

SUNDAY November 9, 2008

Observer Observer



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Monit, Pitsenbarger to challenge recall decision

BY SUE MASON **OBSERVER STAFF WRITER**

Two Wayne-Westland school board members plan to challenge a Wayne County Elections Commission decision to give a citizens group the go-ahead to circulate recall petitions against Pitsenbarger will fight the

them.

The commission voted 2-1 Friday to approve recall language for board President Martha Pitsenbarger and Vice President Skip Monit. In an interview Friday afternoon, Monit said he and

recall, including appealing the commission's decision to Wayne County Circuit Court.

"We will do everything we possibly can to postpone or overturn this decision," he said. "We'll get out in the community and fight as best we can. Unfortunately, this is a distraction from our duties as school board members."

Recall organizer Shawnn Maxwell, however, is elated with the commission's decision. We feel pretty good about it,

we thought it would take several tries," she said in an interview hours after the language was

approved. "Our movement is pretty strong, I'm already get-ting phone calls. My phone is ringing off the hook."

The language states that Pitsenbarger and Monit on Oct. 7 voted in favor of adopting hearing procedures "concerning the illegal withholding of

services by the WWEA or any of its members," a reference to a strike by teachers that lasted four days.

"I think it's unfair, it's not a reason for a recall," said Monit, who was at the commission

Please see RECALL, A3

Tree lighting, food drive usher in holiday season

BY DARRELL CLEM **OBSERVER STAFF WRITER**

Although the city of Westland's holiday tree-lighting ceremony is intended to usher in a season of cheer, the growing number of families affected by economic problems like job losses and foreclosures will serve as a sobering reminder that some people need help. With that in mind, Mayor William

Wild has issued a statement urging people who attend the annual holiday ceremony to bring canned goods and nonperishable items that will be donated to the Westland-based Salvation Army's food pantry.

"In these trying times, every donation — no matter how big or small --- helps," Wild said.

The items may be brought to the



Mother criticizes sentence given to son's stalker

BY DARRELL CLEM **OBSERVER STAFF WRITER**

A Westland mother is upset that a registered sex offender who stalked her 13-year-old son has received what she criticized as a lenient sentence.

The mother, who didn't want her name used for fear her son would be harassed at school, spoke to the Observer after 29-year-old Cherokee Lee Hunter was sentenced Wednesday to nine months in jail and two years of probation.

"I think it's wrong," the boy's mother said. "My son is scared to death. He thinks that once (Hunter) gets out of jail, he's coming after him. People like that should be behind bars. He hurts children."

Hunter avoided a trial and a poten-

tree-lighting ceremony, scheduled for 6:15 p.m. Monday, Nov. 17, in front of Westland City Hall, on Ford Road between Newburgh and Wayne. Moreover, donors may go to City Hall during business hours and place the goods in a receptacle located in the lobby.

On a lighter note, this year's treelighting ceremony has been scheduled earlier in the season in hopes of avoiding the bone-chilling temperatures that often challenge the crowd that turns out to sing holiday songs and celebrate the arrival of Santa Claus. The event is usually held in early December.

Wild also hinted that the crowd this year will enjoy a surprise addition to the festivities.

"Let's just say that folks will really enjoy the live performance of a tremendously talented musician," Wild said.

The mayor also said that by moving the tree-lighting ceremony earlier, the community will be able to enjoy the decorations on the front lawn of City Hall for a longer time this season.

Deputy Mayor Courtney Conover confirmed that the ceremony this year will again include a live performance by Westland author and storyteller Nancy Spinelle, who will return for a sixth season with a live reading of her new, original story, The Tale of the Sizzling, Scorching, Stubborn Sun ... A Holiday Story.

Also, the St. Damian Elementary School Choir will lead a sing-along of holiday songs, and the winners of the city's What Christmas Means to Me essay contest will be introduced. The arrival of Santa will cap off the event, which will culminate with families going next door to Fire Station No. 1 to enjoy hot chocolate and cookies.

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PHOTOS BY TOM HAWLEY | STAFF PHOTOGRAPHER

With a little help from Texas Roadhouse employees and the mascot, Andy the Armadillo, youngsters at Madison Elementary School do line dancing as part of the 50th anniversary celebration.

Madison goes 'wild' for 50th anniversary

BY SUE MASON **OBSERVER STAFF WRITER**

Cowboys and cowgirls on horses, and even an armadillo named Andy, roamed the halls of Madison Elementary School as the home of the Mustangs celebrated a golden date: the school's 50th anniversary.

The one-hour open house had a western theme, with youngsters learning to line dance with employees and Andy the mascot from the Texas Roadhouse and racing each other and around barrels on stick ponies.

'We do have some wild Mustangs here," said Principal Sandy Kingston in kicking off the open house.

The event served as a prelude to a Dine and Donate fund-raiser at the Roadhouse, and while the turnout was small, the fun was big time.

"I play soccer, so I can go fast," said Libby Gramlich who did a figure-8 around the barrels in 12 seconds.

Madison Tennant, however, was "bucked off" her horse when she almost collided with another racer.

"I didn't win," the fourthgrader said. "I wasn't in the lead when I fell off, but I fell at the finish line. It hurt, but not enough to call 9-1-1.'



Madison Elementary second-grader Emily Hackero tries galloping with a stick pony at Madison's 50th anniversary celebration.

The hottest topic next to the line dancing with Andy in the gymnasium was the time capsule, specifically the one buried 25 years ago. Principal Sandy

Kingston and several volunteers had been digging up the school's different courtyards, and even resorted to using a metal detector in hopes of finding it in time for the open house.

"We didn't find it," said Kingston who had a display table filled with the pieces of metal and a Sprint telephone that was found during the excavation.

Another table displayed items that will included in the 50th anniversary time capsule — a lot centering on the historic election of Barack Obama as president. But there also were posters with important social tidbits like the "Jonas Brothers are awesome," "Hannah Montana is cool" and "Red Wings win (Stanley) Cup."

Fourth-grader Christiaan Irvine decided to sit out the line dancing which he admitted he didn't like.

His reason?

"You have to be in a straight line and follow the steps," he said.

Second-grader Emily Hackerd was more than willing to do all of the activities, even dinner at the Texas Roadhouse.

"We're all going to dinner as a family to support our school," said her mother Debbie.

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tially years-long prison sentence by accepting a plea agreement worked out between prosecuting and defense attorneys. He was formally sentenced Wednesday by Wayne County Circuit Judge Ulysses Boykin.

Hunter pleaded guilty to stalking the 13-year-old boy after befriending him on the street and offering to help him fix his scooter. Hunter was accused of harassing the boy June 8-23 by riding by his house on a bicycle, sitting outside in a car, and going into his back yard with a beer and waiting for him to come outside, according to Westland police.

Hunter already was a registered sex offender for a 1997 incident in Wavne involving charges of second-degree criminal sexual conduct with a 12-yearold girl.

When the latest charges surfaced, Hunter had been living on Surrey Heights in Westland, a couple streets away from the boy. The child's parents had warned Hunter to stay away.

The mother said she believes that Hunter should have received a lengthy prison sentence.

"The system is terrible," she said. "All they care about is getting people out because the (prison) system is so overcrowded. I've been a wreck over this."

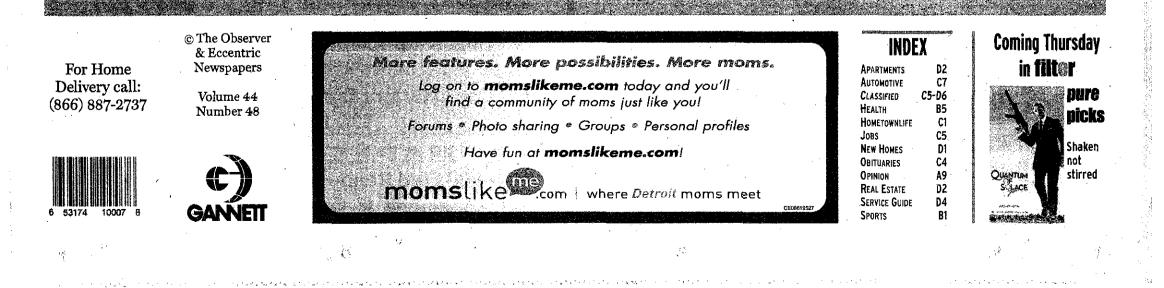
The prosecutor who handled the case couldn't be reached for comment.

The mother acknowledged that she missed some days in court due to illnesses. Moreover, she said she didn't address the judge on the day of Hunter's sentencing because her father didn't want her to appear in court. She said her husband had to work that day.

The mother said she hopes her son eventually will stop being fearful after what happened.

"He tries to put up a front," she said, "but he's going to need some counseling."

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Observer & Eccentric | Sunday, November 9, 2008

AROUND WESTLAND

Curbside recycling

Westland city officials will hear a long-awaited presentation on curbside recycling during a Westland City Council study session scheduled for 6 p.m. Monday, Nov. 10, at City Hall on Ford Road between Newburgh and Wayne. The public may attend.

Council President James Godbout confirmed that a consultant is expected to explain curbside recycling options and to make a recommendation for a city program.

Veterans Day

The Westland Veterans Association will unveil a U.S. flag depository during a pubhc ceremony schednled for 4 p.m. Monday, Nov. 10, at the Westland public library. The depository will provide residents with a place strictly designated for used, worn or torn American flags, which will be properly disposed by the WVA. Also Monday, the WVA will make public a special announcement pertaining to an upcoming event in the city.

The library is located on Central City Park between Ford and Warren. For more information, call Ken Mehl at (734) 335-7943.

City offices and Westland 18th District Court will be closed Tuesday, but the Bailey Recreation Center will be open.

Preschool event

McKinley Co-op Preschool is hosting a Schwan's Truckload Sale in the school parking lot 9 a.m. to 1 p.m. Saturday, Nov. 22. Schwan's offers what is billed as tasty meal solutions for the entire family, as well as treats for the holidays. A portion of all sales will be donated to McKinley Preschool. The Schwan's truck will be parked behind the Good Shepherd Church at Wayne and Hunter roads. For more information or to place an advanced order call Whitney at (734) 729-7222.

Leaf pickup starts

Leaf pick-up begins in the City of Westland on Monday, Nov. 10. In a move predicated on rising fuel costs and the need for greater efficiency, the City is doing one curbside pickup this year and the

dates have been pushed back to ensure that the maximum amount of leaves will have fallen by the time the leaves are retrieved. Pickups will be conducted Monday through Friday, and residents may find their neighborhood's date on the homepage of the city's Web site at www.cityofwestland. com. The program will run through Thursday, Dec. 4. In the event of inclement weather, pickup will occur the next favorable day. For questions regarding pickup or for more information, call the Westland Department of Public Service

Monthly breakfast

at (734) 728-1770.

Westland's Senior Resources Department will host its monthly pancake breakfast at the Friendship Center on 8:30-11 a.m. Thursday, Nov. The entire community is invited to enjoy all-you-can-eat pancakes prepared just the way you want them with a choice of buttermilk or multi-grain pancakes and regular or sugar free syrup. Breakfast also includes bacon, sausage and a choice of beverage, all for \$4. The breakfast is open to all ages. The Friendship Center is located at 1119 N. Newburgh Road, just south of Ford Road.

Annual events

The Wayne County Lightfest, the longest drive-through holiday light display in the Midwest, is set to open to the public on Thursday, Nov. 20, but residents will have an opportunity to experience the splendor beforehand, and get some exercise to boot. The "Lightfest 8K Fun Run/Walk" is 7 p.m. Tuesday, Nov. 18, while the "Bike Through the Lights" is 7 p.m. Wednesday, Nov. 19. For information regarding registration, fees, and routes, call the Wayne County Park Office at (734) 261-1990.

Free veterans dinner

Texas Roadhouse Restaurant in Westland is inviting veterans to enjoy free dinner on Veteran's Day, Tuesday, Nov. 11. All veterans who show up in uniform (or with military identification) between 4 and 10 p.m. will be honored guests for dinner. Entrée choices include 6-ounce sirloin, BBQ chicken, pork

chop, "Roadkill," country fried chicken, pulled pork or any dinner salad. Texas Roadhouse is at 36750 Ford, west of Wayne Road.

Wrestling Club

The Westland Bottle Rockets, a wrestling club for ages 5-14, will hold registration 6-7 p.m. Tuesday, Dec. 2, in Gym 4 of John Glenn High School, 36105 Marquette, Westland. The club runs from December through March. The fee is \$20. For more information, call Judy (734) 634-4595 or contact her by email at judylaw1122@yahoo. com. Information also is available online at glennwrestling. com and selecting the Bottle Rockets Wrestling Club link.

Coffee Hour

State Rep. Richard LeBlanc, D-Westland, will hold his next local coffee hour 9-10:30 a.m. Monday, Nov. 10, at the Westland Bailey Recreation Center, 36651 Ford. Citizens are welcome to visit with LeBlanc and discuss issues and/or concerns. The local coffee hour takes place on the second Monday of each month. Residents who have any comments or concerns, can also contact LeBlanc toll-free at (888)-737-5325 or at (517)-373-2576

LeBlanc also invites residents to join him for refreshments and an informal fireside chat 6-8 p.m. Monday, Nov. 10, at the William P. Faust Public Library, 6123 Central City Parkway, Westland.

For more information, call LeBlanc toll-free at (888) 737-5325 or send an e-mail to richardleblanc@house.mi.gov.

Annual holiday fair

The Wayne First Congregational Church will hold its 62nd annual fair, "Santa Season," 9 a.m. to 8 p.m. Thursday-Friday, Nov. 13-14, at the church, 2 Towne Square, Wayne. There will be a Christmas shop, country store, attic treasures, coffee shop, boutique, book store and specialties shop, as well as aprons, homemade goods and candy. Lunches will be served 11 a.m. to 1 p.m. and dinners 5-7 p.m. Dinner prices will be \$4 for children ages 3-11 and adults \$8.

Ladies Night Out

St. Damian's Ladies Night Out will feature over 30 vendors and crafters for a night of shopping with raffle baskets, manicures and massages, along with a buffet with finger foods, desserts and a cash bar. The event is scheduled for 6-9:30 p.m. Friday, Nov. 14, in the St. Damian School community room, 29891 Joy Road, west of Middlebelt, in Westland.

Admission will be \$5 and includes a raffle prize ticket. Those attending must be age 13 or older.

Participants will include Avon, Tastefully Simple, Stampin' Up!, Simply Fun, Lia Sophia, Tomboy Tools, Home Interiors, Creative Memories, Longaberger, Youngevity, Swarovski, Arbonne, Tupperware, Tealightful Treasures, Two Sisters Gourmet, The Pampered Chef, Mary Kay, Princess House, Discovery Toys and Young Living. According to organizers, gold, silver and coins also may be brought in for purchase by Bob Mason from W. R. Mason Jewelers.

VFW contest

Veterans of Foreign Wars Post 7575 and its Ladies Auxiliary are sponsoring the annual Voice of Democracy audio script writing contest and the Patriot's Pen Youth Essay Contest.

The Voice of Democracy audio/essay contest is open to all students in grades nine through 12. The Patriot's Pen essay contest is open to all students in grades 6-8.

Students are encouraged to express their patriotism while competing for awards. Prizes are awarded for winners at the post, district, state and national levels. For more details, call Helen Versele at (734) 522-4774 or send an e-mail to helenversele@sbcglobal.net.

Ring the bell

Christmas may be more than two months off, but the Wayne-Westland Salvation Army Corps is already putting out the call for volunteers. People can give a few hours or a day. They can be bell ringers during the annual Red Kettle campaign, adopt a family or a child or help with Christmas in-take assistance. People can sign up by calling

volunteer coordinator Sandy Kollinger at (734) 722-3660 or go online to www.ringbell.org and choose Wayne/Westland. The Wayne-Westland Corps is at 2300 S. Venoy between Palmer and Glenwood in Westland.

Goodfellows put out 'help needed' sign

BY JULIE BROWN OBSERVER STAFF WRITER

The temperature was balmy Thursday, but Westland Goodfellows president Jim Rachwal was eager to talk about "No Child Without a Christmas."

Rachwal, a Salem Township firefighter who grew up in Westland, shared the Goodfellows message with Westland Rotarians Nov. 6 at lunch.

"The Westland Goodfellows has always struggled to make ends meet," said Rachwal, also a DTE Energy staffer. "We're in the lean years, we've got a lot of families who are hurting."

The Goodfellows organization is small locally, with five heading up efforts, but they reach many. Last year, more than 600 Westland children received help.

Rachwal needs volunteers 6 p.m. Friday, Dec. 19, for Christmas packing at the senior citizen Friendship Center, 1119 N. Newburgh, south of Ford in Westland. Present distribution will begin 9 a.m. Saturday, Dec. 20, and volunteers are needed as well.

Rachwal gave Rotarians a brief history of the group, founded in 1914 in Detroit. Originally, the focus was on clothes and shoes. The Detroit News began to give sales for a holiday paper to the fund, an effort picked up by Nankin Township volunteers before Westland became a city in the mid-1960s.

"We don't take a penny," he said. The Wayne-Ford Civic League on Wayne Road has stepped up with help, including bingo proceeds.

"It's not just the Norwayne area," Rachwal said. "You'd be surprised at the areas that make

A Redford Township teen

accusations he slammed into

Lake man while fleeing from

trial hearing in front of Wayne

Szymanski on Tuesday, a hear-

County Probate Judge Frank

Westland police on Oct. 14.

requests."

Rachwal has met with the Westland Jaycees. Westland won't do street sales this year, which have been staffed heavily in the past by Westland police and firefighter volunteers. Traffic safety was a concern.

Businesses like the Ford Motor Co. and smaller ones have also contributed, he said. The Goodfellows have faced scammers in the past, but still care about reaching those with real needs. They hear often from well-to-do people, "When I was a kid, I got Goodfellows because my mom couldn't make it."

The organization has a volunteer, a police officer's wife, who does heavy-duty toy shopping each year at Toys R Us. The volunteers ask for no toys requiring batteries, and some families prefer not to get toy guns. Toys chosen are age-appropriate.

"If you want to do 10 minutes of your time, we'll take it," Rachwal said of volunteers. His organization also partners with the U.S. Marines Toys for Tots.

Meijer has donated to the Goodfellow effort, and Rachwal finds children often shop for needy family members rather than themselves.

