon Johnson; McKinley, who purchased the Alaskan territories, we have his Ice Box Cookies. The Lincoln cookies are not real pretty looking but oh, my gosh, they're delicious.'

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

# Ushers club expands pancake breakfasts VALENTINES



Observer & Eccentric | Sunday, February 11, 2007

Patrick Maher and sons Owen, 10, Emery, 8, Aaron, 6, and Ian 4, enjoy St. Michael's Ushers Club Family Pancake Breakfasts while mom, Julie (not pictured), refills everyone's juice.



The Ushers Club of St. Michael the Archangel Parish in Livonia has long been a vibrant and dynamic part of community life in Livonia's first and oldest parish. Composed of about 60 men, the club has grown steadily over the years and sponsors a number of successful on-going projects that benefit the church and school including their All-You-Can-Eat Family Pancake Breakfast.

In honor of the parish's 75th anniversary celebration, the group decided to expand the pancake breakfast from four times per year to once a, month on the third Sunday. They also opted to expand their menu into a full breakfast buffet featuring not only pancakes, but scrambled eggs, bacon, sausage, hash browns, juice, milk, coffee, and tea.

They also extended their serving hours from 8:30 a.m. until 1:30 p.m. to accommodate even greater numbers of parishioners and hungry passers-by.

According to current Usher's Club president, Jim Majk, the group is serving an average of nearly 400 breakfasts per month.

The event is geared to families and offers reasonable pricing of \$5 per person, \$3 for children under age 12, and \$15 per family regardless of number or appetite size.

"This is such a great group of guys to work with," said Jim Majk.

"The breakfast project started in the early 1970's and has been overseen most of that time by our current chairman, Tom Boyer."

Boyer, Doug Wohlberg and Floyd Virant were instrumental in starting the breakfasts more than 30 years ago and continue to be active parish members today. The breakfasts are open to

all. Everyone is more than welcome to stop by St. Michael's School cafeteria on Hubbard, south of Plymouth road on the third Sunday of each month.

daughter had arranged it. "Another high school student ordered one for his grandmother. The young ones have such an appreciation for the vocal. A capella is popular these days. We sang for my two daughters at Franklin High School. We walked into utter chaos but when we began singing, the room became hushed. It was amazing the kids were so engaged."

#### **SENDING SMILES**

Quartets from the chorus have been sparking smiles on Valentine's Day ever since 1998 when one of the members heard about a new way to raise money for the chorus which is the Wayne Chapter of the Society for the Preservation and Encouragement of Barber Shop Quartet Singing in America. Founded in 1944, the Renaissance Chorus sings fourpart harmony throughout the year in the community. Although most of the occasions

are happy ones, two weeks ago the chorus came together to sing Amazing Grace at a funeral for the son of member Don Bohnwagner.

While many of the members are retired, Casey is a training project manager at Wayne State University. Mark Pritchard works as a product sales specialist and serves as chapter president. Tom Skiver became a member after his wife engaged the quartet to sing a valentine for him. The Livonia resident liked what he heard.

"It was something my dad used to do," said Skiver. "Now they can't get rid of me."

Every Tuesday evening, Skiver and about two dozen chorus members rehearse at Kirk of Our Savior in Westland. Proceeds from the valentines allow them to produce an annual show as well as sing at senior centers, libraries, and at Christmastime at St. Mary Mercy Hospital in

"The singing Valentines are a nice way to raise operating funds and spread harmony and goodwill," said Pritchard, a Garden City resident, "Once

Livonia.

you start doing it, you want to do it every year. When people call they know they've come up with a good idea rather than candy. Everyone gets a rose and a card and we sing I Love You Truly and Heart of My Heart. It makes them cry sometimes.

#### SCHOOL VISITS

Schools are a frequent stop for the quartets on Valentine's Day. One year, Pritchard sang for his wife, Karen, in her classroom at Divine Child High School in Dearborn.

"It's exciting talking to people on the phone when they order a singing valentine," said member Harold (Hal) Reid of Westland. "One wife got one for her husband and every teacher in the school knew about it but him. We've sung for 50th anniversaries and for people at Livonia City Hall, the Plymouth courthouse, plants, offices, and in restaurants."

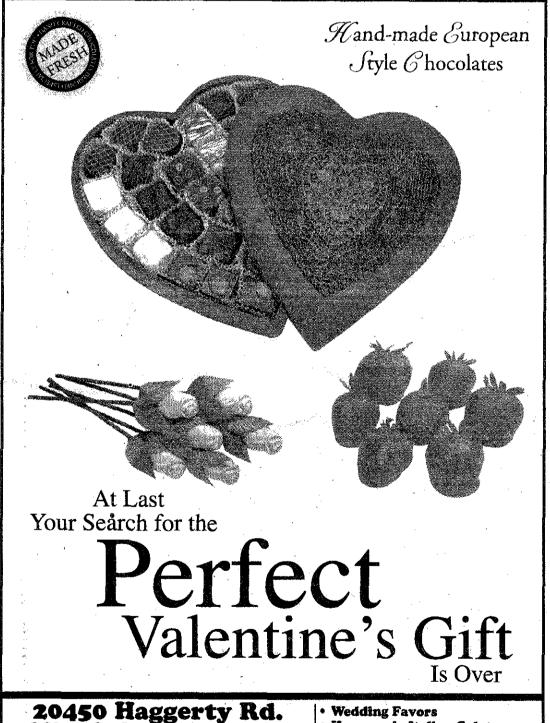
Don Bohnwagner never tires of singing four-part harmony whether it's on Valentine's Day or the chorus's annual show on May 5. He joined the Renaissance Chorus 25 years ago after singing with church choirs and the Wayne State University Men's Glee Club. The Farmington Hills tenor is business manager of the Renaissance Chorus.

In addition to performing with the chorus and the quartet, 3 Ds & W, Bohnwagner and his wife, Barb, sing in the Wayne-Westland Senior Chorus which meets at the Dyer Center.

'Valentine's Day is a lot of fun. We have fun surprising different women, even a couple of fellows," said Don Bohnwagner, 77. "My daughter-in-law was in the shower. She was kind of embarrassed, but she loved it."

The cost for a Singing Valentine is \$40, \$20 if you wish to present the Singing Valentine in person by singing with the quartet. The vocalists will even deliver your special personal gift if you wish. Call (734) 467-9681 or (734) 422-7468 to schedule delivery between 8 a.m. and 9 p.m. on Wednesday, Feb. 14, or send an e-mail to

Valentines@WeSingBarbersho p.com. Orders will be taken up



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# Take the stairs and aid American Lung Association research

Caleb Mitchell easily climbs the 170-step stairs during his Saturday workouts at Bloomer Park in Rochester

On Sunday, Feb. 25, he'll add 70 flights to his regimen.

Mitchell is among the teams and individuals that have signed up for the American Lung Association of Michigan's Climb Detroit, a fund-raiser that may tax even the toughest of athletes as they race to the top of the Marriott Detroit at the Renaissance Center,

Michigan's tallest building. "I'm just going to do it. I have friends at work and they're going to join in," said Mitchell, an adventure race athlete who has competed his way across Michigan and

Adventure racing entails many different sporting activities, such as road bik-

ing, mountain biking, hiking, boating, canoeing and more. It doesn't generally include climbing stairs in tall urban buildings.

"If you stay active and do 10-15 hours a week and really focus on the core disciplines, you can pretty much do anything," he said, unfazed by the stair challenge. "I did two marathons last week and I'm not a runner by any stretch of the imagination. Just stay active and have realistic goals."

If a 70-story climb seems unrealistic, competitors can opt for a 40-story climb. The cost to participate is \$35, with a fund-raising minimum of \$65 for the full climb and \$45 for the half climb. Those who raise \$100 or more, including the registration fee, will earn a commemorative Climb Detroit shirt.

Climbers also will be

awarded by age group and fastest time. Team awards will go to the fastest team, highest fund-raising team, most clever team name and most spirited team.

Participants must pre-register by Feb. 20.

Start times will be assigned a week before the event. Registration will start at 7:30 a.m. on climb day, with the first competitors starting at 8:30 a.m.

Jeff Watters, who runs an outdoor exercise session on Saturdays in Rochester, as well as Monday-Friday boot camps in downtown Birmingham, will lead free workout sessions for registered participants before the climb.

Register for the climb by calling the American Lung Association of Michigan office at (248) 784-2026 or visit www.climbdetroit.org.



Caleb Mitchell reaches the top of the 170-step staircase at Bloomer Park in Rochester Hills. Jeff Watters, (left) who runs a 90-minute year-round exercise program at the park, suggested Mitchell and others run the stairs three times. Mitchell, of Madison Heights, plans to compete in the upcoming American Lung Association stair climb at the Renaissance Center in Detroit.

