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SUNDAY
November 18, 2007

WESTLAND Observer

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Prelim to be delayed for murder suspects

Judge imposes gag order on police, lawyers

BY BRAD KADRICH
STAFF WRITER

Murder suspects Jean Pierre Orlewicz of Plymouth Township and Alexander

Letkemann of Westland will be in Judge Michael Gerou's courtroom for their preliminary hearing at 35th District Court in Plymouth Monday. But they aren't expected to

be there for very long. Orlewicz, a Canton High School senior, and Letkemann, a former Livonia Churchill High School student who got his diploma through the adult

education program, will waive their right to have the hearing within 14 days, as mandated by law, the *Observer* has learned.

The hearing, designed to determine whether enough evidence exists to suggest Orlewicz, 17, and Letkemann, 18, will be rescheduled for later

this month, perhaps Nov. 30.

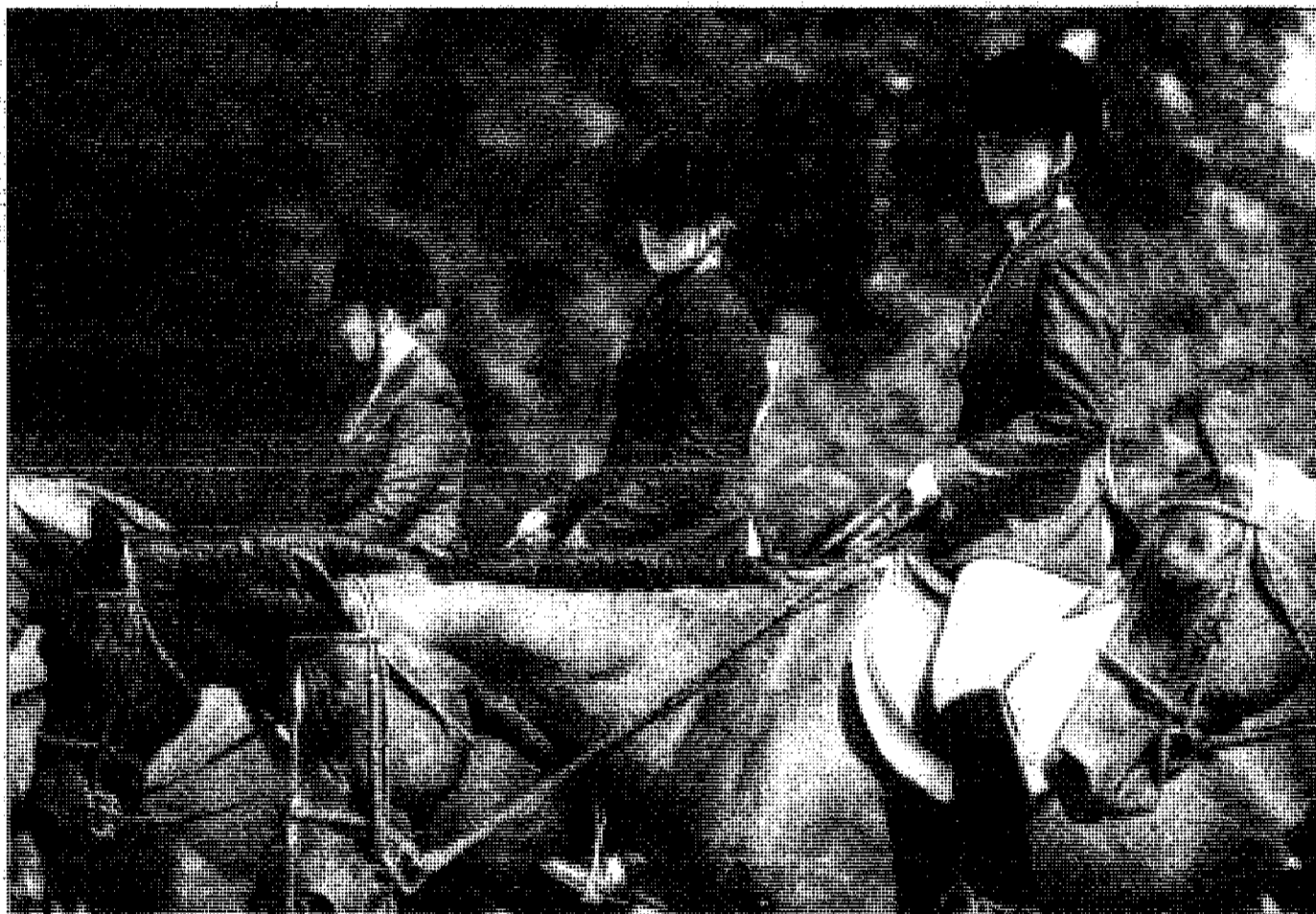
The two are charged with killing 26-year-old Daniel Sorenson of River Rouge, cutting off his head, burning his hands and feet to forestall identification and dumping the body in a Northville Township field. Police say the slaying took

place Nov. 7, the body was discovered the next morning and Sorenson's head was recovered two days later in Hines Park in Dearborn Heights.

Wayne County Assistant Prosecutor Maria Miller

Please see **HEARING, A2**

At a gallop



John Glenn High School students Kyle Rudnicki (center) and Alexandra Barnes (right) sits straight in the saddle during hunt seat equestrian.

Glenn equestrians ride into state competition

BY SUE MASON
STAFF WRITER

Horseback riding is second nature to Kyle Rudnicki and Alexandra Barnes. Barnes has been riding since age 6, Rudnicki started at the ripe old age of 2. They've done the horse show circuit all over the state.

But this fall they rode for their high school as members of the John Glenn High School Equestrian Club all the way

to state competition, collecting championships at the district and regional meets along the way.

"It was awesome," said Barnes, a freshman. "We did pretty good."

It is a pretty good showing, considering the organization is in its infancy. It only received club status this fall.

"Both girls are wonderful to work with," said John Glenn teacher Linda Willman, who with Dana Rudnicki serves as co-coach. "Both are excellent riders who take

pride in what they do and above all else have a lot of fun working with and showing their horses."

Willman has been trying for several years to get the district to recognize riding as a sport, but faced with concerns about liability and transportation, school officials said no. She and Rudnicki were able to resolve the concerns and get the club designation. It came two days after the

Please see **EQUESTRIAN, A2**

City plans 3rd sweep to gather late falling leaves

BY DARRELL CLEM
STAFF WRITER

Westland city workers will likely make an unusual, third sweep through neighborhoods to pick up leaves that are falling late due to an unseasonably warm autumn.

Barring a sudden onslaught of harsh winter weather, Public Service Director Kevin Buford said workers will start a third, citywide sweep with leaf-removal trucks the first week of December.

The two-week program will start almost as soon as workers finish a second sweep that is expected to end Nov. 29.

That came as welcome news to 57-year-old Paul Nichols, who held a leaf-blower Friday morning as he pushed leaves from his mother's front yard on Wilmer, near Ford and Newburgh.

"That's a good idea," he said. Nichols, who drives from Garden City to help keep his mother's yard clean, said some residents delay blowing or raking their leaves to the curb until the last minute — or they wait so long they actually miss the last sweep.

"This might help them," he said of a third leaf-pickup program.

Buford conceded that city officials have received numerous phone calls from residents

worried that their leaves aren't falling fast enough to meet the usual leaf-pickup deadline.

"You wouldn't believe the amount of calls we're getting," he said. "I personally have been getting 15 to 20 calls every day from people."

The third sweep will happen in early December as long as an unseasonably warm fall isn't followed abruptly by a sudden deep freeze.

"If we get three or four inches of snow or if the leaves are frozen to the ground, we wouldn't be able to do it," Buford said.

Westland started its leaf-pickup service in 1994. Some cities don't have a separate program to sweep leaves off streets, and some local officials in past years have suggested eliminating it as a cost-cutting measure.

That hasn't happened yet, however, and many residents have come to rely on the city program.

Nichols said some years the leaf-pickup program does appear to start too early.

Buford has heard similar comments, and he said city officials next fall may revise the leaf-pickup program to make it more productive for residents and city workers, alike.

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

Westland man gets 19-28 years in prison for robbery, shooting

BY DARRELL CLEM
STAFF WRITER

A Westland man will spend 19 to 28 years in prison for a robbery and shooting that happened Feb. 3 on Belding Court, in the Norwayne neighborhood on the city's south side.

Vincent Edward Emery, 25, was sentenced Thursday by Wayne County Circuit Judge Gregory Dean Bill, three weeks

after a jury convicted him of multiple felony charges.

"I absolutely think justice was served," said police Sgt. Michael Harhold, who was in charge of the case. "My belief from the facts of the case is that this was a dangerous individual whose incarceration protects us all as a society."

Emery shot a 29-year-old man in the arm while they and others were inside a Belding Court

residence. The victim, who was treated at Garden City Hospital, was visiting with a 23-year-old woman who told police she had known Emery since high school.

Emery had been staying at the residence with a relative who lived there.

Police cited robbery as a motive for the shooting, and a jury in late October convicted Emery on charges of armed robbery, assault with intent to

do great bodily harm (less than murder), felonious assault, felony firearm, and being a felon in possession of a weapon.

The trial included testimony from victims in the robbery, Harhold has said.

Emery fled Michigan after the incident, but he was extradited after he was captured while working for a Red Roof Inn near Huntington, W.Va.

The lengthiest sentence

imposed by Judge Bill was 17-26 years for assault with intent to do great bodily harm, but the felony firearms conviction will add a mandatory two years to that term.

Bill gave Emery lesser terms for the other felonies, but those will be served at the same time as the longer sentence.

A second defendant, 24-year-old Jason Shuford, already was serving seven-20 years in prison

for robbery. He was accused of holding the same gun and threatening the female visitor during the incident.

Shuford also is serving one to four years in prison for escaping from the Wayne County jail before he was captured in Ohio. He managed to slip from jail after he and another inmate switched identities.

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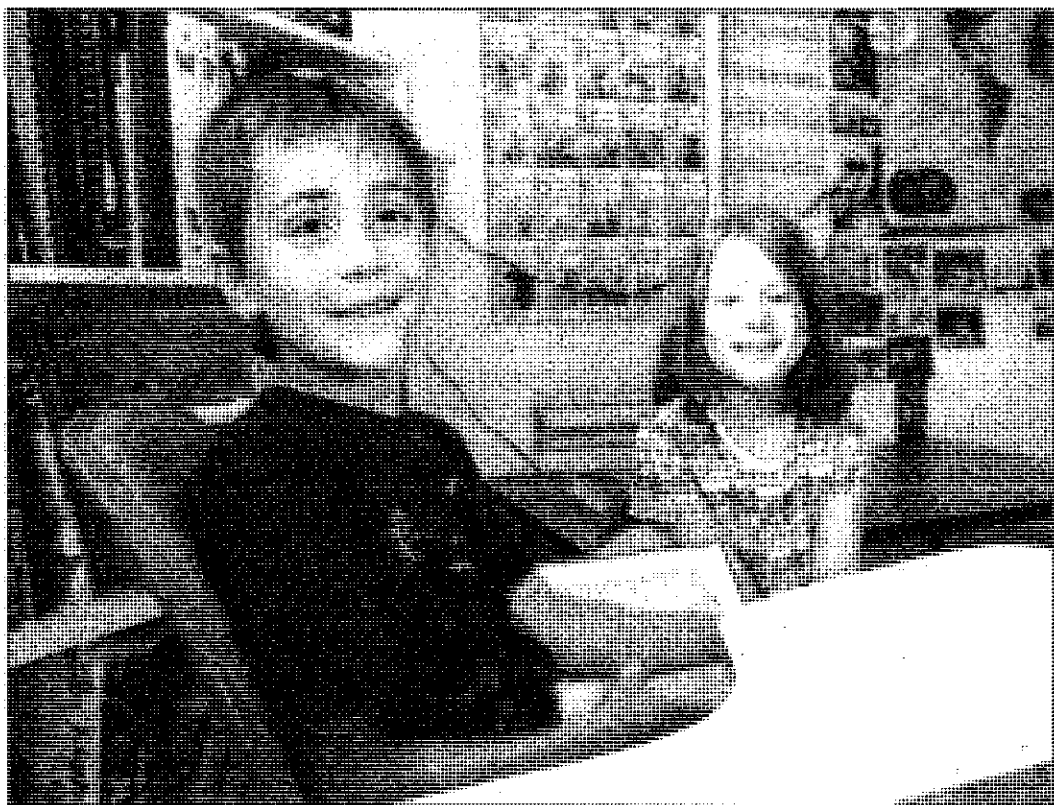
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BILL BRESLER | STAFF PHOTOGRAPHER

James and Leah Eichelberger may be only 6 and 7 years old, but they are published authors who are donating a portion of prize money from winning the "Reading Rainbow" contest to the William P. Faust Public Library.

Young writers use contest earnings to buy books for library

BY REBECCA JONES
STAFF WRITER

"Meet Mercury. He is rocky. Meet Venus. She is poisonous. You already know Earth."

So begins a voyage through the solar system, contrived by Livonia first-grader James Eichelberger.

Take a look, it's in a book - Reading Rainbow.

James' animated story, *We Learn About Space*, was a first-place winner in the 13th Annual Reading Rainbow Young Writers and Illustrators Awards. He wrote it last year, in kindergarten. The book was ranked in the top 30 nationwide.

James' big sister, Leah Eichelberger, who is now a second-grader, also took first-place locally for her story,

Glitter, the Star Who Makes a Friend, about a little girl who gets lost. She's still working on other books in her head, she said.

James' and Leah's books were featured on "Reading Rainbow" and can be read online.

The two young authors were recognized at the Westland Public Library on Monday for using their contest winnings to help buy books for the children's library collection.

Each received a \$1,000 grant awarded to their schools by Starbucks Coffee Company. Because the Eichelbergers are home-schooled, they chose to donate to the family's church, Main Street Baptist in Canton and the Westland library. The children's librarians there have always been friendly and were encouraging when they

found out about the Reading Rainbow contest, said Colleen Eichelberger, James and Leah's mom.

They contributed books from the Five in a Row series for homeschoolers, which combines children's literature with lesson plans for home-school educators and classics like *Madeline*.

When he grows up, James wants to be a chef and an astronaut. Earth is his favorite planet. It used to be tied with Pluto, but, as he learned last year, "Pluto is not a planet. He is a frozen rock in space, a floating rock."

To read the Eichelbergers' books online, go to www.detroitpublictv.com/rr2007/winners.shtml

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Pompon team will march in parade

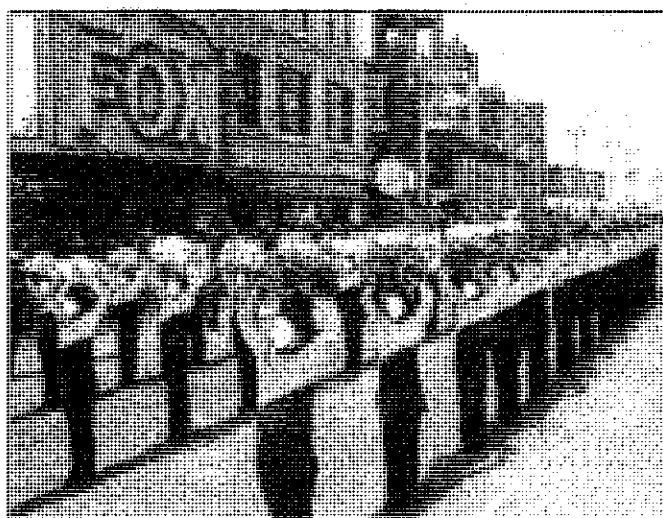
The Mid-American Pompon All-Star Team, including girls from Garden City and Westland, will perform for the 21st consecutive year in America's Thanksgiving Day Parade in Detroit.

The team started in 1986 with only 40 members and has grown to 228 performers from high schools all across Michigan. It practices together only one day prior to the parade.

The team will gather for practice Wednesday at the Novi Sheraton. The girls will be responsible for learning routines from a DVD created for them by the Mid-American Pompon staff.

The team's performance style is traditional pompon. During the parade, they will perform their routine up to 40 times. The team's patriotic uniforms are red, silver, blue and black with metallic pompons.

To be eligible to try out for the team, girls must be a member of a high school varsity pom/dance team. Each year team members are selected based on outstand-



The Mid-American Pompon All-Star Team, with members from Garden City and Westland, will perform again this year during America's Thanksgiving Day Parade in Detroit.

ing showmanship, academic stature and pompon/dance performing abilities.

This year the team also will perform Dec. 26 at the Motor City Bowl at Ford Field in Detroit. The team also has had the honor of performing at presidential inaugural parades for Bill Clinton and George W. Bush; at the Fiesta Bowl and Citrus Bowl parades; the 1996 Olympics

in Atlanta; Sea World of Ohio; Pistons and Ignition sporting events; Epcot Center; and on Carnival Cruise Lines.

In all, the team has had more than 2,000 performers participate over the years in America's Thanksgiving Day Parade.

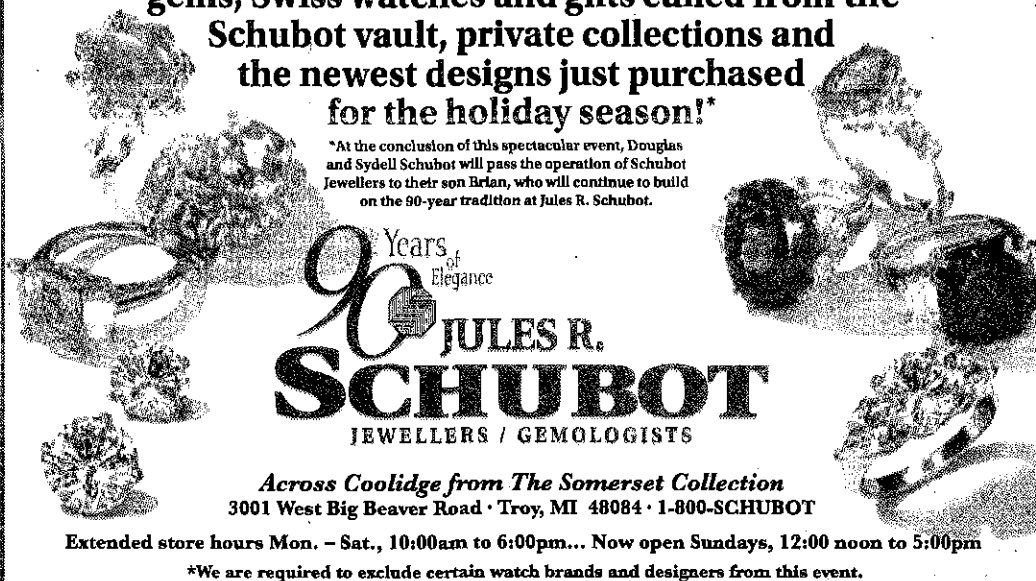
For more information, visit the team's Web site at www.pompon.com.

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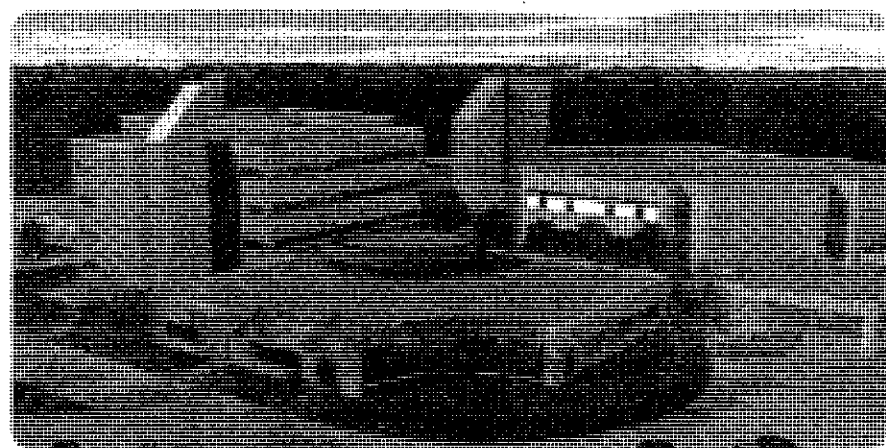


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COMMUNITY CALENDAR

Listings for the Community Calendar can be submitted by e-mail at smaison@hometownlife.com. They also can be mailed to Sue Mason at 36251 Schoolcraft, Livonia 48150, or faxed to her attention at fax at (734) 591-7279. For more information, call (734) 953-2112.