"It gets people back to Christmas," Rachwal, also a Coast Guard reservist with his own business, said of volunteering. "Christmas is about giving, and giving yourself and giving your time."

Contributions payable to the Westland Goodfellows can be sent to 32715 Dorsey St., Westland, MI 48184. Information is available by calling (734) 480-4999 or visiting the Goodfellows Web site at www. westlandgoodfellows.org.

Teen faces trial in fatal crash **BY DARRELL CLEM** Merriman and Warren, has **OBSERVER STAFF WRITER** been designated in court as an

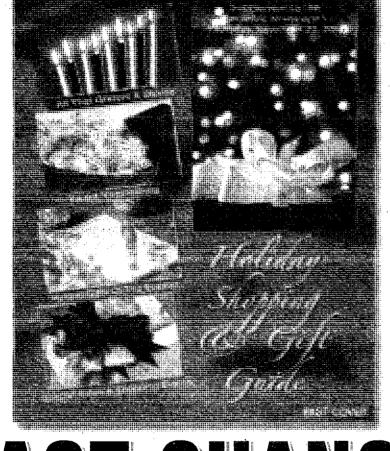
Prosecutor Maria Miller has said. will face trial for second-degree Foster is accused of driving murder and other charges amid east on Warren while being chased by Westland police. two vehicles and killed a Walled Police said he slammed into two vehicles, including Nzaro's, that had stopped for a red light on Ramon Foster, 15, faces a presouthbound Merriman.

adult, Assistant Wayne County

Nzaro died two days after the accident.

Foster is facing trial for sec-

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Friends of Eloise

The Friends of Eloise meets at 7 p.m. on the third Tuesday of the month at the Collins House, and the Westland Historic Society meets at 7 p.m. on the second Tuesday of the month, also at the Collins House in the Westland Historic Village Park, on Wayne Road between Marquette and Cherry Hill.

ing that will come six days after Foster was ordered to stand trial for the death of 35-year-old Ndalima Yussuf Nzaro of Walled Lake.

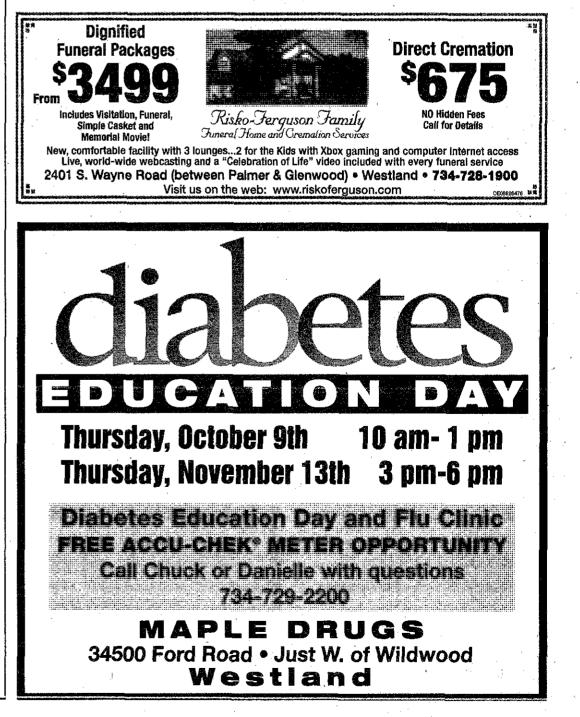
Foster's order to stand trial came after a witness on Monday testified to seeing the accident and after Westland police gave a courtroom account of the investigation, Officer Tom Lessnau said.

Foster, accused of losing control of a silver Mercedes and striking two vehicles shortly before 1 a.m. Oct. 14 at

ond-degree murder; operating a vehicle while under the influence of a controlled substance, causing a death; failing to stop at an accident involving injury or death; and operating without a driver's license.

If convicted, Foster could be sentenced as a juvenile, or he could receive a "blended sentence" that could ultimately lead to his transfer to an adult prison, Miller has said.

Second-degree murder is punishable by penalties ranging up to life in prison.



Board, union OK school calendar

Wavne-Westland students will have a shorter midwinter recess and attend school through Friday, June 12, to make up for four days lost because of a teachers strike last month.

According to a joint press release issued Friday, the Wayne-Westland school board and the Wayne-Westland Education Association have agreed that Wednesday-Friday, Feb. 18-20, and Friday, June 12, will be designated as makeup days.

The teachers walked off the job Oct. 6 and remained out until Oct. 9 when a Wayne County Circuit Court judge ordered them back to work. The announcement is the first made since the two sides agreed to refrain from commenting on negotiations publicly until a fact finder issues his report, expected in January.

The makeup days are part of a 2008-2009 school calendar the



meeting. "This recall has nothing to do with the language they put forth. If anyone looked at this language, how could they justify a vote to recall us?"

Pitsenbarger wasn't able to attend because of a work obligation, but was apprised of what had happened, Monit said.

Maxwell said her committee planned to meet Saturday to go over details to make sure everything is done correctly when the group begins circulating the petitions. The group has to submit a written request and should know within five business days how many signatures of registered voters they will need to force a recall election

The number of signatures needed for each school board member is tied to the percentage of votes cast in the last governor's election. Maxwell is vowing to get double what is required and to circulate the petitions is every community that is included in the 13,000plus student district.

"If they say we need 4,000 signatures, we'll get 8,000," she said. "We're going to get as many signatures as we can. Our goal is to double the number needed. This board needs to see that this community is upset."

The group will have 180 days from the day the language was approved to collect signatures.

two sides have tentatively agreed upon.

A contractual item, this year's calendar includes the Thanksgiving recess, Nov. 26-28; winter recess, Dec. 22-Jan. 2; the abbreviated midwinter recess, Feb. 16-17; spring recess, April 10-17, and the Memorial Day recess, May 22-25.

The district is making copies of the calendar available in the schools and will post it on its Web site at www.wwcsd.net and on its cable TV channels.

She lives long enough to see dream fulfilled

BY DARRELL CLEM OBSERVER STAFF WRITER

Letha Taylor died happy. After standing in line Tuesday in Kinston, N.C., to vote for President-elect Barack Obama, Taylor – the 95-year-old aunt of Westland resident Reasther Everett died Wednesday morning at home. Everett said.

"All my life, she has been

there for me," Everett, 73,

said. "She was not only my aunt, she was my best friend."

Everett, who grew up in North Carolina, had gone to visit Taylor and other relatives before returning home to Westland's Annapolis Park neighborhood for Election Day. Everett said she had tried to convince her aunt to vote early rather than wait until Tuesday. Taylor wouldn't hear it.

"She wanted to go to the polls herself to vote on Election Day," Everett said.

Taylor, who was born before women even won the right to vote in 1920, grew up during a time when the racial divide was wide. She was eager to cast her ballot for Obama, the nation's first African-American president. "That was her dream,"

Everett said.

Taylor went home after

casting her vote and sat up late to watch the historic election unfold on television. She went to bed, happy that Obama had won, but she died the next morning of causes that weren't yet known.

Taylor will not be alive for President Obama's inauguration, Everett said, "but she did live to see him win the election."

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However, by law, signatures begin dropping off daily after the 90-day mark.

Maxwell said also plans to file recall language for school board Secretary Cindy Schofield and Trustee William Gabriel on Nov. 17. State law prohibits the recall of elected officials during their first six months and last six months of their terms. Schofield and Gabriel were elected to office in the May school election.

"They say the teachers pushed our emotional button about class size to get us involved, but we have concerns that need to be addressed," said Maxwell. "The teachers' contract is what started it, but we're not happy with the way money is being allocated, we're not happy with Mr. (Superintendent Greg) Baracy's contract."

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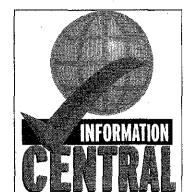
Gems: Not a new fad

They are often the object of theft in movies, of prime focus during award shows, and lauded in exhibition at museums. This worldwide attraction to gems and polished minerals is no new fad; they have commanded an significant role throughout all of history, acting as symbols for a wide range of interests.

The personal adornment of gemstones has historically been a symbol of wealth and power in both life and death. Such authority is very clearly illustrated by the opulence of the royal families' crown jewels in countries around the world. The royal treasures often follow those important enough to their final resting places, as leaders from a number of cultures received a jewel-encrusted burial that was meant to ensure the deceased's preparedness for the afterlife.

While modern day thoughts of jewels may evoke images of engagement rings and sparkly necklaces, it's important to remember that gemstones have led to medieval intrigue. gained recognition for possessing therapeutic and magical powers, and have even incited murder. "Graf's Gems: The World's Greatest Treasures and Their Stories" explores some of the interesting and extreme circumstances revolving around gemstones.

If for some reason you can't make it to the Smithsonian, the Louvre or the Egyptian Museum any time soon,



then stop by the library and travel more cheaply through books. Or if you think you just might have happened upon a rare, precious gemstone during some backyard gardening, pick up "Rocks and Minerals" by Chris Pellant and begin the identification process

Stop by the William P. Faust Public Library of Westland at 6123 Central City Parkway, call us at (734) 326-6123, beginning at 7 p.m. or visit us on the Web, westland.lib. mi.us.

Highlighted Activities Stress Reduction Workshop: 7

p.m. Nov. 10. Join Dr. Brian Brackney for a talk about how to deal with stress, Learn how stress can cause a variety of common diseases and how you can reduce your risk of certain diseases with simple reduction techniques. Call the library at (734) 326-6123 to save your seat.

flickr: Storing and Sharing your Pictures Online: 11 a.m. Nov. 12.

Learn how to set up a flickr account at www.flickr.com and organize and share all of your digital photos online. Bring digital photos you want to use on a flash drive or CD-ROM. Prerequisite is basic computer knowledge and Internet 101 or previous experience using the Internet. Seating limited, sign-up required. 1960s Movie Series: "Dr.

Strangelove" at 1 p.m. Nov. 18. Join us in a viewing of Stanley

Kubrick's classic "Dr. Strangelove." U.S. Air Force General Jack Ripper goes completely and utterly mad and sends his bomber wing to destroy the U.S.S.R. No registration required. Children must be accompanied by an aduit.

Drop-in Knitting Nights @ the Library: Every Wednesday evening

Whether you want to learn to knit or are an experienced knitter, all are welcome. Call the library for more information at (734) 326-6123.

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

DFCU Financial patronage dividend tops \$17 million

When Sandy Pollard of Dexter received her dividend from DFCU Financial last year. it came at a time when she and her family were trying to make ends meet. The nurse and single mother of two teenagers was working full time and also going to school to earn a bachelor's degree, so finances were tight.

"The dividend was such a huge help for me and my family," Pollard said. "I was juggling a lot at the time, so I was very grateful for it. I've come to rely on the dividend and am so happy to be a member of DFCU Financial, especially with all the bank closings at this time. I never worry because I have such confidence in DFCU Financial."

Lynn Brandon, a mother of three and human resource coordinator at Waste Management in Wixom, said

the dividend was a godsend. "We were so grateful," Brandon said. "The dividend allowed us to breathe a little easier between bills and groceries. Things were very tight and still are," she said.

Many members have benefitted from the DFCU Financial dividend. And now Michigan's largest credit union has done it again.

The DFCU Financial Board of Directors has approved the distribution of \$17 million the first week of January 2009. A total of more than \$50 million has been given to members over the last three years.

The special patronage dividend is DFCU Financial's way to say thank you and help members, said Mark Shobe, president and CEO of DFCU Financial.

"For the past seven years, we've worked hard to become an efficient, healthy and wellcapitalized credit union so that we are able to give back and help our members in many ways - more branches, investment advisory services, free budget and credit counseling, our no-payment/no-interest loans for displaced workers, and the special dividend," he said. "We hope members are proud and assured that their credit union is well-capitalized and one of the most successful credit unions in the entire nation."

DFCU Financial's dividend is the largest in the history of credit unions. No other credit union in the country has issued a dividend of this scale. The minimum dividend eligible members will receive is \$50, however, some members will receive thousands of dollars. Approximately 125,000 people in Michigan, including the DFCU members in Garden City, Livonia and Canton, will receive the dividend.

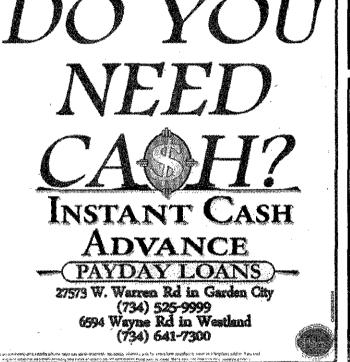
The DFCU Financial special patronage dividend for 2008 will be deposited to members' accounts the week of Jan. 5. The amount of dividend

received is based upon the member's total relationship with DFCU Financial - the greater the relationship, the larger the dividend. Qualifying members will receive 0.5 percent dividend on their average loan and deposit balances, with each eligible member receiving at least \$50. This includes all savings accounts and loan balances. Members can estimate their dividend at www.paystobelong.com, a DFCU Financial Web site.

We have achieved this through prudent management, commitment to operational excellence and appropriate long-term planning," Shobe said. "These factors have allowed us to successfully navigate the business through these turbulent financial times and continue to be there for members."

DFCU Financial, headquartered in Dearborn, is Michigan's largest credit union with \$2.0 billion in assets. For three years in a row, DFCU Financial has issued the largest dividend in the history of credit unions of more than \$50 million and has reinvested in its membership with new branches, a Career Transition Program and financial literacy education for all ages.

DFCU Financial currently operates 12 full-service Detroit-area branch offices in addition to educational student-run branches at Dearborn High School and Livonia Franklin High School. Anyone can join DFCU Financial. To find out how, call (313) 336-2700 or (888) 336-2700 or visit the DFCU Web site at www. dfcufinancial.com.



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

Pursuant to State law a sale will be held at: Secured Self Storage, 6855 Yale, Westland, MI, November 22, 2008 at 1:05 p.m. Roberta Williams #105 #107 Tammy Viecelli Rochelle Glaspie #222 #231 Justin Hargrove #255 Donavon Coates #327 **Catherine Stanley** #339 Catherine Stanley #348 Dannielle Bates #509 Aronold Winters Marrian Dockery #658 #734 David Priebe #1019 Sharon Taylor Shawn Gehr #1137#1331Barbara Buckner

NOTICE OF PUBLIC SALE

Units Contain: Misc. household items.

Publish: November 9 & 16, 2008





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COUNTY NEWS

Observer & Eccentric | Sunday, November 9, 2008

No investments are risk-free, even money markets McCotter's House

My wife has a large amount of money in a 403(b) in Fidelity 205 Freedom Fund. All new money has been going into the Fidelity U.S. Money Market Fund. She'll be retiring in the next couple of years and does not want to lose principal. Should



she transfer some of the 205 Freedom Fund into the Fidelity **U.S. Treasury** Money Market? If your wife

investment

that has no

Money Matters wants an

Rick Bloom

principal fluctuation

If her goal is to have a

does not have risks.

Many investors believe that the only risk is losing principal. However, another risk that can be as devastating as losing principal is not keeping up with the increased cost of living. Too many people think that as long as they beat inflation they are doing fine. Unfortunately, that is not the case. First, you have to recognize the effect taxes have on returns. If money is invested in a retirement account, the money is taxed at an ordinary income level — the highest tax bracket. Therefore, if you're getting a 4 percent return. the after-tax return for most people is 3 percent or below. Then, against the 3 percent return you have to consider how your cost of living is going

would find that their costs percent per year. Therefore, the risk of investing in money market accounts is not that your principal will fluctuate, because it won't, but rather your money is not keeping up in terms of purchasing power.

Investors who ignore the risks that inflation and increased cost of living create are those who find they are running out of money later in life.

Investors need to have a varied portfolio that does not subject all money to one risk but rather is composed of a variety of different types of investments that have different levels of risks.

An investor may feel that they are safe by keeping all their money in investments that have no principal fluctuation such as CDs, bank accounts and fixed annuities. Although these types of investments can play an important role within the portfolio, they should not

make changes in a portfolio while in the midst of a major crisis, such as we are, it is a good idea to begin to think after things calm down. It is extremely difficult during times like this to After all, I am an investor

too and my portfolio has also suffered. However, I am staying the course because I do not want to be in a situation where I don't have sufficient resources later in life. That said, investors who randomly buy equities without focusing on a realistic overall strategy have to realize that the stock market is not a gambling hall. Equities are for the long term and should not be used for short-term needs.

Investors who are in salaried deferral programs such as 401(k)s and who are long-term investors should continue to invest in equities. I don't know if we've hit the bottom and are on our way up. However, I do know that equities are considerably cheaper than they

Rick Bloom is a fee-only financial ters@hometownlife.com. For more information, visit Rick's Web site at www.bloomassetmanagement.com. You can hear Rick noon to 3 p.m. Sundays on WDTK 1400 AM.

band takes a hit

of MSNBC's Hardball had some fun with U.S. Rep. Thaddeus McCotter's soon to be disbanded Congressional rock band The Second Amendments.

The bombastic news commentator got a few things wrong. He called the band The Singing Amendments and a graphic mislabeled the members, identifying McCotter as outgoing Rep. Dave Weldon of Florida and putting a big X over his face.

McCotter played lead guitar in the band. Drummer Rep. Kenny Hulshof of Missouri

On Thursday Chris Matthews and Weldon are retiring and Republican Reps. Bill Salli of Idaho and Jon Porter of Nevada lost their bids for reelection in the Democratic onslaught. Remaining band members in addition to McCotter are Democrat vocalist Collin Peterson.

A5

(*)

In addition to the Matthews' slight, the Web site Gawker says of the band, "They were basically a crappy wedding band, playing dad music semicompetently, but the 'members of Congress thing made the whole show a little more surreal."





ACHIEVERS

Westland resident Andrea Jimenez will be among four Madonna University stu-

dents honored at a Nov. 8 dinner after being selected to receive a Latinos de Livonia scholarships.

The scholarship is award-Jimenez

ed to Hispanic students with a grade point average of 2.5 or better who have demonstrated a financial need. The other recipients are Emma Aviles of Detroit. Angelica Rodriguez of Oxford and Laura Castro of Detroit.

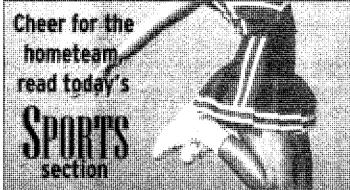
"The Latinos de Livonia scholarship meant a chance to see my dreams come true," said Jimenez, a forensic science major. "It was an answer to my prayer, a relief from the combined worry of studying and making tuition payments."

