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# WESTLAND Observer

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*'I love my job, I love helping people. I love making people feel better. This has been a good career for me.'*

Firefighter Colleen Pennington

## Kids explore their dreams

BY SUE MASON  
STAFF WRITER

Colleen Pennington knew she didn't want an office job when she grew up. All of her friends' fathers were firefighters and she thought that would be a great career.

But she didn't know if she could do it, so she became an emergency medical technician and worked out of a fire department. When she was sure she could do it, she became a firefighter and made history in the city of Westland.

"I love my job, I love helping people," she said. "I love making people feel better. This has been a good career for me."

Standing before a classroom of Schweitzer Elementary students Monday, Pennington talked



TOM HAWLEY | STAFF PHOTOGRAPHER

Schweitzer Elementary fifth-graders April Ciaravin (left) and Sam Duprie had the opportunity to feel the weight of the fire helmet that Westland Fire Department Capt. Colleen Pennington wears during a Career Day presentation.

PLEASE SEE CAREER DAY, A6

## Pfannes makes move from chief to undersheriff

BY DARRELL CLEM  
STAFF WRITER

Police Chief Daniel Pfannes seemed in a reflective, sentimental mood Friday as he ended 25 years with the Westland Police Department, where he started his law-enforcement career as a rookie officer.

His next stop will be working as an undersheriff for Wayne County Sheriff Warren Evans - a job that will be officially announced Monday.

"I'm very excited about the new journey that waits for me up ahead," Pfannes, 47, said Friday. "But, I'm sad about leaving the Westland Police Department. More specifically, I'm sad about leaving the people. I've had the great fortune and pleasure to work with some wonderful people during my career."

Pfannes rose through the ranks to become police chief four years ago, earning accolades all along the way.

"Any promotional test he ever took he always finished No. 1, so obviously he's very intelligent," said former police Sgt. James Dexter, a former partner to Pfannes and current court officer for Westland District Judge C. Charles Bokos.

Dexter described Pfannes as a fair-minded leader who, in his years as a detective, worked tirelessly to solve cases.

"Dan would spend three hours with a guy to get a confession out of him," Dexter said.

Pfannes, who earned a master of applied arts degree majoring in criminal justice at the University of Detroit, has taught criminal justice classes at Madonna University and Schoolcraft College. He has received numerous awards,



Pfannes

such as being the most influential instructor at Schoolcraft's police academy.

Westland City Councilman Robert Stottlemeyer, in a farewell statement to

Pfannes during a recent council meeting, called him the best police chief Westland has had in its 41 years as a city.

Pfannes told the *Observer* on Friday that he believes his legacy as chief will be the cumulative effect of many "nickel-and-dime changes" he made.

Under his tenure, officers got new uniforms and started driving the retro black-and-white patrol cars. They received upgraded firearms and Taser guns, and they advanced their report-writing with in-car computers.

"This is Flash Gordon stuff that we used to dream about when we first hired on the job," Pfannes said.

He has made a tangible difference outside of Westland, too. He was involved through the Michigan Association of Chiefs of Police's legislative committee in assisting former state Sen. Laura Toy, R-Livonia, with getting a bill passed enabling counties to get reimbursed from prisoners for the cost of housing them.

Pfannes also worked with then-state Rep. Glenn Anderson, D-Westland, to get a bill passed allowing the collection of fees from people arrested for outstanding warrants "because they clutter up the (justice) system and put an unnecessary burden on law enforcement."

PLEASE SEE PFANNES, A4

## Library Board unites to hire new director

BY DARRELL CLEM  
STAFF WRITER

A united Westland Library Board has given sweeping support for a new director - a move officials hope will signal a new era of cooperation for a troubled board.

In a 4-0 decision Wednesday night, the board decided to hire Bethel Park, Pa., library Director Cheryl Napsha for \$78,500 a year.

"I think it's encouraging that it was a unanimous vote," said Mayor William Wild, who attended the meeting. "I think we've got a chance now for everybody to work together."

Napsha is expected to start her new job around May 1. She emerged as the latest front-runner in a nationwide search that followed the board's 3-2 decision last May to fire former Director John Patane.

The board also is facing a lawsuit by a former administrative assistant who claims she was sexually harassed by board President Michael Rintz and wrongfully fired by two acting co-directors.

Before Wednesday's vote, Wild calmly admonished the board for its problems,

including the firing of two directors within two years and the resignations of several former board members. The five-member board still has one vacant seat.

"I can tell you that the city of Westland would like the board to move forward in a positive manner," Wild said, adding later, "We do have a good library, but we do have some internal issues that need to be addressed."

Westland City Councilman James Godbout also addressed the board, imploring its members to make positive decisions that can help to ease what has been intense public scrutiny. Although Napsha has indicated she wants the job, she formally will have 14 days to accept the board's offer. She was among three finalists interviewed earlier this month.

"I was able to observe the interviews, and I was impressed with her credentials and also with her answers to the questions," council President Charles Pickering said Thursday. "I thought she was pretty direct and straightforward, and I was basically impressed overall."

Wild, Pickering, library board members and residents have commended the

library's employees, including acting co-directors Lisa Hausman and Marilyn Kvik, for their efforts to keep the facility running smoothly without a director.

"I'm very proud of the work they do," Wild said.

Library patron Jim Cook said during Wednesday's meeting that employees have "carried on this library beautifully."

Napsha's salary of \$78,500 will be substantially larger than the \$70,000 that city officials said Patane was being paid. Napsha, like the last two directors, was hired as an at-will employee who doesn't have a contract with a set length of time.

A library board subcommittee that included Daniel Bourdeau and Mark Welch recommended Napsha for the job, and Rintz and board member Duane Moody supported their decision.

Bourdeau praised Napsha's "proven record of work with libraries that have had varying levels of challenges." Her current job is in Bethel Park, a community of nearly 34,000 people in the south hills of Pittsburgh.

"I think she's the right fit for us," Welch said.

## School board honors Walker-Winter for blue ribbon effort

BY SUE MASON  
STAFF WRITER

In what will be the first of several ceremonies this month, the staff of Walker-Winter Elementary School has been honored by the Wayne-Westland Board of Education.

Wearing small blue ribbon lapel pins, Principal Pauline Koulouberis and her staff were treated to a standing ovation as they received a plaque and oversized congratulatory poster from school board President Frederick Weaver.

"I wish there were words, but words can't describe what you've done with this award," Weaver said. "Thank you for your many hours of work."

Last month, the school district received word that the Canton school was one of 23 elementaries in the state to receive the state Board of Education's Blue Ribbon Exemplary School Award.

Walker-Winter is the second Wayne-Westland school to receive the award. Edison Elementary in Westland received the honor in 2005.

"They've been working endless hours for more than a year, they've gone above and beyond," said Superintendent Greg Baracy. "I can't tell you how many nights and weekends I drove by the school and saw the parking lot filled with their cars."

According to Baracy, the staff "spent a considerable amount of time" on the award application which warranted a visit by state officials.

They visited classrooms, talked to staff, students and parents, looked at the school's test scores and evaluated the school's curriculum and its alignment with state benchmarks in learning, Baracy said.

"I want to thank the administration and staff for their many contributions to the children we serve," he added.

"I feel like I'm at the Academy Awards," said Koulouberis, reading from slip of paper the names of those who helped the school collect the information needed for the award.

She offered a thank you to Bernard LaPorte, senior executive director for human resources; William Camp, executive director of student and legal affairs/pupil accounting; Sally Perkins, executive director of elementary education;

Judy Handley, director of elementary school development, for their help, and the maintenance staff for helping ready the school for the state visit.

She also thanked Sam Barresi, assistant superintendent for instruction, for "really supporting us through this endeavor."

"If I needed subs, you said yes," she said. "Anything we needed, you were there to support us."

Koulouberis saved her biggest thank you for her staff, telling them: "This is your blue ribbon."

Monday evening's presentation was a prelude to the official presentation of the award by state school board officials at 1:30 p.m. ceremony Friday, March 23, at the school.

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Coming Thursday in Filter

Local men create this generation's E.T. Read about the *Last Mimzy* in the next issue of Filter



INFORMATION CENTRAL

Almost time to play ball

The Tigers are coming! The Tigers are coming! It is less than three weeks until opening day, April 2, at Comerica Park!

The season opener between the Detroit Tigers and the Toronto Blue Jays is so greatly anticipated that if you don't already have tickets, you probably won't find any available.

But never fear, it is just the first of many games. If you can not wait, there are still about 10 games left during Spring Training in Florida, and I bet the weather is beautiful down there!

Come for the game or come for the extras. As described on their Web site, Comerica Park "is truly a ballpark for the 21st Century. A ferris wheel. A mammoth water feature in center field that can be choreographed to any music. A decade-by-decade pedestrian museum enveloping the main concourse. But wait, there is also a field with a game being played as well."

Whether you are an avid baseball fan, or are new to the game, you will find plenty of baseball resources at the library. Books like *Baseball: 100 Classic Moments in the History of the Game* by Joseph Wallace, *Take Me Out to the Ballpark: An Illustrated Tour of Ballparks Past and Present* by Josh Leventhal, and *Smithsonian Baseball: Inside the World's Finest Private Collections* by Stephen Wong offer a lively background to the sport.

For Tigers fans, we have titles such as *The Detroit Tigers Reader*, edited by Tom Stanton, and *Home Sweet Home: Memories of Tiger Stadium* by the Detroit News.

Some of our newest books on baseball include: *Long Ball: The Legend and Lore of the Home Run* by Mark Stewart and *Sports Illustrated: The Baseball Book* by Rob Fleder.

For you spring folks, we have a delightful book called *Baseball: The National Pastime in Art and Literature*, edited by David Colbert.

We have many instructional books, videos and DVDs to teach the game of baseball, ranging from the general to the specifics, such as hitting, pitching and fielding. Don't forget the magazine section, where you will find *Baseball Digest*.

Whatever your need, whatever your interest, the Public Library of Westland is at your service. Please visit us soon, call us at (734) 326-6123 or view our Web site at [www.westland.lib.mi.us](http://www.westland.lib.mi.us).

**Highlighted Activities**  
**Adult Book Club:** 7 p.m. March 20. Join us as we discuss *The Other Boleyn Girl* by Philippa Gregory. You can check out the reading guide on our Web site. Please read the book before the meeting. All are welcome.  
**Pisanki - Egg Decorating:** 7 p.m. March 20.

Join Joan Bittner, owner of the Polish Art Center, as she teaches this traditional and beautiful art form. Space is limited. Reserve your seat today. Call the Library (734) 326-6123. A second session is scheduled for 7 p.m. March 26.  
 Don't forget National Library Week - "Come together @ your library" - April 15-21.

**Information Central** is compiled by reference librarian Janet Sowards at the William P. Faust Public Library, 6123 Central City Parkway, Westland. For more information, call (734) 326-6123.

Time to make your nominations for 1st Citizen, business award

No need to call a star-studded convention in some exotic locale. No need for scads of delegates, milling around and carrying signs for the candidate of their choice.

A pen and pencil or keyboard is all that's needed to nominate someone as the 2007 Westland First Citizen or Business Person of the Year.

The has gone out for nominations for the annual awards which will be presented at the Westland Chamber of Commerce's Hawaiian Beach Bash 2007 Friday, April 20, at the Romanowski VFW Post, 28945 Joy Road, Westland.

The fun will start at 6 p.m. and feature a dinner prepared by Hickory BBQ and Grill, winner of the 2006 Holiday Taste Fest's Culinary Excellence Award.

Tickets are \$35 per person and are available online at [www.westlandchamber.com](http://www.westlandchamber.com) or by calling the chamber at (734) 26-7222.

During the evening, recipients of the 2006 First Citizen Award, sponsored by the Westland Observer and the Westland Chamber of Commerce, and the 2006 Business Person of the Year Award will be honored.

Started in 1986, the First Citizen Award is intended to honor a person who has contributed to the quality of life in the community and made Westland a better place in which to live, work or play.

Individuals or organization may nominate a person for the award. Local residency isn't required, and people currently holding or seeking public office aren't eligible.

Nominations should outline the individuals service, including its impact on the Westland community, length of time and offices held.

The winner will join such honorees as the 2006 recipient longtime community activist and Westland Civitan Marlene Doran.

The deadline for submitting nominations is 4 p.m.

**2007 First Citizen of the Year**  
 NOMINATION FORM

Nominee:

Name \_\_\_\_\_  
 Title or Position \_\_\_\_\_  
 Company/Organization \_\_\_\_\_  
 Business Address \_\_\_\_\_  
 City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_

Nominator (optional):

Name \_\_\_\_\_  
 E-mail address: \_\_\_\_\_  
 Company Name \_\_\_\_\_

Purpose of the award: The First Citizen of the Year Award was created to recognize a local person for outstanding volunteer community service. The winner will be honored at the Westland Chamber of Commerce's Hawaiian Beach Bash 2007, Friday, April 20, at the Romanowski VFW Post, 28945 Joy Road, Westland.

On a separate sheet of paper, outline the nominee's community service, including the impact on the population group or persons served. Include length of time and offices held. Local residency is not required.

Mail to: Westland Chamber of Commerce  
 36900 Ford Road  
 Westland, Michigan 48185

Or fax: (734) 326-6040  
 Deadline for nominations: Wednesday, April 4, 2007  
 Questions: Call (734) 953-2112

Wednesday, April 4. For more information, call Observer Editor Sue Mason at (734) 953-2112.

The Business Person of the Year Award was established to recognize an active member of the chamber who stands above the rest. Nominees must own, manage or do business in Westland. They cannot be an elected official.

Nominations should include information about the individual's demonstrated excellence, creativity and initiative in his or her business of profession, a history of staying power, innovation and positive response to adversity, participation in activities that promote economic development and/or

general interest to the community and be a member in good standing of the Westland chamber.

Last year's recipient was Lawrence Derderain of My Lady's Florist. The deadline for submitting Business Person of the Year nominations also is 4 p.m. Wednesday, April 4. For more information, call the chamber at (734) 326-7222.

Nominations for First Citizen and the Business Person of the Year Award can be sent to the Westland Chamber of Commerce, 36900 Ford Road, Westland, MI 48185. They also can be submitted by fax at (734) 326-6040.

Judge orders trial in shooting incident

BY DARRELL CLEM  
 STAFF WRITER

A Westland man has been ordered to stand trial on charges of robbing and trying to kill another man who was visiting his residence on the city's south side.

Vincent Edward Emery, 25, faces trial following his preliminary hearing Thursday in Westland 18th District Court.

He could face penalties ranging up to life in prison, if convicted of assault with intent to murder, armed robbery, felonious assault, felony firearm, and being a felon with a weapon.

