

Around Town A green thing

Westland's Mission Green is ready to raise a little green — money, that is.

The committee is holding a bowl-a-thon Saturday, April 4, at Vision Lanes, 38250 Ford Road in Westland.

The cost is \$20 per person for the nine-pin no-tap event. Included are three games of bowling, shoes, pizza and pop. Registration begins at 11:30 a.m. with bowling starting at noon.

The bowl-a-thon is the first fund-raiser planned by Mission Green, a city initiative to promote environmental wellness practices throughout Westland.

Registration forms can be found at city buildings and at Vision Lanes. They can be mailed to the Economic Growth Center -Mission Green, 37095 Marquette, Westland, MI 48185.

The next Mission Green meeting is scheduled for 6 p.m. Tuesday, March 10, in the City Council Chambers at Westland City Hall, 36601 Ford, west of Wayne Road.

For more information about Mission Green, call Bruce Thompson at (734) 467-3219. For more information about the bowla-thon, call Lori Fodale at (734) 467-3264.

Wedding Workshop

Plan your nuptials in 90 minutes during a speed dating-style Wedding Workshop at 6:30 p.m. March 11 at Meeting House Grand Ballroom, 499 S. Main St., Plymouth.

Participants will spend 90 minutes table hopping, meeting with experts on



And the survey says ...

No to vacant buildings; yes to the library

BY DARRELL CLEM OBSERVER STAFF WRITER

A new survey has found that Westland residents' top five choices for improving their city are expanding recycling efforts, combating neighborhood blight, beefing up police patrols, starting more youth activities and reopening Central City Park.

Residents cited vacant buildings and crumbling roads as among their top negative perceptions of Westland, but they gave high marks to their

library, trash pickup, fire and police services, snow removal and parks.

Though unscientific, the results released this month provide one snapshot of public perceptions from nearly 500 people who responded last fall to a survey mailed out with the city's quarterly newsletter.

Improved recycling efforts, such as a curbside pickup program that city leaders hope to start this spring, drew 61 responses for improving Westland. That drew twice the number of replies as bringing in more businesses (29), building a new recreation center

(17) and, perhaps surprisingly, creating more jobs (25).

Resident Margot McCormack, among a group that collected 600 signatures to push for a curbside recycling program, wasn't surprised that people long for the service.

"I am very pleased to hear that," she said. "The city has been very, very slow. It will soon be two years that we collected the signatures. It's high time. They just keep stalling, and now the economy is another big thing."

Mayor William Wild said Thursday he hopes to implement a curbside

RESIDENTS' TOP PICKS FOR IMPROVEMENTS 11% 9% New Jobs Business 13% **Central Parl** 22% Re-Open Recycling 13% Youth Activities 17% 15% Neighborhood Police Blight Presence Source: City of Westland

recycling program as early as this spring. Already, a consulting firm is evaluating proposals and is expected

Please see SURVEY, A3

A .com with a mission Imaboobist Web site supports breast cancer research

BY SUE MASON Observer staff writer

Jim Kollar is a Boobist, so is wife Jocelyn. They belong to a pseudo-religion called Boobism which has at its credo, "Big or small, save them all." There's a Web site — www.imaboobist.com — a mascot named Ima who has her own pages on the MySpace and Facebook Web sites, and a logo plastered on everything from T-shirts to mouse pads.



your questions answered with minimal stress.

All couples attending will receive a free engagement portrait. Admission is free with advance

registration or \$10 at the door. Call (734) 710-9492. Note: An advertisement in the

Observer S Eccentric's Wedding Guide, published Feb. 26, included the incorrect date for the event.

Meeting canceled

Due to unforeseen circumstances, state Rep. Richard LeBlanc, D-Westland, has canceled his "fireside chat" that had been scheduled with his constituents from 6-8 p.m. Monday at the Westland public library.

However a coffee hour still will be held from 9-10:30 a.m. Monday at the library.

Constituents who have questions or concerns may contact LeBlanc toll-free at (888) 737-5325 or at (517) 373-2576. Yes, it's all about women's breasts. That might offend some people's tender sensibilities, but for the Kollars and their small band of Boobists it's not about female body parts, it's about raising money for breast cancer research.

"When people see what we're doing, they like it, but getting the word out is hard," Jim Kollar said. "Some breast cancer survivors have expressed to me that they're tired of the same old stuff, they want something catchy. That's why we gear it this way."

Boobism got its start in 2007 when a group of friends started talking about who wins an argument — men or women. One woman said women and when asked why, told the group, "That's easy, we have boobs!" According to Jim Kollar, he came up with the idea to start the Boobism "religion" after the men couldn't come up with a rebuttal and had to agree with her.

After joking around with this new "religion" for some time, the Westland

residents decided to do something with it. The owners of Alleycat Designs in Westland, they tapped into their T-shirt business and created shirts with different sayings related to Boobism. They also decided to use the T-shirt sales to support the breast cancer cause, so 15 percent of sales is donated to breast cancer organizations.

"People don't realize how many women — and men — have had breast cancer. There's not a person here who doesn't know someone who has had it," Jim Kollar said. "We've been told that 1,700 men a year are diagnosed with breast cancer and one in eight women."

The Kollars launched imaboobist. com at the end of January. They're working with the American Cancer Society's Relay for Life and will be participating the 24-hour Relay in Chelsea May 16-17. They've also joined a team for the Westland Relay for Life May 30-31.

Jocelyn and Jim Kollar of Alleycat Designs have come up with everything from children's onsies to muscle shirts and mouse pads to

promote their Web site, www.imaboobist.com, a fund=raiser for breast cancer research.

Imaboobist is a family affair of sorts. While Jim takes credit for the title, it was his wife who said they should do something with it.

"I came up with the design and our son Justin revamped it and trademarked it," said Jocelyn Kollar.

Justin also came up with mascot Ima, and their daughter Jenna, 17, manages Ima's Web pages.

The imaboobist.com line includes T-shirts, coffee mugs, tank tops, hats, visors, knit hats, note pad holders, license plate and trailer hitch covers and mouse pads. Prices range from \$5 for decals to \$22 for a muscle shirt.

"We have some things geared for guys, but we have more pink things," Joselyn Kollar added. "The possibilities are endless." The Kollars have raised \$100 and have a goal of \$500. They plan to have a booth at the Chelsea Relay for Life and are looking to have something during the Susan G. Koman 3-Day. They also are trying to promote the stories of cancer survivors on the Web site.

TOM HAWLEY | STAFF PHOTOGRAPHER

"We want people to go on the Web site and find hope and encouragement," Jim Kollar said. "Part of awareness is for people to hear about other people and what they went through."

People interested in Imaboobist items can find them at the Kollars' Alleycat Designs at 6647 Wayne Road, behind Buffalo Wild Wings, in Westland, or check out the Web site at www.imaboobist.com. For more information, call (734) 728-7867.

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Westland's new deputy fire chief has vowed to continue providing top-notch service to residents and businesses despite an economic downturn that has left city administration officials bracing for a dip in revenues. Bruce

BY DARRELL CLEM

OBSERVER STAFF WRITER

Bruce Tenniswood, 43, has been promoted following the departure of for-

43, motthe for-

mer Deputy Chief Kevin Riley, who recently retired after serving the city for 26 years. Tenniswood pledged to work alongside Fire Chief Michael Reddy to continue improving a department that has won its share of accolades over the years.

"My goals include assisting the

fire chief in providing exceptional protection and service to the community through these challenging times," Tenniswood said. "We will continually monitor our operation to ensure the city of Westland receives the best possible value from its fire department."

New deputy chief vows to continue top service

Tenniswood, marking his 23rd year with the department, started in 1986 as a firefighter and emergency medical technician. His positions have included firefighter, sergeant, captain and battalion chief.

"With his experience and leadership — and in particular his firefighting skills — it's going to bring better knowledge to that position than what we've had in the past," Reddy said. "We're very excited about Bruce making it to deputy chief."

Tenniswood has a bachelor of science degree in fire science from Livonia's Madonna University, and he also earned a paramedic license and achieved a Fire Officer III ranking. He is currently enrolled in the fire staff and command program at Eastern Michigan University.

Tenniswood and wife Donna have five children, with three attending Livonia Churchill High School and one attending Schoolcraft College's fire science program.

As deputy chief, Tenniswood is in charge of the fire suppression division, firefighters, emergency medical services, fire trucks and fire stations — or, as he put it, "the very visible part of the fire department."

He welcomed his new position in the department.

"I'm very happy with it," he said. "I've aspired to this position for a long time, and it will allow me to use the skills I've been working on for many years."

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A2 (WGc)

Anderson talks jobs

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In an effort to help workers and job seekers in the current tough economic climate, state Sen. Glenn Anderson, D-Westland, will bring together state and local officials to host a town hall meeting 6-8 p.m. Monday at the Livonia Senior Center, 15218 Farmington Road, near the corner of Farmington and

Five Mile.

The meeting will include presentations by officials, and the public will have an opportunity to individually meet with officials and agencies to talk about job search and retention strategies and other related work topics. The event is free.

The town hall will include representatives from local and state agencies including the Michigan Department of Energy, Labor and Economic Growth, the Michigan Economic Development Agency, Michigan Works, Michigan Department of Human Services and the United Way for Southeastern Michigan. Additional presenters may be added.

Surplus food

The City of Westland will

be distributing surplus federal food for the month of March to residents north of Michigan Avenue 10 a.m. and 2 p.m. Thursday, March 19, at the Dorsey Community Center, 32715 Dorsey, between Palmer and Glenwood.

The pickup time and location for Westland residents south of Michigan Avenue is 10 a.m. to 1 p.m. Monday, March 9, or the second Monday of each month, at St. James United Methodist Church, 30055 Annapolis, between Henry Ruff and Middlebelt. Call (734) 729-1737.

Senior citizens living in Taylor Towers can collect their food at building and must contact the building manager for their day of distribution. Greenwood Villa residents must pick up their food items at their building.

A3

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For March, the distribution will include tuna, noodles, sliced potatoes, peas, grape juice, pork patties, peaches, and possible additional items. This program is administered by the Wayne County Office of Senior Services. For more information, call the Dorsey Center surplus food hotline at (734) 595-0366.

SURVEY

to issue a recommendation within weeks.

"More than anything else, that's the one thing people are asking us to implement," Wild said, adding that recycling has "become a way of life, and they want it to be easy."