UPCOMING EVENTS

Blood Drive
St. Damian Church, 30055 Joy, Westland, will be holding an American Red Cross blood drive 8 a.m. to 2 p.m. Sunday, Dec. 2, in the Community Room. Call (734) 421-6130 to make an appointment. Walk-ins are also welcome.

New Year's Eve party
Ring in the New Year with Jimmy Howard & Company at a New Year's Party at the Livonia Elks, 31117 Plymouth Road in Livonia Monday, Dec. 30. Doors open at 6:30 p.m.; party goes until 1 a.m. Dinner (oven-baked chicken and port tenderloin) served at 7:15 p.m. Tickets are \$60 per person. Due to the Christmas holiday, tickets must be purchased by Dec. 19. For more information, call Linda at (734) 507-9173 or Mary Ann at (734) 654-0115, or e-mail parties.2go@yahoo.com

Railroadiana
The Ss. Simon and Jude Ushers Club

will sponsor a buy-and-swap toys and trains show noon to 4 p.m. Sunday, Dec. 2, at the church hall, 32500 Palmer west of Merriman, Westland. Admission is \$2 per person, \$4 per family. Food is available and parking is free. There will be operating train layouts of various gauges and more 150 dealer tables. Tables are \$10 per table. Reserve tables by calling (734) 595-8327. Dealer setup is at 9 a.m. the day of the show.

Annual luncheon
In recognition of World AIDS Day, the University of Michigan-Dearborn Women's Resource Center, Student Activities Office, and new student group Keep A Child Alive will host the second annual AIDS Awareness Luncheon noon to 1:30 p.m. Thursday, Nov. 29. The theme will be "Get Educated; Get Tested; Get Real." Hear the life story of someone living with HIV. Get educated on the real facts about HIV/AIDS. Find out how to get tested and how to protect yourself. The event is free and open to the public. It will be held in Kochoff Hall C in the University Center on the main U-M-Dearborn campus. Make reservations by calling the Women's Resource Center at (313) 583-6445 or e-mail at womensresourcecenter@umd.umich.edu by Monday, Nov. 26.

The Livonia Youth Philharmonic of Michigan, a regional orchestra, has openings for interested student musicians in its intermediate and advanced orchestras, as well as a sax choir. Rehearsals are on Saturday mornings at Churchill High School on Newburgh north of Joy Road, Livonia. For more information, call Kathy Bilger at (734) 464-8704 or by e-mail at auditions@LYPM.org.

Higher Rock Cafe
The Wayne-Westland Salvation Army presents the Higher Rock Cafe the second and fourth Fridays of the month at its facility at 2300 Venoy, south of Palmer, Westland. Doors open at 8 p.m. Check it out on the Web at www.tsa.higherrockcafe.4t.com or call (734) 722-3660.

Casino fund-raiser
Enjoy an afternoon at the Greektown Casino on Sunday, Nov. 18, to benefit St. Damian Youth Group. Tickets are \$25 and include charter bus transportation to and from the casino and a \$15 coin voucher to use at the casino. The bus departs from St. Damian, 30055 Joy Road in Westland at 1 p.m. and will return back to the church at 7 p.m. Get tickets by calling (734) 421-6130.

Fish Dial-A-Ride
One-day-a-month volunteer drivers are needed to transport seniors and

disabled who are unable to drive to medical appointments. Phone messenger volunteers are also needed to help set up rides to the medical appointments. This is also a one-day-a-month opportunity that can be done right from home. People interested in helping can call Gary Simon at (734) 751-4101 or contact him by e-mail at GCHS.MCMLX@yahoo.com.

CRAFT SHOWS

St. Michael Lutheran
St. Michael Lutheran Church will hold its Holiday Marketplace Arts and Crafts Fair 10 a.m. to 4 p.m. Saturday, Nov. 17, at the church, 3003 Hannan at the corner of Glenwood, Wayne.

Craft show
Vendors wanted for upcoming holiday craft show at Wayne Recreation Center at Howe and Annapolis in Wayne. The event will be 1-10 p.m. Thursday, Nov. 29. There are 25 available tables. People interested in reserving a spot can call (734) 595-1083.

FOR SENIORS

Friendship Center
The Senior Resources Department (Friendship Center), 1119 N. Newburgh, Westland, offers a variety of programs for older adults. The Web site www.ci.westland.mi.us offers more information. Call (734) 722-7632.

Dyer Center
The Wayne-Westland school district's Dyer Senior Adult Center offers activities Monday-Thursday at the center, on Marquette between Wayne and Newburgh roads. Mondays, Senior Chorus at 1:30 p.m.; Tuesdays, arts, crafts and needlework at 9:30 a.m.; Wednesdays, kitchen band, 10 a.m., bingo at 1 p.m.; Thursdays, ceramics, arts, crafts at 9:30 a.m.

Senior fitness
Seniors can get in shape through some programs offered at the Maplewood Center. The Senior Fitness Room is open 8:30 a.m. to 5 p.m. weekdays, 9 a.m. to 5 p.m. Saturday and noon to 6 p.m. Sunday. Annual membership is \$50 per year or \$1 for a daily pass. Aerobic classes are held 8:45-9:45 a.m. Tuesday and Thursday.

FOR YOUR HEALTH

Advocacy group
The Wayne-Westland Alliance for the Mentally Ill, a self-help and advocacy group, meets at 7 p.m. the first and third Thursday of the month at St. John's Episcopal Church, 555 S. Wayne Road, at Bayview, Westland. Call (734) 362-8825.

Substance abuse support
A SAFE PLACE meets at 7 p.m. Thursdays in the Fellowship Hall at Merriman Road Baptist Church, 2055 Merriman, Garden City. A SAFE PLACE

is based on the Alcoholics for Christ program. For more information, call Russ Weathers at (734) 422-1995.

Menopause & More
A Menopause & More support group for women meets 7-9 p.m. the first Wednesday of the month in Classroom 2 of the west addition of the Marian Women Center of St. Mary Mercy Hospital, 36475 Five Mile, Livonia. No registration is necessary, and the group is free of charge. Call (734) 655-1100.

Fibromyalgia
The Great Lakes Fibromyalgia and CFS Association Support Group meets 1-3 p.m. the first Thursday of each month at Merriman Road Baptist Church on Merriman south of Ford. There are guest speakers and discussion on a variety of topics. There is no membership fee, however a small donation is greatly appreciated. For additional information, call Lucy Rowley at (734) 462-1768.

Counterpoint
Counterpoint Shelter and Crisis Center offers free counseling and respite services for people ages 10-17 and their families. For more information, call (734) 563-5005.

Toughlove
A Toughlove support group meets 7:30-9:30 p.m. Tuesdays at Northwest Wayne Skill Center, Ann Arbor Trail between Merriman and Farmington roads. Newcomers welcome. Call (734) 261-7880 or (248) 380-7748.

VOLUNTEERS

Karmanos Institute
The Barbara Ann Karmanos Cancer Institute needs volunteers to transport cancer patients to mammogram and doctor appointments in metropolitan Detroit. Drivers are needed for Macomb and Oakland counties, Dearborn and Detroit. Volunteers must be at least 18. Mileage reimbursement is provided. Call (800) KARMANOS to volunteer.

First Step
First Step, which has been active in the effort to end domestic violence and sexual assault in western Wayne County and Downriver communities for more than 20 years, is looking for volunteers. Interested people must be at least 18, willing and able to travel to the Downriver area and complete a 55-hour training program. Call (734) 416-1111, Ext. 223.

Drivers
Volunteer drivers are needed to transport area residents to meetings of the Western Wayne Parkinson's Disease Support Group. The meetings take place 7-9 p.m. on the second Thursday of the month in the Livonia Senior Center, Farmington Road south of Five Mile. Drivers may be offered a stipend.

Parkinson's patients, caregivers and others may attend the meetings. Call (734) 459-0216 or (734) 421-4208.

VNA Hospice
Visiting Nurse Association of Southeast Michigan's (VNA) hospice program needs volunteers to comfort and support patients at the end of life. Volunteers can provide companionship, write a memoir, provide respite for family or work as office support. A free 18-hour training program is provided at the VNA headquarters, 25900 Greenfield Road, Suite 600. Registration is required. (248) 967-8361 or visit www.vna.org.

Seasons Hospice
Seasons Hospice and Palliative Care is looking for volunteers to provide companionship to patients dealing with life limiting illness. No special skills, other than objectivity and compassion, are needed. Training provided. Volunteers are matched with patients in their own community. For more information please call Ruth at (800) 370-8592.

Literacy Council
The Community Literacy Council (CLC) is looking for volunteer tutors in Western Wayne County to help adults improve their reading, writing and communication skills. The CLC will provide training to interested volunteers. Previous experience or a bachelor's degree is not required. The council will provide free training and materials, and then match you with an adult student in your area. Call (734) 416-4906 for more information.

Heartland Hospice
Heartland Hospice is looking for caring and dedicated people with an interest in serving terminally ill patients and their families in Washtenaw, western Wayne, Monroe and Livingston counties. Volunteers provide a variety of services including companionship, light housekeeping, errand running, grief support and clerical services. For more information, contact volunteer coordinator Candice Jones, (888) 973-1145.

EDUCATION

St. Damian
St. Damian Catholic School at 29891 Joy, Westland, offers preschool for 3-4-year-olds and full-day kindergarten through grade 8. For more information or to schedule a tour, call (734) 427-1680 or check out the school's Web site at www.stdamian.com.

Academic Pathways
Academic Pathways Cooperative Preschool at 30330 Schoolcraft Road, Livonia, is enrolling youngsters for its 3- and 4-year-old programs. Toilet training is not required. Call (734) 459-6689 or visit www.academicpathwayspreschool.com for more information.

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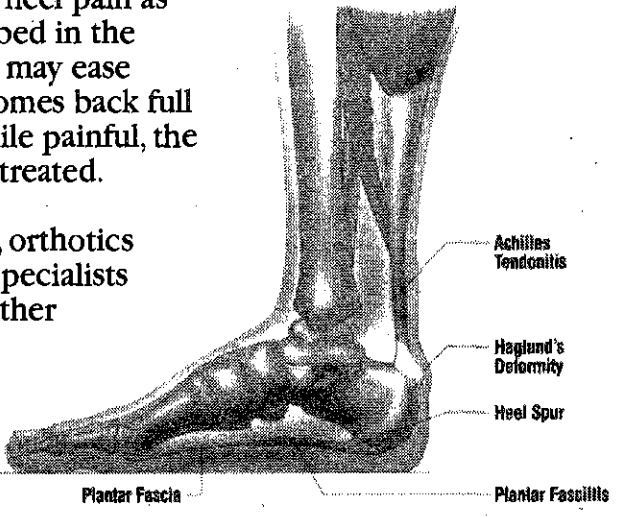
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It's Christmas time in Wayne County, Lightfest opens

It was Lights On Thursday for Wayne County's annual Lightfest on Hines Drive.

Wayne County Executive Robert Ficano and Santa Claus were on hand for the official opening of the county's elaborate four-mile fantasy of lights. Dancers, refreshments and fireworks were all part of the festivities.

Lightfest continues every evening through Jan. 1. A portion of Hines Drive is closed to regular traffic to allow for viewing the holiday lighting. The program costs \$5 per car. Cars enter Hines Drive at Merriman between Ann Arbor Trail and Warren in Westland.

A Family Holiday Tree Lighting will be held 4-6 p.m. Saturday, Dec. 8, at Nankin Mills Interpretive Center on Hines Drive near Ann Arbor Trail.

The Friends of Nankin Mills and Wayne County Parks are sponsoring the old-fashioned celebration at historic Nankin Mills. The first portion of the program features seasonal crafts you can make and take home to decorate your tree. Unique seasonal games, such as "fruitcake bowling," "pin the nose on Rudolph" and "reindeer antler wreath toss" are also featured. Cost of the craft program is \$4 per participant. The second part of the program includes a short outdoor community Tree Lighting and Sing-along with an indoor visit from St. Nick, sponsored by the Friends of Nankin Mills. Refreshments provided. This is the 20th year the Friends have held this event. There is no cost for the tree lighting and Santa Claus.

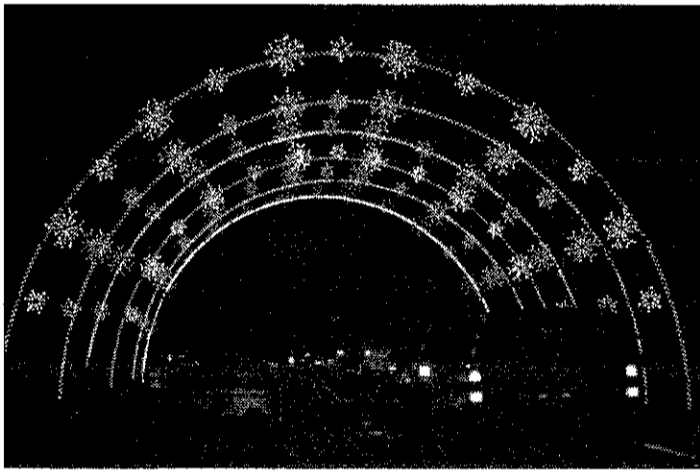


Fireworks explode over the lights during the opening ceremonies for the Wayne County Lightfest Thursday night.

PHOTOS BY TOM HOFFMEYER | STAFF PHOTOGRAPHER



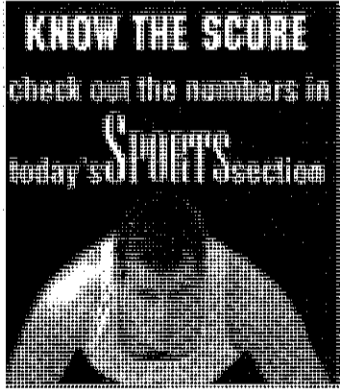
Wayne County Executive Robert Ficano joins Santa Claus in flipping the switch to turn on the lights during the opening ceremonies for the Wayne County Lightfest Thursday night.



Cars make their way through the lights after the opening ceremonies for the Wayne County Lightfest Thursday night.



Santa Claus greets the crowd as he enters the stage to help turn on the lights during the opening ceremonies.



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Advertising Correction Notice

The Lowe's circular in this week's newspaper contains an error. The correct price for the White 9-Cube Storage Organizer (#183236/280280) on page 6 is \$54.88.

We sincerely apologize for any inconvenience this error may cause to you, our valued customer.

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Arthritis Today

JOSEPH J. WEISS, M.D. RHEUMATOLOGY
18829 Farmington Road
Livonia, Michigan 48152
Phone: (248) 478-7860

THE DIFFICULTY OF TREATING PAIN IN THE ELDERLY

For a doctor, relieving a patient's pain is a responsibility of the highest order. But in treating pain in the elderly, as occurs in the back, after shingles, from an osteoporotic fracture, or as the result of advanced arthritis of the hip or knee, the doctor faces a dilemma.

The side effects of pain medication in people entering their eighth or ninth decade of life, that is age 70, 80 or beyond, can outweigh the benefit from pain relief.

For example: The accepted way to initiate pain relief is to prescribe non-steroidal anti-inflammatory drugs. This class includes ibuprofen and naproxen. For the elderly, the main problem with the non-steroidal drugs is not that they irritate the stomach, but that these medications can interfere with proper kidney function and even cause kidney failure.

The difficulty for the elderly person prescribed narcotics such as codeine, oxycodone, morphine or methadone is more than the profound constipation these drugs can cause. Their potential effect to make an elderly person dizzy, unsteady or disoriented greatly diminishes their value as pain relievers.

Because of the side effects on the elderly of many pain relieving medications, the use of acetaminophen has gained wide acceptance in the medical community. But as safe as this drug is, it can cause liver damage if taken in high doses over a long time.

Thus, the doctor's dilemma in prescribing pain medication: to weigh the pain benefit a medication brings against its risk.

www.drjweiss.yourmd.com

The 2007 Schoolcraft College Culinary Extravaganza, celebrating the pleasures of the palate and the culinary talent of Metro Detroit, was once again a great success. We extend a special thanks to the following for their generosity in donating their services & products. We invite you to visit them throughout the coming year!

<p>2 Unique Caterers & Event Planners 4303 Delemere Ct. Royal Oak, MI 48073 248-549-5242 www.2unique.com</p> <p>Sive Restaurant 44045 5 Mile Rd. Plymouth, MI 48170 734-414-0600 www.sivegroup.com/conference/sive</p> <p>American Harvest - Schoolcraft College 18600 Haggerty Rd. Livonia, MI 48152-2696 734-462-4488 www.schoolcraft.edu/harvest</p> <p>Andiamo 21400 Michigan Ave. Dearborn, MI 48126 313-359-3300 www.andiamotalia.com</p> <p>Armitage Catering/ Finnish Center 40390 Guilford Novi, MI 48375 248-921-7561</p> <p>Back Home Bakery 42807 Ford Rd. Canton, MI 48187 734-927-1160 www.BackHomeBakeryCanton.com</p> <p>Black Star Farms 10844 E. Revold Rd. Suttons Bay, MI 49682 231-944-1255 www.blackstarfarms.com</p> <p>Busch's Family Markets 15185 N. Sheldon Rd. Plymouth, MI 48170 734-414-5200 www.buschs.com</p> <p>Cadillac Coffee Company 1801 Michael St. Madison Heights, MI 48071 800-438-6900 www.cadillaccoffee.com</p> <p>Central Distributors 28100 Gorsuch Ave. Romulus, MI 48174 734-946-6200 www.abwholesale.com/cdob</p> <p>Ciao Amic's Restaurant 217 W. Main St. Brighton, MI 48116-1523 517-404-6009</p> <p>Compari's on the Park 350 S. Main St. Plymouth, MI 48170 734-416-0100 www.comparisdining.com</p> <p>DFV Wines 1690 Glen Eagles Dr. Highland, MI 48357 248-318-7408</p> <p>Eagle Eye Imports 300 E. Long Lake Rd. Bloomfield Hills, MI 48304</p>	<p>Elite Brands Imports 29394 Northwestern Hwy. Southfield, MI 48034 248-223-1090</p> <p>Estate Wines & Spirits 501 Temple City Dr. Troy, MI 48064 248-649-6940</p> <p>The Farm Restaurant 699 Port Crescent Rd. Port Austin, MI 48467 989-874-5700 www.thefarmrestaurant.com</p> <p>Fiamma Grille 380 S. Main St. Plymouth, MI 48170 734-416-9340 www.fiammagrille.com</p> <p>Five Lakes Grill 424 N. Main Milford, MI 48381 248-684-7455 www.fivelakesgrill.com</p> <p>Flemings Prime Steakhouse & Wine Bar 17400 Haggerty Rd. Livonia, MI 48152 734-542-9463 www.flemingssteakhouse.com</p> <p>Gala - A New American Bistro 33316 Grand River Ave. Farmington, MI 48336 248-478-2355 www.galafarmington.com</p> <p>Galaxy Wine Distributors 29500 6 Mile Rd. Livonia, MI 48152 734-425-2990</p> <p>The Great Lakes Coffee Roasting Company 389 Enterprise Ct. Bloomfield Hills, MI 48302 248-745-0000 www.greatlakescoffee.com</p> <p>Great Oaks Country Club 777 Great Oaks Blvd. Rochester, MI 48307 248-651-5200 www.greatoaksclub.com</p> <p>The Henry Ford 20900 Oakwood Blvd. Dearborn, MI 48124 313-982-6067 www.thehenryford.org</p> <p>Henry A. Fox Sales Co. - Midwest Wine Exchange 4494 36th S.E. Grand Rapids, MI 49512 248-930-5616</p> <p>Hilton Garden Inn, Plymouth 14600 N. Sheldon Rd. Plymouth, MI 48170 734-354-0001 www.plymouthhilton.com</p> <p>Holiday Catering & Cooking School 1203 S. Main St. Royal Oak, MI 48067 248-541-1414 www.holiday-markets.com</p>	<p>Joe's Produce 33152 W. 7 Mile Rd. Livonia, MI 48152 248-477-4333 www.joesproduce.com</p> <p>Josulete Wines Inc. - Pelee Island Winery 26550 Grand River Ave. Redford, MI 48240 313-538-5609</p> <p>LaBisteca Italian Grille 39405 Plymouth Rd. Plymouth, MI 48170 734-254-0400 www.labisteca.net</p> <p>Loving Spoonful 27925 Golf Pointe Blvd. Farmington Hills, MI 48331 248-489-9400</p> <p>Michigan Wine Merchants - a fine wine division of NWS 17550 Allen Rd. Brownstown, MI 48193 734-324-3000</p> <p>Mitchell's Fish Market 17600 Haggerty Rd. Livonia, MI 48152 734-462-6676 www.cameronmitchell.com</p> <p>The Pastry Palace 28255 Beck Rd. #117 Wixom, MI 48393 248-380-2810 www.thepastrypalace.com</p> <p>Pastry Parlor & Tea Room 56808 Grand River New Hudson, MI 48165 248-446-1500</p> <p>Queen of Hearts Pastries & Bakery 52 E. Cross St. Ypsilanti, MI 48198 734-487-9223 www.queenofheartspastries.com</p> <p>The Rattlesnake 300 River Place Detroit, MI 48207 313-567-4400 www.rattlesnakeclub.com</p> <p>Rizz Carleton Hotel 300 Town Center Dr. Dearborn, MI 48126 313-253-4355 www.rizzcarleton.com</p> <p>Romano's Macaroni Grill 39300 7 Mile Rd. Livonia, MI 48152 734-462-6676 www.macaronigrill.com</p> <p>Rustique Deli/Cafe and Bakery 8946 Napier Northville, MI 48168 248-344-7701</p> <p>Schmitt Sohne/ Kevin D. Chaney Co. 1950 Scenic Dr. Milford, MI 48380</p>	<p>Sorella's Homemade Baked Goods 31236 5 Mile Rd. Livonia, MI 48154 734-525-5544 www.sorellahomemade.com</p> <p>Station 885 885 Starkweather Plymouth, MI 48170 734-459-0885 www.station885.com</p> <p>Stonefire Bistro 440 W. Main St. Brighton, MI 48116 810-534-0440</p> <p>Trader Joe's 20490 Haggerty Rd. Northville, MI 48167 734-464-3675 www.traderjoes.com</p> <p>Traffic Jam Restaurant 511 W. Canfield Detroit, MI 48201 313-831-1265 www.trafficjam.com</p> <p>Veritas Distributors 32185 Hollingsworth Warren, MI 48092 586-977-5799</p> <p>Wine2Wine Custom Winery of Northville 446 S. Main St. Northville, MI 48167 248-465-9463 www.northvillwine.com</p> <p>Vintner's Cellar Canton Winery 8515 N. Lilley Rd. Canton, MI 48187 734-354-WINE (9463) www.vintnerscanton.com</p> <p>Walnut Creek Country Club 25501 Johns Rd. South Lyon, MI 48178 248-437-7337 www.walnutcreekcc.net</p> <p>Wine Castle 33415 7 Mile Rd. Livonia, MI 48152 248-477-5533</p> <p>Wine Dimensions 249 Cass Ave. Mount Clemens, MI 48043 586-465-5700</p> <p>Wines of Distinction/ J & J Importers 360 E. Maple Rd. Ste. T Troy, MI 48063</p> <p>WineStyles 17386 Haggerty Rd. Livonia, MI 48152-2608 734-464-9600 www.winestyles.net</p> <p>Zingerman's Bakehouse 3711 Plaza Dr. Ann Arbor, MI 48108 734-761-2190 www.zingermansbakehouse.com</p>
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Olympic success starts with goals, hard work

