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SUNDAY
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WESTLAND Observer

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Meeting clears up concerns with water pact

BY SUE MASON
STAFF WRITER

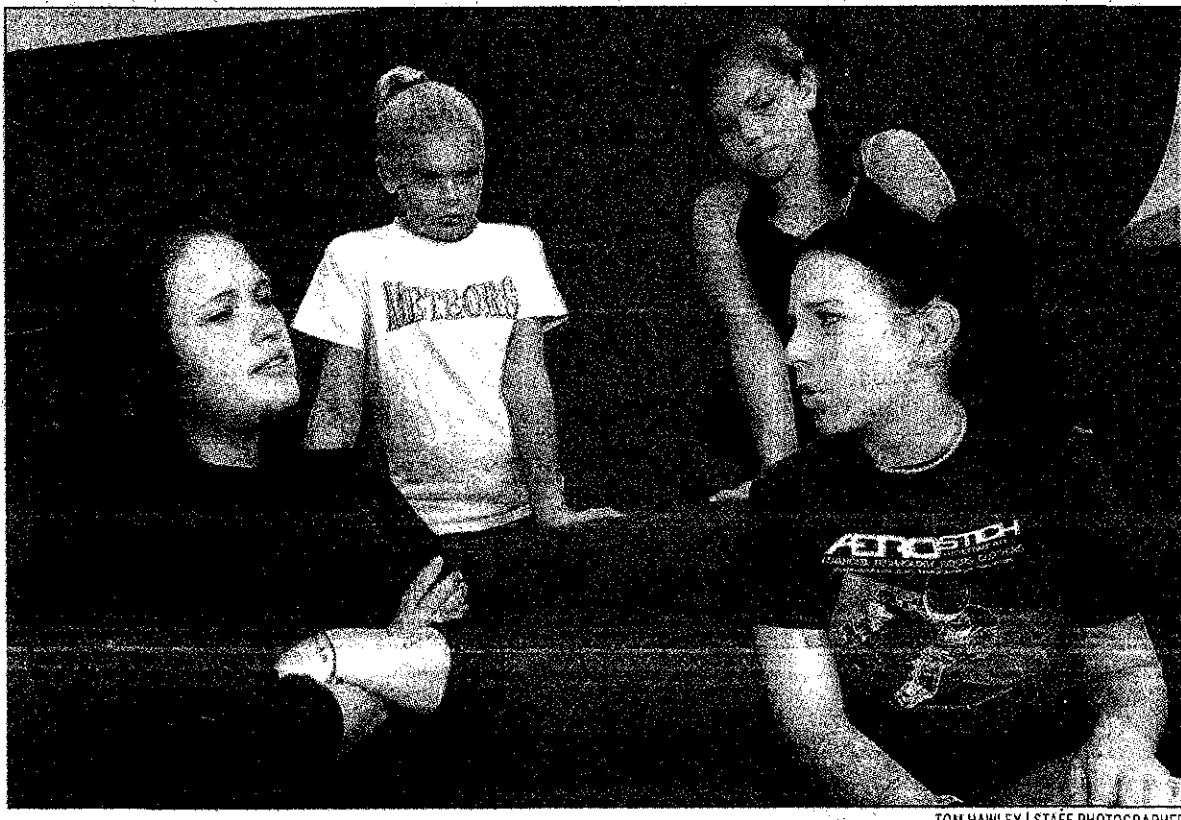
What a difference a letter can make. Two months after sending a letter outlining the concerns he had about the proposed model water contract, Mayor William Wild met with Detroit Water and Sewerage Department Director Victor Mercado to hear what has been done to address some of those concerns. "We knew going in that this was the only

game in town, so we tried to cover all the bases while they were taking input," Wild said. "I think it was a good meeting, we made up some ground." The DWSD, which provides water and sewer services to 86 communities, had sought comment on the model contract, developed by the Technical Advisory Committee made up of customer representatives and DWSD personnel. Westland Water and Sewer Superintendent Don Rohraff and City Attorney Angelo Plakas are

members of the committee. Wild responded, questioning the contract's 30-year duration and renewal for a like number of years as well as an opt-out clause that required a community to give the DWSD 10 years' notice that it planned to drop out. Mercado, in a June 20 letter, responded that in consideration of the comments received, the contract now includes some "meaningful changes." While the contract will remain a 30-year

agreement, DWSD has pared back the renewal period to 10 years and cut back the opt-out requirement to five years. According to Wild, the length of the contracting is tied to the duration of bonds issued by DWSD to cover water projects. He added that the contract now includes language that the DWSD will provide water to the customer communities that "meets or exceeds

Please see **WATER, A2**



Youth actors Leanne Montagna, 18 (from left) as Aunt Claire, Natalie Desautel, 12, as Kaitlyn, Frankie Topalian, 12, as Amanda and Christine Day, 18, as Samantha rehearse a scene from the original musical drama, 'Upside Down.'

TOM HAWLEY | STAFF PHOTOGRAPHER

Program puts participants in spotlight

BY SUE MASON
STAFF WRITER

Peer pressure, fitting in and feeling left out ... three sisters face it all in an original musical drama, *Upside Down*, being presented Friday and Saturday at O'Leary Auditorium in Garden City. Written by Jami Krause of Redford, the performances are the final act of a summer theater program offered through the Garden City Parks and Recreation Department. "It's about three sisters who are being raised by their aunt, who is in her 20s, and what each goes through," said the

'It's about three sisters who are being raised by their aunt, who is in her 20s, and what each goes through.'

JAMI KRAUSE, writer and director

Redford resident who also is directing the play. "I love to write plays, this is my second show." Krause initially was approached the recreation department about doing an eight-week summer theater program and gladly accepted a suggestion to do a full production. She's working with a cast of 15 youths who come the

Maplewood Community Center twice a week to rehearse. "It's not that many people, but they're hard workers," Krause said. "For some, it's their first show." This week, rehearsals will be every evening in preparation for opening night. Tickets are \$8 each and are available in advance at the Maplewood Community Center, on Maplewood west of Merriman. Tickets also will be available at the door. Garden City High School is on Middlebelt north of Ford. Many of the cast members are teens

Please see **SPOTLIGHT, A2**

Detroit faces trial in attack on ex-roommate

BY DARRELL CLEM
STAFF WRITER

A Detroit man will face trial in Wayne County Circuit Court on charges he pistol-whipped a former roommate and threatened him for failing to pay \$750 in his share of rent. Ryan Romero, 21, faces trial for an incident that happened July 12 at Wilderness Park Apartments, on Warren east of Newburgh in Westland, where the former roommates ran into each other while visiting someone else. Romero is accused of hitting the victim with a handgun and forcing him to kneel and beg for his life. According to police,

Romero also fired a shot in a hallway and struck a door frame. In court Thursday, Romero was ordered to stand trial following testimony in front of visiting Westland 18th District Judge Richard Page. He is charged with false imprisonment, felonious assault, discharge of a firearm in an occupied dwelling, resisting and obstructing police, and felony firearms. Of the charges against him, the most serious carries penalties ranging up to 15 years in prison upon conviction. According to Westland police Sgt. Ed Price, Romero and the 22-year-old victim, a Plymouth Township resident, had been roommates a year ago when the vic-

tim moved out without paying his share of the rent. The two hadn't seen each other until they met up at Wilderness Park. "He (Romero) punched the victim in the face, then pulled out a gun and pistol-whipped him," Price said, based on statements made to authorities. Others tried to break up the fight. In court Thursday, Page reduced Romero's bond from \$50,000 cash to \$50,000/10 percent. According to a court clerk, Romero was free after \$5,000 was posted.

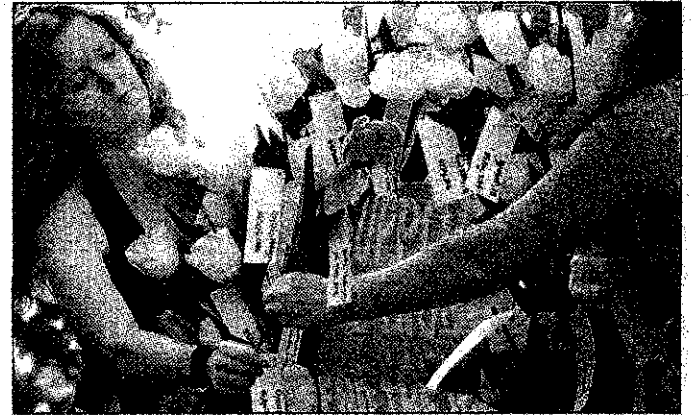
Staff writer Sue Mason contributed to this story. dclem@hometownlife.com | (734) 953-2110

Council approves tax exemption for manufacturer

BY DARRELL CLEM
STAFF WRITER

A Westland tool-and-die business will get a 10-year tax exemption as it positions itself to survive amid foreign competition and Michigan's economic crisis. ArtCraft Pattern Works Inc. will save about \$281,200 in city, county and other taxes under a plan approved by the Westland City Council. The company, on Commerce Drive near Ford and Hix, employs 14 full-time workers who average just over \$25 an hour with benefits. It also has three part-time employees. "It's important in this economy we're facing in Michigan to find ways to keep these companies in the state of Michigan," Mayor William Wild said. "I think in the city of Westland we have to do our part, as well. These are high-paying jobs." Council President Charles Pickering voiced strong support for ArtCraft's tax abatement to help the local company reposition itself. "This has been a very successful business in the city of Westland," he said, adding later, "They seem to be up on new technology, and the employees they have are specially trained employees." ArtCraft will get the tax break,

including about \$60,000 in city taxes, alone, by being designated in a so-called renaissance recovery zone. The company still will have to receive certain state approvals. ArtCraft supplies automotive companies and the aerospace industry with gages and fixtures for bent and formed tubing. It also provides design and engineering solutions, and its technology is evolving as it strives to remain competitive and expand, according to the company. ArtCraft President/CEO Blair T. McKendrick outlined the need for the tax exemption in a letter to city leaders. "The hardship that most companies, including ours, in the automotive industry have been experiencing has created a profoundly undesirable economic situation which will ultimately accelerate the demise of the caliber of jobs that companies like ours has been able to retain, unless extreme steps are taken now," McKendrick wrote. ArtCraft moved from Detroit to Westland in 1989. Company sales for the first half of 2007 plummeted by 54 percent compared to the same period just one year ago. Many of its customers, including Dana Corp., have filed for bankruptcy. dclem@hometownlife.com | (734) 953-2110



Protesting the war

Renee Allen of Plymouth hands a flower representing a soldier killed during the war in Iraq over to be inserted into a wreath delivered to U.S. Rep Thaddeus McCotter, R-Livonia, during a demonstration held at Kellogg Park in Plymouth Thursday afternoon. For story, see Page A3.

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WATER

FROM PAGE A1

state and federal standards for water quality."

One issue that remains to be resolved relates to pressure reduction valves used to handle water traveling through lines from one community to another.

"They're expensive and at this point, we have to put them in at our expense," Wild said. "In looking at the model contract, we see that there isn't language to have DWSD pay or for us to share expenses. That's not been addressed."

According to Rohraff, the valves are definitely something that needs to be looked at.

"We don't have a concrete answer, we're going to look to see what we can do with it," he said. "Right now, we bear the cost of installing the valves and maintaining them. This is still on the table. It's something other communities are concerned about."

The model contract also puts customer communities in the driver's seat on establishing the peak flow rate used to determine water rate increases. In the past the

DWSD picked the date, generally the highest water usage day. According to Rohraff, the city "will pick the numbers and they will be put in and used for the life of the contract."

"That's supposed to ease the spikes of rate increases," he said. "Under the model contract, we wouldn't get hammered."

Both Wild and Rohraff say the meeting with Mercado showed a different trend in DWSD-customer community relations.

A significant sign is that DWSD will provide "in writing" the methodology that goes in to determining rate statistics, something customer communities have not had access to in the past.

"Just in the last five years, there's been a change, we're headed in the right direction with decision making," Rohraff said.

"It seems they're more concerned about working with their customers, and that's happened since Victor Mercado's been there," Wild added. "I think we've now established a rapport."

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AROUND WESTLAND

Summer concert

The Tommy James Orchestra will take the stage at 6 p.m. Sunday, July 20, for the next installment of the summer concert series. Catch the Big Band sounds at the Westland Library Performance Pavilion located behind the William P. Faust Public Library.

Concert-goers are encouraged to bring chairs or blankets to this free concert that will be rescheduled in the event of rain. The William P. Faust Public Library is at 6123 Central City Parkway, north of Ford.

Rotary Club

The Westland Rotary Club is having a new-member drive. The club meets at 12:15 p.m. Thursdays at The Salvation Army, on Venoy south of Palmer, for lunch and fellowship. Anyone interested may call past President Mark McConnell at (734) 421-5510.

Also, the club will have a fund-raiser at 8 p.m. Thursday, Aug. 16, at Joey's Comedy Club. The show,

Comedy for a Cause, will help the club support the Salvation Army, children at Jefferson-Barns and Lincoln elementary schools; veterans returning from Iraq; and other causes. Tickets are \$15 each. Anyone interested may call Mary Gregosky at (734) 729-5401.

Open House

Willow Creek Preschool is holding an ice cream social/open house 6-8 p.m. Tuesday, July 31, at Kirk of Our Savior Presbyterian Church, 36660 Cherry Hill, west of Wayne Road, Westland. Willow Creek currently has openings in its Parent/Tot, young 3's, and 4-year-old classes.

Glenn boosters

John Glenn High School Rockets Football Boosters will have a fund-raiser 7-11 p.m. Saturday, Aug. 4, at Town & Country bowling alley. Cost is \$10 per person and includes three games, shoes, pizza and pop. Merchandise also will be raffled.

To pre-register, call Cheryl (734) 358-2278.

SPOTLIGHT

FROM PAGE A1

who worked under her direction in the Franklin High School production of *Guys and Dolls* several years ago. Others saw a posting for the program on a Detroit theater Web site.

Familiar with Krause as a director are Nick Desautel and his sister Natalie. Both appeared in *Guys and Dolls*. He was a cast member and got his sister to fill the role of a little girl walking a dog across the stage when the person who did it dropped out.

It was just the opposite for *Upside Down*. Natalie decided to do the play and landed the role of Kaitlyn, the youngest sister. Her brother tagged along, getting a no-commitment role to accommodate his summer job. He lost the job, but ended up with a bigger part, that of the popular high school jock, Chad.

"I was surprised I got the lead and I'm excited, too," said Natalie. "Jami is a very good director."

Christine Day of Livonia believes her role as Lucy in Franklin's production of *You're a Good Man, Charlie Brown* is helping her play the oldest sister, Samantha.

"I have an older brother, but no sisters. I wanted to play Samantha because I can relate to her," she said.

Rounding out the trio is Frankie Topalian of Canton as Amanda. Leanne Montagna of Livonia is playing Aunt Claire.

"I took theater classes and did most of the plays in high school, I really loved it," Montagna said, adding that the play has its share of teenage angst — "threatening to run away, eavesdroppers, the typical family stuff."

There's also a "snobbish clique" led by Bianca St. James, played by Holly Knick of Allen Park. Also showing their theatrical snobbishness are Stephanie Saba of Hazel Park, Jessica Bihn of Canton, Olivia Scalf and Amanda Salisbury, both of Westland.

Joining Desautel as popular guys are Rick Hohn of Allen Park, Geoff Mehl of Livonia and David Sumlin of Westland. Rounding out the cast are Kelly Knick of Allen Park, Katie Mysliwiec of Livonia, Kayla Kristy of Allen Park and Shannon Salisbury of Westland.

Krause has a strong background in theater, doing theater work at Redford Union High School in 2003 and conducting an after-school theater group at Hilbert Junior High School for two years. She also is starting a theater troupe, Canton Premier Players, out of Canton Premier Dance. The troupe will perform at Cherry Hill Village Theater.

"I love to write plays, I don't know where it comes from," Krause said. "My first one was *Behind the Scenes*. It was performed in Redford and Walled Lake."

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Clerk ready to do photo ID checks

BY SUE MASON
STAFF WRITER

Westland City Clerk Eileen DeHart is making plans to comply with a State Elections Bureau directive to require picture identification of voters in the November general election.

"We just got notice late Wednesday evening to go with voter ID in November," said DeHart. "It's going to mean extra work for our election workers, but the lines won't be horribly long."

The voter identification law, approved by the legislature in 2005, recently was upheld on a 5-2 vote by the Michigan Supreme Court, with the court's Republican justices making up the majority who supported the law that had been backed by Republican legislators.