Emery, charged as a third-time offender, faces trial in Wayne County Circuit Court for an incident that police said happened Feb. 3 on Belding Court, in the Norwayne neigh-

borhood.

He is accused of shooting a 29-year-old man in the left arm while the victim was visiting with a woman who was described as a high school classmate of Emery's.

Emery fled Michigan but was captured four days later in Huntington, W.Va., where he was working for a Red Roof Inn, police have said. He waived his extradition to Michigan.

A co-defendant, 24-year-old Jason David Shuford, already had been ordered to stand trial for the same incident. He has similar charges except he isn't charged with assault with intent to murder.

Police have said Shuford threatened the visiting woman with the gun but never fired any shots.

Shuford, too, could face penalties ranging up to life in prison, if convicted as charged.

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**Auditions announced**

Westland-based Inspire Theatre will hold auditions for the divine comedy, *Divine Stella Devine*, at 7 p.m. Monday-Tuesday, March 19-20 at the Underground Cafe, located in Dearborn Covenant Church, 18575 Outer Drive, Dearborn. There is a need for five men and 10 women. Actors should be on time and be prepared to do cold readings. The performance dates are May 10-12. For more information, call (734) 751-7057, send an e-mail to [inspire@inspiretheatre.com](mailto:inspire@inspiretheatre.com), or check out the Web site at [inspiretheatre.com](http://inspiretheatre.com).

Village of Westland names 2 to board

The Village of Westland Senior Living Community has two new board members with the appointments of attorney James C. Adams and Lori B. Brist, president of the Westland Chamber of Commerce.

Brist, who is a member of the West Suburban Area Chamber of Commerce Executives, currently serves as chairman of the Westland Downtown Development Authority and the Tax Increment Finance Authority and Economic Development Council.

She is the former director of Westland's Senior Resources Department and currently volunteers for the Westland Goodfellows.

Through her board membership, Brist plans to use her experience working with seniors to provide community outreach and access to resources for older adults in the area.

Adams, who served as director of Real Estate and Environmental Services with Dykema Gossett for 20 years, is a member of the American, Michigan State and



Brist Adams

Washtenaw County Bar Associations. He currently serves on the Board of Trustees of the Washtenaw Land Trust.

As a Village of Westland board member, Adams would like to support the mission of Presbyterian Villages of Michigan (PVM) throughout the local community.

The Village of Westland Senior Living Community, established in 1990, is a mission of Presbyterian Villages of Michigan (PVM) and is governed by a community-based, volunteer Board of Trustees. The Village provides apartment living, assisted living and respite care services.

For more information on Presbyterian Villages of Michigan, visit the Web site at [www.pvm.org](http://www.pvm.org).

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# Students go weightless for experiment

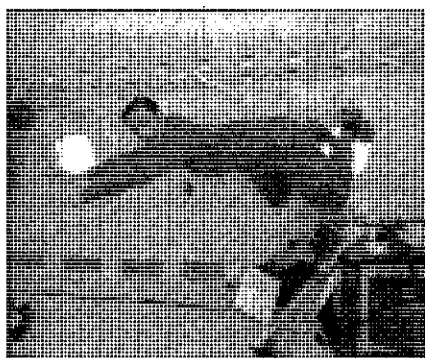
A group of students from three Michigan universities had a chance to do what the astronauts do as part of NASA's Reduced Gravity Student Flight Program.

The students from the University of Michigan in Ann Arbor and Dearborn and Lawrence Technological University were among 65 undergraduates from around the country to converged in Houston, Texas, last summer to conduct experiments in a reduced gravity environment aboard the NASA's famous "Weightless Wonder" aircraft.

Each year, RGSFP gives students the opportunity to propose, build and fly a reduced gravity experiment. The teams perform the experiments aboard NASA's C-9 aircraft, which produces weightlessness 25 seconds at a time by executing a series of about 30 parabolas - a steep climb followed by a free fall - over the Gulf of Mexico.

During the free falls, the students gather data in the unique environment and experience how an astronaut feels while floating in space.

The University of Michigan-Dearborn team's opportunity to participate is the result of the hard work and commitment of Samantha Snabes of Westland, Michael Feldman of West Bloomfield,



Michael Feldman of West Bloomfield tries out zero gravity aboard NASA's famous "Weightless Wonder" aircraft.

Eric Elliot of Lathrup Village, Paul Gevoy of West Bloomfield, Julia Stuck of Wayne and Alex Mazur of Farmington Hills. They are joined by graduate student Andrew Dewhurst of Houston, Texas.

The students were selected from more than 100 proposals based on scientific merit and educational outreach potential. They put many hours into researching and building their experiment.

"We are very pleased that we are in a position to use our Exploration mission to inspire these young scientists and

engineers to study and understand their craft," said RGSFP University Affairs Officer Donn Sickorez. "The students tell us that they've never really put together a complete effort like this one, and that they gain useful skills by participating in the program."

"We are excited to be able to help them become better, more experienced scientists and engineers."

The University of Michigan-Dearborn student team flew with their experiment during the week of July 20-29. Their experiment evaluated the effects of short-term reduced gravity on the clotting ability of plasma during their reduced gravity flights.

They used a donated I-Stat system from Abbott Laboratories and steel support fixtures from Unistrut of Wayne. Following the flight, the team analyzed the experiment's effectiveness, evaluated scientific findings, drew their conclusions, and provided the positive results to the RGSFP.

They hope to publish and present their findings in a scientific conference later this year.

The team is now spending its time sharing their enthusiasm for science with preschool through college students at schools and organizations throughout



Samantha Lynne Snabes of Westland gets help doing a somersault while in a state of weightlessness.

Michigan, Virginia, Indiana, Tennessee and Texas.

They speak on topics ranging from space, gravity, NASA, blood clotting, the scientific method and opportunities available for kids to grow their passion for science.

Presentations have already been given to schools in Austin, Texas, and Belleville, Hartland, Westland, and Canton. They hope to reach out to

10,000 youth by June.

The team is still taking appointments for interested educators and organizations. For more information about the Reduced Gravity Student Flight Program, visit the Web site at microgravityuniversityjsc.nasa.gov, or contact Donn Sickorez, NASA Johnson Space Center's University Affairs Officer, at (281) 483-4724 or by e-mail at donn.g.sickorez@nasa.gov.

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- **Choice New York Strip Chibatta...** 8oz. Choice New York Strip smothered with grilled onions and mushrooms, topped with your choice of cheese and served on a chibatta roll with steak or seasoned fries.
- **Chicken Club Wrap...** Crispy chicken, ham, bacon, Swiss cheese, American cheese, lettuce, tomato and our homemade ranch dressing. Served with coleslaw and steak or seasoned fries.
- **Salmon Alfredo...** Fettuccine noodles with our homemade Alfredo sauce topped with grilled salmon. Served with your choice of soup or salad.
- **Albert's Cajun Mama...** 8oz. Angus beef burger served Quesadilla style with two tortillas, pepper jack cheese, grilled onions and mixed peppers. Served with Cajun mayo on the side, homemade chips and salsa. WOW!
- **Sweet and Sour Wild Wings...** Two pork wild wings with sweet and sour sauce served atop a bed of rice and served with your choice of soup or salad.

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March 17th in Center Court  
Photo Packages Available  
Free Gift for every child who visits the Easter Bunny (while supplies last)

**EASTER EVENTS**

**Hippity Hoppity Easter Magic Show**  
March 17th from 10-11am in Parisian Court

**Easter Bunny Electric Train Rides**  
March 24th from 11-2pm

**Easter Petting Farm**  
Live Bunnies, Baby Ducks, and Chickens  
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## PFANNES

FROM PAGE A1

Pfannes has served on the Wayne County Homeland Security Local Planning Team and in such positions as executive board member of the Wayne County Chiefs of Police Association.

He received a letter of commendation from Wayne County Executive Robert Ficano for his role in finding

**'One of the things that has eased my transition is the fact that I'm turning things over to James Ridener - a friend and undoubtedly the most qualified man to lead this department forward.'**

Police Chief Daniel Pfannes

an equitable way to distribute federal homeland security funds between Detroit and its suburbs.

Pfannes has been married 11 years to wife Jennifer, and they have two daughters, Rachel, 8, and Danielle, 7. While he has mixed feelings about leaving his Westland job, he firmly believes he is leaving the department in capable hands with new Chief James Ridener.

"One of the things that has eased my transition is the fact that I'm turning things over to James Ridener - a friend and undoubtedly the most qualified man to lead this department forward."

Pfannes also said he is proud of his own tenure as chief. "From the bottom of my heart, I really feel that I've made this a better place than when I inherited it," he said.

dclcm@hometownlife.com | (734) 935-2110

## Read-In

The Lutheran Church of Our Savior will hold its first annual African American Read-In 6:30-8:30 p.m. Tuesday, March 27, at the church, 29425 Annopolis, Westland.

The event will celebrate African American Literacy during National Reading Month. There will be free books for those 18 years and younger, book displays and reading lists of African American literature, the reading of the work of African American writers and refreshments.

For more information, call (734) 728-3440.

## Country breakfast

AMVETS Post 171 and its auxiliary will hold a country breakfast from 9 a.m. to noon Sunday, March 25, at the hall, 1217 Merriman, south of Cherry Hill in Westland.

The cost will be \$4 for adults and \$2.50 for kids up to age 12 for hash browns, pancakes, eggs, sausage, bacon, biscuits and gravy, coffee and tea. Milk and juice will be available for an extra 50-cent charge.

## Senior seminar

VFW Post 3323 will host a free senior seminar at 4 p.m. Wednesday, March 21, at the post, 1055 S. Wayne Road, Westland.

The seminar, which includes dinner at 5 p.m., will cover such things as how the can be the main beneficiary of an estate, especially a 401K or IRA, nursing home spend down and how to avoid it and avoiding probate.

Seating is limited, so call (734) 941-8808 to reserve a seat.

## Euchre tournament

Knockouts Bar in Westland will hold a euchre tournament

1-5 p.m. Sunday, March 25, to benefit the Leukemia & Lymphoma Society's Hike for Discovery Program. The cost is \$25, which includes the entrance fee along with a pizza, pasta and salad buffet.

Hike for Discovery is an adventure fund-raising program that benefits the Leukemia & Lymphoma Society in finding a cure for blood cancers such as leukemia, lymphoma, myeloma and Hodgkin's disease. Money that is raised goes to research, support groups, educational programs and financial planning for afflicted families in Michigan.

The tournament is limited to 80 players with a guaranteed first-place pay-out. Knockouts is at 36980 Ford east of Newburgh in Westland. Call (734) 394-0599.

## Candidates forum set

The League of Women Voters of Northwest Wayne County will hold a Candidates Forum on from 7-9 p.m. Thursday, March 22, for the seven candidates seeking election to the Livonia Public Schools Board of Education.

The public is invited to attend this event, which will be held at Livonia City Hall and all seven candidates have agreed to attend the forum. A League moderator will ask the candidates questions that will be submitted by the audience. School district residents who would like to ask a question but cannot attend the forum may visit the League's Web site at [www.lwvww.org](http://www.lwvww.org) and send the question by clicking the 'Contact Us' button.

Voters in the district, which covers Livonia and Westland, will elect two candidates to four-year terms and one candidate to a one-year term on May 8.

## AROUND WESTLAND

## Psychic Fair

AMVETS Post 171 will hold a Psychic Fair noon-6 p.m. Sunday, March 18, at the post, 1217 Merriman, south of Cherry Hill in Westland.

Admission will be \$2 plus the cost of a reading. There will be healing, numbers and card readings available.

## Book signing

Award-winning poet/photographer Cheryl A. Martin will have a book signing 1-5 p.m. Saturday, March 24, at the Small Shops business, 2361 S. Venoy Road, Westland.

Martin will sign copies of her book, *Women Reclining*, and such chapbooks as *Feathers in Flight* and *Haiku for You* - her children's workbook for practicing the art of haiku. She also will have framed poetry and photographs for sale, as well as business card-sized book marks that include her poem *Homage of Kafka*.

Martin said the book signing will be hosted by ASA Publishing Co.

Martin is the owner of Pero Inc., a full-service writing, editing and publishing company. She said she can be reached at [peroinc5@comcast.net](mailto:peroinc5@comcast.net), <http://outskirtspress.com/wom> or by calling (734) 397-1626.

## Food distribution

The city of Westland has announced the day, times and locations for residents to obtain surplus federal food for the month of March.

Residents north of Michigan Avenue should pick up their commodities 10 a.m. to 2 p.m. Thursday, March 22, at the Dorsey Community Center, located on Dorsey east of Venoy and south of Palmer.

Residents south of Michigan Avenue always pick up their

commodities the second Monday of each month at St. James United Methodist Church, 30055 Annopolis between Henry Ruff and Middlebelt. The phone number is (734) 729-1737.

Senior citizens at Taylor Towers should contact their building manager for their day of distribution. Greenwood Villa residents must pick up their food items at Greenwood Villa.

Frozen ham, cranberry sauce, instant potatoes and cranberry juice are being offered this month.

For more information call the Dorsey Center's surplus food hotline at (734) 595-0366.

## Free coffee

You can have your java to go and not pay a penny the Pit Stop Party Store at 1409 S. Merriman, between Avondale and Palmer, in Westland.

Owner Jeri Stolling is now offering free coffee - any size, regular or decaffeinated, with or without flavored creams - 6-9 a.m. Monday through Friday. The give-away is to let people know the store now opens at 6 a.m. weekdays. Weekend hours are 9 a.m. to 1 p.m. Saturday and 10 a.m. to 11 p.m. Sunday. It's also open to midnight Monday through Thursday and to 1 a.m. Friday.

## Mom 2 Mom Sale

St. Damian School is holding its Spring Mom 2 Mom Sale 8 a.m. to 2 p.m. Saturday, April 21, 30055 Joy, between Middlebelt and Merriman, in Westland.

Rental is \$20 per table and \$5 per rack. Call Dawn at (734) 983-0221 for more information.

## Tax preparation

AARP tax preparation is available free of charge to sen-

iors with low to moderate income 9 a.m. to 3:30 p.m. each Monday and Friday from through April 13 at the senior Friendship Center is at 1119 N. Newburgh south of Ford. Sessions will continue. Appointments are necessary. Call (734) 722-7628.

## A 'Wild' skater

Residents are invited to skate with Mayor William Wild 5-6:30 p.m. Saturday, March 24, at the city's Mike Modano Ice Arena, 6210 N. Wildwood.

Admission is free, but Wild is asking participants to donate money for the American Cancer Society's Relay for Life event, coming this summer.

Wild has organized a team called Wild's Walkers, which has a theme of "Take A Walk On The Wild Side."