BY REBECCA JONES
STAFF WRITER

Her shirt said, "Hockey is Life," but Morgan Stacey didn't want to get out of bed last Saturday morning.

Teresa Renaud said she dragged her daughter to Churchill High School to hear five Olympians tell their success stories. When it was through, Stacey jumped up and planted a kiss on her mom's temple. She was invited to play hockey with Angela Ruggiero, a three-time Olympic medalist on the U.S. women's ice hockey team.

"She's one of my top idols," said Stacey, 10, a goalie from Walled Lake, who watched Ruggiero in the Olympics and on TV's *The Apprentice*. "I want to go to the Olympics."

Ruggiero knows what it's like to want to stay in bed. Growing up, she had hockey practice at 5:30 a.m. Saturday mornings, and she made a commitment to go. That's how you become an Olympic champion.

Stacey was one of 230 people — including gymnasts, archers, swimmers and their parents — who heard from five female athletes about how they made it to the Olympics and achieved success in other areas.

"They all had one common dream, about becoming a champion," said master of ceremonies Amy Weber of Radish Creative Group. "They saw a vision. They went for it. They worked. ... They believed in themselves."

SET GOALS, BREAK BARRIERS

The athletes talked about setting goals and breaking them into baby steps.

Shannon Miller — America's most decorated gymnast and a member of the Magnificent Seven, 1996's gold-medal winning U.S. team — said her goals along the way were to "fall less on beam" and to break the 8.0 score.

"Once you break that barrier, all the sudden you see the next goal," Miller said. "Don't set limits on yourself, and don't let other people set limits for you."



Olympians Cheryl Hayworth (weightlifting), Angela Ruggiero (ice hockey), Shannon Miller (gymnast), Natalie Woolfolk (weightlifting), and Sheila Taormina (swimming, triathlon, pentathlete in training) talked about their paths to success in sports and other areas at Sharing the Dream.

Ruggiero, who went to Harvard on a hockey scholarship, said she writes down her goals periodically. For her first semester there, she aimed for a C average, figuring Harvard was hard. Her average was a B-. By her senior year, she upped her goal and was getting straight A's. She may go back for an M.B.A.

"Harvard is just one point among my athletic accomplishments that show the power of the mind," said Ruggiero, who was offered a job by Donald Trump.

DECIDE TO WORK HARDER

Sheila Taormina, a Livonia native and veteran of three Olympic games, had a goal to compete at the Olympic trials, but never believed she had what it took to make it to the games themselves until she was 23 years old and ready to retire.

Now, her dream to be the first American to participate in three different sporting events at the Olympics. Right now, she's training up to 12 hours a day for the modern pentathlon, which includes swimming, run-

ning, horse jumping, shooting and fencing. That dream might not come true, she said, but she's giving it her all.

"The only way you have confidence is if you've done the work," she said. "Be the one who decides to work harder than your next door neighbor."

Stevenson High School seniors Eric Valenti and Robert Banish are rooting for Taormina because she's from Livonia and, "it would be cool to see a woman tear it up," said Banish.

Farmington High School's

swim team attended the "Sharing the Dream" event, the morning after they wrapped up their season.

"We wanted to come get a 'reaching our goal' speech," said Danielle Graessle, whose letter jacket was weighed down with medals from swimming and soccer. She said the team was leaving with a positive attitude. "It will definitely make us try harder."

Champion weightlifters Cheryl Hayworth and Natalie Woolfolk both found their way into weightlifting after getting

their start in other sports.



Taormina helped organize the event to give youngsters the opportunity to meet an Olympic athlete and help them realize they could be one too.

Since then, the group has had calls from St. Louis, Atlanta and California asking them to speak.


Afterward, the athletes decided to open their personal training sessions that afternoon to all the participants in the crowd.

rrjones@hometownlife.com | (734) 953-2054

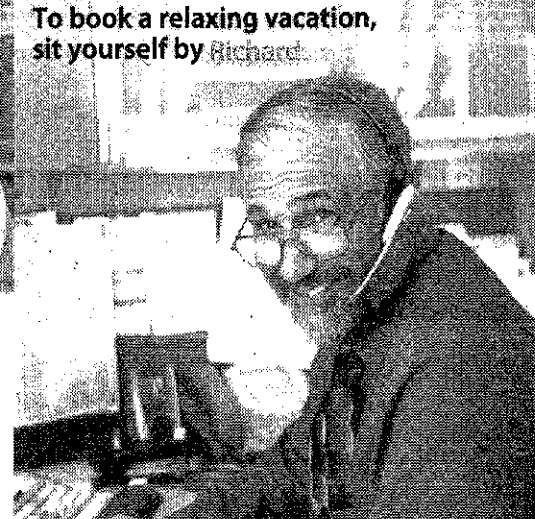
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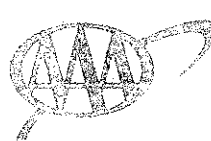
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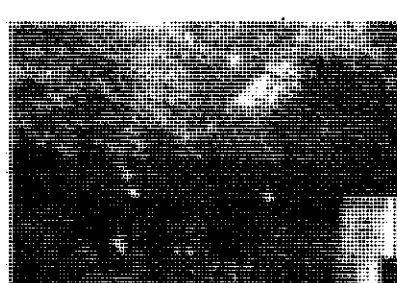
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Garden City Hospital offers Power Hour intense exercise workout

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

Monday, Nov. 12

Power Hour at 10 a.m. and 1 p.m. An intense exercise class designed to take you to the next level in fitness. Every class will be different, but we guarantee that each one will be challenging and fun, with a variety of aerobic exercises to experience. Fee is \$30 per month. For more information, call (734) 458-3242.

Childbirth Education (second 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.

Heart Pals Cardiac Support Group at 7:30 p.m. Group support is offered to cardiac patients and/or their significant other. Discussion, education and camaraderie are the focus. Call (734) 458-3242 for more information.

Tuesday, Nov. 13

Get Up and Move at 9 a.m. and 4 p.m. This is an invigorating exercise program designed to help you get up and get moving, and is the perfect compliment to your diet program. These classes will help you to make an easy transition back to an exercise program or help you to get started for the first time. Fee is \$30 per month. For more information, call (734) 458-

3242.

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.

Strength and Stretch at 11 a.m. and 2 p.m. This is a non-aerobic exercise class designed to help you strengthen and define your muscles, as well as increase your flexibility. Each class will combine a variety of equipment, including free weights, medicine balls, balance balls, and Therabands in order to isolate and tone each of the major muscle groups. Fee is \$30 per month. For more information, call (734) 458-3242.

Power Hour at 3 and 5 p.m. An intense exercise class designed to take you to the next level in fitness. Every class will be different, but we guarantee that each one will be challenging and fun, with a variety of aerobic exercises to experience. Fee is \$30 per month. For more information, call

(734) 458-3242.

Yoga (second of four classes) at 4 p.m. Learn how to relax, stretch and breathe while creating balance, strength and flexibility for both the body and mind. This four-week session is \$32. Classes meet at Garden City Hospital's Cardiac Rehab. Call (734) 458-3242 for details and to register.

Wednesday, Nov. 14

Power Hour at 10 a.m. and 1 p.m. An intense exercise class designed to take you to the next level in fitness. Every class will be different, but we guarantee that each one will be challenging and fun, with a variety of aerobic exercises to experience. Fee is \$30 per month. For more information, call (734) 458-3242.

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.

Alzheimer's Support at 7 p.m. Sponsored by the Alzheimer's Association, family members, friends and caregivers of persons afflicted with Alzheimer's Disease or related disorders are invited to join this free monthly support group. The group

will provide mutual aid, support and the opportunity to share problems and concerns. Meetings are held on the second Wednesday of the month in the lower level classrooms of the Allen Breakie Medical Office Building (attached to the main hospital), 6255 N. Inkster Road, Garden City. Call (734) 458-4330 for more information.

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.

Self Help for Hard of Hearing (SHHH) at 7 p.m. Are you or someone you know hard of hearing? You're not alone. A free support group for people who are hard of hearing is held every third Wednesday of the month. Call (734) 458-3381 for more information.

Thursday, Nov. 15

Strength and Stretch at 11 a.m. This is a non-aerobic exercise class designed to help you strengthen and define your muscles, as well as increase your flexibility. Each class will combine a variety of equipment, including free weights, medicine balls, balance balls, and Therabands in order to isolate and tone each of the major muscle groups. Fee is \$30 per month. For more information, call (734) 458-3242.

Get Up and Move at 4 p.m. This is an invigorating exercise program designed to help you get up and get moving, and is the perfect compli-

ment to your diet program. These classes will help you to make an easy transition back to an exercise program or help you to get started for the first time. Fee is \$30 per month. For more information, call (734) 458-3242.

Yoga (fourth of four classes) at 6:30 p.m. Learn how to relax, stretch and breathe while creating balance, strength and flexibility for both the body and mind. This four-week session is \$32. Classes meet at Garden City Hospital's Cardiac Rehab. Call (734) 458-3242 for details and to register.

Diabetes Self-Management Education (fourth of four classes) at 6:30 p.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.

Friday, Nov. 16

Get Up and Move at 9 a.m. This is an invigorating exercise program designed to help you get up and get moving, and is the perfect compli-

ment to your diet program. These classes will help you to make an easy transition back to an exercise program or help you to get started for the first time. Fee is \$30 per month. For more information, call (734) 458-3242.

Power Hour at 10 a.m. and 1, 3 and 5 p.m. An intense exercise class designed to take you to the next level in fitness. Every class will be different, but we guarantee that each one will be challenging and fun, with a variety of aerobic exercises to experience. Fee is \$30 per month. For more information, call (734) 458-3242.

Strength and Stretch at 2 p.m. This is a non-aerobic exercise class designed to help you strengthen and define your muscles, as well as increase your flexibility. Each class will combine a variety of equipment, including free weights, medicine balls, balance balls, and Therabands in order to isolate and tone each of the major muscle groups. Fee is \$30 per month. For more information, call (734) 458-3242.

Daily Programs
Garden City Hospital's Health Enhancement Center offers daily programs Monday through Friday in Phase II and III Cardiac Rehabilitation/ Cardiac Wellness, a Peripheral Vascular Disease Exercise and Strength Training Program, and a Diabetes Exercise Program. These classes are presented and monitored by certified exercise physiologists. Contact the Health Enhancement Center at (734) 458-3242 to select an exercise program specifically designed for you.



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Tax strategies for those who want to give to charity

Dear Rick: In your column last week you mentioned something about an expiring tax law that allows someone to donate their required minimum distribution. I think it's a great idea and I'm going to do it. My question to you is does it make a difference if I donate investments that I have a gain in or investments that I have a loss in?



Money Matters
Rick Bloom

is an excellent tax strategy to consider.

In a traditional IRA, it does not make a difference because you do not have a cost basis. So it does not make a difference — from a tax standpoint — what securities you donate. In addition, it makes no difference to the charity either. Typically, when a charity receives a security, it can liquidate the security without tax consequences.

The tax law that allows people over 70½ to make

charitable contributions through their IRAs and include that number in the required minimum distribution expires this year. If you're over 70½ and charitable in nature, this

For individuals who donate on a year-by-year basis if you can, using your IRA does provide a great opportunity. However, if you are not eligible to donate through your IRA then a couple of tax strategies can save you money in making charitable contributions.

For those who are charitable in nature, a good strategy is

to gift appreciated securities. Securities that have a gain can be gifted to a charity and you can deduct the fair market value on your tax return. In addition, you do not have to pay the capital gains associated with those securities.

By donating appreciated securities, you avoid the capital gains tax on the gain and still can deduct as a charitable contribution the fair market value of the securities.

On the other hand, you do not want to donate securities you have a loss on. In those cases, a better strategy would be to sell the investment, recognize the loss for tax purposes then donate the cash proceeds. By doing it this way, you get the best of both worlds — you can write off your charitable contributions and deduct the loss on the sale.

Before you donate

appreciated securities or cash to a charity, make sure that you check the charity out to assure it is legitimate and worth your hard-earned money.

Dear Rick: I was at one of your library talks, and you were talking about having a sell discipline. I bought a mutual fund three years ago and it has been severely underperforming. I told my broker I wanted to sell the fund. He told me I would have a 2 percent penalty to sell the investment. Can they charge me a penalty to sell and if so, what should I do?

Unfortunately, they can charge you a penalty to liquidate your investment. Penalties are common in the financial world. What is even more unfortunate is that most penalties are virtually undisclosed.

It appears you have a B-

Share Class Mutual Fund. If you sell the investment prior to holding it for at least five years, there is a penalty. Typically, the penalty reduces itself so after that period there are no penalties.

I am not a fan of B-Share Mutual Funds and I generally recommend investors avoid them. In addition to the penalty, most B-Share Class Mutual Funds also have much higher management fees on a year-by-year basis. On the whole, they are not very investor-friendly.

Should you sell the investment or stay with it? If the fund has been underperforming other mutual funds in its same category for a two-to-three-year period, then generally I say sell the investment.

For as long as I have been in the investment world, I

have also stated that fees do matter and it is one way for investors to immediately get higher rates of return on their money and that is for everyone to be sensitive about fees. I recognize many professionals in the financial world will tell you that fees are how they earn their living. They will tell you that they're entitled to fees because they are providing professional services. I don't have a problem with that concept, however, the problem that I have is when fees are not readily disclosed.

The great majority of people that buy commissioned investments do not understand fees and costs because companies do what they can to hide fees from investors. Rick Bloom is a fee-only financial adviser. You can hear him live on Sundays from noon to 3 p.m. on WDTK 1400 AM.