# Actor brings gospel into modern age

BY LINDA ANN CHOMIN -STAFF WRITER

Six weeks before Frank Runyeon was scheduled to appear in his one man show at St. Aidan Catholic Church in Livonia, Karen Buddenborg was inviting the entire community to purchase tickets.

Runyeon, a television and film actor, performs in The Gospel of John: The Book of Signs 7 p.m. Wednesday, Feb. 28, at St. Aidan Catholic Church, 17500 Farmington road, Livonia. Tickets are \$5 for adults, \$20 a family. Group rates

For more information, call

David Conrad at (734) 425-

"It's his interpretation of the Gospel of John and appropriate for all ages and families," said Karen Buddenborg, a church member who lives in Livonia.

"I'm excited about this. Every once in a while we get in something big and like to invite the community. It's not just for Catholics, but all denominations."

In the 1980s, Runyeon played opposite Meg Ryan in As the World Turns. In addition to appearances on  $Santa\ Barbara, Falcon$ Crest, General Hospital, LA Law, and Melrose Place he

starred in Sudden Death, a feature film.

The set of the Gospel of John is lit only by candlelight and theatrical lighting. Runyeon drew on the gospel's first 11 chapters to create this work in contemporary English. The story is set in the present tense.

Runyeon earned his master's degree from General Theological Seminary in New York City. He is pursuing a doctorate in biblical studies.

For more information about the performance, visit www.frankrunyeon.com.

Ichomin@hometownlife.com (734) 953-2145



Frank Runyeon presents his one man show The Gospel of John: The Book of Signs Feb. 28, at St. Aidan Catholic Church in Livonia.

# Seminars offer free career planning advice

Henry Ford Community College's University Transfer, Advising and Career Counseling Center will host free 50-minute seminars designed to address key issues for successful career planning.

The Career Planning Seminars will be held from 9:10 a.m. and 5:30 p.m. Monday, Feb. 19; 1:10 p.m. Tuesday, Feb. 20; 10:10 a.m. and 4:10 p.m. Wednesday, Feb. 21; and 9:40 a.m. Thursday, Feb. 22, in Room 121 of the Learning Resources Center on the main campus at 5101 Evergreen, Dearborn.

During the seminars, HFCC counselors will discuss strategies for developing a sound career path, including choosing a major, exploring duties and responsibilities related to specific careers, matching areas of personal interest and skills to existing careers, examining local and national employment trends as well as evaluating potential income and education requirements for specific career choices.

No advance reservation is required. The seminars are open to the public and HFCC students are encouraged to attend.

For more information, contact HFCC counselor Jerry Olszewski at (313) 845-9752 or send e-mail to jerry@hfcc.edu. For more information about HFCC, visit www.hfcc.edu or call (800) 585-HFCC (4322).

## Bowling benefit to raise money for 3-day breast cancer walk

Mary Probelski of Livonia, \$2,900," said Mary will be holding a fund-raiser 2-5 p.m. Saturday, April 14, at Merri-Bowl Lanes, 30950 Five Mile, Livonia, to raise money for the Michigan

Breast Cancer 3-Day. Probelski is joining thousands of other dedicated women and men for the Michigan Breast Cancer 3-Day 60-mile walk benefiting Susan G. Komen for the Cure and the National Philanthropic Trust Breast Cancer Fund. In order to participate, each walker must train for the event and commit to raising a mini-

mum of \$2,200. "Many walkers raise more than the minimum. In fact, event organizers report the average amount raised is

Probelski, "With this fundraiser, I hope to exceed my fund-raising goal. I know with Komen for the Cure and the National Philanthropic Trust as beneficiaries, I'm helping to ensure funding is available for important research and

Cost is \$20 and includes three games of bowling (9 pin/ No Tap), shoes, pizza, drinks and prizes. Guests can also participate in 50/50 and Men's and Women's High Game.

community outreach pro-

For information, call (248) 933-9970.

Breast Cancer merchandise will also be sold by The Cancer Angel Network.

# Workshop offers advice on wedding planning

A Wedding Workshop has been designed so couples-to-be can enjoy a stress-free wedding by spending only 90 minutes now at a roundtable with planning experts.

The workshop, arranged like speed dating or musical chairs, begins at 6:30 p.m. Thursday, Feb. 22, in the Meeting House Grand Ballroom, 499 S. Main, south of Ann Arbor Trail, Plymouth. The workshop is free to those who make reservations in advance by calling (734) 416-5100.

Tickets at the door will be \$10. Light

hors d'oeuvres and refreshments will be provided.

Seating is limited. For more information, visit www.mhgb.com.

"We are very excited about an entirely new concept in wedding planning called the wedding workshop. It is designed around the concept of speed dating only this interaction is between brides and grooms and wedding professionals," said Randy Lorenz. "Every 10 minutes brides and grooms will move from one expert to the next. Along the way, our experts will reveal pearls of

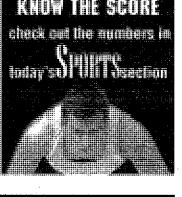
wisdom gained through years of experience in the wedding business."

The panel includes experts on photography, flower, D.J., videography, wedding cakes, reception facilities, honeymoon travel, bridal accessories, chair covers, and engraving.

The consultants not only offer tips on how to better plan and prepare for the wedding but also give advice on how to save money and reduce expenses.

As an added bonus, each couple will receive a free engagement photo from Rawlinson Photography.







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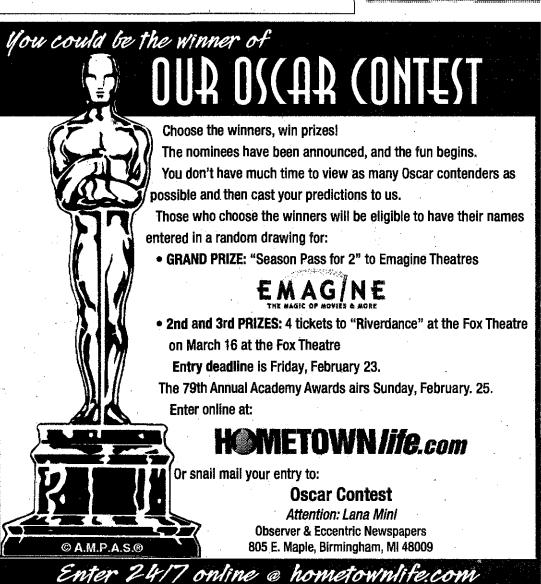
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PART OF OBSERVER & ECCENTRIC AND MIRROR NEWSPAPERS





Observer & Eccentric | Sunday, February 11, 2007

From left, Meghan Earles, 6, and Emily McGriff, 6, decorate cookies as part of the Valentine party held by Donna Kenske for her grandchildren and their friends.

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# Valentine tea, tic-tac-toe create cherished memories

BY DONNA KENSKE

s a fifty something Grandmother there are so many times I wish my daughters were still small children.

I was one of those crazy mothers who became thrilled when there was a snow day. After all, just think of all the projects we could do together as I was fortunate enough to be able to work from home when our daughters were small.

I watch my daughter
Angela trying to juggle her
time between being a wife,
mother of three beautiful
children – Anthony, 7, Emily,
6, and 4-year-old Olivia Rose
– and working at Oakwood
Hospital as an ER ward secretary.

My grandchildren have been brought up with real tea parties consisting of hot tea, sandwiches and a sweet. We use the china tea set I bought for Emily's second birthday. This tradition has become one that I hope they will remember for many years to come.

You see, the inner child in me still wants to play. While I was looking through a Holiday magazine my eyes locked onto one page. There it was. The perfect project to do with the kids....an edible tictac-toe board! I quickly thought of the next holiday, Valentines Day – perfect.

My mind swirled with ideas, how would I set the table, what to serve and of course the invitations, this was going to be such fun. Each child received his or her own invitation to the party including an R.S.V.P. Grandma; along with my phone number (it's never too early to learn the basics). I also included two neighbor children Meghan, 6, and Conner, 4, to add to the fun. With each response call I got more and more excited. This was going to be great!

You see, the inner child in me still wants to play. While I was looking through a Holiday magazine my eyes locked onto one page. There it was. The perfect project to do with the kids....an edible tic-tac-toe board! I quickly thought of the next holiday, Valentines Day - perfect.

I became giddy with anticipation of the upcoming party. Visions of sugar cookie tictac-toe boards danced in my head. I found a small heart shaped cookie cutter and a small letter X cookie cutter, just the right size. I enlisted the help of my daughter Kimberly to make the cookies. Her decorated sugar cookies put Martha Stewart to shame.

Thoughts of my grandson
Anthony when he was only 3
years old kept coming into my
mind. Whenever he came
over and saw that I was working on a craft project without
him he would say "Grandma,
why didn't you call me? You
know I love Arts and Craps!"
Ok, back to the story.