A voter identification law was first approved in 1996, but then Attorney General Frank Kelley, a Democrat, ruled that it violated the 14th Constitutional Amendment guaranteeing the right to vote. Nine years later, the legislature approved the law again — this time making it subject to an advisory court opinion.

Debate over the law has been along party lines. Republicans argue that the law will curtail voter fraud, while Democrats characterize the law as an effort to disenfranchise poor, elderly, minority, handicapped and other voters who may not have driver's licenses or other photo ID.

According to DeHart, vot-

ers who register by mail must vote in person the first time. Their names are flagged on the voter rolls, and poll workers are trained to look for the flags. Only if a voter is over a certain age, will a first-time voter's request for an absentee ballot be honored.

"I understand that they don't want voter fraud, but in Westland that hasn't been an issue," said DeHart. "There's good checks and balances in place to handle that."

Like many clerks, DeHart is concerned that requiring voters to show photo ID will result in longer lines at the polls, especially during next year's presidential election when lines at polls are traditional long.

"That's too bad, because it will really slow down the lines," she added.

To get election workers used to requesting identification, DeHart said she may have them place a check mark next to the name on the list of registered voters. If lines are long, she also will have an election worker go down the line to remind voters to have their picture identification ready.

Acceptable picture identification includes a Michigan driver's license, Michigan state identification card and work or student identification that includes a photograph and name. Residents who don't have appropriate picture identification can get a state identification card for \$10. The elderly age 65 and older, disabled and indigent can get the cards for free. People who need iden-

tification and want the beat the rush should apply for the state ID now, DeHart said.

She also urged residents who have requested and received their ballots to return them as soon as possible and those who think they won't be in the city on election day to apply for an absentee ballot and those.

Requests for ballots can be made in person at the Westland City Hall. Picture identification will be required. Residents who request a ballot by mail will have their identity verified by their signature, DeHart said.

The clerk's office also will be open 9 a.m. to 2 p.m. Saturday, Aug. 4, for residents to apply for and receive an absentee ballot in advance of the Tuesday, Aug. 7, primary election.

No ballots will be mailed out as of Aug. 4. However, residents still get them between 9 a.m. and 5 p.m. Monday, Aug. 6, but must vote at that time. Absentee ballots will be available on election day only in case of an emergency, DeHart added.

Westland residents will select a mayoral and four council candidates in the primary election. The top two mayoral candidates and top eight council candidates will advance to the Nov. 6 general election.

The deadline to register to vote in the general election is Tuesday, Oct. 9.

Staff writer LeAnne Rogers contributed to this story.

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TOM HOFFMEYER | STAFF PHOTOGRAPHER

Protesters hold up a sign addressed to U.S. Rep. Thaddeus McCotter during a demonstration at Kellogg Park in downtown Plymouth Thursday afternoon.

Protesters urge end to Iraq war

BY TONY BRUSCATO
STAFF WRITER

The turnout was small, but that didn't make it any less significant to the dozen people who gathered for a peaceful demonstration at Kellogg Park Thursday afternoon, calling for an end to the war in Iraq.

While several people held a banner that read (U.S.) Rep. (Thaddeus) McCotter End the War, others carried signs proclaiming Support the Troops-End the War. Debra Brown of Belleville read the names of the communities representing the 138 Michigan soldiers killed in Iraq — including Canton on Sept. 14, 2003, and Garden City on Nov. 3, 2006. Red and yellow roses representing each

were placed in a wreath, which

was delivered to McCotter's office in Livonia after the demonstration.

Renee Allen of Plymouth put each rose in the wreath, with the help of her daughter, Cayla, 16.

"I'm lucky that I'm free and not in the war," Renee Allen said. "I appreciate what the soldiers are doing, even though I don't understand or believe in what they're being made to do."

Cayla, who followed her mother's footsteps in becoming politically active, said it made her sad to put so many roses on the wreath.

"There are too many people who have lost their lives, and it's important we get the troops back home," said Cayla Allen.

"There are too many moms who have seen their sons and daugh-

ters die."

Nancy Melke, 50, of Westland said she's appalled 138 soldiers from Michigan and more than 3,000 nationwide have died in Iraq.

"We need our legislators to come to terms with it and take the action necessary to stop the killing," she said.

Michael Johnson of Plymouth Township said his son, Jonathon Hogan, has suffered mental disabilities as a result of his four-year tour in Iraq, which is scheduled to end soon.

"They're sending these boys over and they're coming back worse than the Vietnam vets did," said Johnson. "I'm sick and tired of it. The war has to end."

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Singing the blues: Fest benefits G.I.s

BY DARRELL CLEM
STAFF WRITER

After months of exhaustive planning, organizers and performers are ready for next Saturday to stage the first G.I. Blues Festival in Westland — a benefit to help soldiers returning from battle in Iraq and Afghanistan.

Starting at noon, the 12-hour event will be packed with blues musicians leading up to a scheduled 10:30 p.m. performance by Detroit blues great Johnnie Bassett, who has played with performers ranging from Smokey Robinson & the Miracles to Tina Turner.

"Everything is looking really good so far," said Scott Romp, spokesman for Veterans Haven, a nonprofit organization sponsoring the festival with The Detroit Blues Society.

Tickets are \$10 and can be obtained by calling Veterans Haven at (734) 728-0527. Festival goers also may pay at

the gate at the Wayne-Ford Civic League, on Wayne south of Ford. On-site parking will cost \$5.

Romp announced the festival in spring, saying many veterans are returning home without the medical attention and monetary benefits they need. He said many soldiers also have lost their homes and can't find jobs.

Volunteers still are being sought for the event to help with parking, checking identification at beer tents and serving food. Anyone interested in helping may attend a meeting at 6 p.m. Tuesday at the civic league.

Westland Deputy Police Chief Alan Ramsden commended festival organizers for including local authorities in planning the event, although everyone involved is expecting a peaceful, fund-raising concert.

"We do have six officers assigned specifically to it,"

Ramsden said. "They will be supplementing our normal patrols. We want to make sure these events are run smoothly, and I give credit to the organizers for planning it well."

Festival goers are encouraged to bring lawn chairs or blankets, but they cannot bring coolers. Food by Hickory BBQ will be sold along with beer. Wristbands will be given to people who want to leave and come back, although they will have to pay again to park, Romp said.

Performers will include Steve Arvey at noon; The Carl Caballero Band at 1:30 p.m.; The Alligators at 3 p.m.; the Front Street Blues Band at 4:30 p.m.; The Eddy King Band at 6 p.m.; Sweet Claudette & Friends at 7:30 p.m.; The Christy Howard Band at 9 p.m.; and the Johnnie Bassett Band at 10:30 p.m.

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Deadline to submit survey information and be eligible for the ticket drawing is 5 p.m. Monday, Aug. 6.

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(Street Number, City/Township and Zip Code)

Gender: Female • Male

Age: 19 and under • 20s • 30s • 40s • 50s • 60s • Older

Education: High School Graduate • College Graduate • Post grad degree Other:

Total household income: \$30,000 and under • \$31,999-\$49,999 • \$50,000-\$74,999
 \$75,000-99,999 • \$100,000 and over

Employed: Full-time/Part-time • Retired • Other:

How many people live in your household? _____ How many are under age 17? _____

Do you currently subscribe to the *Observer*? _____

If yes, how much time do you spend reading? 20 minutes or more. Less than 20 minutes.

On a scale of 0-5, (0 being the lowest; 5 the highest) rate your delivery? 0 1 2 3 4 5
If you are not currently a subscriber, have you ever subscribed? YES NO

On a scale of 0-5, how satisfied are you with your *Observer*? 0 1 2 3 4 5

On a scale of 0-5, how easy is it to find items/sections in the paper? 0 1 2 3 4 5

On a scale of 0-5, rate the relevancy of content in your *Observer*? 0 1 2 3 4 5

On a scale of 0-5 rate the accuracy of The *Observer*: 0 1 2 3 4 5

Rate your level of interest in the topics and/or sections below on a scale of 0-5
(5 being very interested; 0 not at all)

News and features about your city/township/village	0	1	2	3	4	5
News about local government	0	1	2	3	4	5
School news and features	0	1	2	3	4	5
News about police and crime	0	1	2	3	4	5
Food and cooking features	0	1	2	3	4	5
Society news	0	1	2	3	4	5
News about religion	0	1	2	3	4	5
Calendar listings of local events	0	1	2	3	4	5
FILTER (Weekly section with news about music, art, local and regional entertainment, restaurants and movies)	0	1	2	3	4	5
PINK (Thursday PINK page and Monthly PINK Section featuring fashion, beauty, women's health)	0	1	2	3	4	5
High school sports news and features	0	1	2	3	4	5
Letters to the editor	0	1	2	3	4	5
Advertisements of stores in your community	0	1	2	3	4	5
Editorials	0	1	2	3	4	5
Opinion columns	0	1	2	3	4	5
News/Features about the environment	0	1	2	3	4	5
Classified Advertising	0	1	2	3	4	5
News/Features about health and fitness	0	1	2	3	4	5
News/Features about local business	0	1	2	3	4	5
Real estate information	0	1	2	3	4	5
Outdoor recreation features	0	1	2	3	4	5

What other news/features would you like to see more of in your *Observer*? _____

What would you like to see less of in your *Observer*? _____

What is your main source of local news (news about your community/schools)? _____

Do you know that www.hometownlife.com is the Web site of The *Observer & Eccentric/Mirror Newspapers*? Yes No

Do you use the Internet to obtain news/features and other information? Yes No

If yes, What sites do you visit at least twice a week? _____

How many times have you looked at www.hometownlife.com in the last week
 None Once a day 2-4 times a week 5-7 times a week

On a scale of 0-5 (5 being the highest; 0 the lowest) rate how easy is it to find the information you are looking for online at www.hometownlife.com? 0 1 2 3 4 5

What would you like to see more of online at www.hometownlife.com? _____

What would you like to see less of online at www.hometownlife.com? _____

*Respondents who provide a name and address will receive a small gift for filling in the survey and will be entered into a random drawing for tickets to an upcoming Detroit Tigers game and/or concert at DTE Music Theater.

Screenings check for stroke, osteoporosis

Area residents can reduce their risk of having a stroke through a health screening being offered at St. Raphael Catholic Church in Garden City.

Life Line Screening will be at the church on Friday, Aug. 10, to provide screenings for stroke and osteoporosis.

The screenings use ultrasound technology and scan

for potential health problems related to blocked arteries which can lead to strokes, aortic aneurysms and hardening of the arteries in the legs. A bone density scan to assess the risk of osteoporosis also will be offered.

Testing will begin at 9 a.m. for the four screenings which take less than one hour to complete.

The complete wellness package costs \$129.

For more information or to schedule an appointment, call (800) 697-9721 or visit Life Line screening online at www.lifelinescreening.com. Pre-registration is required.

St. Raphael Church is at 31530 Beechwood just north of Middlebelt.

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➔ **Click on the contest logo.**

➔ **Guess how many total hits & runs the Tigers will have the following week (Monday-Sunday).**

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Minimal IRA distribution can come from any account

We have IRAs in a variety of different funds with a number of different companies. This is the first year that we have to begin taking money out of our accounts and my question is, do I need to take a distribution from each separate account or can I take them from whatever?

You are not required to take a minimum distribution from each and every retirement account you own. The IRS doesn't care which account you take it from. They are concerned that the total dollar amount is correct. If you have four separate accounts and you want to take the total minimum required distribution from one of those accounts, there is no IRS problem.

One issue people over 70½ should consider is whether they convert some of their IRA money from a traditional IRA into a Roth IRA. The advantage is the money you are converting is not part of the required minimum distribution. It could stay

invested into a Roth IRA for as long as you choose and, more important, will grow tax-free not tax-deferred.

If you are over 70½, you are not allowed to convert your required minimum distribution, however, you can convert anything above that number. My recommendation for people over 70½ is if you meet the following criteria it may make sense to convert some money from your traditional IRA into a Roth IRA.

You must have the money to pay the additional tax that the conversion would cause without touching the money converted, by converting the money it will not place you in a higher tax bracket and you can invest the money long term at least five to seven years.

One last note. The penalties are severe if you do not make your required minimum distribution. If you are over 70½ you need to make sure to take the required distribution prior to Dec. 31, 2007.

I graduated from college last year and I took your advice and paid off my charge card debt before investing in my company's 401(k) plan. I now can begin investing. Should I invest in a 401(k) (my company does not match) or a Roth IRA? Another

possibility — I have been approached about buying a variable annuity. By the end of the year I should have \$3,000 to \$4,000 to invest. What do you recommend?

Congratulations on getting a handle on your debt.

Let's first review the pros and cons of your alternatives. The first is a 401(k) plan which has a double tax advantage because you are investing pre-tax money. That money, along with all the earnings, grows on a tax-deferred basis. The downside of 401(k) plans is when the money is distributed to you, it does not receive the favorable capital gains tax rate. It is taxed at your ordinary income bracket. In addition, some 401(k) plans have limited and sometimes high fee investment alternatives.

In a Roth IRA, money invested and all its accumulations grow income

tax-free. When money is withdrawn from the account, no taxes are due. Furthermore, with a Roth IRA you have endless investment options so you can invest in high-quality, low-cost investments.

The downside of a Roth IRA is money contributed is post-tax money. In other words, it's money that you have already paid taxes on.

The last alternative is a variable annuity in which money grows on a tax-deferred basis. However, the downside of a variable annuity is significant. First, the money you contribute is typically post-tax money. It is possible, but not recommended to use a variable annuity within an IRA. The typical variable annuity also has very high cost, limited investment options and severe penalties if you terminate the policy before a preset number of years.

My first recommendation

for you would be a Roth IRA. There is an initial adverse tax consequence to using the Roth IRA but you're taking a short-term hit for a substantial long-term gain. Just think, 40-50 years from now or even longer when you withdraw the money, the Roth IRA will have no tax consequences.

Of course, if your company had matched the 401(k) my solution would probably have been to put money into the 401(k) up to the match and then use the Roth IRA for additional money.

Here are a couple of alternatives for your initial investment — T. Rowe Price

Spectrum Growth Fund ((800) 225-5132 or www.troweprice.com) and S&P 500 Fund such as the Vanguard S&P 500 ((877) 662-7447 or www.vanguard.com).

Roth IRAs are great investment options and it's something more and more investors should take advantage of if eligible.

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




Money Matters

Rick Bloom

Arthritis Today

JOSEPH J. WEISS, M.D. RHEUMATOLOGY
18829 Farmington Road
Livonia, Michigan 48152
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OSTEOARTHRITIS OF THE KNEES

The most common arthritis you face with aging is osteoarthritis of the knees. The reasons are (1) the knees are the joints most subject to injury over a lifetime and (2) the wear on knees that comes with pivoting that makes loss of cartilage inevitable.

At present no medicine, exercise or way of life will forestall the development of knee osteoarthritis. The only preventives are keeping our weight within reason and, insofar as possible, avoiding injury to the knees.

If you develop osteoarthritis of the knees, you should not curtail your physical activity. Keeping active, particularly as you grow older, is of such importance it trumps doing less to preserve your knees. If the arthritis interferes with activity, your doctor will do more to treat it.

Therapy includes use of non-steroidal medications to counter pain, finding activities such as swimming and bike riding that allows you to remain active. At times, it helps to go for physical therapy to strengthen the quadriceps muscle and realign the knee cap. Intra-articular injections are useful to remove fluid and counter the irritation that osteoarthritis brings.

Medical experience indicates glucosamine and chondroitin do little to preserve knee joint function. The use of artificial synovial fluid injections remains controversial; my view is that they do little good.

Bracing the knee doesn't help, but knee surgery is always an option and a good one.