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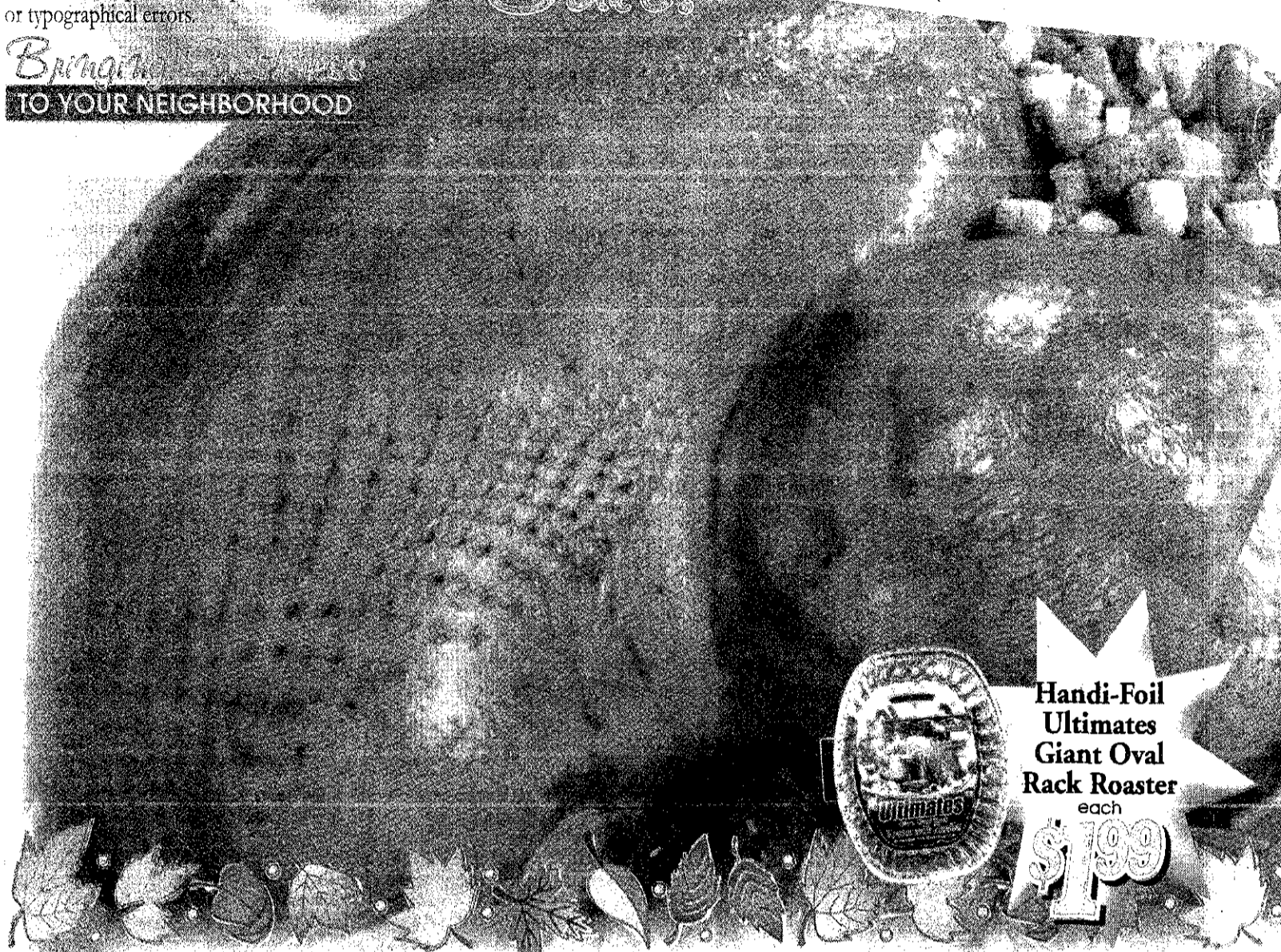
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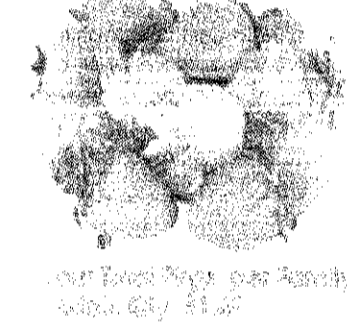
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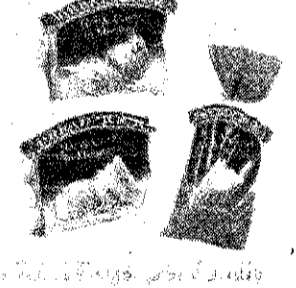
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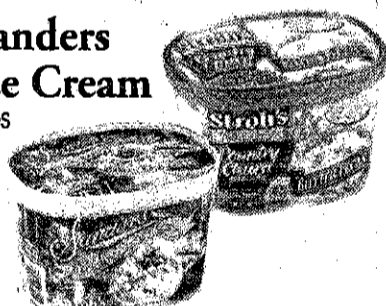
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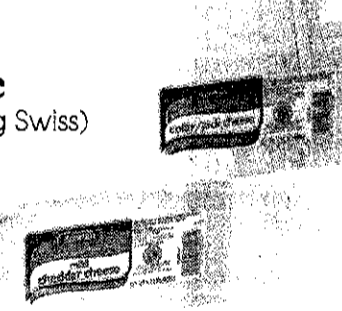
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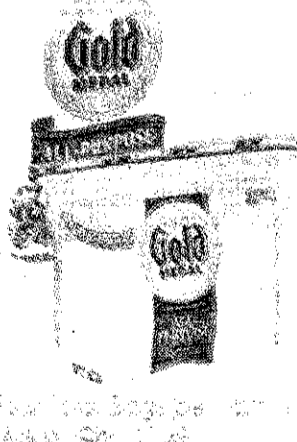
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OUR VIEWS

You could end up on other side, too

Which side of the line are you on? These days in southeast Michigan, more and more people are crossing the line from making ends meet to the other side. Sometimes it's their fault, often it isn't. But does that matter?

With companies downsizing and jobs disappearing, our state is stuck with the nation's highest unemployment rate. If our state's home foreclosure rate isn't the nation's highest, it's close to it. Add to that the spike in the cost of fuel — for home heating and gasoline for our vehicles — and many of us are just a few paychecks away from disaster.

Many are already there. A story that ran in many of our *Observer & Eccentric Newspapers* in September told of a woman standing in a Salvation Army office line seeking help in paying her utility bill. The family fell behind after her mother had a heart attack, she said, and she figured she could end up on the streets in a couple of months. That would be November.

The woman told our reporter that when she was young and had money she used to help folks out with donations all the time. "God says kindness done from the heart will never go unanswered," she said.

Those of us who still have jobs and can make the bills might be tempted more than ever to protect what they have and scrimp on giving to help those less fortunate. But that isn't the answer; there are other places to save money.

With more and more people on the other side of that line, there's a greater need than ever to pitch something into those red kettles, write a check to the local Goodfellows, drop a toy into a Toys for Tots collection box or find a way to help your favorite service agency dedicated to those in need.

This is the time of year that many service agencies draw their biggest collections, but they must stretch through the rest of the year. It's time to be thankful about being on the good side of that line and time to remember those who aren't. It could be us one day.

Still wasting money

I said NO, I meant NO. NO TAX INCREASES. Congressman Thaddeus McCotter supposedly VOTED AGAINST: Legislation to increase the money you pay to the government, AND wasteful government spending of your hard-earned tax dollars.

I have requested three times not to receive future mailings, yet I continue to receive full color, double-sided, card stock mailings from the U.S. House of Representatives using the franking privilege. The document states "This mailing was prepared, published and mailed AT TAXPAYER EXPENSE." Stop wasting taxpayer money. The 8.5-by-12 mailing had a photo of someone's hands in someone's wallet. Whose hands, Mr. McCotter?

Dianne Marietti
Livonia

Following the leader's mistakes

Thank you, Joe (Golonka) from Westland, for your "Opinion" letter printed in the Nov. 11 issue of the *Observer*. My husband and I agree with every word in every paragraph that you wrote. You express opinions we have developed over years of watching Congressman Thaddeus McCotter's moves. It is clear that he has rubber-stamped every single mistake on every single issue that the selfish and short-sighted Republicans and their leader have led us into with their agenda of intimidation and deception.

To add a brief commend to your astute observations regarding Mr. McCotter's "I Work for You" mailing: The heading is striking in its irony, as is the tiny, tiny, almost invisible print stating that "This mailing was prepared, published and mailed at taxpayer expense." His position as "Chairman, House Republican Policy Committee" is also noteworthy.

LETTERS TO THE EDITOR

worthy. Surely there can't be a sufficient number of uninformed/stupefied people in our congressional district to justify the moves McCotter has made. Joe, we echo your words: "He claims to work for me?"

We look forward to the coming election when we expect to welcome a new, true representative as this so-called "representative" exits "stage right."

B. J. Davis
Livonia

Veterans proud to share

The (Take a Veteran to School Day) program at Holmes Middle School was great, and I appreciate being invited to share my experiences.

I'm sure that at the end of the program the kids had a much greater understanding of the sacrifice all veterans have made. The kids had many good questions during the program, and had more to ask during lunch.

I left that school with a great feeling of pride and accomplishment. Thanks to all of the teachers and young adults who participated. Finally, thanks to Bright House Networks and the *Observer* for reporting this educational program on veterans.

Gary Busch
Northville

Markings of intelligence?

Footprints on the sands of time, whose footprints might they be.

The markings of intelligence, screaming fearfully.

Carvings on humanity, bloodied hearts and souls.

Intelligence that stalks and lurks, merciless and bold.

Millions lie dead. Millions are maimed. Decades of bombs. The world is insane. Bomb all the "bad" guys, save all the "good." We all look the same. We all look like hoods.

Anne X. George
Livonia

Rollover Democrats

One Democratic senator told me that the Democrats were frustrated about Mukasey but that they didn't have a choice. Bush had threatened to install an acting attorney general if they blocked the nomination.

Wow. The Democrats rolled over again after being blackmailed by a lame duck president who has a lower approval rating than Richard Nixon.

Apparently political calculation takes precedent over upholding the Constitution, and the Democrats believe that by pinning the mess squarely on George Bush and the Republicans, they will win in '08.

Until then, they will do nothing to stop him. They will make impassioned speeches but they will not lift a finger to stop the confirmation of an attorney general who couldn't say that waterboarding is torture. They will irresponsibly allow the Republicans to pass the Protect America Act after yet another phony terrorist threat.

The Democrats were swept back into power after promising to change the course, but they roll over every time. They continue to allow the worst president in history to stay the course, shred the Constitution and thumb his nose at the rule of law.

I cannot imagine what it will take to get them to stand up and do what is right.

Katie Jacob
Birmingham

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State Sen. Glenn Anderson, D-Westland: Contact him by mail at P.O. Box 30036, Lansing, MI, 48933; by phone at (517) 373-1707; or by e-mail at SenatorAnderson@senate.michigan.gov.
U.S. Sen. Carl Levin, D-Michigan: His Washington, D.C. mailing address is 269 Russell Office Building, U.S. Senate, Washington, D.C. 20510-2202. Call him at (202)

224-6221. The fax number is (202) 224-1388. He also has offices in Patrick V. McNamara Federal Building, 477 Michigan Ave., Room 1860, in Detroit. The local phone number is (313) 226-6020, TTY (800) 851-0030 and fax at (313) 226-6948. He also has a Web site, levin.senate.gov.
U.S. Sen. Debbie Stabenow, D-Michigan: In Washington, D.C. the address is 133 Hart Senate Office Building, Washington, D.C. 20510. Call her there at (202) 224-4822, TTY (202) 224-2066, or e-mail her at senator@stabenow.senate.gov. In Detroit, her

office is at 243 W. Congress, Suite 550. Call (313) 961-4330. She also has a Web site, stabenow.senate.gov.
U.S. Rep. Thaddeus McCotter, R-Livonia: His Washington, D.C., mailing address is 1632 Longworth House Office Building, Washington D.C. 20515. Call him at (202) 225-8171 or send a fax by dialing (202) 225-2667. His district office is at 17197 N. Laurel Park Dr., Suite 161, Livonia, MI 48152. Call him at (734) 632-0314 or send a fax at (734) 632-0373. He also has a Web site, mccotter.house.gov.

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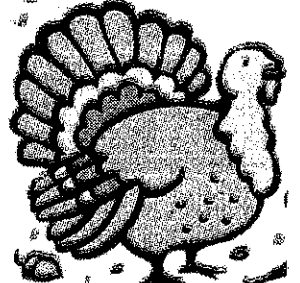
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SPORTS



Sunday, November 18, 2007

The Observer & Eccentric Newspapers

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

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Patriots usher in new hockey era with 9-3 win

BY BRAD EMONS
STAFF WRITER

It was mission accomplished for Scott Wirgau in his debut Friday night as Livonia Franklin hockey coach. Hat tricks by juniors Tyler Barnes and Ben Kubiak carried the Patriots to a season-opening 9-3 win over visiting Pinckney at Eddie Edgar Arena.

Wirgau replaced Terry Jobbitt, who retired at the end of last season following 25 years behind the Patriot bench.

"We came in to accomplish two things tonight - get that first one under our belt and we wanted the kids to have a great time, and we did both," Wirgau said.

A total of 26 penalties were whistled in the game, including 16 against Pinckney (1-1) which opened its season earlier in the week with a 9-5 win over Ann Arbor Gabriel Richard.

"Half of our team is new and we're adjusting to each others' skills," said Pinckney assistant coach Ted Kroll. "Franklin outskated and outplayed us, and the boys had trouble holding their composure. Penalties hurt us."

Franklin led 4-2 after one period on pair of goals each by Barnes and Kubiak (both power plays).

Barnes scored on a high wristler from the slot along with a shorthanded breakaway effort after a steal near the blue-line by teammate Tyler Miller.

Luke Eibler and Mike Luck countered with goals for the Pirates against Franklin senior netminder Austin Mesler, who had only a total of three practices and one tryout following the Patriots' long football playoff run which ended only last Friday in the regional.

Mesler, who stopped 23 shots, appeared to get more comfortable as game wore on. He made a spectacular sprawling save in the final period to thwart a Pinckney breakaway.

"I'm still getting used to it," said Mesler, who played starting linebacker for the 7-5 Patriots. "I felt it's been awhile, but I knew what to do. I have a few bumps and bruises (from football) - nothing major. I've played hockey forever. Maybe another week of practice and I'll be back to normal."

Mesler faced a lot of rubber during his junior year



TOM HAWLEY | STAFF PHOTOGRAPHER

Franklin's Tyler Barnes takes a slap shot and scores the first goal at 2:39 of the first period during Friday's season-opening 9-3 win. Defending is Pinckney's Andrew Nabozny.

Please see **PATRIOTS, B3**

Sidelines

Clasgens All-MIAA

Olivet College sophomore running back Pat Clasgens (Livonia Stevenson) earned first-team All-Michigan Intercollegiate Athletic Association honors in football.

Clasgens ranked third in the MIAA in rushing with 863 yards on 143 carries and eight touchdowns for the MIAA co-champion Comets (6-4, 6-1), who opened the NCAA Division III playoffs Saturday against host Central College (10-0) in Pella, Ia.

Silvernail All-Star

Albion College wide receiver Josh Silvernail (Livonia Clarenceville) has been selected to play for the American Football Coaches Association's NCAA Division III all-star team that will represent the U.S. against the Mexican National Team in the 2007 Aztec Bowl on Saturday, Dec. 8, in Chihuahua, Mexico.

Silvernail is one of 50 Division III seniors from around the country who will make up this year's team.

Silvernail, who caught a team-high 34 passes for 804 yards and five touchdowns, was a first-team All-Michigan Intercollegiate Athletic Association pick this season for Britons (2-8, 2-5).

Nebus in minors

Former Livonia Stevenson hockey player Mark Nebus is now starting his first full minor professional season, as a forward with the expansion Port Huron Icehawks of the International Hockey League.

Nebus so far is scoreless in six contests with the IHL team, including Sunday's 6-5 shootout victory over visiting Flint at McMorran Arena.

But he did see action in 16 minor league games (including regular season and playoffs) in 2006-07 after finishing his collegiate hockey career at Wayne State University (2003-07).

Last year, after tallying six goals and 12 assists in 35 games for Wayne State, the 6-foot, 200-pounder split time between the Muskegon Fury and Chicago Hounds of the now-defunct United Hockey League.

Madonna University midfielders Keith Sied (No. 15) and Emilio Giorgi (No. 21) converge on Embry Riddle forward Sam Litchfield during Wednesday's NAIA Men's Soccer National Championship first-round match at Mid-America Nazarene University in Olathe, Kansas. The Crusaders, in their first-ever trip to the nationals, suffered a 2-1 setback.



Crusaders nipped in NAIA Nationals

Madonna University's men's soccer team lost 2-1 to Embry Riddle (Fla.) in Wednesday's opening round of the NAIA National Tournament at Mid-America Nazarene University in Olathe, Kansas.

The 14th-seed Crusaders, who made history by way of their first-ever trip to the

nationals, trailed 1-0 early in the game when Eagles midfielder Phil Middleton took advantage of some defensive miscommunication near the Madonna goal and buried a shot behind MU senior goalkeeper Kristofer Lyons.

Madonna did draw even

Please see **CRUSADERS, B2**

Lansing CC harriers 'chips off old Block'

BY BRAD EMONS
STAFF WRITER

CROSS COUNTRY

Chuck Block has always gone the distance when it comes to his running endeavors.

But the 51-year-old Livonia native may have surpassed all his achievements as an accomplished runner and race promoter-director as he guided Lansing Community College to the National Junior College Athletic Association Division I men's cross country championship held Nov. 10 at Rend Lake CC in Ina, Ill.

Lansing CC, capturing its first men's harrier title since 1999 when it was a member of the NJCAA Division II, scored 111 points to edge Iowa Central

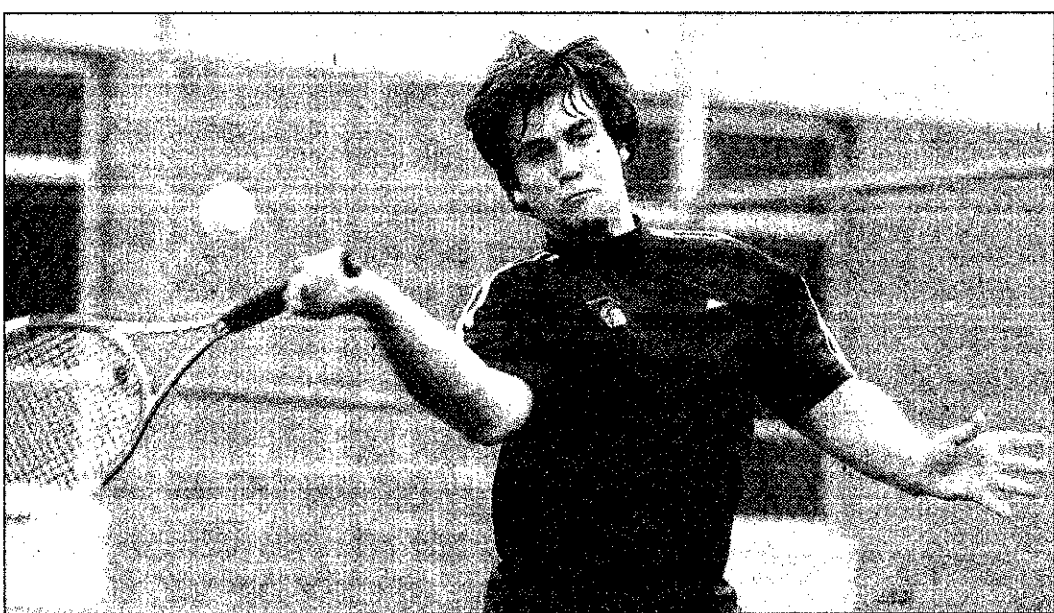
(120) and Central Arizona (129) for the crown.

Block, a 1974 Franklin High grad, was also named NJCAA Division I National Coach of the Year.

"These are the moments I'll never forget, I'm on top of the world and quite thrilled," Block said. "We're the best junior college team in the country. It's unbelievable."

Rex Kiptuli, the Michigan Intercollegiate champion, and Justin Koech, both natives of Kenya, were Lansing CC's top two finishers in 12th and 21st

Please see **HARRIERS, B3**



TOM HOFFMEYER | STAFF PHOTOGRAPHER

All-Area boys tennis

Livonia Stevenson senior Gino McCathney, the Division 1 regional champion at No. 1 singles, is among those honored in the All-Observer boys tennis team. For more on this year's top doubles and singles players in the area, see page B6.

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Stevenson skates to 8-0 win in Mitchell's debut as coach

It took only two periods for Dave Mitchell to notch his first win as Livonia Stevenson boys hockey coach. Stevenson scored three times in the first period and added five more in the second period to mercy Utica Eisenhower, 8-0, in the season opener for both teams in the Metro Invitational Friday night at Novi Ice Arena. Eisenhower was a late replacement for Milford in the Metro Invitational. "I'm very happy with our guys," said Mitchell a former assistant at Livonia Churchill. "We played our style and shared the puck, that was the key thing. It was a good team win." Senior Mike Voran led the Spartans with three goals and two assists. Other Spartans getting

PREP HOCKEY
into the scoring act included Sean Lerg, one goal and three assists; sophomore Cole Rochowiak and Ian Curran, one goal and two assists each. John Vella and Zach Roberts completed the goal scoring for the Spartans. Pat McHugh started in goal for the Spartans and Richie Dunphy came on to complete the shutout. **Churchill cruises, 7-2**
Senior Nathan Milam recorded a hat trick and one assist as Livonia Churchill rolled to a 7-2 triumph over host Novi, a Division 1 semifinalist a year ago, in the Metro Invitational at Novi Ice Arena. "I'm pleased for the first game," said Churchill coach

Pete Mazzoni, whose team finished 23-2-3 a year ago. "We moved the puck well and had a lot of guys going to the net." Stevenson opened up a 3-0 lead after one period and outscored the Wildcats 2-1 in each of the final two periods. Garrett Miencier, who plays on the same line as Milam, chipped in with two goals, including a shorthanded effort, along with three assists. Scott Sundberg and Tyler Cotter also tallied goals for the Chargers, who outshot Novi 28-12. Keith Yackley also collected two assists. Matt Fegert and Robbie Knurek scored for Novi. Churchill used two net-minders - Greg Wirick, who played the first two periods, and Derrick Daigneau, who finished up.