The children arrived to see the wire pink and lavender hearts coming down in spirals from the ceiling fan. A pink tablecloth adorned the table with pink and lavender hearts on the paper plates, along with red napkins of course. They dined on heart shaped sandwiches, fresh vegetables (placed on clear plates with white heart shaped doilies), small red bowls at each place setting with ranch dip (to avoid double dipping) and a punch bowl with Hawaiian Punch, 7-Up, a few scoops of Sherbet and lots of red heart shaped ice cubes, made from the Hawaiian Punch, made the perfect drink. For dessert heart shaped brownies and peppermint ice cream.

After lunch we cleared the table and I brought out the small cookies, red, white and pink royal icing that were in individual squeeze bottles and

tiny little edible hearts and red jimmies. I demonstrated how to squeeze the icing onto the cookie and dip it into the red sprinkles.

That's all it took for them to eagerly start their decorating. I watched with amazement at the sharing, each one choosing different colors and styles. Some decorated the entire cookie while others chose to outline the cookie before dipping them.

Next I "glued" the large sugar cookie (6-inches x 6-inches) to a red foiled cardboard, which would become the game board. Starting with the youngest child first, I made a single horizontal line onto the cookie and instructed them to place M & M's onto the icing.

By the second line they begged to know what they were making, but I didn't cave in. Then I made two vertical lines in the center. "It's the letter H right? That's what we're making;" with a quick response of "an H only has one line in it." "I know, I know, it's a ladder, that's it right?"

Suddenly it hit me. As I looked around the table I saw five fantastic young minds working independently and yet together trying to solve the mystery of our project. Sweet innocence. They are our future.

Maybe one day they may think back and remember all of the fun we had at that Valentine Luncheon in 2007. I know I will carry this memory forever.

Donna Kenske lives in Canton.



#### **ENGAGEMENT**

#### Babcock-Schweer

Tracy and Dorothy Babcock of Livonia announce the engagement of their son, Jacob Spence, to Kendra Annette Scweer of Bolivar, Missouri.

The prospective groom is a graduate of Livonia Churchill High School, as well as the University of Michigan-Dearborn. He is currently employed by Power Brite of Michigan.

His fiance is the daughter of Kenneth and Margaret Schweer of Bolivar, Missouri. She is a 1990 graduate from Bolivar High School and also from Southwest Baptist University.

 June 2007 wedding is planned at Weller's in Saline,

They will honeymoon is Savannah, Ga.



As space permits, the Observer & Eccentric Newspapers print, without charge, announcements of class reunions. Send the information to Reunions, Observer & Eccentric Newspapers, 36251 Schoolcraft, Livonia, MI 48170. Please include the date of the reunion, one contact person, and a telephone number. Bishop Borgess Class of 1987

A 20-year reunion, Sept. 15, 2007, at the Livonia Marriott, Contact borgess87@hotmail.com for more infor-

## **CLASS REUNIONS**

#### **Garden City High School** Class of 1987

Searching for all class of '87 Alumni for a 20-year reunion. Need to find current information on alumni (name, address, phone, email, etc.). Contact GCHSClassof87reunion@comcast.net or call Sheryll (Pietryka) Catton at (734) 367-0898.

#### Ladywood High School Class of 1967

A 40-year reunion in planned for June 9-10, 2007. Headquarters at Courtyard by Marriott, Laurel Park, Livonia. Call Liz at (248)681-7768 or email

MARGARET C. COWLEY

"Bunny"

Age 83, of Farmington, formerly of Detroit. Died Feb. 6, 2007 at home. Born June 19, 1923 in Yonkers, NY

where she resided until moving to

Detroit in 1950. She was employed at GM Detroit Diesel from 1951 until

retirement in 1980 as an Executive

Secretary and Administrative Assistant. Was first female to be named "Captain" for the Boy Scouts

of America membership drive. In

1986, was appointed on the Tax Board

of Review for the City of Detroit by Councilman Jack Kelley. Served on

the Board for eight years until Jack

Kelly retired from the Council in 1993. Also, was part time hostess for the Detroit Red Wings in the Olympia Club. She was a Volunteer for the

Detroit Grand Prix for six years, which included being a supervisor for Information Systems. A former resi-

dent of North Rosedale Park in

Detroit, and was a member of the North Rosedale Civic Association,

member of the North Rosedale Park

Women's Club, and the North Rosedale Park Players and Bowler-

ettes. She was a marvelous entertainer

and enjoyed her family and countless

friends. Wife of the deceased (1995) William F. Cowley. Mother of Barbara (the deceased Larry) Dowell, & Carole

(Joel) Layne. Grandmother of Wayne County Sheriff Brian (Carmen) Boyd, Colleen (Jason) Brasgalla, Michael &

Marty Layne. Great-Grandmother of

Jordan & Matthew Boyd & Lauren & Ashley Brasgalla. Sister of Thomas Stankey of Indianapolis & the deceased Edward (Eileen) & Robert

(deceased) and Dolores Stankey. Also

leaves many nieces, nephews &

Services were held

at Charles Step Funeral Home, 18425

Beech Daly. Interment Monday Parkview Memorial Ceme-tery.

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LHS67@comcast.net for further informa-

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Alumni Summer 8ash 10 a.m. to 6 p.m. Saturday, June 16, Nankin Milis Park, Ann Arbor Trail and Hines Drive. No fees but accepting donations. All proceeds over and above costs are being donated to the Western Wayne Skill Center. For more information, call Chris (Don) Nicholson at (734)658-5296 or Chris@ChurchillAlumni.com or Gavie

Napolitano Nicholson at (734)728-0393 or Gayle@ChurchillAlumni.com.

#### Stinebaughs celebrate 50th anniversary

Chuck and Barbara Stinebaugh of Plymouth are celebrating 50 years of mar-

They were married Jan. 19, 1957, at St. Paul's Methodist Church in Tiffin, Ohio.

Chuck and Barbara moved to Michigan in 1963 where Co. for 34 years. In addition to raising a family, Barb had a 25 year career with NBD (Chase).

They are actively involved, and have been members of the First United Methodist Church of Plymouth since

The Stinebaughs have have three children: Karen (Brian) Stemberger, Steven (Carmen)



Stinebaugh and Scott Stinebaugh, and six grandchil-

The Stinebaughs are enjoying the fruits of retirement. They enjoy being with their grandchildren, walks together, Novi.



family gatherings, antique hunting, gardening, car shows, and traveling.

They celebrated this "golden" occasion with their family at No. 6 Chop House in

#### THOMAS L. BOYNE

Age 87, October 18, 1919-February 6, 2007. Hinsdale, IL resident, formerly of Plymouth, MI. Veteran Plymouth, MI. Veteran WWII Marine Corp. beloved husband of Lorraine; loving father of Thomas J. (Elaine) Boyne, Ronald A. (Judy) Boyne, Gail A. (Paul) Meeks, Gary A. (Carol) Boyne and Janet M. (David North Corp.) Doty; dear grandfather David, Karen, Taylor, Garrett, Morgan, Mackenzie and Samantha. Memorial Funeral Mass will be held Friday, February 9th, 12 noon at Notre Dame Church, Chicago Ave and Norfolk, Claredon Hills, IL 60514. Private interment will be held prior to memorial mass at Ascension Cemetery Libertyville, IL in lieu of flowers memorials appreciated to American Cancer Society, 1801 S. Meyers Rd., Suite 100, Oakbrook, IL, 60181. Arrangements by Gibbons Elliston Funeral Home, Hinsdale. 630-323-0275

### LEONARD RAINFORD CARR

February 8, 2007, age 92, of Redford Township. Beloved husband of Alice for 63 years. Dear father of Leslye (Brad) Martin, Tom (Carol) & Tim (Carol). Loving grandfather of Sarah, Allison, Melissa, Colleen, Casey, Courtney, Cari & Clare. Great grandfather of Ayanna, Kyle, Isaiah, Xavier & Emerson. Born September 12, 1914 in Hamilton, Ontario. He was a WWII Veteran in the United States Navy. Leonard was a retired Tool & Die Maker. He was an avid golfer and bowler, winning a Gold Medal for bowling in the Senior Olympics.