Neighborhood blight placed second among residents' concerns with 47 votes, and city officials already have adopted new ordinances in hopes of making inroads with a problem that has been exacerbated by the foreclosure crisis. In rating city services,

Newsroom.

Westland's public library garnered the most "very good" responses (222), followed by trash pickup (179), fire services (178), the police department (154), snow removal (123), parks (117) and others.

Paul Ruthenberg, president of the city's Inkster-based trash-hauling company, Midwestern Sanitation, welcomed positive responses from a customer base that years ago was complaining loudly for better service.

"It's something we've worked really hard on for the last few years to improve the quality of service to the residents," Ruthenberg said. "We've rededicated ourselves to what's happening at the curb, and

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we're very proud." Ruthenberg shared the city's

survey with his workers to show his appreciation for their efforts to do a better job. In all, 100 survey respondents cited vacant buildings

as the most negative aspect of Westland, followed by roads (65), schools (49), blighted homes (47), taxes (24) and other listings that ranked lower.

Wild wasn't surprised that vacant buildings and crumbling roads ranked high, because "that's something that people see" every day. Many of the worst roads, however, are the county's responsibility. When asked to rate current

services, recycling elicited

Joe Gannon

the highest number of "poor" responses at 85 due to the lack of a curbside program, followed by road repairs (79), tree trimming (52) and snow removal (35), although the latter also drew 123 "very good" marks.

City officials have said they often get blamed for slower snow-removal efforts on major roads that are under the county's jurisdiction. Nonetheless, local leaders try to use the survey results as they seek ways to improve city services and respond to residents' concerns.

The largest number of survey responses came from residents 71 or older, who returned 113 surveys. Of those who gave their age, other groups included ages 46-55 with 84 responses, 56-65 with 81 replies, 36-45 with 51 responses, 66-70 with 42 replies, and 25-35 with 34 responses. The survey indicated no responses from people in the 18-24 age bracket.

More women than men agreed to cite their gender on the survey, 242 to 158, respectively, and a large number of respondents, 239, had lived in Westland for 20 years or more.

The quarterly newsletter to which residents responded ranked first as a source of information with 253 votes, followed by the local newspaper (216), city cable station WLND (184), word of mouth (172), Detroit daily newspapers (121), major TV stations (94), the city's Web site (91), other (35), and the Westland Chamber of Commerce (16).

A majority of respondents had some college education (127) or a degree (113), followed by high school graduates (93), post-graduate respondents (33) and some post-graduatestudy respondents (27).

In response to an openended question about general remarks, the largest number of respondents described themselves as pleased with Mayor Wild's performance. He received 49 votes, far outpacing the second-ranked newsletter (13) and other choices.

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Observer & Eccentric | Sunday, March 8, 2009

EDUCATION

W-W trims footprint with I-SAVE program

BY SUE MASON **OBSERVER STAFF WRITER**

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(W)

Going green has come to the Wayne-Westland Community Schools, which launched a voluntary I-SAVE energy conservation program throughout the district.

An acronym for Individuals Save and Vie for Efficiency, I-SAVE aims to reduce utility consumption by modifying the behavior of the district's staff and students.

According to Gary Martin, deputy superintendent for administrative and business services, the district is saving hundreds of thousands of dollars a year on utilities by controlling lights from site to site, but the next phase is changing human behavior.

While many school districts have hired consultants, Wayne-Westland utilized Tony Spisak, executive director of maintenance and operations, and Nicholas Thornton, supervisor of energy management, to develop a plan that has helped the district meet its energy sav ing goals.

"The reward is having money to spend in support of education, rather than on utilities," he said.

The I-SAVE program has a basic goal of reducing consumption by 7.5 percent.

"We have a very sizable carbon footprint," Thornton said. "We want to preserve our resources. We want to help the district be more green by buying products with less packaging that are more Earthfriendly."

According to Thornton, the district's 29 buildings add up to 2.5 million square feet, twice the size of Westland Shopping Center or about 23 Home Depots. Energy consumption for 2007 was enough to run five dozen homes for one year and heat 2,000 homes.

"The more utilities we consume, the more we contribute to pollution," Thornton said.

For I-SAVE, the two men asked each building to have one point person. They ended up with 42 who signed pledges to put together bulletin boards in the schools. Schools have been given energy-efficient light bulbs and stickers for switches to remind people to turn them off when leaving and empty room

There have been walkthroughs of buildings to see what is being done well and what's not being done well, with the goal of conserving. The result is that it's working, Thornton said.

"If you walk through a build-

ing the lights are off in empty classrooms, copiers are turned off at night," he said. "If you look at the bills, electric has fallen and we hope to see that with the gas. Down the road, we'd like to look at water conservation, paper recycling, glass, plastic and aluminum recycling."

The two men added that I-SAVE was launched this school year and they anticipate the first-year savings will be \$350.000.

"We're finding that the students and the staff are taking ownership," Thornton said. "We still see room for improvement, but we're making progress."

The signs of student ownership were apparent with entries received in the first ever I-SAVE poster contest. Four elementary students were honored before that Wayne Westland school board for finishing first, second and third in the contest.

Top honors went to Nelson Sawa of Edison Elementary, while Alexis Dunigan and Hunter Belcher of Schweitzer Elementary tied for second place. In third was Corinne Johnson of Hamilton Elementary.

In addition to their artwork, those of students from the William D. Ford Career Technical Center also were on



Wayne-Westland School Superintendent Greg Baracy poses with the winners of the I-SAVE poster contest - Corinne Johnson from Hamilton Elementary, Nelson Sawa from Edison Elementary and Alexis Dunigan and Hunter Belcher

tion."

Westland's Mission Green initiative to reduce the city's carbon footprint.

"I'm grateful we've included the students in this operation, said Trustee Ed Turner.

"This has been in the planning process for over a year," added Superintendent Greg Baracy. "Many districts have

chosen a third-party administrator, we chose to do it ourselves which allows use to return the money to the classroom.

"This has become a fun project, involving students, staff and parents."

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Cheer for the hometeam, read today's section



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listing.

Steven Reini of Westland has been named to the Dean's List for the fall 2008 semester at Kettering University. Reini had to earn a weighted grade of 92 out of a possible 100, received no grades below 85 and earned a minimum of 16 credits.

Nancy Lambert of Wayne received her degree in family life education during

November 2008 commencement ceremonies at Spring Arbor University.

Five Westland residents have been named to the Dean's Honor Roll for the fall term at Lawrence Technological University. Maintaining at least a 3.5 grade point average for the term were Robert Lange, Jacob Nabozny, Brett Newman, Joshua Smith and Swtaben Soni.

from Schweitzer Elementary.

display at the meeting.

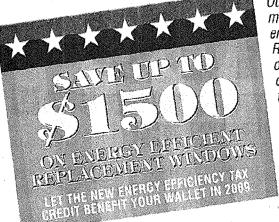
"I think (Westland) Mayor (William) Wild may be interested in you," Trustee Bill Gabriel told the four students in presenting them with certificates of recognition. "You may have a job in his administra-

Gabriel was referring to

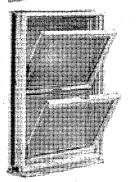
Named to the Presidents List for the fall term at Northwood University was senior Brent Opiela of Westland. He had to have a 3.85 grade point on a 4.0 scale to be named to the listing.

Junior Keely Mog of Westland was named to Northwood's Dean's List for the fall term. She had to have a 3.25 grade point on a 4.0 scale to be named to that





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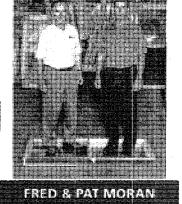


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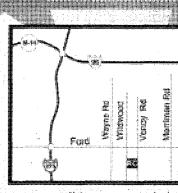
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LOCAL NEWS

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Scout Troops, Motts Children's

elementary schools, local Girl

Hospital and senior citizen's

facilities. During the week,

5

most doctors have not heard of yet.

308 ed fol:

14 teenagers vie for state Junior Miss title

A group of young women from around the state will be in Saline this week in hopes of being selected as the winner of the Michigan Junior Miss Scholarship Program.

The program will be at 6 p.m. Saturday, March 14, at Saline High School. The 14 high school seniors will be competing for \$13,000 in college scholarship money at this event.

The contestants will complete in the areas of scholastic achievement, physical fitness, self expression, talent and personal interview. Special guest performers will be the current Michigan Junior Miss Erin Wheeler and America's Junior Miss Lindsey Brinton.

Vying for the Michigan Junior Miss title are Angela

Diehle, Lapeer Junior Miss (front row, from left); Kathryn Barkley, Hubbard Lake Junior Miss; Andrea Coffey, Lowell Junior Miss; Madelynne Wager, Greenville Junior Miss; Ginjer Serianni, Irish Hills Junior Miss; Naomi Lin, Ann Arbor Junior Miss; Alexandrea Shingleton, Garden City Junior Miss; Mildred Jones-Hamm, Inkster Junior Miss (back row, from left); Alyssa Simpson, Wayne Westland Junior Miss; Shelby Carpenter, Ypsilanti Junior Miss; Joanna Bierlein, Bay City Junior Miss; Richele Ehardt, Milford Junior Miss; Charissee Stewart, Detroit Junior Miss, and Willa Chen, Plymouth Canton Junior

Miss. The Junior Miss contestants will spend a week in the Ann

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they also will be rehearsing for their performance on Saturday, including the opening number and physical fitness routine. The winner of Michigan's Junior Miss will go on to compete at America's Junior Miss and Mobile County. in June in Mobile, Alabama, where more than \$50,000 in college scholarship money will Junior Miss Scholarship be given out. America's Junior Miss Scholarship program is the oldest and largest college scholand e-mail to mijrmiss@yahoo. arship program for high school

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Tickets for the Michigan's Program will be available at Saline High School the night of the program or online by sending

com. Ticket are \$15 for adults and \$12 for children. There also are special prices for senior citizen groups.

Vying for the Michigan Junior Miss title are Angela Diehle, Lapeer Junior Miss (front row, from left); Kathryn Barkley, Hubbard Lake Junior Miss; Andrea Coffey, Lowell Junior Miss; Madelynne Wager, Greenville Junior Miss; Ginjer Serianni, Irish Hills Junior Miss; Naomi Lin, Ann Arbor Junior Miss; Alexandrea Shingleton, Garden City Junior Miss; Mildred Jones-Hamm, Inkster Junior Miss (back row, from left); Alyssa Simpson, Wayne Westland Junior Miss; Shelby Carpenter, Ypsilanti Junior Miss; Joanna Bierlein, Bay City Junior Miss; Richele Ehardt, Milford Junior Miss; Charissee Stewart, Detroit Junior Miss, and Willa Chen, Plymouth Canton Junior Miss.