PREP BOYS SOCCER
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ALL-CONFERENCE
Defenders: Scott Zech, Jr., Canton; Aaron Rosenberg, Sr., W.L. Northern; Kevin Cope, Jr., Salem; Brendan Rogers, Sr., W.L. Northern; Dylan Green, Sr., Stevenson; Nick Scialbassi, Jr., Northville.
Midfielders: Brian Klemczak, Jr., Stevenson; Winston Henderson, Sr., W.L. Western; Jeff Cheslik, Sr., Northville; Latie Alasha, Jr., Northville; Pat Nolan, Sr., Canton.
Forwards: Colin Rolfe, Sr., Plymouth.
Keepers: Dennis Rau, Sr., W.L. Central.
ALL-DIVISION TEAM
Defenders: Brady Thom, Sr., Stevenson; Adam Bedell, Soph., Churchill; Vinny Carozza, Sr., Churchill; David Kalvelage, Sr., John Glenn; John Donikiani, Jr., Northville; Stephen Maynor, Sr., Wayne Memorial.
Mid-fielders: Joey D'Agostino, Jr., Stevenson; Nate Sergison, Jr., Stevenson; Jeremy Stoychoff, Jr., Salem; Logan McGraw, Sr., Canton; Mark Edwards, Sr., Canton; Tim Belcher, Sr., Canton; Tyler Floyd, Sr., Plymouth; Nick Lewin, Soph., W.L. Western; Ryan Matthey, Sr., Franklin.
Forwards: Josh Pascarella, Jr., Salem; Jordan Turner, Sr., W.L. Northern; Corben Titus, Sr., W.L. Central; Sheriff Hassanien, Jr., Canton; Alex Marilley, Jr., Northville; Trevor Floyd, Sr., Plymouth; Joe Devertelul, Jr., W.L. Western.
Keepers: Sasa Miskovic, Soph., Salem; Kyle Huisman, Jr., W.L. Northern.
HONORABLE MENTION
Churchill: Max Washko, Ian Guerin, Adrian Motta, Ben Zukowski.
Canton: Joel Langdon, Kyle Breitmeyer, Brandon Burt, Phill Rollings.
Northville: Nick Kolbow, Masato Morioka, Doug Beason, John Hatzis.
Wayne Memorial: Timothy Hubbard, Alex Balli, Stefan Harrison, Eric Schmitt.
Franklin: Zain Qureshi, Steve Trapp, Travis Matthey, Joel Boettcher.

CRUSADERS
FROM PAGE B1
just before halftime when senior defender Darrel Quinn scored. He chipped in the rebound of a Keith Sied (Livonia Stevenson) shot that had hit the post. But the 19th-seed Eagles regained their lead early in the second half, on a shot by senior defender Hugh Davey. The Crusaders, who finished 14-3-3, had several chances to again tie the match, but could not solve senior goalkeeper Ian Levine. Embury Riddle improved to 9-6-3 with the triumph. Two other opening round matches also ended 2-1, with No. 13 Maine-Fort Kent edging No. 20 Northwestern (Iowa) and No. 18 Mid-Continent (Ky.) nipping No. 15 Judson (Ill.). The fourth opening game went to the tournament host, 17th-seed Mid-America Nazarene, 2-0 over No. 16 Covenant (Ga.).
Lady Ocelots ousted
It was two-and-out for the third-seeded Schoolcraft College women's soccer team in the NJCAA Division I Nationals hosted by Darton (Ga.) College. In Thursday's opening round, No. 6-seed Iowa Western CC (21-1-1) scored a goal in each half to down the Lady Ocelots, 2-0. In Friday's consolation round, No. 2 seed Polk CC (Fla.) built a 3-1 halftime lead and held on for a 3-2 triumph. Polk (16-5) was upset a day earlier in the opening round by Laramie County CC (Wyo.), 3-0. Schoolcraft ends its season with a 15-3 overall record under first-year coach Deepak Shivraman.

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PATRIOTS

FROM PAGE B1

— nearly 800 shots — as the Patriots stumbled to a 3-21 record.

"This sound a bit strange to say, but I'm hoping he's half as good as he was last year because we'll win games alone riding on his shoulders," Wirgau said. "He's just a great kid."

Franklin put the game away by outscoring Pinckney 3-0 in the second period on goals by Dave Muller, Kubiak and Miller.

During the final period, Franklin took three penalties in the first 3:35 only to have Pinckney reciprocate with four of its own.

Barnes and Alex Wypych each scored unassisted for Franklin, while Dalton Brennan countered for Pinckney with a power play goal.

Senior defenseman Jordan Short, who was also coming off Franklin's extended football season, collected two assists along with sophomore Dalton Pennington, Kubiak and Wypych. Other assists went to Devon Bower, Dave Muller and Josh Richardson.

"What we taught these kids is puck control and attack the triangle," Wirgau said. "It's a sophisticated system, but I've



Franklin's Robbie Beattie gets ready to unload a shot during Friday's season-opening 9-3 victory over Pinckney at Livonia's Edgar Arena.

TOM HAWLEY | STAFF PHOTOGRAPHER

been jamming the fundamentals down their throats for three weeks. I think they have a pretty good grasp of the basics and it gives us great opportunity to build as a team."

The only downside to the evening was that the Patriots were whistled for eight penalties. "We want a more smooth

game, we took eight penalties and we want to reduce that," Wirgau said. "Once we get our control game down, there will be less sticking and hooking."

The 1-0 Patriots are off until Monday, Nov. 26 when they travel to the Lakeland Ice Arena to play Waterford Kettering.

"We seem more excited about

this year," said Mesler, who is in his fourth season as Franklin goalie. "We have some guys who can score. I wanted the football season to continue and I love football, but I'm glad to be playing hockey. I've been playing (hockey) a long time."

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HARRIERS

FROM PAGE B1

place in the 8-kilometer race. They posted times of 24 minutes, 42 seconds and 25:40, respectively.

Other placers for Lansing CC included Adam Smith (Ovid-Elsie), 22nd (24:40); Ian McDowell (Lansing Catholic Central), 26th (25:55); and David Weeks (Eaton Rapids), 30th (26:03).

"You need a good, solid-five," said Block, who has been the Stars' head coach since 2000. "We really have no superstar. We did it with depth. We were ranked No. 5 going in and we actually liked being the underdog."

Lansing CC, however, won't be under the radar in 2008. Although Shae Kermiet (61st) and Drew Wilson (89th) both graduate, the Stars' top

five runners are all freshman and are eligible to return next season.

"We have a good shot at going back next year," Block said.

Lady Ocelots 32nd

In the NJCAA Division I women's nationals Nov. 10 in Ina, Ill, Schoolcraft College placed 32nd in the 33-school field with 765 points.

Iowa Central captured the team title with 111.

Schoolcraft's top finisher was Livonia Stevenson grad Rebecca Rehberg, a sophomore who was 120th overall in the 5,000-meter race in 20:20.35.

Other finishers for the Lady Ocelots included freshman Britni Strong, 16th (21:20.47); freshman Sheray Brown, 178th (21:40.28); sophomore Emma Czapliski (Farmington), 188th (21:58.75); and freshman Allison York, 209th (22:43.05).

Walker's triple lifts Ocelots

They may starting calling him "Marvelous" Marvin Walker.

The 6-foot-1 freshman guard from Highland Park hit a last-second three-point shot last Saturday (Nov. 10) to enable the Schoolcraft College men's basketball team to nip host Alpena, 59-58, in a match-up MCCA Eastern Conference teams.

Walker led the Ocelots with 23 points and grabbed nine rebounds, sparking the conference-opening victory.

Also chipping in with nine boards was Ryan Matthews.

Schoolcraft improved to 1-1 overall and 1-0 in the Eastern Conference, while Alpena fell to 0-1 and 0-1.

CAMPBELLSVILLE (Ky.) 78, MADONNA 63: In Friday's opening round of the Huntington (Ind.) College Tournament, Madonna University slipped to 1-4 overall against Campbellsville (Ky.) University.

THE WEEK AHEAD

PREP HOCKEY
 Wednesday, Nov. 21
 Churchill vs Novi-Detroit Catholic Central.
 Stevenson vs Port Huron Northern at Edgar Arena, 6 & 8 p.m.
Friday-Sunday, Nov. 23-25
 Ladywood at Silver Stick Tourney, TBA.
MEN'S COLLEGE BASKETBALL
 Tuesday, Nov. 20
 Schoolcraft at Owens CC (Ohio), 7:30 p.m.
WOMEN'S COLLEGE BASKETBALL
 Tuesday, Nov. 20
 Madonna at Spring Arbor, 7 p.m.
 Friday, Nov. 23
 (Kalamazoo Valley Thanksgiving Tourney)
 Schoolcraft vs. Owens CC (Ohio), 3 p.m.
 Saturday, Nov. 24
 Madonna at Wayne State, 1 p.m.
 (Kalamazoo Valley Thanksgiving Tourney)
 Schoolcraft vs. Edison CC (Ohio), 4 p.m.
Sunday, Nov. 25
 (Kalamazoo Valley Thanksgiving Tourney)
 Schoolcraft vs. Lake Michigan CC, 2 p.m.
ONTARIO HOCKEY LEAGUE
 Sunday, Nov. 18
 Whalers at London Knights, 2 p.m.
Wednesday, Nov. 21
 Whalers vs. Saginaw at Compuware, 7:05 p.m.
Friday, Nov. 23
 Whalers vs. S.S. Marie at Compuware, 2 p.m.
Saturday, Nov. 24
 Whalers vs. Sudbury at Compuware, 7:05 p.m.
 TBA - time to be announced.

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CYO runner-up

The Livonia St. Edith varsity girls soccer team enjoyed a banner season (grades 7-8) reached the finals of the Catholic Youth Organization playoffs Oct. 18 before losing Royal Oak Shrine, 1-0, at Pontiac Notre Dame Prep H.S. St. Edith advanced with a 4-0 semifinal win Oct. 14 over Warren St. Anne at Allen Park Cabrini H.S. after a 3-0 quarterfinal victory Oct. 10 over host Southgate St. Pius. Members of St. Edith, who finished 12-1 overall, include (front row, seated from left) Jackie Deacon, Alexandra Mularoni, Claire DeWitt, Sarah Osborne; (second row, kneeling from left) Madison Ericson, Mia Kudron, Victoria Sears, Kelly Capocchia, Erin Reece, Megan Callahan, Megan Krajewski; (third row, standing from left) head coach Harold Sears, assistant Linda Riethmiller, Morgan Chops, Haley Walter, Megan Riethmiller, Christina Ilitch, Kelly Campbell, assistants Rachel Maceri and Mark Krajewski.



Soccer turnabout

The Livonia St. Edith Parish School junior varsity girls soccer team (grades 4-6) rebounded from a 1-6-1 fall 2006 season to capture their division in the Catholic Youth Organization with a 6-0-2 record for the fall 2007 season. Team members include (kneeling, from left): Hannah Daniels, Sinead Cox, Emma Hollinger, Kendall Romano, Sarah Stubbe, Mackenzie Darr, Nicole Reece; (second row, standing from left) Divlia Williams, Sarah Doyle, Hayley Lawrence, Mykela Hawkins, Rachel Donabedian, Brittany Wollenweber; (back row, from left) assistant coach Pete Romano, head coach Vern Stubbe, and assistant coach Chris Darr. (Not pictured is dedicated practice helper Ron Wollenweber.)

Toys For Tots Skate

The City of Livonia Parks and Recreation Department will stage its 2007 Christmas exhibition to benefit Toys For Tots from 6-7:30 p.m. Tuesday, Nov. 20 at Edgar Arena, located at 33841 Lyndon (one-half mile south of Five Mile and just west of Farmington Road).

Each skater will provide their own music and choreographed program for 90 seconds. Bring one unwrapped toy for a donation and admission. For more information, call (734) 466-2900.

Bowl for Wayne scholars

The Zebra Parents Advisory Council of Wayne Memorial High School will stage its Bowling for Scholars from 4-6 p.m. Friday, Nov. 23 at Wayne Bowl, located at 36900 Michigan Avenue, Wayne. All proceeds will benefit the scholarship fund. Included in the \$15 cost is rental shoes, pizza and pop, 50-50 raffle.

Tickets are available at the Wayne Bowl. For more information, visit zebra-pac@hotmail.com; or call the Wayne Bowl at (734) 721-7530.

WYAA girls fastpitch

Registration for the 2008 Westland Youth Athletic Association girls fastpitch softball will be from 7-9 p.m. Wednesdays and 10 a.m. until noon Saturdays through Dec. 1 at the WYAA Lange Compound Building, 6050 Farmington Road (north of Ford).

The WYAA fastpitch softball program is a member of the Western Wayne County League with teams from 30 surrounding communities. It involves both travel and tournament play. The registration fee is \$25.

For more information, call WYAA during normal business hours at (734) 421-0640.

WYAA hoops sign up

Registration for Westland Youth Athletic Association basketball will be from 7-9 p.m. Wednesdays and 10 a.m. until noon Saturdays throughout the month of November at the WYAA Compound, 6050 Farmington Road (north of Ford road).

The WYAA offers leagues for ages 7-8 (Right Start), 9-10 (Freshman), 11-12 (JV), 13-14 (Varsity)

SPORTS ROUNDUP

and 15-18 (Senior with 18-year-olds required to be in high school with a valid I.D.)

For more information, call (734) 421-0640.

Elks Hoop Shoot

The 2007 Elks Hoop Shoot contest will be at 9 a.m. Saturday, Dec. 1 at the Livonia Community Recreation Center, located at 15100 Hubbard (at Five Mile Road).

Registration, which starts at 8:30 a.m., is open to the following boys and girls age groups: 8-9, 10-11, 12-3. There is now fee.

Each contestant will shoot 25 free throws. First-place winners in each age division advance to district competition in January.

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

Softball coach wanted

Livonia Ladywood is seeking a varsity girls softball coach for the 2008 season. Those interested should fax a resume to Ladywood athletic director Sal Malek at (734) 591-2386.

Recumbent cyclists

The Wolver-Bents Recumbent Cyclists will stage a bicycle ride at 2 p.m. Saturday, Dec. 8 and 22 at Willow Metropark's Washago Pond Shelter, located off I-275 (Exit 11).

For more information, call (734) 487-9058; or visit www.wolverbents.org.

Baseball lessons

The Bernie Carbo Pro Secrets Baseball Academy will be staging individual, small group and team skill sessions in power pitching, hitting and fielding. Marketing showcase sessions for high school players are available.

Former Phillies minor league All-Star Mark Rutherford will be the featured instructor.

For more information, call (734) 421-4928.

Hoop training

A-Game Basketball Skills Training will stage individual and small group workouts for boys and girls seeking to take their game to the next level each Saturday throughout the year.

For more information, call coach Paul Tripp at (248) 563-0858; or e-mail AgameSkills360@yahoo.com.

Spitfires' Neuvirth haunts Whalers, 5-3

The Windsor Spitfires built a 3-0 into the second period and withstood a third-period rally to defeat the Plymouth Whalers, 5-3, in an Ontario Hockey League game played Friday night at Compuware Arena.

A sellout crowd of 3,797 saw the game on Scouts' Weekend at Compuware Arena. Plymouth had a six-game winning streak snapped and is now

12-7-1-0 on the season, good for third place in the OHL's West Division. Windsor remains in first place in the OHL West at 15-5-1-3.

First star Mickey Renaud led the Windsor attack with a pair of goals and now has 11 of the season. Eric Wellwood (3), Adam Henrique (9) and Brad Snetinger (14, fifth against Plymouth in four games) added single goals for the Spitfires.

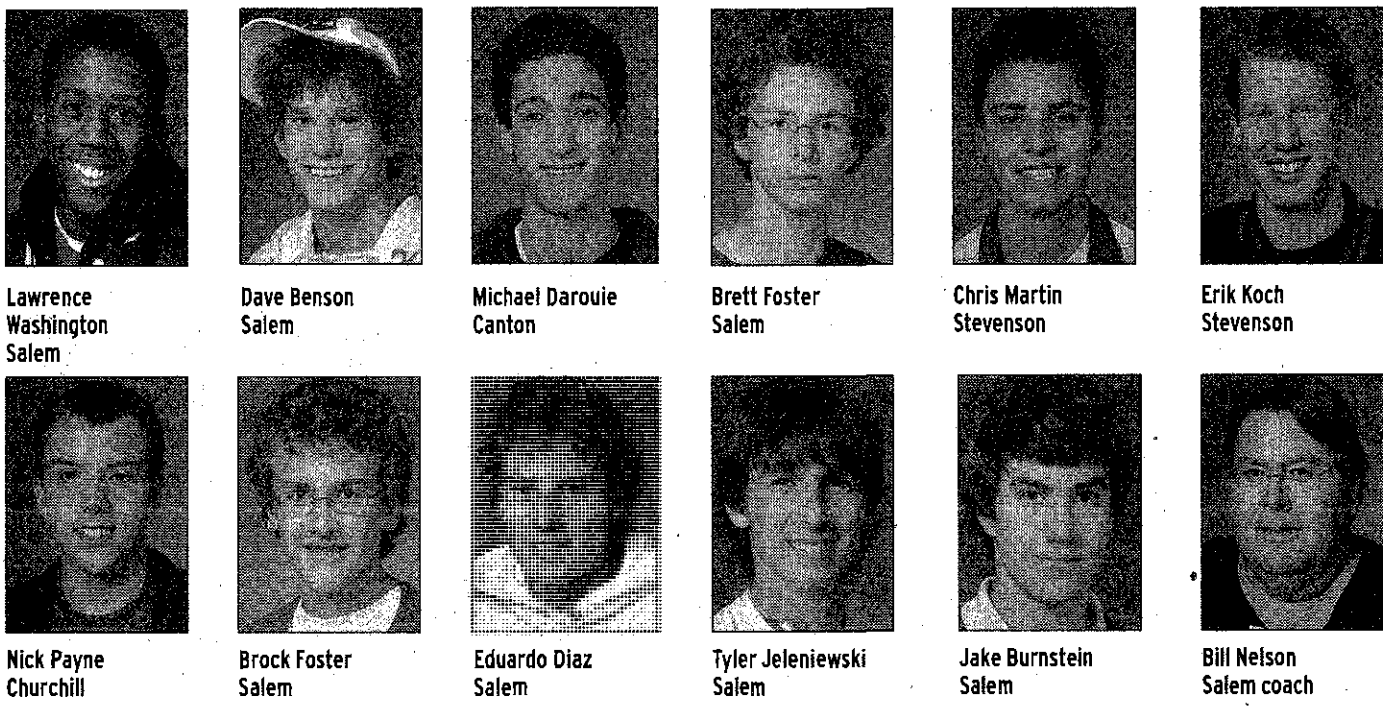
Joe McCann (5), Andrew Fournier (team-leading 18th) and Tyler J. Brown (first OHL goal) all scored for Plymouth.

Plymouth outshot Windsor, 35-34. Former Whalers goaltender Michal Neuvirth - acquired by Windsor last Tuesday from Plymouth - recorded his second straight win in goal for Windsor in stopping 31-of-34 Plymouth shots.