Anyone who donates to Relay for Life during the skating event will receive a complimentary Wild's Walkers T-shirt.

## Art, silent auctions

The Wayne Rotary Club and Wayne Parks and Recreation Department will host their fifth annual Art Auction and Silent Auction at 6 p.m. Friday, March 23, at the Wayne Community Center, 4635 Howe, Wayne.

Proceeds will benefit the Boundless Playground Project which will feature play structures that are handicapped accessible to allow the physically challenged youngsters to play alongside their able bodied friends and parents.

Admission is \$10 per person and includes door prize, wine and cheese, hors d'oeuvres, dessert and coffee. A cash bar will be available.

The auction includes art in all media and price ranges. For ticket information, call (734) 721-7400.

CHERRY HILL SCHOOL OF PERFORMING ARTS  
2007-2008 OPEN ENROLLMENT

April 16-April 30, 2007  
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Cherry Hill School of Performing Arts  
28500 Avondale, Inkster, MI 48141  
Lottery, if necessary, May 4, 2007 at 10:00 a.m.  
at Charter School Administration Services  
20755 Greenfield Road, Suite 300, Southfield, Michigan 48075  
Publish: March 18, 2007

ACADEMY OF WESTLAND  
2007-2008 OPEN ENROLLMENT

April 16-April 30, 2007  
Applications available at, and must be submitted to,  
Academy of Westland  
300 Henry Ruff Rd., Westland, MI 48186  
Lottery, if necessary, May 4, 2007 at 10:00 a.m.  
at Charter School Administration Services  
20755 Greenfield Road, Suite 300, Southfield, Michigan 48075  
Publish: March 18, 2007

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April 16-April 30, 2007  
Applications available at, and must be submitted to,  
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28612 Avondale, Inkster, MI 48141  
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Publish: March 18, 2007

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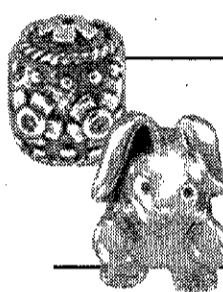
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**Saturday 11 am to 8 pm**  
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 (of equal or lesser value)

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\$3.00....1854 to 1889.....Up To...	\$ 3,000.....	\$10,000
\$5.00....1795 to 1833.....Up to...	\$10,000.....	\$50,000
\$5.00....1834 to 1838.....Up To...	\$ 1,000.....	\$10,000
\$5.00....1839 to 1908.....Up To...	\$ 1,500.....	\$ 6,000
\$5.00....1908 to 1929 (Indian) Up To...	\$ 1,500.....	\$ 6,000
\$10.00....1795 to 1804.....Up To...	\$ 9,000.....	\$20,000
\$10.00....1839 to 1932.....Up To...	\$ 1,000.....	\$ 7,500
\$20.00....1850 to 1933.....Up To..	\$ 1,500.....	\$10,000
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1836 to 1839...Up To.....	\$ 1,000...	\$ 5,000
1840 to 1873...Up To.....	\$ 500...	\$ 5,000
Trade Dollars..Up To.....	\$ 100...	\$ 2,500
1878 to 1904...Up to.....	\$ 1,500...	\$12,500
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## Benson Diamond Jewelers

## CAREER DAY

FROM PAGE A1

about her work as part of Career Day program organized by life skills teacher Robin Holbrook.

"The kids have such a sheltered view of careers," Holbrook said. "This is an opportunity for them to see other people doing jobs."

Holbrook teaches career awareness as part of the life skills class and organized the Career Day for the two schools she teaches at - Edison and Schweitzer.

She tapped into working parents, bringing in an author, surgical nurse, Realtor, veterinarian and raw materials coordinator and mixed in a doctor, mayoral assistant, a man who installs tile and one who operates a canoe livery, not to mention Pennington, a captain in the Westland Fire Department.

"The kids love to see community leaders and parents come in, it makes them feel important," she said. "But a big reason for doing this is to show them that what they learn in school now they'll use later in life."

Pennington brought her fire boots and helmet to show the students and used her 20-minute presentations to tell what it takes to be a firefighter.

A member of the Westland department for 17 years, Pennington talked about her training and about becoming the city's first female firefighter.

"It was kind of weird, it was like having 76 brothers," she told students, "I was the first female (firefighter) in the area, so it was new for everyone."

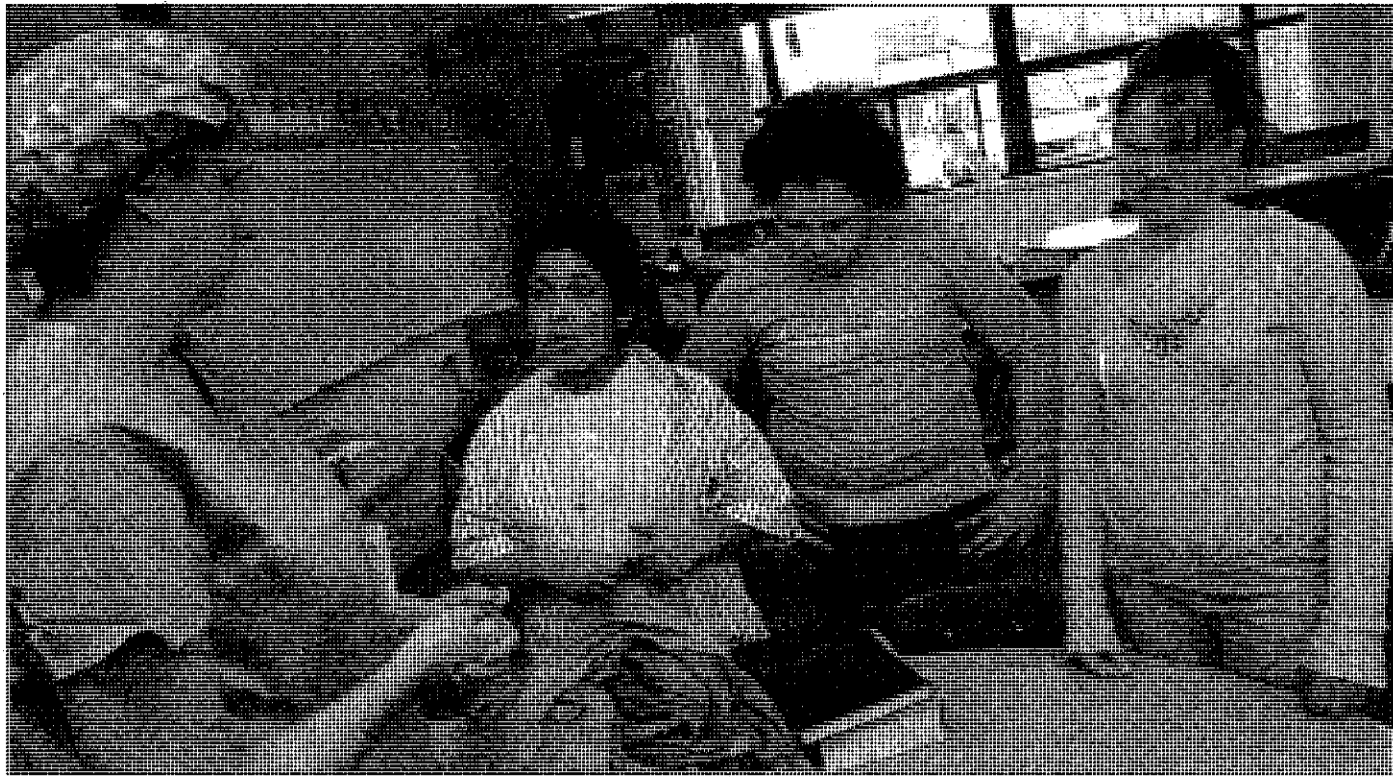
Pennington stressed the need for training. Today's rookie firefighter must have paramedic training and complete the fire academy to be hired.

"You have to do good in school and stay out of trouble," she said. "They even check your driving record because they don't want you driving around crazy in a fire truck."

"You have to be in good shape, you have to wear equipment that weighs 35 pounds," she added.

While Pennington was talking about firefighting, Paula Hutton was showing students some of the instruments she hands to doctors as a surgical nurse at St. Mary Mercy Hospital.

"It's like what you see in the movies, if the doctor says scalpel, I



PHOTOS BY TOM HAWLEY | STAFF PHOTOGRAPHER

Paula Hutton, a surgical nurse at St. Mary Mercy Hospital, talks to fifth-graders Gabriel Lee (from left), Aubrey Smith and Tiffany McCollum about nursing.

**'A career is something you're good at, something you love or a job. My message to you is that you should be your own individual when you grow up.'**

Allen Heavner

hand it to him," she said. "I set up the operating room, hand the doctor the instruments."

Hutton was drawn to her profession after having five surgeries. Curious as to what happened in an operating room "when I was asleep," she decided to go into nursing.

She went to college to get her degree and along the way studied such subjects as anatomy.

"If you like school at all and like doing things with your hands, this job is quite interesting," she said. "And the one nice thing is you'll always have a job."

Hutton fielded questions from students, telling them the worse case was a patient who died after an aneurysm in the aorta ruptured.

"We were just about to repair it when it ruptured," she said. "We tried to control the bleeding, but we couldn't. It was awful."

In the gymnasium, Allen Heavner talked about his childhood dream of working outdoors and how his parents wanted him to be a bookkeeper.

His parents won out, he became an accountant. But these days, he's living his dream of working outdoors as the operator of the Heavner Canoe Rental on the Huron River near Milford.

"A career is something you're good at, something you love or a job," he told students gathered around a kayak. "My message to you is that you should be your own individual when you grow up."

He asked the group what they wanted to be, hearing about dreams of being a singer and dancer - "Oh, my God, I really want to sing and even be a dancer," one youngster told him. - to being football, basketball and hockey players and a video game maker.

It was Heavner's second Career Day. He was among presenters at Holbrook's program at Edison Elementary last Friday.

He focused on the students and stressed the importance of following



Allen Heavner of Heavner Canoe Rental near Milford let students take a closer look at a kayak while he talked about following their dreams.

their dreams and listening during the program.

"I found Career Day very rewarding," he said. "You have to give these kids credit for thinking. They know what they want to do. They only need to follow their dreams."

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

## Wayne man charged in McDonald's holdup

A Wayne man is facing charge of robbing a McDonald's Restaurant armed with a knife Wednesday night.

The robbery occurred about 10:30 p.m. at the McDonald's on Ford and Raddcliff in Westland. It was unclear how much, if any, money the suspect, 39, obtained before fleeing east on foot from the restaurant.

Westland Police officers stopped the suspect nearby in a residential area south of Belle Tire but no knife was located.

Assistance was requested from Garden City Police canine Officer Bruce Shippe and police dog Deuce.

"They started a track at the restaurant and the dog went straight to the suspect," said Garden City Police Lt. David White. "There was no knife, so Officer Shippe and Deuce backtracked for an article search."

Deuce alerted to a raised landscape bed, White said, where Shippe found a knife underneath some shrubbery.

The suspect was arraigned in Westland 18th District Court Friday afternoon and held in lieu of a \$500,000 cash bond.

## DEATHS

Dave Little

Little, 57, of Canton, died March 9.  
Dorothy Skelly (nee Jurke) Loomis  
Loomis, 68, formerly of Livonia, died  
March 6.

Complete paid obituaries can be found inside today's newspaper in Passages on page C4.

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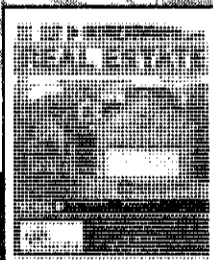
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- 8. Trees make your home, and your neighborhood, more beautiful.** Trees

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You will receive 10 free trees - Sugar Maple, Red Oak, Red Maple, White Pine, Pin Oak, Colorado Blue Spruce, Silver Maple, River Birch, Redbud and White Flowering Dogwood, or other trees selected for your area. You'll also receive the Foundation's colorful bimonthly, *Arbor Day*, a membership card, and *The Tree Book* with tree planting and care information. Your six to twelve inch trees are guaranteed to grow or they'll be replaced free of charge. Trees are shipped at the right time for planting in your area, February through May in spring or October through mid-December in the fall.

To receive your free trees, send a \$10 membership contribution to 10 Free Trees, The National Arbor Day Foundation, 100 Arbor Avenue, Nebraska City, NE 68410, or join online at [arborday.org](http://arborday.org).

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# New Web site connects kids to the world of manufacturing

With the click of a mouse, young people can get a behind-the-scenes look into the significance and fascination of manufacturing. The Web site, Manufacturing Is Cool (www.manufacturingiscool.com), was re-created by the Society of Manufacturing Engineers (SME) Education Foundation with the goal of inspiring pre-teens and teens to pursue careers in engineering and manufacturing.

"If we are going to inspire enough young people to pursue

careers in engineering in the coming decades, we have to show our kids how fascinating math and science can be," said Glen Pearson, president of the SME Education Foundation. "With this Web site, we're showing kids all the cool things they could do if they pursue a career in manufacturing."

Manufacturing is Cool provides an inside look at how kid favorites – such as snacks, fashion, cars and cell phones – are designed and produced by engineers. It also features video

clips of peers creating radio-controlled air planes and building computers at the Science, Technology & Engineering Preview Summer (STEPS) programs. Additional site features include Moving Mechanical, which takes students behind the wheel, and Favorite Fashionista, which takes them to the world of cosmetics and apparel design. The activities and resources available will continue to evolve as new information is posted to the site.

Parents, teachers and students also

can use the Manufacturing Is Cool Web site as a resource for information on the Foundation, such as its available grants and scholarships. The site contains links to information on STEPS programs, which are now offered in 14 states with more than 50 total programs. There are also links to helpful directions on engineering programs at the college level and as well as other interesting and fun manufacturing Web sites.

The Manufacturing Is Cool Web site is part of the foundation's larger

initiative to address the shortage of skilled manufacturing workers. If left unchecked, this deficit will critically affect America's manufacturers, according to the Bureau of Labor Statistics. The foundation's youth outreach programs inspire students' interest in engineering and technology at the middle and high school age. This helps motivate students to take the advanced-level math and science courses during high school that are prerequisites for pursuing engineering degrees.

## Schoolcraft Multicultural Fair set for March 28

Get ready for a trip around the world at the sixth annual Schoolcraft College Multicultural Fair on Wednesday, March 28. The fair continues from 10 a.m. until 3 p.m. in the DiPonio Room in the VisTaTech Center, and will feature exhibits from various countries, samples of indigenous foods and entertainment.

The fair is free, and community members are invited to join the 2,000 expected visitors.