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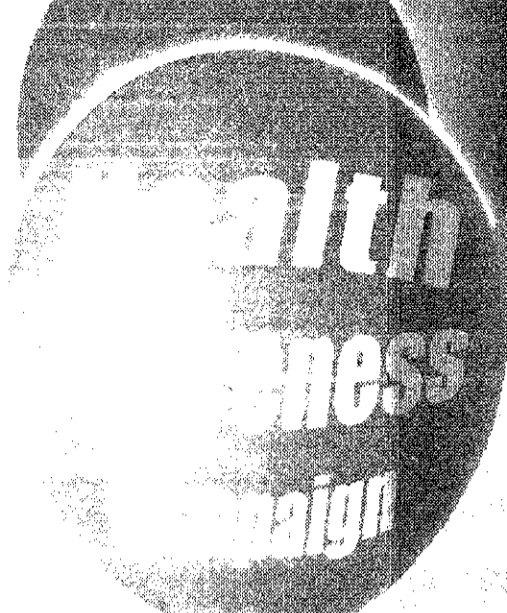
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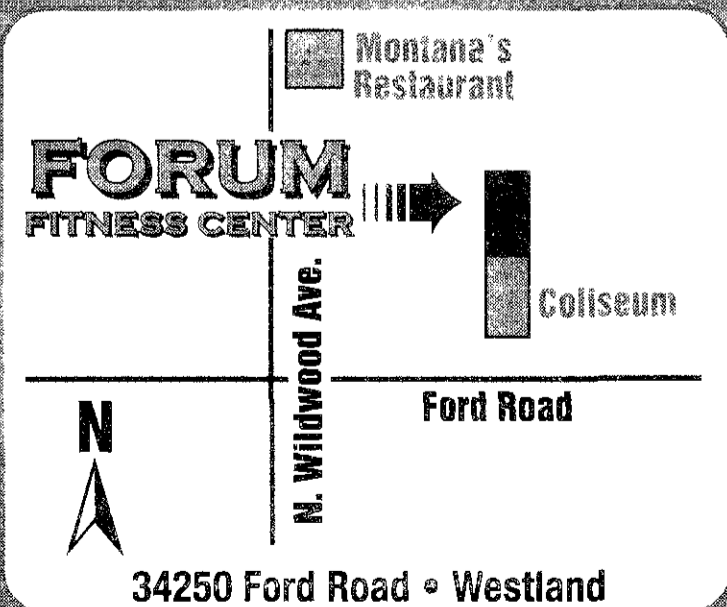
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Tiresome column tows discredited union line

Al Churchill's editorial on the glories of unionism is another tiresome example of towing discredited union lines. The "buy union or else" people certainly have a friend there. His editorial contains many inaccuracies and a curious sort of bluster wherein points appear to be made with numbers flying around and researchers being quoted, but much of it is plainly rambling and somewhat disconnected.

The catchphrase "Right To Work For Less" is found in virtually every leftist playbook and typifies the use of ridicule or intimidation as a substitute for analysis of facts. These are the same folks who brought us the "Real Americans Buy American" bumper stickers that let union people simultaneously drive, wrap themselves in the flag and berate others.

Churchill accuses others of "hacking at unions" with "misleading" information, but fails to provide specifics. It would seem that holding opinions different from the union has become almost un-American somehow. I tried to source some of his studies and research on the Web, with little success. The only information I found that corresponded to numbers Mr. Churchill attributed to the Center for Automotive Research was an analysis of the 2003 contract between the UAW and the Big Three. It was published in 2004 and the statistics that seemed close to Churchill's claims were not facts, but projections about the effects of the ratified contract. ("The Meaning of the 2003 UAW-Automotive Pattern Agreement" Author: Sean P. McAlinden, Ph.D.) His may be "facts," but I have yet to find the unidentified study he cites.

I challenge his assertion that each (union?) employee adds \$292,000 of "added value" to the "domestic automobile industry." Exactly what does that mean and where is this information to be found? Additionally, has anyone suggested that UAW members' paychecks should be reduced to a level that "allows for a diet of grits and bacon grease?" It seems to me that the only thing more absurd than that claim is paying \$66 an hour for the labor of a line worker when the domestic automobile industry is getting its lunch eaten.

Mr. Churchill dismisses union labor costs as a "non-issue." Well, that's a neat trick! I would suppose that the job bank, health care coverage and COLA are also unimportant. This is breathtaking stuff and should be taken seriously, though not for the reasons the author intends. Serious problems require more than these kinds of dismissals and clichés.

While I'm not a lawyer, I would encourage anyone who wants to understand American patent law to go somewhere other than the university of UAW or Al Churchill community college for their education. On the one hand, Mr. Churchill holds out the protection

of intellectual property as an example of a useful monopoly and then proceeds to show precisely why creating intellectual property is utterly different from the nature of production labor. While the foundation of patent and copyright law can be found in our (ever so coercive) Constitution, I didn't see a similar article about unions in there.

Thankfully, the founders saw the differences that escape Al Churchill. The marketplace of creative intellectual process is open for all of us to plumb at our peril or reward. Equating the production of a new composition of matter, a new machine or process with the work, albeit wholly honorable, of a UAW member, borders on the ridiculous. Perhaps the inventor of a cure for cancer or Parkinson's disease should receive the same pay as a UAW member running a CNC lathe? Just a last point: patents aren't forever; they expire.

To be clear, Steven Roach, who I believe is indeed the chief economist in Asia for Morgan Stanley, had been dubbed something along the line of Mr. Doom by *Money* magazine. He was recently reported, by www.tompaine.com, to have informed his clients to prepare for an "economic Armageddon." He has always been a reflexively negative economist. For example, CNN reported the following in early 2003: "Morgan Stanley's chief economist in the United States, Stephen Roach, will formally advise clients Friday that he's forecasting a world recession in 2003."

His prediction was based, in part, on the SARS non-epidemic then being much in the public's mind. While Steven Roach may be a fine person and a better economist, he regularly gets it wrong. There are many sectors of the U.S. economy doing well and there are many in dire straits. The domestic automobile industry, and its union labor of which Churchill is so fond, is in the latter category. This sector needs real help from real problem solvers from management and labor, not platitudes, misinformation and foggy logic.

One point of general agreement I have with the author involves the clockwork precision with which elected representatives slither from Congress into the dizzying array of lobbying groups, PACs, consulting firms and foundations seen in our political landscape. Much as in the "Gilded Age" Churchill mentions, there is plenty of blame to go around and I feel no affection for either of the major political parties.

I certainly don't wish the UAW or any union ill, per se. I would simply suggest that his '70s rhetoric has outlived its usefulness. It's time that management and labor sit down and face some real, hard truths about what kind of industry they hope to have in the next 10 years. I personally give Ford and General Motors each a one in three chance of surviving the remainder of the decade.

Tom Bedell lives in Livonia.



Tom Bedell

Leash laws are a good thing for dogs and their owners

The Livonia City Council is looking, again, at passing a leash law. This is a good idea, both for the pet and for the human at the other end of the line.

Currently, the city's ordinances require dogs to be "under reasonable control," which entails being with its owner, on the owner's property or under the control of someone the owner knows. The closest the ordinance comes to requiring a leash is a provision for vicious animals which calls for a muzzle and chain whenever the animal is off the premises.



Alex Lundberg

At a recent legislative committee meeting, a number of residents came forward to ask the council to enact some kind of leash law. There were a lot of impassioned stories about dogs running loose on the streets, harassing people and pets alike. If there were only some kind of controls, Livonia would be a safer place to live. The council had a brace of sample laws from neighboring communities and even the mayor said the issue had come up enough times in the past that it was time to seriously consider adding to the existing ordinance.

It was then that someone suggested creating a dog park as many other communities like Plymouth and Westland have. Often called a "bark park," these are enclosed areas where people (for a fee) can let their dogs run free with other dogs, make noise and do their business where they choose. I can back the leash law, but I can't get behind a dog park. It's part of a theory of pet ownership that's becoming more and more prevalent and has its roots in the delusion that the family dog is a person.

The subtext of my theory is this: "My dog is an angel, blameless as a babe and can cure warts by touch." Which of course was followed by

the companion sentiment, "Every other dog on the street is a slavering monster, hungry for the blood of the innocent and can curdle milk at 100 paces."

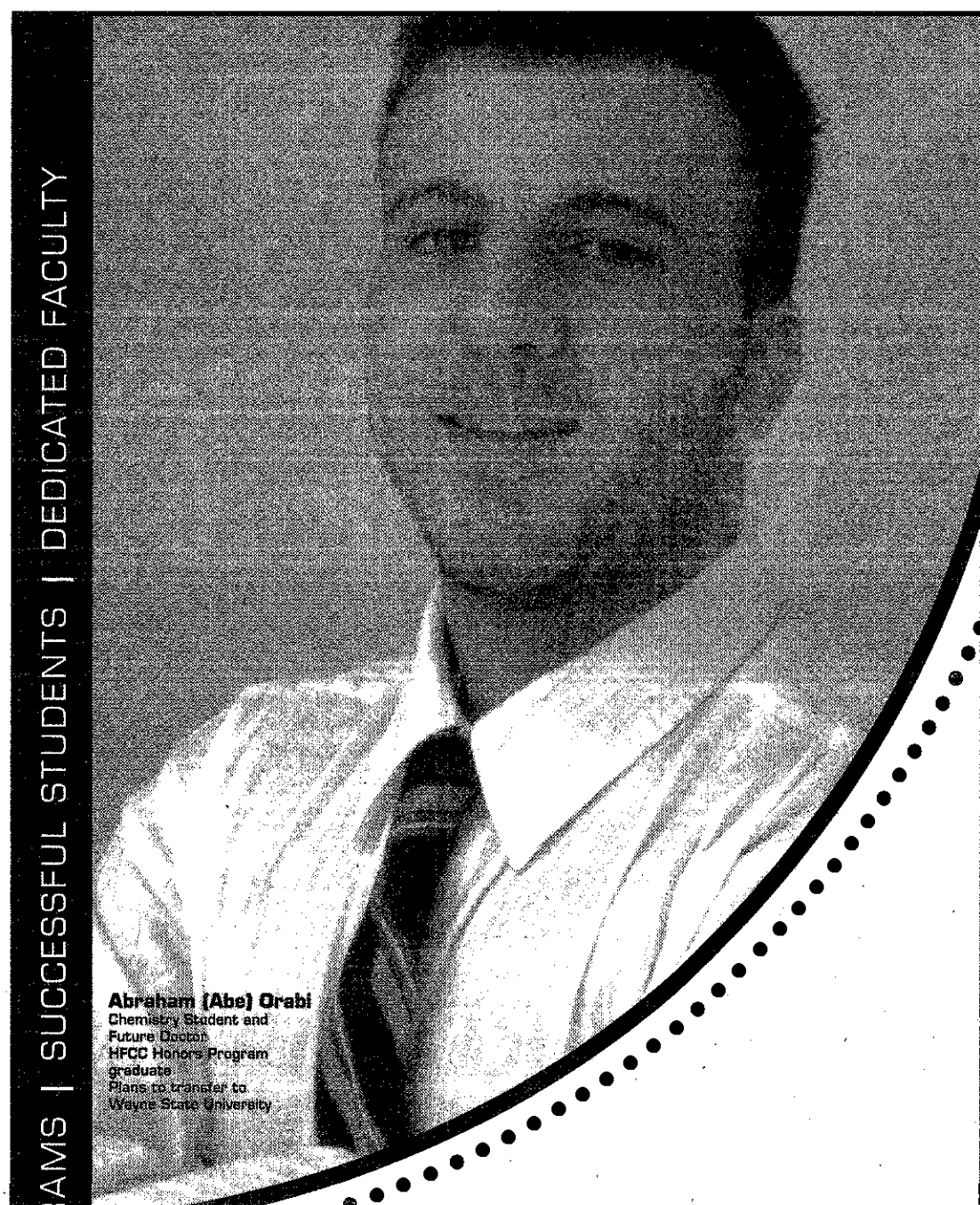
See the disconnect? Between PetSmart and the people who market dog clothing, we've convinced ourselves that our pets are small people with occasionally embarrassing personal habits. This is dangerous because dogs are, in fact, dogs. Millions of years of evolution didn't give them those sharp teeth for crunching kibble or their group mentality because they like the family room.

Dogs are highly loyal and highly territorial. The combination means that Fluffy has the ability, and the inclination, to lunge at anyone if the circumstances are right. That unqualified love they radiate can turn to violence if they think there's trouble. Think of it, one of the reasons for owning a dog is for home protection; thinking the dog is going to choose the moment to get violent as wisely as you will is misguided.

I'm as guilty as anyone. My English bulldog, Georgie Girl, is lovable and funny. If I came home and found she had spoken her first words, I wouldn't be surprised. But she's also 55 pounds of muscle on a 30-pound frame that doesn't listen and doesn't fear anything. Her ancestors fought bulls for sport — I can do the math. If Georgie gets violent, it's not going to be lovable or funny.

A leash law is a good thing for the owners of dogs rather than the dogs themselves. The leash reminds the owner that they've got an animal under their control and the owner is responsible for what that dog does. The leash reminds the owner that no matter how wonderful, how loving, how integral to the family the dog is, a judge is not going to see it that way.

Alex Lundberg is a staff writer with the Livonia Observer.



Abraham (Abe) Orabi
Chemistry Student and
Future Doctor
HFCC Honors Program
graduate
Plans to transfer to
Wayne State University

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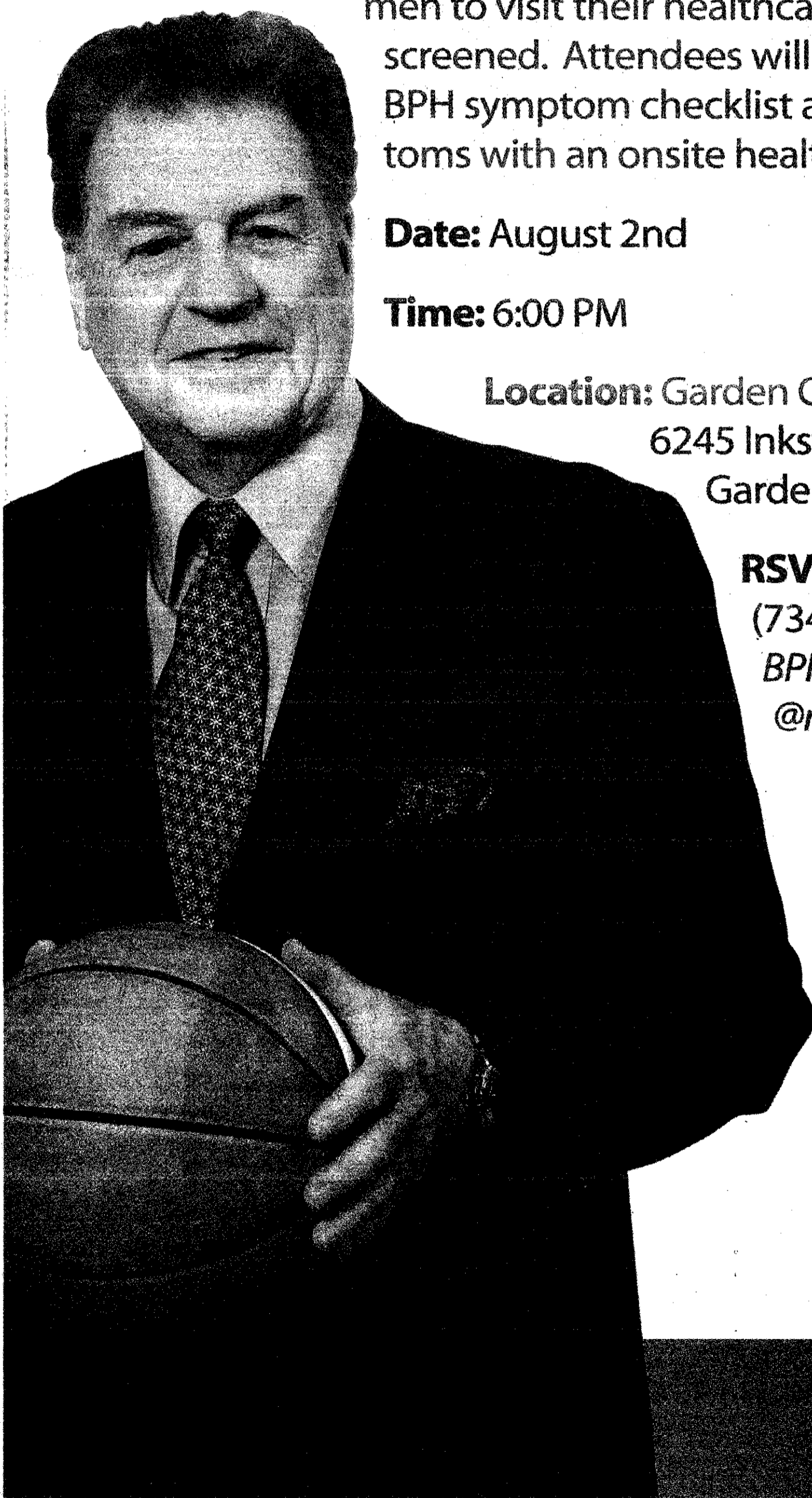
Date: August 2nd