Saline High School is at 1300 Campus Parkway. All proceeds go toward the Michigan's Junior Miss Scholarship Program.

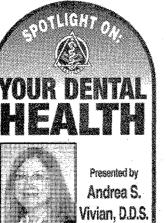




Observer & Eccentric | Sunday, March 8, 2009

A5 (WGc)





DIABETES RAISES GUM DISEASE RISK

Parents of diabetic children should be aware that their children may display signs of gum disease as early as age six. This note of caution comes from dental researchers, who were surprised to learn that periodontal disease in diabetic children starts much earlier than once thought. It also worsens in adolescence. When researchers examined the gums of young diabetic children, they found significantly more plaque (the bacteria-laden film that covers teeth and gets under gums) than was observed among nondiabetics. This finding underlines the importance of having young children, especially diabetic children, undergo regular dental examinations. The earlier a problem is found the better the chance that the dentist can control it

Do you have any questions about your children's dental health? We can address any concerns you may have about teeth and their gums. Ou philosophy is not only to treat dental needs, but more importantly, to educate our patients to prevent future problems. To this end, our mission is to provide open and free communication and the highest standard of care in an environment of health, mutual understanding, and respect. We have office hours by appointment 201, Plymouth. Please call 734-453-9413. at 496 W. Ann Arbor Trail, Ste.

P.S. Primary ("baby") teeth play an important role in ensuring the health and placement of the permanent teeth that replace them. Baby teeth should not be viewed as expendable.

Helps Legally Blind

Michigan Eye Doctor

Dr. Sheldon Smith fits special glasses to help those with macular degeneration and other eye conditions.

Most of us take things like reading, watching TV or playing cards for granted. But poor vision from conditions like macular degeneration, glaucoma, diabetes or cataracts make these tasks difficult or even impossible. When people have insufficient vision to do the things they want to do they have low vision.

Dr. Smith, a Low Vision Specialist, helps people with these types of eye diseases see better. A Fellow of the International Academy of Low Vision Specialists, Dr. Smith is one of a select group of doctors serving the visually impaired.

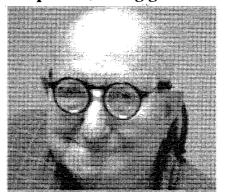
"People don't know that there are experienced doctors who can help them with specialized low vision care," says Dr. Smith. Patients often end up using weak, clumsy hand-held magnifiers trying to help themselves see better. Conversely, Dr. Smith prescribes hands-free devices that are easier to use.

In addition to the spectacle vision aids, Dr. Smith offers training to help people accomplish their daily activities. Visual aids help patients use their remaining vision to its fullest capacity while rehabilitative training improves the patient's ability to carry out necessary independent activities.

Of course, safeguarding present

vision levels is crucial. Sun filters and nutritional supplements can improve vision and prevent further loss.

Leo Champange, wearing special reading glasses



"It's wonderful to be able to see again. I have a new lease on life!

-Dr. Smith's patient. Special prismatic reading glasses and microscopes help make reading a little easier. Special reading glasses start at \$ 600 and custom telescopes can cost from \$ 1800 to \$ 2500.

If you or someone you know is struggling with their vision, call Dr. Smith to find out how low vision care can help. There is help available. You just need to know where to find it.

Dr. Smith has offices in Warren, Livonia and Greater Lansing. You can reach Dr. Smith and Suburban Low Vision of Michigan at:

877-677-2020

Dr. Sheldon Smith, O.D. Member of the International Academy of Low Vision Specialists www.IALVS.org

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Listings for the Community Calendar can be submitted by e-mail at smason@ hometownlife.com. They also can be mailed to Sue Mason at 615 W. Lafayette -Second Level, Detroit, MI 48226, or faxed to her attention at fax at (313) 223-3318. For more information, call (313) 222-6751.

UPCOMING EVENTS

Mom to Mom

Spaces are still available for a Momto-Mom Sale Saturday, March 21, 9 a.m. to 1 p.m. Lathers Elementary School, 28351 Marquette, Garden City. Admission is \$1. The sale is sponsored by Lathers

Elementary PTA. Rent is \$20 for an 8foot space. People interested in renting a space can call Dawn at 73 513-8767 or by e-mail at dwnsignorelli@yahoo.com to get a contract to sign and return with payment. **Card Party**

Introducing

St. Sebastian Catholic Church's St. Anne Altar Society will hold a Spring Card Party 2-5 p.m. March 22 in the St. Sebastian Activity Center, 20700 Colgate Ave., Dearborn Heights. There will be door prizes, raffles and much more. Poker fund-raiser

U.S. 12 Bar and Grill, located at 34824

COMMUNITY CALENDAR

W. Michigan Avenue in Wayne, has a permanent poker room that runs Sunday through Wednesday every week available for local charities in the community. For more information, call John at (734) 216-1688.

Class reunion

Garden City High School Class of 1989 will hold its 20th reunion 6 p.m. to midnight Aug. 29 at Joy Manor in Westland. Tickets are \$65 before March 1 and \$75 March 2-June 1. Tickets includes, dinner, premium open bar, DJ, door prizes, picture CD and other gifts. Tickets are available for purchase at www.gardenc-

ity89.com or by contacting Paula at gchs1989reunion@hotmail.com. **Fish Fry**

St. Raphael is having a Lenten fish fry is open 4:30-7 p.m. or until the fish is sold out on Fridays. Good Friday the doors open at 3 p.m. In addition to fish, shrimp and combination dinners are offered along with cheese pizza slices. Dinners include choice of potato, cole slaw, roll and butter, coffee, hot tea or milk, Carryout orders are available. St. Raphael is located on Merriman two blocks north of Ford.

St. Dunstan's fish fry is 4-7 p.m.

veri onwireless

Fridays until Good Friday when the doors open at 3 p.m. There are shrimp and combination dinners available along with cheese pizza slices. Dinners include potato, cole slaw and roll. St. Dunstan is on Belton south of Ford, just west of Inkster Road.

St. Sebastian Catholic Church will have all-vou-can-eat fish fries 4-7 p.m. Fridays during Lent, including Good Friday. Cost is \$8.50 for adults and \$4.75 for children under age 10. Dinner includes fish, potatoes, spaghetti, mac and cheese, green beans, coleslaw, roll and butter, dessert, coffee and milk. St.

Sebastian Catholic Church is located at 20700 Colgate Ave., Dearborn Heights. All dinners served in the Activity Center. Fish Dial-A-Ride

Fish Dial-A-Ride of Western Wayne County is seeking volunteer drivers. A nonprofit community service group, it provides door-to-door rides to nonemergency medical and other necessary appointments for senior and disabled residents of Garden City, Livonia and Westland who are unable to drive and have no alternative transportation. Volunteers can specify days, times, and areas they're willing to drive. For additional information, call (888) 660-2007 and leave a message.

Higher Rock Cafe

The Wayne-Westland Salvation Army presents the Higher Rock Cafe the second and fourth Fridays of the month at its facility at 2300 Venoy, south of Palmer, Westland. Doors open at 7:30 p.m. Live bands perform beginning at 8 p.m. Admission is free, however, a free will offering will be taken to support the bands. Check out Higher Rock on the Web at www.tsa.higherrockcafe.4t.com or call (734) 722-3660.

CRAFT SHOW

St. Sebastian

St. Sebastian Catholic School will host a Spring Craft Boutigue 9 a.m. to 4 p.m. Saturday, March 21, at the school, 20700 Colgate Ave., Dearborn Heights, Crafters and vendors welcome. For table rental information, call Michelle at (313) 561-2835.

ORGANIZATIONS

Friends of Eloise

The Friends of Eloise group meets 6 p.m. the third Tuesday of the month in the dining room of the Kay Beard Building, on Michigan between Middlebelt and Merriman. All are welcome. For information, call Jo Johnson, (734) 522-3918. Writing Group

Story Circle Women's Life Writing Group meets at 7 p.m. the second Wednesday of every month at the Wayne Public Library, 3737 S. Wayne Road, Wayne. The Story Circle Network is made up of women who want to explore their lives and souls through life-writing, writing that focuses on personal experience through memoirs and autobiographies. in diaries, journals and personal essays. Participants should bring a notebook or laptop computer to each meeting to spend some time writing, and for those who are comfortable doing so, sharing their writing. Membership in Story Circle's National Network is optional. Participation in the group is free. For more information about story circle, go online to www.storycircle.org or send an e-mail to shepry@vahoo.com.

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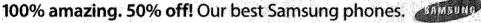
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Warming center needs help

It's been a long, cold winter, and for the folks at the Lighthouse Home Mission, it's been a time of concern.

The center, which operates a warming center for the homeless, is in need of donations to defray the cost of a new furnace, according to Thelma Ivey, outreach coordinator.

The center is open Jan. 1 through March 31 and relies on assistance from area churches and donations to keep the doors open. But the struggle this year has been the furnace, and the mission needs to raise the \$9,000 to replace it.

'We have an urgent need," the Garden City resident said. "The furnace is 20 years old and works sometimes. If it goes out, we'll have to close down."

Housed in a building at the Full Gospel Temple on Palmer Road in Westland, the center provides overnight accommodations for 45 homeless men and women. It also operates soup kitchen there Monday through Friday and clothing and food bank which also would be affected.

"We have to raise the money, or may be the right person will hear and put one in for us," Ivey said.

Donations can be sent to the Lighthouse Home Mission at 34033 Palmer, Westland, MI 48186. For more information, call (734) 326-3885 between 10 a.m. and 2 p.m. weekdays.



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Canoeing, kayaking are great Michigan sports

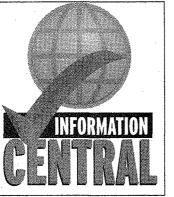
Have you caught the paddling bug, yet? If not, maybe you should give it a try! Canoeing and kayaking are popular water sports in Michigan. Just head north any summer weekend and see how many boats you can spot along the way. In addition to power boats and canoes, you will spot an array of colorful kayaks.

Great Lakes Paddlers is a local organization that promotes paddle sports and sponsors year-round events for adults and families. They are a great resource for any paddling newbie, or veteran. Check out their Web site at: www. greatlakespaddlers.org, for contact information. You can rent canoes and kayaks at the Gallup and Argo Park Liveries on the Huron River in Ann Arbor. Their season opens April 18, so stop by and take a boat out for an hour or two. In addition to exercise and fresh air, you might spot some local wildlife, such as ducks, geese, herons, egrets, deer or beaver.