New this year is a large display showing wedding traditions from around the world that was prepared by an English as a Second Language class. For \$10, visitors also can buy a cookbook of international recipes, gathered from the Schoolcraft community and printed by the International Institute.

Among the two dozen cultural displays are exhibits from Brazil, Canada, Eritrea, France, India, Iraq, Ireland, Korea, Lebanon, the Philippines, Romania, Poland, Spain, Sri Lanka, Venezuela, Syria and Russia. The displays are the work of students, faculty, staff, family and members of the community.

The entertainment begins at 10:45 a.m. with international songs from the kindergarten class at the Children's Center. At 11, Tahitian dancers take the stage, and at noon, the Marcus Garvey Drum and Dance Ensemble will perform. The group is made of high school students from the Marcus Garvey Academy and other Detroit area schools. They perform exciting music in the African drumming tradition.

Also on tap is Ta'amullat, a folkloric dance group performing pieces from North Africa, the Near East and Central Asia. Schoolcraft students will perform Native American flute music and traditional Indian dances, and a group called Tinikling will demonstrate Philippine dancing with bamboo sticks. Henna painting will be available at the Indian display.

The Multicultural Fair is cosponsored by the International Institute, Student Activities and Phi Theta Kappa, the honor society.

## Cookbook reflects multiculturalism

You can't know the soul of a region unless you know its food. Therefore, it makes perfect sense that the Schoolcraft College International Institute, whose goal is to help the college community better appreciate world cultures, would publish an international cookbook.

The book, called simply "Cookbook," but with the word cookbook in many different languages, was created from the favorite ethnic dishes of the college's students, faculty and staff. It will be available for sale at the Multicultural Fair March 28 for \$10. This could be the perfect gift for Mother's Day or the new bride.

"We wanted to create a project that involved the entire Schoolcraft community," said Elzbieta Rybicka, English instructor and editor of Cookbook.

The book is divided into food categories – appetizers, soups, entrees, side dishes, cookies, desserts and drinks. There are more than 80 recipes in the 110-page volume, and countries represented include India, Poland, Taiwan, Mexico, Spain, Switzerland, Germany, Ireland, Japan and Indonesia.

You can reserve a copy of Recipes by calling Rybicka at ext. 5685 or at recipes@schoolcraft.edu.

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## Funding, roadwork needed to restore black neighborhoods

I attended the taping of "Bridging the Racial Divide" on the campus of Madonna University. No new ground seems to have been broken and the discussion petered out quickly. It seems as though Livonia and Detroit's futures are joined at the hip.

However, I was able to talk to several people that commented on the article I wrote calling for white people to recognize the suffering slavery is still causing many generations after abolition.

One gentleman asked: "Why do they think it was my fault? I was not even born then." But I would ask: "Wouldn't you, if you were driving your car, and you came upon someone lying in the road obviously having been hit and injured, stop and help them in any way you could?" Would any of us say: "I didn't hit him, why is it my responsibility to help?"



Frank Kalinski

I also talked to my very dear friend and neighbor who will be 90 years old this year. She moved to Detroit in the late '30s just before the war. She got married after the war and she and her husband built a house in Livonia in 1949 which she still lives in. She told me how difficult it was to find decent housing in the city back then. There was just no room for all the people coming to work in the plants and factories producing war materiel. Every ethnic group had a section or neighborhood they felt was their social, cultural and economic center. The blacks that migrated from the South had the "Black Bottom and Paradise Valley" neighborhoods. These areas ran along what are now I-75 and the downtown spur I-375.

My neighbor told me about the freeway building boom and "urban renewal" that started in the 1950s. I-75 and I-375 wiped out the black ethnic neighborhoods Black Bottom and Paradise Valley. This destroyed the economic center and much of the housing for working blacks in Detroit. But the real problem came after; there was just no place for these people to go. They were scattered across the city and forced to cram many families into old houses.

There were just not enough houses to go around and bitter competition for decent housing ensued between whites and blacks. The small businesses did not survive either. My friend feels that this single event, freeway construction that destroyed blacks' homes and businesses, was the root cause of the '67 riots and a wound that has not healed to this day.

Looking at the map of the city of Detroit one can imagine what it must have been like to see thousands and thousands of homes and businesses demolished to dig these wide and deep ditches. No wonder we have such a sprawl problem and no coherent transit here in the metro area. People were uprooted and forced to build new houses anywhere they could. It must have been especial-

**Looking at the map of the city of Detroit one can imagine what it must have been like to see thousands and thousands of homes and businesses demolished to dig these wide and deep ditches. No wonder we have such a sprawl problem and no coherent transit here in the metro area. People were uprooted and forced to build new houses anywhere they could. It must have been especially bad for blacks considering the racial tensions at the time.**

ly bad for blacks considering the racial tensions at the time. The acres and acres of freeways, service drives and high-speed ramps have consumed, cut up the city horribly, and left her to bleed to death.

These events should fill us with hope. Maybe now that we have identified and named the problem we can look at possible solutions:

Remove and fill in I-375. Build back Paradise Valley and Black Bottom with walkable commerce and housing. With the advent of improved transit on the horizon we can be rid of this gouge in the urban landscape.

Paradise Valley and Black Bottom should be considered economic empowerment zones. Long term tax relief and seed money for business startups and housing should be provided.

Remake the Fisher/Chrysler intersection into a high speed through road eliminating the need to exit from one freeway to the other. This may take up somewhat more space but the area to the northwest of the intersection is not viable now.

Raise Jefferson Avenue where it goes under Cobo Hall back to street level. Jefferson would then be open to the sky like all the other streets downtown. Cobo Hall foot traffic can go under Jefferson with the use of pedestrian conveyor belts. This would remove the blockage to development along the Detroit River on Jefferson and Fort Streets.

Raise the Lodge M-10 freeway from under Cobo Hall to street level. Build a new surface level intersection and street from Jefferson out past the casinos. This should be a wide boulevard with plenty of space for high-rise housing, pedestrians, small retail and professional offices.

Real economic and cultural damage was done to black society in Detroit by freeway construction and we can fix this. The region will be stabilized when people can stay in their homes, get to work on efficient transit, send their children to good neighborhood schools, and their children and grandchildren will return to these neighborhoods for generations to come.

Frank Kalinski is a Livonia resident.

## Hateful rhetoric won't help ease tensions in Middle East

Deming Arabs is becoming a national sport with powerful individuals spouting hateful rhetoric in the press and on national TV.

Thomas Friedman's quote about the Iraqis and the casualties of war was that "If they loved their children as much as they hate us." Imus in the Morning's solution to the Middle East was to drop a nuclear bomb on Mecca, Jeddah and "send a message to Mohamed." And let's not forget Glen Beck's memorable quote "Muslim Americans are apathetic to terrorism."

These words coupled with President Bush's State of the Union Address about how we must fight radical Islam are becoming our anthem for going and continuing the war in Iraq and the dehumanization of an entire Arab-Muslim world.

I'm amazed with the characters explaining Arabs and Muslims to us. No wonder the general public is confused about the Middle East and they are just as confused about our intentions.

In this age of the Internet, these words of hate, simple and willful ignorance not only reaches across the United States but also is downloaded and used as evidence of malicious intentions toward the Middle East. This ignorance and hate toward Muslims and Arabs is not only directed at people in the Middle East. It is becoming the acceptable norm for anyone who is of Arab descent or connected to Islam.

As soon as Congressman Keith Ellis, formerly of Detroit and of Muslim descent, was elected congressman from Minnesota, the same ignorant voices questioned his allegiance to the United States. And now, God forbid, we have Barack "HUSSEIN" Obama running for president. He will now have to defend himself for going to a Muslim school at age 6. One vocal voice on the radio asked where his loyalties would be when we are fighting the war of our lives against Islam.

I wish I could say these are isolated voices and they don't harm the people in the Middle East or us, but harmful rhetoric is harmful to all of us. We do not select our ancestry, but rather are borne into it. What we are and how we conduct ourselves is what defines us.

In the last few years the fanatical and ignorant voices on all sides are influencing not only our thinking but our conduct. We begin with hateful words, then proceed to harmful and vengeful actions. The U.S. has been robbed of its security and we in turn are robbing them of their stability and lives.

We are being spoon fed with fear and Islamophobic garbage and they are being fed with the bitter pill of occupation and colonialism and the results are deadly for both of us.

In weaker moments, I worry that it is too late to bridge the gap between our two societies. Then I look at my family and friends and see Arabs, Jews, Christians, Muslims, Republicans, Democrats, black and white, old, young, immigrants and natives and find hope for a future that embraces peace and harmony for all.

They espouse this belief because they chose knowledge over stereotypes. They accept diversity over ethnocentrism and have the belief that we all are equal regardless of what continent we live in and as such we all deserve to live.

In his State of the Union Address, President Bush asked us to give the war one more chance. It's been four years and I say four years is enough. The blazing guns and powerful force escalated the killing of both sides. We need to stop before we ignite the rest of the region. Stopping however, is not sufficient. We need to examine our conduct and begin to listen, understand and treat the people in that region just like we want to be treated, with dignity and respect. We can embrace the notion of: "Do unto others as you would have others do unto you." It is after all the ultimate norm of high morality in our culture. We can begin to implement this by stopping the hate rhetoric in the media.

Instead of stereotyping the Middle East and relying on unreliable sources for information about it, why don't we acquire true knowledge of the region and its people. We can begin by learning about the numerous past and current colonialist powers that worked for several generations against the natives in the region.

Instead of demonizing the whole population, we need to learn something about their language and culture. One would think after years of entanglement with the Middle East, we would know the Arabic language just to have the upper hand. As of today, less than 500 people know some Arabic in our intelligent community. What is even more frightening is several members of Congress cannot name half the countries in the Arab League and some don't even know where they are located on a map.

Knowledge and understanding provides limitless possibilities of transforming the Middle East and the world. The choice is ours to make, build generations of enemies with war or build peace, democracy and security.

Terry Ahwal lives in Canton.

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# Transferring to an IRA gives more options

My husband took an early retirement package and received no buyout money, but he can roll over his 401(k) into an IRA. Should he do so and how should he allocate his funds?

Your husband should directly transfer his 401(k) plan into an IRA. By directly transferring the money he can establish a portfolio that fits your individual situation. When you leave money in the company's 401(k) plan, you are subject to the company's rules and the company's investment options. By directly transferring your money into an IRA, you virtually have an unlimited amount of investment options.

The first issue you need to consider is where you transfer the money. My recommendation is Charles Schwab, Vanguard or TD Waterhouse. At all three companies you can establish a portfolio using a wide variety of investment alternatives. If you choose to use mutual funds, which I think you should, each of these companies offers a wide range of commission-free, low cost mutual funds. In addition, each one of these companies has excellent Web sites to help you establish an investment strategy.

Investors who are closing retirement accounts need to be cautious that they do not fall prey to the financial salespeople who have one agenda and that is to separate you from your hard-earned money.

In choosing how you should invest this money, it is difficult to do without knowing your indi-



**Money Matters**

Rick Bloom

vidual goals and objectives. My philosophy is that people should not invest based upon their age, but rather what they are trying to achieve as an investor. In other words, do you need growth from your portfolio or are you investing for current income? If you mail me your goals and objectives, I can then recommend a portfolio for you. All the investments I would recommend would be commission-free.

Many people are taking buyouts and early retirement packages. If you're in that situation, this adage applies, "buyers beware." There are many flim-flam and scam artists that are preying on individuals and that is why it is important that before your rush out and invest your money, that you take your time to make sure that you make the right decision for yourself. Always be aware of potential conflicts of interest and rely on independent information. Don't be afraid to get a second opinion.

I am a new employee at Henry Ford Hospital. Their 403(b) plan only offers Fidelity Freedom Funds or an option to go with Met Life. I contribute the max with catch up as I'm over 50 years of age. I'm looking at retirement in approximately five

years. I consider myself moderately aggressive and would like to know your recommendations. I also have 403(b) money with two previous hospitals. Do you recommend I transfer these to my own individual IRA and if so, are there any tax consequences?

I recommend you transfer the money into an IRA. By directly transferring the money from the 403(b) into the IRA, there are no tax consequences. The money will continue to grow on a tax-deferred basis. The major benefit is that you now have more investment alternatives that are available to you.

In today's world, to be a successful investor you need to increase the number of asset classes in which you invest. A perfect example is the international area. In the past, investors had limited options in this area and for most people the only options were to invest in large company international funds.

In today's world, the options have been expanded to include small company international and emerging markets. My belief is that it is important for all investors to add these asset classes into their portfolios. By expanding the number of asset classes, it allows investors to reduce their risk and at the same time maximize returns. Unfortunately, most retirement plans do not offer small company international or emerging markets in their portfolio and therefore, when you have the opportunity to transfer your money into an

IRA you can expand your portfolio by adding these asset classes into the mix.

As to new money, your two options are Met Life or the Fidelity Freedom Funds. The Fidelity Freedom Fund is basically a fund of funds. These funds are managed based upon your retirement year. The closer you are to retirement, the more fixed-income investments would be in the portfolio. I believe an investor should not invest based only upon when they will retire. To me, the key is to invest based upon your individual situation.

For example, if you are going to retire in five years but you will not need income from your portfolio for 10 or 15 years, to me, you should still be a long-term growth investor. On the other hand, even if you are going to retire in five years but you need income today, then, you should be investing in an income mode. If you choose to use one of the Fidelity Freedom Funds, you should make the determination of when you would need income in retirement. If you do not need income for many years, then you should select one of the long-term funds.

With regards to Met Life, the key is to examine the investment options and the costs involved. Met Life offers many different programs with many different cost structures. If you are offered one of the low-cost Met Life Plans, then probably that would be the alternative to choose. The benefit is that you would have more control of your money to select the different investment options. On the other hand, if you have one of the high-cost plans where you are paying more than 2 percent in administrative fees, one of the Fidelity Freedom Funds is the way to go.

Unfortunately, in many retirement plans it is difficult to determine fees. However, it is worth the effort. When you consider the cost of the funds, the mortality charges (if any) and the administrative fees, it is very difficult for an investor to make money.

I recognize it is difficult to examine fees, if you e-mail me a copy of your plan, I'd be more than happy to tell you whether it is one of the high-cost plans or low-cost plans.

I know I am obsessed with fees. My reason is very simple and that is that fees do matter. Every independent survey I've read always reaches the same conclusion and that is high fees equal low returns to an investor. My goal as an investment adviser is to maximize returns.

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

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# Churchill spikers make finals statement

## No. 1 East Kentwood falls in Final 4 match

BY BRAD EMONS  
STAFF WRITER

On the eve of St. Patrick's Day, Livonia Churchill moved one step closer to that coveted Pot 'O Gold - the state Class A girls volleyball championship.