Initiated at Madonna University in 1989, the Latinos de Livonia endowed

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scholarship fund now totals more than \$100,000. A minimum of \$25,000 is needed to create an endowed scholarship at Madonna. Over the years, Latinos de Livonia has granted some 64 scholarships to nearly 50 students; some students received scholarship renewals.

Founded in Southwest Detroit during the 1970s, Latinos de Livonia was established by Hispanic families who wanted to provide community outreach services. The group eventually moved from Detroit to Livonia, with members spread throughout Wayne, Oakland and Macomb counties.

Garden City resident Cara Skiver has been awarded an endowed scholarship at Madonna University in Livonia.

Erica Lungstrom of Westland received her master's degree in engineering from Kettering University in June.

Four 1986 grads win judicial, supervisor elections

BY REBECCA JONES **OBSERVER STAFF WRITER**

The upcoming session of judge school" for those newly elected to the bench will be a small-scale reunion for three graduates of the Stevenson High School Class of 1986.

Jim Plakas, Mark McConnell and Chris Ninomiya were each elected to district judge posts on Tuesday. Another former classmate, Michele Economou Ureste, was elected Tuesday as West Bloomfield Township supervisor.

Plakas, of Northville, won . the race for the 35th District in that community. McConnell, of Westland, will preside over the 18th District Court.

The two have been friends since their days at Holmes Junior High in Livonia, coworkers for the past 13 years and even commiserated through their first-year contracts class at the University of Detroit Law School.

We ended up driving to school together every single day for the first year," Plakas said.

Like McConnell, Ninomiya, the Dickinson County prosecutor, had no competition for the judgeship of 95-B District Court, in the Upper Peninsula community of Iron Mountain. The next step for the three

men who grew up in Livonia is a training session this Friday.

circle," said Plakas, who plans

3947 W. 12 Mile, Berkley

-4 details dollhospital.com

to carpool there with McConnell.

McConnell and Ninomiya, who were on the tennis team at Stevenson, later ended up Plakas

taking the bar exam together.

During law school, Ninomiya served an internship a few counties away from where he now resides McConnell

and "fell in love with the U.P." He moved there after graduating from Wayne State University Law School and worked as a prosecutor, later being elected to two terms as chief prosecutor. His office handles about 1,400 criminal cases per year.

When the district judge decided to retire this year, Ninomiya ran unopposed for his seat.

described themselves as at the top of their class in high school. "I was probably '75 percent nerd and 25 percent jock' to use

said. McConnell, who aspired to be a lawyer from the time he was 13. said his grade point average

was about 2.9. "I knew after high school my grades were going to have to get significantly better," he said. "I worked very hard in college and law school and got good grades," he said. Plakas, who had a B average,

enjoyed his social studies class and was on student government

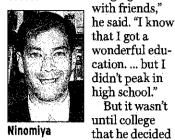
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Hiroo tilii



Economou Ureste

Stevenson rules



Ninomiya

he wanted to follow in his father's footsteps and become an attorney.

girlfriends and

hanging out

When his father's law firm, Angelo A. Plakas and Associates, had an opening, Plakas recommended bringing in McConnell for an interview. The two have worked together as assistant city attorneys for Westland, as well as handling criminal defense, civil litigation other cases that Plakas said gave them the depth of experience necessary to become a judge.

In addition to the three judges, another Stevenson Class of '86 graduate, Michele Economou Ureste, won her race for West Bloomfield Township supervisor.

McConnell and Economou Ureste ran cross-country together. Twenty years later at a reunion party, they discovered they were both planning to rnn for public office.

She described herself in high school as "two-dimensional." "F studied and ran," she said. She was the Brieske Award

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winner, given to an outstanding student athlete and participated in the Global Education program. Like Plakas, she studied political science at Central Michigan University.

Economou Ureste worked as a business systems consultant. After starting her family, she switched gears and decided to put her master's degree in public administration to work. She defeated the incumbent supervisor in the August primary, and went on to win the general election in the township she's lived in for six years.

Although they've moved on since high school, the Stevenson graduates are still finding connections to Livonia Public Schools. Economou Ureste married a high school acquaintance in 2001.

Going door to door throughout his campaign, Plakas, whose wife teaches at Buchanan Elementary, found himself on the porch of his former French teacher and old drafting instructor. A former assistant principal supported his campaign.

"I think it speaks well for our alma mater to have four of us from our graduating class to be elected to such high offices on the same day," McConnell said.

Ninomiya added, "What I remember most (about high school) are the great friendships that we had over the years ... That includes Mark and Jim," he said.

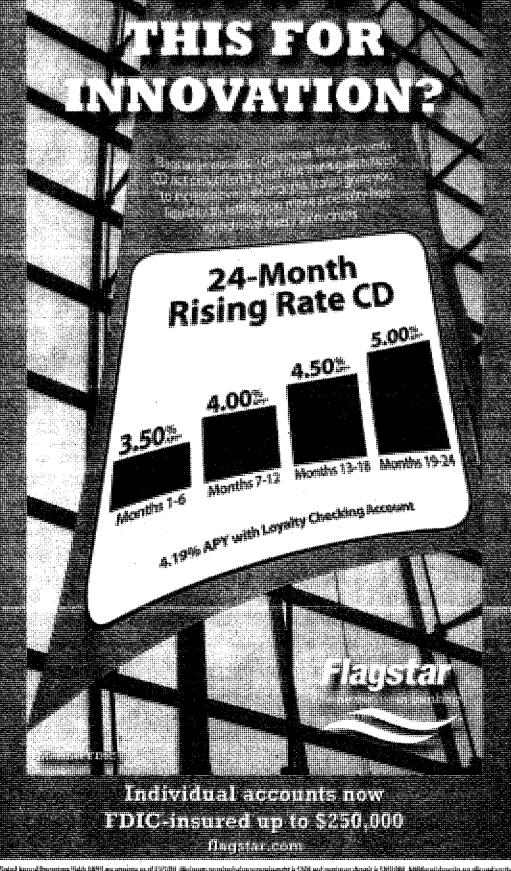
As for any incriminating high school stories, Ninomiya joked, "much of that information is classified and cannot be released."

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



the '80's parlance," Ninomiya

None of the new judges



"Salet Knocklingsslage Neik (MM) er anviser er af Fillill, Welsom paningiskos regelerati i 1564 est malaren depair i 17000. Abklandidigerig en dissekende 14 martin maanin tan. Agawa hay badi ahar ani kuy, Pandermer in ingendi ku anji wilidawaji. Milalawak sa la ami d'ande inemain himarin ternet is supported and ended to year acquer actionants in sich do insule ternit. Der welden site. Conservation einem deer preuer product is Regis Reis auf welde pe vereigen "Stevellig anzendam er plant (2004 menuter 2004 menuter provents to perify is te wilser" der alle sonar is aufder eits augen ander gesta des la delente in statistischen auf vereiter miter Secter periode aus gegis

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GC Hospital programs focus on healthy living

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

Monday, Nov. 10

Exercise Express 12:30 p.m. Thirty minutes of exercise including cardio, strength training and stretching. Exercise at your own comfort level. Get in, get out and get on with your day. Fee is \$30 per month or a \$5 drop-in fee. Call (734) 458-3242 for more information.

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% hours and there is a \$60 fee. Medicaid is accepted. A refresher course also is available. Cali (734) 458-4330 for more information or to register.

Tuesday, Nov. 11

Get Up and Move at 9 a.m., 3 and 4 p.m. This is an invigorating exercise program is 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. 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 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.

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. Cardiac Education Support Group at 5 p.m. Had a cardiac event or know someone who has? Want more information about heart disease? Or just looking for a place to talk and share your feelings and concerns about heart attack or heart disease? Individuals who have heart disease and their family and friends are welcome to join the Cardiac Education Support Group in the Health Enhancement Center. The free support group will meet the second Tuesday of each month to discuss important topics and provide valuable information. For more information, call (734) 458-3242. Babysitting class (first of two) at 3:30 p.m. This two-session program is designed to prepare future baby-sitters with the skills necessary to care for young children. Topics include basic childcare needs, emergency preparedness and airway obstruction. Participants receive a certificate. There is a \$30 fee. Call (734) 458-4330 for details and to register. Wednesday, Nov. 12 Exercise Express 12:30 p.m. Thirty minutes of exercise including cardio, strength training and stretching. Exercise at your own comfort level. Get in, get out and get on with your day. Fee is \$30 per month or a \$5 drop-in fee. Call (734) 458-3242 for more information **CPAP and BIPAP Mask Fitting** Clinic at 5 p.m. Attention CPAP and BiPAP users: Did you know that most insurances cover new supplies every

year? Have you been wanting to try a new style of mask, but don't know how to get one? Visit the Sleep Disorders Center of Michigan, 35600 Central City Parkway, Suite 103, Westland, 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

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

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.

Hearing Loss Association of America (HLAA) Support Group at 7 p.m. Are you or someone you know hard of hearing? A free support group for people who are hard of hearing is held every second Wednesday of the month. Call (734) 458-3381 for more information.

Thursday, Nov. 13

Get Up and Move at 9 a.m., 3 and 4 p.m. This is an invigorating exercise program is 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.

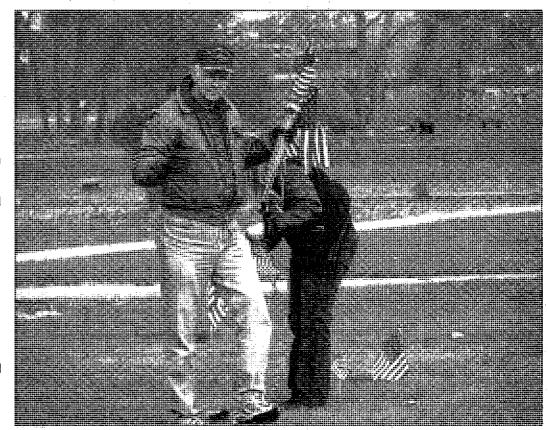
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Friday, Nov. 15

Exercise Express 12:30 p.m. Thirty minutes of exercise including cardio, strength training and stretching. Exercise at your own comfort level. Get in, get out and get on with your day. Fee is \$30 per month or a \$5 drop-in fee. Call (734) 458-3242 for more information.



Captain Dennis Hopkins holds American flags as a Franklin High School ROTC student places one on a soldier's grave.

ROTC cadets place graveside memorials

The Naval JROTC Cadets of Livonia Franklin High School honored the service of local veterans by placing more than 800 American flags on their graves at Detroit Memorial Park West Cemetery in Redford.

The Nov. 1 ceremony marked the third year that the cadets recognized and reflected on the sacrifice and service of local heroes this way.

"This day gives us a special opportunity to reflect upon the sacrifice they gave to us and to show our debt of honor to



Franklin High School NJROTC students gathered at Detroit Memorial Park West Cemetery in Redford to mark veterans' graves and honor them.

them," said Heather Bohlen, public affairs officer for the NJROTC program. "The passage of time is not a reason

to forget their service to our country." Veterans Day is Tuesday, Nov. 11.





THANK YOU

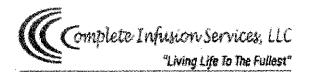
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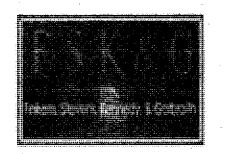


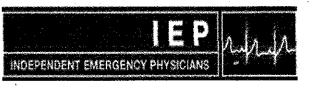


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Power of our democracy: The historic election of President-elect Obama

t 11 p.m. Eastern Standard Time on election night, I sat transfixed before my television, attempting to fully comprehend the historic election of the first African American as the president of the United States of America. A myriad of emotions emerged — unbelief, grat-



itude, joy and hope that we are in the midst of a new beginning here in this country. It is a hope that we are finally able to transcend color and begin to accept one another as fellow human beings and Americans who are common stakeholders in the quest for the American dream. As I have processed this

Terrance R. McClain

watershed moment in American history, I have a greater hope that my son, Terrance Jr., who

is African American, his wife, Stephanie, who is Caucasian, my 3-year-old grandson Jaden, and his little brother that his mother is presently carrying, will be able to live in a country that finally realizes that though we are different in some ways, we are more alike than different. Unfortunately, I have been reminded that we still have a long way to go, as indicated by a writer to the Detroit Free Press the morning after the election, who stated that he is not "thrilled with the outcome" and offered a list of things Barack Obama needs to begin to do. His first point is that Barack Obama needs to "call for peace among his supporters" because "we do not need victory celebrations turning into riots."

In his acceptance speech, President-elect Obama reminded us that "we are, and always will be, the United States of America." His speech's underlying premise is that it is "we" who have achieved this milestone, putting our hands "on the arc of history and bend it once more toward the hope of a better day." He reminded us that this is our victory but it is only the beginning of a long and arduous journey. "Our climb will be steep. We may not get there in one year or even one term, but America, I have never been more hopeful than I am tonight that we will get there. I promise you, we as a people will get there."

As a 55-year-old African American male and because this is such a crucial juncture in re-shaping ourselves as a positive and powerful influence in a world that has become increasingly flat, I hesitated to give my support to Barack Obama simply because he is African American. Consequently, I read his two autobiographical books and another biography, went online to view and listen to his 2004 Democratic Convention Speech and paid close attention to his Philadelphia speech designed to set forth his own personal convictions and faith

Having lived through the assassinations of John F. Kennedy, Martin Luther King Jr. and Robert Kennedy, whose speeches, actions and legacies, among others, laid the foundation for this historic election to become a reality in my lifetime, I would simply like to urge my fellow citizens, to fully support our 44th president and other elected officials. He calls for us to live as one and promises to build bridges that will span old political divisions. I believe, as Presidentelect Barack Obama says, "Yes, we can!"

that had been brought into question due to some incendiary remarks made by his former minister about America and race relations. I came away impressed with his response - its clarity, candor and articulation. But what I came away with more than anything else was the sense that here is an African American male who truly embodies the blending of what's best from many races, cultures and backgrounds.

Having lived through the assassinations of John F. Kennedy, Martin Luther King Jr. and Robert Kennedy, whose speeches, actions and legacies, among others, laid the foundation for this historic election to become a reality in my lifetime, I would simply like to urge my fellow citizens, to fully support our 44th president and other elected officials. He calls for us to live as one and promises to build bridges that will span old political divisions. I believe, as Presidentelect Barack Obama says, "Yes, we can!"

My son, Terrance Jr., and oldest daughter, Kimberly, texted me the following: "Rosa sat, so Martin could walk ... Martin walked so Obama could run ... Obama is running so our children CAN FLY!" This is powerful, as is the close of his acceptance speech:

"This is our chance to answer that call. This is our moment. This is our time to put our people back to work and open doors of opportunity for our kids, to restore prosperity and promote the cause of peace; to reclaim the American Dream and reaffirm that fundamental truth that out of many, we are one ..."

President-elect Barack Obama has a sobering challenge before him, and we all, together, must lift up his hands for the battle!

Terrance R. McClain is a minister of the Annapolis Park Church of Christ in Westland and a former member of the Wayne-Westland school board. A Wayne resident, he is a 2006 graduate of the MSU Michigan Political Leadership Program.

OUR VIEWS Veterans pay heaviest toll for our democracy

Last Tuesday, Americans turned out at the polls in record numbers to exercise their right to vote. Around 11 p.m., when most of the votes had been counted, it was declared that Barack Obama, a black man, would be the 44th president of the United States.

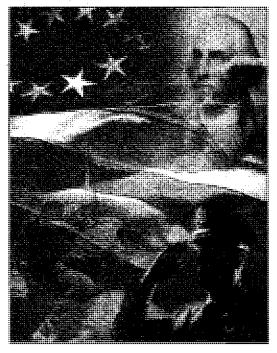
Whether or not you voted for Obama, the day will long be celebrated as a great milestone in the evolution of one of the greatest experiments in the history of mankind - American democracy. Our democracy.

Just a generation ago, Obama would have had a difficult time even voting in some parts of the country. After a vigilant civil rights movement, however, a black man will now ascend to the highest office in the land. As Obama himself said Tuesday night, it is a story that could happen only in America. We are all very fortunate to live in such a country, where freedom is the glue that holds us together.

But those freedoms come with a cost. We all owe a tremendous debt to the countless soldiers who have fought to preserve our way of life, our ideals, our democracy.

On Tuesday, we celebrate Veterans Day. It is the day we remember and honor all the military personnel who have sacrificed so much just for the privilege of being an American. The soldiers whose blood soaked the fields of Gettysburg. The Marines who charged with unblinking fury on to the sands of Iwo Jima. The airmen who strapped themselves into small boxes with wings to engage in dogfights with the Kaiser's pilots over the fields of France in World War I. George Washington's army, which survived early defeats and a miserable winter filled with doubt at Valley Forge, only to persevere and help give birth History tells us this. But we have always to a nation. Our nation.

But our veterans are not simply relics from the annals of history. There are millions among us today. For example, there are still about 2.5 million World War II veterans alive. Once 16 million strong, our WWII vets are dying at a rate of about about that. And make sure you thank a vet-1,200 a day, and some predict they will all eran, if you know one. Chances are, you do.



be gone by 2020.