Doc Fletcher, a local paddling enthusiast, has written two books about paddling Michigan rivers: Weekend Canoeing in Michigan and The Rivers, the Towns, the Taverns, and Rivers Less Traveled. For each river, he provides a suggested trip, degree of difficulty, miles from various Michigan towns, complete info on local canoe liveries, key landmarks along the river trip, histories of nearby towns, and a local tavern for a post-trip bite and relaxation. Doc will be at the Library on Wednesday, March 28 at 7 p.m. to discuss his books and show a video of ? his river experiences. The books will be available for purchase.

In addition to Doc Fletcher's books, the Library owns Canoeing Michigan Rivers, by Dennis and Sea Kayaking on Lakes Superior & Michigan, by Newman. We own many books on how to paddle, along with a **DVD** called Practical Kayaking and a canoeing video. For the "armchair adventurer," we own true stories like Kayaking the Vermilion Sea: Eight Hundred Miles Down the Baja, Only Kayak: a Journey into the Heart of Alaska, and To Timbuktu. The Library subscribes to the magazine Canoe and Kayak, too.

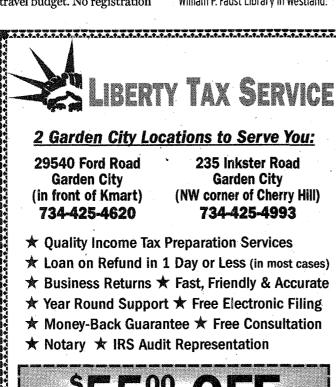
For more information on pad-



dling, or on any other subject, give us a call at (734) 326-6123 or stop by the William P. Faust Public Library of Westland at 6123 Central City Parkway. Our Web site is www.westland.lib. mi.us.

HIGHLIGHTED ACTIVITIES

World Travel 101, March 10, 7 p.m. This workshop offers tips on making traveling more affordable and enjoyable. Information will be provided on how to communicate with people from other cultures, tips on finding accommodations and using local transportation, and ideas on to stretch your travel budget. No registration





required.

Holocaust Survivor Martin Lowenberg March 11, 7-8:30pm, Martin Lowenberg, volunteer speaker for the Holocaust Memorial Center of Farmington Hills, will discuss how he endured living in the Riga ghetto, Kaiserwald, Libau, Fuhlsbuettel Prison, and Kiel. Please sign up at the Reference Desk or call 734.326.6123 to reserve your seat.

Drop- in Knitting Nights @ the library, Every Wednesday evening, 7 p.m., Everyone welcome.

Game Night - Every Friday night throughout March, 6-8 p.m. Want to spend some fun time with your family and friends and not spend any money? Join us at the library for Game Night every Friday night throughout the month of March. Bring a game or play one of the many games available at the library. Whether you want to come alone or meet a new friend, everyone is invited. Chess and card players, we're saving tables for you, too. No age limit. No fun limit.

Janet Sowards is a librarian at the William P. Faust Library in Westland.

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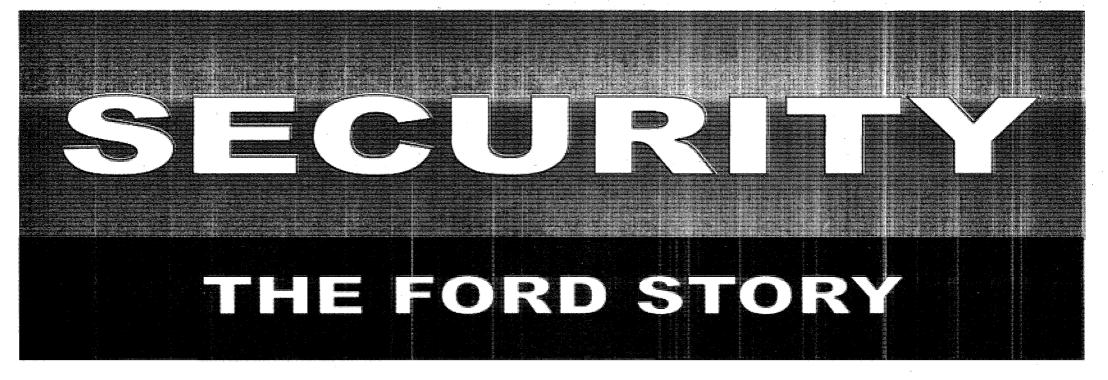
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Observer & Eccentric | Sunday, March 8, 2009

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It's kind of hard to find too many things to get excited about these days. Everything's pretty tough both business-wise and personally for lots of folks. Of course, it would be nice if the media would quit pounding everyone over the head with negative news over and over again. It's becoming a self fulfilling prophecy. But we felt pretty darn good the other day when, after announcing some pretty tough financial results for the end of 2008, Ford still said it sees no need to ask for government loans. Chief Executive Alan Mulally said "Right now, I think with everything planned in the fiscal and monetary policy, I am very comfortable that we are going to start to turn things around through the second half of the year." That doesn't mean they aren't using lines of credit, but they've done it the old fashioned way; they went out to banks and the financial markets and found financing while putting up collateral just like we would all have to do. Now there are plenty of good reasons to help GM and Chrysler, but we're pretty proud of Ford for fighting through this on their own.

With that being said, Ford is producing great vehicles. Our vehicles are **safe** (more top safety rated vehicles than any other manufacturer), **have the highest quality** (now in a virtual tie with Toyota and Honda), **fuel efficient, good looking and fun to drive. In fact, Ford gained market share the last three months of 2008 and in January 2009**. And there's a lot more new vehicles coming soon. Ford has said that, despite the economic challenges out there, they're not pulling back on the most important thing of all; **Product**. There are a lot of leading edge cars, trucks, cross-overs and SUV's coming soon.

We are proud to have a Ford dealership and a Lincoln Mercury dealership and we feel fortunate to be associated with the great team at Ford Motor Company. The leaders in Dearborn and the UAW workers throughout the Metro Detroit community know this is an important time. These hard work-ing men and women are bringing the finest vehicles to market in our nation's history. We're all pulling together to bring the best products and service to you, our customers.

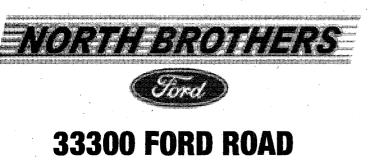
If you are in the market for a new vehicle, we hope you will consider a Ford Motor Company product.

Thanks for your time and attention.

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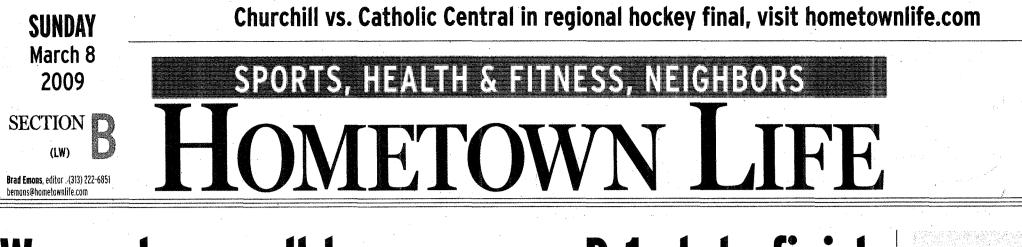




WESTLAND, MI 48185 (866) 318-7860







Wayne boys roll to runner-up D-1 state finish

BY BRAD EMONS **OBSERVER STAFF WRITER**

Wayne Memorial will have to make room in its trophy case after the boys bowling team earned runnerup honors in the MHSAA Division 1 team finals held Friday at Northway Lanes in Muskegon.

Sterling Heights Stevenson defeated Wayne in the match play finals, 1,778-1,614. The Titans had a four-

game Baker (alternating shot)

total of 214, 221, 156, 181 to Wayne's 182, 173, 179 and 192. Sterling Heights then fired

a 1,006 for its only regular game led by Matt Papais' 248 and Derick Busch's 226.

Wayne, meanwhile, rolled an 888 led by Senior Ryan Gabriel's 207 and freshman Elliott Arnold's 203.

"We got off to a bad start, we were down 80 after two (Baker) games, then we cut it in half," Wayne coach Bob Jawor said. "But give them (Stevenson) all the credit.

PREP BOWLING

They never let up after they had us down.'

Twenty-one teams started the day in Division 1 with Flint Carman-Ainsworth (3,708), Stevenson (3,626), Davison (3,619), Wayne (3,608), Macomb L'Anse Creuse North (3,529), Grandville (3,509), Zeeland East (3.482) and Warren DeLaSalle (3,430) making the eight-team match-play round.

The qualifying block consisted of eight Baker games and two regular games.

Westland John Glenn was 17th overall with a 3,186 including a Baker best of 214 and a two-game regular total of 880-938.

In match play, Wayne knocked off L'Anse Creuse North, 1,662-1,590, as senior Josh Vojtkofsky rolled a 257. The Zebras then upset top seed Carman-Ainsworth in the semifinals by a mere seven pins, 1,642-1,635.

Stevenson then ended the Zebras' season in the final as seniors Gabriel, Vojtkofsky, Jeff English, Mark Shiemke and Mike Wilson rolled their final team matches.

Rounding out the Wayne squad is junior Kellen Collison, sophomore T.J. Lave and Arnold.

"For the seniors, it's emotional being it's their last tourney, and because they wanted to win it all and be

Please see BOWLING, B3

Glenn grapplers bow out

BY BRAD EMONS **OBSERVER STAFF WRITER**

Unseeded Westland John Glenn put up quite a fight before succumbing to No. 4 seed Hartland, 38-36, in Friday's quarterfinal round of the MHSAA Division 1 Team wrestling finals hosted by Battle Creek's Kellogg Arena.

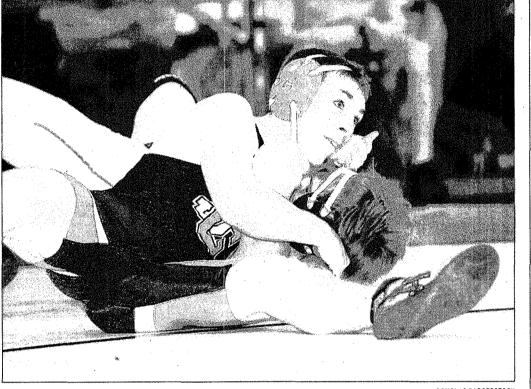
Glenn held a 26-22 lead when 152-pounder Zaid Ammari pinned Hartland's Matt Osterman in 3:51.