And it couldn't have been more fitting that a McKenzie - as in senior setter Kelsey - came up with the match-winning block

as the Chargers upended No. 1-ranked East Kentwood in five games, 25-22, 13-25, 25-20, 15-25, 15-12, before a raucous

Visit [www.hometownlife.com](http://www.hometownlife.com) for a recap of Saturday's Class A state championship match along with a photo gallery of the semifinals.

crowd Friday evening at Western Michigan University's Reed Fieldhouse.

Churchill, 55-4-1 overall, earned its first trip to the Class A final since 1991, the year the Chargers won championship. The opponent was North Branch, 74-2-1, which defeated defending state champion Fraser in four games in the other semifinal.

The fifth and deciding game went back and forth with Churchill enjoying leads of 5-3 and 9-7. East Kentwood evened the match at 9-all and pulled to within one, 13-12, on a block by Miss Volleyball, 5-foot-10 senior Lauren Jones.

But hard-hitting 6-2 junior Kyndra Abron nailed a shot to the floor, her team-high 21st kill on the night, and the 5-9 McKenzie kissed the blarney stone, going up on the right side of the net along with Abron for the game-winning block.

The match-clinching point sent the Charger players into a jubilant celebration.

"The fifth game there was no doubt in my mind because we wanted it so bad," said McKenzie, who finished with 36 assist-to-kills. "And what a point to end it on against Miss Volleyball (Lauren Jones). It's the most amazing feeling I've had in my life. I must have jumped 20 feet in the air after that last point."

Churchill captured the first and third games, but East Kentwood showed its prowess by jumping out to early leads and dominating the second and fourth games.

In the final game, junior middle hitter Jaclyn Gribeck came up with a key block to put the Chargers up 10-9 after senior libero Kelly Archer made a sprawling save on the back line to break a 7-all deadlock.

PLEASE SEE CHURCHILL, B4



Churchill's Lauren Krupsky sends a shot over for a point during Friday's Class A semifinal victory over East Kentwood at Western Michigan University.



Churchill players erupt off the bench after scoring the final point to beat East Kentwood in Friday's Class A semifinals at Western Michigan University's Reed Fieldhouse.

PHOTOS BY TOM HOFFMEYER | STAFF PHOTOGRAPHER



Churchill's Kristy DeClercq sets a shot during Friday's Class A semifinal win over East Kentwood at Western Michigan University's Reed Fieldhouse.

## Sidelines

### Westrick honored

Bradley University (Ill.) senior Sarah Westrick (Livonia Churchill) recently was selected as one of five 2007 graduates to the BU Academic Hall of Fame.

The Bradley University chapter of Phi Kappa Phi National Honor Society recently selected five students for its most prestigious award - induction into the Phi Kappa Phi Academic Hall of Fame.

The inductees, nominated by their departments and recommended by their professors, are exemplary students who demonstrate a love of learning, above and beyond outstanding grades.

Westrick led the Braves with a 15th-place finish at the 2006 State Farm MVC Cross Country Championships last fall, helping Bradley to a sixth-place team showing.

A biochemistry major who boasts a 3.89 cumulative GPA, Westrick has earned a spot on the Bradley Athletic Director's Honor Roll during each of her first seven college semesters. The first Bradley cross country runner to earn MVC Scholar-Athlete honors since 2003, Westrick was also named Bradley Country Insurance & Financial Services Scholar-Athlete of the Week for the week of Sept. 12.

She will be attending North Carolina to begin work towards her Ph.D. in bio-chemistry.

### Meet C'ville teams

Livonia Clarenceville will stage its Meet the Team Night for all spring sports athletes parents and coaches, 6:30-8:30 p.m., Wednesday, March 21 in the high school cafeteria.

Topics include athletic and academic eligibility, sportsmanship, season schedule, team rules and consequences, team policies and banquet information. Coaches will be available for breakout sessions. Call athletic director Kevin Murphy at (248) 919-0217.

### LJAL grid signup

Registration for Livonia Junior Athletic League football, cheerleading and flag football will be from 9-11 a.m. Saturday, March 31 at the Frost Middle School cafeteria. Flag football is open to 6-7 year-olds; freshman football, ages 8-9 (under 125 pounds); JV, ages 10-11 (under 140 pounds); varsity, ages 12-13 (under 170 pounds); 14-year-olds (under 135 pounds born before Aug. 1).

The cost is \$165 for football; \$110 for cheerleading; and \$65 for flag football. Additional siblings will receive for discount of \$25 (with the exception of flag football). Registration is on a first-come, first-serve basis with returning veterans receiving first right of refusal. A copy of the participant's birth certificate should be submitted at signup. (All checks made pay to the LJAL with no cash payments accepted.)

To check for openings for all units, visit [www.ljal.com](http://www.ljal.com). Call Mike Rotter at (248) 476-2698.

## Eberhardt perks up at Coffeyville

### Glenn grad leads team to spot in NJCAA nationals

BY BRAD EMONS  
STAFF WRITER

When Barry Eberhardt arrived at Coffeyville Community College (Kan.) in the fall of 2005, men's basketball coach Jay Herkelman believed he had recruited a diamond in the rough.

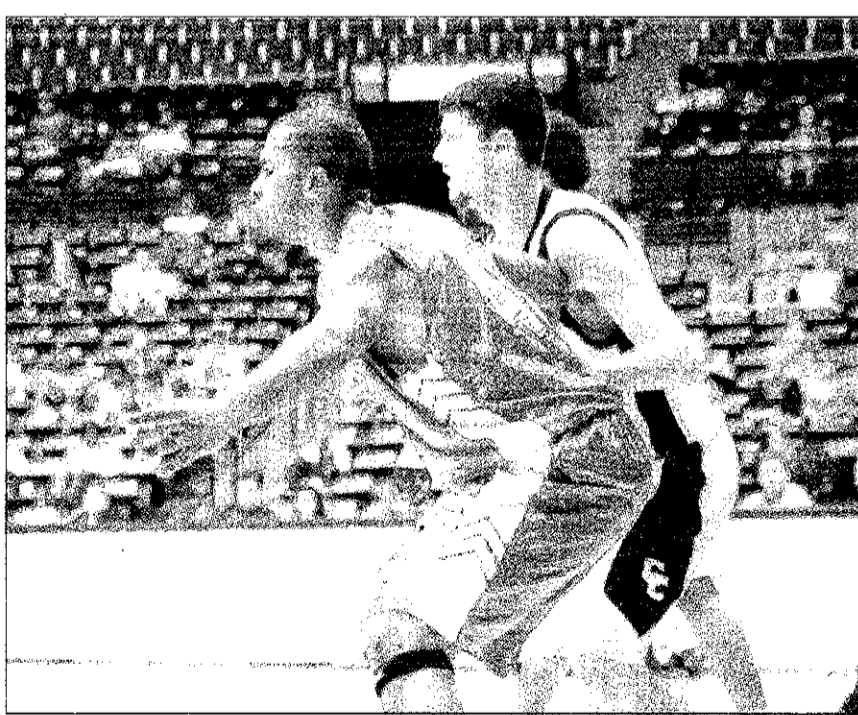
The only thing he needed to do was to polish up the 6-foot-6 forward from Westland John Glenn High School.

Two years later, Eberhardt has become a gem, leading Coffeyville to a 30-4 record and its fifth berth in six years to the NJCAA Division I National Tournament, which starts Tuesday in Hutchinson, Kan. with a first-round game against Highland (Ill.) CC.

Eberhardt scored 16 points in a 69-61 Region 6 championship game triumph over Barton County CC (Kan.) after tallying 25 in a semifinal victory over Cloud County CC (Kan.). He was named Region 6 tournament MVP and also was selected East Player of the Year in the Kansas Jayhawk CC Conference.

The chisled 252-pound sophomore power forward is averaging a team-best 18.6 points, while shooting 59 percent from the field, including 40 percent from three-point range. He also pulls down 6.3 rebounds per game.

"I had him in an individual workout, and right away I could see he had the touch and could take people off the dribble with his size," said Herkelman, who



Westland John Glenn grad Barry Eberhardt has become one of the midwest's top junior college players at Coffeyville (Kan.).

coached University of Virginia All-America Devin Smith. "The body was the first thing. He's 6-6, 252, a guy who can catch the ball, and he was mobile."

Eberhardt now finds himself as an NJCAA All-America candidate who is being recruited by a slew of NCAA Division I mid-major schools including Dayton, UNLV, Wichita State, Central Michigan, St. Louis, Bradley and Illinois State to name a few.

Coming out of Glenn, Eberhardt earned All-Observer honors, but he was considered a highly-skilled player with a questionable work ethic.

"Nate Oats, the coach at Romulus, said Barry had played against them and he called me and believed he had a chance to be a good college player," Herkelman said. "Barry had really good offen-

PLEASE SEE EBERHARDT, B3

## MU salvages split against Shawnee St.

The Madonna University women's softball team went on the road Friday and handed Shawnee State its first loss of the 2007 season after junior pitcher Liz Ballinger helped the Crusaders to a 2-1 victory in the nightcap.

Ballinger (5-2) threw a complete game, while scattering five hits and striking out five batters in the win, which upped MU's record to 8-5.

Sophomore outfielder Hannah Godfrey went 2-for-4 at the plate with a stolen base. Freshman infielder Samantha Bell also scratched out a pair of hits and added two RBI in the nightcap.

Madonna scored both of their runs in the second inning after Bell singled home both Mary Kate Setta and Livonia Churchill alum Caitlyn Sidor.

The Bears (5-1) plated a run in the fifth inning after Tammie Jo Coleman scored on a single to center field by Ashley Adkins.

In the first game, senior lefthander Shannon Noder was saddled with the loss after the Bears received a pair of two-run homers from Adkins and Ali Hull in a 4-2 victory.

Noder (3-3) walked a season high eight batters and allowed just three hits while throwing a complete game.

Godfrey opened the day with a 2-for-4 performance to lead Madonna at the plate.

The Crusaders scored a run in the fifth and sixth innings but were held scoreless in the final frame after stranding a pair of runners on base.

Madonna sophomore Danielle Richardson, who was recently named Wolverine-Hoosier Athletic Conference Player of the Week, picked up a hit in each game to extend her hitting streak to a team-high 13 games.



The Livonia Knights captured the girls 16-and-under Michigan Amateur Hockey Association state championship last weekend in Marquette.

## Knights crowned champs

### Girls 16-and-under team captures MAHA title

The long trip to the Upper Peninsula was well worth the journey for the Livonia Knights 16-and-under girls hockey team, who captured the Michigan Amateur Hockey Association state title Sunday in Marquette with a 1-0 victory over Midland.

Renee Wright tallied the game-winning goal at the 7:10 mark of the second period and goaltender Nicole Million made the lead hold up as the Knights played the final two minutes shorthanded.

On March 9, the Knights opened tournament play with a 5-3 loss to the St. Clair Shores Saints as Katie Yee scored twice, while Ashley Rose tallied the other goal. With their backs against the wall, the Knights needed to win the next three games to win the title.

On March 10, the Knights downed the Traverse City North Stars, 4-0, on goals by Kelsey Armstrong, Yee, Mersadeez Mento and Wright.

In the semifinals, the Knights pulled out a 3-2 double-overtime victory over the Marquette Sentinels on Meghan Jahn's slap shot from just outside the blue line.

Yee opened the scoring at the 1:32 mark of the first period, but Marquette answered with a pair of goals to take a 2-1 lead.

With 1:08 remaining in regulation, the Knights pulled their goaltender and scored with just 28 seconds to go on Yee's second goal of the game.

Other members of the state champion Knights, coached by Tim Jahn, include: Tarroh Debord, Andrew Slusser, Hailey Tomlinson, Sarah Gumbleton, Krissy Wood, Brittani Sims, Megan Blaszk, Abbey Woolsey and Tia Caldwell.

Assistant coaches are Scott Yaroch and Scott Tomlinson, while the team manager is Bill Wood.

Team sponsors included Home Instead Senior Care and Action Freight Services.

### PREP HOCKEY

2006-07 MICHIGAN HIGH SCHOOL COACHES ASSOCIATION ALL-STATE BOYS HOCKEY DIVISION 1 FIRST TEAM

**Goalies:** Scott Lewan, Livonia Churchill; Ed Thomas, St. Clair Shores Lakeview; Dallas Kniss, Traverse City West.  
**Defense:** Phil Wendecker and Jason Proctor, Churchill; Jeff Slusser, East Kentwood; Greg Merrill, Novi-Detroit Catholic Central; Viny DiCristofaro, St. Clair Shores Lakeview; Mac Watts, Orchard Lake St. Mary's; Dominic Scala, Novi-Detroit CC.  
**Forwards:** Eric Alexander and Ben Dykstra, East Kentwood; Nathan Milam, Keith Yackley and Garrett Mlencier, Churchill; Jeff Rohrkemper, Grosse Pointe North; Kevin Kranker, Lake Orion; Jeremy Christopher, Novi-Detroit CC; Billy Balant, Orchard Lake St. Mary's; Sean Burke, Traverse City West; Bobby Ersparmer, Marquette; Jason Fellwock, Brighton.

#### SECOND TEAM

**Goalies:** Joe Savona, Orchard Lake St. Mary's; Andrew Duff, Novi-Detroit CC; Ricky Doyen, Howell; Blake Stewart, Ann Arbor Pioneer.  
**Defense:** Michael Powers, Ann Arbor Pioneer; Jim Scullion, East Kentwood; Corey St. Arnaud, Marquette; Bryan Burlingame, St. Clair Shores Lakeview; William Howe, Birmingham Unified; Dave Wurst, Lake Orion; Nate Greenman, Traverse City West.  
**Forwards:** Marcus Voran, Livonia Stevenson; Matt Pietila and Detrick Pierzinski, Brighton; Eric Geerlings, East Kentwood; Clinton Bourbonais, Orchard Lake St. Mary's; Mark Zasucha, Nicholas Gwozdz and Andrew Zito, St. Clair Shores Lakeview; Alex Silvestros, Birmingham Unified; Chad Wilhelm and Doug Raymond, Novi-Detroit CC.