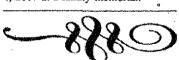


**COLENSO** 

Age 93 of Naples, FL. Also known as "Dirty Dick from Solomon Creek", "The Oldest Bar Back in Southwest Florida", and "The Popcorn Boy" died peacefully Tuesday, February 6, 007 at Hospice of Naples, Richard had been a full-time resident of Naples since 1991 and a part-time resident since 1974, spending the other half of the year in Beverly Hills, Michigan. Richard was a proud veter-an of WWII where he served first on the USS Bowfin and then in the engine room of the submarine USS Euryale. He worked for many years at Manus Products--first in Birmingham, MI as the plant manager, then coming to Naples to manage the newly opened Naples plant back in the 1970's. Until two years ago, Richard "worked for peer" at Pippin's Restaurant in Naples, "bar backing" and making popcorn during happy hour. He always had a joke and a smile for the customersproudly wearing a tie and one of his many hats. Those that knew him knew he was one of a kind; a world traveler with a zest for life. His beloved wife, Arloa (Sandy) Colenso preceded him in death on January 28, 1988. Richard was dearly loved by his family and will be missed. At his request, there will be no formal funeral service. Instead, there will be a party to honor him at Pippin's Restaurant, 1390 Tamiami Trail N. (U.S. 41), Naples, on Tuesday, February 20th starting at 6:00 p.m.. Come and join us for food, beer, and friendship. Bring your favorite story to share. In lieu of flowers, the family asks that donations be made in his name to Hospice of Naples, 1095 Whippoorwill Lane, Naples, FL 34105.

#### ALLEN MONROE **DUNHAM**

Age 92, died January 21, 2007 at home with family. He is survived by his wife, Carmel Rith and four children, Roselyn, Carl, Joyce (Arthur), and Marie. He is also survived by 12 grandchildren and 26 great-grandchildren. His life was celebrated February 4, 2007 at a family memorial.



February 9, 2007, of Commerce Twp., Formerly of Garden City. Beloved wife of the late James. Loving mother of Gail (Kenneth) Shier, Sharon (Louis) Wallace, Shier, Sharon (Louis) Wallace, Denethia (Skip) Smith, Pamela (David) Durocher and Jamie (John) Nuzman. Sister of the late Ray Bragg. Also survived by nine grandchildren and three great-grandchildren. Funeral Service at the R.G. & G.R. Harris Funeral Home, 15451 Farmington Rd., Livonia, Monday at 1 PM. Visitation Sunday from 12-9 PM. Memorial contributions may be directed to the C.S. Mott Children's Hospital, Attn: Child and Family Life,

## EDWARD F. "ED/MIKE" SPRING

Age 58. February 7, 2007. Passed away at home on Wednesday after a courageous 3 1/2 year battle with cancer. Ed was the beloved husband of Marie for almost 25 years and the loving father of Laura. He is survived by a wonderful and loving family which includes his mother and stepfather Jane and John Ryba of Cass City, brother Richard (Debbie) Spring, nieces Megan and Katelyn of Manchester, and sister Karen (Mike Hadley) Spring of Commerce Twp., nephew Jeremy Kay and niece Jessica Kay. Ed retired from Blue Cross after 37 years in 2005 and went to work at Wright and Filippis- a job he truly loved. Ed was loved and respected by countless friends and colleagues and will be missed for his good humor and always optimistic outlook. The family ask that memorial gifts be made in his name to U of M Comprehensive Cancer Center (Kidney Cancer Research). Funeral Monday 11 AM at THAYER-ROCK FUNERAL HOME, 33603 Grand River Ave., downtown Farmington (1 blk W. of Farmington Rd.) Visitation Sunday 2-8 PM. www.thaver-rock.com



#### ROBERT PETER WAGNER Age 86, of St. Petersburg,

L, died January 31, 2007 at the Hospice House Woodside in Pinellas Park, FL. Bob was born in Pittsburgh, PA. and moved to Detroit, MI at an early age. He was a graduate of the Henry Ford Trade School. While serving in the U.S. Army during World War II, he received the Bronze Star. After a 40-year career as a tool and die maker with the outer industry. Bob and his auto industry, Bob and his wife, Mary, were co-founders and benefactors of Community Living Centers in Farmington, MI. He was a member of the Henry Ford Trade School Alumni Association as well as an alumnus of St. Gregory High School. Predeceased by his wife of 57 years, Mary (Watson), he is survived by his three daughters, Beth Campbell, (Doug, died-2002) Brewster, Mass., Bonnie Reilly, (Dennis) St. Petersburg, and Sue Wagner, San Antonio, Texas; two sons, Anthony Peter and James Robert (Kathleen), both of Farming-ton; a brother, Jack (Julie), South Lyon, MI.; 11 grandchildren; 14 great-grandchildren; and many nieces and nephews. A memorial Mass was held The Cathedral of St. Jude in St.

Age 62 of Prescott formerly of Westland passed away Wednesday at St. Mary's Medical Center in Saginaw. Services will be held 2:00 p.m., Sunday, February 11th at the Sisson Funeral Home in Gladwin. Friends may call at the funeral home on

## **OBITUARY**

an obituary are published at no cost. All additional lines will be charged at \$4 per line. You may place a picture of your loved one for an additional cost of only \$6. Symbolic emblems may be included at no cost (example: American Flags, religious symbols, etc.)

Deadlines: Friday 4:30 PM for Sunday Wednesday Noon for Thursday

oeobits@hometownlife.com or fax to: Attn: Obits c/o Charolette Wilson 734-953-2232 For more information call: Charolette Wilson 734-953-2070 or Liz Keiser

> 866-818-7653 ask for Char or Liz

#### **ANNIVERSARY**

Chuck worked for Ford Motor

Matthew Bouren of Lake

Orion and Jennifer Carbott of

Livonia were married Nov. 11,

2006, at St. James Catholic

Church in Ferndale with the

Rev. Charles Fox officiating.

David and Bridget Carbott of

2002 graduate of Michigan

State University. She is

at Children's Hospital in

is a 1995 graduate of Lake

Livonia. She is a 1997 graduate

employed as a clinical dietitian

The groom is the son of Al

and Pam Bouren of Oxford. He

Orion High School and a 1999

of Ladywood High School and a

The bride is the daughter of

**Bouren-Carbott** 

WEDDING

graduate of Saginaw Valley

State University. He is

employed at MJB Roofing, a family-owned and operated business.

The bride was attended by Natalie Merkle, maid of honor; Jessica Munger, maid of honor; Renee Thompson; Kaitie Pittel; Zoe Stavridis; Molly O'Connell; Shelly Bouren, bridesmaids; Megan Bouren, flower girl; and, Miranda Bouren, flower girl.

The groom was attended by Mike Bouren, best man; Chad Warren, best man; Michael Carbott; Steve Larned; Stefan Crane; Jeremy Michael; Mark Becker, groomsmen; and. Jake



Bouren, ring bearer. A reception was held the San Marino Club in Troy.

#### BIRTHS

#### How to submit announcements to the Observer

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

There is no charge to submit an announcement. To obtain a copy of our

forms for engagements, weddings, anniversaries and births email Hugh Gallagher at hgallagher@hometownlife.com.

Or send the following information to Hugh Gallagher, 36251 Schoolcraft, Livonia MI

48150: For engagement

announcements, include: ■ Names, addresses and cities for the bride, groom and both sets of parents

■ Where bride and groom attended (or attend) high school and college and years graduat-

- $\blacksquare$  Where bride and groom are employed ■ Wedding date
- Wedding location ■ Daytime phone number and e-mail address in

case we have any questions. For wedding announcements, include:

■ All of the above, plus ■ Clergy's name

■ Names and cities of all attendants

■ Reception location ■ Honeymoon location ■ City where couple will

reside Please send photos in a vertical format. If you are e-mailing a photograph, please send it as a "jpeg."

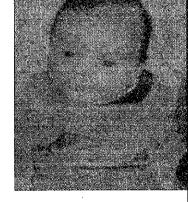
Photographs may be picked up after publication; or enclose a selfaddressed, stamped envelope. If you have questions regarding your announcement, call (734) 953-2149.

Nathan James Sharpe Jason and Lupe Sharpe of Livonia announce the birth of their son, Nathan James, on Dec. 23, 2006.

He was born at Providence Hospital in Southfield. He weighed 8 pounds, 9 ounces at

Nathan has a big brother, Andrew Butler, 12.

His grandparents are Sandra Blake of Brighton and Karl and Terri Sharpe of Livonia.



#### Aidan Jesse Biewer

Jeremy and Jessica (Potas) Biewer announce the birth of their son, Aidan Jesse Biewer, on Dec.27, 2006 at Advocate Lutheran General Hospital in Park Ridge, Illinois. Aidan weighed 8 pounds, 5 ounces and was 20.5 inches long at

birth. Jessica is a graduate of Clarenceville High School and Western Michigan University. Jeremy graduated from the University of Illinois.

Aidan's grandparents are Felix and Judith Potas of Livonia and Edythe Biewer of



Morton Grove, Illinois. Great grandparents are Mary Potas of Southfield and Ruth W. Klein of Glenview,

### SINGLES

#### MISC. SINGLES

#### Moon-dusters

Ballroom Dancing to a live band every Saturday 8:30-11 p.m. at the Livonia Civic Center, 15218 Farmington Road, Livonia. Admission: quest/\$6, associates/\$5.50, members/\$5. Dress: Ladies - date style clothes, gentlemen - jackets and ties, for more information, call Joe Castrodale (248) 968-5197.