But the Eagles fought back by winning the final four matches, with 189-pounder Noah Ramirez clinching the victory with a pin over Kameron Jones in 3:50.

Glenn ends its season at 27-8 overall, while Hartland (31-3) advanced to Saturday's semifinals to face Holt (27-1).

Glenn, making its first-ever trip to Kellogg, got victories from Dustin Gajowiak (285), Steven Wakeford (103), Joshua Austin (119), Jared Stephens (135) and Jimmy Mann (145).

"We did a little juggling of the lineup, we had to play the matchup game and bump around a little bit," Glenn coach Bill Polk said. "Just about the



DOUGLAS BARGERSTOCK

John Glenn's 145-pounder Jimmy Mann got the pin in 3:13 during Friday's state team guarterfinal against Hartland's Sean Hultberg.

included the parade of champions for all 32 teams from the four different divisions that qualified.

PREP MAT RESULTS

Mark Thomoson, 2°58; 135; Jared

Shay, Minch raise game for Madonna

Ashley Shay went a combined 6-for-7 on the day as the Madonna University women's softball team split a pair of games Friday in the Tucson (Ariz.) Invitational.

Simon Fraser (B.C.), ranked No. 8 in the preseason NAIA poll, edged the Crusaders in the first game of the day, 2-1, as pitcher Kylie Ellis scattered nine hits,

COLLEGE walked two and struck out SOFTBALL eight to best MU starter

Jess Irwin, who gave up eight hits, walked two and fanned eight.

Carly Moir and Kelsey Haberl led Simon Fraser (2-0) with two hits apiece, while Shay, Danielle Richardson and Tara LaMilza each collected two for the Crusaders.

In the nightcap, Garden City freshman hurler Hallie Minch improved to 5-0 on the spring trip with a five-hitter over Purdue North Central, 3-2.

Minch struck out five

GAME WRAPS

KLAA boys hoops WAYNE 66, MOTT 45: On

Thursday, junior center Daniel Hill's 17 points gave Wayne Memorial (14-6) the **Kensington Lakes Activities** Association crossover victory over Waterford Mott (14-6) in the first-place consolation game.

The Zebras, playing without senior point-guard Robert Woodson, the team's leading scorer (ankle injury), jumped out to a 21-10 first-quarter lead and never looked back.

Jimmel Bennett (13) and Delorean Holland (11) also scored in double figures for the KLAA South champions.

We started out well and kept it going," Wayne coach Wayne Woodard said. "I wasn't sure if we were ready to go because we expended so much energy Tuesday (in a Kensington Conference final loss to South Lyon), but the kids stepped up."

Devontay Green scored 21 points, including all 10 for the KLAA North Division champs. He was 8-of-8 from the foul line.

JOHN GLENN 41, STEVENSON 28:

In the regular season finale Friday, Austin Anderson scored 17 points and Jeremy Langford added 13 to lead Westland John Glenn (10-10) past host Livonia Stevenson (11-9).

The Rockets soared out to a 17-7 first-quarter lead and never looked back.

Bobby Naubert and Frank Sopko scored eight and six, respectively, for the Spartans, who shot only 4-of-12 from the foul line. CHURCHILL 70, W.L. NORTHERN

47: Four players scored in double figures Thursday as host Livonia Churchill (9-11) downed visiting Walled Lake Northern (6-14) in KLAA crossover.

Adam Bedell and Ryan Woods each tallied 17 points for the victorious Chargers, who pulled away with a 21-8 fourthquarter run.

"We handled their pressure and were able to score off of it," Churchill coach Jim Solak said. "It was our best quarter all year

whole Hartland team bumped down. A lot of their (individual) regional finalists went down a weight. It took us by surprise, but I still liked the matchups. We lost a couple close ones and it went back-and-forth all the way to the last two matches."

Polk said he has no regrets about the way his team performed on the big stage, which

we felt confident, "ne said. "We wrestled hard and we can still hold our chins up when we walked out of the gym.

"It was an incredible first experience for everybody. We had a lot of fans and parents. It was something special. We have a nice group coming back next year and I think we can do better next year."

MHSAA TEAM WRESTLING QUARTERFINAL RESULTS March 6 at Kellogg Arena (Battle

Creek) HARTLAND 38 WESTLAND JOHN GLENN 26 285 pounds: Dustin Gajowiak (WJG) decisioned Brandon Kesterson, 2-1; 103: Steven Wakeford (WJG) dec. Ross Kantola 4-0: 112: Nick Monitz (H) pinned Doug Wiley, 0:45; 119: Joshua Austin (WJG) won by major dec, over Spencer Hellner, 16-8; **125:** Jeff Lopez (H) won by major dec. over Anthony Pavlich, 11-1; **130:** Doug Baughman (II) J. Mark Hullson, 2010, 133, Sareb Stephens (WJG) won by major dec. over Derek Sawyer, 15-6; **140:** John Julien (H) p. Justin Robinson, 2:54; **145:** Jimmy Mann (WJG) p. Sean Hultberg, 3:13; **152:** Zaid Ammari (WJG) p. Matt Ostermiller, 3:51: **160:** Kuls Summeridel (H) dec. Laff 3:51; 160: Kyle Summerfield (H) dec. Jeff Adkins, 8-3: 171: Josh Connell (H) dec, Zach Redden, 10-5; 189: Noah Ramirez (H) p. Kameron Jones, 3:50; 215: Dan Spadafora (H) won by major dec. over Gerald Powell

Dual meet records: Hartland, 31-1 overall: John Glenn, 27-8 overall

and walked only one as MU improved to 10-2 overall.

The Crusaders collected a total of 14 hits, led by Ted Johnston and Shay, each going 3-for-4. Cat Sidor (Livonia Churchill), Katie Cooley and Kathleen Smiley each collected two hits. Cooley also

Please see SOFTBALL, B3

start. bucket.

TOM HAWLEY | STAFF PHOTOGRAPHER

Livonia Franklin's Nicole Emery stands only 5-1, but is able to put the pressure on Redford Thurston's 6-1 Rennica Lee Merida after a rebound.

Franklin rips Eagles in district conquest

BY TIM SMITH **OBSERVER STAFF WRITER**

Livonia Franklin's Taylor twins and 'Go-Go Gadget" Chelsea Williams got things in high gear right from the opening tip-off of Friday night's Class A district girls basketball final.

That spelled nothing but trouble for Redford Thurston as the Patriots romped to a 60-33 victory over the host Eagles for their second consecutive district crown.

Franklin senior guard Brittany Taylor tallied 25 points to lead all players and added nine rebounds, while twin sister Briauna Taylor contributed 11 points, six rebounds and five steals.

"They (Taylor sisters) play very well together, they're a good ballclub and my hat's off to Franklin," Thurston coach Bob Ostrowski said. "That's two years in a row. ... but we just had a very, very bad game tonight. It's unfortunate.'

Franklin coach Dave McCall, whose 20-3 team will move on to face KLAA South Division nemesis Canton (20-2) in Tuesday's regional semifinal at Milford, said his team came out flying from the

The game plan was to shadow Thurston senior center Rennica Lee Merida (four points, seven rebounds) while forcing turnovers away from the

"We tried to put pressure on them high," McCall said. "We knew they were going to try to get it in to the big girl (Merida) and we wanted to put it (pressure) up high and make that pass tough on them and that's what we did.'

Thurston committed numerous turnovers which led to easy, fast-break buckets by the Patriots.

But having the Taylors making plenty of offensive waves proved to be a key factor as usual.

"They are just amazing, they just feed

off of each other," McCall continued. "They don't even have to talk. It's like they've got radar signals."

The twins made a number of no-look passes back-and-forth to each other, and to teammates such as Williams (12 points, six steals) as Franklin built leads of 14-6 and 28-12 after the first and second quarters, respectively.

But McCall said Williams always makes teams pay with her quick defensive anticipation.

"Chelsea, we call her 'Go-Go Gadget' because she's got those arms that spring out of there from no place," McCall said. "They're at her sides and the next thing you know she's got a 6-foot-3 wing span."

Ostrowski probably sensed from the opening minutes that his team's 17-game winning streak was in jeopardy.

Thurston (19-3) missed a couple of makeable shots during the first trip to Franklin's zone and then committed four turnovers during the opening three minutes when Franklin built an 8-0 edge.

Franklin's defensive pressure wreaked havoc all night.

Thurston, unofficially, committed 36 turnovers including 20 in the first half.

"We dug a hole and we didn't get out of it," Ostrowski said. "They played a whale of a ballgame both defensively and offensively and they had great intensity and our intensity was not there to match theirs and that's the end result. I was hoping things would get a little better by halftime, but it just wasn't meant to be."

Only Thurston junior forward Chelsea Carradine seemed up to the task of trying to shut down the Taylors, among others.

Carradine scored all six of the Eagles' first-quarter points and tallied nine of her team's 12 first-half points. She finished with 14 points and 10 rebounds for the Mega Blue champions.

tsmith@hometownlife.com | (313) 222-2323

and a good way to end the season at home. All 11 players got in the first half. We got great minutes from our bench. It was a total team effort."

Tony Frezzell and Scott Senczyszyn added 15 and 10 points, respectively, for Churchill.

Bedell also grabbed a teamhigh 12 rebounds, while Woods dished out six assists.

Junior guard Leroy Jackson led the Knights with 14 points. while junior forward Kevin Piper added eight. FRANKLIN 58, HOWELL 49: Senior

Connor Leidal had 20 points and eight rebounds Thursday to lead host Livonia Franklin (7-13) to the KLAA crossover victory over the Highlanders (5-14).

Senior guard Jeff Poole added 11 points and 10 rebounds, while junior Mike Gadsby also scored 11 for the Patriots, who took control with a 17-5 second-quarter surge.

Franklin was 22-of-35 from the free throw line, including 11-of-20 in the fourth quarter. Tom Radabaugh paced

Howell with 18 points, while Tyler Hughes added 15. KETTERING 60, STEVENSON 54: In

a KLAA crossover Thursday, Scott Rogers tallied 23 points and Brandon Carlson added 14 to power Waterford Kettering (9-11) past host Livonia Stevenson (11-8).

Junior guard Bobby Naubert led the Spartans with 19 points, while Austin White and Mark Grisa added 10 apiece.