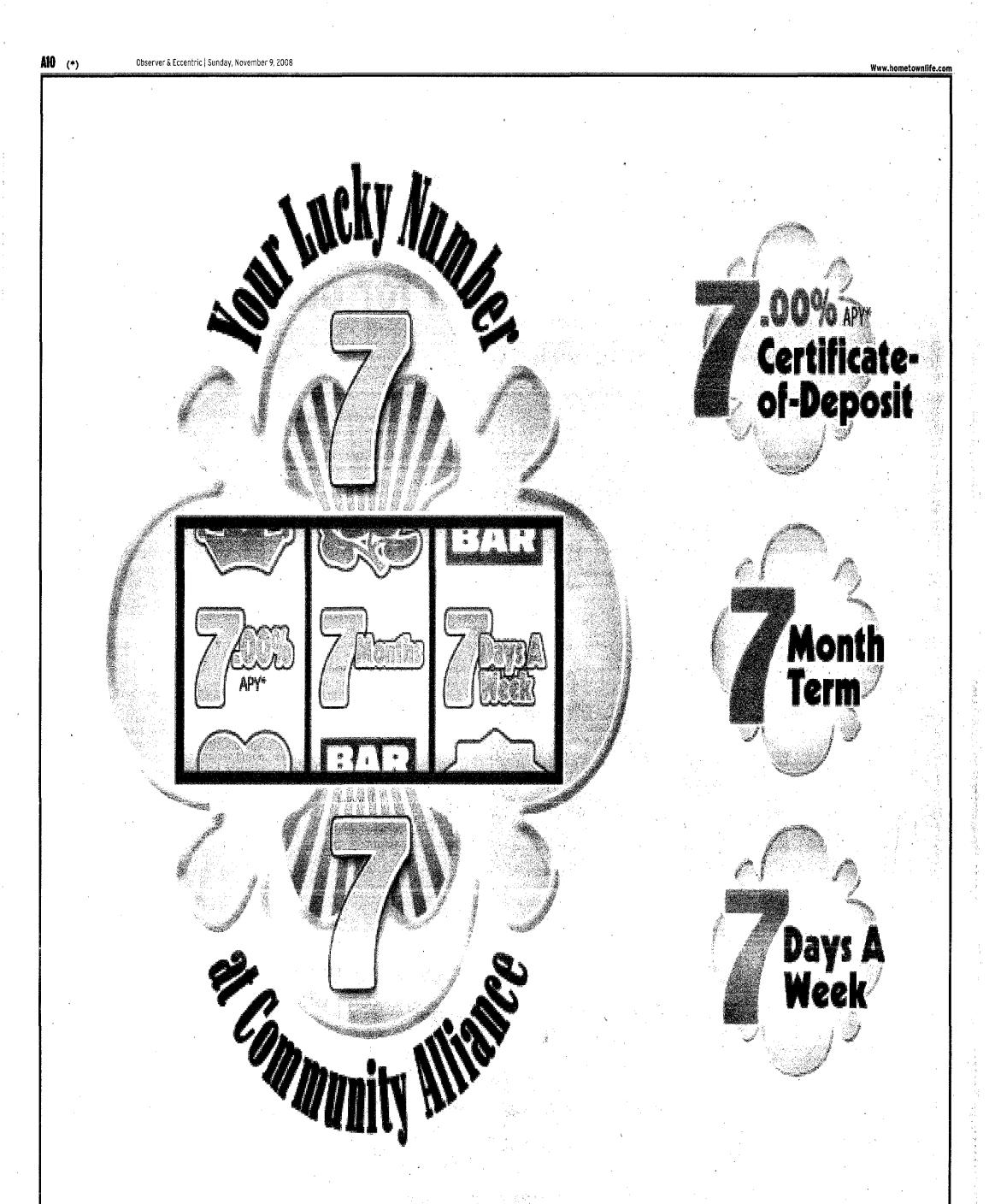
There are more than 8 million veterans of the Vietnam War alive today. And let us not forget the veterans of the Korean War, Desert Storm, or the many smaller skirmishes in which we have been engaged.

As you read this, we have thousands of soldiers entrenched in Iraq and Afghanistan, fighting hostile forces, hellbent on destroying America and the freedoms we take for granted. Nearly 4,200 soldiers have died in Iraq, and more than 600 have died in Afghanistan, where the conflict is worsening after seven years of warfare.

America has never been a perfect nation. strived to get better. Tuesday's election was certainly evidence that we continue to take positive steps toward a more perfect union. Without the sacrifices of our veterans, however, none of it would be possible.

On Tuesday, take a few moments to think





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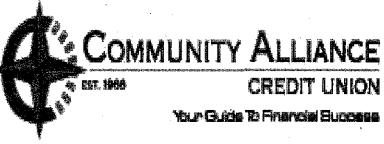
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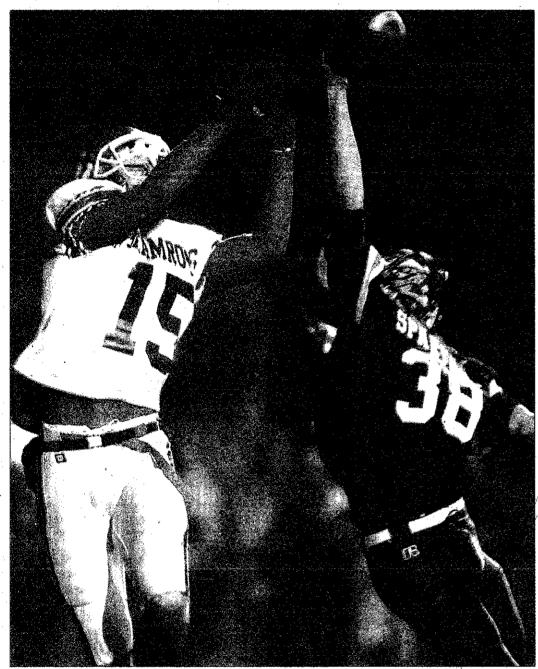
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Brad Emons, editor . (734) 953-2123 . bemons@hometownlife.com

Spartans cast away Shamrocks for district title



TOM HOFFMEYER. STAFF PHOTOGRAPHER

Stevenson's Mark Grisa gets a hand up to block a pass to CC's Kam Leiter during Friday night's district, championship game.

Almont holds off Trojans, 28-21

BY TIM SMITH SERVER STAFF WRI

BY BRAD EMONS **OBSERVER STAFF WRITER** Livonia Stevenson more than plunge. dispelled the notion that they're

Stevenson advances, 24-13

a one-man football team following Friday's 24-13 Division 1-Region 2-District 2 championship win over Novi-Detroit Catholic Central. The Shamrocks' defense

held vaunted junior running back Austin White to a mere 63 yards on 16 carries, but got burned in the process by quarterback Jacob Gudeman and slotback Wade Stahl.

The win puts Stevenson, now 9-2 overall, into Region 2 championship game Friday at 10-1 Canton. (Game time is 7 p.m.)

Gudeman, a senior, was efficient once again hitting 9-of-14 passes for 118 yards, while Stahl came up with five catches, many of the clutch variety in heavy traffic, for 55 yards. He finished with 139 all-purpose yards.

"They play a basic 4-4 defense with good players," Jacob Gudeman said of CC. "I pretty much rolled out - see him make the cut - and throw it with a guy usually in my face. But I had faith the kid (Stahl) would catch it."

All the first-half scoring occurred during the second quarter as Stevenson jumped out to a 17-7 lead on fullback Duran Onwuemene's 16-yard draw play, Jonny Myshock's 29-yard field goal - set up by a White 70-yard kickoff return –

White's 5-yard touchdown run. / CC's lone first-half score came on Niko Palazeti's 1-yard

"Mixing things up got us the lead and made them press," Stevenson coach Tim Gabel said. "Jacob is an efficient passer and it allowed us to mix it up and throw on all situations. He's been around 80 percent on his completions the last five weeks. He's been uncanny. And Wade is special talent, a great athlete who somehow squirms away."

The Spartans, despite being outgained 314-277 in total offense and 17-11 in first downs, took control on Stahl's 6-yard TD run with 7:59 left in the third quarter to cap a eightplay, 62-yard drive to make it 24-7.

"Number seven (Wade Stahl) is a guy we knew going," CC coach Tom Mach said. "White is a good back, but we were also concerned about him (Stahl) because he's a good athlete who does a lot of things because he can run and catch the ball."

CC's final TD came 6:35 left in the third quarter when Steve Harding took a lateral pass from quarterback Sam Landry and ran it in from 30 yards out.

But Justin D'Agostino's extra point attempt clanged off the left upright and the Shamrock found themselves down 11 points and still down two scores.

CC failed to convert three times inside the red zone on the

Please see SPARTANS, B6

Churchill wins district crown



MU women prevail

Sunday, November 9, 2008

The Observer & Eccentric Newspapers

www.hometownlife.com

Goals by Shannon McIntyre (63 minute) and Jessica Austin (67th minute) carried the Madonna University women's soccer team to a 2-0 victory Friday at Livonia's Greenmead Field over visiting Cornerstone in the semifinals of the Wolverine-Hoosier Athletic Conference playoffs.

Dina Allie (Livonia Stevenson) and Austin (Livonia Franklin) set up McIntyre's goal, her third of the season. Austin then notched her 15th unassisted. Goalkeeper Brittany Warner (four saves) notched the shutout as the 20th-ranked Crusaders, now 15-3 overall, advance to next weekend's WHAC championship final. Cornerstone falls to

9-8-2 overall.

Broccardo lauded

Women's soccer player Lisa Broccardo-Russo (Livonia Stevenson) was inducted recently into the 2008 Siena Heights University Athletic Hall of Fame.

Broccardo-Russo played for the Saints from 1986-89 and was the stopper on the 1988 team which captured a school-record 25 games and was ranked No. 1 in the NAIA national poll. The Saints captured district and area titles that season on their way to qualifying for the NAIA National Championships for the first time in the program's brief history (resulting in a third-place finish). Broccardo also earned All-Tournament honors as a defender.

Two plays - one at the end of each half - ultimately decided Livonia Clarenceville's football fate for the 2008 season.

The host Trojans came up barely short on both plays, and Almont came away with a 28-21 victory in the exciting Division 5-Region4-District 1 final.

With 16 seconds left in the first half and the teams deadlocked at 7-7, Raiders" senior quarterback Neal Zott took the snap at Clarenceville's 22.

By the time Zott finished slipping, scrambling and escaping Trojan pursuit, he was near midfield and launched a pass that found junior Garrett Savage all alone in the end zone. The crushing TD with no time left on the clock put Almont (9-2) up 14-7.

"It just turned into backyard football, really," Clarenceville coach Ryan Irish said. "That kid (Zott) is a great athlete./ We weren't getting pressure on him; he's tough to tackle he just kept running/run ning and running, and it just came down to a fluke play."

But the Trojans (9-2) showed their mettle when they came out for the second half and conducted a 60-yard scoring drive to tie the game 14-14. Senior quarterback Darryl Whitaker's 34-yard sweep around right end set up his own 3-yard TD with 9:25 left in the third.

Both teams traded TDS later in the quarter with Almont senior fullback Steve McClure (13-for-113, 3 TDs) and Whitaker (25-for-150, 2 TDs) doing the honors.

That led to Almont's winning drive, a 14-play, 68-yard march culminated

National City



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Clarenceville's workhorse senior quarterback Darryl Whitaker runs for 34 yards in the third period to set up the tying touchdown.

by McClure's 7-yard touchdown with 6:11 left in the fourth quarter. After the Trojans were unable to come up with a defensive stop on a third-and-7, the Raiders kept moving the chains with a steady diet of running plays that gained about 5 yards each.

A quarterback keeper of 9 yards by Zott gave Almont (9-2) a first down

WE WORK

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inside Clarenceville's 20, and a 7-yard carry by junior Kyle Pilarski preceded McClure's game-winning TD.

"We have a lot of two-way guys and I think they're a very big, strong, physical team and we knew that going in," Irish said. "I just think we got tired at

Please see TROJANS, B6

at Farmington

Livonia Churchill earned another Class A district volleyball title Friday with a 23-25, 25-14, 25-23, 25-17 win at Farmington.

Kristen Nalecz and Sarah Suppelsa led the Chargers, now 46-3 overall, with 15 and 10 kills, respectively.

Senior libero Lindsey Graciak also added 16 digs.

Other standouts included Katie Matz (11 assist-to-kills, five digs), Taylor Kerr

GIRLS VOLLEYBALL (eight digs, one ace) and

Kat Krupsky (two kills, six blocks, 13-for-13 serv-

ing). Churchill advances to Tuesday's

regional semifinal at White Lake Lakeland to face Walled Lake Northern.

Farmington ends its season at 38-15-1 overall.

Tigers block Glenn

On Friday, Belleville secured the Class A district crown at Ypsilanti defeating Westland John Glenn in five games, 25-20, 20-25, 25-18, 21-25, 15-10.

Brittany Holbrook had 25 kills, four solo blocks and 18 digs to pace Glenn, which ended its season 19-14-7 overall.

Halie Baker added nine kills,

Please see VOLLEYBALL, B2

In 1989, Broccardo made NAIA All-America honorable mention.

Broccardo played on two state championship teams at Stevenson (1983, 1985). She was also voted first-team All-State both years and was Team MVP in 1983.

She also played in the first Observer & Eccentric All-Star Classic in 1983, along with the following two years (1984-85).

The three-time All-Observer pick now resides in Howell with her husband John and has two boys, Logan, 9, and Luke, 7.

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VOLLEYBALL

Regional-bound Lutheran Westland wins district vs. Huron Valley

BY TIM SMITH **OBSERVER STAFF WRITER**

82

(LW)

Kevin Wade and his Lutheran High Westland volleyball team have bigger fish to fry during the postseason, but they first had to make sure they lit the burner properly.

Thursday night's 3-0 victory over host Huron Valley Lutheran in a Class D district final indicated they did with the "cookbook" now flipping a page to the regionals.

The Warriors, led by outstanding senior middle hitter Becca Refenes, barely let up against the Hawks and came away with 25-10, 25-15 and 25-11 victories.

"I'm glad this thing's over with," said Wade, moments after the district trophy was presented to the Warriors. "(Allen Park) Inter-City and Huron Valley are both good teams, but I think we're better than they are – it's just

getting up and motivated to play them."

Next Tuesday, Wade's team (42-5-4) advances to the Class D regional semifinal at Auburn Hills Oakland Christian.

A victory there would probably set up a rematch of the 2006-07 regional final when the Lancers spoiled Lutheran Westland's hopes of the school's first regional title.

"We're looking to turn that around this year," Wade said. Huron Valley coach Mike Dest knew his squad would be up against it versus the Warriors, but he was proud of the way the Hawks (13-15-

3) competed. "Senior Kayla Stockdale, both today and all year, played well," Dest said. "Also, senior Sam Barber had a good game today, she put the ball away well, (sophomore) Leah Miller's been one of our leaders, (junior) Devon Linderman, ... we played pretty good. We were

up against a good opponent, those guys have a great opportunity to go a long way." Becca Refenes, a 6-foot-

2 senior, led the Warriors' attack with 16 kills, four digs, and three ace serves.

"If we can get some good passes and get the sets right on it's hard to stop her (Refenes)," Wade said. "And that's what we work on."

But other Warriors got in on the fun including senior Katey Ramthun (nine kills, four digs), senior setter Lauren Gieschen (22 assists), senior Allyson Yankee (10 kills), senior libero Abi Gieschen (four digs), Lauren Switzer (11 assists) and junior Nicole Zehel (six digs).

Dest said it was a difficult task trying to stop Refenes, let alone Lutheran Westland's supporting cast. "But we played well," he

said. "I'm glad the girls didn't quit and they played hard. So we can hang our hats on that and get ready for next year."

BY TIM SMITH **OBSERVER STAFF WRITER**

Westland John Glenn exacted some payback from Garden City, upsetting the Cougars 3-2 in a five-game Class A volleyball district semifinal Wednesday in Ypsilanti. And how it happened left Rockets' coach Julian Wargo flabbergasted.

"I'm kind of shocked because of the way we played in that first game," said Wargo, referring to Garden City's 25-11 romp in the opener. "We just started turning it on and I'm very happy for our seniors. This is huge for us."

Earlier Wednesday, Wargo figured it might be an encore of 2007, when the Rockets were eliminated by Garden City (in the district finals).

The Rockets (19-13-7) were in an 0-2 hole after Game 2, letting a late lead slip away when Garden City sophomore Sam Zalewski's four-point service run helped the Cougars pull out a 26-24 win.

But Wargo decided to put junior setter Lauren Baker in for freshman Sarah Headrick, midway through the second game. Baker - still suffering from a hand injury - pumped up her teammates, primarily senior middle blocker Brittany Holbrook (12 kills, 4 blocks) and outside hitter Stacey Truskowski (11 kills).

Rockets storm back to beat GC

Following the switch, passes were better and attacks stronger for the Rockets.

Garden City couldn't adjust and the match began slipping away from the Cougars midway through Game 3.

"I've got to give it up to L.B. (Baker)," Wargo said. "She came in halfway through the second game, she got in rhythm, she got our hitters hitting and I think that made the difference. All of a sudden our passing seemed to be where it needed to be to get our attackers in rhythm.'

But perhaps with a fortunate break midway through Game 3, the Rockets grabbed a 25-23 victory and never looked back in the final two games - routing the Cougars, 25-13 and 15-7.

That break was a second ball that bounced down onto the floor from the balcony encircling the playing surface with GC just about to score a sideout point.

Officials automatically stopped the game and ordered a re-do of that serve, robbing

the Cougars of a certain tally and momentum.

With the Rockets at the stripe, they scored to go up 17-15 instead of the game being 16-16 with the Cougars just needing nine more points for the match triumph. Garden City never led the rest of the way.

"If somebody threw the ball out deliberately that's a pretty cheap shot for a spectator, but I don't think it was," noted Pace. "I think they tried to throw it to somebody and they missed it. I don't know, I didn't see it."

Pace emphasized that the reason his team's year ended wasn't that situation, however.

Someone not affiliated with the game took it (a key point) away, but that doesn't take away the defense that Glenn played the rest of that game and then in games 4-5."

Other Rockets with strong games included junior Brittani Robinson (six kills, two blocks, 13 digs), sophomore libero Brooke Zywick (13 digs) and senior Jennifer Michalek.

Garden City senior middle blocker Danielle Campbell had 12 kills and eight blocks while senior libero Shannon Pietruszka contributed 12 digs and 40-for-40 in serve-receive.

Lahser brooms Ladywood in 3

BY MARTY BUDNER ECCENTRIC STAFF WRITER

Playing its best volleyball of the season, Bloomfield Hills Lahser rolled to the Class B district volleyball title Friday at Livonia Clarenceville.

Lahser defeated Livonia Ladywood in three straight games, 25-11, 25-12, 25-23, to claim its first district championship since 1990. The Knights, now 34-16-3, were in total control the first two games, then rallied from a six-point early deficit to win a highly competitive third game.

"It probably would have been a little different if we would have played the entire match the way we played that third game," Ladywood coach Erin Craggs said. "We played with a lot of fire in that third game and it could have gone either way. It could have been a real exciting five-game match had we done that from the very

beginning.

"But I give them credit because they played hard. They swung at everything and came at us and kept us on our heels. They just capitalized from the very beginning and set the tone. It took us a full two games to recover and by then it was too late."

Lahser, now 34-16-3, heads to the regional hosted by Onsted for a 5:30 p.m. match Tuesday against the New Boston Huron district champion.