Holiday dance, 7-10:30 p.m. Sunday, Oec. 10, Roma Banquet Hall, 32550 Cherry Hill Road, Garden City, Doors open at 5 p.m., dinner at 5:45 p.m. Formal attire recommended but Sunday best will do. Tickets \$26 members and associates, \$29 guests. For information or reservations, call Joe Castrodale, (248)968-5197.

### BETHANY SUBURBAN WEST

#### **Breakfast meeting**

Saturday, Feb. 17, at Leon's Family Dining, 30149 Ford Road, south side in Garden

City. All separated, divorced and singles welcome. For details, call Kathy M. at (734)513-9479. Annual Mass for Divorced and Separated

2 p.m: Sunday, Feb. 25, at St. Linus Church, 6466 Evangeline, Dearborn Heights, Light dinner to follow. For details, call Michele at (313)996-8644.

#### METROPOLITAN SINGLE PROFESSIONAL

Join our E-mail list at www.mspsc.com for special events. Information (248) 54-6445. Office (248) 851-9919 Monday-Friday, 9 a.m. to 12 p.m.

Anytime 6:30-9:30 p.m. Meets at the Mai Lounge at Drakeshire Lanes, 35000 Grand River Ave. just east of Drake Road in Farmington Hills. Cash bar and reason able priced dinner is also available off the menu. \$5/members, \$6/non-mem-

#### **BLONDENE L. MAYNARD**

301 E. Liberty, Ann Arbor, MI., 48104-2251. Please sign the online guestbook at www.rggrharris.com.

#### RICHARD B."Dick"POLING Age 82, of Stuart, FL. passed away

ebruary 5th,2007 at Martin Memorial

Hospital South, Stuart. Born in Jackson, Michigan, Dick has resided in Stuart for over 25 years, moving here from Birmingham, Michigan. He was a U.S. Navy veteran of WW II where he was a Lt. JG on PT Boats. Dick was the Senior Partner in the Law Firm, Poling, McGaw & Poling, P.C. in Troy, Michigan for 57 years. He was a member of Mariner Sands Chapel, in Stuart, Past President of Birmingham Country Club, Birmingham, MI. Past President of Mariner Sands Golf & Country Club, Stuart, past Chairman of Brighton Hospital, Brighton, MI. & received his 50 year pin from The Michigan Bar Association. Surviving his wife Audrey L. Poling, of Stuart. His son, Richard B. Poling, Jr. of South Lyon, MI. His 3 daughters, Ridgley A. "Mimi" Poling, of Plainfield, IL. Carolyn L. Scheffler, of Troy, MI. Nancy L. Poling, of West Nancy L.. Poling, of West Bloomfield, MI. His 4 stepsons: Scott Bradley, of Spokane, WA. Dr. Craig Bradley, of Seven Villages, PA. Kurt Bradley, of Spring, TX. Timothy Griswold, of Birmingham, MI. His Stepdaughter: Deborah Martin, of Jupiter, FL. His brother: Daniel Y. Poling, of Boulder City, NV. and is also survived by 11 grandchildren. Memorial Contributions can be made to The Mariner Sands Foundation to The Mariner Sands Foundation, Stuart,FL. SERVICES: A Celebration of Dick's life will be held on Sat. ebruary, 17th,2007 at 11 AM in the Chapel of Mariner Sands with Dr. Robert Bedingfield, officiating Internment will be in Mariner Sands Garden's. Arrangements are under the direction of Martin Funeral Home & Crematory, Stuart.

Petersburg. Donations can be made to Community Living Centers, 33235 Grand River, Farmington, M1 48336 (248) 478-0870. JAMES W. WEBB

Saturday from 2-8 p.m.. Memorials may be made to the family.

# POLICY

The first five "billed" lines of

Obituaries received after these deadlines will be placed in the next available issue. e-mail your obit to

734-953-2067 or tall free

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**BUILDING MONITOR** public library. Backgroun n security and handyman kills preferred. PT evenings nd weekends. \$11.81

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ampertw@baldwinlib.org

**BUSINESS MANAGER** Oakland Cty non-profit adnney scoke exp'd Bus Mgr. with a B.A degree (min) and 8 yrs of manage riai exp. Must have excep tional organization and communication Quality assurance under standing with proficien: computer skills. Salary กักก monica88@sbcglobal.net

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grant-funded position. Interested applicants please refer to our website www.schoolcraft.edu/jobs/ for the job description and qualifications. Apply enline 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 Frl., Feb. 23, 2007

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Machine Shop in Westland. Must be able to set up and program CNC Lathes with Fanuc controls. Knowledge of C Axis live tooling & Mastercam helpful. The person for this position must be a self-starter, highly motivated, work well with others and on their own. Only experienced need apply. This is a day shift position. Competitive pay based on exp. Overtime, 11 based on exp. Overtime, 1 paid holidays, good benefits. Email: into@robmar.com

Fax: (734) 326-2506 No phone calls. CNC MILL OPERATOR

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Minimum Qualifications: Bachelor's decree in accounting or related field and two years of progressively responsible experi-ence in local government finance operations: or any combination of education and, experience which would provide the appli-cant, in the opinion of management, the desired job skills, knowledge and ability to perform the job.

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Commercial real estate co in Bloomfield Hills seeks FT Executive Secretary w/ exc. verbal & written communica \$28K-\$32K. Requirements: Proficiency in Microsoft Word & Excel, 5 yrs office exp, Bachelor's degree. Please fax resume & cover letter: 866-586-4874

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# Startling Research Unearthed After 80 Years Validates Latest Health Craze

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"One Hundred Percent of the Diseased Organs can be Traced Back to a Misaligned and Deteriorated Area of the Spine."

In performing more than 200 autopsies pathologist Dr. Henry Winsor discovered that the organs determined to have failed (and were, therefore, named as the cause of death) actually had something in common. In each and every case, the nerve that supplied the diseased organ was traced back to a misaligned and deteriorated area of the spine. In other words, he showed that the health of the nerve supply to organs determines the health of the organs themselves! The nerve system is the master system of the body-it controls and regulates every function in your body. Spinal misalignment can cause an interference within the nerve system (a condition known as subluxation). If left undetected, subluxation can lead to dysfunction.

Our purpose in practice is to educate and adjust families back to optimal health and wellness using a completely unique and natural approach.

When the body begins to experience abnormal functions like asthma, allergies, chronic pain, fatigue or lowered immunity, we must first be suspicious of some kind of nerve system interruption. The problem is this: You weren't taught to think that way.

# If Your Spine was on your face, You'd Take Better Care of It!

I saw this on a marquee several years ago, and it really made sense. The dental profession has done such a great job teaching us that, if we don't maintain proper dental hygiene, it can lead to gingivitis, cavities and worse. That's why most people you know brush and floss their teeth every day and have regularly scheduled visits with their dentist. But, while poor dental hygiene might leave you with a set of false teeth, it won't kill you.

On the other hand, your spine and nervous system are a completely different story. You can't replace either one of them.

If your spine and nervous system stop working, so do **you!** Therefore, if your spine was on your face (in other words, part of your daily consciousness), you would take better care of it. Until recently, body and organ problems haven't been thought to be "spine" problems. Today, millions of people around the world, including many right here in Livonia are making a better choice for their health and are experiencing phenomenal results.

#### Get the Big Idea and All Else Follows

If your body is not well and you dump medication into it, your body is now both sick and poisoned. Reaching for the medicine cabinet is just a bad habit. Fortunately, it is also becoming obsolete behavior for a growing number of families. The big idea is simple, which is why it's so big! Your brain runs your whole body and communicates its "wellness messages" through the nerve system. If stress interrupts or "traps" nerve supply, your body will experience some kind of shutdown. We have found that, a vast majority of the time, the nerve system is interrupted as a result of spinal column misalignment. Through a

painless adjustments, the full power of the nerve system is restored, generating extraordinary healing capabilities within the body. The power that made your body, heals your body-it doesn't happen any other way.

If you or a loved one is suffering needlessly, you have another choice. You can make the decision that millions of people around the world and many here in Livonia are making every month. It all begins with a thorough history and consultation, including a complete spinal exam, vital nerve testing and specific weight-bearing x-rays.

Normally, this evaluation would cost up to \$310.

However, through this Valentine's Day special offer, you can receive this complete evaluation for a \$14.00 donation to Oklahaven Childrens Services.

For Valentine's Day, what better gift to give than the gift of health.

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Sunday, February 11, 2007

# Infection protection

### Kits may reduce incidence of influenza

BY LINDA ANN CHOMIN

Lyne Appel Downing isn't waiting until the height of flu season to safeguard her family. In late October, she purchased an infection protection kit consisting of 10 masks, seven sanitizing hand wipes and seven sets of synthetic gloves for under \$10 while grocery shopping.