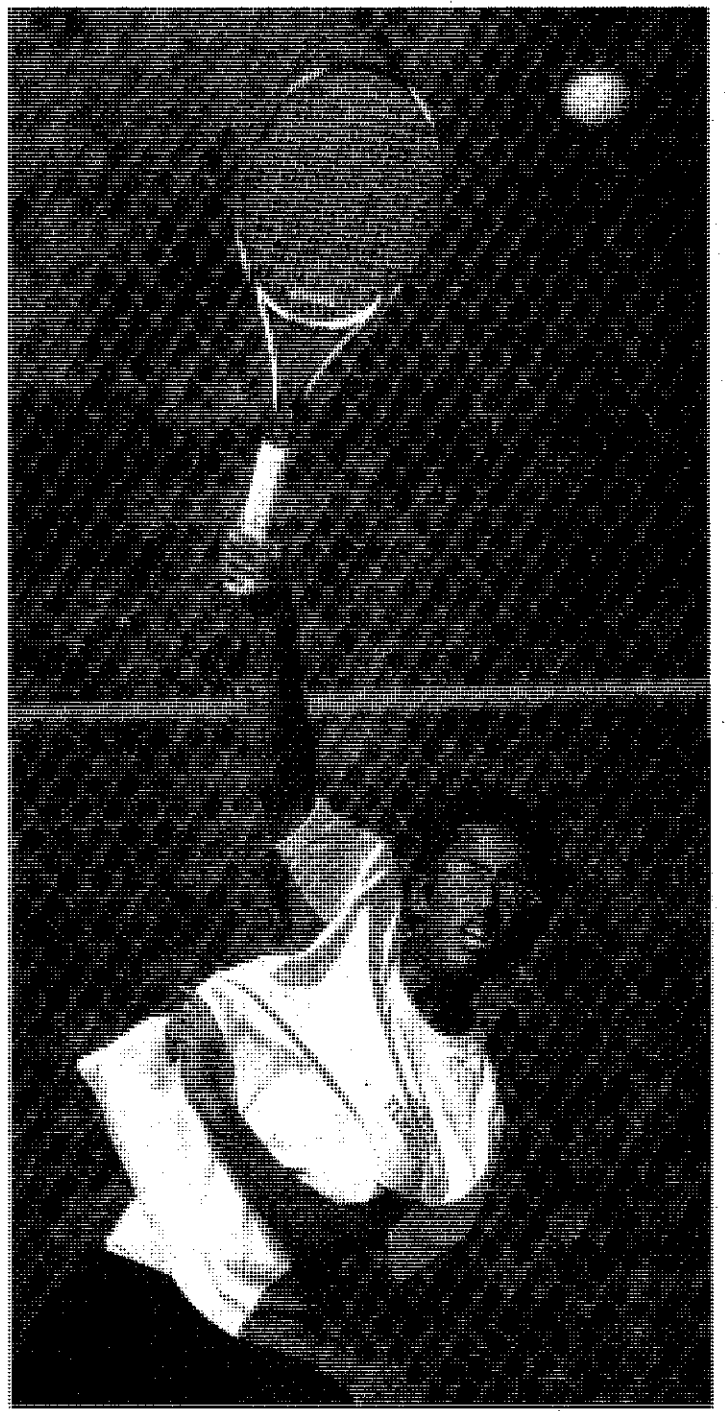
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Nick Payne Churchill, **Brock Foster Salem**, **Eduardo Diaz Salem**, **Tyler Jeleniewski Salem**, **Jake Burnstein Salem**, **Bill Nelson Salem coach**



Churchill's Aniket Patil was the Western Lakes Activities Association and Division 1 regional champion at No. 2 singles.

String music: All-Area netters prove worth

FIRST-TEAM SINGLES

LAWRENCE WASHINGTON, SR., SALEM: The senior was Western Lakes Activities Association champion and regional runner-up. He finished his glorious career as a Rock with an 80-11 overall record, including an 18-2 mark this season.

"Lawrence is the best overall player we've had at Salem in the past 12 years," said Salem coach Bill Nelson. "The best player before him was Xinning Li, who is now an orthopedic doctor. I'd love to see Xinning and Lawrence play. It would be a great match."

GINO MCCATHNEY, SR., LIV. STEVENSON: The senior captured the Division 1 regional at Flat Rock-Woodhaven and also reached the WLAA semifinals at No. 1 singles.

McCathney finished 19-6 overall. "Gino is a solid, all-court player," Stevenson coach Kathy Ladd said. "He's powerful player, aggressive, with a blistering forehand. He's been really good for four years."

ANIKET PATIL, SOPH., LIV. CHURCHILL: The sophomore posted an impressive 18-3 season record including championships at the Division 1 regional and WLAA tournaments at No. 2 singles.

Patil, who recently moved with his family to suburban Chicago, also captured the Adrian Invitational.

"Aniket's unique because he can change the pace, he plays a thinking man's game," Churchill coach Dave Farmer said. "His pace is rare at the high school level. He's always willing to maneuver his opponents around."

AKSHAY MOORTHY, FR., LIV. CHURCHILL: The ninth-grader posted a 16-2 record en route to the Western Lakes title at No. 3 singles.

"Akshay's a solid baseliner with tremendous spin on the ball,"

Farmer said. "He uses good depth and picks up on his opponent's weaknesses and works them."

DAVE BENSON, JR., SALEM: The junior excelled at No. 4 singles for the Rocks, racking up a 19-3 record. The highlight of his season came in the WLAA conference tournament when he avenged an earlier loss to Northville's No. 4 player.

"Dave is a really steady player," said Nelson. "He really frustrates his opponents because he's so consistent and patient. He's been our No. 4 singles player the past couple of years, but he should move up next year."

MIKE DAROUIE, SR., CANTON: The senior followed up a strong spring with an even better fall as he was the Chiefs' most-successful player. He advanced all the way to the No. 2 singles championship match in the WLAA Conference tournament in October.

"Mike is an excellent player," said Canton coach Barb Lehmann. "He had a great senior season for us."

BRETT FOSTER, JR., SALEM: Only a ninth-grader, Foster went 19-3 and advanced deep into the WLAA conference tournament.

"Brett has great court presence," said Nelson. "He always seems to know where to be and he anticipates well, especially for a freshman. He was undefeated going into the Canton match late in the season."

CHRIS MARTIN, JR., LIV. STEVENSON: The junior played both No. 2 and 3 singles en route to an 18-8 overall record.

Martin was the regional champion at No. 3 singles and captured the Adrian Invitational at No. 2. He was also a WLAA semifinalist.

"Chris showed great poise and concentration," Ladd said.

"He had some nice wins including a win over (Churchill's) Aniket Patil

in a dual meet."

ERIK KOCH, JR., LIV. STEVENSON: The junior was the regional champion at No. 4 singles and posted a season record of 16-6.

Koch was the only Spartan to win a match at the Division 1 state finals. He was also at gold medalist at No. 3 singles at the Adrian Invitational.

"Erik is a steady player with great anticipation," Ladd said. "He has excellent feet, mental toughness and is a tough competitor with great consistency."

NICK PAYNE, SR., LIV. CHURCHILL: The senior was named the Chargers' MVP along with receiving the Sportsmanship Award.

He finished with a 14-4 overall record and took the No. 1 singles crown at the Adrian Invitational.

Payne is a four-year letter winner and three-time Scholar-Athlete.

"Nick worked extremely hard on his serve and used it consistently over the last few years," Farmer said. "He's one tough guy who doesn't give up easily."

SECOND-TEAM DOUBLES

BROCK FOSTER, JR., AND EDUARDO DIAZ, SR., SALEM: The Rocks' No. 1 doubles team meshed from Day 1 as they rolled to an 18-2 record. Foster, a freshman, should move into the singles ranks next season while Diaz, a senior exchange student from Mexico, enjoyed incredible success during his only year of American high school tennis.

"Brock is a grinder — he really guts out every point. If he has to hit 50 ball to win a rally, that's what he'll do. Eduardo didn't hit the ball real hard, but he played very smart. He and Brock formed one of our best no. 1 doubles teams in four or five years."

TYLER JELENIEWSKI, SR., AND JAKE BURNSTEIN, JR., SALEM: The Rocks' No. 2 doubles team excelled throughout the fall, losing just two matches.

"Tyler is a very quick player and Jake was our No. 3 singles player early in the season until we moved him back to doubles. They came together and had a great season."

MIKE GRECO, SR., AND PAT MCHUGH, SR., LIV. STEVENSON: The senior duo combined for an 18-7 record at No. 1 doubles.

They reached the regional finals won, captured the Adrian Invitational and took third at Novi.

"They were always moving to the net, a smart, steady team that played poised under pressure," Ladd said. "They moved together for placement rather than power. They were unflappable, gracious and great sports."

COACH OF THE YEAR

BILL NELSON, SALEM: The 20-year coaching mentor led the Rocks to first place in the WLAA Lakes Division and third place at the WLAA conference tournament. The team's lone blemishes in conference duel meets were a loss to Northville and a draw with Canton.

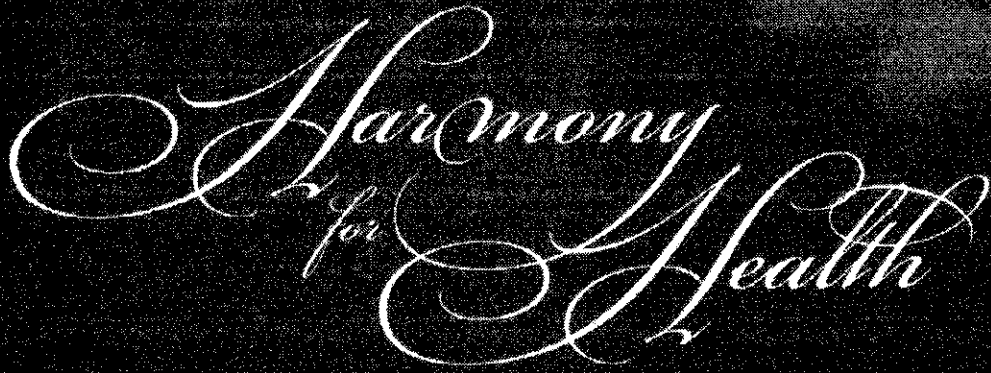
"We had very good senior leadership this year along with four freshmen who came in and added some punch," said Nelson, a social studies teacher at West Middle School in Plymouth. "The highlight for me this season was watching the team come together and jell the way it did. A lot of times, teams will have good singles play, but their doubles will struggle, and vice versa, but that wasn't the case for us this year. Everybody was consistently good."

"We're really going to miss Lawrence (Washington) and Tyler (Jeleniewski) next year. They provided us with great leadership."

ALL-OBSERVER BOYS TENNIS PLAYERS			
TOP ALL-OBSERVER BOYS TENNIS PLAYER		COACH OF THE YEAR	
<p>WESTERN LAKES DIVISION</p> <p>Top Singles: Lawrence Washington, Sr., Salem</p> <p>Top Doubles: Tyler Jeleniewski, Sr. & Jake Burnstein, Jr., Salem</p> <p>Top Junior: Erik Koch, Jr., Stevenson</p> <p>Top Freshman: Brett Foster, Jr., Salem</p> <p>Top Sophomore: Aniket Patil, Churchill</p> <p>Top Freshman: Akshay Moorthy, Fr., Churchill</p>	<p>WESTERN LAKES DIVISION</p> <p>Bill Nelson, Salem</p>	<p>ADRIAN INVITATIONAL</p> <p>Top Singles: Lawrence Washington, Sr., Salem</p> <p>Top Doubles: Tyler Jeleniewski, Sr. & Jake Burnstein, Jr., Salem</p> <p>Top Junior: Erik Koch, Jr., Stevenson</p> <p>Top Freshman: Brett Foster, Jr., Salem</p> <p>Top Sophomore: Aniket Patil, Churchill</p> <p>Top Freshman: Akshay Moorthy, Fr., Churchill</p>	<p>ADRIAN INVITATIONAL</p> <p>Bill Nelson, Salem</p>

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For more information, call the Foundation Office at 734.655.2980

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Virtual colonoscopy promising

Mark from Troy e-mails and says his doctor told him he needed to get a colonoscopy and he heard something about a virtual colonoscopy. Is there such a thing?

Mark, there is something called a virtual colonoscopy and it may be closer to becoming a regular testing tool.



Peter's Principles

Peter Nielsen

Two of the largest studies yet show the virtual colonoscopy works just as well as spotting potentially cancerous growths as the traditional test. In a traditional colonoscopy a long, thin tube is inserted through the large intestine and is often done under sedation and can be uncomfortable. The virtual colonoscopy uses a CT scan to take X-rays of the colon. It is said to be faster and more comfortable.

Colonoscopies are recommended for everyone over age 50. Colon cancer is the second leading cause of cancer death.

Marla from Belleville e-mails. She suffered a mini-stroke and wonders how she can prevent having another stroke in the future.

Marla, two major studies discovered treating patients quickly for mini-strokes could dramatically cut their risk of a major stroke.

Researchers studied nearly 100,000 people for vascular disease. They found those patients treated within 24 hours of having a mini-stroke cut their chances of having a more serious stroke in the next few months by 80 percent!

Experts are now pushing health care providers to change the way they treat strokes to respond to victims more quickly. Nearly 15,000,000 people across the world have a stroke every year.

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.

Balancing act

Plan ahead to maintain weight during the holidays

BY LINDA ANN CHOMIN
STAFF WRITER

Tamara Lark is going to enjoy pumpkin pie on Thanksgiving and Christmas cookies. Even though relatives usually look to her for guidance when it comes to food, the registered dietitian goes right ahead and eats the goodies baked only once a year.

The holidays are not the time to think about losing pounds, but maintaining weight. Balancing calorie and fat-laden foods with fruits and vegetables can be the key to avoiding those extra pounds.

Lark gives a presentation on planning for healthy holidays Thursday, Dec. 13, in the Marian Professional Building at St. Mary Mercy Hospital in Livonia. Along with providing recipes and tips, she'll talk about coping with holiday stress.

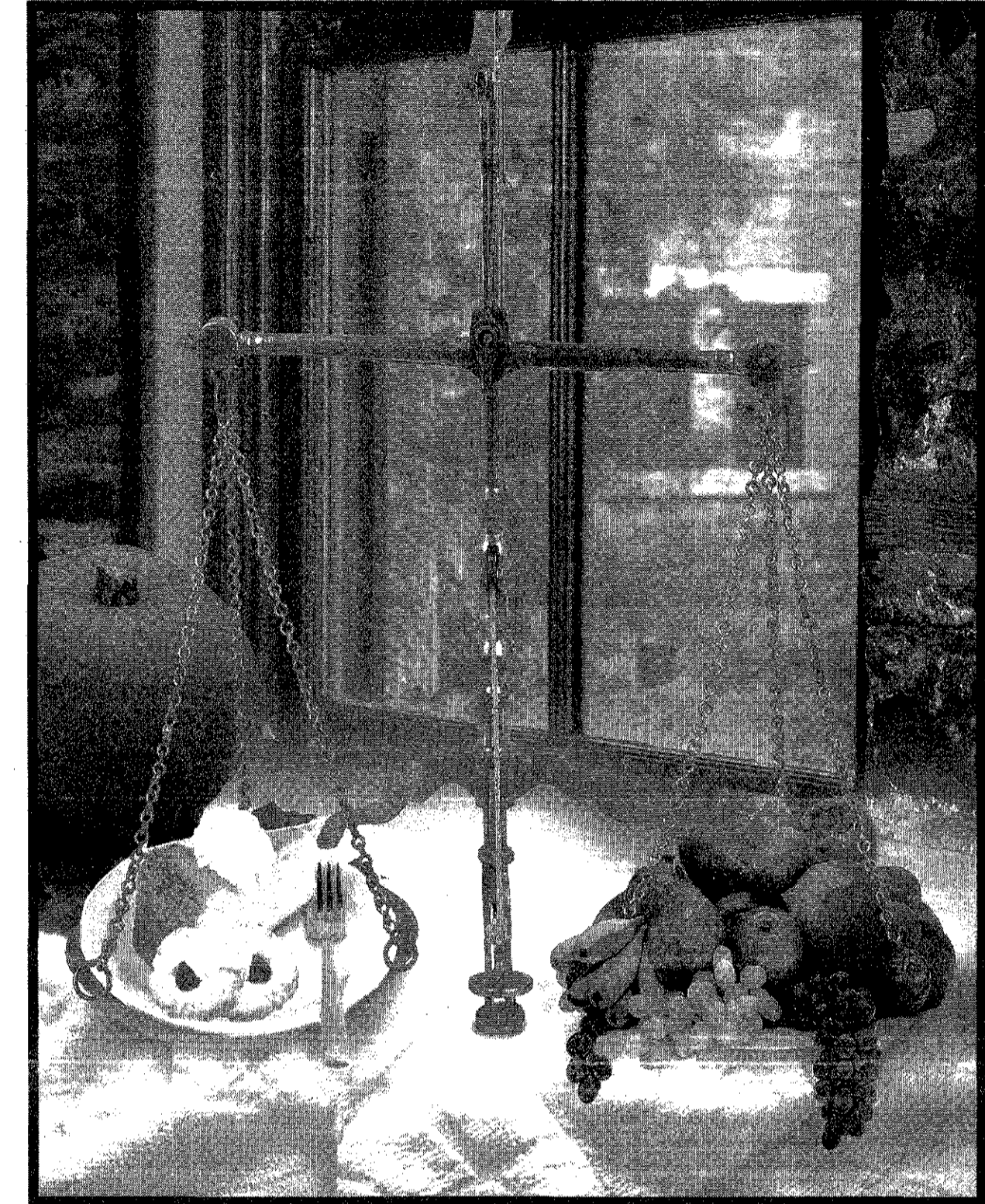
"If you're not allowing yourself to enjoy things you look forward to all year, you're setting yourself up. It's more important to practice portion control. I always say eat in moderation," said Lark, who works in the community outreach and bariatric surgery programs at the hospital. "Dietary downfalls are because celebrations are food focused. Realize you're not going to lose weight during holidays, but work to maintain your weight. Enjoy the holiday foods and make good dietary choices during the week. Look over menus and make healthy choices. The more prepared you are the more likely to attempt healthier things."

Suzanne Burns plans to taste a little bit of everything when she eats Thanksgiving dinner with her parents at a restaurant. Whenever she's in an uncontrolled situation, the 51-year-old registered dietitian samples each food. If she likes the sweet potatoes she won't eat the white potatoes, only half of the stuffing, and puts her gravy on the side. When it comes to dessert she's always torn between pumpkin and apple pie. Burns orders one and shares the other with someone else.

At this time of year Burns tells her diabetic patients to think small when it comes to goodies. Take a thin slice of pie so if someone offers another type of dessert you won't have to deny yourself.

"One of the things I like to impress on people is you don't have to eat it all in one day," said Burns, a diabetes instructor at Botsford General Hospital in Farmington Hills. "Especially when it comes to holiday situations, what can I get you to eat or drink is one of the first things out of the hostess's mouth. I tell my sister-in-law, please don't make me eat. During holidays you're doing multiple visits in a day. You don't want to be insulting, but you also have a responsibility and obligation to yourself. There's nothing saying you can't pick up a plate and have a few bites and set it down and nobody's going to know."

Like Lark, Silvia Veri won't deny herself the Italian sausage stuffing on



her parents' table. During the rest of the year the registered dietitian keeps not only herself but patients on track as supervisor of the Beaumont Weight Control Center in Royal Oak.

"I come from an Italian family. At Christmas we tend to have fish the night before Christmas. For the feast of seven fishes we have seven different types of fish. Each culture has their own traditional foods that they only have once a year so enjoy it," said Veri of Troy. "If you don't enjoy it then you end up overcompensating for it the day after Thanksgiving and through till Christmas."

Calories usually begin to mount long before everyone sits down for

Thanksgiving dinner. People snack on nuts and candy so by dinner time they might not even be hungry but eat anyway. Veri suggests keeping healthy foods around to fill up — a fruit or vegetable tray and water, diet pop, tea, or any drink that's sugar- or calorie-free.

Veri plans to eat Thanksgiving dinner at her parents, but when cooking she shares leftovers with everyone walking out the door.

"When you're going to a party it's similar to eating out. Don't go overly hungry. Have something small before going to the party like cheese and crackers," said Veri.

lchomin@hometownlife.com (734) 953-2145

PLANNING HEALTHY HOLIDAY MEALS

What: A presentation by registered dietitian Tamara Lark on eating healthy for the holidays
When: 7 p.m. Thursday, Dec. 13
Where: in Classroom 10 on the fourth floor of St. Mary Mercy Hospital's Marian Professional Building, enter south entrance of the hospital off of Levan in Livonia
Details: Pre-registration required. Call (734) 655-8950

Physician urges caution when it comes to holiday foods

Dr. Chad Mayer cautions holiday cooks and hosts to be cautious this Thanksgiving when preparing and serving food. Cross contamination or transferring ingredients from one food to another food occurs easily while preparing and serving holiday meals. This puts a food allergic person at higher risk for an allergic reaction.

A food allergy is an immune system response to a food that the body mistakenly believes is harmful, according to Mayer, a St. Joseph Mercy Oakland Allergy and Immunology specialist and Director of the Comprehensive

Food Allergy Clinic. The body then creates a chemical, histamine, to protect itself. Histamine can trigger many allergic symptoms that can affect the respiratory system, gastrointestinal tract, skin or cardiovascular system. In some cases, this may be confused with food intolerance (i.e. lactose intolerance) or food poisoning.