"It's been a long time since we won a district, so this is definitely a big benchmark win for this program," said coach Patty Kopmeyer, who, ironically, was also was Lahser's head coach the last time it won a district title 18 years ago. "This team is definitely peaking right now. I told the team in practice that I love where we are right now," she said. "We are really peaking as a team and playing our abso- it, and it was great."

lute best volleyball right now." Ladywood, which advanced

with a 3-0 district semifinal win Wednesday over Bloomfield Hills Kingswood, finished the season at 30-20-5. The Blazers were led by Rachael Fuller's 11 kills and Shannon Hogg's six kills. Julie Rhodes contributed 26 assists and Alex Mirabitur added 16 digs.

For Lahser, Caitlin Kopmeyer recorded a team-high 15 kills. Senior Tori Manix had seven kills and five blocks while Shannon Ramelot finished with seven kills and six blocks.

Senior libero Alyssa Hertle contributed nine digs and three aces and Sam Jones finished with eight digs.

Junior setter Courtney McAvoy ran the fine-tuned offense with 27 assists.

"This team was on automatic pilot tonight," Kopmeyer said. "I just got to sit back and enjoy

Chargers roll in semis **VolleyBall**

Livonia Churchill earned a spot in Friday's Class A district final at Farmington with a convincing 25-5, 25-4, 25-10 semifinal win Wednesday night over Redford Thurston.

The Chargers, 45-3 overall, were led by Darcy DeRoo's five kills, five ace serves and two solo blocks.

Other standouts for Churchill included Taylor Kerr (four aces, four digs), Sarah Suppelsa (nine kills), Kat Krupsky (five kills), Christy DeClercq (14 assist-tokills) and freshman Erin Menard (two kills, two solo blocks).

Thurston ends its season at 1-14 overall.

Next up for the Chargers is Farmington, which advanced with 25-15, 25-14, 25-14 district

semifinal win Wednesday over Livonia Franklin. Churchill and the Falcons (38-14-1) meet for the district

championship 7 p.m. Friday at Farmington.

Patriots ousted in 3

Farmington cruised to a three-game victory Wednesday over Livonia Franklin in the second-round of the Class A district tourney at Farmington High, 25-15, 25-14, 25-14.

Lynn Nagengast had 10 kills to lead the Falcons, Sarah Gauer nine and Melanie Guyette eight.

Gauer, Anna Heinrich and Helen Floor served four aces apiece and Nicole Drew three.

Petersen had 30 assists, as well as four kills and four digs. Gauer made seven digs, Nagengast and Drew five each. Drew added three kills and Heinrich two, and Guvette had two blocks.

Farmington improved to 38-14-1, while Franklin bows out at 9-21-2.

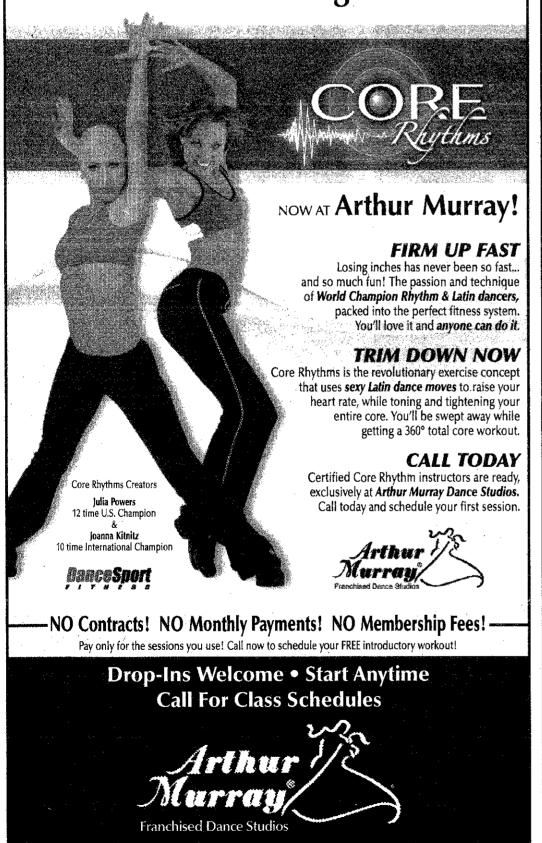
two blocks and 14 digs. Brittani Robinson and Stacey Truskowski also had 14 digs apiece.

"Our serving was up-anddown and it plagued us earlyon," Glenn coach Julian Wargo said. "Once we ironed it out we became more competitive in the third, fourth and fifth games. It was a see-saw battle all night. We split with them during a couple of tourneys and I thought we matched up well.

Belleville, led by Ashley Blaszczak's 20 kills and 16 digs, along with Brittany Villa's 33 assist-to-kills, is now 22-11-1.

"They (Belleville) pounded the ball pretty hard and their hitters responded well," Wargo said. "Their defense was also pretty tight and they dug up a lot of stuff. Blaszczak also blocked well at the net."

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Churchill

2008 ALL-OBSERVER GIRLS GOLF FIRST TEAM Berlynn Beaver, Sr., Wayne Lexi McFarlane, Sr., Liv, Churchill

Lexi McFarlane, Sr., Liv, Charchill Adrienne Jones, Jr., Red. Thurston Chelsee Osburn, Sr., Canton Jessica Burdette, Sr., Liv, Churchill Heidi Irvine, Jr., Westland Glenn SECOND TEAM Natalie Polakowski, Sr., Liv, Franklin Kara Gregory, Sr., Canton Jordyn Shepler, Fr., Liv, Churchill Gabrielle Sabatini, Sr., Liv, Stevenson Katelyn Papler, Sr., Liv, Ladywood Samantha McAtee, Sr., Liv, Franklin COACH OF THE YEAR Paul Worley, Liv, Churchill HONGRABLE MENTION chill: Sarah Linder, Shephanie Panareto

Churchill: Sarah Linder, Siephanie Panaretos, Franklin: Georgia Patrick, Alexis Smith; Stevenson: Natalie Ciccchelli, Shelby Plichota; John Glenn: Courtney McKinney, Michell Bishop, Justine Woodard; Wayne: Taylor Tuttle; Ladywood: Val DiMilla, Marissa Ley, Taylor Romano; Canton; Erin Lixle; Mary Elizabeth Winther; Plymouth: LeAnn O'Shaughnessy, Chloe Marentic; Thurston: Jacoueline Penninottan.

"Jessica has a great demeanor on the

course," said Worley. "Nothing would both-

er her. She would just get the job done. Her

quick wit was great to have around and she

Irvine led the Rockets to eight dual-match

victories with a nine-hole scoring average

of 46.1. She was the medalist in five of the

nine dual matches she competed in this

"This coming summer, Heidi plans

on playing a lot of the Metro Parks Golf

Tournaments in preparation for her senior

SECOND TEAM

year," said John Glenn coach Steve Pilon.

NATALIE POLAKOWSKI, SR., LIVONIA

FRANKLIN: A senior captain, Polakowski

averaged 49.7 in dual matches and 105 in

in four dual matches with a low round of

18-hole tournaments. She was the medalist

41 and she placed fifth at the Franklin Golf

KARA GREGORY, SR., CANTON: The four-

year varsity letter winner was a three-time

"Kara has outstanding leadership quali-

medalist this past fall for the Chiefs. She

was a Division medalist as a junior and

conference medalist as a senior.

will be missed next year." HEIDI IRVINE, JR., WESTLAND GLENN:

Jacqueline Pennington

fall.

Invitational.

alist in three dual matches.

FIRST TEAM

BERLYNN BEAVER, SR., WAYNE: The senior was the only individual state qualifier after shooting a 92 to place seventh at the Division 1 regional held at Giant Oak Golf Course.

www.hometownlife.com

In the state finals, Beaver carded a 95. She also earned All-Kensington Conference honors by shooting an 86 at

Pheasant Run. "She has a pretty good all-around game,"

Wayne co-coach Dennis Chall said of the repeat All-Area selection. "She putts well and hits her driver long - and pretty darn straight, too. She works on her game. She's had a great year."

LEXI McFARLANE, SR., LIVONIA CHURCHILL: The senior captain was named the team's MVP after she spearheaded an undefeated season that featured KLAA and KLAA South Division titles for the Chargers. She led Churchill with a 46.4 nine-hole average and 93.8 18-hole average. McFarlane earned All-Conference honors after finishing fourth at the league meet.

Lexi's competitive spirit and moxie will be hard to replace next year," said Churchill coach Paul Worley.

ADRIENNE JONES, JR., REDFORD THURSTON: The three-year player registered an impressive 43.2 nine-hold stroke average in dual matches. She was co-medalist at the Mega White Division tourna-ment and earned All-League and All-Conference for the third year in a row.

"Adrienne is constantly working at her game, and won a couple of local tournaments over the summer," said Thurston coach Brian Gulick. "She has been captain for the last two years and is a valuable asset to the team as a player and a mentor to the underclassmen.

CHELSEA OSBURN, SR., CANTON: The four-year letter-winner was the medalist in six dual meets this past fall. She was a Division medalist her sophomore and junior seasons and a conference medalist as a senior.

"Chelsea is a sound, fundamental player in all aspects of her golf game," said Canton coach Dan Riggs.

JESSICA BURDETTE, SR., LIVONIA CHURCHILL: The senior captain enjoyed an extremely consistent season, averaging 46.7 strokes for nine holes and 98.3 for 18. She saved her best for last, placing ninth overall at the KLAA Tournament to earn All-Conference honors. Burdette was med-

ties and is a solid ball-striker off the tee," **ALL-OBSERVER GIRLS GOLF** said Riggs.

JORDYN SHEPLER, FR., LIVONIA CHURCHILL: The freshman finished with the Chargers' third-lowest nine-hole average (49.6). Her best 18-hole round was a 94 at the Grosse Ile Invitational and she was the medalist in two dual matches.

"Jordyn has a lot of talent at a young age and it will be fun to watch her game develop over the next three years," said Worley. I'm glad she is a Charger.

GABRIELLE SABATINI, SR., LIVONIA STEVENSON: Sabatini was voted the Spartans' MVP the past two seasons. She was the team's lowest-scoring player 10 times, knocking four strokes off her ninehole average since her junior year.

"Gabrielle was everything a coach could ask for this season," said Stevenson coach Jason Delo. "She took charge of many of the day-to-day tasks that needed to be done and made sure they were done. She was an excellent role model for our new-comers and helped to make sure that things were taken care of every day in regards to creating an excellent team atmosphere.'

KATELYN PAPLER, SR., LIVONIA LADYWOOD: The senior captain was voted the Blazers' MVP in a vote of her teammates after averaging 52.0 in dual matches and 106 in 18-hole tournaments. The three-year varsity letter-winner fired a 99 in the Ladywood Invitational.

'Katelyn has worked hard the last couple of years to improve her game," said Ladywood coach Kellianne Nagy. "She is a solid player who you can always count on. She is a leader on and off the course. Katelyn is looking attending Madonna to pursue a nursing career." SAMANTHA MCATEE, SR., LIVONIA

FRANKLIN: The senior captain averaged 49.9 in nine-hole dual matches and a 105 average in 18-hole tournaments. Among her highlights was a top-10 finish at the Franklin Golf Invitational.

PAUL WORLEY, LIVONIA CHURCHILL, **COACH OF THE YEAR:** The veteran mentor led the Chargers to an unbeaten regular season and first place in the inaugural season of the Kensington Lakes Activities Association. Under Worley's guidance, the Chargers also earned a fifth-place tie in their highly competition Division 1 Regional tournament at Giant Oak Golf Course.



Wayne Memorial

Chelsea Osburn

Canton

Antisce Jones Thurston

B3

(*)



Jessica Burdette Churchill

Heidi Irvine John Glenn



Franklin

Gabrielle Sabatini

Livonia Stevenson



Ladvwood





Ketelyn Papier Fad Nortes Churchill, Coach of Year

Madonna women drop Indiana Tech tops MU, earns WHAC top seed two, remain winless The No. 10-ranked Madonna block assists and two solo blocks,

The Madonna University women's basketball team is still searching for its first win.

Playing back-to-back nights, the Crusaders fell to 0-4 on the year with a 57-47 loss Thursday night at Indiana University-South Bend.

Katie Hacker led the victorious Titans (1-1) with 19 points and eight rebounds, while teammate

MU committed 21 turnovers. BETHEL (IND.) 65, MADONNA 64: In the WHAC-MCC Challenge Wednesday, visiting Bethel College (1-1) held on for the victory to spoil the home opener

Madonna (0-3). Brittany Cook hit the game-winning shot, a short jumper in the lane, with seven seconds left. The Crusaders' last gasp effort fell short and MU suffered its second straight one-point loss.

Alyssa Guerin led four Madonna

University wopmen's volleyball team dropped its regular season finale on Friday night in four sets to host Indiana Tech.

The loss drops MU to 13-1 in the Wolverine-Hoosier Athletic Conference and 33-4 overall, while No. 15 Tech improves to 13-1 and 29-2. MU and Tech share the regular season title and the Warriors will be the number one seed by virtue of the WHAC's tiebreaking procedure and will host the WHAC semifinals and finals next weekend in Fort Wayne. Ashley Hamilton led Tech with 16 kills, while Erika Stouder and Ashtyn Humerickhouse added 15 and 14, respectively. Michelle Fitzpatrick had 24 digs, while setter Laura Booker finished with 54 assists. Whitney Fuelling (14 kills),

Lubovj Tihomirova (12) Mary McGinnis (10) led the Crusaders' hitting attack. Setter Inta Grinvalds had 37 assist-to-kills, while Amanda Koszela finished with 19 digs. Megan Fricke also had 11 digs.

Crusaders clinch share Fuelling racked up 16 kills, six while McGinnis added 15 kills as MU clinched at least a share of its 12th straight WHAC title with a 20-25, 25-20, 25-19, 25-20 triumph Thursday over host Davenport University. Tihomirova added nine kills, while setter Inta Grinvalds finished with 43 assistto-kills for the Crusaders, who

improved to 33-3 overall and 13-0 in the WHAC.

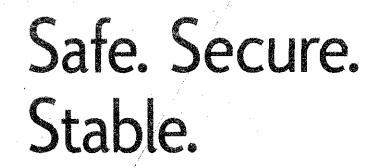
Koszela had a team-high 11 digs for MU, which can win the title outright with a win Friday night at Indiana Tech. Kailey Schultz had 11 kills for Davenport (15-25, 6-8), while Autumn Williams added nine. Kayla Vandermolen had 41 assists.

Lizzie Stapke added 10 points. MU, which couldn't hold a 28-25 halftime lead, shot only 32 percent from the floor (16-of-50)

and was outrebounded 36-30. Alyssa Guerin paced MU with 15 points, while Tabatha Wydryck added nine. Kim Olech (Plymouth) had a team-high eight rebounds.

players in double figures with 14 points, while Tabatha Wydryck added 12. Sheryl Jager and Katie Mount each contributed 11 for the Crusaders. Christie Carrico and Kim Olech

grabbed eight boards apiece. Mandy Yoder led Bethel with 21 points, while Amber Peters tallied a double-double with a game-high 21 rebounds to go along with 11 points. Heather Seyfred also scored 17 points. Do you have what it takes to play at the highest level?





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Observer & Eccentric | Sunday, November 9, 2008

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The Observer & Eccentric Newspapers

Diabetics should get foot checkups

Page B5 (*)

Sunday, November 9, 2008

Over 500,000 people across Michigan, 50 percent of them living in southeast Michigan, are battling diabetes and its complications. Staying one step ahead of the disease has never been more important.

More than 60 percent of non-traumatic, lower-limb amputations in the United States occur among people with diabetes. Because of this, the Michigan Podiatric Medical Association has launched "Elect to Save Your Feet" during Diabetes Awareness Month in November. The campaign aims to educate the public about the importance of seeing a podiatrist regularly to prevent diabetic, lower limb amputations.

Getting your feet examined by a physician during an annual checkup is one of the easiest ways to prevent most foot complications related to diabetes," said Dr. Crystal Holmes, a podiatrist at the University of Michigan Health System and public relations chair of MPMA. "Comprehensive education and early intervention are key factors in the prevention of foot problems in people with diabetes and has the potential to reduce amputations by 45 to 85 percent. Self treatment can often turn a minor problem into a major one.'

Those with diabetes are more prone to develop foot infections and wounds/sores,



Marty Figley talks about her struggles with dementia. Figley is the former garden writer for the Observer & Eccentric Newspapers.

Could it be dementia?

Screenings first step in diagnosing memory loss

BY LINDA ANN CHOMIN O&E STAFF WRITER

Marty Figley knew something was wrong when she was having trouble writing her garden column for the Observer & Eccentric Newspapers three years ago. Her memory problems have only worsened since retiring.

NATIONAL MEMORY SCREENING DAY What: Free confidential memory screenings on

Tuesday, Nov. 18, to promote early detection of Alzheimer's disease and dementia When: The Birmingham Maple Clinic has scheduled screenings 9 a.m. to 1 p.m. at Troy Community Center, 3179 Livernois. For information, call (248) 646-6659. Botsford Commons Seniors Community, 21450

Botsford Commons Seniors Community, 21450 Archwood Circle, Farmington Hills, is by appointment only. Call (248) 426-6930.

Where: For a list of locations, visit www.nationalmemoryscreening.org. find out."

Stromberg is hoping to start therapeutic groups for people with dementias as the aging population continues to grow. Today, Alzheimer's affects about 4.5 million Americans and accounts for 60 percent of dementias.

Figley began seeing Stromberg four months ago when she couldn't stop worrying about everything including dying. When she first received the diagnosis Figley was so depressed she couldn't stop crying.

"She's having a tough time because things are not the same," said Lou Figley of his wife who is no longer able to use a computer.

Life has changed not only for Marty but Lou

also called ulcers, which can quickly result in amputation. Preventing amputation means knowing all of the main warning signs.

Other common diabetes warning signs in the feet besides ulcers include a tingling or loss of feeling in the feet, redness, a change in the shape of the feet, loss of hair, cuts and scrapes that are slow to heal.

To download free information on foot care prevention, visit the Michigan Podiatric Medical Association's Web site at www.mpma.org, or visit a local podiatrist. Figley, who remained popular with Oakland and western Wayne County readers for 18 years, seems lost. She goes back and forth between being able to answer questions coherently and wandering with her thoughts. She still remembers vividly the newspapers' annual tallest sunflower contest, but has trouble getting dressed. This is the same Birmingham woman who used to lead garden clubs on trips all over the United States.