The Birmingham mother of one is doing everything possible to keep her family well especially during influenza season, and so far it's working. When daughter Kasey became sick in late December, she and husband, Keith, wore masks around the house so as not to catch the virus. A certified personal trainer and yoga instructor, Appel Downing believes in a healthy body and mind. She takes vitamins and supplements, and is always proactive when it comes to health.

After Kasey carried home six pages of prevention tips for the flu and pandemics from her thirdgrade classroom at Harlan Elementary, Appel Downing began researching the U.S. Centers for Disease Control and Prevention Web site (www.cdc.gov) for information on infection protec-

"Just yesterday I was running around the house and heard my daughter hacking," said Appel Downing, 52. "I got our wipes and began wiping everything down. My daughter thinks it's funny so she put on the mask and put one on the dog, but I say better safe than sorry. If one is sick why should three be sick."

#### **UNIVERSITY STUDY**

Dr. Arnold Monto has no early indication if masks and hand sanitizers in the kits reduce the incidence of influenza but by 2008 the results should be in from a two-year study funded by the CDC to determine the components' effectiveness. In October 2006, 2,000 students living in the close



Lyne Appel Downing and daughter Kasey, 8, use infection protection kits in their Birmingham home.

... My daughter thinks it's funny so she put on the mask and put one on the dog, but I say better safe than sorry. If one is sick why should three be sick.' Lynn Appel Downing

confines of University of Michigan dormitories were divided into three clusters. One group of participants is wearing masks and using hand sanitizers. The second wears only masks. The third takes neither precaution to prevent influenza.

Birmingham

"The idea came about for national policy reasons," said Monto, professor of epidemiology, University of Michigan School of Public Health. "The CDC would like to have answers about some of these questions for flu and pandemics. In case of flu, we have vaccines and antivirals. In case of a pandemic we won't have vaccines so it's important to know if nonpharmaceutical interventions like closing schools could contain the virus. It's possible kits may help. Some studies of hand sanitizers have shown a reduction in respiratory infections. People wear masks in Asia, but we really have no idea whether regular surgical masks work. We know that the high level masks used in the SARS outbreak worked but were in short supply."

The CDC would like to be prepared in case of a pandemic whether caused by a common influenza strain or H5N1 (avian flu). At this point, the bird flu (H5N1) has not mutated and cannot be transferred from human to human. Barring a virus mutation, a person must be in close contact with an infected bird to acquire H5N1.

Some people actually live in the same building

with chickens in Vietnam where cases of H5N1 have been reported. That's why Dana Marra took along a mask when she traveled to Vietnam on business for her adoption agency Adoption Options Worldwide. The Troy woman purchased masks not only to avoid contracting H5N1, but to protect herself from the chemicals she uses to clean

"In Vietnam, the mode of transportation is a moped and they wear the masks while driving and walking," said Marra. "I found the masks cut down on being ill. I'm trying to do more preventive, live a healthier lifestyle, eat a healthy diet, exercise. I'm fighting every step of the way, trying to be aware of the environment in general."

#### **PLANNING AHEAD**

Janet Green purchased a kit after Appel Downing told her the product might help prevent the body aches, muscle soreness, congestion and cough a virus causes.

We had talked about the flu, especially the bird flu because I live on a lake and we have a lot of birds and swans," said Green, 59, of Bloomfield Hills. "One of the birds hit one of our windows and my husband had to pick it up. After I went and purchased the kit. We're all responsible for our own health. I believe in having a strong immune system. I take vitamins, work out with a personal trainer. Prevention is the best medicine and being aware of your surroundings. My mom is 85 and we're always running around and using bathrooms when we do our shopping. We both use the wipes. When I go into a bathroom I use the sleeve of my coat to open the door and I always wash my

Hand washing is one of the most important ways to prevent the spread of infections, says Dr. Roger Ajluni Jr., a Beaumont physician who treats patients in a Livonia office. Ajluni's first suggestion is to vaccinate against the illness. Neither Appel Downing, Green or Marra received flu shots. Ajluni has noticed a resistance by some of his internal medicine patients to the vaccine because of a fear of side effects. Ajluni estimates only about 5 percent of those receiving the vaccine suffer from mild flu-like symptoms that last eight to 24 hours.

Regardless of whether individuals received the

PLEASE SEE FLU KITS, NEXT PAGE

Go Red For Women Luncheon Thursday, February 15 Detroit Marriott Renaissance Center  $9 \ a.m.-1:30 \ p.m.$ 

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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 Juncheon and fashion show begin at noon.

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## Too much cardio can be harmful

Jim from Canton e-mails asking for the pluses and minuses of a cardio workout.

Jim, there is no doubt that a good cardio workout is a cornerstone of an effective weight loss program. But, if you are trying to build muscles, don't overdo it!

One of the main culprits in muscle loss can be over-dieting. It suppresses hormones like thyroid and testosterone. But overdoing cardio workouts can be even more damaging than over-dieting when it comes to hormone suppression! If you do too much cardio, you are essentially lowering hormone levels that allow you to build muscle and burn fat. That is why too much cardio can be a dead end, causing dramatic loss of muscle mass! A good rule of thumb is to try to get in four 45-minute cardio sessions a week. If you go over that your muscle building goals might be compromised. Jill from Warren e-mails and is looking for a new aerobic exercise

Jill, you might want to kickbox your way to better health! A non-contact kickboxing routine is sufficient to improve physical

ures, it appears to be a mild

Beaumont Hospital has record-

ed only 140 confirmed cases of

influenza season so far.

Influenza (A and B) since

March, however.

November. Flu cases usually

don't peak until February and

"The masks certainly don't

hurt, but whether they're neces-

"Someone with a compromised

immune system and taking care

important they don't sneeze on

you. A child might not be able

compromised you might not

need the gloves or mask.

to do that. If you aren't immune

Like Appel Downing, Marra

sary it's questionable," said Ajluni, of Bloomfield Hills.

of someone with the flu, it's

to improve her workout routine.



Peter's **Principles** 

Peter Nielsen.

and cardiovascular fitness. A recent study looked at a group of women weighing an average of 135 pounds. It utilized four kickboxing routines: Upper body jabs, lower body kicks, a combination of jabs and kicks, plus a conditioning routine. That routine consisted of jumping jacks and simulated rope jumping. Participants burned the most calories performing a combination of kicks and iabs. Calories were burned at a rate of 6.5 to 8 calories per minute, totaling 450 calories an hour! That is the equivalent to an hour of jogging.

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

#### **FLU KITS** and Green, Ajluni believes in eating healthy, exercising and FROM PREVIOUS PAGE not smoking to keep the vaccine or are taking non-pharimmune system strong. So far neither his wife or 6- and 8-year maceutical preventive meas-

#### za vaccine. STAYING WELL

"The vaccine is recommended on a community wide basis (for public health)," said Ajluni. "It takes a couple of weeks to go into effect. It's kind of a gradual effectiveness. It's never 100 percent too late although it's ideal to get it in early to mid-fall to be best covered.

old children have had the flu.

All of them received the influen-

"If you're already sick, cover the mouth when coughing, sneezing. If there's someone in the house with flu you can take an anti-flu or virus medication."

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

# Give chocolate this Valentine's Day

With Valentine's Day around the corner, the thought of romance is in the air. One way of expressing your feelings is with chocolate. Let's face it, people of all ages love chocolate. They love it as a way of celebrating special occasions and expressing those romantic feelings all year long.

In the past few years, scientific studies have also looked at ways chocolate can improve health. Can something that tastes so good be good for you? Denise Holmes, R.D., a nutrition and diabetes educator at Botsford Hospital says, "Dark chocolate and cocoa powder provide flavinoids that have heart healthy properties and may improve cholesterol levels. It has also been shown to improve people's mood by boosting the brain chemistry that makes you feel good."

Chocolate's reputation as an aphrodisiac originated in South America over 1,500 years ago when it was thought to have mystical and aphrodisiac qualities by both the Mayan and Aztec cultures. Legend says that Aztec emperor, Montezuma, drank 50 cups of chocolate a day to enhance his appeal to women. Holmes says, "In most recent years, doctors and nutrition experts have only begun to realize the possible health benefits of chocolate. Eating chocolate triggers a similar reaction that occurs naturally in our bodies when we are happy, in love, feeling passionate or even lust-

Chocolate contains stearic acid, a saturated fat that has a neutral effect on cholesterol unlike many other saturated fats that raise LDL cholesterol (bad cholesterol).

Holmes suggests indulging in more expensive chocolates which provide a richer flavor and a smooth delight to your taste buds, and the price may curb your indulgence.