Time: 6:00 PM

Location: Garden City Hospital
6245 Inkster Road
Garden City, MI 48135

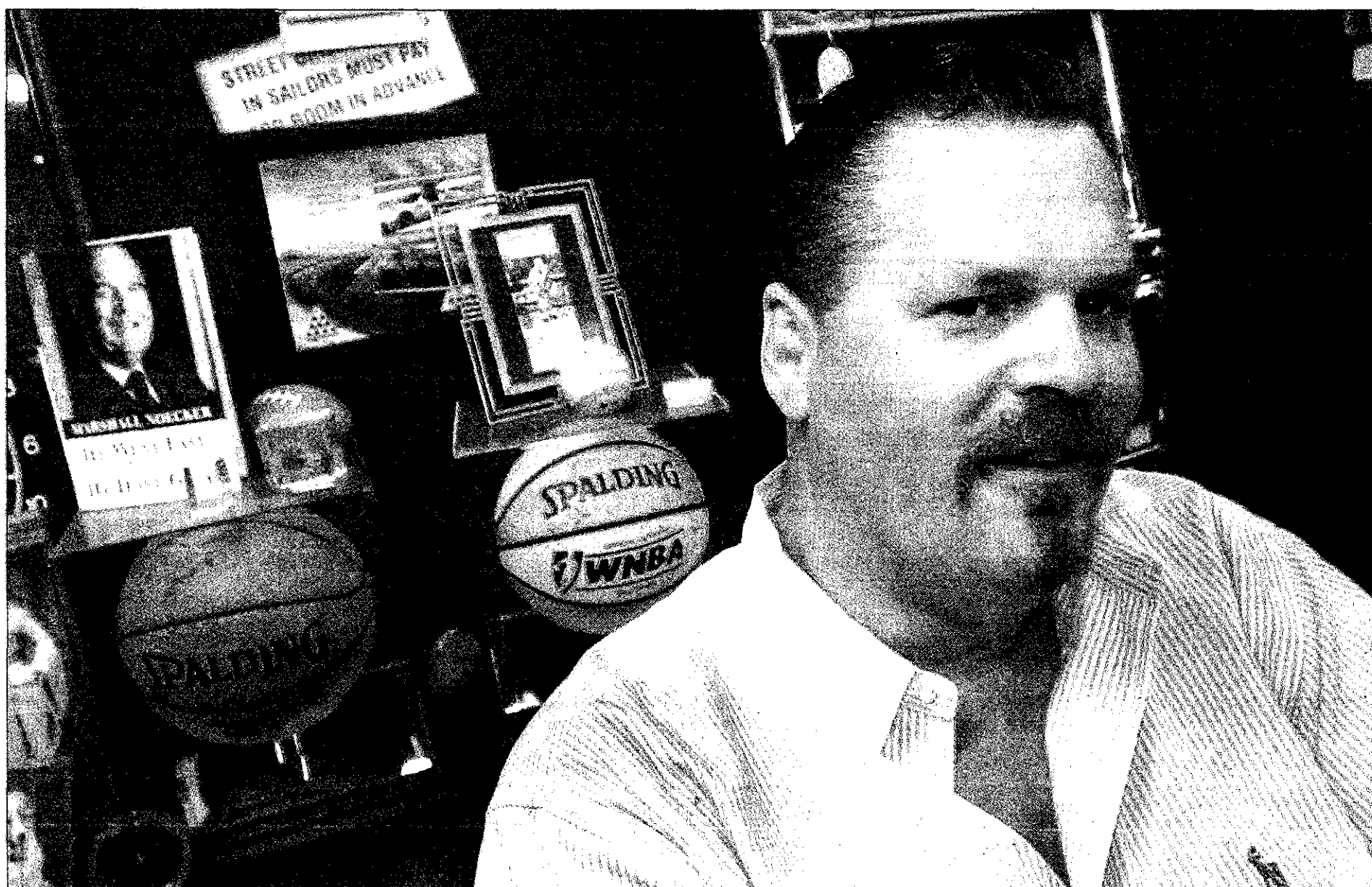
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Sidelines



TOM HAWLEY | STAFF PHOTOGRAPHER

George Blaha High Hopes Golf Invitational co-chair Nick Noecker, of West Bloomfield, displays in his Garden City office several auction items he's successfully bid on over the years to help raise money for Vista Maria.

Ignition camp

The Detroit Ignition will host a soccer camp fund-raiser Aug. 6-10 at Bentley Elementary School in Canton. Proceeds generated through camp registration fees will be used to help build a playground at Bentley Elementary.

The camp will run Monday through Friday from 9 a.m.-3 p.m. Ignition players and staff will direct the camp and provide camp instruction, a soccer ball, T-shirt, skills assessment, a certificate of completion and a voucher to a 2007-08 Ignition home game.

The camp is open to youth soccer players between the ages of 4-18, and will cost \$185 per camper.

To register, contact Christopher Gravelyn at (734) 761-9295, ext. 234. All registrations must be received by Aug. 1.

RU grid sales blitz

Redford Union football players will be taking part in a different kind of blitz when they go door-to-door from 5:30-to-9 p.m. on Wednesday, Aug. 8.

The players will be offering to sell discount cards for \$10 each. On the back of the cards are the names of 20 area businesses who will offer savings to card users. If they are used, the cards, which are valid until September 2008, will pay for themselves, said RU varsity football head coach Miles Tomasaitis. Anyone with questions should call Tomasaitis at (313) 575-4753.

Salem tennis

Salem High School will be holding a tennis camp Aug. 13-17 from 9:30 a.m. to noon at the Huron Valley Tennis Club in Ann Arbor. The cost of the Camp is \$130. All returning and incoming Salem tennis players are welcome. To register, call (734) 662-5514 no later than Aug. 1.

Vipers tryouts

The Vipers, a 12U Plymouth-Canton travel baseball team, is looking for pitchers for the 2008 season. Tryouts will be held at Plymouth Christian Academy, 43065 Joy Rd. in Canton on Saturday, Aug. 28, from 11 a.m. to 1 p.m. Eligible players must be 12 or younger by May 1, 2008.

For more information, contact Tony Boucher at (734) 454-4992 or Don Clark at (734) 455-1224.

Canton golf tryouts

Tryouts for the Canton High School girls golf team will begin Monday, Aug. 13, at 2 p.m. at Hilltop Golf Course in Plymouth.

For more information, contact head coach Dan Riggs at (734) 453-3163.

He swings into action to help Vista Maria's cause

BY TIM SMITH
STAFF WRITER

Giving to those less fortunate is almost a corny cliché in the first decade of the 21st century. Everybody says it, everybody says they do it and everybody has a pet project to get it done.

But that's literally what Garden City business owner Nick Noecker and others connected with the George Blaha High Hopes Golf Invitational do every summer year after year, to help abused and neglected girls ages 11-17 who live at Vista Maria in Dearborn Heights.

Monday's 18th annual event, including silent and live auctions, raised approximately \$112,000 to help the 124-year-old facility which was founded by the Sisters of the Good Shepherd.

Emceeding the proceedings as usual was Blaha, the longtime Detroit Pistons broadcaster.

"I think it's moving in an amazing direction right now, considering what's happening with charities all across the Detroit area," said Noecker, president of International Extrusions, Inc. and a volunteer co-chair for the High Hopes planning committee with Greg Roberts and John Jagels. "I believe we probably broke the record this year (despite) what's been happening with people's disposable cash."

The sports-loving West Bloomfield resident noted that, the fact the event sold out (132 golfers hit the links at Forest Lake Country Club in Bloomfield Hills) and "raised more than ever" despite the ongoing economic slump in southeastern Michigan "is a testament to the work that the co-chairs

did as well as George and everybody involved from the Vista Maria organization."

It also provided evidence that people will step it up for truly important missions such as Vista Maria's.

Noecker, 40, certainly is at the front of the line of those totally committed to raising money and awareness that will lift the hopes and hearts of previously downtrodden young women who were rescued by the court system out of troubled homes and neighborhoods.

"That's probably the best thing about this school," he said. "It's an attempt at success in building esteem when they've been torn down completely their whole life."

Doing more
There were plenty of fun things to bid on at

Please see **NOECKER, B3**



NICK MARTINES

Watching his shot fly during Monday's golf fund-raiser for Vista Maria is Garden City business owner Nick Noecker.

Watson bolts Whalers for OHL's Spirit

Plymouth Whalers President, General Manager and Head Coach Mike Vellucci announced earlier this week that the team's Assistant General Manager and Assistant Coach Todd Watson has resigned to take the head coaching position with the Ontario Hockey League's Saginaw Spirit.

"Todd and I have worked together for almost 11 years," Vellucci said. "I appreciate everything Todd has done for the organization. But with success, there are opportunities for everyone. I've said it many times - I couldn't have done my job without Todd's contribution. Nobody works harder. He will be missed by everyone in Plymouth and we wish him well."

Watson (from Brownstown) was about to start his fifth season in Plymouth and his 11th within the Compuware system. He was part of a

Please see **WATSON, B3**

Scin-Tee-lating finishes

Playoffs highlight Motor City Golf tourney

For complete results, please see Page B4.

Several of the top junior golfers in the Observerland area converged on Whispering Willows Golf Course in Livonia on Wednesday to compete in the annual Motor City Junior Golf Championship, which was sponsored by Caddy Shack and Top Flite Golf.

The one-day event was open to youngsters between the ages of 12 and 17 years old.

Three of the five flights (two girls and three boys) were decided in thrilling sudden-death playoffs. Livonia Churchill student Josh Proben won the Boys 16-17 Division when he bested Jordan Chisholm in extra holes.

Both players fired impressive 76's over the first 18 holes. Brian Bint, Matt Charnley and Dan Tamaroglio filled out the top five spots in the flight. Charnley also won the closest-to-the-pin competition in his age group.

Erica Mazur, a Northville resident and student at Livonia Ladywood High School, captured the girls 16-17 division with a solid round of 84, eight shots better than runner-up Paige Scarpace. Jessica Burdette, the third-place golfer, won the closest-to-the-pin contest.

The Boys 14-15 Division was also

decided by a playoff when Kenny Banach, a North Farmington student, outlasted Thomas Cullum and Kevin Robinson in extra holes. All three fired rounds of 83 to qualify for the playoff. Robinson took the closest-to-the-pin honors.

Southfield resident Carmela Hawkins earned the Girls 14-15 Division title when she defeated Sarah Linder in a playoff. Both players fired 111's in regulation.

Livonia Frost Middle School student Brian Sexton earned a first-place trophy in the Boys 12-13 bracket with a sizzling 88, three shots better than Dante Cicchelli. Dominic DiLisi won the division's straightest-drive competition while Dominic Isopi took home the closest-to-the-pin award.

Sixty-nine players competed in the tournament.



TOM HAWLEY | STAFF PHOTOGRAPHER

Thirteen-year-old Ben Proben of Livonia watches his putt on the ninth green at Whispering Willows Golf Course during the Motor City Junior Golf Championship Wednesday. Proben placed eighth in the 12-13 age group with a round of 98.

RU volleyball tryouts Aug. 13

Here comes the first sign that high school sports seasons are indeed changing.

With volleyball moving from the winter to fall, Redford Union varsity girls volleyball coach Marchelle Johnson is trying to inform those interested in playing this season that tryouts for the upcoming season are imminent.

All prospective RU players, whether looking to play varsity, junior varsity or freshman, are invited to attend fall tryouts on Monday, Aug. 13 at the high school gym. Tryouts for the junior varsity and freshman teams will be 6-7:30 p.m. while varsity tryouts are slated from 7:30-9 p.m.

Athletes must bring a completed physical card in order to participate.

Those interested in the tryouts should contact Johnson at (313) 300-2131.

F5 RUNNING CLUB

The F5 (Faith, Fitness, Family, Friendship and Fun) Running Club will be running each Sunday through Aug. 13.

The club meets at 6:30 p.m. in the parking lot on the east side of Hines Dr., approximately a half-mile north of Six Mile.

The group runs on the nearby cross-country course, which is part of the Bennett Arboretum (also known as Cass Benton).

The club also meets at 6:30 p.m. Tuesdays and Thursdays in Hines Park near the soccer fields on the north side of the road, just west of Haggerty.

For more information, contact Steve Spreitzer at (734) 451-0017 or spreit281@aol.com.

Camp proves Livonia's big on soccer

BY TIM SMITH
STAFF WRITER

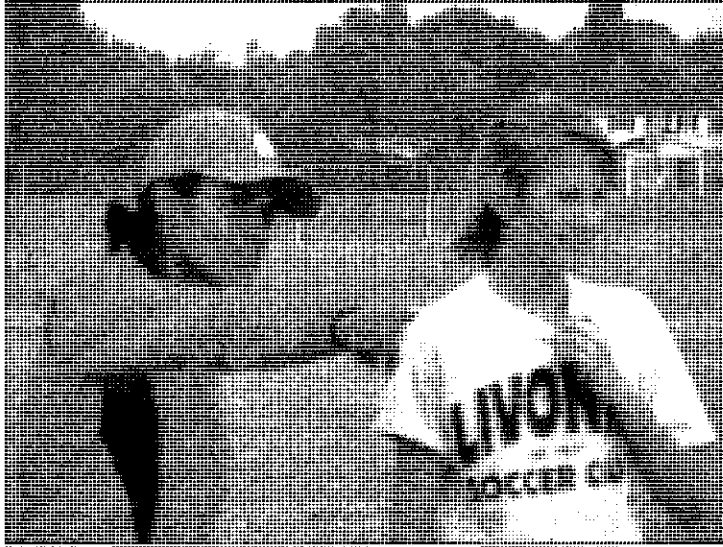
Youth soccer is thriving in Livonia, with the two-week Livonia Soccer Club Camp at Dickinson Center serving up plenty of proof.

In fact, camp director Dave Horgan said there are about 3,500 youth soccer players in the city itself - more than any other sport. With 16 fields at Dickinson, it almost seems like all are at the camp, working on their footwork and passing skills.

"There really is not a spot in Livonia that's 40 acres dedicated to this type of soccer," said Horgan, in charge of his seventh camp, which will draw about 150 boys and girls ages 8 and older over the two-week span. "And it was said in the L.A. game when (David) Beckham made his appearance that there were more children playing soccer in the United States, more club players, than anywhere else in the world."

Assisting Horgan in the sessions are Schoolcraft College men's soccer coach Rick Larson and Jeff Shuk, both A-certified coaches. On hand for the opening session was 1990 Farmington High School graduate Carrie Maier Barker, who won the Miss Soccer award her senior year.

"I am extremely excited, especially because I grew up in this area," Barker said. "To come back and teach these kids about what I get out of the sport, it's priceless."



Offering coaching tips to 12-year-old Lindsey Kleven of Livonia (right) is Farmington native Carrie Maier Barker, who helped at the soccer camp during the first week.

Giving back to the game what the game gave me is what I want to give back to these kids."

According to Larson, the camp helps youngsters get physically acclimated to the daily grind they will encounter with their Livonia Soccer Club teams this fall as well as on high school teams at some point in the future.

But, noted Larson, the camp instructors (including special guest coach Peter Van Zant, the head trainer of the Detroit Red Wings) are confident in the balanced approach.

"We think we've come up with a pretty unique format," said Larson, "that incorporates technical skills with the right amount of intensity and the right amount of rest."

"And, the right amount of game time over the course of the day, and over the course of the week."

For example, campers such as 12-year-old Holmes Middle School student Lindsey Kleven were glad to receive one-on-one instruction from Maier (a college player and coach at the University of Wisconsin).

NICE COMBO

While the camp mixes scrimmages with drills on heading, dribbling and shooting, it also

doesn't want the youngsters to burn out.

"We try to do repetition and not just for repetition's sake," Larson said. "But repetition with some creativity and with some ideas on where it fits into the game."

Creativity and a burning desire to excel make for a potentially successful combination.

Living proof is Barker, who took up the sport at age 7 went on to major prep and college success before turning to coaching. Today, she heads up the Madison 56ers club team and is on the Wisconsin Olympic Development Program coaching staff.

Maintaining love of the sport is something that Barker never lost. And that is an important concept she tries to convey to the campers.

"It's all about, first of all, loving what they do," she said. "And I don't care whether that's playing soccer, playing the piano, whatever it may be, just having a passion for what they have a passion for."

"For me, it was the sport of soccer. I gave everything, I loved to be out here playing soccer and that pushed my school, educational-wise. It's great to see the young kids they have in this camp, to see if they have passion here."