#### HONORABLE MENTION

**Goalies:** Ricky Hennard, Royal Oak; Jon Nezhich, Marquette; Ish Gregory, Dearborn-Edsel Ford.  
**Defense:** Kurt Kivisto and Garrett Kennedy, Brighton; Taylor Turner, Clarkston; Dan Mannes, Birmingham Unified; Josh Pfent, Holland West Ottawa; Jaron Grzegorzcyk, Hudsonville; Jon Falvo, Orchard Lake St. Mary's; Jon Dewey, Port Huron Northern.  
**Forwards:** Alex Host, Hudsonville; Allen Lancour, Marquette; Brad Keough, Howell; Collin Thirby, Traverse City West; Derek Ciminelli, Troy; Brandon Xozowski, Orchard Lake St. Mary's; Travis Dittmer, Royal Oak; Kevin Arabejo and Zach Goodman, Ann Arbor Huron; Kyle Papke, Birmingham Unified; John Fick, Hudsonville; John Paige, Sterling Heights Stevenson; Dan Fisher, Traverse City St. Francis.

### THE WEEK AHEAD

**PREP BASEBALL**  
**Tuesday, March 27**  
 John Glenn at N. Farmington, 4 p.m.  
**Wednesday, March 28**  
 Willow Run at Wayne, 4 p.m.  
 Summitt at Clarenceville, 4:30 p.m.  
**Thursday, March 29**  
 Wash. Christian at Huron Valley, 4:30 p.m.  
**Friday, March 30**  
 Franklin at Garden City, 4 p.m.  
 Lathrup at Clarenceville, 4:30 p.m.  
**Saturday, March 31 (all doubleheaders)**  
 John Glenn at Farmington, 11 a.m.  
 Wyandotte at Wayne, 11 a.m.  
 Churchill at Thurston, noon  
 Novi at Stevenson, noon  
 Franklin at Allen Park, 1 p.m.  
**GIRLS SOFTBALL**  
**Tuesday, March 27**  
 Harrison at John Glenn, 4 p.m.  
 Huron Valley at S'field Christian, 4:30 p.m.  
**Wednesday, March 28**  
 A.A. Huron at Franklin (2), 3:30 p.m.  
 Willow Run at Wayne, 4 p.m.  
 Summitt at Clarenceville, 4 p.m.  
**Thursday, March 29**  
 Stevenson at Dearborn, 4 p.m.  
**Friday, March 30**  
 Novi at Franklin (2), 4 p.m.  
 Lathrup at Clarenceville, 4:30 p.m.  
**Saturday, March 31 (all doubleheaders)**  
 Garden City at Stevenson, 11 a.m.  
 Redford Union at Franklin, 11 a.m.  
 Wyandotte at Wayne, 11 a.m.  
 Huron Valley at Luth. N'west, 11 a.m.  
**GIRLS SOCCER**  
**Wednesday, March 27**  
 Thurston at John Glenn, 4 p.m.  
**Monday, March 26**  
 Crestwood at Franklin, 7 p.m.  
 Stevenson at Saline, 7 p.m.  
**Tuesday, March 27**  
 Divine Child at Ladywood, 5:30 p.m.  
 John Glenn at F.H. Harrison, 7 p.m.  
**Wednesday, March 28**  
 Wayne at John Glenn, 4 p.m.  
 Summitt at Clarenceville, 5 p.m.  
 Northville at Churchill, 7 p.m.  
 Franklin at Stevenson, 7 p.m.  
**Thursday, March 29**  
 Bishop Foley at Ladywood, 5:30 p.m.  
**Friday, March 30**  
 Clarenceville at Wayne, 5 p.m.  
 Churchill at A.A. Pioneer, 5:30 p.m.  
 Novi at Stevenson, 7 p.m.  
**Saturday, March 31**  
 Ladywood at Notre Dame Prep, 1 p.m.  
**BOYS TRACK & FIELD**  
**Wednesday, March 21**  
 Wolverine Invitational at U-M, 6:30 p.m.  
**Tuesday, March 27**  
 John Glenn at N. Farmington, 4 p.m.  
**Thursday, March 29**  
 Annapolis at Clarenceville, 4 p.m.

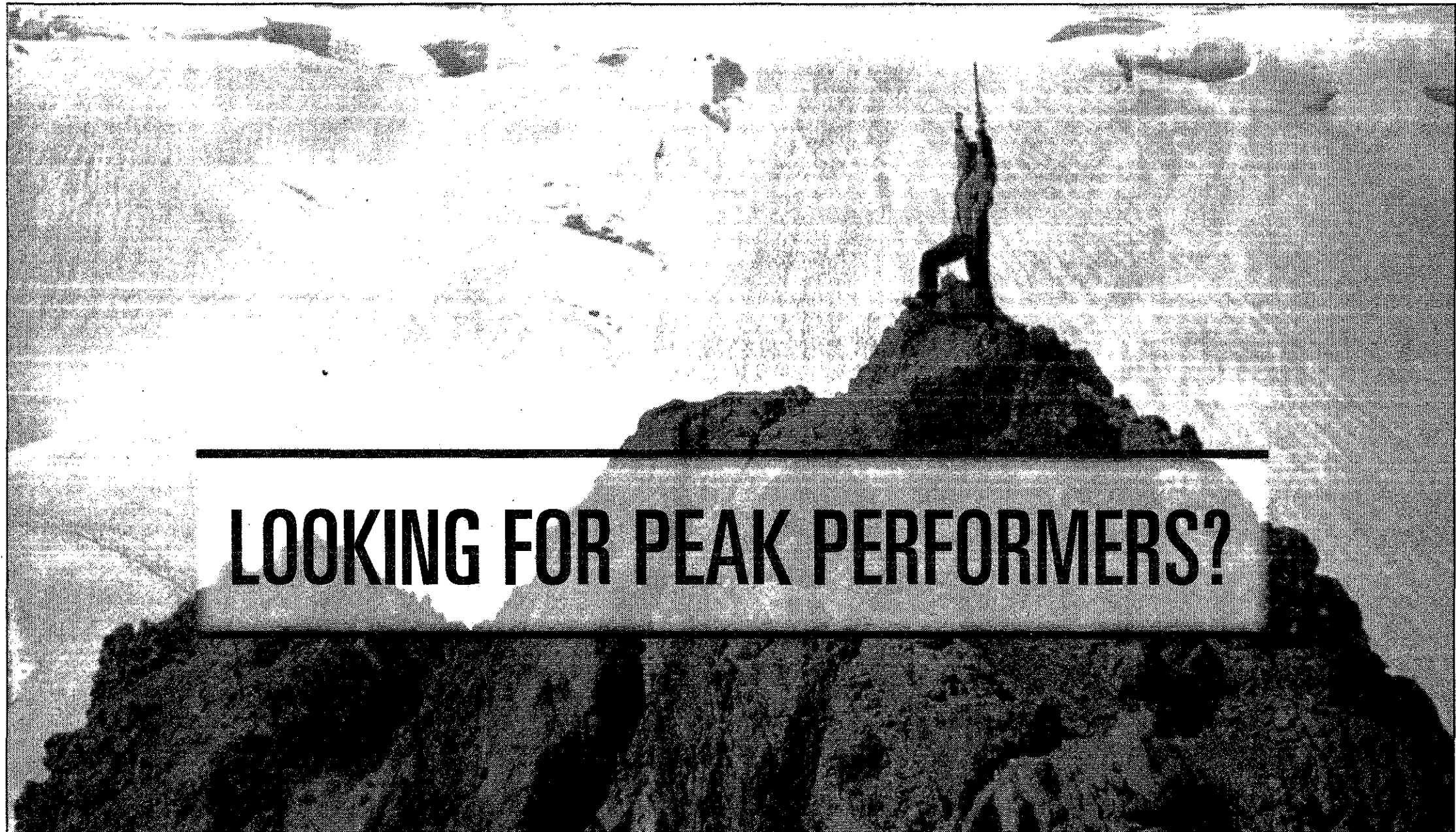
**Saturday, March 31**  
 Patriot Inv. at Franklin, 9 a.m.  
 Huron Relays at EMU, 10 a.m.  
**GIRLS TRACK & FIELD**  
**Wednesday, March 21**  
 Wolverine Invitational at U-M, 6:30 p.m.  
**Tuesday, March 27**  
 John Glenn at N. Farmington, 4 p.m.  
**Thursday, March 29**  
 Annapolis at Clarenceville, 4 p.m.  
**Saturday, March 31**  
 Patriot Inv. at Franklin, 9 a.m.  
 Huron Relays at EMU, 10 a.m.  
**BOYS TENNIS**  
**Friday, March 30**  
 Wayne at Taylor Truman, 4 p.m.  
**GIRLS GOLF**  
**Tuesday, March 27**  
 John Glenn vs. Taylor Truman at Fellows Creek, 3 p.m.  
**Thursday, March 29**  
 Wayne vs. Taylor Truman at Woodlands-Van Buren, 3 p.m.  
**GIRLS LACROSSE**  
**Monday, March 26**  
 Ladywood at A.A. Pioneer, 7 p.m.  
**Saturday, March 31**  
 Ladywood Tournament, 9 a.m.  
**MEN'S COLLEGE BASEBALL**  
**Tuesday, March 20**  
 Madonna vs. Indiana Wesleyan at Ilitch Ballpark (2), 1 p.m.  
**Friday, March 23**  
 Madonna at Spalding (Ky.), 7 p.m.  
**Saturday, March 24**  
 Madonna at Spalding (2), 1 p.m.  
**Madonna at Spalding (Ky.), noon.**  
**Tuesday, March 27**  
 Madonna vs. Rochester College at Ilitch Ballpark, 2 p.m.  
**Wednesday, March 28**  
 Madonna vs. Indiana Tech at Ilitch Ballpark (2), 1 p.m.  
**Saturday, March 31**  
 Madonna vs. Siena Heights at Ilitch Ballpark (2), 1 p.m.  
**Sunday, April 1**  
 Madonna at Siena Heights (2), 1 p.m.  
**WOMEN'S COLLEGE SOFTBALL**  
**Sunday, March 18**  
 Madonna at Urbana, Ohio (2), noon.  
**Tuesday, March 20**  
 Madonna at Spring Arbor (2), 3 p.m.  
**Friday, March 23**  
**(WHAC-MCC Challenge at Ind. Wesleyan)**  
 Madonna vs. Grace College (Ind.), 9 a.m.  
 Madonna vs. St. Francis (Ind.), 11 a.m.  
 Madonna vs. Spring Arbor, 3 p.m.  
**Saturday, March 24**  
 Madonna at Ind. Wesleyan, 11 a.m.  
 Madonna at Ind. Wesleyan, 3 or 5 p.m.  
**MAJOR INDOOR SOCCER LEAGUE**  
**Friday, March 23**  
 Ignition vs. California Cougars at Compuware Arena, 7:35 p.m.

## Whalers nipped at Soo, 1-0

The Soo Greyhounds handed the Plymouth Whalers a 1-0 overtime setback Friday night in an Ontario Hockey League game played in Sault Ste. Marie.

Soo forward Cody Thornton broke the scoreless ice with a goal in the extra session from Andrew Campbell.

Soo goalie Kyle Gajewski pitched the shutout in net for the winners as he stopped 26 shots. Whalers netminder Michal Neuvirth was solid between the pipes, too, knocking away 24-of-25 shots.



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### Cage champions

The fifth- and sixth-grade boys basketball blue team at Our Lady of Sorrows School won the St. Anselm tournament March 4. The team members are (bottom row, left to right) Joe Trombly, Antonio Colucci, Alex Guys, Matthew Carney, Alex Peczynski, Nicholas Maizone, Brady Hardin, (middle row, left to right) coach Kevin Carney, Ty Klafoulis, Tommy Lentz, Nick Kipper, Michael Raftery, Travis Walker, Eric Zughäib, head coach Russ Zarras, (back row, left to right) Nick Wagner, coach Chris Albers and Steven Longe.

## Canton no match for St. Mary's, 65-31

BY MIKE ROSENBAUM  
STAFF WRITER

A winning high school basketball team can generally expect the competition to get tougher as the state tournament progresses.

But third-ranked Orchard Lake St. Mary's hasn't been challenged since the Eaglets opened Class A tournament play with a 12-point victory over district host West Bloomfield on March 5. St. Mary's easily defeated Birmingham Groves and North Farmington to win the district title last week. The trend continued in Wednesday's regional opener, as the Eaglets sailed to a 65-31 victory over Plymouth

Canton. The game was played at Troy High. The Chiefs were never really in the contest, trailing 24-6 after one quarter and 48-10 at halftime. St. Mary's lead reached 40 points, 53-13, midway through the third quarter, triggering a running clock for the remainder of the game.

Canton coach Charlie Paye said his team was "confident coming in." Nevertheless, the Chiefs understood they were decided underdogs.

"We knew we'd have to play our best game of the year, by far, and they'd have to lower theirs a little bit," Paye said. "Obviously that didn't happen. They didn't take us lightly, that's for sure. They were quicker than us at

every position." St. Mary's (22-2) plays the winner of Wednesday's Romeo-Pontiac Northern contest in Friday's regional final, also at Troy.

Canton's defenders were beaten almost every way possible Wednesday - on the fast break, off the dribble, and on the boards. The Chiefs did gain some good looks at the basket offensively, but missed several shots from close range.

St. Mary's coach George Porritt said his team started fast and never slowed down.

"We got out and got going and (Canton) couldn't hit some early shots, and I just think that it snowballed."

### CHURCHILL

FROM PAGE B1

"This team won't quit or say no," Churchill coach Mark Grenier said. "They've willed themselves and they've proved it every step of the way. It's been business as usual with this team all season."

"Defense and ball control deserves the credit. We've always talked about passing and the defense - because if it's not there - we won't get the swings."

Lauren Krupsky, Churchill's top attacker, was slowed all week by a twisted right ankle. She added 11 kills, but it was well below her average. She also made an uncharacteristic 15 hitting errors.

Lauren (Krupsky) hasn't practiced since Tuesday, the swelling has dropped down a lot lower," Grenier said. "She's still limited in her lateral movement, but she's a warrior."

Senior Stephanie Bradshaw had a team-high 18 digs, while Archer added 17. And Jordan Kerr chipped in with 10 digs.

Kerr was stunned momentarily in the fifth game when she collided with Archer. The junior defensive specialist, however,

refused to go to the bench after suffering a shot just above her right eye.

"I feel OK and coach (Grenier) asked me if I was OK," Kerr said. "I was pumped up since the beginning - we wanted it. Even when we got down, we just had to keep the energy up and don't get down on ourselves. He (Grenier) told us we deserved to win."

"I can't wait until tomorrow. I'm excited." Jones had a game-high 23 kills and 16 digs to lead the Falcons, who finished 75-5 overall. Rachel VanderWall and Jessica Brown added 12 and 10 kills, respectively. Megan Rachtette led East Kentwood with 21 digs, while setter Megan Steenhuisen had 48 assists.

"There's not much you can do other than try and limit her," Grenier said of Jones. "And when she gets to the back row, don't give them any free balls."

The Falcons had total of 15 blocks (one solo), to Churchill's 10 (two solo). Kentwood, however, committed 13 service errors to Churchill's 10.