Moderation is key. Work with a registered dietitian to set up an individualized plan to incorporate chocolate into a balanced and healthy diet.

Share it with someone you love and enjoy! Botsford Hospital's new medical model fitness center, The Botsford Center for Health Improvement will be distributing chocolate covered strawberries to "treat your sweetheart" for all members during Member Appreciation Day on Feb. 14. For more information, visit www.botsford.org.

# Seniors need to take care in cold weather

When winter temperatures drop below normal staying warm and safe is a challenge, especially for the elderly. The U.S. Department of Health and Human Services and Comfort Keepers have provided guidelines for those still living independently. By preparing a senior's home for the winter months and taking the necessary safety precautions, the risk of weather-related accidents and health problems can

Anyone with an elderly family member or friend should create a plan in advance in case an emergency arises. It is recommended that elderly persons who are unable to take care of themselves or prepare for extreme cold-weather conditions, stay with family members, go to available shelter facilities or call a company that provides in-home services for seniors in these situations.

■ Stay in touch with neighbors and have a Buddy Plan in place or arrange for someone to cheek in on you particularly if you live alone, and specifically during extreme weather con-

■ If you must use a space heater, do not place it within three feet of anything that may catch on fire such as drapes, furniture or bedding, and never cover your space heater.

In addition to being a fire hazard, space heaters may also increase the risk of carbon monoxide poisoning. Considering all of the potential dangers of using space heaters, consider alternative

solutions if at all possible. Consistently check the temperature inside the home. Older adults often make less body heat because of a slower metabolism and less physical activity. When a senior is over age 65, it is important to check home temperatures often and set them to feel comfortable, especially during severely cold weather.

■ Eat nutritiously and stock food that can be prepared without electricity in case of a power outage. Eating well-balanced meals will help seniors stay warmer. Do not drink alcohol or caffeinate which causes body temperatures to drop more rapidly (regardless of age). Have nutritious, canned goods and non-perishable foods on hand (tuna, etc) in case the power fails, and don't forget to have a manuallyoperated can opener.

Keep an emergency supply of water stored in clean containers or purchase bottled water (allow one gallon a day per person) in case water pipes freeze and/or rupture.

🖺 If you have pets make sure you have a back up food and water supply for them in case you run out or can't get out. n If you require prescription

medications, have a small reserve in case you run out. Remember three summers ago when Miehigan and parts of the Midwest were hit with a total power outage that literally shut down everything. Along with back-up medications, it's always a smart idea to have a list of all medications, dosages and names of your physicians readily available in the event you need emergency medical assistance.

■ If you must go outdoors, make sure the outer layer of clothing is tightly woven and preferably wind resistant to reduce body-heat loss caused by wind. Using wool, silk or poly-propylene as the inner layers of clothing will hold more body heat than cotton. And remember dressing in layers maximizes warmth.

■ Don't shovel snow. This type of physical exertion is dangerous for anyone especially in extreme weather, but the elderly simply should not attempt it for any reason.

For more information about Comfort Keepers and their locations in Rochester Hills and Plymouth, visit www.comfortkeepers.com.

Museum hours will be extended to 10 p.m.

to allow event attendees an opportunity

to view the exhibition either before or

Our Body: The Universe Within is an edu-

cational exhibition comprised of actual

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after presentation.

## Camp designed for kids with Crohn's, colitis

The Crohn's & Colitis Foundation of America, Michigan Chapter (CCFA) will host its sixth annual Camp Oasis Jnly 15-21 at a new location, Camp Copneconic in Fenton. The camp provides children ages seven to 17 who have Crohn's disease or ulcerative colitis with an opportunity to enjoy a traditional camping experience in a setting specially suited for their needs. This year's camp will last an extra

At Camp Oasis, campers will enjoy a wide range of activities, including music and theater, swimming, aqua jump, canoeing and kayaking, archery and sports, arts and crafts, games, nature discovery, and team challenge courses. Built with the highest of safety standards, these challenging and shared experiences develop the strongest of friendships.

The Crohn's & Colitis Foundation of America is a non-profit, voluntary health organization dedicated to improving the quality of life for persons with Crohn's disease or ulcerative colitis. Known collectively as inflammatory bowel diseases (IBD), these chronic digestive disorders affect as many as one million Americans.

Registration forms for campers ages seven to 17 and for volunteer counselors are now available online at michigan.ccfa.org. For more information, or to have application information mailed, send email to michigan@ccfa.org or call (248) 737-0900.

Visit us online at hometownlife.com

#### FEBRUARY

#### Fund-raiser

Dr. Jason Lawior, Livonia Back To Health Chiropractic Clinic Director, will perform all first day services for new patients, which includes a consultation, 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 8raille.For an appointment, call (734) 432-7071.

#### Volunteers wanted

Child Abuse and Neglect Council of Oakland County is holding a Seeds of Hope lunch and tour at CARE House and inviting potential volunteers to attend noon to 1 p.m. Tuesday, Feb. 13, at CARE House, 44765 Woodward, north of Square Lake Road, Pontiac. For information, call (248) 332-7173. There is no charge. The organization is seeking volunteers to assist with the children and families it

#### MS support group

Family and friends of those with MS (multiple sclerosis) are invited to

attend a new support group held at 7 p.m. on the first Tuesday of each month, at Botsford Hospital's A & E building in Farmington. For directions call Sue at (248) 231-1136.

#### Divorce support group

Group discussion 7-9 p.m. Tuesday, Feb. 13, attorney Patricia Kasody-Coyle will also be available to answer questions in a private setting on a first come, first served basis, in the Women's Resource Center at Schoolcraft College, 18600 Haggerty, between Six and Seven Mile, Livonia, For more information, call (734) 462-4443.

#### Blood drives

The Suburban Collection will host an expansive effort to encourage metro Detroiters to give the gift of life this-Valentine's Day, Wednesday, Feb. 14 by donating blood from 11 a.m. to 5 p.m. at Suburban Chevrolet Cadillac Saab Hummer, 3515 Jackson, Ann Arbor; 7 a.m. to 7 p.m. at Saturn of Troy, 1790 Maplelawn, and 11 a.m. to 5 p.m. at Suburban Ford of Sterling Heights 800 Country Lane, Suburban Ford of Waterford 5900 Highland Road, and Suburban Honda, 25100 Haggerty, Farmington Hills.

#### MEDICAL DATEBOOK

The Red Cross is appealing to all individuals to donate blood and is particularly interested in Type O-negative blood, the universal blood donor type, since it can be transfused to anyone in cases of emergencies. Anyone at least 17 years of age, weighing 110 pounds or more and in good health may be eligible to donate blood. Log on to www.givelife.org and enter 'suburban' for the sponsor code to make an appointment.

#### Go red luncheon

Go Red for Women Luncheon Feb. 15, at the Marriott Renaissance Center to raise funds for education and research. For more information, call (248) 827-4214 or visit www.americanheart.org. Ladies night out

St. Mary Mercy Hospital is hosting the presentation Women & Heart Disease: An Equal Opportunity Killer 7-9 p.m. Thursday, Feb. 15, from 7 ~ 9 p.m. in the hospital's auditorium, 36475 Five Mile, Livonià. The speaker is Sanjeev Vaishampayan, MD, director, Non-Invasive Cardiology, St. Mary Mercy Hospital. Bone density and blood pressure screenings will also be offered from 6-7 p.m., as well as prizes and refreshments. Learn about common

heart diseases, cardiovascular risk factors, diagnosis and treatment options. Registration required. No charge, but a \$5 goodwill donation is requested to benefit Marian Women's Center Programs. To register or for more information, call (734) 655-1182.

#### Health program Your Emotions On Food presentation 7

p.m. Friday, Feb.16, learn medical and nutritional information at the Counseling and Integrative Wellness Center, 28222 Franklin, Southfield, No charge, Call Donna Harber at (248) 355-2191 with inquiries, \$15 Body Analysis also available. Emotional based yoga class. All are welcome including those who are not flexible and who have had injuries. Free introductory class offered Friday, Feb. 16. Call (248) 355-3977 for information.

#### Panel discussion

On the historical, cultural, social and ethical implications of the exhibit Our Body: The Universe Within with the Michigan State University Center for Ethics and Humanities in the Life Sciences 7 p.m. Friday, Feb. 16, at the Detroit Science Center, Admission is free with paid general admission, RSVP required, send email to events@sciencedetroit.org.

# Sciatica?

Suburban Detroit - A new free report has recently been released that reveals an amazing new medical breakthrough that has proven 86% successful treating debilitating back pain. Even with multiple herniated discs. Find out how space travel solved astronauts back pain treatment today. For your free report entitled, "How Space Age Technology Is Solving Back Pain Without Drugs Or Surgery!" call 1-800-469-3618 and listen to the toll-free 24 hr. recorded message for all the details. If phone lines are busy, visit: www.midischerniation.com

#### FEMALE INCONTINENCE You can do something about it! Attend a FREE seminar sponsored by

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Coloplast Corp. to learn more about new and minimally invasive solutions.