There is another important element to the camp, noted Horgan. And that is for newcomers to club teams to mesh with returnees, both as teammates and friends.



Going head-to-head in a passing drill during Thursday's Livonia Soccer Club Camp are Alex Immonen (left) and Yasmine Jaafar. Both are 8-year-olds from Livonia.

"When you get a bunch of new players to a team, sometimes having the camp when they all come together is really good to get the new players introducing with everyone else so they blend well," Horgan emphasized. "Because they have to be here every day for four hours."

"And by the end of the week, they come out good friends. They all know each other, they know each other's quirks and how to play the game."

Especially in the soccer hotbed of Livonia, they'll have plenty of company, too.

For information about the Livonia Soccer Club, visit www.livoniasoccer.org.

tsmith@hometownlife.com

SPORTS SHORTS

Whispering Willows. The fee is \$50. Entries close at 6 p.m. Saturday, Aug. 4.

For more information, call (248) 476-4493.

RU grid sales blitz

Redford Union football players will be taking part in a different kind of blitz when they go door-to-door from 5:30-9 p.m. on Wednesday, Aug. 8.

The players will be offering to sell discount cards for \$10 each. On the back of the cards are the names

of 20 area businesses who will offer savings to card users. If they are used, the cards, which are valid until September 2008, will pay for themselves, said RU varsity football head coach Miles Tomasaitis. Anyone with questions should call Tomasaitis at (313) 575-4753.

Baseball tryouts

The Michigan Bulldogs Baseball Club will be holding tryouts for their new U10 team for the 2008 season from 10 a.m. to 12 noon Saturday, Aug. 11 and 2-4 p.m. Sunday, Aug. 12 at Bicentennial Park, Diamond 6 in Livonia. Players not turning 11 prior to May 1,

2008 are eligible. For more information, contact Scott Linsner at (734) 740-7498 or e-mail coachscott@michiganbulldogbaseball.com.

Garden City's Michigan Blue Thunder U11 boys travel tournament baseball team will hold tryouts for the 2008 season on the following dates: 2-4:30 p.m. Sunday, Aug. 12; 10 a.m. - 12:30 p.m. and 2:30-5 p.m. Saturday, Aug. 18; 6-8 p.m. Wednesday, Aug. 22. All of the tryouts will take place at the Garden City Park Baseball Diamonds (Cherry Hill east of Merriman).

For more information, call

(734) 756-1090.

Elks Soccer Shoot

The City of Livonia Department of Parks and Recreation will stage the annual Elks Soccer Shoot at 4:30 p.m. Monday, Aug. 20 at the Livonia Community Center soccer fields, located at Five Mile and Hubbard roads.

Boys and girls age divisions include 7-and-under, 8-9, 10-11 and 12-13 (determined as of Aug. 1, 2007).

The competition is free. First-place finishers advance to the state finals in October.

For more information, call (734) 466-2410.



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Sweet sweep

The Garden City 14U All-Star Pony baseball team recently went 3-0 to win the District 5 championship in Wayne. The squad was put together from Garden City house teams on short notice, and despite having just two practices, still swept to the victory. After defeating Wayne 13-9, the team routed Walled Lake 15-1 and followed up with the clinching 6-1 win against Wayne. Members of the district champs, listed alphabetically are: Kirk Barikmo, Chad Baumschat (not pictured), Brandon Hanley, Travis Kind, Steven Kilsch, Philip Peters, Kody Richardson, Ricky Seremak, Zach Vera-Burgos, Johnny Vervier, Kyle Warnke (not pictured) and Chris Wasczenski. The coaches are Jim Anthony, Mike Hanley and Dave Vera-Burgos.

WATSON

FROM PAGE B1

Whalers' team that won the OHL championship last season and competed in the Canadian Hockey League's MasterCard Memorial Cup Tournament in Vancouver, B.C. in May.

Watson played collegiate hockey at the University of Michigan-Dearborn. Starting in the mid-90's, Watson joined the Compuware system and worked his way up the coaching ladder. Originally named the head coach of the Compuware Midget Minor Team, he also served as the head coach for the Compuware Midget Major Team for two seasons.

From there, Watson joined Vellucci as Assistant G.M./Assistant Coach for the Detroit Compuware Ambassadors of the North American Hockey League.

In 2000, Watson was named General Manager/Head Coach of the

Todd Watson played collegiate hockey at the University of Michigan-Dearborn. Starting in the mid-90's, Watson joined the Compuware system and worked his way up the coaching ladder. Originally named the head coach of the Compuware Midget Minor Team, he also served as the head coach for the Compuware Midget Major Team for two seasons.

Ambassadors where he compiled a 115-37-6 record in three seasons.

In 2002, he led the Ambassadors to a United States Jr. A National Championship and was named NAHL Coach of the Year.

In 2003, Watson was named the NAHL Executive of the Year before joining the Plymouth Whalers at the start of the 2003-04 season.

NOECKER

FROM PAGE B1

the auctions. Noecker's business donated a package including tickets to watch all of Detroit's pro teams while a basketball autographed by Pistons Hall-of-Famers and weekend excursions to places like Lake Tahoe also were big draws.

It's a labor of love that began several years ago when, Noecker stepped in to fill a vacancy on the planning committee.

"I was looking for something to do, something to give back," said Noecker, whose aluminum-shaping business on Venoy near Fordroads generates about \$60 million of North American sales annually. "I spent time in the school and saw what it does and the girls it affects. It's a pretty compelling story."

"These are girls that come from homes where they've been sexually abused, or (where) there's a very high prevalence of drugs. They need a place to go and this is a school as well as a training facility on how to get them to live their lives the right way."

Putting the golf tournaments and money-making auctions together - which takes months of diligent effort by Noecker and many other volunteers during so-called spare time - is only part of what he is immersed in.

While at the 2002 event,



Enjoying golf and camaraderie for a worthy cause are George Blaha High Hopes Golf Invitational participants (from left) George Heineman, Robert Hill, Nick Noecker, Don Onesi and Nick Varnavas.

Noecker heard testimonials from Vista Maria residents who talked about how the facility turned their whole outlook on life around.

One young woman talked about wanting to go to college, and Noecker quickly pledged to help her and others by creating a scholarship fund.

The Vista Maria Scholarship Fund continues to help teens attend colleges and trade schools to help give them opportunities they never could have dreamed possible.

"These girls, they may

graduate from the program," he explained. "But then, they're 16, 17 years old and the state says 'There's no more funding for this person.' They just open up the door and she goes. She might not have a home to go back to, she might not have anything. She might not have real skills or the ability to get a job."

Now, thanks to Noecker and other community-minded volunteers, a few girls every year are getting the extra push they need.

A couple of those recipients Monday night gave testimoni-

als before the packed audience (which included Pistons legends Dave Bing and Chuck Daly, former Michigan State University basketball star Greg Kelsner and MSU athletic director Ron Mason, among other celebrities).

"They talked about what happened to them, about how they didn't have anything, any kind of format for understanding what respect for yourself or for life was until they got to Vista Maria," Noecker continued. "That helped them build their confidence, build their

SHOOTING HIGH TO HELP

What: The 18th annual George Blaha High Hopes Golf Invitational at Forest Lake Country Club in Bloomfield Hills broke attendance and fundraising records Monday, with 132 attendees and \$112,000 in generated funds for Vista Maria.

Why: The exclusive event, spearheaded by the longtime Detroit Pistons broadcaster and pulled off thanks to the hard work of many volunteers, attempts to raise awareness and financial support for girls ages 11-to-17 who are living at Vista Maria in Dearborn Heights, while they recover from histories of abuse, neglect and trauma.

Auction: Many exciting prizes were up for bid during the silent and live auctions. A weekend trip to Lake Tahoe, Nev. and a basketball autographed by Detroit Pistons owner Bill Davidson and the team's Hall-of-Fame players were among top items on the block.

Prizes: There was a Chrysler Crossfire (made available by event co-chairs Nick Noecker, Greg Roberts and John Jagels), designer golf attire and a Vintage Rolex Watch as hole-in-one prizes for par threes.

Vista Maria: Originally an orphanage founded in 1883 by the Sisters of the Good Shepherd, the agency moved to its current location at 20651 W. Warren in the 1940s. Executive Director Cameron D. Hosner gave the keynote address at the dinner program.

Noecker: The West Bloomfield resident is president of Garden City-based International Extrusions, which produces custom aluminum shapes (such as stanchions between panes of Plexiglass at Joe Louis Arena in Detroit). The 40-year-old, whose wife is Danielly, also is co-chair of the George Blaha High Hopes Golf Invitational and spearheaded a spinoff scholarship fund to help Vista Maria graduates attend college or trade school.

self-image and self-worth. They realized that they could be something if they had value in life."

After hearing what these newly confident young women had to say, he is more than hopeful they will take those

all-important next steps toward doing something great with their lives.

"Oh yeah, without a doubt, they're impressive girls," he said, beaming with pride. "It's a rags-to-riches story in self-worth, as opposed to (in) dollars."

Area basketball players help lead Legends AAU squad

BY MIKE ROSENBAUM
STAFF WRITER

It's been a busy summer for the E.A.C.H. Legends AAU basketball team, particularly for five players who've competed for both the Legends' 15-under and 16-under squads. Those five include two Orchard Lake Mary's underclassmen, Evan Webster and Jwan Howard (son of the former Detroit River) plus Arthur Chene Phillips (Detroit Renaissance), Keith Appling (Detroit Pershing) and Gerald Bridges

(U-D Jesuit). The Legends brought home a trophy this month, taking eighth place in a 16U AAU tournament in Tennessee. Then after a long, traffic-delayed drive home from that event, the quintet not only joined the Legends' 15U team the same day, but made up the starting five in the opener of the AAU national tournament at Lake Orion last week. The team literally unpacked its van, then drove to the site of the first game.

Upon arrival, the squad found its trophy still in the van, so the players brought it into the gym and played with

the trophy sitting on the bench, perhaps inspiring the Legends to overcome their fatigue and win the first contest.

R.E.A.C.H. went 2-1 in pool play last week, losing once by two points, then lost twice in the playoff round, by a total of three points.

The Legends' strengths include "tough defense, ball control and unselfish play," according to assistant coach Marcus Webster, a Southfield resident. "And they execute well. This is a smart, intelligent group of kids...A guy may lead with 18 points, but you'll see seven, eight players

score. That's a tribute to them sharing the ball, finding the open guy and getting high percentage shots."

When the team is playing well, Webster adds, "It's a beautiful sight. When they're in sync it's pretty scary."

Less than a week after the Lake Orion tournament, the 16U Legends - including the busy quintet - left for Florida to participate in this weekend's AAU 16U Showcase, an invitation-only event, held in Orlando.

Other players on the Legends' 16U team include Dion Sims from St. Mary's,

Blair Ramsey, Jeff Jones and Michael Wenderski from U-D High, Dorian Prather and Austin Anderson from Westland John Glenn, plus Marcus Jones (Redford Thurston), Grant Stone (Plymouth Salem), Devin Pankey (Romulus) and Nathan Clark (Detroit Southwestern).

The 15U Legends also include Michael Furlong (St. Mary's) Brandon Mungo (Wayne Memorial), Jordon Royal (Catholic Central), plus Jalen Smith, Brandon Williams and Edward Brown from Detroit.

South grid camps on tap

A pair of football camps is slated for this week in Westland.

The Westland Comets are sponsoring a football camp all ages (7-14) Tuesday, Wednesday and Thursday at Marshall Middle School, from 3 p.m. each night.

The cost is \$30.

Also this week is the Westland Meteors' football camp, 6-8 p.m. Monday through Friday at Voss Park (located at Henry Ruff and Palmer). The cost is \$60. For further information, call Galen Huren at (734) 716-6047.

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 7-9 PM: E.A. BROWN HIGH SCHOOL
 8-10 PM: WESTLAND METEORS FOOTBALL

WEDNESDAY
 6-8 PM: WESTLAND COMETS FOOTBALL
 7-9 PM: WESTLAND COMETS FOOTBALL

THURSDAY
 6-8 PM: WESTLAND COMETS FOOTBALL
 7-9 PM: WESTLAND COMETS FOOTBALL

FRIDAY
 6-8 PM: WESTLAND COMETS FOOTBALL
 7-9 PM: WESTLAND COMETS FOOTBALL

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 1-3: WESTLAND COMETS FOOTBALL
 4-6: WESTLAND COMETS FOOTBALL
 7-9: WESTLAND COMETS FOOTBALL

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Iris Viera - C27 - China cabinet, speakers, TV, lamp, ice skates, totes, chandelier

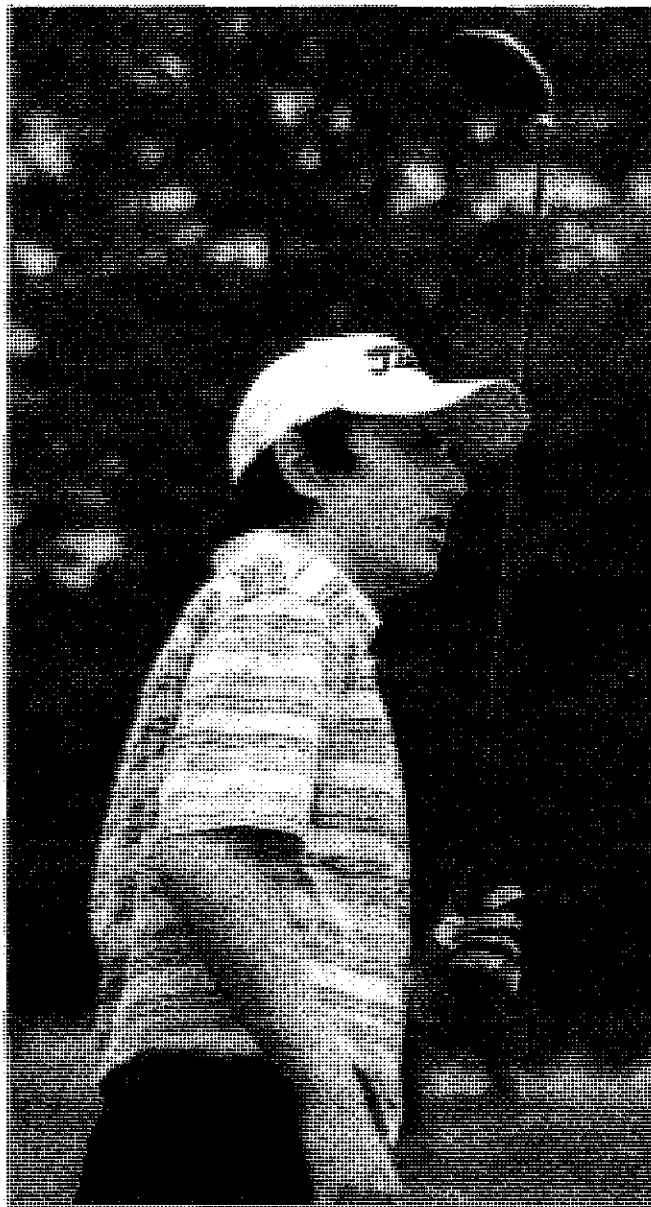
Chaneca Shaw - A409 - Leather furniture, totes, rocking chairs, stereo, TV, mattress, misc items

Orlando Wells - A136 - Totes, bags, boxes

Donna Waggoner - D141 - Dresser, TV, computer, boxes, mattresses, Christmas decorations

Bernard Hicks - D167 - Dresser, TV, entertainment center, mattress, chair, air hockey, misc items

Publish: July 29 & August 5, 2007



PHOTOS BY TOM HOFMEYER | STAFF PHOTOGRAPHER

Redford's Derek Pohlmeier, 13, keeps close tabs on his tee shot at the ninth hole at Whispering Willows Golf Course during the Motor City Junior Golf Championship Wednesday. Pohlmeier placed seventh in his age group with a round of 97.

JUNIOR GOLF RESULTS

2007 MOTOR CITY JUNIOR GOLF CHAMPIONSHIP
WEDNESDAY AT WHISPERING WILLOWS G.C.

BOYS RESULTS

16-17 DIVISION

- 76 - Josh Proben (won in playoff), Jordan Chisholm;
- 81 - Brian Bint;
- 84 - Matt Charnley;
- 85 - Dan Tamaroglio;
- 87 - Danny Pawlak;
- 91 - Robert Louwers, Matthew Gibbons;
- 93 - Daniel Landstrom;
- 95 - Ryan Cioch;
- 99 - Nick Fedoronko;
- 112 - Nathan Spease.