"We faced a buzzsaw," East Kentwood coach Roxanne Steenhuisen said. "Churchill played a great match and we countered with some great things. It was

just a matter of a couple breaks here and there. They got to 15 points first in that fifth game and that's all that matters. It wasn't meant to be. In general, they played well and they served tough."

Abron's presence on the front row made life miserable at times for the Falcons, especially in the third game when she recorded eight kills and one solo block.

"We knew Kyndra and knew where the ball goes, I thought we did good job against her for the most part," Steenhuisen said. "Kim Stewart had five blocks and we were able to touch a lot of balls."

Churchill was able to avenge one of its four losses on the season. In the Temperance Bedford Invitational on Feb. 10, East Kentwood defeated the Chargers convincingly in three games.

"Coach (Grenier) told us we're both great teams and this is a once in a lifetime experience," McKenzie said. "He said we deserved to be here as much as they did, so why not it be us? It was one of the most amazing (pregame) speeches I've ever heard."

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## Lent is the time to dig deep inside

It has been my experience practicing pastoral counseling for 25 years that the Christian holy season of Lent often is a time when clients are plumbing the depths of their inner lives as they deal with issues in their lives.

The Rev. Thomas Keating likens the season of Lent to divine therapy. A Trappist monk who finds himself deeply into the discipline of prayer, Keating would say that the Christian theme of redemption is akin to divine mental health. In an interview in *Beliefnet*, the online religious Web site, he sees the journey of Jesus into the desert as "experiencing basic human instincts — security needs,

power-control needs, and affection-esteem needs." These are the three temptations that (Christ faced in the desert); he addresses each one of those issues.

So the Christian theme of redemption is another way of talking about basic transformation of one's life, where Lent proclaims that as humans we have the capacity, assisted by the spirit within us, to change our lives. Lent becomes a time, a reminder, perhaps, that we can address our instinctual needs, our unconscious conflicts.

The struggle of Jesus in the wilderness is symbolic of the need to address what is in control of our lives. What is it that drives our lives: simply power, security and our own need for affection? To quote Keating, "Lent is the time to expect temptation and (experience) afflictive emotions such as shame, humiliation, anger, greed, the time to look at how those instincts — which are developed in early childhood are frustrated — are gratified. See there's a hazard in self-exaltation if we get what we want, or depression if we don't get what we want. To work on those (emotions) during Lent, I think, is more effective than fasting or rituals."

Further, Keating maintains, "Lent is about more serious matters. The church was thinking about how it feels to confront the emotional damage of a lifetime that is sitting unnoticed in your unconscious. Unless one does an extraordinary kind of deep psychotherapy, it might take five years on the couch (to uncover and work with such things). But the practice of a non-conceptual meditation (centering prayer) initiates a process that may go on for a lifetime. Every Lent is an invitation to go deeper into that process."

The wisdom in Keating's remarks is that he normalizes what are common and ordinary human emotions, internal conflicts and challenges. Further, he suggests that these concerns are deeply ingrained within us and we will struggle with them throughout our lives. Prayer is one approach to addressing these issues. Psychotherapy is often a road to greater wholeness when such basic human emotions get out of control and manage our lives instead of we managing them.

But more importantly he suggests that the time of Lent is a reminder that as we confront and live with these emotions and instincts, the parts of ourselves that we often see as destructive or as the enemy, it is possible with care and the work of the spirit within us to address these parts of ourselves and transform them. Yes, for the Christian, Lent is often a somber time, leading to the darkest time in the Christian Church year, Holy Week and Good Friday.

But it is a time we get through. Not easy, but possible. Lent suggests a time of retreat to deal with these issues. There are many forms of retreat, from prayer, to quiet time, even to pastoral counseling. But spending that kind of time with yourself grounds you; it gives you space and expression to the places of pain, hurt and conflict which have the possibility to be transformed.

**Dr. Paul Melrose** is executive director of the Samaritan Counseling Center of SE Michigan. He can be reached at [www.paulmelrose.com](http://www.paulmelrose.com) or at (248) 474-4701. The staff of the center can be reached at [www.samaritancounselingmichigan.com](http://www.samaritancounselingmichigan.com) or at (248) 474-4701.

## Plays go on and on



Brenda Lane as Isabella, left, and Benjamin Karl as Angelo, right, rehearse a scene from Schoolcraft College's production of 'Measure for Measure.'

## Professor celebrates 50th production at Schoolcraft College

BY LINDA ANN CHOMIN  
STAFF WRITER

James Hartman expects to develop chills as the lights go down on Friday evening. Every opening night leaves him breathless.

This is the 50th play the professor's directed at Schoolcraft College in Livonia, and a very special occasion. The college plans to celebrate by presenting a small token or gift to patrons at six performances of William Shakespeare's *Measure for Measure*, an updated version edited by Hartman over the last two summers. Hartman set the play in the disco era, but the moral dilemma is timeless. When Isabella's brother is sentenced to death, the Duke of Vienna poses a chilling bargain — to surrender her virginity in exchange for Claudio's life.

Curtain times for the Theatre and Drama Department production are 8 p.m. Friday and Saturday, March 23-24, in the Liberal Arts Theater, and as a dinner theater 6:30 p.m. March 30-31 and April 6-7 on the campus at 18600 Haggerty, between Six Mile and Seven Mile roads, Livonia.

Theater-only tickets are \$12, dinner theater tickets are \$24, and available through the campus bookstore at (734) 462-4596.

### REACHING MILESTONE

"It's very exciting. I didn't even realize it's 50 shows," said Hartman, who gives a short speech at the dinner theater.

"I wanted to thank the people who made our program successful. Without an audience you don't have a following. There are some people who come for everything we do. I truly from my heart want to thank the public who've come to our plays. I do appreciate it."

Hartman estimates that since



Professor James Hartman watches actors Brian Taylor, left, and Brenda Lane, right, rehearse a scene as he directs the Schoolcraft production of 'Measure for Measure.' The production is Hartman's 50th at the college.

he first guest directed at Schoolcraft in 1982, he's worked with about 1,500 cast and technical support members to put on the 50 productions. It's "mind boggling" to him when he counts up the number of theater patrons over the years. Sellout performances happen on a regular basis. More than 52,000 to 53,000 patrons have laughed and cried through the shows. Among the productions were Arthur Miller's *A View from the Bridge*, Ken Ludwig's *Lend Me a Tenor* and *Moon over Miami*, *On Golden Pond*, *The Odd Couple*, Moliere's *The Doctor in Spite of Himself*, and *Dracula* which was so popu-

lar Hartman produced it three times.

### AFFECTING LIVES

"It does affect individual lives," said Hartman. "I like to have entertainment and learning or to teach and give them something to think about, if not something to talk about."

"Shakespeare turns a great many people off because they fear they can't understand. I wanted to make it more accessible for today's audiences. I wanted to keep Shakespeare alive. Language has changed over the some 400 years since his time."

Two years after guest directing,

Hartman agreed to take on the job part time. By 1987, he was teaching theater full-time and has never taken a sabbatical.

Hartman originally taught at the University of Cincinnati for seven years before taking a leave of absence to work on a doctorate, but he never returned. Afterward, he performed in a road show, commercials and industrial films. Then Hartman's agent sent him to Meadow Brook Theatre in Rochester for a role. It was while he was there that someone at Schoolcraft called and asked him to guest direct.

PLEASE SEE PLAYS, C2

## Pen, paper and prose

### Author lets the 'magic' happen in first published novel

BY STACY JENKINS  
STAFF WRITER

Scribbling madly on loose leaf paper as a story line and images roll through her head like a movie, Katharine Beaman says writing is a magical thing that takes flight almost on its own.

The characters become her closest acquaintances and the places become her home, if only for awhile, in her mind.

The Farmington Hills writer draws on her experiences as a young, free-spirited woman who studied, then

dropped out of school in Vienna to travel all around Africa and live in Berlin, Germany, for awhile.

She was a self-described "flower child," who met her husband, Hans Fruechtenicht, in Germany. It was tumultuous time, as the war in Vietnam raged and young people were rising up on college campuses in protest all around the globe.

She married Hans and they had three children, who are now grown.

"There is a feeling of mor-



TOM HOFFMEYER | STAFF PHOTOGRAPHER

Farmington Hills resident Katharine Beaman speaks about her life experiences that inspired her first published novel, 'The Translator.'

PLEASE SEE AUTHOR, C2

# Learn how food can boost energy level

As part of National Nutrition Month, Madonna University is hosting a Power Lunch which features a lecture about eating "brain foods" to enhance mental focus, increase energy and reduce stress.

"What you eat for breakfast can change your whole day," said luncheon guest speaker, Sandy Baumann, a biochemist and author of Feed Yourself for Energy. "A well nourished brain enables persons of any age to live to their fullest potential."

Baumann's Feed Your Brain for Success luncheon lecture takes place 11:30 a.m. to 1 p.m. Wednesday, March 21, at the University's Center, 14221 Levan, north of Schoolcraft, Livonia. A

promoter of healthy living for 18 years, Baumann will offer strategies for enhancing your memory, improving sleep habits, reducing stress, and boosting your ability to learn new tasks.

"When I asked Sandy to be our first speaker, she inquired about my diet," said Joan Stephens, director of the Office of Continuing Education and Professional Development and series organizer.

"She made some suggestions that took very little effort. I noticed an immediate change in my concentration and energy levels."

Cost for the lunch is \$15. For reservations, call (734) 432-5804.

## AUTHOR

FROM PAGE C1

tality when your children leave (the house)," she said. "My writing has provided a new life."

Writing has always been a therapeutic and creative outlet for Beaman, who is 54.

"It's like any art form, it's soothing," she said.

She's proud of her first published novel, *The Translator*, which takes place in post-World War II Germany. The stories from her husband, who grew up in Germany, combined with her mother's experience as a Red Cross volunteer, and her own experiences in Berlin, painted the backdrop and helped Beaman develop the characters for this historic, romantic novel.

The main character, Elizabeth Hedridge, is in a service organization in Germany during the summer of 1945 when she meets and falls in love with Baron Frederick von Hohendorf, a translator, who is married and happens to be a German aristocrat.

Elizabeth becomes pregnant and she hides this from the baron. Life's turns lead her to fall in love with an American GI and they are married. The story jumps 50 years into the future, to 1995, where Elizabeth and her husband had made a life in Chicago. They receive a call that there will be a British 9th Army reunion.

"All of these years, she has kept the identity of her daughter's father to herself," said Beaman.

The baron is there and meets his daughter for the first time. The story includes "cloak and dagger" situations involving a Soviet agent, hidden Nazi weapons factories and secret agents from America, depicting the first post-war year in



TOM HOFFMEYER | STAFF PHOTOGRAPHER

Katharine Beaman's historic, romantic novel, "The Translator" was derived from pages of hand-written notes.

Germany. Beaman said the novel, her second work, but first to be published, was a work in progress for four years. She is now writing a novel titled, *A Pause in Love*. She's developing characters and settings and letting her creativity take it from there.

"It's like watching a film," she said. "You're just watching as it unfolds."

Beaman and her family lived in West Bloomfield, before she and her husband recently moved to a condo in Farmington Hills. She has a degree in education and she's an English as a Second Language tutor.

Her novel, *The Translator*, is available online through Amazon (www.amazon.com) Border's (www.bordersbooks.com), Barnes & Noble (www.barnesandnoble.com) and Publish America (www.publishamerica.com).

She's thrilled to be published. "It's very exciting and very gratifying," she said, with a smile.

sjenkins@hometownlife.com | (734) 953-2131

## PLAYS

FROM PAGE C1

"It's been an experience," said Hartman, who's originally from Cincinnati. "I'm a one-person department, but I like it that way because I'm in control. It gives me the freedom to do what I do."

## REVISING SHAKESPEARE

Hartman has edited a total of five Shakespearean plays produced at the college. He'll celebrate again later this spring when his first book is published by AuthorHOUSE. Schoolcraft President Conway Jeffress encouraged Hartman to write the book and gave Hartman the name and information of a contact at AuthorHOUSE. In addition to Hartman's edited versions of Shakespeare's *Macbeth*, *The Merchant of Venice*, *Titus Andronicus*, *Othello*, and *Measure for Measure*, the book includes the original cast lists and explanations of how Hartman went about editing the plays.

"It's exciting," said Hartman. "I tested the plays by reading them in class and then staging them."

In the book, Hartman also relays anecdotes that occurred during each staging. Over the years, Hartman's had his share of disasters like the time in *Macbeth* when one of the actors required 24 stitches after receiving a gash in his head during a duel in the final scene.

"There's something known as the *Macbeth* curse. Scholars believe that Shakespeare was dealing with sorcery and ghosts (in the play)," said Hartman. "I don't know if I ever believed it, but

told the acting company

## 'We've had great student success stories with several in California.'

James Hartman Schoolcraft College professor

about it. Through eight to nine weeks of rehearsals nothing happened and then driving to the last performance the thought crossed my mind."

On the lighter side, Hartman recalls the time during Shakespeare's *Titus Andronicus* when an artificial hand was cut off and the actors couldn't find it. The hand had become entrapped in the long Elizabethan clothes.

Hartman loves the actors and technicians that make each play a success. For each production, he draws on students and community members to fill the cast and provide technical support.

"We've had great student success stories with several in California. One was on an episode of *House*, and has done Burger King commercials," said Hartman. "Others have gone on to earn master's degrees and return home to perform at Meadow Brook."

"Three are currently performing at Disney World in Florida. One is playing the part of a prince, and one Wayne State University grad, a female, was a designer at the Moscow Art Theatre. Others are in Chicago doing independent theater work."

"A lot go on to four year schools. Some move right out to California or New York, and some stay around and keep coming back here."

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

# Dueling pianists to raise money for free jazz festival

Matt Michaels and Cliff Monear duel each other on Steinway Grand pianos 3 p.m. Sunday, April 15, in the VisTaTech Center at Schoolcraft College, 18600 Haggerty, between Six Mile and Seven Mile, Livonia. They will follow the format made famous by Marian McPartland on National Public Radio.

In between dueling, the pianists will discuss the tunes they play, the composers, and the different ways jazz allows the freedom to never play a piece the same way twice.

Tickets are \$15 and available at the door or by calling (248) 474-2720.

Proceeds go toward producing the free Michigan Jazz Festival scheduled for Sunday, July 15, at Schoolcraft College.

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As in the other forms of osteoarthritis, the condition in the knee comes from loss of cartilage with subsequent development of bone rubbing on bone. Prior knee injury hastens the onset of knee osteoarthritis. Heredity in the form of inborn defects in the chemistry of cartilage also plays a role.