Among the reactions to an offending food item are nausea, vomiting, diarrhea, hives, wheezing, tongue and throat swelling, drop in blood pressure, and death. While a mild allergic reaction such as hives may be treated with an antihistamine, a more signifi-

cant reaction requires physician-prescribed epinephrine. Significant reactions are those with more than one symptom, with or without respiratory symptoms. With any significant allergic reaction, 9-1-1 should be called whether epinephrine was administered or not.

Mayer says that the most common childhood food allergies are milk, eggs, soy, wheat, peanuts and tree nuts. Adults are likely to have reactions from fish or shellfish as well as peanuts and tree nuts.

Mayer calls the buffet style of serving foods on Thanksgiving "a danger-

ous setting to be in when people have food allergies." He adds that serving spoons often go from one dish to another, causing cross contamination — spreading the allergy-causing agents to the non-allergy-causing foods.

About 6 to 8-percent of children and 4-percent of adults have food allergies. According to the Asthma and Allergy Foundation of America, food allergies account for about 30,000 emergency room visits and 200 deaths each year.

To determine if a patient has a food allergy, doctors perform a Skin Prick Test. A tiny drop of the extract of

the purified, allergy-causing agent is scratched into the skin's surface, with little or no pain to the patient. The site is monitored for redness and swelling. A positive Skin Prick Test indicates the possible association between the food being tested and the patient's reaction to the food. Mayer notes, in general only about 50 percent of patients who test positive will have symptoms from ingesting that food. A positive test only suggests sensitivity to the food. The test will be confirmed by the patient's history with a particular food and the confirmation of an allergy.

MEDICAL DATEBOOK

NOVEMBER

Organic vs. non-organic

6 p.m. Monday, Nov. 19, Dr. William Carl, D.C., at the Alfred Noble Library, 32901 Plymouth road, Livonia. For reservations or information, call (734) 425-8588.

Flu shot clinics

University of Michigan Health System's Michigan Visiting Nurses is offering flu clinics throughout the area in November and December. Flu shots \$33, pneumonia shots \$84. Payment options include cash, check and credit card, Blue Care Network, CareChoices, Health Alliance Plan, M-Care, Medicare Part B and Priority Health, all cover entire cost of flu

shot. Clinics open to public, most limited to age 12 and older. For a weekly listing, call 888-547-7295 or visit www.umvn.org. Clinics include 9 a.m. to 1 p.m. Monday, Nov. 26, Busch's, 15185 Sheldon Rd., Plymouth; Saturday, Dec. 1, Busch's, 37083 Six Mile, Livonia and Saturday, Dec. 15, Busch's, 24445 Drake Rd., Farmington Hills.

Thyroid presentation

7 p.m. Monday, Nov. 26, Dr. William Carl, D.C., at the Civic Center Library, 32777 Five Mile, east of Farmington roads, Livonia. For reservations or information, call (734) 425-8588.

Divorce support group

Getting through the holidays

- Marjorie Lang, an attorney and counselor with the University of Detroit Mercy School of Law, discusses the intense emotions triggered by divorce during holidays and other special occasions and offer helpful coping skills 7-9 p.m. Tuesday, Nov. 27, at the Women's Resource Center, Room 225 of the McDowell Center at Schoolcraft College, 18600 Haggerty, Livonia. For more information, call (734) 462-4443.

Gastric bypass seminar

Learn about Gastric Bypass, Adjustable Gastric Banding, and Sleeve Gastrectomy at MBI's upcoming Educational Seminars 6:30 p.m.

Wednesday, Nov. 28, in the St. Mary Mercy Hospital Auditorium, 36475 Five Mile at Levan, Livonia. Speakers are Talial Zeni, MD, medical director, Minimally Invasive and Bariatric Surgery; and Paula Magid, program director and post-op patient. Call (734) 655-2693, or Toll free (877) Why-Weight, to register for free seminars.

Joint replacement seminars

To educate community about joint replacement options Thursday, Nov. 29, and Jan. 24, at the Center for Joint Replacement at St. Mary Mercy Hospital, 36475 Five Mile at Levan, Livonia. No charge. To register or for information, call (734) 655-2400.

Sharing & Caring

Partial breast irradiation presentation by Dr. Pamela Benitez, breast surgeon at Beaumont Hospitals 7 p.m. Thursday, Nov. 29, in the first floor classroom at the Beaumont Royal Oak Cancer Center. For more information, call (248) 551-8585. Sharing & caring offers educational and support programs for breast cancer survivors, their family and friends.

Flu shot clinics

9 a.m. to 5 p.m. Monday through Friday at Livonia Urgent Care, 37595 Seven Mile, Livonia, (734) 542-6100, and Western Wayne Urgent Care, 2050 Haggerty, Suite 140, Canton.

(734) 259-0500. The cost is \$25, but it is covered for those with Medicare.

Flu shots

Visiting Nurse Association of Southeast Michigan are providing flu shots (\$25) and pneumonia shots (\$40) at Oakland and Wayne County locations. Medicare, HAP, Priority Health, Blue Care Network, cash or check payable to VNAHSS accepted. For weekly listings of locations, call (800) 296-8660 or visit www.vna.org. Homebound service also available. \$40 service fee applies that is not covered by insurance. Must have a physician's prescription. Call (800) 882-5720, ext. 8752.

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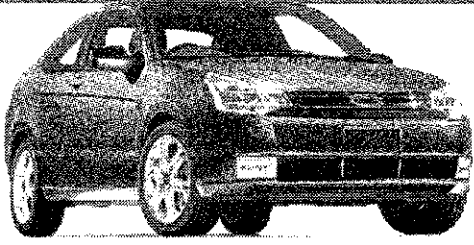
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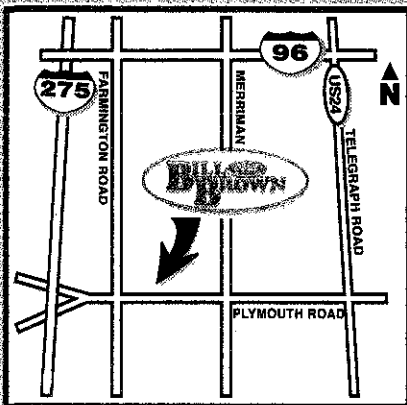
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Hugh Gallagher, editor . (734) 953-2149 . hgallagher@hometownlife.com

Welcome the stranger at Thanksgiving

When the Pilgrims arrived on the shores of what has come to be called the North American continent they met some strange people. The inhabitants of these shores, earlier generations of Native Americans, saw people for the first time that they had never seen before. As the story goes it seems that the two groups of "strangers" to each other were able to sit down and break bread together. Indeed, it is suggested that without the help of the Native Americans the Pilgrims would have perished. If you think about it, then, welcoming the stranger has some real benefits to it.



Chat Room

Paul Melrose

When I think about the way people behave there are those mental health theorists and practitioners who might say that they are running away from the stranger within themselves. What do I mean by this? I mean that each of us has parts of ourselves that we are either not aware of or that we know something about and we do not like. For instance, how could it be that we might think angry or vengeful thoughts, when in fact we do.

A particular level of stress could lead us to one time or infrequent physical behavior, completely unbecoming of who we believe we are and how we were raised. "No, I don't abuse alcohol," says a client, only for that client to report that they are addicted to a hard drug, an over-the-counter drug, the Internet, or work. The stranger within ourselves is so subtle that we often ourselves don't recognize its presence. Others may sooner meet the stranger in us than we might. But they only see us from the outside; we see ourselves from the inside. But who knows the real us? Well, in fact we both do; we just have different perspectives.

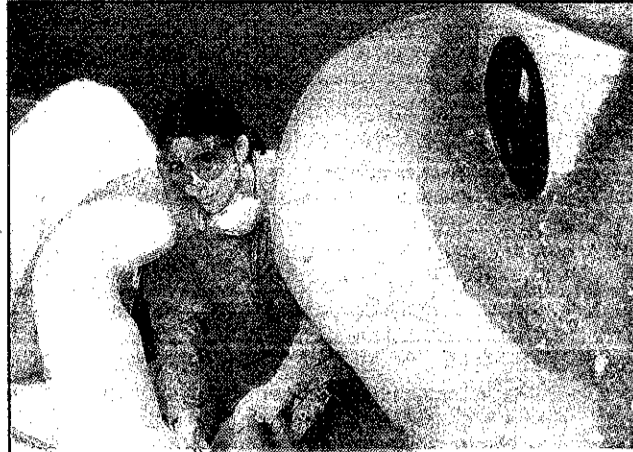
The stranger in ourselves grows and develops often because that characteristic of our personality has not been appreciated or welcomed into our total experience of life. When we are a child and throw a tantrum how easy it is for the parents, particularly under the stress of the moment, to make a quick sharp remark, while not intended, causing us to feel bad about this expression of feelings, differently from finding the time and forum to both set limits that the behavior is not acceptable, but also does not call the child a bad or shameful person for expressing feelings that way, especially if it is age-appropriate.

Or consider the adult who looks for ways to take advantage of others' mistakes to move himself/herself ahead in the workplace. What's a little competition they say? But, how desperate is that person deep inside for love and affection? Hard to believe this is true, you wonder? Well, it is; the human being is deeply complicated, very sensitive, often full of more mystery than he/she might realize.

So, perhaps, stories of welcoming which come down to us from the First Thanksgiving experience are a metaphor for the awareness of the strangers in our lives, both within and without, and the gifts they give us to increase the fullness of our lives as we come to meet, know, and understand them. Happy Thanksgiving!

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

Sharon Scott attaches ruffle to the skirt of a figure on one of the new floats. The Livonia woman enjoys volunteering at The Parade Company. She says, you can't walk in there and not get cheered up when you see the papier mache heads and Santa's reindeer.



Robby Scott of Livonia works on the giant gobbler in the Turkey Trot float.

An American tradition

Volunteers love a parade

BY LINDA ANN CHOMIN
STAFF WRITER

Sharon Scott loves the parade so much she's sewn 150 fleece hats as part of a fund-raiser for the organization that puts it on every year. Scott, her husband, Keith, and son, Robby, regularly volunteer to paint and fix floats at The Parade Company in Detroit. In early November, the Livonia mother of three attached a ruffle to a skirt for a figure on one of the new floats while Keith and Robby worked on the baseball cap of the giant bird on the Turkey Trot float. Robby is a senior at Churchill High School. The Scotts' daughters, Courtney, 20, and Danielle, 22, volunteered for years before going away to college.

On Thursday, Nov. 22, they'll all head down to Woodward Avenue for America's Thanksgiving Parade. In addition to selling fleece hats for \$10 to support the parade, volunteers will collect hats from parade goers along the route and pile them in the Circus Train. The donations will be given to C.O.T.S., Lighthouse of Oakland County and Grace Centers of Hope in Pontiac to keep needy children and adults warm this winter. So don't forget to bring an extra hat to the parade.

"The parade is a family tradition," said Sharon Scott. "My dad took me as a kid." Keith used to run in the

Please see **PARADE, C2**



Bob Sasin of Plymouth is one of the Distinguished Clowns in this year's American Thanksgiving Parade.

AMERICA'S THANKSGIVING PARADE

What: The Parade Company presents the 81st celebration with more than 75 units including floats, balloons, marching bands, speciality acts, and the Distinguished Clown Corps

When: 9:30 a.m. Thursday, Nov. 22

Where: The parade steps onto Woodward Avenue at Mack and ends at Congress, Turkey Trot precedes parade on Thanksgiving morning

Grandstand tickets: \$22 for general seating, \$45 V.I.P. Call (313) 923-7402

Related events: Hob Nobble Gobbler black-tie fund-raiser 6-10 p.m. Wednesday, Nov. 21, at Michigan State Fairgrounds. Tickets are \$200 children, \$350 adults, \$500 patrons, and \$1,000 SuperStars. Call (313) 432-7831

Holidays on Parade: Magical afternoons at The Parade Company, 9500 Mt. Elliott, Detroit, 11 a.m. to 6 p.m. Saturday-Sunday, Nov. 24-25. Admission \$5, children age 2 and under free.

Redford couple counts their 17 blessings

BY LINDA ANN CHOMIN
STAFF WRITER

Beth Sentman recalls the list of names without hesitation. The Redford mother remembers the birth of every one of her 17 children. She never used all of the names she wanted to but that doesn't mean she and husband John plan to have any more children. Beth jokes that "faced with the choice of another pregnancy or firing squad, line me up."

Humor helps the Sentmans face the daily challenges of raising a super-size family.

Beth was only 19 when she married John without having learned one domestic skill. Over the years she became an expert at tripling and quadrupling recipes. She passes on her tips on <http://tlc.discovery.com>, the Web site for the Kids by the Dozen series on which the family is featured. Beth calls herself a thrift store

Please see **17 CHILDREN, C2**



John and Beth Sentman gather with kids Jessica, Joe, Becky, Anna, John Jr., Alex, Michael, Philip, Philomena, Vincent, Virginia, Edmund, William, Ryan, Robert, Timothy, and grandchildren Mahdi, Joey, Sophia, and Abe. The only family member missing from the photo is son Richard.



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17 CHILDREN

FROM PAGE C1
queen. She brags about buying a second stove, a 1979 self-cleaning Kenmore for \$79, because it's not easy to cook for her large family on one stove.

The first episode of the Sentmans' story airs again at 10 p.m. Monday, Nov. 19, and 1 a.m. Tuesday, Nov. 20, on the TLC/Discovery Channel. The series premiered on Oct. 15 with the Passing the Torch installment where John and Beth turn over planning for the annual July 4 celebration to the children.

"I'm very happy. I feel privileged to be a mother of 17," said Beth Sentman, 50. "For meals I don't know who will be home so I cook a lot. In the kitchen we have a trestle table. That gives me more work space on the benches. Cooking for 19 people you have to use as much horizontal space as possible. Meal times can be chaos, but it's a fun chaos."

Beth doesn't mind the turmoil although it does get a little crowded in the dining room when everyone is assembled for Thanksgiving dinner. She grew up in a family with nine children. "Thanksgiving is a lot of fun," said Beth. "We bring another table in the dining room. All the older children have a fit if we don't all sit in the same room."

FAMILY TIES
Vince, a student at Redford Union High School, enjoys every minute spent with his family. Some of the children attend the

Redford Union schools, others St. Joseph in Wayne where the family regularly goes to Mass. It was the parish priest who originally recommended the Sentmans for the series after receiving a phone call from The Learning Channel.

"It's a little crazy, a little fun. You don't need friends because they're all here," said Vince. "It's great. You never have to be worried about being bored."

Jessica agrees the last 30 years have been a lot of fun. She is the oldest child of Beth and John.

"There are always good times and bad," said Jessica of Canton. "It's a roller coaster. Being the oldest you try to set high standards."

Philomena likes having eight younger and eight older brothers and sisters. She calls herself the middle child.

"It's like being in the middle of a tornado. I've had life lessons I haven't had to learn the hard way," said Philomena, 19.

One downside John Jr. says is that your clothes are not always your own.

"Everything is community property," added Jessica.

The tears well up in John Sentman's eyes as he takes in this moment with his family. He says, it's been a magical summer. Even though the family is close, it was not easy getting them all together for the month of filming. John especially enjoyed renewing their marriage vows 31 years after their wedding. A flower shopping expedition took the family to Westborn Market in Livonia. Later shoots took the family to Costco, and Petland and

the Michigan Humane Society in Westland.

"I married Beth because she was beautiful and effervescent," said John. "We were 19 and 21 when we married. You fall in love and then start learning about each other and accepting the differences."

"It takes patience and perseverance," said Beth.

MONEY MATTERS
John is a loan officer so Beth had to stretch every dollar. It's a little easier now that several of the older children have moved out. They haven't gone far though. All but Jessica still live on the same street.

"You have to be willing to live smart with the money," said Beth. "Groceries are always an issue. At one point our bill was \$2,000 a month or better. We have a big garden and can. We economize by buying a half a steer, and have a freezer just for bread. We go once a month to Aunt Millie's in Ypsi."

Just because the family is thrifty doesn't mean the meals aren't nutritious, said John. Processed foods and soda pop never make it into the house.

"When I'm shopping, I'm on a mission. I have so much time allotted. I generally go with a list and try to synchronize my shopping to save gas," said Beth.

"We've been doing it for so long," added John. "For fruits and vegetables, it's Randazzo's in Westland. We made the decision 10 years ago not to make food choices based on price but nutrient density."

Beth says she shops the outer aisles of the grocery store where the "real food" is stocked. To save money, the family also roasts their coffee beans in a popcorn popper and makes their own laundry soap.

At first the Sentmans worried about how the producers would portray them and their frugal ways.

"We're very private people," said Beth. "We generally don't tell anyone how many children we have."

"I'm happy we did this," said John. "When I looked and saw all 17 children, and thought we'll have two professionally made DVDs of our family."

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PARADE

FROM PAGE C1

Turkey Trot before the parade until he found out how much fun it was to drive a float.

Sharon has enjoyed sewing for years and made her kids clothes and Halloween costumes when they were younger. She even made the wedding gown she wore nearly 25 years ago for her marriage to Keith.

"I especially appreciate the time I spend with my family," said Scott. "We've been volunteering at the Parade Company about five years and have stapled grass on float bases. I've sewn clown costumes. On Thanksgiving I'm having 20 people to dinner but first I go to watch the parade. Keith drives the bus with the entertainer on it. I drive down with the rest of my family and watch on the sidelines. I say, 'see that flower. I painted under that.' It's fun. We always have a good time whether it's freezing cold or nice like it was last year."

NEW FLOAT
While this is the first year for the Half Pipe float featuring professional skateboarders, Scott says she's especially looking forward to seeing another new float featuring a Michigan vacation theme.

"There's a bunch of animals in a car," said Scott. "People have been working on big suitcases. They're taking a road trip." The Mid American Pompon All Star Team hits the road for its 21st performance in the parade. Based in the All Star Team's Mid American Pompon and Studio in Farmington Hills, the group includes sophomores, juniors and seniors who are on their dance or pom teams in more than 30 high schools from as far away as Grand Rapids to Livonia, Westland and Garden City. Along with the parade the team has performed at Detroit Pistons and Ignition games as well as Disney World. The studio (www.pompon.com) opened in 2002 to not only offer pompon training but classes in adult fitness, yoga, pilates, and cardio classes.

"The students only come to the studio for rehearsals," said team director Danielle Adam of Redford. "We've already sent a DVD with routine instructions

to them. The day before we meet at the Novi Sheraton and practice all day long."

This year 214 of the team's 231 members march in the parade.

"We're looking forward to this big team and hopefully nice weather again," said Adam. "The theme is Hats Off to Detroit and we've tried to incorporate that in our music this year. We're using Detroit music including The Temptations. And we're really excited about the pre-show on Channel 4. This year we're doing an opening number for the national broadcast at 10 a.m. so family members in other parts of the country will be able to watch."

CLOWNING AROUND

Bob Sasin won't be viewing the parade this year. The Plymouth man will be marching in it as part of the Distinguished Clown Corps, but he'll still keep an eye to the sky. For 26 1/2 years he oversaw the giant balloons. Sasin resigned as the parade's balloon chairman last year, but still volunteers at The Parade Company and the Penn Theatre in Plymouth where he's involved with restoration and fund-raising.

"We had balloon schools to bring in new people so they could see what's involved with handling a balloon," said Sasin, who retired 11 years ago from his position as a facility coordinator/supervisor for Ford Motor Co. "Last year the route changed so balloons have to come underneath the People Mover. There are anywhere from 10 to 30 people on a balloon. The ropes have to be in unison so a balloon flies down the parade route. Last year was a perfect year because there were no winds. The balloons flew as high as they could above the buildings. If there's wind we might not fly them as high."

Sasin has learned a lot about the art of flying parade balloons. In the early years weather balloons with helium were placed inside the bigger balloons.

"When I first started balloons were made from parachute materials and had a little motor. The new balloons are sealed tight and have outlets where you blow them up with helium.