14-15 DIVISION

- 83 - Kenny Banach (won in playoff), Thomas Culum, Kevin Robinson;
- 84 - Troy Bodtke, Scott Devine, Erik Newman;
- 85 - Adam Giordano;
- 88 - Cameron Humitz, Adam Yarber;
- 92 - Derek Boysen;
- 93 - Matthew Fox, Josh Perrin;
- 97 - Adam LaPorte;
- 105 - Conrad Mahr;
- 109 - Patrick Colton;
- 110 - Dan Parinello;
- 118 - Peter Bushong, Shane Schooley;
- 120 - Drake Hermann;
- 122 - Jeff Sondergaard.

12-13 DIVISION

- 88 - Brian Sexton;
- 91 - Dante Cicchelli;
- 92 - David Oliver;
- 94 - Dominic Dilist, Brian Roulier;
- 95 - Kevin Louwers;
- 97 - Derek Pohlmeier;
- 98 - Ben Proben;
- 100 - Chad Macorkindale;
- 102 - Cameron Tetrault;
- 103 - Bobby Mazur, Timothy Naubert;
- 104 - Greg Yon;
- 106 - Adam Clay, Chris McDonald, Ryan Wandzel;
- 108 - Nick Proben;
- 109 - Christopher Naubert, Doug Nagy;
- 110 - Dominic Isopi;
- 111 - Troy Dornetsch, Kevin Pachuta, Michael Schwarz;
- 116 - Trevor Sabo;
- 119 - Nick Braeseker;
- 120 - Zack Collins;
- 123 - Matthew Rist.

GIRLS RESULTS

16-17 DIVISION

- 84 - Erica Mazur;
- 92 - Paige Scarpace;
- 98 - Jessica Burdette;
- 111 - Katie Worley.

14-15 DIVISION

- 111 - Carmela Hawkins (won in playoff), Sarah Linder;
- 126 - Brynn Cavanaugh;
- 132 - Chelsea Phillips.



Chipping onto the 16th green during the Motor City Junior Golf Championship is Livonia's Chelsea Phillips, 14, who finished fourth in her age group and also won the straightest drive contest.

Rams win pre-tourney exhibition

The Michigan Rams edged the Metro Tigers, 3-2, Tuesday night in an exhibition game played at Madonna University.

The contest was the Rams' final game before heading off to Zanesville, Ohio, for the AAABA Regional Tournament that was set to start Saturday.

Wayne Memorial alum and current University of Toledo pitcher Justin Collop earned the victory on the mound as the Tigers were limited to just six hits. The game was called in the ninth inning due to darkness.

The Rams jumped out to a 2-0 lead in the first inning before adding the eventual game-winner in the third. Dan Dobbrowski, a former Ram, suffered the loss for the Tigers, an unlimited-age contingent based in Pontiac.

Leading the offensive attack for the winners were Eric Vojtkofsky, who went 2-for-3 with three RBI, Max Kelmigian (1-3, run), Kyle Hurtt (1-3) and Mike Wiseman, who walked three times and scored two runs.

Ex-Ram Mike Sasha knocked in the Tigers' only run.

The Rams will take a 17-15-2 record to Zanesville.

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Lead by example when guiding your children

"I have been a smoker since I was thirteen. I do not want my children to follow in these footsteps. What is the best way to keep them from being a smoker like their mother?"

- Linda, Garden City

"What is the best way to keep my daughter from becoming obsessed with her appearance and weight? She is only 3 and already asks me if she needs to go on a diet or if she looks fat in her clothing. How can I make her comfortable with who she is?"

- A.G., Livonia

"I used to think that it was funny when my son would cuss but now that he's getting older it's not so funny. I know that he hears it from his Dad and me but how do we get him to use better language?"

- Jennifer, Livonia

"I want to know how to get my son to stop being a couch potato like his father. It's impossible to do anything because all they want to do is stay on the couch and watch TV."

- Sarah, Canton

Chat Room

Terry Wilamowski

Despite the differing concerns expressed in these letters, the central issue is the same. Each and every one of them involves guiding a child, or children, away from an unwanted behavior and toward a more desirable one. There are a number of effective ways that this can be accomplished.

Most importantly parents and other care givers need to accept the fact that they are the child's primary role model and that actions really do speak louder than words. From the moment that a child is born he is learning from his environment. He is watching and listening to everything that is going on around him. Long before he understands the words spoken to him, he has learned through the behaviors of those around him. Some of these lessons get ingrained and are very resistant to change. In effect, they become building blocks on which later behaviors and attitudes are constructed.

For this reason, the most important action that a parent can take is to model the appropriate behavior for the child. A non-smoking parent is a much more credible source for anti-smoking information than one who smokes two packs a day. A parent who demonstrates a positive body image or active life-style is a more effective teacher than one that preaches to "do as I say and not as I do."

The next factor that is essential to this process is to establish and maintain appropriate communication from the time that your children are very young. If you wait until your children are exposed to peers who are smoking or dieting or swearing to begin talking about it, you are starting too late. Once communication is established keep it alive by using it every day. This will increase the likelihood that your child will feel comfortable coming to you when they have questions or concerns. This will allow you, the parent, to provide booster sessions to reinforce the lessons that you feel are important for your child.

Finally, we need to discuss the Pleasure Principle. Simply stated, this means that we will do things that feel good and avoid things that feel bad. All behavior management is based on this idea. With this in mind, we must decide how do we make it worth the child to act in an appropriate manner and not inappropriately.

The most effective reinforcer is also the simplest: give them your attention, praise them, hug them, and tell them that you are proud of them. These are far more effective, and successful in the long run, than buying them toys or treats. When your daughter tells you that she likes the way her belly sloshes when it is full of lemonade, hug her and tell her that you love it too. When your son turns off the TV to go out and play, go out with him and play a game of his choosing and emphasize how much you enjoy spending this time with him. When your son uses a word like "shucks" or "fiddlesticks" in place of more colorful language, pat him on the back and compliment him on his creativity.

I understand that there is a time and place for punishments and negative consequences, but positive reinforcers are so much more effective and enjoyable to administer. And as I stated above, verbal praise, attention and affection are the currency that children most desire. These commodities also have the distinction that they are as much fun to give as they are to receive and that they can be administered anytime and anywhere.

The most important teachers in a child's life are his or her parents and other primary care-givers. It is a fact that children watch these adults to learn about themselves and their world. It is vital that we, as adults, watch ourselves to learn just what kind of lessons we are teaching.

Terry M. Wilamowski is a clinical therapist specializing in the treatment of children, adolescents and their families at Heron Ridge Associates in Plymouth. Questions and comments can be sent to terrywilamowski@yahoo.com.



Former Livonia Mayor Bob Bennett and Dick 'Night Train' Lane at the 1997 Ben Celani Golf Outing.



Sister Mary Modesta (left), Bill Fried, Tom Celani, and Sister Janet Marie enjoy the Ben Celani Golf Outing in 2000.

Food as well as golf has been one of the main attractions of the annual Hearts of Livonia outing. Pictured here are Sister Modesta (left), Sister Renetta, and one of the 400 golfers at the 21st annual fund-raiser.



Hearts of Livonia

Ben Celani Golf Outing celebrates 30th anniversary

BY LINDA ANN CHOMIN
STAFF WRITER

Tom Celani still remembers his father Ben handing a check for more than \$40,000 to the Felician nuns for St. Mary Mercy Hospital in 1978.

Celani treasures the memories associated with Hearts of Livonia golf outings — and he has quite a few after 30 years. Started by Ben Celani as a benefit to purchase advanced life support equipment for the emergency center at St. Mary Mercy, the event has raised a total of \$2.6 million, not only for the hospital, but Livonia organizations such as Angela Hospice and scholarships for local students. Last year, Celani presented a \$255,000 check for the hospital's new cancer center, scheduled to open in early December.

"The nuns are still involved today. They come out and do registration," said Celani, who took over the Hearts of Livonia charitable organization after Ben died in 1982. "We used to do a black tie at Roma Hall. This year we've made a few changes. We're going to keep the cocktail and reception at Fox Creek, something we used to do 15 years ago, but this is the first time we've brought all the restaurants in. We have no cost, so there's more money for the charity (because the restaurants are donating the food)."

Celani and the Hearts of Livonia volunteers kick off the 30th anniversary Ben Celani Golf Outing with an 11 a.m. shotgun start Wednesday, Aug. 15, at Fox Creek and Whispering Willows in Livonia. Each course can accommodate 188 golfers, but you don't have to golf to support the community through Hearts of Livonia. Tickets are available for \$125 for the Taste of the Town and cocktail reception, or \$250 for golf and the reception. Call (248) 465-0083 for reservations. Visit www.heartsoflivonia.org for details.

The feasting features more than a dozen restaurants, including P.F. Chang's, Giulio's, Uno's Chicago Grill, Fleming's Steakhouse,

Please see **HEARTS, C4**

Former Observer columnist joins Dr. Phil show staff

BY LINDA ANN CHOMIN
STAFF WRITER

Susan Collins admits she never watched Dr. Phil very much until her daughter Jennifer Sawalha landed a job as an associate producer for the talk show.

As curriculum director for Garden City Public Schools, Collins was too busy during the day, but now that the program is broadcast at 7 p.m. weekdays on CBS, she watches regularly.

"I'm so proud of her and excited for her, because entertainment's a tough field," Collins said. "She's worked so hard to get

to this point in her career. She's a long ways away. I would love to have her closer. However, that's where the opportunity is for her. It's been really interesting watching her career advance."

Sawalha entered the entertainment field here in Detroit with Channel 95.5 FM's *Mejo in the Morning* radio show as an intern producer. During that time, Sawalha used her master's degree in psychology from the Center for Humanistic Studies to write the "Ask Jen" teen advice column for the *Observer Newspapers*. She continued to help young people through the column for about three years.

Sawalha originally proposed the Q&A format to *Observer* managing editor Hugh Gallagher while working with teens at the Michigan Automotive Academy, a charter school where she was school psychologist.

"(What made the column special) was that it was local. I think teens have different issues regionally. I grew up there. I was born at Annapolis Hospital," said Sawalha, who still returns to the area regularly, most recently in May for a wedding. Sawalha resigned from writ-

Please see **COLUMNIST, C2**



Jennifer Sawalha recently began a new job as an associate producer for the Dr. Phil talk show originating from Hollywood, Calif. She formerly wrote the Ask Jen teen advice column for the *Observer Newspapers*.



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Teacher in Rome learns the Italian art of doing nothing

The writer, Mary Shymanski, is a former Livonia resident, 1992 graduate of Stevenson High School and a former teacher at Churchill High School. She teaches at the American Overseas School of Rome. She was asked to submit this article by the Livonia Rotary.

BY MARY SHYMANSKI
CORRESPONDENT

It's rather un-American, doing nothing. To lean out an open-shuttered window listening to birds and church bells, watching laundry flutter in the breeze, reflecting on life as the sun moves across the sky. Here in Italy, however, the art of doing nothing is practiced with great pride. I have seen volumes written about it, witnessed locals engaging in the art at any and all hours of the day and, after living here for 10 months, I have begun to study the art of doing nothing myself.

Born and raised in the Midwestern suburbs of Detroit, getting in my car to run errands on a Saturday morning might involve driving to five places within a 15-mile radius and returning home before 11 a.m. To juxtapose the movement and impermanence of the American culture with the traditional and deep-rooted

history of Italy is fascinating to my North American mindset. Instead of getting in my car on a Saturday morning here, a typical Roman Saturday morning looks like this: I focus intensely on the creation of a perfect cappuccino, watch the goldfish in the fountain of the courtyard where I live, head out to the market, on foot, in search of sweet carrots and organic eggs, buy cheese, then pick up my dry cleaning. The art of slowing down, of doing what Romans call "nothing" has helped me to appreciate the beauty and culture that life has to offer.

Last year, I was hired to teach at the American Overseas School in Rome. The pre-K through 12th grade school near Nero's Tomb on Via Cassia (which is celebrating its 60th anniversary this year) has a U.S.-based curriculum and classes taught entirely in English. Our diverse student body consists of 635 students, 200 of whom are Americans, children of people who work for the U.S. Embassy or United Nations agencies in Rome. The remaining two-thirds are Italians and international students. In my high school writing class alone there are students from Burkina Faso, Azerbaijan, Iceland, France,

Angola, Italy and the United States. I particularly enjoy teaching my seventh-grade social studies classes to students who have actually traveled to many of the countries that we are studying. The global perspective of the student body is remarkable.

Italy is indeed a land of taking a breath, of slowing down. This lifestyle change has been a welcome relief to my Midwestern American personality of do, do, do. Here, I don't feel the rush of life like I feel in the States. Here, I feel calm, comfortable (except when I'm stuck in traffic, but that's another story).

I enjoy watching people who sincerely want to know how the other is doing stop and talk with each other. I enjoy watching parents laugh with their children — laugh so much with each other. It is common for extended families to eat four-hour weekend lunches.

Though women labor to ensure that everyone eats a healthy, fresh, balanced diet, the results of a Sunday meal are that families stay together all afternoon.

Men bond over soccer. Children play with their cousins. I watch, wide-eyed with pen in hand.

For everyone who has been



Mary Shymanski, left, and her class at the American Overseas School in Rome.

in Italy, they know that art is everywhere. Store windows, market stalls and late-night flower shops overflow with aesthetic appeal. St. Peter's Square. Caravaggio. The Colosseum. Museums. The way people dress and carry themselves in public is an art unto itself. No sneakers or baggy jeans here. There is a pervasive appreciation of beauty and symmetry and culture seeps

from the curves of even the most mundane apartment buildings. I appreciate the history that Europe offers and its antiquities are a welcome change from the modernity of the New World.

I appreciate the scene so much here because I know it won't last forever. I have a two-year contract at the American School and when my term is over, my plan is to return to

the United States. As much as I love slow Sundays and perfect cappuccinos, I can't pretend that I don't miss the thrill of productive errand-running on Saturday mornings, coffee in hand on a smooth Jeffries Freeway. If you haven't been to Italy lately, I do recommend a trip. Please come and find me so we can practice the art of doing nothing together.

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

Greyhound rescue group to hold adoption days

GreyHeart Greyhound Rescue and Adoption of Michigan has announced a number of Meet and Greet sessions for August. The first takes place 10 a.m. to 4 p.m. Saturday, Aug. 4, at Wal-Mart Store #2631, 13507 Middlebelt, Livonia. Call (734) 524-0577. Meet and Greets for prospective human parents and hounds continue 10 a.m. to 4 p.m. Saturday, Aug. 11, at the Warren Petco, 2243 E. 12 Mile, Warren. Call (586) 558-6810. Homeward Bound Hounds

Car Wash (the GreyHeart Youth Group) holds a fundraiser 1-4 p.m. Sunday, Aug. 12, at the BP gas Station, Hall and Hayes roads, Clinton Township. Meet and Greets return to Livonia 11 a.m. to 3 p.m. Sunday, Aug. 19, at ACO Hardware, 29567 5 Mile, Livonia. Call (734) 421-3400. The last adoption day in August is scheduled for 11 a.m. to 4 p.m. Saturday, Aug. 26, at the Novi Petco, 43480 W. Oak Drive, Novi. Call (248) 735-4356.

COLUMNIST

FROM PAGE C1

ing the column in late 2005 and left Livonia to work as an executive producer in radio in Phoenix and later for television station Channel 10 as morning producer for Fox 10 News.

It was while working in Arizona that Sawalha heard about an opening on *The Tyra Banks Show* in California. Collins encouraged her daughter "to go for it." Before long, Sawalha was packing for the move to Los Angeles.

That was 1½ years ago. After a season of producing *The Tyra Banks Show*, the decision was made to move the program to New York. It was then the *Dr. Phil Show* offered her a three-year contract. Now Sawalha spends her days on the phone interview-

ing prospective guests.

"As an associate producer, I work on a team to produce the show. You're assigned a topic and go out and research it. It's high-stress. Today I'm going through letters and calling them to see if stuff is still going on. I get to call all day and get to find out their story. I use my knowledge in psychology on a daily basis," said Sawalha, who holds a limited license in psychology. "Producers work seven days a week. It's not uncommon to work a stretch of four months without a day off. Nobody knows how much work goes into that."

Through it all Marvin, her husband of nearly seven years, has supported Sawalha's career goals.

"I really like working in talk shows," Sawalha said. "They're fascinating. You work extremely hard and you're always helping people."