Wednesday, February 21, 2007 TIME: 7:00 p.m.

St. Mary Mercy Hospital Marian Professional Building Classroom 11 36475 Five Mile Road Livonia, MI 48154

PRESENTER: Catherine Winslow, M.D. of St. Mary Mercy Hospital **Board Certified ObGyn** 

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Arthritis Today

JOSEPH J. WEISS, M.D. RHEUMATOLOGY 18829 Farmington Road Livonia, Michigan 48152 Phone: (248) 478-7860



That imposing phrase is what doctors write in their charts when you present with a trigger finger. The term trigger finger refers to the flexed position of the digit when you experience an episode of acute stenosing tenosynovitis. The finger looks like you are

The cause of trigger finger is a thickening of the normal tissue that surrounds the tendon as it courses through the palm. Causes for stenosing tenosynovitis include diabetes mellitus, hypothyroldism, and repetitive gripping of the fingers as can occur on ar assembly line job. However, these identifiable reasons account for only a small number of the cases of trigger finger. In most instances, doctors cannot identify the cause.

Stenosing tenosynovitis can occur to more than one finger and can include the thumb.

A variant is DeQuervain's tenosynovitis. In this instance the crease lines of the palm become thickened; this results in heving all of the tendons coming through the palm to the Whether you experience trigger finger or DeQuervain's tenosynovitis, most problems in using your hand occur in the morning. The reason is that at night the blood flow to the hands slows and the relative coolness cause the tissues around the tendon to thicken. For that reason the treatment in the a.m. is warming the hands either with hot water or using a paraffin bath. For long term relief physicians use injection therapy into the tendon sheath

www.drjjweiss.yourmd.com

# **Outdoor adventure**

Observer & Eccentric | Sunday, February 11, 2007

### Fitness pro will take you out of your comfort zone and into the fresh winter air

COMMUNITY LIFE EDITOR

Never mind that the temperature hovered around a frostbiting

zero degrees. Or that a blustery wind made it feel more like Antarctica than Rochester Hills.

Or that snow — and in some places, ice - covered every stair, trail and hill.

The 15 or so men and women who gathered on a recent Saturday morning at Bloomer Park didn't care much about wind chills and degree stats. They were on a 90-minute adventure to work out and work up a sweat outdoors.

"Once you try it, it grows on you," said Lisa Litinas of Rochester Hills. "I like running the trails. It's so pretty back

The 46-year-old woman said she was a "couch potato" until she arranged for professional trainer, Jeff Watters, to lead an exercise boot camp at her place of employment, Eisbrenner Public Relations, in Troy. Now Litinas attends the exercise sessions at work and Watters' Saturday Adventure in the Rochester Hills park.

"It's a craving. I just have to have it," she said.

Watters, a Ferndale resident, runs two urban boot camps yearround on the streets and in a parking deck in downtown Birmingham, where he builds exercise routines around available "equipment." That might include stairwells, park benches

"You find ways to use different things for resistance. You learn to make do with what you have," Watters explained. "I see a tot lot and to me it looks like a miniature gym."

#### **EXERCISE IMPROVISING**

He brings that same mentality to his Saturday class at Bloomer: A picnic table or fallen tree might assist with push-ups and other strength-building exercises; the

park's bike velodrome becomes an impromptu climbing wall; the playground is perfect for pullups. The routine changes from week-to-week depending on the weather, participants' needs and conditions at the park. If it's dry, he might include a bit of mountain biking. Snowy? Everyone might spend some time walking in snowshoes.

"My wife and I are real big on the whole outdoor thing. We love to take other people out to experience the things we love to do," Watters said. "We encourage people to try new things.

"Where the boot camp is just focused on exercise, Adventure Saturday is exercise, but we try to employ different disciplines that we can't do in the city. It's a good way to try things that you may not even know are involved in an adventure race. Once you realize you've done it, you might be more apt to try something new."

By using a mix of exercise and adventure race activities on Saturday, he also draws an assortment of people. Some, like Maggie Surma of Royal Oak. attend Watters' Birmingham boot camp during the week. Others, like Gary Harrington, 52, of Waterford, only participate in Watters' Saturday session or his free Wednesday night boot camp, but also participate in adventure racing with groups like Infiterra Sports and Tailwind Enterprises.

Adventure races can last anywhere from a few hours to several days and include biking, hiking, running, canoeing, orientation work with a compass, rappelling, kayaking - any sport activity the participant does under his own power -- in a team format.

"What I like about it is Jeff improvises and you're outside. I like being outside, in the woods," Harrington said.

Surma, 27 and her cousin, Natalie Vujovich, 26, of Rochester Hills, signed up for week day boot camp last year to get in shape for their upcoming weddings. They religiously

attend the Saturday Adventure

"It started out as motivation for my wedding. But now I want to continue because it has proven to me what I can do," Surma said.

"You get addicted," Vujovich noted, "I never ran the mile in gym class and a few weeks ago he had us run two miles and I made it all the way. I started crying. It's been amazing. You work at your own level and never feel pressured. It just takes a few times to get into it. What I love about this is that it is never boring."

Watters may tailor some activities to specific members if he knows they have an upcoming race, but beginners aren't expected to keep up with long-time participants. One person may run the 170-step staircase at Bloomer three times; someone else might try it only once.

"People do what they can, as long as they do more than the last time," Watters said. He asks participants to try a bit harder each session. But he also teaches them to listen to their bodies and rest or warm up when necessary. He builds a fire in the stone shelter at the park and encourages participants to dress in layers.

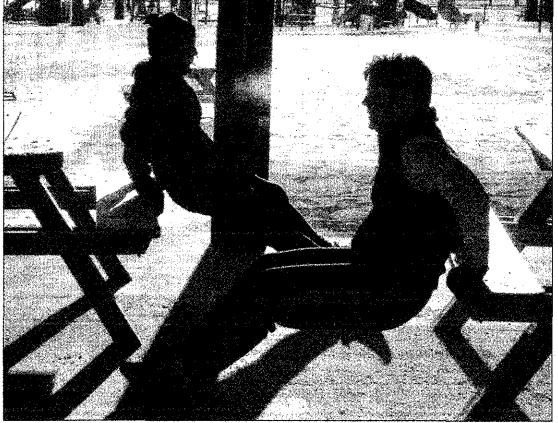
"The thing that's neat about this is that it's hard to get up and get going in the winter when it's cold out. Once I get out into the fresh air, I feel so much more invigorated than if I had gone to the gym," Watters noted.

Even Rob Moroni, 43, of Bingham Farms, who "doesn't really like exercise" prefers running a park trail in the bracing winter air to the treadmill at a

"I was looking for something that might engage me. It really does," said Moroni, who won a year's worth of Watters' boot camp by bidding on a silent auction at a charity event.

"In six months I've gained weight, but it's all muscle."

For more information on Watters' Saturday Adventure or his Motor City Bootcamp, visit www.jeffwatters.com.



Exercise aficionados work out despite freezing temperatures at Bloomer Park in Rochester Hills. They use picnic tables for arm-strengthening movements.

#### **ADVENTURE SATURDAY**

What: Outdoor fitness classes When: 8:30-10 a.m., every Saturday, year round a

Where: Bloomer Park, located at John R and Bloomer, north of Avon, in Rochester

Cost: \$15 per session if not enrolled in any Motor City Bootcamp program; \$10 for those registered with an approved race organization or enrolled in a Motor City Bootcamp program Other programs:

Motor City Bootcamp is an outdoor fitness program that meets at 5:30 a.m. Monday through Friday or 6:30 p.m. Monday through Thursday in the Chester Street parking deck in downtown Birmingham, Cost ranges from \$25 for drop-in to \$225 for the initial monthlong session. See www.jeffwatters.com for other prices or call (248) 320-5705

Moosejaw is a free outdoor, 90-minute boot camp that meets at 6:30 p.m. every other Wednesday at Moosejaw, 34288 Woodward in Birmingham



Gary Harrington of Waterford warms his hands over a fire in the pavilion at Bloomer Park, in Rochester Hills, after exercising in the snow.



Saturday participants get exercise moving a picnic table at Bloomer Park in Rochester Hills. They use the table for other strength moves as well.



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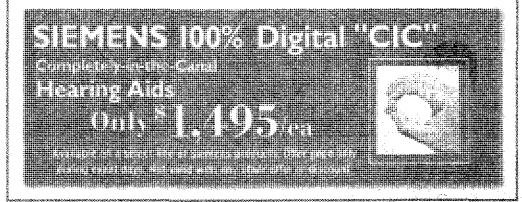
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