Stevenson was only 7-of-15 from the foul line, while the Captains hit 6-of-11. PINCKNEY 56, JOHN GLENN 49

(01): On Thursday, J.P. Hughes poured in 19 points and the Pirates (11-9) blanked host Westland John Glenn (9-10) by

a 7-0 count in overtime for the KLAA crossover triumph. Senior forward Dorian

Prather led the Rockets with 17 points. Senior point-guard Austin Anderson added 14.

Glenn trailed 42-33 after three quarters before rallying with a 16-7 fourth-quarter run as Anderson's triple with 1:10 left in regulation gave the Rockets a 48-47 advantage.

Pinckney, going 7-of-13 from the foul line, then outscored Glenn 7-0 in the four-minute extra session.

LOCAL SPORTS

Postseason surge Chargers put Salem's hockey season on ice, 6-4

BY BRAD EMONS **OBSERVER STAFF WRITER**

82.

(LW)

After a so-so regular season, Livonia Churchill's hockey team has reinvented itself for the postseason.

The Chargers did it again Wednesday night by scoring four goals in the final period to knock off KLAA South Division champion Salem, 6-4, in a pre-regional game at Edgar Arena.

Churchill, 11-10-5 overall, earned a spot in Saturday's Division 1 regional final at Plymouth's Compuware Arena against the Novi Detroit Catholic Central, which advanced Thursday night with a 1-0 win over Northville.

"The (Trenton) Showcase (Feb. 12-13) made me realize we could play pretty good hockey," Churchill coach Pete Mazzoni said. "But we've been so inconsistent throughout the year. So at this point and time nothing surprises me."

After surprising 16-8-1 Canton on Monday night in the state tourney opener, 6-3, the Chargers rallied to end Salem's year at 14-9-3.

Once again the catalyst was junior forward Mike Woynick, who notched his second straight hat trick. In two preregional games, Woynick has a whopping six goals and three assists for nine points.

On Nov. 26, Woynick suffered a broken foot in the season opener against Livonia Stevenson and missed 10 games before returning to the lineup.

"He was out four weeks and it took him a week to get back in shape," Mazzoni said. "He's skilled, he's smart and has a good set of hands, and he sees the ice well.

"When you have to play other teams, they have focus more on him and that creates more time and space for others."

Churchill trailed 3-2 entering the final period before going on a four-goal spree.

Adam Weigand's wrist shot after Dan Bostick hit the post made it 3-all at the 7:34 mark. (Woynick drew the assist).

Christo Papaioannou's drive over the shoulder of Salem goaltender Adam Powers then gave Churchill the lead for keeps, 4-3. (Woynick and Bostick drew

the assists at 10:11.)

Stefan Kubus scored unassisted at 11:16 on a back-hander on a high wrist shot from Josh to put the Chargers on top, 5-3. And Woynick notched his third of the night with the Salem defense pinching in at the blue line to give the Chargers a three-goal cushion with only 3:10 to play.

Salem's Eddie Mazorowicz scored unassisted with 1:26 remaining, but it was too little, too late for the stunned Rocks.

"We knew Churchill would come after us, they're too well coached," Salem coach Ryan Ossenmacher said of the final period. "We were ready, but we did not handle their pressure. They third period defensively we were not good enough in the neutral zone and they (Churchill) had too many chances, which resulted in some breakaways."

After a scoreless opening period, the teams combined to put five goals on the board in the second.

After getting flattened on a legal check. Wovnick bounced back on his skates and scored unassisted at 4:52 of the second period to make it 1-0.

Salem answered with the next two goals - Mario Macari Jarvela at 7:11 followed by Sam Ott's goal at 9:37 on assists from Kyle Powell and Nick Hayes.

Woynick tied it again, 2-all, on a power-play effort from Bostick at 11:28, but Salem regained the lead again at 1:39 on Kurt Driscoll's goal from Jarvela and Macari.

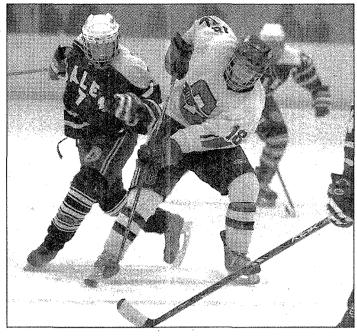
Just prior to Salem's third goal, the Rocks' had another disallowed when officials ruled Steve Haburne's rebound attempt was kicked in.

"The (head) referee told me he did not see it, but the linesman said he (Haburne) kicked it in," Ossenmacher said. During the final intermis-

sion, Mazzoni implored his team to pass the puck with more frequency. "We were overhandling the

puck, too much stick-handling," the Churchill coach said.

Meanwhile, Salem suffered a huge blow during the first period when senior assistant captain and defenseman Ryan Blakely suffered an apparent broken arm.



TOM HAWLEY, STAFF PHOTOGRAPHER

Churchill's Mike Woynick (18), who had a hat trick for the second straight game, gets by Salem's Ryan Quigley (7) during Wednesday's Division 1 preregional at Edgar Arena.

"It was a fluke," Ossenmacher said. "He got caught in a funny way against the boards. We missed his presence because he's one of our fastest players. And in a big game like this, you need that speed.

"I think we ran out of gas unfortunately, and the momentum can turn on a dime. That's why you have to play 45 minutes of hockey. But I don't

want to take anything away from Churchill. In the end they deserved to win." Salem, meanwhile, loses nine

seniors to graduation.

"This was our best season in six years," Ossenmacher said. "We continued to get better as the season went along, but unfortunately it didn't continue tonight."

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BOYS BASKETBALL DISTRICT TOURNAMENT DRAWS

CLASS A at LIVONIA FRANKLIN Monday, March 9: (A) Livonia Stevenson vs. (B) Redford Thurston, 5:30 p.m. (C) Livonia Franklin vs. (D) Redford Union, 7 p.m. Wednesday, March 11: Farmington vs. A-B

winner, 5:30 p.m.; Livonia Churchill vs. C-D winner, 7 p.m. Friday, March 13: Championship final, 7 p.m.

(Winner advances to the White Lake Lakeland regional semifinals vs. Novi district champion.) at WAYNE MEMORIAL Monday, March 9: (A) Romulus vs. (B) Ypsilanti, 5:30 p.m.; (C) Wayne Memorial vs. (D)

elleville, 7:30 p.m. Wednesday, March 11: Westland John Glenn

vs. A-B winner, 5:30 p.m.; Garden City vs. C-D

winner, 7:30 p.m. Friday, March 13: Championship final, 7:30 p.m. (Winner advances to the Wyandotte Roosevelt regional semifinals vs. Taylor Kennedy district champion.) CLASS B

at LIVONIA CLARENCEVILLE Monday, March 9: (A) Livonia Clarenceville vs. (B) Detroit Old Redford Prep, 7 p.m. Wednesday, March 11: Detroit Communication & Media Arts vs. Ferndale Academy of Oak Park, 6 p.m.; Hamtramck vs.

A-B winner, 7 p.m. Friday, March 13: Championship final, 7 p.m. (Winner advances to the Beverly Hills Detroit Country Day regional semifinals vs. Richmond district champion.) CLASS D

at PLYMOUTH CHRISTIAN ACADEMY

THE WEEK AHEAD Monday, March 9: (A) Westland Huron Valley Lutheran vs. (B) Redford Covenant

Christian, 6 p.m.; (C) Plymouth Christian vs. Canton Agape Christian, 7:30 p.m. Wednesday, March 11: Detroit Westside Christian vs. A-B winner, 6 p.m.; Lutheran High Westland vs. C-D winner, 7:30 p.m. Friday, March 13: Championship final, 7 p.m. (Winner advances to the Birmingham Roeper regional semifinals vs. Allen Park Inter City Baptist district champion.) GIRLS BASKETBALL **REGIONAL TOURNAMENT**

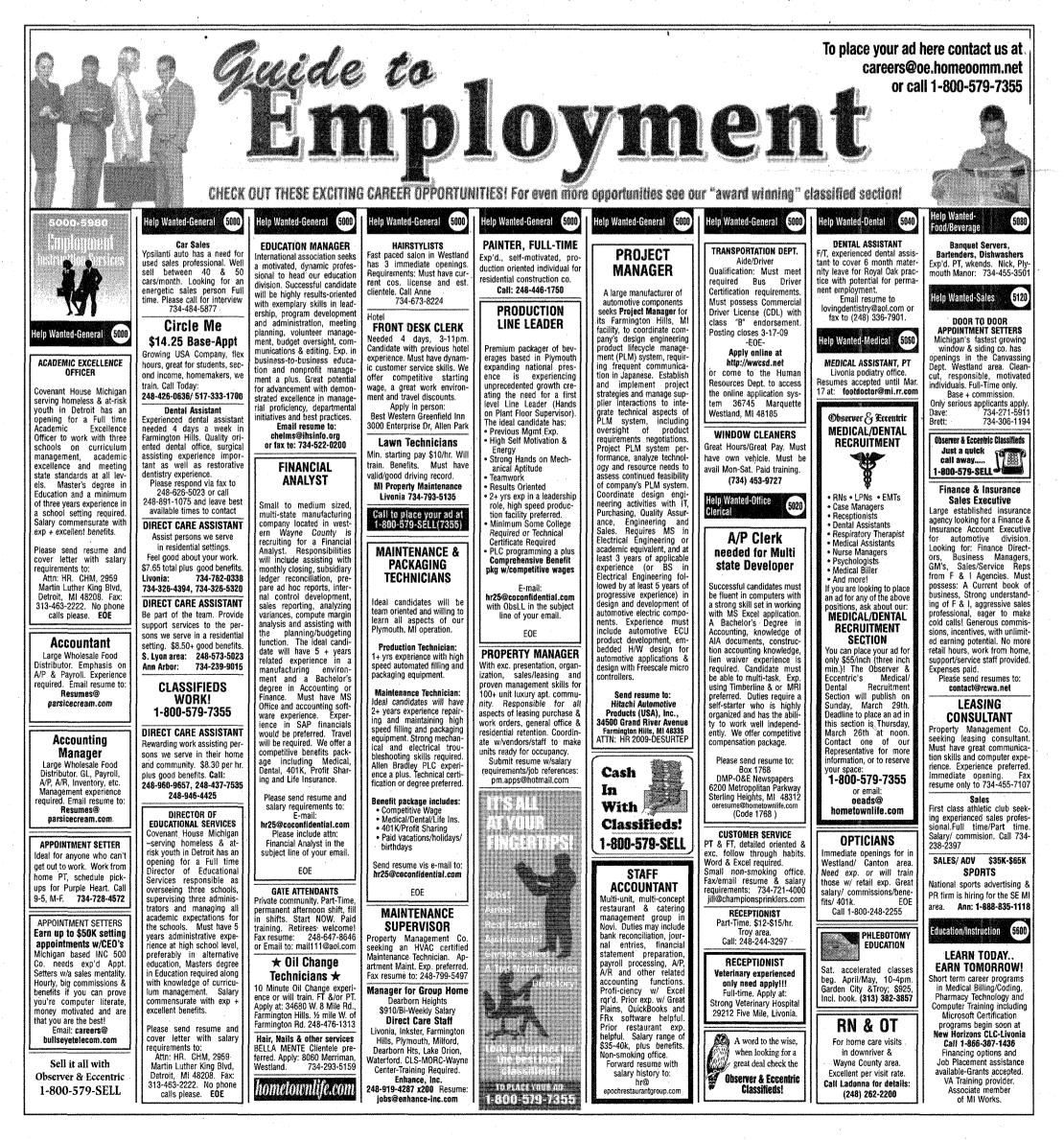
CLASS A at HIGHLAND MILFORD Tuesday, March 10: Livonia Franklin vs. Canton, 5:30 p.m.; Farmington Hills Mercy vs. Brighton, 7 p.m Thursday, March 12: Championship