"I was getting tired toward the end of the column and started to say silly things," said Figley.

Lou started noticing something was wrong about the same time as his wife of 54 years. Figley would go to the women's room and become disoriented. She was later diagnosed as having Lewys bodies, a form of dementia that shares characteristics with Alzheimer's and Parkinson's diseases. But Figley isn't hiding the fact. She only hopes her story helps others determine the cause of their memory loss.

MEDICAL DATEBOOK

On Tuesday, Nov. 18, numerous locations around the area will offer mini mental tests as part of National Memory Screening Day. Ralph Stromberg, mental health therapist at Birmingham Maple Clinic in Troy, says the results are not conclusive but suggest a problem that should be followed up with a physician. Symptoms such as confusion can be caused by a number of diseases including diabetes and thyroid problems.

"Those are things you have to rule out," said Stromberg. "I saw an elderly woman experiencing a lot of anxiety and came in and said her memory wasn't really good. She had a substance abuse problem with alcohol. Are her memory issues associated with alcoholism that could cause destruction of brain cells? That's what we had to who takes care of her. The two do everything together including attending Alzheimer's support group meetings twice a month. It's important for people with dementia to stay busy. Stromberg encourages her to become more active in her circle at church.

"There are things that can help: music therapy, diet and exercise, therapeutic gardens, acupuncture. The more mental stimulation you provide it could delay advancement of the disease. Life isn't over and there are things that can be done until you reach a point where you can no longer do it," said Stromberg. "Medications like Aricept, Razadyne, Exelon are used to delay advancement into late stages of the disease which runs three to 10 years. You don't have to think that you're doomed forever and locked in a house."

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NOVEMBER

Stomp out diabetes

Wine Tasting Benefit 7 p.m. Wednesday, Nov. 12, at the Radisson Kingsley Hotel in Bloomfield Hills. Guests will enjoy an evening of sampling and socializing all in support of the American Diabetes Association's efforts to prevent and cure diabetes. For tickets or more information, contact Debbie O'Leary at (888) 342-2383, ext. 6636 or doleary@diabetes.org. **Weight Watchers**

Angela Hospice will be holding a 12 week Weight Watchers meeting on Thursday mornings 7:30-B:15 a.m. The first meeting, on Nov. 6 was a registration day with the first official meeting on Nov. 13, in the Day Room. Our motto is "It's about how you live!". Our address is 14100 Newburgh Rd., Livonia, MI 48154. Just north of I-96, east side of Newburgh. For more information call (734) 953-6040. **Thyroid & your health**

7 p.m. Wednesday, Nov. 12, on the 3rd floor

of Livonia Civic Center Library-3rd floor, 32777 Five Mile, between Merriman and Farmington Roads. Seating limited, call (734) 425-8588 to register. For more information, visit www.KarlWellnessCenter.com and www.KarlHolisticHealthcare.com. Fibromyalgia workshop

By Dr. Daniel Clauw, director of the Chronic

Pain and Fatigue Research Center at the University of Michigan 1-3 p.m. Thursday, Nov. 13, at Merriman Road Baptist Church, 2055 Merriman, south of Ford Rd., Garden City. For information, contact Lucy Rowley at (734) 462-1768 or lucyrowley23@ hotmail.com. No charge for the workshop presented by the Metro Fibrornyalgia & CFS Support Group. Sharing & Caring

The breast cancer support group present a Vegetable-based diet and cancer with pharmacist Paul Krause of VegMichigan 7-9 p.m. Thursday, Nov. 13, at 8eaumont Royal Oak. for more information, Call (248) 551-8586.



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I recommend Parkside Dental Team to all my family and friends and my mom is going to have her teeth whitened at the Zoom Room Tooth Whitening Center very soon. If you're considering cosmetic dentistry, don't wait another minute! Schedule a free consultation at Parkside Dental Team today. It's totally worth it!



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LOCAL SPORTS

GIRLS SWIM RESULTS

KLAA-SOUTH DIVISION GIRLS SWIM MEET Nov. 6 at Wayne Memorial

TEAM STANDINGS: 1. Canton, 622 points; 2. Plymouth, 487; 3. Westland John Glenn, 442.5; 4. Livonia Franklin, 328.5; 5. Livonia Churchili, 279; 6. Wayne Memorial, 106. FINAL RESULTS

200-yard medley relay: 1. John Glenn (Jordan Burgess, Khiry Sparks, Ashley Sells, Casey Peterson), 1:57.5; 2. Plymouth, 1:59.25; 3. Canton, 2:03.57; 4. Plymouth, 2:07.13; 6. John Glenn, 2:11.48

200 freestyle: 1. Maggie Carlson (C), 2:00.82; 2. Kayla Eyster (C), 2:02.74; 3. Natalle Cote 2. Navio Evster (C), 2:02,74; 3. Natare Cole (LF), 2:03.41; 4. Kaitlyn Kozyn (LF), 2:03.52; 5. Samantha Reid (LC), 2:03.86; 6. Michelle Chang (P) 2-05 49

200 individual medley: 1. Sells (WJG), 2:16.46; 2. Sijia Hao (P), 2:18.0; 3. Catherine Irwin (C), 2:19.31; 4. Peterson (WJG), 2:20.38; 5. Stephanie Matsui (P), 2:22.88; 6. Sara Krebs (P), 2:25.96. 50 freestyle: 1. Kari Schmitt (C), 26,53; 2. Burgess (WJG), 26.72; 3. Colleen Anthony (LF), 26.91; 4. Lauren Masiyk (P), 26.92; 5. Madeiynn Bevill (WM), 27.16; 6. Changel Cote (P), 27.27. 1-meter diving: 1. Katina St. Pierre (LC), 203.05 points; 2. Desiree Clenney (WJG), 199.25; 3. Robyn Piwowar (C), 178.65; 4. Jennie Humbach

(WJG), 167.30; 5. Mallory Hudak (C), 167.25; 6. Kay

(WJG), ID7.50, 5, Mailory Hudak (C), ID7.25, 5, P Borst (P), 162.60. 100 butterfly: 1, Selis (WJG), 1:01.41; 2, Kayla Douglas (LF), 1:02.06; 3, Irwin (C), 1:04.64; 4. Ellen Palczynski (P), 1:05.68; 5, Kaitlyn Dugas Ellerin Parzzyriski (*), 150:86, 38, Rattyrin Dugas
(C), 1:09.34; 6. Allison Mayer (LC), 1:09.54.
100 freestyle: 1. Change (P), 56:96; 2. Eyster (C), 57:03; 3. Reid (LC), 57:24; 4. Kozyn (LF), 57:38; 5.
K. Schmitt (C), 57:55; 6. Cote⁺ (LF), 57:68. **500 freestyle**: 1. Hao (P), 5:29.26; 2. Christine O'Keefe (C), 5:44.59; 3. Sara Schmitt (C), 5:51.7; 4. Stephanie D'Annunzio (ŁC), 5:52.07; 5. Madison Tustian (P), 5:54.14; 6. Humbach (WJG), 6:06.32 200 freestyle relay: 1. Franklin (200) 606.3. Cote', Anthony, Kozyn), 1:44.95; 2. Canton, 1:45.79; 3. John Glenn, 1:46.56; 4. Plymouth, 1:46.64; 5. Churchill, 1:51.63; 6. Canton, 1:53.56 140.64, 5, Churchin, 151.63, 6, Canton, 153.56 100 backstroke: 1. Douglas (LF), 1:00.25; 2. Jordan Haymour (LF), 1:07.12; 3, Matsul (P), 1:07.24; 4, Rachel Huhta (P), 1:08.21; 5, Kaitlyn Dugas (C), 1:11.85; 6, D'Annunzio (P), 1:11.99. 100 breaststroke: 1. Palczynski (P), 1:10.95; 2. Carlson (C), 1:11.36; 3. Peterson (WJG), 1:13.08; 4. Sparks (WJG), 1:13.97; 5. Krebs (C), 1:14.24; 6. Kelly Bedro (C), 1:15.77.

400 freestyle relay: 1. Canton (K. Schmitt, Eyster, Krebs, Carlson), 3:50.33; 2. Franklin, 3:53.71; 3. Plymouth, 3:58.71; 4. Canton, 4:06.3; 5 John Glenn, 4:08.96; 6. Churchill, 4:14.01.

THE WEEK AHEAD

PREP FOOTBALL PLAYOFFS Friday, Nov. 14 (Division 1-Region 2 Final) tevenson (9-2) at Canton (10-1), 7 p.m. GIRLS VOLLEYBALL REGIONALS DIVISION 1 at WHITE LAKE LAKELANO

Tuesday, Nov. 11: Livonia Churchill vs. Walled Lake Northern, 5:30 p.m.; South Lyon vs. Novi,

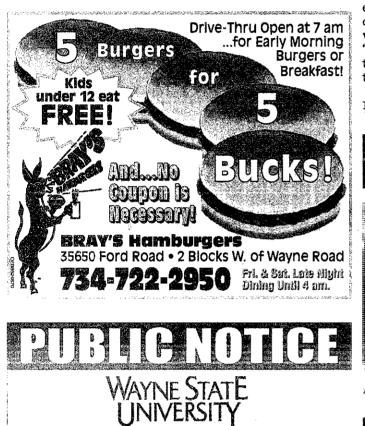
Thursday, Nov. 13: Championship final, 7 p.m. (Winner advances to the state quarterfinals Tuesday, Nov. 18 at Novi vs. Saline regional

at AUBURN HILLS OAK. CHRISTIAN Tuesday, Nov. 11: Oakland Christian vs. Grosse Pointe Woods University-Liggett district champion, 5:30 p.m.; Lutheran High Westland vs. Birmingham Roeper, 7 p.m. Thursday, Nov. 13: Championship final, 6:30 p.m. (Winner advances to the state quarterfinals Tuesday, Nov. 18 at Saline Washtenaw Christian vs. Wyandotte Mount Carmel regional champion.) PREP HOCKEY

Saturday, Nov. 15 Ladywood vs. Port Huron at McMorran Arena, 4 p.m **MEN'S COLLEGE BASKETBALL** Monday, Nov. 10 Marygrove College at Schoolcraft, 7 p.m. Tuesday, Nov. 11 Madonna at Spring Arbor, 7 p.m. Friday, Nov. 14 (Clark State, Ohio Classic) New Creations vs. Columbus State, 5:30 p.m. Schoolcraft vs. Clark State, 7 p.m. (Shawnee State, Ohio Tournament) Coll, of Ozarks (Mo.) vs. Cedarville, 6 p.m. Madonna vs. Shawnee State, 8 p.m.

Saturday, Nov. 15 (Clark State, Ohio Classic) Schoolcraft vs. Columbus State, 1 p.m. Clark State vs. New Creations, 3 p.m. (Shawnee State, Ohio Tournament) Madonna vs. Cedarville Univ., 1 p.m. Shawnee St. vs. Coll. of Ozarks (Mo.), 3 p.m. WOMEN'S COLLEGE BASKETBALL

Saturday, Nov. 15 Calvin College at Madonna, 7 p.m.





TOM HOFFMEYER | STAFF PHOTOGRAPHER

Stevenson's Mike Beyer slips through the Catholic Central defense during Friday night's Division 1 district final.

SPARTANS FROM PAGE B1

night, but none more pivotal than a fourth-and-goal play at the Stevenson 5 with 8:35 remaining in the game. Landry's pass attempt sailed incomplete and it pretty much ended CC's hopes.

The Shamrocks, who had thrown only 107 passes all season, launched an uncharacteristic total of 33 on the evening, including two halfback option passes.

"Yes, they passed more than expected," said Stevenson defensive back Wyatt Stahl, who is Wade's twin brother. "The fullback (Palazeti) is tough to stop. I had to come to the side more."

Landry was 15-of-31 for 172 yards, while Anthony

Capatina led all rushers with 138 yards on 13 carries. "We had to make plays - they did and we didn't,"

said Mach, whose team bows out at 6-4 overall said. "We were down three scores and we haven't scored in a hurry all year. They had a good game plan and did a lot of good things offensively. They mixed the pass and run and kept us off-balance. Hats off to them. They came at us hard on both sides of the ball. They played a good game."

Wade Stahl, meanwhile, felt satisfied despite all the bumps and bruises as Stevenson ended a five-game playoff losing streak against CC.

"I'm really sore right now, I landed on my neck a little," he said.

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TROJANS FROM PAGE BI

that time and started wearing down and weren't making plays when we needed to."

Clarenceville didn't give up at that point, however.

The Trojans moved down the field, despite Whitaker being knocked out of the game for several plays after gaining four yards on a fourth-and-3 situation.

Senior running back Jeremy Gainer (took over at quarterback and picked up gains of 8, 7 and 5 yards to move the Trojans down to Almont's 15 with 1:20 remaining.

After a penalty and two unsuccessful plays, Whitaker ran around the left side for 7 yards down to the Raiders' 16 with 41 seconds left.

The season rode on the ensuing fourth-down play, and the Clarenceville faithful cheered loudly when it looked for a moment as if Whitaker connected on a 16-yard pass to junior Leonard Hogan standing just inside the goal line.

But instead of a potential game-tying score, Almont junior Steve Cassidy tipped enough of the pass to keep Hogan from hanging on.

"They're a good team, you know when you get into playoffs you're going to face good teams like that," Irish added. "We couldn't get a stop when we needed to but then we almost got a score to tie it up at the end there, and that's what great football games are about, coming down to one

play. "You can magnify every play, but the one play always echoes in someone's mind and we just came up a little short." Also having a strong game

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for the Trojans was junior running back Levonte` Brooks had 89 yards in 16 carries and scored Clarenceville's first TD of the night, a 10-yard run in the first.

Almont head coach Jeremy Ferman admitted that things got tough at the end of the game. But he praised his seniors – such as Zott, McClure and lineman Ben Strouse - for stepping up in crunch time.

"I am so darn happy for the whole team, especially for our seniors," said Ferman, whose team now advances to the **Region 4 final against Jackson** Lumen Christi.

According to Irish, the tough loss doesn't detract from what has been a football renaissance. The Trojans were only 1-8 last season.

He choked up when talking about a strong senior group, led by Gainer, Whitaker, Brad Pozniak and Cody Wolgast among others.

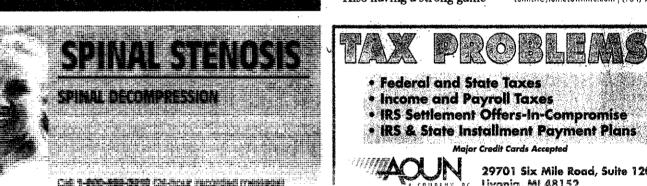
"I love all of them," Irish said. "They were my boys when I first came in, they were my freshmen and they've only known me and how I work. My hat goes off to them."

Irish, meanwhile, noted how his team stood along the sidelines while the Raiders held aloft the district trophy. He is eager to see how the experience translates onto the football field in 2009.

"Last year, they didn't know what this was about," Irish continued. "They didn't know what a playoff game was about, they didn't know about home field advantage or any of that kind of stuff. Now they see it, now they know it, now they taste it. Now they got to go work it and get it."

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The Observer & Eccentric Newspapers

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Sunday, November 9, 2008



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

Schoolcraft College student Michelle Dean designed the cover for the Plymouth Canton Symphony Society children's CD. Special guests at the CD release were the Livonia Youth Choir directed by Ariel Toews, and the Dearborn Elementary and Middle School Honors Choirs, director James Walter.

CD event brought magical tales to life

usic brings joy to all ages and nowhere was that more true than at a CD release party for the Plymouth Canton Symphony Society's Magical Tunes S Marvelous Tales on Nov. 1, at the Penn Theatre. Moms, dads and kids squealed with delight as conductor Nan Washburn led them through one of the songs that introduces orchestral instruments.

The CD is a dream come true for Washburn, now in her 10th season as conductor of the Plymouth Symphony Orchestra, one of the many facets of Plymouth Canton Symphony Society programming. She first came up with idea for the children's CD 12 years ago after



Linda Chomin

and was thinking why wasn't this recorded," said Washburn. "This is music kids love.

Washburn.

commissioning Island of

the Blue Dolphins for a

California orchestra she

time. All of the music on

by composer friends of

to schools over the years

the recording was written

"It's all music I've taken

was conducting at the

Washburn gathered members of the PSO's Celebration Youth Orchestra and Flute Choir to perform a few of the selections recorded by the musicians of the Studio Orchestra of the Plymouth



Veterans Day with stories

A few weeks ago, the **Observer & Eccentric** Newspapers invited veterans to share their photos and stories of military service, in celebration of Veterans Day on Tuesday, Nov. 11.

We received an overwhelming response. Many described near-death experiences in battle. Others spoke of war-time romance. We even heard from a husband and wife, Victor and Lorraine Waling of Livonia, who both served from 1944-46. He was a sailor and she served in the Women's Army Corps. Although their stories may differ, The Walings and their fellow veterans share a common bond as veterans and a mutual love of country.

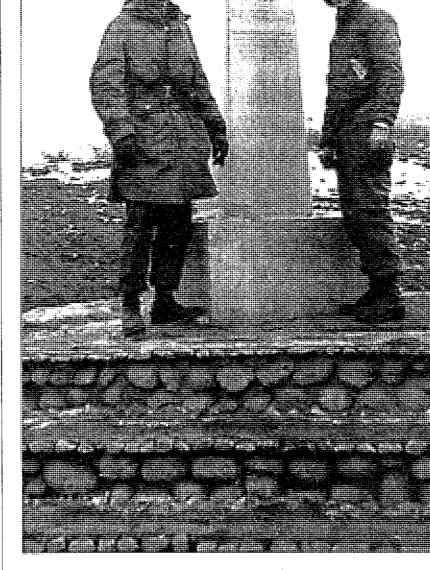
What better way to celebrate their service than to read about it in their own words?

- Sharon Dargay, O&E staff writer



Cheryl A. Vatcher-Martin of Canton in uniform during the early 1980s.

From legal



Richard Burr (left) of Redford in Korea





Today Richard Burr of Redford enjoys playing golf.

Stationed in Korea

The picture by the monument was taken in January 1952 at the 38th Parallel on the road to Seoul, South Korea. I was driving the soldier on the right back to Seoul so that he could return to the States on an emergency leave due to a serious illness of his father.