It's obvious that Collins is very proud of her daughter, but then so is Sawalha's 10-year-old brother Diego. He especially enjoyed a trip to Hollywood to visit Sawalha on spring break.

"It was very exciting for him," Collins said of the young boy she adopted from Guatemala. "We went to the Tyra Banks studio, saw Hollywood Boulevard. He's very proud of his sister."

Last week she started working on a project for Dr. Phil's son, *Newlywed Man Camp*. Jen always wanted to be involved with media, entertainment. As a girl she took dance classes, tap, ballet, modeling and acting classes, equestrian which is showmanship. We owned a horse farm and she showed Western and English.

"It proves you just have to keep persevering. She doesn't give up."

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Classic car show to raise money for Lions Club

BY LINDA ANN CHOMIN
STAFF WRITER

Debbie Dayton expects this year's classic car show to raise even more money than last for the Westland Lions Club, and Josh her Leader Dog won't have to get up early for the event unlike the golf outing in September which also benefits the club.

Cruisin' with Culver's takes place 5:30-9 p.m. Wednesday, Aug. 8, at the frozen custard and butter burger restaurant at 6500 Newburgh and Warren, Westland. Culver's is partnering with the Motor City Muscle Car Club to sponsor the evening to benefit the Westland Lions Club, a nonprofit organization which supports Leader Dogs for the Blind in Rochester, Seedlings Braille Books for Children in Livonia, Penrickton School for Blind Children, and Bear Lake Camp for Blind Children as well as provides glasses and hearing aids to local residents who can not afford them.

Last year's event raised \$2,700 for Leader Dogs. This year Leader Dogs as well as other charities will benefit from the car show.

"We're expecting it to be bigger than last year. It was so successful," said Debbie Dayton, Westland Lions Club president. "We're still trying to keep it a family event. We're going to have coloring books and crayons including coupons from Culver's for a free lemon ice for the kids, special prize donations for kids - a backpack full of school supplies from Kroger in Westland, a remote

control car. And we're expecting to have (Leader Dog) puppies at the car show."

Last year classic car owners drove from as far away as Cadillac to attend the show. This year, like last, exhibitors donate \$15 to participate. The first 100 cars receive a goodie bag of items such as car wash and cleaner. Trophies will be awarded courtesy of the car club.

"This year for the first time we're giving them a dash plaque with the date of the show. Car guys collect those," said Dayton who'll drive up in her and husband Bill's electric blue 1971 Dodge Charger. The Westland couple goes to car shows every week during the warmer months.

Dayton says everyone is welcome to come to the event whether or not they show a car.

"Anyone without a car is welcome to come out and enjoy the show and support the club. If they eat at Culver's that night, owner Bob Fitzpatrick gives a percentage to the Lions Club.

"The event's fun filled and fun packed with deejay Dave Holloway who tries to guess the year of each car as they pull in and usually gives something away. He's usually playing 50s and 60s music and makes it fun. What also makes it a family event is last year Bob and his wife Linda and their children greeted people. It gave it that homespun feeling. I've never been to a car show where you're welcomed."

It was only natural that Dayton combined her love of classic cars with Leader Dogs and the Westland Lions Club to hold the

first car show last year. Nearly six years ago Dayton received Josh, the Golden Retriever who changed her life and brought her independence. On Aug. 5 she and Josh are going to Meadowbrook to mingle with the crowd as representatives of Leader Dogs. She could never have done that before as Dayton is legally blind.

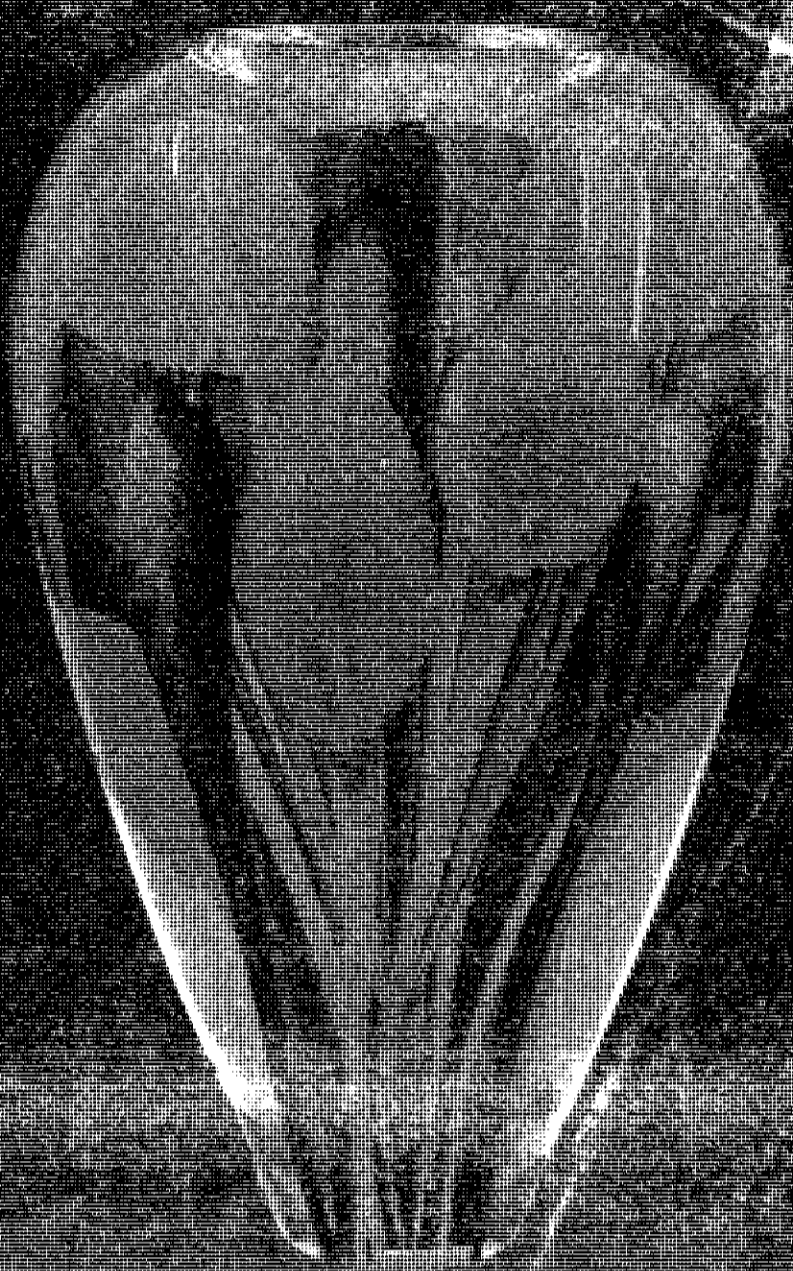
Dayton and Josh are always on the move. On Sept. 29, they'll return to the Gateway Golf Club

in Romulus for an 8:30 a.m. shotgun start to the 26th annual Golf Outing benefitting the Westland (Breakfast) Lions Club. Registration begins at 7:30 a.m. so that means Josh will have to rise at 5 a.m. to be able to greet golfers. The outing is just one of the club's fund raising events which includes candy cane sales the weekend after Thanksgiving and White Cane Awareness Week at the beginning of May.



Puppy raisers Pat Boyd (left) and Diana Weber with future Leader Dogs at last year's classic car show at Culver's in Westland.

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Ed McNamara (left), Ben Celani and Art Kobierzyski present a check from the first Hearts of Livonia golf outing in 1978 to Sister Mary Calasantia (left) and Sister Mary Columbine for St. Mary Mercy Hospital.

HEARTS

FROM PAGE C1

George's Senate Coney Island, Jimmy John's, Bravo's, Bacco Ristorante, Caribou Coffee, Burton Manor and Champps, and desserts from Mary Denning's Cake Shoppe. Jim Brandstatter is emcee during the reception and silent auction.

"Everybody volunteers. All the money raised over the years has stayed in Livonia. I grew up part of my life in Livonia," Celani said. "We've given scholarships to students going into medical fields. The original intent was the money was going to the hospital, but over the

years when there was not a need or project on board, it went to scholarships."

The fund-raiser came about when a friend of Ben Celani's, Nick Canzano, suffered a heart attack and was taken to St. Mary Mercy Hospital and discovered during his stay that the hospital was in need of cardiac care technology in the emergency center. Together with their friend Art Kobierzyski, the three men organized the first golf outing. Tom Celani was 21. At the time his family owned a Miller beer distributorship. The Celanies have been the major sponsor for Hearts of Livonia from the beginning, but most recently as

owners of Motor City Harley Davidson in Farmington Hills, formerly in Westland. The dealership sponsors a number of charitable events, but the extra work is worth it. "The days when they're breaking ground at St. Mary's makes me happy," Celani said. "When I received an honorary doctorate from Central Michigan, I told the graduates it's not all about making money. You need to give back. We look for volunteers all the time. We're always looking for sponsors and people we can donate to in Livonia."

Betty Jean Awrey became involved with the outing the second year, even though she already volunteered on several boards of nonprofit organizations in the community. Awrey came up with idea for the Culinary Extravaganza held every year at Schoolcraft College.

Later she helped organize the annual tasting event to benefit the Livonia Symphony Orchestra's operating budget.

"The first year my husband golfed in the outing. I'm one of those old-timers who's been raising money for St. Mary and that's a very good cause," Awrey said. "I was on the scholarship committee and interviewed students at high schools. A lot of them went on to become doctors and sent us letters on how the heart fund gave them their push. It was a heart-warming experience for me. We've

given to a lot of good causes in Livonia — the family Y. We gave to the symphony early on. Hearts of Livonia has done an awful lot for the community and we get a lot of support from the community."

Over the years, sports celebrities such as Bobby Orr, Bo Schembechler and Steve Yzerman have come to the outing and signed autographs.

"This year, Alex Delvecchio is coming out to golf. Jeff Daniels is looking at his schedule," said Awrey, who serves on the board of Daniels' Purple Rose Theatre in Chelsea. "We just have a good day. It's a lot of camaraderie 'cause a lot of city people support the day."

Donna Hammar is especially looking forward to the silent auction. She has been on the board 14 years, but active with the outing for 17 years.

"A hundred percent of the money has gone back to the community," said Hammar, who works on the event nearly all year long. Hammar is Celani's administrative assistant at Luna, which handles all of his entities from casino gaming to power sports. "We have an auction each year at the golf course with sports memorabilia, bottles of great wine, jewelry, trips, dinner tickets. It's a pretty fun event and people always look forward to it."

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Hospital sponsors wellness programs

Garden City Hospital, 6245 Inkster Road, offers a weekly schedule of health and wellness programs for residents. The lineup this week includes:

Monday, July 30
Childbirth Education (fourth of six classes) at 6 p.m. This six-week course prepares the expectant mother and coach for labor and delivery. Class runtime is 2 1/2 hours and there is a \$60 fee. Medicaid is accepted. A refresher course also is available. Call (734) 458-4330 for more information or to register.

Tuesday, July 31
Diabetes Self-Management Education (fourth of four classes) at 9:30 a.m. This comprehensive series is planned to help people Live Well With Diabetes. Participants learn self-care skills of nutrition, exercise, medication management, monitoring of blood sugar levels, foot and skin care, prevention of problems and psychosocial issues. The program is certified by the Michigan Department of Community Health to assure quality and compliance with State and National Diabetes Education Standards. Physician referral is required. There is a fee, but reimbursement is available by Medicare, Medicaid and most commercial insurance plans. Call (734) 458-3481 for more information or to register.

CPR - Infant and Child at 6 p.m. Approved by the American Heart Association, this class is

designed for those who care for children. This class teaches participants how to recognize and care for breathing and cardiac emergencies in infants and in children victims age 8 and under. This class is offered at Garden City Hospital's Health and Education Center at 6701 Harrison just north of Maplewood. There is a fee. Participants will receive certification upon successful completion.

Wednesday, Aug. 1
Free blood pressure testing for senior citizens at 10:30 a.m. The staff of Garden City Hospital's Community Services offers blood pressure testing free of charge every other Wednesday at 10:30 a.m. at the Maplewood Community Center on Maplewood just west of Merriman. Call (734) 458-4330 for more information.

CPAP and BIPAP Mask Fitting Clinic at 5 p.m. Attention, CPAP and BIPAP users: Did you know that most insurances cover new supplies every year? Have you been wanting to try a new style of mask, but don't know how to

get one? Garden City Hospital's Sleep Disorders Center can help. Visit the Sleep Disorders Center in Room 329 at Garden City Hospital, 5-6 p.m. any Wednesday for a free mask fitting clinic. No appointment is needed. Call (734) 458-3330 with any questions or for more information.

CPR - Infant and Child at 6 p.m. Approved by the American Heart Association, this class is designed for those who care for children.

This class teaches participants how to recognize and care for breathing and cardiac emergencies in infants and in children victims age 8 and under. This class is offered at Garden City Hospital's Health and Education Center at 6701 Harrison just north of Maplewood.

There is a fee. Participants will receive certification upon successful completion.

Eating Disorders Support Group at 7 p.m. This support group is for those individuals with anorexia, bulimia, and compulsive

and binge eating disorders. Both males and females are invited to attend. This meeting is held in the Garden City Hospital Auditorium. Call (734) 458-4330 for more information.

Thursday, Aug. 2
Men's Health Seminar: BPH Game Plan Starts with U at 6 p.m. Garden City Hospital will host an evening seminar to increase awareness of prostate health with keynote speaker Hall of Fame basketball coach Chuck Daly, who will discuss his game plan with BPH. A local urologist specializing in men's health issues will discuss benign prostatic hyperplasia (BPH), commonly known as enlarged prostate, and encourage screening.

Sign-ups for Garden City Hospital's Prostate Screening Day in September will be offered at the seminar. Light refreshments will be served. Reservations are recommended. For more information or to make a reservation, call (734) 458-4330.

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LIKE NUMBERS?
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CITY OF WESTLAND ZONING BOARD OF APPEALS PUBLIC NOTICE

The following appeals will be heard at a public hearing to be held in the Council Chambers of Westland City Hall, 36601 Ford Road, Westland, MI on Wednesday, August 15, 2007 at 7:00 p.m. at which time comments may be directed to the Board during audience participation. If you wish to reply by mail, send your comments to the above address. All property owners whose names appear in our tax rolls located within 300' of this property are being notified pursuant to this statute.

Petition #2604-G. Robinson
 Request for a one (1) foot, six (6) inch rear yard fence height variance from the Westland City Code of Ordinances in order to install an eight (8) foot high privacy fence along the rear yard of the home.

Petition #2605-J. Vileo
 Request for a one (1) foot, six (6) inch rear yard fence height variance from the Westland City Code of Ordinances in order to install a six (6) foot high privacy fence in the rear yard of the home.

Petition #2606-S. Shiner
 Request for a three (3) foot front yard setback variance from Ordinance 248 in order to construct a 6' x 20' porch addition to the front of the home that would be located 22 feet from the front lot line.

Petition #2607-R. Morse/Champion Driving School, 34873 Ford Road
 Request for a use variance from Ordinance 248 in order to operate a driving school in a 760 square foot lease space as Section 9:4.1 does not list the proposed instructional use as a permitted use within the CB-1 district.

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CITY OF GARDEN CITY NOTICE OF PUBLIC HEARING August 13, 2007

NOTICE IS HEREBY GIVEN that the Garden City Council will hold a Public Hearing on Monday, August 13, 2007 at 7:25 p.m. in the Council Chambers, at the Civic Center, 6000 Middlebelt Road, Garden City, Michigan. At the hearing, all interested persons shall have an opportunity to be heard.

The purpose of the Public Hearing is to solicit public comments on the proposed Amended Discontinuance of Service; Lien Ordinance which is on file and can be viewed in the City Clerk's Office.

Proposed Ordinance # _____

§ 53.06 DISCONTINUANCE OF SERVICES; LIEN.

(A) The City Treasurer is authorized to enforce the payment of charges for water supply and sewage disposal service to any premises by discontinuing either the water supply service or the sewage disposal service to the premises, or both; and an action of assumpsit may be instituted by the city against the customer. Service shall be discontinued to any premises when the customer shall be in arrears 60 days or more in paying any water supply or sewage disposal service charge.