They're 75 percent helium, the rest air. The balance changes with weather temperature and conditions," said Sasin. "Years ago the parade had two balloons in a commercial for Pepsi's Sierra Mist. I flew to New York and thought that was neat because that's where the Macy's Thanksgiving parade comes from."

While Sasin is proud of the Detroit parade he's "kind of nervous" about being a clown this year. His wife, Susan, purchased the honor for him.

"She works for Wayne-Westland school district as a special education teacher and I volunteered as a clown one time for her," said Sasin, "but I'm a clown at heart. I always felt with the parade we forget who we are and all become little kids. I've enjoyed it. It's a tradition and I would like to keep it going. We're always looking for volunteers. I highly recommend it. It will be an event they'll never forget. The thing about the parade no matter what the weather is, it goes on."

RED, WHITE & 'BLUES'

When other Michigan residents will be keeping one eye on the television and the other on prepping the turkey, 25 Detroit area Blue Cross Blue Shield of Michigan and Blue Care Network employees will be marching to the beat of a different drummer.

Michigan Blues employee volunteers will include Marc Keshishian, M.D., of Farmington Hills, Anika Heideman of Livonia, and Bhanupriya Nalla of Westland, who will be "red, white and 'blues' all over" as they and Parade Company handlers dress in matching Uncle Sam-style uniforms. Together they will help guide Uncle Sam, one of America's best-known patriotic icons through downtown Detroit.

In addition to the balloon handlers, "clowning around" with parade crowds as part of the Distinguished Clown Corps will be Greg Anderson, of Farmington Hills, Blue Cross Blue Shield of Michigan vice president of corporate and financial investigations.

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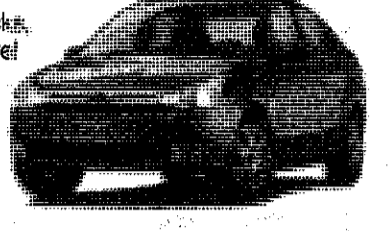
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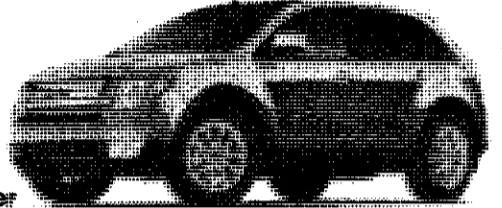
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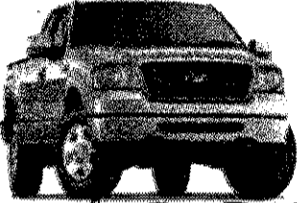
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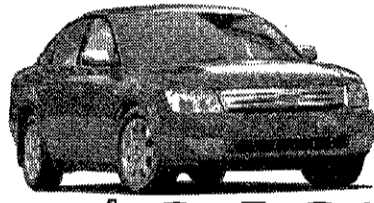
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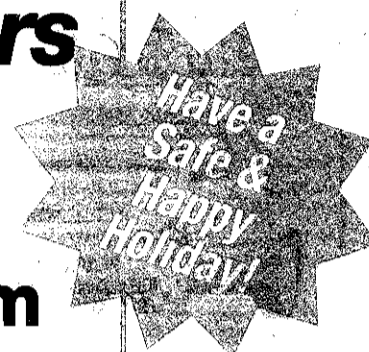
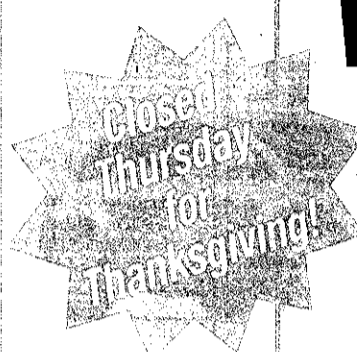
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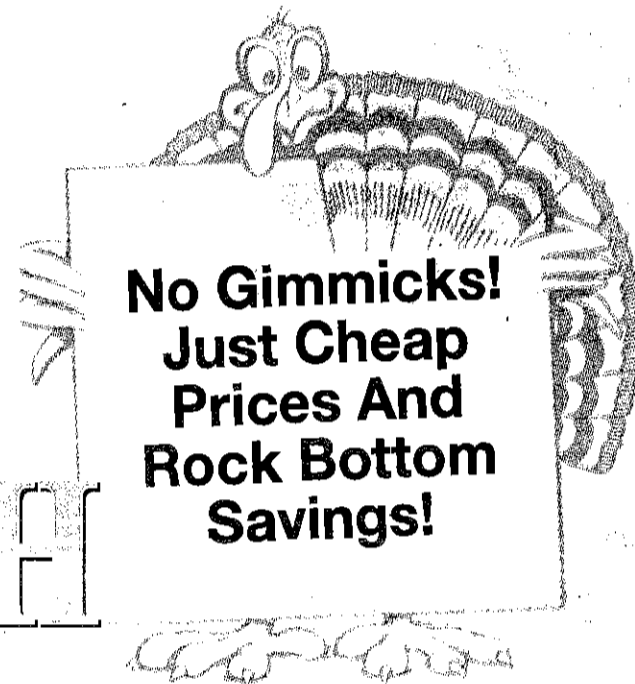
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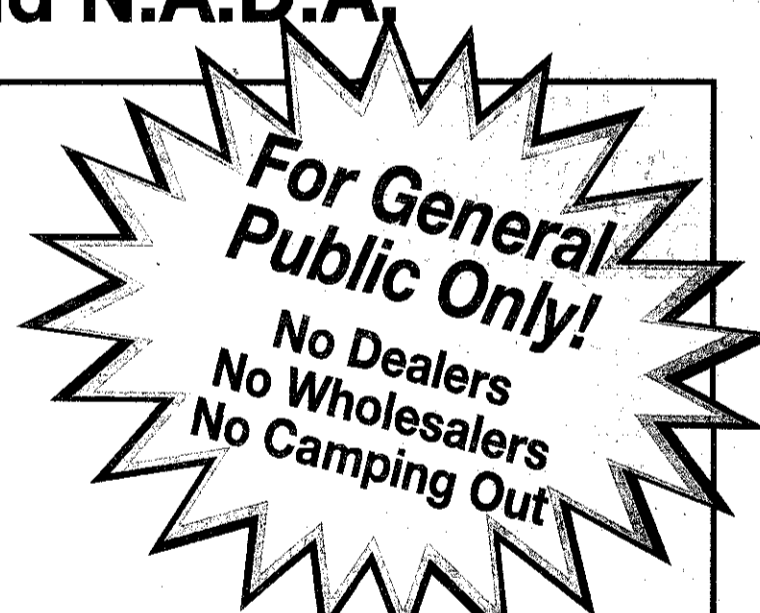
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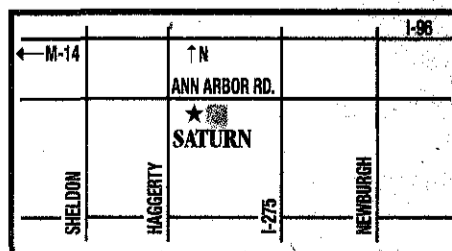


Saturn of Plymouth

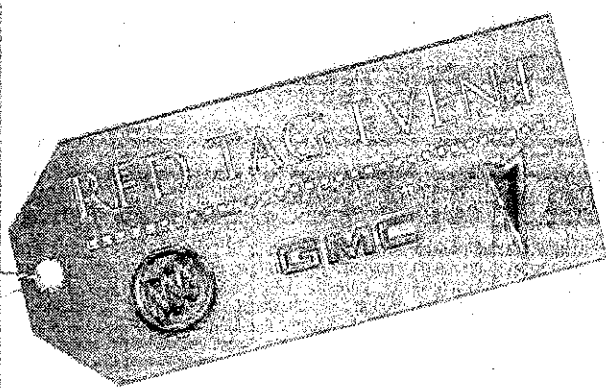
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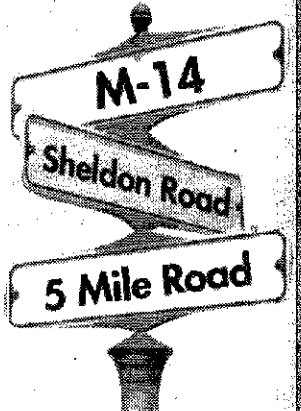
You are responsible for plates, title, taxes and documentation fees. Prior sales excluded.



BOB JEANNOTTE

0% APR AVAILABLE
UP TO 60 MONTHS ON ALL REMAINING 2007s*

Ask About Our Sign & Drive Program - NO CHECKBOOK Needed!



<p>30 MPG 2008 PONTIAC G6 SALE PRICE \$14,590* Stock #6240</p> <p>39 MONTH LEASE \$149** PER MO. DOWN PAYMENT \$1499</p>	<p>28 MPG 2008 PONTIAC GRAND PRIX SALE PRICE \$17,875* Stock #6001</p> <p>39 MONTH LEASE \$186** PER MO. DOWN PAYMENT \$1499</p>	<p>2008 PONTIAC G6 Hard Top Convertible Stock #6252</p> <p>39 MONTH LEASE \$268** PER MO. DOWN PAYMENT \$1499</p>	<p>33 MPG 2008 PONTIAC VIBE SALE PRICE \$14,606* Stock #6178</p> <p>39 MONTH LEASE \$308** PER MO. DOWN PAYMENT \$0</p>
<p>Stock #5231 Was \$22,854 2007 BUICK LACROSSE CXL NOW \$22,699*</p> <p>39 MONTH LEASE \$247** PER MO. DOWN PAYMENT \$1995</p>	<p>2008 BUICK LUCERNE SALE PRICE \$22,500* Was \$26,995 Stock #2029</p> <p>39 MONTH LEASE \$301** PER MO. DOWN PAYMENT \$0</p>	<p>2008 BUICK LACROSSE CXL SALE PRICE \$24,200* Was \$27,585 Stock #2060</p> <p>39 MONTH LEASE \$276** PER MO. DOWN PAYMENT \$1995</p>	<p>2008 BUICK ENCLAVE CXL Vin #4474</p> <p>39 MONTH LEASE \$330** PER MO. DOWN PAYMENT \$0</p>
<p>NO SERVICE FEES 2008 GMC ENVOY SALE PRICE \$23,142* Stock #4072</p> <p>39 MONTH LEASE \$219** PER MO. DOWN PAYMENT \$1999</p>	<p>2008 GMC YUKON SALE PRICE \$30,521* Stock #4140</p> <p>39 MONTH LEASE \$347** PER MO. DOWN PAYMENT \$1999</p>	<p>24 MPG 2008 GMC ACADIA SALE PRICE \$27,495* Stock #4087</p> <p>39 MONTH LEASE \$319** PER MO. DOWN PAYMENT \$1999</p>	<p>Great Buy! 2007 GMC SIERRA CREW CAB SALE PRICE \$21,995* Stock #3385</p> <p>39 MONTH LEASE \$377** PER MO. DOWN PAYMENT \$0</p>

QUALITY USED CARS AT AFFORDABLE PRICES

2004 BUICK RENDEZVOUS AWD \$11,995	2004 CHEVROLET CAVALIER \$7995	2006 TOYOTA COROLLA \$12,995	2006 PONTIAC VIBE \$14,995	2005 PONTIAC GRAND PRIX GT 2 \$11,995	2003 GMC YUKON XL SLT \$20,995
2004 GMC YUKON XL DENALI \$22,995	2000 DODGE NEON ES 4 DR \$4295	2005 BUICK RENDEZVOUS CXL \$17,295	2001 FORD TAURUS \$6995	2006 PONTIAC G6 CERTIFIED \$13,995	2005 PONTIAC GRAND PRIX GT 2 \$14,995

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Over 20 to choose from
Starting at
\$11,495

FUEL ECONOMY CLEARANCE

TAURUS

Over 30 to choose from
AS LOW AS
\$189* Per Mo.

Going on Now!

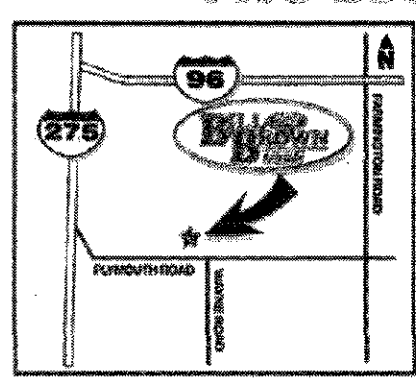
FUSION

Over 15 to choose from
Starting at
\$14,495

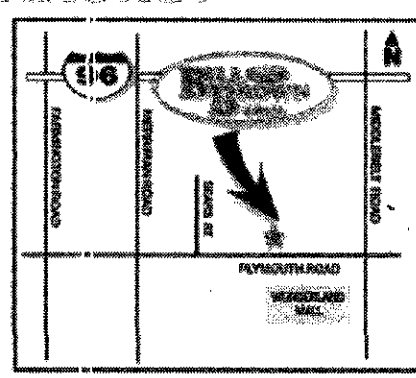
HUGE SAVINGS on Every Fusion, Focus & Taurus on our Lots!

Cut it out. Bring it in.

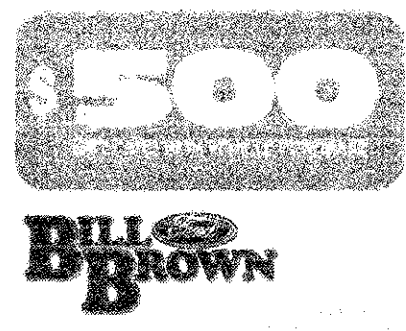
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THIS SALES EVENT ENDS NOVEMBER 30th!



WAYNE LOT - At the intersection of Wayne & Plymouth Roads



TERRACE LOT - 30400 Plymouth Road, across from Wonderland Mall.



BILL BROWN

www.billbrownused.com
1-800-854-3481

*Based on \$500 down payment, 60 mos. @ 5.9% APR with approved credit.

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0%
Plus \$2500
on select vehicles

**THE ONLY WESTERN WAYNE COUNTY FORD DEALER
OPEN EVERY SATURDAY FOR YOUR CONVENIENCE+**

REBATES UP TO
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on select models

North Brothers Ford invites you to stop in and see the new 2008 models at the Ford Family Reunion!



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HIGHEST TRADE-IN VALUE ANYWHERE!

WANT TO GET OUT OF YOUR LEASE EARLY? EARLY END PROGRAM ENDS SOON. SEE US FOR DETAILS

Save Over
\$10,000



MANAGER'S SPECIAL

2007 F150 XLT SUPERCAB 4X4

Prof. equip. pkg., 5.4L FFV V-8 engine, electronic 4-speed auto w/OD, P235/75R17 BSW all-terrain, 3.55 ratio lim slip axle, 7155 GVWR pkg., trailer tow, fog lamps, power signal heated mirrors, elec. rear view mirror, chrome wheels and much more. Stock #7T6181

Closeout Price!
WAS \$33,020 NOW **\$22,788***



Largest Selection of Super Cabs • Super Crews • Super Dutys in Wayne County



2008 FOCUS SES 4 DOOR

2.0L DOHC engine, automatic trans axle, P195/60R15 BSW tires, Sirius satellite radio and much more. Stock #8C9033 Was \$17,005

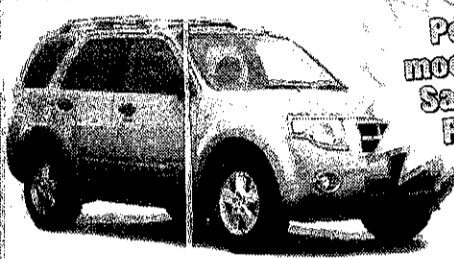
NOW **\$14,464***



2008 FUSION SE

2.3L I4 engine, 5-speed automatic transmission, P205/60R16 all season and more. Stock #8C8104 Was \$20,295

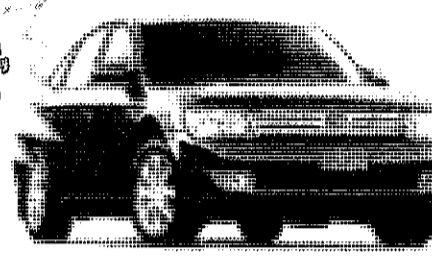
NOW **\$16,819***



2008 ESCAPE XLT

Automatic, air, fog lamps, power driver's seat, privacy glass, safety canopy, convenience package and more. Stock #8T9171 Was \$23,020

NOW **\$18,759***



2008 TAURUS AWD LIMITED

3.5L V-6 Duratec engine, 6 speed automatic transmission, P225/55R18 BSW tires and much more. Stock #8C7059 Was \$29,446

NOW **\$24,420***

24 MONTH LEASE
\$135** PER MO.
\$2000 Down \$2439.61 DUE AT SIGNING

24 MONTH LEASE
\$138** PER MO.
\$2000 Down \$2439.43 DUE AT SIGNING

24 MONTH LEASE
\$190** PER MO.
\$2000 Down \$2524.43 DUE AT SIGNING

24 MONTH LEASE
\$205** PER MO.
\$2000 Down \$2615.98 DUE AT SIGNING



2008 F150 4x4 XLT SUPERCAB

5.4L FFV V-8, electronic 4 spd auto O/D, P255/70R17 OWL all-terrain, 3.55 ratio lim. slip axle, 7150# GVWR pkg., sliding rear window, elec. shift-on-fly, trailer tow pkg., 17" Mach alum w/pain accents. Stock #8T6017 Was \$33,475

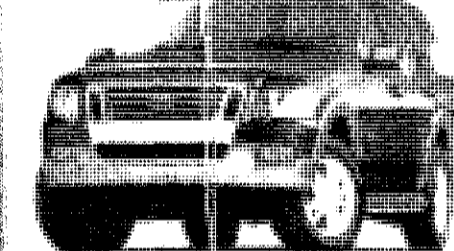
NOW **\$25,629***



2008 EDGE FWD SE

Automatic overdrive transmission, 3.5 L V6 engine, 17" painted aluminum wheels, P235/65R17 BSW tires and more. Stock #8T3035 Was \$26,094

NOW **\$22,589***



2008 EXPLORER XLT 4 DOOR 4X2

Air, illum. visors, 4.0L SOHC V6 engine, 5 speed auto trans with O/D, P245/65R17 A/S tires, 3.73 ratio reg axle, running boards, trailer tow, 17" cast alum whls, convenience pkg: elect. mirror, auto lamp headlights, keypad and more. Stock #8T5005 Was \$27,710

NOW **\$21,504***



2008 TAURUS X FWD LTD

3.5L V-6 Duratec engine, 6 speed automatic transmission, 60/40 2nd row 3-passenger bench seat Stock #8T0300 Was \$30,700

NOW **\$25,603***

24 MONTH LEASE
\$206** PER MO.
\$2000 Down \$2631.27 DUE AT SIGNING

24 MONTH LEASE
\$210** PER MO.
\$2000 Down \$2546.32 DUE AT SIGNING

24 MONTH LEASE
\$228** PER MO.
\$2000 Down \$2684.74 DUE AT SIGNING

24 MONTH LEASE
\$236** PER MO.
\$2000 Down \$2648.58 DUE AT SIGNING

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Starting at
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6 To Choose From! \$12,450 Pick Your Color



2001 LINCOLN CONTINENTAL
Affordable luxury!
\$7950

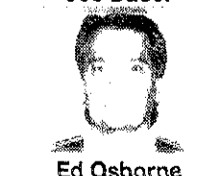
2004 CHEVY COBALT LS
Loaded, low miles
\$9900

2005 TAURUS SE
CERTIFIED APR
As low as 4.9%
\$10,150

2007 CHEVY HHR • LS
Loaded, low miles
\$12,600

2007 FORD FREESTAR
7 passenger, rear air!
\$15,450

2006 FORD FUSION SEL
Loaded - let's deal!
\$16,840



2003 LINCOLN AVIATOR
4 WD with style!
\$17,460

2004 MUSTANG GT CONVERTIBLE
Loaded, one owner
\$17,700

2006 FREESTLE LIMITED
Leather, loaded.
\$18,640

2008 ESCAPE XLT 4X4
New body style-why lease?
\$22,800

2003 LINCOLN NAVIGATOR 4X4
DVD, quad seats, navi.
\$24,840

2003 F350 4X4 • DRW
Loaded!
\$29,000



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