The monument marks the spot on were the war started on the 38th which was the dividing line between the North and South Korea. We were stationed 30 miles north of the 38th with the 45th Army Division, 189th Field Artillery by Pork Chop, Old Baldy and T-Bone hills.

> **Richard Burr** Redford

Serving in Vietnam

Symphony Society in Stockmeyer Auditorium in Wayne Memorial High School. Afterward, the Plymouth Uptown Players acted out Jack and the Beanstalk, one of the selections on the CD that tells the classic tale through music and narration. The PSO plays several of the pieces every year for fourth-grade students in Plymouth-Canton and Wayne-Westland schools as part of their Koncert for Kids to introduce children to classical music.

"The music is all contemporary American composers, something that's been a trademark for our orchestra," said PSO executive director Beth Stewart. "There's always a contemporary American composer on each of our season programs.

"The recording was done by students at Schoolcraft College. It was a great learning experience for them. It was a great collaboration to work with Schoolcraft. The graphic design class designed the whole thing and did a phenomenal job. The cover is just beautiful."

It's good to see not only the college but arts organization in the community collaborating. Saturdays @ the Penn is a joint venture of the Plymouth Community Arts Council and Plymouth Canton Symphony Society to present variety shows for families at noon on the first Saturday of the month at the Penn Theatre in Plymouth. Washburn and the PSO return Jan. 3. 2009, for a show spotlighting guest performances by Josh White Jr. and Jake Maloney, the Yo Yo Guy. Dec. 6 features Beverly Meyer, The Music Lady, and Josh & Roy, a comedy juggling act. Special musical host for Feb. 7, 2009, and March 7, 2009, when the PSO return once again, is Guy Louis and Chautauqua Express. The oneman band had kids dancing in the aisles for the CD release. The series is a continuation of the arts council's Music in the Park held at noon Wednesdays throughout the summer. Tickets are only \$3 to make shows affordable.

"Today is special because the CD is created locally," said Deb Madonna, Music in the Park artistic director. "How many kids get to see something like this?"

Magical Tunes & Marvelous Tales costs \$15 and is available by calling (734) 451-2112 or at www.plymouthsymphony.org.

For more information about Saturdays @ the Penn, visit www.PennSaturdays. com.

Linda Ann Chomin is the health and community life reporter for the Observer & Eccentric Newspapers. She can be reached at (734) 953-2145 or by e-mail at Ichomin@hometownlife.com.

assistant to teacher

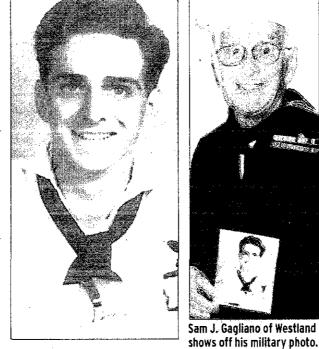
I was fortunate to have garnered a multitude of military occupational specialties during the time I served in the military. Working in the Judge Advocate General's Corp as a legal assistant was fulfilling. I enjoyed training my peers on various aspects of being a legal assistant and soldier.

In a way, the military prepared me for the work that I would perform as a civilian, too. It was during the early 1990s when I was asked by one of my superiors who was a practicing attorney and an officer in the Army Reserves to train the legal staff on the finer aspects of common tasks that were performed with weapons and the setting up of landmines. To this day I am still not sure why I was asked to perform the training class, but it went exceptionally well and of course I've been teaching ever since! I was also honored to go to the National Archives in Washington, D.C. to provide research materials for a story honoring World War II heroes from the 70th Training Division that was written and published in the early 1990s. This fueled my desire to write and research everything!

Cheryl A. Vatcher-Martin, M.A. Ret. Army Sergeant, Canton



Cheryl A. Vatcher- Martin of Canton wearing a DAV Commander's cap last vear.



Sam J. Gagliano while in the U.S. Navy

Old uniform still

I was 16 years old and living in Birmingham, Ala., when Pearl Harbor was bombed. I knew right away that I wanted to fight for my country, so I quit school.

In June 1943 I joined the U.S. Navy as part of a Navy Amphibious Land Unit called ACORN 34 and was stationed at Clark Field Air Base in Manila.

I also participated in the Philippine Liberation in the Surprisingly, my uniform Lingayen Gulf of Luzon.

The ships I served on were the USS Pocomoke and two destroyers, the USS John Weeks and the USS Hanesworth. In 1946 I received an honorable discharge as an Electrician's Mate Third Class, but still continued to serve in the Navy.

On June 12, 2002, Dan Willenborg, principal of Livonia Franklin High School, presented me with an honorary high school

diploma. My wife and I were also invited to the Senior Prom.

My grandson Jason J. Forster DCFN is currently in the U.S. Navy assigned to the USS Boone. In January 2007 I flew to San Juan, Puerto Rico and boarded his ship. From there I was able to sail for three days with the sailors to Mayport, Fla., where the ship is docked. still fit! ~

I recently went to Washington D.C. to visit the World War II Memorial. There, I was greeted and saluted by many tourists and thanked for serving my country. I am now a lifetime member of the Stanley Romanowski VFW Post 6896. My wife Rosalie and I are residents of Westland.

> Sam J. Gagliano Westland



Samuel Laswell of Redford boards a C-141 cargo 4 jet engine aircraft.

I-served in the Air Force from 1966 to 1970, the most heated time of the Vietnam War. I was drafted just seven days after my wife and I were married. Because of a technicality, I was able to enlist for four years in the Air Force instead.

My duty was mainly at Elmendorf AFB, Ark., where I serviced C-141 cargo aircraft, bound for Vietnam. Many planes carried troops who eventually fought there. Many planes returning from Vietnam were either "Med-Evac" flights taking wounded soldiers to stateside hospitals for further care, or sadly, flights carrying the bodies of those men and women who died there. It was my goal to do my best as a technician and not hinder in any

way the journey of those soldiers so that as many as possible would one day return safely home, or if that were not possible, to assist their jour-



Samuel Laswell of Redford

ney to their final resting place.

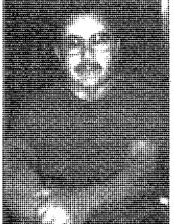
My wife didn't learn about my experience seeing their bodies return until just recently. I don't. know why I didn't tell her sooner, but found some freedom from those hard memories when I finally shared them with her.

> Samuel Laswell Sergeant E-4, Honorably Discharged Redford

For more stories from local veterans, see Pages C2, C3, and C4.

VETERANS

Arctic duty during the Cold War From driving dignitaries to supplies



Paul Speen of Garden City

On March 2, 1953, I was drafted into the army at the ripe old age of 19 years old. I had to be at Fort Wayne on West Jefferson at 7 a.m., where I was sworn in. After a couple of days there we were bused to Camp Custer in Battle Creek, issued our clothing, given G.I. haircuts and our first army pay, called "Flying Twenty."

After a few days there we were flown to Georgia and bused to Camp Steward, Ga. Now called Fort Steward, we were put into the 549th AAA Gun Battalion and trained on 90 mm anti-aircraft guns.

After basic training in August 1953, we were told we were shipping out, put on a train and traveled to Camp Kilmor, N.J., where we were given shots, issued heavy win-



Paul Speen sets up a gun site in August 1953 in Thule, Greenland.

ter clothing and taken down to the harbor where we boarded a troop ship and were told we were headed for the Arctic, a place called Thule in North Western Greenland. This was the height of the cold war when Russia was known as the Iron Curtain and the Red Menace and the U.S. Air Force was building a huge air base in Thule and it was being built in complete secrecy.

The plan was to have an air base closer to Russia in case hostilities broke out between us and Russia and we were sent to Thule to set up our gun sites and provide defense for the air base in case that happened. It was quite an adventure for a 19-year-old and I served with a

Paul A. Speen Garden City

bunch of really great guys.

Uncle Sam called him in March 5, 1941.

He was at Selfridge Air Force Base and drove dignitaries around in Michigan. When war broke out he

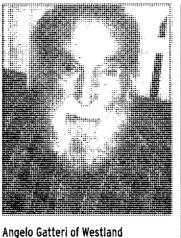
was put on the Elery P. Niles boat to plant mines in the mouth of the Columbia River.

Then he was sent to Wake Island.

He was still on the ship when it fell.

He was 42 days in the ship and sent out to New Caledonia where he was a truck driver from depot to warehouse. From there he went to California to be rehabilitated. From there we went to

Columbus, Ohio and was discharged. He has a memory disorder. alarms going off.



He would never talk about the war except the fun he and his buddies had. He did say that at night they could see the bombs

bursting and they had



www.hometowniife.com

Angelo Gatteri of Westland during WW II

Angelo Gatteri, 90, of Westland Submitted by his wife, Margaret

Survived deadly storm at sea

I went into the army from the upper peninsula, Calumet, in 1943 in Aircraft Battalion 391 AAA Division I was in the infantry sta-

tioned at France, Belgium, Normandy and Germany. We landed on the beaches of Normandy in France. I was in charge of a 40 mm gun. Our job was to sight German planes to protect our troops that were landing on the beaches. In Germany I was a guard



Richard Webb of Garden City during WW II

for the prisoners there and I was hand-cuffed to Rudolf Hitler for 24 hours. Hitler's mistress, Eva Braun, was also a prisoner there in a cell.

On our return home from Germany our transport ship, which is smaller than a war ship that we were supposed to return on, had no room for us, so we sailed on the transport ship. We had a terrible storm and our ship rolled over to a 45-degree roll and just shook. Then, thank God a wave rolled us upright again. The front of the ship's hangar doors caved in and many lives were lost.



Richard Webb of Garden City

We turned around and limped to the Azzar's Island for repairs. We stayed together there for two weeks with very little food. After the repairs were made we left the Azzar's Island and arrived in New York harbor in 1946 on New Year's Day.

A band was playing to welcome us home from our near-death experience. The Salvation Army fed us and gave us cigarettes for free. We were very happy to return to our families.

1

Richard James Webb, age 86 Garden City

WINTER & ARTHRITIS

Arthritis Today

JOSEPH J. WEISS, M.D. RHEUMATOLOGY

18829 Farmington Road Livonia, Michigan 48152 Phone: (248) 478-7860

Winter in Michigan is difficult for anyone in Michigan with arthritis. Foremost among the problems are the hazardous conditions that include cold, short days with light lessened by clouds and slippery conditions on stairs, walks and streets

Walking is an activity done by the whole body; in a Michigan winter, a person with arthritis of hips, knee or feet is obviously at risk for a fall. However, an individual with arthritis in a shoulder, wrist, or hand also takes on an additional hazard. Pain or weakness in an upper limb makes righting after a slip difficult as the body reacts to protest the impaired joint even if it means a more severe fall.

Winter brings on the need for heavy coats that have extra buttons, boots with their extra laces, and greater weight, gloves or mittens that may not fit properly in arthritic and displaced fingers, and prolonged sitting in cars because of slower speeds and winter induced traffic jams. Often, a person with arthritis is able to function well as long as he or she places no added strain on the joints. The extra work of self care that winter brings adds a stress that the joints do not bear well.

The lack of sunshine and the gloom of winter take a toll. For all of us this time of year is hard psychologically. For someone with arthritis, the sense of difficulty becomes deepened because the physical problems are at their worse.

www.drjjweiss.yourmd.com

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Proud to have served

I am a Vietnam Veteran In 1965 I volunteered for the draft and was inducted into the U.S. Army.

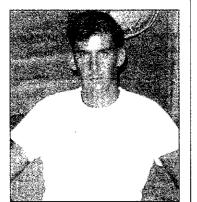
In 1966, at the age of 20 I was sent to Vietnam with the 863rd Transportation Co. to serve a 12-month tour.

Our duty was to supply our infantry with the supplies they need to fight the enemy. Even though it was an unpopular war I was proud to serve my country and would do it again in a heart beat.

I am a life member of the Mayflower Lt. Gamble VFW Post #6695 in Plymouth. I am also a member of the VVA (Vietnam Veterans of America) Plymouth-Canton Chapter# 528.

Our Motto: Never again will one generation of veterans abandon another.

Plymouth Township



Timothy Curtis of Plymouth Township during the Vietnam War



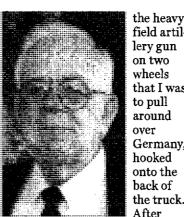
Tim Curtis today with his daughters Timothy L. Curtis Cammie Hills (left) and Kerri Nessinger, both of Danvers, Mass.

Eating peanuts, hauling a gun

I was living on the west side of Detroit, working at the Turnstead defence plant when I turned 18, and got my "Greetings." I went to the 21st floor of the Cadillac Square Building and registered. I boarded a cattle car with other boys and went to Ft. Bliss Texas, near El Paso, and was taking training with the Anti-Aircraft Division. The equipment we were using was declared obsolete, so then I found myself in Cobb County, Ga.

A bunch of nearby young people were having a "peanut boiling" and invited all us boys. We had a good time. That was my first time eating boiled peanuts and learned to love them and have bought more several times later.

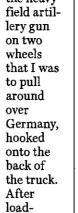
From Cobb County, Ga., I went by train to New York and joined a heavy field artillery battalion and was loaded on a ship headed for LaHarve France. I had never seen



Fred E. Raper of Westland

the ship. it took about 10 days to get to France. I was so sea sick! For days I was so sick. I had some close calls in Germany, but I didn't get hurt.

Fred E. Raper Westland



future wife, Loleta, 17. ing onto

Wartime sweethearts are still married





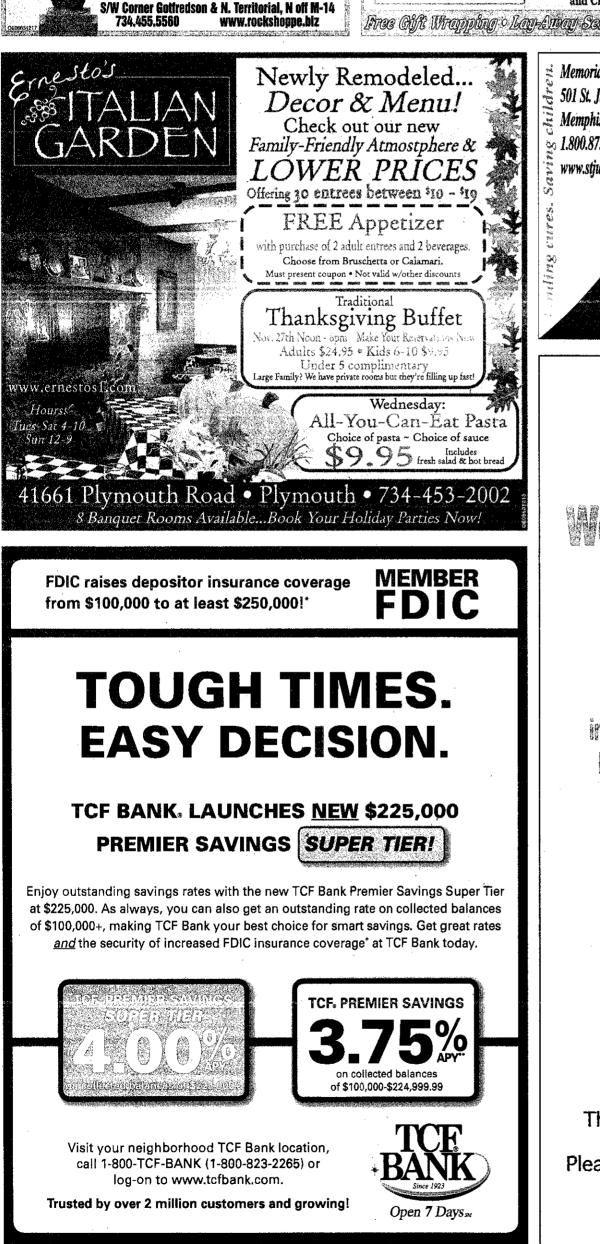
Evert and Loleta Myers

In 1943 through 1946, I served three years in the navy on the destroyer escort, "USS Cocktrill."

I was a 2nd class petty officer and traveled to various ports around the world, writing letters to the girl back home. Now, on Nov. 8, 2008, I have 64 years of marriage to the girl I wrote to. And...I'm still 2nd class.

Evert Myers, Garden City





C3

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Bring in a canned food donation on

Wednesday, Movember 12th to help those in need within our community.

At the same time, you'll be taking part in attempting to set a new Guinness World Record" for the largest food drive during a single event, nationwide.

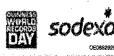


The event takes place on Wednesday, November 12th from 7am to 6pm Please join us for Food, Fun & Prizes!

> For more information on how you can help stop hunger, visit www.helpstophunger.org.

Visit www.forstudentsbystudents.com for complete details.





VETERANS

Band of brothers takes final mission BY CHRISKASSEL DY CHRIS

SPECIAL WRITER

C4

(*)

Sixty-five years ago, a four-engine B-17 Flying Fortress rumbled into cloudy skies above England, headed for a dangerous raid over Nazi Germany. It was the third mission for Fred Reichel, a young Michigan co-pilot with the 8th Air Force, and it proved to be his last.

Ambushed an hour later by enemy Focke-Wulf fighter planes - among the most lethal aircraft in the Luftwaffe's arsenal — the B-17 lost engines one by one to Nazi machine gun fire until, at 19,000 feet, behind enemy lines, Reichel bailed out. A young German boy found him in a stand of trees a hundred miles east of Berlin and told him simply, "For you, G.I., the war is over."

The boy was only partially right. Reichel, who spent the next 16 months as a prisoner of war, has memories of the dogfight and his terrifying parachute drop that linger to this day.

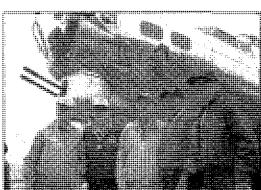
Yet on Sept. 26, Reichel again hauled himself into the polished fuselage of a Boeing B-17 and prepared for takeoff. Along with four of his fellow 'flyboys' - a colloquial term for World War II pilots and their crewman - Reichcl embarked on what may be his final flight aboard the classic aircraft, which was massproduced throughout the war at Ford's Willow Run assembly plant.

The one that sputtered to life in September was the Yankee Lady, a meticulously restored B-17G now residing at Willow Run Airport's Yankee Air Museum. Said to be the finest example of this particular model still flying, the Yankee Lady was used in the film Tora, Tora, Tora and has a history in many ways as fascinating as the men who piloted her.