final, 7 p.m. (Winner advances to the state guarterfinals Tuesday, March 17 at the University of Detroit Mercy's Calinan Hall vs. Gibraltar Carlson regional champion.) MICHIGAN GIRLS HIGH SCHOOL HOCKEY STATE CHAMPIONSHIPS DIVISION 1 at LIVONIA'S EDGAR ARENA Tuesday, March 10: (A) Grosse Pointe South vs. (B) Livonia Ladywood, 7 p.m. at Rink A; (C) Bloomfield Hills Cranbrook-Kingswood vs. (D) vs. Northville, 9 p.m. at Rink A; (E) Ann Arbor Pioneer vs. (F) Plymouth-Canton-Salem, 6:30 p.m. at Rink B; (G) Grosse Pointe North vs. Division 2 champion, 8:30 p.m. at Rink B. Thursday, March 12: A-B winner vs. C-D winner, 7 p.m. at Rink A; E-F winner vs. G-H winner, 9 p.m. at Rink B. Sunday, March 15: Championship final, 5:30

p.m. (Rink A) PREP WRESTLING

INDIVIDUAL STATE FINALS at PALACE OF AUBURN HILLS Thursday, March 12 First round, 2:45 p.m. Friday, March 13 Round 2, 8:30 a.m.; Round 3, 11 a.m.; Round 4, 2 p.m.; semifinals, 7 p.m. Saturday, March 14 Round 6, 8:30 a.m.; Round 7, 10:10 a.m.; Consolation finals, noon: finals, 4:40 p.m. BOYS SWIMMING & DIVING STATE FINALS at EMU's Jones Natatorium Friday, March 13 Preliminaries, noon-3:30 p.m. Diving prelims, 3:30 p.m. Saturday, March 14

Finals, noon- 5 p.m. GIRLS GYMNASTICS STATE FINALS at ROCKFORD H.S. Friday, March 13 Team competition, 4 p.m. Saturday, March 14 Division 1 individual, noon: Division 2 individual, 3:30 p.m. COLLEGE BASEBALL Friday, March 13 Madonna at Spaulding (Ky.), 7 p.m. Saturday, March 14 Madonna at Spaulding (DH), 5 p.m. Sunday, March 15 Madonna at Spaulding (Ky.), noon. WOMEN'S COLLEGE SOFTBALL Saturday, March 14 Bethel (Ind.) at Madonna (2), 1 p.m.



LOCAL SPORTS

online at hometownlife.com

Crusaders run baseball mark to 9-1 BOWLING

Another day, another victory for the Madonna University baseball team on its Florida spring swing.

On Friday, the Crusaders took just five innings to mercy Point Park (Pa.), 10-0, at the Disney Hess Complex in Kissimmee, Fla.

Kyle Bolton threw a two-hitter and fanned three to pick up his second win of the year for MU, now 9-1 overall.

Zach Flavin doubled twice and knocked in two runs for the Crusaders.

Sims named All-WHAC

guard Cedric Sims (Wayne

Memorial), who averaged a

and 4.4 assists, was named

Wolverine-Hoosier Athletic

basketball.

above 3.25.

Madonna University senior

team-best 15.3 points per game

Conference's first-team in men's

(third nationally), also made the

Fellow senior Drew Coker

(Whitmore Lake) and junior

Leroy Allen (Detroit) each

All-Academic team. To be

the second straight year.

WHAC's All-Defensive squad for

earned selections to the WHAC's

selected a student-athlete must

be a junior or senior and have a cumulative grade point average

Coker also rounded out the

award winners for MU as he

was selected to the WHAC's

Sims, who averaged 2.93 steals

Dominic Benavides and D.J. Jaglois each added two RBI. MADONNA 9, POINT PARK (PA.) 8: On

Thursday, MU (8-1) ran its winning streak to seven Thursday after with a 10-inning triumph over Point Park (2-4) at the Disney Hess Complex in Kissimmee, Fla.

Tom Hansen picked up the win, throwing three innings of relief, striking out four while allowing just one hit. Freshman Chris Kangas (Westland John Glenn) started, allowing four hits and four runs in five innings.

Canton's Shawn Little, who went 2-for-2, drove in the game-winning

run in the bottom of the 10th to improve MU to 8-1 on the season. Drew Fry added three hits, while Dominic Benavides contributed two hits and three RBI for MU.

Ted Toune and Aaron Hacias also collected two hits apiece.

Point Park starter Jordan Tuschak, who took the loss, went all nine innings, allowing 15 hits and nine earned runs.

Catcher Brandon Haburjak collected two hits and two RBI for Point Park

MADONNA 7-8, NOTRE DAME (OHIO) 6-6: Madonna University's Zach Flavin certainly has a flair for the dramatic.

SPORTS BRIEFS

the Crusader student-athlete who the team system next year and best displays the NAIA's five core make an impact as a freshman. values of Respect, Responsibility, Integrity, Servant Leadership and Sportsmanship.

It marks Coker's third selection Club." to the team in as many seasons.

MU adds soccer recruit

Madonna University women's soccer coach Paul Thomas announced his third signing for the 2009 season last week at Brighton High School's Jackie Vaquera signed an NAIA letterof-intent.

As a junior, Vaquera was named All-Kensington Valley Conference and helped the Bulldogs to the KVC champions. She is a three-year letter winner and a scholar-athlete.

"Jackie is a very athletic soccer player with a great attitude and skill," Thomas said. "She is predominately an outside midfield player, who should fit in well to

Brittney Scero and Ashley Shay

while Tedi Johnston added two RBI. DESALES (PA.) 2, MADONNA 1: DeSales

each went 3-for-4 in the opener,

University (Pa.) ended Madonna

University's unbeaten streak at

over the Crusaders in the Tucson

Pitcher Jen Locco, who last

school-record 28 wins, a Freedom

Division III berth, scattered six hits,

walked two and struck out seven in

She outdueled MU sophomore

year helped the Bulldogs to a

Conference title and an NCAA

Jess Irwin, who was coming

seven with a win Wednesday

Invitational (Ariz.).

seven innings

She also has a good soccer pedigree, having played for Brighton and the Livonia City Soccer

MU captured the 2008 Wolverine-Hoosier Athletic Conference regular season title and ended the year ranked 22nd in the national poll.

Westland hosts MAHA

The Westland Hockey Association Warriors will host the Michigan Amateur Hockey Association Bantam B state Tournament, March 12-15, at Westland's Mike Modano Ice Arena.

Teams from St. Ignace, Mount Pleasant, Fraser, Livingston, Lansing, Escanaba and Downriver will be participating in the four-day event.

The Pee Wee AA Renegades, District 2 Champions, will repre-

off Wolverine-Hoosier Athletic

Conference Pitcher of the Week

honors. Irwin gave up five hits.

sent Westland the same weekend at the MAHA tournament in

The junior designated hitter from

Novi belted a walk-off homer in

the first game of a double-header

Invitational at Chain of Lakes Park

Flavin also hit a grand slam in

Jeff Sonnenberg earned the vic-

Tuesday's double-header sweep of

tory in Game One and also picked

up the save in the nightcap as MU

to 7-1 on his spring trip.

edged Notre Dame, 8-6, to improve

Freshman pitcher Tom Hansen.

meanwhile, posted the win in Game

Wednesday to beat Notre Dame

(Ohio), 7-6, in the Russ Matt

Winter Haven, Fla.

Evangel (Mo.).

Two.

Alpena. Meanwhile, the Pee Wee B Westland Ice Hogs captured the

Little Caesars Amateur Hockey

League's Larionov Division title.

College commitments

Livonia Churchill linebacker Devin Moynihan, a two-time first-team All-Observer and All-KLAA South Division selection who led the Chargers in tackles, has committed to play football next fall for Hillsdale College.

Livonia Ladywood's Julia Kenney, a second-team All-Observer pick in cross country, has signed a letter-of-intent and will continue her running career in the fall at St. Mary's (Ind.).

a Division 2 state qualifier in cross country who placed seventh at the regionals and four in the Catholic League meet.

went 2-for-4, while Brittney Scero (Canton) had an RBI triple.

walked three and fanned four. Both DeSales runs came in the

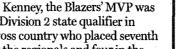
third inning. Tedi Johnson went 2-for-3, while Rachael Kethe knocked in the lone run for the Crusaders

MADONNA 9, IOWA WESLEYAN 1:

Freshman pitcher Hallie Minch (Garden City) notched her third victory of the spring trip with a fourhitter over six innings Wednesday as the Crusaders (7-0) dumped Iowa Wesleyan (1-8). Minch struck out six and walked

only two

Danielle Richardson and Kelly Lesko each went 2-for-2 with two RBI for MU. Ashley Shay also



state champs," said Jawor, who guided the Zebras to a Final Four finish in 2007. "But all-in-all, I'm pleased, and they have nothing to be ashamed of. We had a great season, we won our Division (KLAA Central), finished second in our league and

were second in the state." Sterling Heights Stevenson also captured the girls title defeating New Baltimore Anchor Bay, 1,587-1,482.