(B) The charges for water supply and sewage disposal service, which under the provisions of Public Act 94 of 1933, being M.C.L.A. §§ 141.101 through 141.138, as amended, are made a lien on the premises to which furnished, are recognized to constitute a lien; and the City Treasurer shall annually, on April 1, certify all unpaid charges for services furnished to any premises which, on March 31 preceding, have remained unpaid for a period of 90 days to the City Assessor, who shall place the same, together with an additional penalty equaling 10% 25% of the amount, on the next tax roll of the city. The charges so assessed shall be collected in the same manner as general city taxes. In cases where the city is properly notified in accordance with Public Act 94 of 1933 that a tenant is responsible for water supply or sewage disposal service charges, no service shall be commenced or continued to the premises until there has been deposited with the City Treasurer a sum sufficient to cover three times the average quarterly bill for the premises as estimated by the City Treasurer, the deposit to be in no case less than \$100.

(C) Where the water supply or sewage disposal service to any premises has been discontinued to enforce the payment of water supply or sewer disposal service charges, services shall not be recommenced until all delinquent charges have been paid, and a deposit made in the case of tenants, and a turn-on fee, charged in accordance with the Comprehensive Fee Schedule in Chapter 12 of this Code, is paid to the city.

(D) In any other case where, in the discretion of the City Treasurer, the collection of charges for water supply or sewage disposal service may be difficult or uncertain, he may require a similar deposit. Deposits may be applied against any delinquent water supply or sewage disposal service charges, and the application thereof shall not affect the right of the City Treasurer to discontinue the water supply and/or sewage disposal service, to any premises for any delinquency thereby satisfied. No deposit shall bear interest, and the deposit, or any remaining balance thereof, shall be returned to the customer making the same when he shall request in writing a discontinuation of water supply and sewage disposal service.

Written comments may be submitted prior to the public hearing and should be addressed to: The Office of the City Clerk, City of Garden City, 6000 Middlebelt Rd., Garden City, MI 48135.

ALLYSON BETTIS
 City Clerk-Treasurer

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CITY OF GARDEN CITY NOTICE OF PUBLIC HEARING August 13, 2007

NOTICE IS HEREBY GIVEN that the Garden City Council will hold a Public Hearing on Monday, August 13, 2007 at 7:20 p.m. in the Council Chambers, at the Civic Center, 6000 Middlebelt Road, Garden City, Michigan. At the hearing, all interested persons shall have an opportunity to be heard.

The purpose of the Public Hearing is to solicit public comments on the proposed Water & Sewage Disposal Rate Ordinance which is on file and can be viewed in the City Clerk's Office.

Proposed Ordinance # _____

§ 53.03 WATER SUPPLY RATES.

(A) **Consumption charges.**
 Base rate ~~\$22.17~~ \$24.52 per 1,000 cubic feet

(B) **Quarterly meter charges (in addition to those in division (A) above).**

Meter Size	Charge Quarterly Charge
1/2 inch	\$2.99 \$4.10
3/4 inch	\$3.49 \$4.50
1 inch	\$4.24 \$5.16
1 1/2 inch	\$5.49 \$6.28
2 inch	\$7.24 \$8.00
2 1/2 inch	\$9.49 \$10.50
3 inch	\$11.99 \$13.00
3 1/2 inch	\$14.49 \$15.50
4 inch	\$17.49 \$18.50

(C) **Service outside city.** Water Supply rates charged for water service to premises outside the city shall be 150% of the rates set forth in divisions (A) and (B), or as may hereafter be established for city water supply service by City Council resolution.

§ 53.04 SEWAGE DISPOSAL RATES.

(A) **Consumption charges.**
 Base rate, including excess sewage: ~~\$41.46~~ \$44.35 per 1,000 cubic feet

(B) **Sewage disposal rates.** Charges for sewage disposal service to premises outside the city shall be 150% of the rates set forth in division (A), or as may hereafter be established for city sewage disposal service by City Council resolution.

(C) **Industrial waste control charge.** All non-residential users shall pay an IWC charge based on meter size. This is a flat rate without regard to consumption. The following rates shall apply.

Meter Size	Monthly Charge	Quarterly Charge
1/2 inch	\$3.75	\$14.00 \$17.27
3/4 inch	\$4.25	\$17.00 \$21.07
1 inch	\$5.25	\$21.00 \$26.44
1 1/2 inch	\$7.25	\$29.00 \$36.25
2 inch	\$9.25	\$37.00 \$46.25
2 1/2 inch	\$11.25	\$45.00 \$56.25
3 inch	\$13.25	\$53.00 \$66.25
3 1/2 inch	\$15.25	\$61.00 \$76.25
4 inch	\$17.25	\$69.00 \$86.25
4 1/2 inch	\$19.25	\$77.00 \$96.25
5 inch	\$21.25	\$85.00 \$106.25
6 inch	\$23.25	\$93.00 \$116.25

(D) **Industrial waste surcharge.** Commercial and industrial users who discharge wastes into the public wastewater system in excess of the strength of normal sewage shall be charged a surcharge which reflects their equitable share of the costs of wastewater treatment. The surcharge shall be determined as follows.

(1) **Purpose and objective.** This section has as its purpose the protection of public health and safety, and because of the widely varying quality characteristics of the sewage discharged by different users of the public sewer and the publicly-owned treatment works, it is the objective of this section to impose sewage charges which reflect the cost of treating sewage strength factors as well as sewage volume. These charges to commercial and industrial users will be in the form of a payment called a surcharge and will reflect industries equitable costs of wastewater treatment in excess of the strength of the domestic sewage. Sewage charge will be based on a volume rate and surcharged based on volume of discharge and the strength of BOD, suspended solid, phosphorus, fats, oil and grease or other pollutants present in the wastewater. In the event other pollutants are required to be surcharged under this subchapter, authorized variances, or by special arrangements with the owner of the publicly-owned treatment works, the rules and regulations adopted herein will apply, the rules and regulations being on file with the City Clerk.

(2) **Authority.** This section is adopted pursuant to and in accordance with the requirements of Federal Law Clean Water Act, 33 USC 1231 et seq. and applicable Federal Regulations, the requirements of the Settlement Agreement in U.S. v City of Detroit, et al, Civil Action #7-71111.

(3) **Industrial waste pollutant strength surcharges.** It is ordained that the Schedule of Industrial Waste Pollutant Strength Surcharges is hereby adopted and made effective for users of the wastewater system of the city. The surcharges are to be computed as follows.

Computation of Industrial Waste Pollutant Strength Surcharge

The industrial waste pollutant strength surcharge shall be computed in accordance with the following formula:
 $SC = 0.0624 V a (BOD-275) + b(TSS-350) + c(P-12) + d(FOG-100)$
 In which the following apply:
 SC = Pollutant strength surcharge fee in dollars for the billing period in Mcf (1000 cubic feet).
 V = Volume of waste discharged in the billing period in Mcf (1000 cubic feet).
 BOD = Five-day biochemical oxygen demand of the waste expressed in milligrams per liter (ppm).
 TSS = Total suspended solids in the waste expressed in milligrams per liter (ppm).
 P = Phosphorus in the waste expressed in milligrams per liter (ppm).
 FOG = Fats, oils, and grease expressed in milligrams per liter (ppm).
 a, b, c, d = Surcharge rates, \$/pound for treating BOD, TSS, P, and FOG respectively.
 0.0624 = Factor which converts Mcf to MM lbs.
 a = ~~\$0.055~~ \$0.268/pound.
 b = ~~\$0.121~~ \$0.290/pound.
 c = ~~\$2.00~~ \$3.703/pound.
 d = ~~\$0.007~~ \$0.201/pound.

(4) **Compliance required.** In accordance with the basic service agreement between the city, the county, and the Wayne County Board of Public Works or other properly designated agent of the county named pursuant to M.C.L.A. §§ 46.171 through 46.185, and M.C.L.A. §§ 123.71 et seq., this section provides that any person, firm, or corporation discharging wastewater into the publicly-owned sewer system shall comply with the standards, rules and regulations controlling the quality or quantity of discharge or wastewater into the system. The standards, rules, and regulations shall be established from time to time by the county or its designated agent.

(E) **Industrial surveillance permit fee.** An industrial surveillance permit fee charge shall be established for Class D permits as follows.

(1) Annual Fee = graduated Volume Base Fee multiplied by Survey Factor

(2) The Volume Base Fee shall be on a graduated basis as follows.

Average Wastewater Discharge Volume Based on Days When Discharge Occurs (gallons per day)	Volume Base Fee
0 - 50,000	\$77
50,000 - 100,000	\$227
100,000 - 250,000	\$377
250,000 - 1,000,000	\$527
Over 1,000,000	\$752

(3) The Survey Factor shall be a number equal to the number of constituents contained in the wastewater discharged to a public sewer which exceed the limitations as set forth in the Sewer Use Regulation (SUR) Article IV Section 2. A-U. The Survey Factor shall not be less than 1.0 nor more than 10.0.

Written comments may be submitted prior to the public hearing and should be addressed to: The Office of the City Clerk, City of Garden City, 6000 Middlebelt Rd., Garden City, MI 48135.

ALLYSON BETTIS
 City Clerk-Treasurer

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Studies have shown that eating vegetables and fruits could prevent cancer.

Fish benefits outweigh the mercury risks

Penny from Waterford e-mails asking about mercury levels in fish. Do the health risks outweigh the benefits?

A recent study by the Institute of Medicine and Harvard School of Public Health found the levels of pollutants in fish are below what the Food and Drug Administration would consider unsafe. The study also determined eating fish is worth any minimal risk the contaminants may cause.

Fish is packed with omega 3 fats which can protect against heart disease. Experts suggest eating two 3-ounce servings of fish a week. This does not apply to pregnant women or nursing mothers. They should steer clear of certain types of fish like king mackerel, tilefish, shark and swordfish. But it is recommended to add 12 ounces of other types of fish to your diet to make sure you are getting the health benefits.

Andrew from Detroit says his vision isn't what it used to be. Is he losing his sight as he gets older?

Unfortunately Andrew, it is possible. Almost 1 million Americans over the age of 40 are considered legally blind. Another 2.4 million have significantly reduced vision. The four eye disorders that pose the greatest risk of vision problems as you age are: cataract, glaucoma, age related macular degeneration, and diabetic retinopathy. But you may be able to help yourself. A new study found people with diabetes who kept their blood sugar at near normal levels cut their risk of developing eye disease by 75 percent. Exercise and proper nutrition is also key! Studies found fruits, vegetables and fish are full of nutrients that are good for your eyes.

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 Peter Nielsen's Personal Training Club in West Bloomfield or Nielsen's Town Center Health Club in Southfield.



Peter's Principles

Peter Nielsen

Food for health

American Cancer Society issues Eat Right Challenge

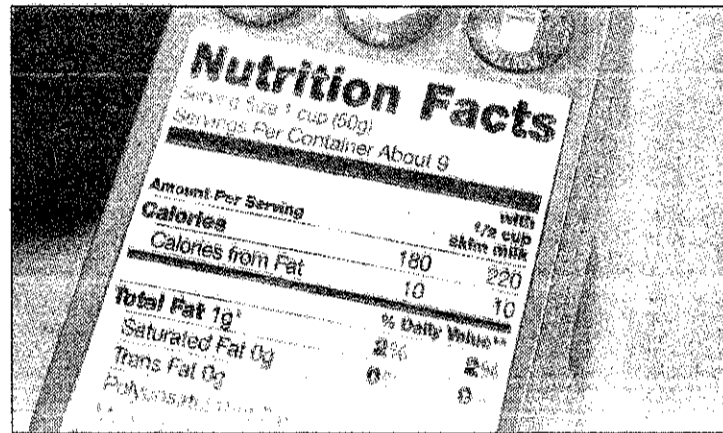
BY LINDA ANN CHOMIN
STAFF WRITER

When an American Cancer Society survey revealed that less than 1 in 10 people believed there was a link between cancer and being overweight, Dru Szczerba knew it was time for a challenge.

On Thursday, Aug. 16, the director of the cancer prevention and health care systems initiative at ACS is urging everyone to start eating to reduce their risk of cancer with the help of www.cancer.org.

Years of research led to updating information on the Web site and making it user friendly in time for the Great American Eat Right Challenge. The nonprofit has even published a cookbook available on the Web site or by calling (800) ACS-2345.

"We were looking at the population getting more unhealthy and heavier. When people go on drastic kinds of diets, they feel deprived and then go back to the way they used to eat. We're helping people with tips and tools to make easy, sustainable changes," said Szczerba of Bloomfield Township. "We really want people to make a plan. Our challenge is to make a decision on one tiny change to help them be healthier. We found with the Great American Smokeout (held annually to quit smoking) it is important for people to set the date to start. The Web site is set up like a planner. You can hear a virtual nutritionist talk, hear a trainer talk about fitness. You can learn about tips on stocking your kitchen for quick meals that are healthy, easy ways to add



The American Cancer Society is urging Americans to read labels and eat healthy to reduce the risk of cancer.

healthy food to your diet, how to eat out or at home and make better choices, a healthier way to eat fast food."

Szczerba admits she likes her fast food because it's convenient with her busy job, but instead of a Sausage McMuffin in the morning she's trading the meat for egg and doesn't eat half of the bun. It's one of the small changes she's decided to make along with exercising and being physically active to lower her cancer risk.

"I integrated a routine of walking my dogs in the morning. Don't try to be a marathoner if you've never jogged. Walking is the most sustainable activity," said Szczerba. "For a snack I keep small packages of sunflower seeds in my desk and car. Those are just tiny changes I made, one small thing about my lifestyle that isn't a big thing but over time adds up."

Studies have shown a link to an increased risk for cancer in people who are obese or overweight.

"Two-thirds of adults are overweight or obese. With breast cancer the more fat in your body, the more circulating estrogen. If you have an estrogen receptor cancer, the cancer grows," said Szczerba. "We know there are protective factors when you eat a variety of vegetables and fruits.

There's nothing wrong with a multi-vitamin, but the protection seems to come from interaction between food properties. Beta carotene is beneficial when eaten, but harmful with large quantities of supplements."

Food isn't the only culprit when it comes to packing on the pounds.

"People are drinking more calories than they think they are. A specialty coffee with cream could be hundreds of extra calories. Maybe we're drinking a lot of juice. We could eat fruit instead. With alcohol people don't realize the calories, but it's just like any drink like pop, fruit juice. I drink mostly ice water at work. Many people think they're hungry when they're actually thirsty."

Dr. Eleanor M. Walker knows first hand that excess weight can not only increase the risk for cancer but affect how the body responds to treatment for the disease. Walker is always looking for ways to improve patients' lives and reduce cancer risks. A radiation oncologist, she sees predominantly breast and prostate cancer patients. Her advice to prevent the deadly disease is to eat healthy and quit smoking.

"We can not do anything about your genetics so the big thing is to be as healthy as possible. If we

follow the health recommendations for people in this country, hearts would be functioning at a more effective rate," said Walker, director of breast radiation oncology for Henry Ford Health System. "It's eating healthy, make sure we get rest, decrease our stress. When the body is stressed it produces a lot of chemicals that are a burden on our heart and immune system. Fiber gets rid of carcinogens. Smoking and barbecuing food releases carcinogens that are going to put you at higher risk. There was a study on risks looking at breast cancer survivors. Regardless of whether obese or not, if they did 30 minutes (of exercise), six days a week and ate a high fruit and vegetable diet, they did better. Only 25 percent of women with breast cancer do that."

Walker began the day eating a bowl of oatmeal with cinnamon, turkey sausage and a banana. Lunch was a Thai chicken salad. Twice a day Walker eats salad usually dressed with vinegar. She doesn't like sweets and does not eat red meat, but is not a vegetarian. To stay active she does pilates, weight lifting and dancing. Tonight from 5:30-7:30 p.m. she'll be kicking up her heels at a salsa social at the V.F.W. Hall in Farmington Hills.

"It's really good exercise," said Walker of Troy. "It's important to practice prevention for people who have never had cancer, but to let survivors know it's even more important for them. It does impact on their long-term survival. If you get cancer you want to be in your healthiest state because your body is better able to fight cancer."

MEDICAL DATEBOOK

JULY

Treating thyroid disorders naturally
Dr. William Kari, a certified wellness doctor, presents a workshop at 6 p.m. Monday, July 30, at Livonia Civic Center Library, 33000 Civic Center Drive. Co-sponsored by the nonprofit Foundation for Wellness Professionals. No charge. Seating limited. Call (734) 425-8588 to reserve a seat.

UPCOMING

Sharing & Caring
Newly Diagnosed Support Group (diagnosed within past year) with William Beaumont Hospital R.N. Ruth Dein 7-9 p.m. Thursday, Aug. 2, in first floor classroom in the Beaumont Cancer Center, Royal Oak. For reservations, call (248) 551-8585. For possible schedule changes, call (248) 551-8588.

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