DYING GENERATION

Reichel, of Rochester Hills, was one of them, a distinction shared by fewer and fewer living men. Now 85, he is candid about the realities facing his comrades, aging veterans of the deadliest and most widespread conflict in human history. Reichel notes wistfully: "Our ranks are being thinned by time - we're losing World War II veterans at a rate of nearly 1,500 a month."

The impromptu flight was arranged by Nate Strong, a frequent companion of the retired flyboys at the reunion lunches they hold twice monthly at local diners, usually Jimi's in Royal Oak.



Fred Nunnold) (left) Fred Reichel, Burt Miner, George Lietziau, and Robert Stachel gather beneath the vintage bomber following their reunion flight.

As the muscular bomber left the runway and circled Ann Arbor, buzzing the Big House, Michigan Theatre and the U of M campus, reactions from the men ranged from howls of pleasure over the roar of the supercharged engines (nicknamed "bird-shredders") to murmurs of remembrance for fallen comrades.

But for the most part, the group remained impassive and quiet, lost in introspection, running their hands over the Yankee Lady's superstructures, her radio equipment and authentic armaments, including .50 caliber machine guns that looked oiled and ready for combat. Sons of simple but productive men, this particular group of veterans survived the war, came home to Detroit and went on to lead simple, productive lives. In many ways, they are still trying to absorb the magnitude and significance of their wartime experience.

After the flight, the sense of quietude lingered. When asked if his victory lap in the Yankee Lady had lived up to expectations, Burt Miner said simply, "Any flight you walk away from is worth it."

A subdued chorus of 'amens' rose from the rest of the group. On board the plane and in the moments that followed, it made sense to give them space, to allow them to reminisce in whatever way they chose, as the next generation accepts the sad fact that they may not have many of these moments left.

Kassel captured the flight in documentary form. "Detroit's Greatest Generation," a Visionalist Entertainment production, will air on WXYZ-TV in 2009.

Post member

My mom grew up in Wayne and was a graduate of Wayne High Class of 1951. After high school she decided to join the air force and was stationed in Mississippi.

While in the air force she specialized in radio communications, got married and was honorably discharged in 1953. In the late 1950s, Gracia

moved back to Michigan as a single parent and moved to Garden City in 1964. Here she raised her family and was involved in the community. As a veteran of the Korean

War, my mom became the first woman veteran to join the Wayne Amvet Post 171. She was very active in the Post and also earned her lifetime membership.

> Gracia Vivian Anderson Yankasky 1933-1977 Submitted by her daughter, Deanne Jo Dowell

Following in his mom's footsteps

Doug grew up in Garden City and attended Garden City West Senior High School.

In his senior year (1981) he chose to join the navy and to follow in his mother's footsteps as a military family. He was stationed at Great Lakes Naval Base in Chicago, Ill., and then sent to Charleston, S.C. to serve on the U.S.S. Benjamin Franklin Nuclear Warhead Submarine.

While in the navy he attended school and his interests were electronics and cooking. He was honorably discharged in 1987.

Currently Doug lives in southern Michigan and stays in touch with his family, which still lives in Garden City.

> Douglas John Yankasky Submitted by his sister Deanne Jo Dowell



WW ll from May 29, 1944 until March 28, 1946. I had basic training at Great Lakes Naval Station, then served aboard the USS Baltimore, a heavy cruiser. It was in the task force out in the Pacific. I was assigned as an alternate to go on the USS Indianapolis, but lucky for me the sailor arrived whose place I was to take. The ship went down with all members lost. What a tragedy.

Three of my brothers were in defense work and didn't have to go to war and one of them worked on the Atomic bomb out west.

I joined the Naval reserves and then was called to duty in the Korean War. Had to serve there from August 1950 until December 1951 aboard the USS Bryce Canyon. It was a repair ship. We would make parts for other ships that become disabled. I achieved the rank of Machinist First Class.



www.hometownlife.com

Victor Waling of Livonia while in the Navy



Victor Waling of Livonia Livonia

Making long-lasting friendships

Victor Waling

I enlisted in the WACs in December 1944 and was discharged in August 1946. Going on the train to basic training one girl was crying and I thought, didn't you know what you were getting into?

During basic training at Fort Des Moines, Iowa, I had clerk typist training and then I was sent to Fort Sam Houston in San Antonio, Texas and worked at the Brooke Army Medical Center. I lived in a brand new barracks.

I became friends with the secretary of the Chief of Surgical Department and even went to her 50th wedding anniversary in San Antonio. To this day I still correspond with one of the WAC friends, Violet Seaman, who lives in Phoenix, Ariz. Many of the other girls have passed away.

It was a time in my life that I will always remember. Cleaning the barracks, exercising and parading was something we all had to do. I am married and have five children, five grandchildren and one great-granddaughter.

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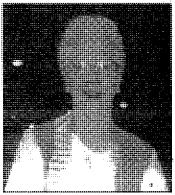
Lorraine (Glowczewski) Waling Livonía

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Lorraine Waling of Livonia served in the Women's Army Corps.



Lorraine Waling of Livonia

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James L. Worpell of Westland



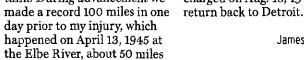
Injured while on tank from Berlin.

I served in the 3rd Armored Division in WW ll. Upon completion of my basic

training and having arrived in France.

I entered combat in Ardennes-Alsace on Jan. 15, 1945 and then went to the Rhineland about March 2 1945 and continued to central Europe on March 22, 1945-April 13, 1945.

I was on top of a tank where I was hit on my left shoulder by a 90 mm shell fragment from a German Howitzer that hit the tank. During advancement we



charged on Aug. 18, 1946 and

pital, I then was sent to Paris,

France to a general hospital

for a couple of months. After

Germany surrendered and I

I then served my remainder

tour of duty in the Army of

Occupation. On Aug. 1, 1946,

I completed my tour overseas

and went aboard a troop ship

named George Washington to

return back to New York har-

bor and then I went by train

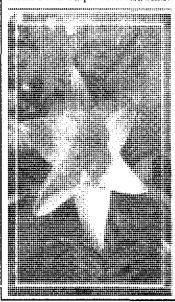
to Ft. Sheridan, Ill., to be dis-

was released from the hospital,

James L. Worpell James L. Worpell of Westland during Westland WW II



Died November 5, 2008, at William Beaumont Hospital, Royal Oak, at the age of 90, following a long illness. Mr. Jensen was a resident of Pontiac, and a former 46 year resident of Birmingham. He is the retired owner of Lynd Gear of Rochester and Dolphin Engineering of Fraser. He is a former longtime member of the Birmingham Country Club and the Detroit Golf Club and a lifetime member of the Masonic Lodge #2 of Detroit. He is survived by his wife Jane of 55 years and three children: Daniel S. Jensen (Lissa) of Chapel Hill, NC, Nancy Johnson (Patrick) of Birmingham, MI and Susan Vandegriff (Jay) of Coeur d'Alene, Idaho. Grandfather of eight: Sam, Sarah Jane, and Elizabeth Jensen of Chapel, NC, Patrick, Kelsey and Michael Johnson of Birmingham, MI and Megan and Hunter Vandegriff of Coeur d'Alene, Idaho. Services were private. Contributions to Beaumont Hospice would be appreciated. Arrangements by Pixley Funeral Home-Davis Chapel of Auburn Hills.



AUDREY "VIRGINIA" (FENLON) SIERON Age 83, of Livonia. Passed away Friday, Oct. 31, 2008. Born April 19, 1925, in Iron Mountain, she was the daughter of Della and Peter Fenlon and grew up in Gaastra. She graduated from Stambaugh High School in 1943 and moved to Flint where she worked with Rosie the Riveter at AC Sparkplugs for the balance of World War II. In 1945 she moved to Milwaukee, where her love of dancing occasioned the meeting of Erwin Sieron. They were married April 29, 1950. After their marriage, they traveled for three years with Erwin's job before settling in Baltimore. While living in Baltimore the couple wel-comed a daughter, Barbara, and a son, Russell to their family. In 1963 they relocated again to Pasadena, Calif. Continuing to chase the space race, they moved to Ann Arbor in 1964. They were active members of St. Francis Catholic Church and School. In 1983 business changes necessitated a move to Jacksonville, Fla., where they lived until Erwin's death earlier this year. Since then she has lived in Livonia, close to her son Russell and his family. She is predeceased by her husband, Erwin; her parents; and a brother, Raymond, who died in his infancy. She is survived by her two children, Barbara (Paul) Cencer of Big Rapids and Russell (Judy) Sieron of Livonia; six grandchildren, David (Anna) Cencer of Big Rapids, Mark (Jenna) Cencer of Middletown, R.I., Timothy Cencer and Amanda Cencer, both of Big Rapids, and Julie and Scott Sieron, both of Livonia; and one great-grandchild, Peter Cencer of Middletown, R.I Visitation will be Thursday, Nov. 6th, at the Nie Family Funeral Home, 2400 Carpenter Rd., Ann Arbor from 2 to 4 and 6 to 8 p.m. with an evening wake service at 7 p.m. Viewing will continue at St. Francis Church, Ann Arbor, at 11 a.m. Friday, Nov. 7th, with a funeral Mass begin-

ning at noon. In lieu of flowers, dona-

tions may be made to the Alzheimer's

Association and St. Francis (Ann Arbor) School. Please visit Virginia's

personal webpage and leave a memo-

ry at www.niefuneralhomes.com

NANCY MARIE SLAYTON November 5, 2008. Age 71. Born on March 25, 1937 in Escanaba, MI. Beloved mother of David Patrick (Andrea) Slayton. Dear grandmother of David Paul Slayton and Sonya (Ryan) Parry. Visitation Sunday 1 p.m. 9 p.m. at Schrader-Howell Funeral Home, 280 South Main Street, Plymouth. Visitation will continue on Monday from 10 a.m. until time of Mass at 10:30 a.m. from Our Lady of Good Counsel Catholic Church, 47650 North Territorial Road at Beck Road, Plymouth. Scripture Service Sunday 7 p.m. at the funeral home. Contributions suggested to Angela Hospice. Share your special memories and thoughts at schrader-howell.com



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NOT YOURSELF? CONSIDER THE POSSIBILITIES



The coming flu season makes people aware of aches, pains and then some, but any time of year you just might not feel up to par. You might have sick building syndrome without knowing it. Then

there's the possibility that upheaval in some workplaces, regardless of its source, is throwing you off-balance. How can you untangle the threads so you can decide what to do?

Discomfort undermines your productivity. According to a survey conducted by the Yankelovich firm for insurer CIGNA, headquartered in Philadelphia, in the last six months, 61 percent of 1,147 working adults, 18 or older, went to work not fully focused on their work, because they were sick or distracted by a problem. They averaged 6.9 days in a six-month period -- more than one day of "presenteeism" per month. A full 62 percent of that group reported that their productivity was down, while almost the same number -- 61 percent -expressed concern that co-workers knew. Approach your

expressed concern that co-workers knew. Approach your discomfort systematically.

OFFICE BUILDINGS

Building biologist Lisa Beres, CEO of Green Nest L.L.C., in Irvine, Calif., says that if your symptoms -headaches, nausea, and irritation of the ear, nose and throat -- occur in your building at work, they could be coming from sick building syndrome. She lists a number of potential causes, individually or in groups: indoor air, building material, furniture, fabrics, finishes, carpentry, paint, copiers and printers. If symptoms dissipate after you've been outside for a while, go public.

"Find out whether other people are feeling the same way," Beres advises. "If 20 percent of occupants are experiencing it, it can be sick building syndrome." Her company sells air and test kits if you want to continue on your own before alerting HR or Facility Management, who might then contract with an environmental inspector. JUST YOU

If your research leads you to conclude that there's something in your life that's making you less productive, you don't need to set an appointment with a psychologist or psychiatrist.

Psychologist and physical therapist Elizabeth Lombardo, whose private practice is in Pittsburgh, says that much of her work helps individual and corporate clients enhance their wellness. "Our society thinks physical systems, such as bugs or a virus," she explains. "People get tested, maintaining that they're not making this up, that (not feeling good) is really biological." She points out that that's not always the case, and there's something you can do about it. Look for negative, unrealistic and unhelpful thinking: -- "Take ten minutes to write down or speak into a

-- "Take ten minutes to write down or speak into a tape recorder what's going on in your mind, all that's stressing you out," she recommends, "because we're often unaware of what we're thinking. If your boss is the problem, what exactly is it about your boss?"

-- Return to the task when you're feeling less stressed to look for distortions in what you wrote or said. You might be "fortune-telling, predicting the future negatively, or catastrophizing, thinking that your boss will fire you and your family will be homeless," Lombardo states. These types of thought patterns can cause anxiety.

-- In their place, develop a thought that is accurate and helpful but not Pollyannaish. Slip it in.

-- Finally, she suggests, "Do something about it." You don't have to do all of this alone. Lombardo mentions that when you've identified what's really bothering you, such as your boss, you can do a reality check with a co-worker. Check to see if your distorted thoughts are a figment of your imagination, that your boss is out to get you and no one else. You have your answer if your co-worker responds that your boss hates

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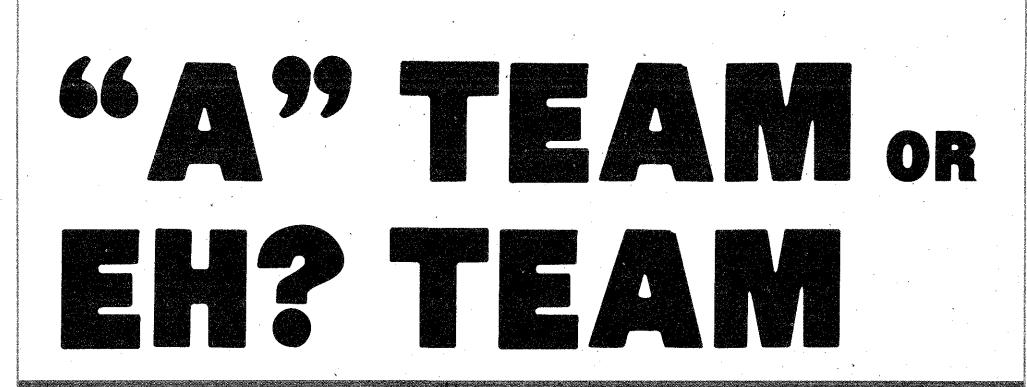
If you eliminate sick building syndrome and distorted thinking from the list of possibilities, you might well have a physical ailment. Keep going to work without doing something about it and watch your productivity continue to fall.

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(Dr. Mildred L. Culp is an award-winning journalist. E-mail your questions to culp@workwise.net. Copyright 2008 Passage Media.)



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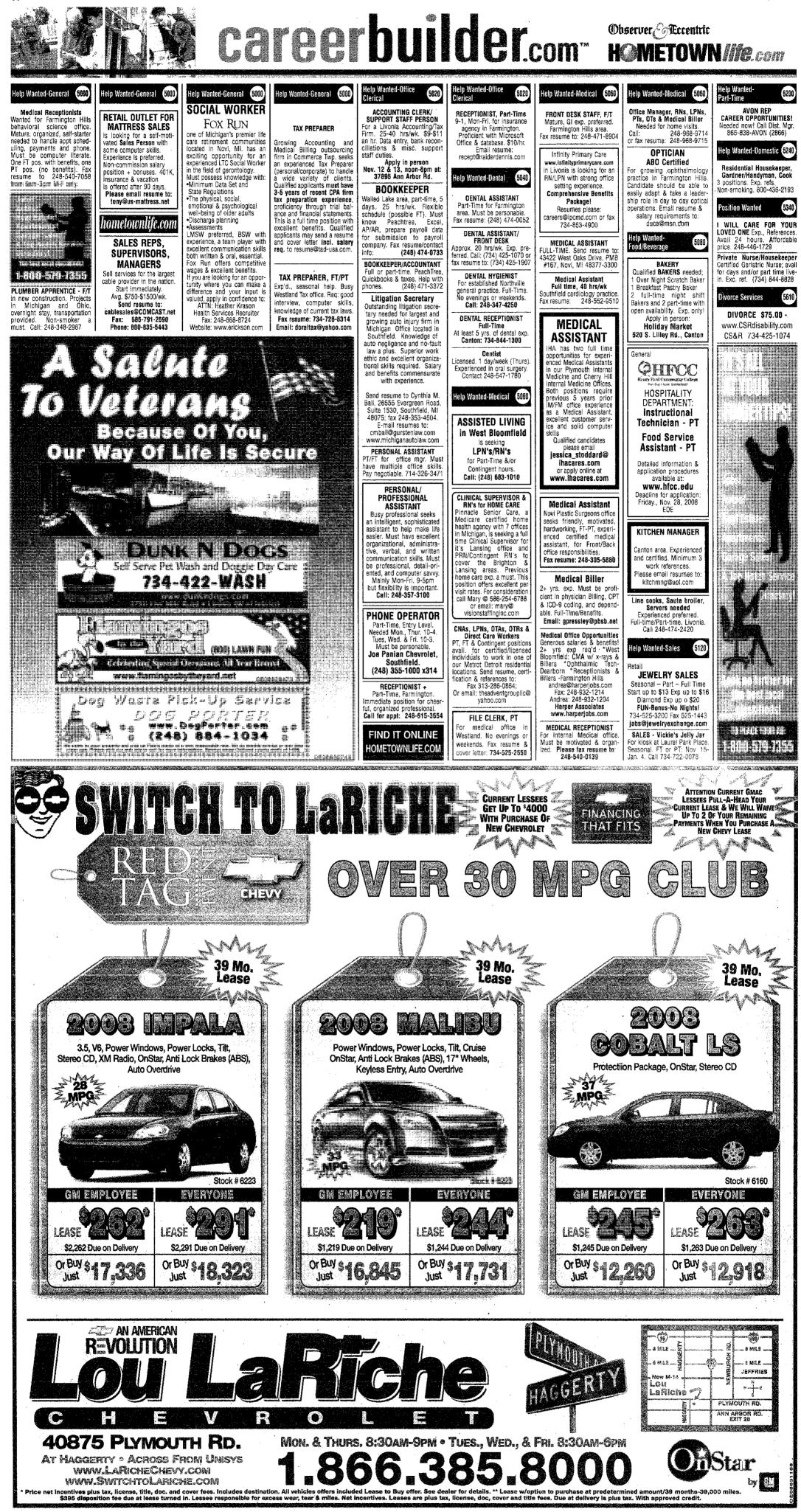


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