Initially, you notice difficulty walking up stairs; over time even ambulating on level ground causes aching. Often pain is not in the knee but behind it. The reason for this discomfort is that the hamstring muscles are splinting the knee joint in the attempt to minimize strain on the joint. That splinting leads to tendon strain.

On physical examination your doctor may find enlargement of the knee, fluid in the knee or positioning of the leg in valgus or varus, what you know as a knockkneed or bowlegged appearance. X-rays, best done with you standing, will show narrowing of the joint and strain on the bone above and below the knee joint.

Besides being painful, the knee may be unstable, leading to give way weakness. For some people this problem rather than pain, necessitates early surgery.

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## Key #1: Stress Enters the Body Through the Path of Least Resistance

For both children and adults alike, **the nerve system is the master control system of the body.** Some seventy trillion cells that make up the human body are under the direct control of your nerve system. When stress affects your nerve system, it can lead to virtually any kind of breakdown, anywhere in your body. In other words, a healthy nerve system equals a healthy body. And, equally an unhealthy nerve system equals an unhealthy body. When the nerve system is attacked by stress, it interrupts the master control system's ability to transmit wellness messages throughout the body. But, how do you know if your nerve system is experiencing abnormal stress?

## Key #2: Posture is the Window to Your Future Because it's the Window to Your Health

When the body begins to experience abnormal functions like allergies, headaches, chronic pain, fatigue or lowered immunity, doctors know to look first at the nerve system for the answer. Posture is the window to your spine, which houses your nerve system. Put simply, if your nerve system is stressed, so is your spine and your posture. A careful evaluation of your spine could reveal the exact coordinate of where nerve supply may be "trapped" or interrupted due to stress or trauma.

**Let me introduce myself. My name is Dr. Daniel Laframboise and my purpose in practice is to educate and adjust the families of Livonia back to optimal health and wellness using a completely unique and natural approach. I have been serving the health care needs of Livonia and the surrounding communities for 32 years and have received additional certification in pre-natal and pediatric care.**



**Dr. Daniel Laframboise**

Tens of thousands of chiropractors, osteopaths and medical doctors understand this principle and apply it successfully to their own families. So, what does everybody else do? They throw drugs into their bodies and hope for the best. **Unfortunately, medications only mask the problem** while the original stress continues to produce negative results within the body. Now, you know the truth and can begin considering a brand new approach to the way you see your body recovering and healing. Here's what else they know that most other people don't...

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## Seminar teaches online tools for genealogy

The Library of Michigan is offering its annual free genealogy seminar on Saturday, March 31. The half-day series of workshops will focus on researching family history through the Internet.

"We continue to develop new genealogy programs to serve both beginning and experienced genealogists, and to keep up with advances in Internet-based research," said Randy Riley, the library's special collections manager. "In doing so, we hope to empower our patrons to maximize our extensive collection, as well as trusted Web resources, for their family history research."

The Library of Michigan is home to one of the top 10 genealogy collections in the country. It offers electronic resources that make genealogical records and rare research materials more accessible.

The seminar will run from 1-4:30 p.m., at the Michigan Library and Historical Center, 702 West Kalamazoo Street, in downtown Lansing. Free weekend parking is available at the library's parking lot off

Kalamazoo Street. Registration is recommended because seating is limited. Register online at [www.michigan.gov/familyhistory](http://www.michigan.gov/familyhistory), by e-mail at [librarian@michigan.gov](mailto:librarian@michigan.gov) or by phone at (517) 373-1300.

"Participants will leave the seminar with a greater awareness of the family history resources available on the Web, including some created by the Library of Michigan, as well as tips and tools to better use these sources for tracking down vital records or learning more about Civil War ancestors," Riley said. Workshops and their scheduled times are:

■ **Using the Library of Michigan Web Site:** Find out more about the resources available on the Library of Michigan Web site and how to use them at home to make the best use of research time when visiting the library. 1-2 p.m.

■ **Online Research with U.S. Census Records:** Discover how to make full use of digitized census records and indexes on the genealogy databases Ancestry Library Edition and HeritageQuest. 1-2 p.m.

■ **Online Tools for Finding Cemetery Sources:** Learn how to use the Michigan Cemetery Sources database, [www.michigan.gov/cemeteries](http://www.michigan.gov/cemeteries), to locate cemeteries, identify useful print transcriptions and locate online burial lists. 2:15-3:15 p.m.

■ **Vital Records Research on the Internet:** Find out which states and counties are putting indexes to birth, marriage and death records online and pick up tips to improve your searches. 2:15-3:15 p.m.

■ **Michigan Genealogy Research on the Internet:** Examine the latest resources and research strategies for Michigan family history researchers interested in more effectively using the Internet. 3:30-4:30 p.m.

■ **Online Military Records Research:** Explore the wealth of military information available online and learn search strategies to maximize your research time.

The Library of Michigan is part of the Department of History, Arts and Libraries (HAL). Visit [www.michigan.gov/hal](http://www.michigan.gov/hal).

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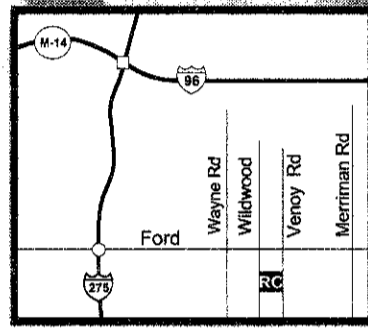
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# Asthma

## Parents need a plan to control dangerous disease

Asthma brings three-quarters of a million children into the emergency department every year, which is the last thing anyone wants now that the warm weather and longer days are letting kids play outside more. The American College of Emergency Physicians says getting a good asthma management plan organized before an emergency may help your child stay out of the hospital altogether.

"The good news is that fewer children are dying of asthma; the bad news is that it remains the cause of more hospitalizations than any other childhood disease," said Rita Cydulka, a doctor with MetroHealth Medical Center/Case Western Reserve University. "Spring is an ideal time to put together an asthma management plan, before the real trouble starts with the fall allergy and winter flu seasons."

If you are not sure whether your child has asthma, but he or she has the symptoms of asthma (coughing, wheezing, shortness of breath), talk to your doctor. After a child has been diagnosed with asthma, the parent or guardian and child should meet with a physician to develop a plan for monitoring asthma symptoms (usually a peak flow meter) and for medicating the child when trouble develops.

### MEDICATION CAN HELP

Some children with asthma will benefit from two types of medication: one they use daily to prevent asthma attacks ("controller" medications or inhalers), and one they use to relieve symptoms ("rescue" inhalers). Children with asthma should carry a rescue inhaler with them or have one readily available to them at school. It is important that when children develop symptoms, they and their caregivers or teachers know how to administer the medication and do so quickly.

Consistent use of controller medications can prevent many asthma attacks and help children lead a normal, physically active life. How and when medications are used may vary from season to season, depending on what an individual child's triggers are.

### Typical triggers include:

- Exercise
- Colds and flu
- Laughing or crying hard
- Allergens from plants, animals, house dust, cockroach droppings or mold
- Irritants such as cold air, chemicals and smoke

Cydulka recommends that you do what you can to limit your child's exposure to his or her asthma triggers. For example, if your child is allergic to furry animals, minimize his or her exposure to them at friends' houses and in the classroom at school. If cold air is a trigger, arrange for your child to exercise indoors during the winter instead of outdoors. If dust is a trigger, replace carpeting with wood, tile or vinyl floor coverings.

### FLU SHOTS

Be sure to get your child a flu shot as soon as they are available in the fall. A recent study by the Centers for Disease Control and Prevention showed that only 30 percent of children with asthma get the flu shot, even though flu can be fatal for people with asthma.

Even with the best planning, some children will have asthma attacks that require immediate attention from an emergency physician at the emergency department. The following conditions should prompt a call for emergency help (9-1-1 in most areas):

- Symptoms do not improve quickly after the use of rescue inhalers.
- The child strains to breathe or cannot complete a sentence without pausing for breath.
- The child's lips or fingernails turn blue.

Older children (ages 11-17) have the lowest rate of emergency department visits, but the highest rate of death from asthma. It suggests that although they are more independent than younger children in many areas, they still need close monitoring by their parents for signs that their asthma symptoms are worsening and in

PLEASE SEE **ASTHMA, C9**



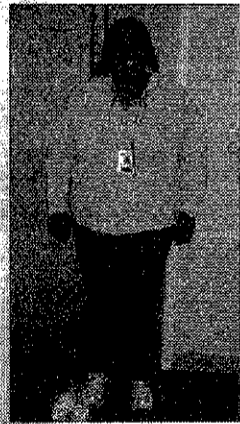
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Darlene before at 311 lbs.

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**ASTHMA**

FROM PAGE C8

need of medical attention. "Emergency physicians want your children to lead fully active, energetic lives without visiting the emergency department," said Cydulka. "However, if your child is in trouble, we will be there to get him or her back in action as quickly as possible." ACEP is a national medical specialty society representing emergency medicine with more than 25,000 members. ACEP is committed to advancing emergency care through continuing education, research and public education. Headquartered in Dallas, Texas, ACEP has 53 chapters representing each state, as well as Puerto Rico and the District of Columbia. A Government Services Chapter represents emergency physicians employed by military branches and other government agencies.

**Watermelon can protect prostate**



**Peter's Principles**

**Peter Nielsen**

Jack from Detroit e-mails asking for diet tips on protecting his prostate. Jack, in this case indulging in a summer treat can pay big health dividends! It turns out, watermelon can protect your prostate from prostate disease, and that is just for starters! It can also help replenish vital bodily fluids and protect from deadly chemicals called free radicals. That is because watermelon is rich in lycopene — in fact it has more than even tomatoes! The body is constantly producing the dangerous free radicals. Lycopene is one of the most potent antioxidants around. It binds to the free radicals and renders them harmless! Watermelon is also rich in fiber, but has just a few calories per slice. This in one traditional treat you'll want to make part of your everyday diet!

Susan from Plymouth is concerned about high salt intake. She e-mails for an all natural way to help control the problem. Susan, millions of Americans take in way too

much sodium! Another common mineral can help control the problem, potassium. New research shows that getting enough potassium is vital in a number of ways. One of the most important is in minimizing the risks posed by high sodium intake, a very real danger for every American. Potassium can also help promote healthy bones by guarding against the acid content in animal protein, wheat, rice or barley! The latest guideline for adults is to get at least 4,700 milligrams of potassium in your diet every day. Most Americans take in 2,700 or less! Potassium intake is especially important for African Americans who tend to be at higher risk for high blood pressure. Some excellent sources include bananas, almonds, lettuce, mushrooms, and spinach! Talk to a nutritionist for the diet plan that is custom made for you!

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

**MEDICAL DATEBOOK**

**MARCH**

**Benefit Skate-a-Thon**

The Arctic Figure Skating Club in Canton is planning the skate-a-thon 7:30-9 p.m. Friday, March 30, at Arctic Edge Arena, Canton, to benefit club member Natalie Salazar, 13, who was diagnosed with neuroblastoma (cancer) in summer 2006. She has been treated at Children's Hospital and is now investigating stem cell transplant and experimental treatments at the University of Michigan. Donations can be sent to The Natalie Salazar Fund, c/o Arctic Figure Skating Club, 46615 Michigan Ave., Canton. For information, call (734) 420-1207 or (248) 891-6256.

**Bioidentical hormone replacement**

And Anti-Aging Medicine seminar conducted by Pamela Smith, MD, 7 p.m. Monday, March 19, at Troy Community Center, 3179 Livernois. No charge. For reservations, call (248) 267-5002.

**Depression conference**

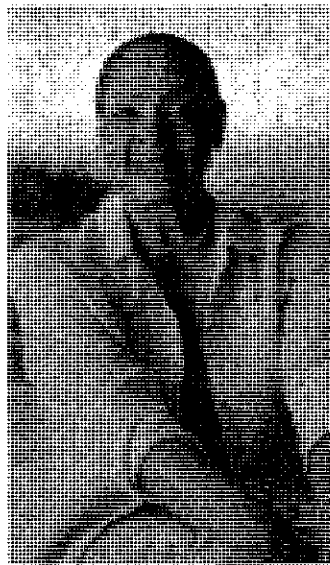
The fifth annual Depression on College Campuses Conference takes place March 19-20, at University of Michigan. Registration free for students, all others \$115. To register, visit www.med.umich.edu/depression/docc, send e-mail to meyerpa@umich.edu or call (734) 763-7495.

**Power lunch**

Madonna University hosts a Power Lunch featuring a lecture about eating "brain foods" to enhance mental focus, increase energy and reduce stress 11:30 a.m. to 1 p.m. Wednesday, March 21, at the university's center, 14221 Levan, Livonia. Speaker is Sandy Baumann, biochemist and author of Feed Yourself for Energy. She offers strategies for enhancing memory, improving sleep habits, reducing stress and boosting your ability to learn new tasks. Cost \$15. For reservations, call (734) 432-5804.

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Thursday, March 29

**TIME:**  
Presentation begins at 12:00 p.m.

**LOCATION:**  
St. Mary Mercy Hospital  
Marian Professional Building,  
Classroom 11  
36475 Five Mile Road  
Livonia, MI 48154

**PRESENTER:**  
John Fredrick Harb, M.D.  
A Board Certified Urologist specializing in the treatment of incontinence.

**RSVP:**  
Steve Achtman  
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**Power Lunch**

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11:30 a.m. — Networking  
Noon — Lunch & speaker  
**Wednesday, March 21, 2007**  
\$15 per person

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Register today at (734) 432-5804



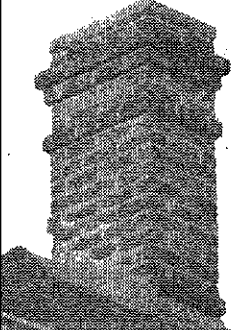
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**DIEGO**


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CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_  
DAYTIME PHONE \_\_\_\_\_ AGE \_\_\_\_\_  
E-MAIL \_\_\_\_\_

Color & win a Family 4-pack of tickets to the Wednesday, April 18 • 7PM performance of Go Diego Go Live!

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Complete coloring contest along with entry and mail to address below. Winners will be chosen at random & notified by phone. All entries must be received by Friday, April 13th. Applicants must be 12 years old or younger. Send entry to: Observer & Eccentric, Attn: Jeanie Parent, 36251 Schoolcraft, Livonia, MI 48150

OlympiaEntertainment.com

**Can to Curb Residential Service**



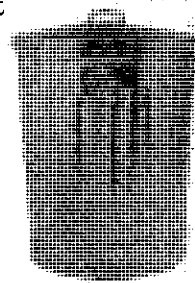
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