John Glenn just missed the match play round finishing ninth with a total of 3,077. The Rockets rolled Bakers of 215, 139, 182, 184, 168, 199, 167 and 183, to go along with a two-game regular set of 775-865.

C'ville girls just miss

B3

(LW)

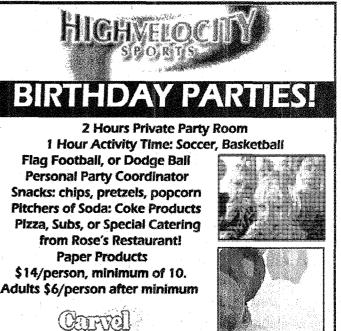
In the Division 2 girls state finals at Sunnybrook Golf & Bowl in Sterling Heights, Tecumseh defeated Bay City John Glenn for the title, 1,738-1,728.

Livonia Clarenceville finished ninth in the qualifying block with a 3,076 total, just 37 pins behind eight-place finisher Trenton.

The Trojans posted a Baker set of 146, 189, 128, 171, 195, 256, 178 and 127. The twogame regular set was 779-907.

Cheboygan routed Richmond for the boys crown, 1,761-1,560.

Clarenceville was 15th in the qualifying block with a 3,244 on regular games of 887-871 along with Bakers of 213, 181, 175, 182, 234, 147, 172, 182.



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Champions of Character team as their spring trip with a triumph over DeSales University (5-2).

had two RBI MADONNA 8, VITERBO (WIS.) 2:

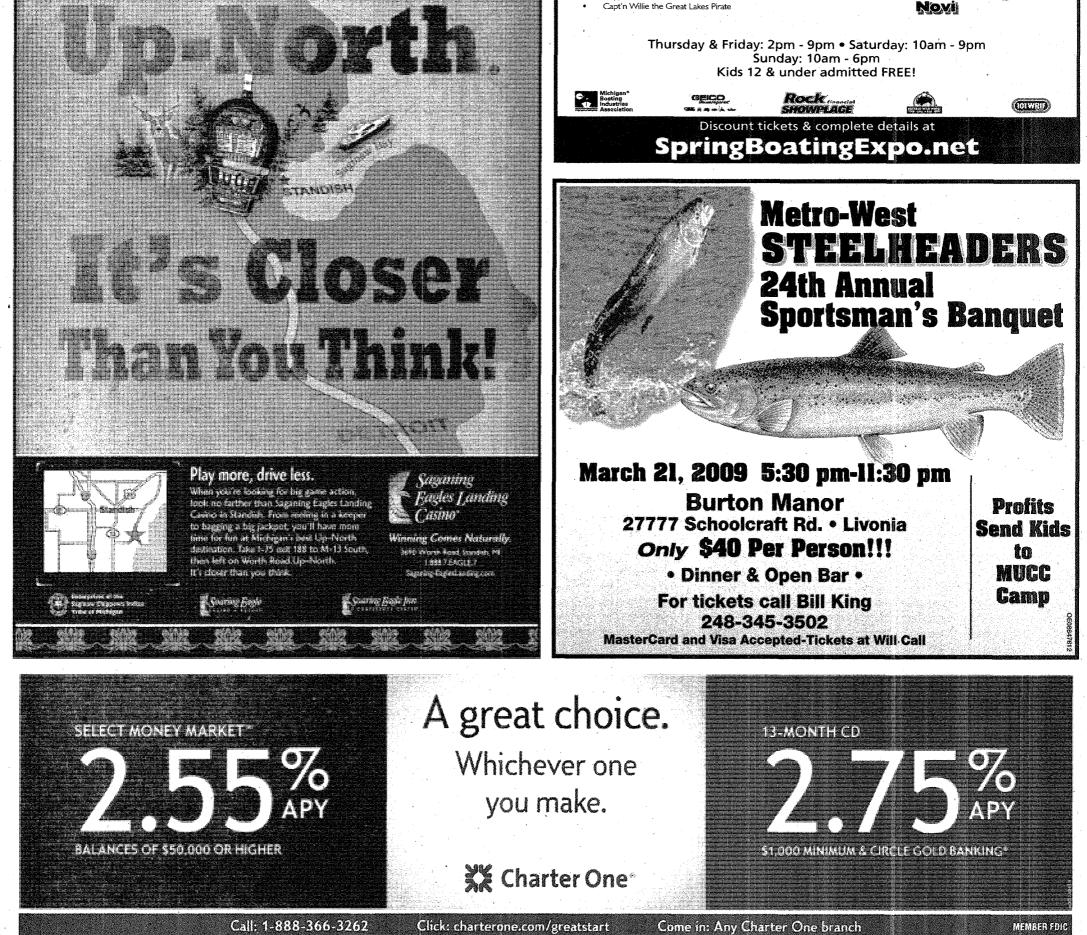
SOFTBAL

FROM PAGE BI

Madonna freshman hurler Hallie Minch won her fourth game of the spring as she fanned a career-high nine batters and scattered seven hits Thursday as the Crusaders (9-1) turned back Viterbo (0-7).

Tori Turner and Brittney Scero each collected two hits, while Tara LaMilza knocked in two runs. MADONNA 6, DESALES (PA.) 1:

Sophomore Jess Irwin struck out nine and allowed just five hits as the Crusaders avenged their only loss of



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LOCAL SPORTS

Rockets' district cage quest defused by Romulus, 59-51

BY BRAD EMONS OBSERVER STAFF WRITER

Westland John Glenn nearly parched its thirst Friday after what seems to be an endless drought in the Class A district basketball tournament.

The Rockets connected on 10 three-pointers for the night, but Romulus was able to withstand the barrage to claim the title at Wayne Memorial, 59-51.

Glenn, which finishes the year 9-14 overall, received sterling efforts from seniors Nyah McReynolds and Chanel Payne, who scored 18 and 17 points, respectively.

"We played hard the whole game offensively and defensively," Glenn coach Mike Schuette said. "They were a lot bigger, but we held our own. We didn't back down the whole game and the officiating was great. We just came up eight points short."

With 3:25 to go in the final quarter, Glenn was in position to tie or take the lead after McReynolds nailed her four trey of the night to make it 52-50.

But the Rockets couldn't get over the hump as Romulus responded on baskets in the final 2;23 by 6-foot-2 senior center Ashley Moore (14 points) and Chelsea Smith (eight points) to make it a six-point cushion.

The Eagles shot 8-of-16 from the field in the decisive fourth quarter and were able to close out the game to earn their second straight district crown under coach Bill Kilgore. Romulus, 9-13 overall, now advances to Tuesday's regional semifinal at Gibraltar Carlson to face the Woodhaven district champion.

"We did not expect them to shoot so well from outside, and defensively we did not recognize or contest their shooters," Kilgore said. "But we're such a young and inexperienced team. We play five sophomores and four freshmen. This (district) gives us an opportunity for a second season and we're beginning to gel. We're coming together and we've blos-

somed late in the year."

Sophomore guard Jasmine Knowles added 12 points, while Shannon DeFoe and Monae Riley each added 11 for the Eagles, who trailed 22-21 at halftime before opening up a 41-36 lead after three quarters.

"We gave them some easy putbacks," Schuette said. "But I thought Chanel did a great job on her (Knowles). We didn't want her to have 20-plus (points)."

Glenn played without fouryear starting center Brittany Holbrook, who was coming off a 17-rebound performance in Wednesday's 38-28 district semifinal win over Garden City. The 6-1 senior, bound for Oakland University on a volleyball scholarship, opted to participate in a weekend AAU volleyball tournament in Indianapolis.

Schuette, meanwhile, declined comment on the situation other than to say:

"I don't want the focus to be anything but on these girls, who almost won a district title."



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- available deductions 15 years of tax preparation experience



Pats survive district semifinal test, 41-29

Livonia Franklin experienced more than a few anxious moments Wednesday night in its Class A district girls basketball semifinal against rival Livonia Churchill.

The Patriots, who had beaten the Chargers handily in two previous meetings this season, fought back from 15 points down in the first half to beat the upset-minded Chargers, 41-29, in a game played at Redford Thurston.

The victory puts the Patriots, now 19-3 overall, into Friday's district final against the host Eagles (19-3), who squeaked past rival Redford Union in the other semifinal, 37-25.

Twins Brittany and Briauna Taylor, who sparked a 28-8 second-half surge, led the Patriots with 16 and 15 points, respectively.

"We were totally out of sync offensively," said Franklin coach Dave McCall, whose team tailed 15-5 after one quarter and 21-13 at halftime. "Everybody was standing around and nobody could make a basket. We made poor shot choices and were not going to the glass."

McCall switched to a 1-4 offense during the second half to kick-start his team.

"We wanted to go inside, be more patient," he said. "And the second half we played better defense. Give our girls credit, they stuck it out."

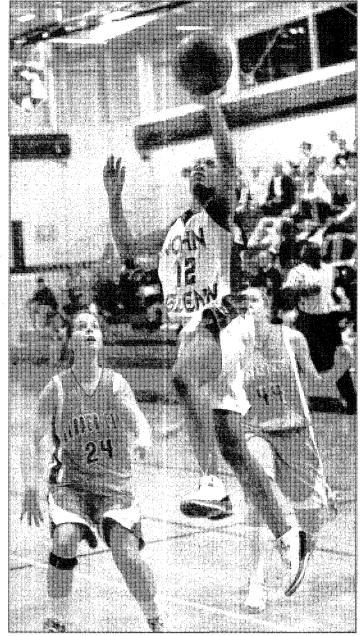
Alysa Boldiszar was Churchill's leading scorer with 11 points. She connected on three triples. Nakia Griffin added nine.

Churchill ends its season at 10-11 overall. JOHN GLENN 38, GARDEN CITY 28: Chanel Payne's 18 points propelled

Westland John Glenn (9-13) to a Class A district semifinal win Wednesday night over Garden City (7-14) at Wayne Memorial.

Andrea Gordon-McClain added nine points, while Brittany Holbrook grabbed 17 rebounds for the Rockets,

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TOM HAWLEY | STAFF PHOTOGRAPHER

John Glenn's Chanel Payne goes in for the basket over Garden City's Stephanie Nichols (left) and Alex Johnson (44) during Wednesday night's district semifinal victory.

who led 15-9 at halftime and 29-17 after three quarters.

Jennifer Nichols and Megan Pichla each scored six for the

Cougars. Glenn was 7-of-8 from the foul line, while Garden City was 7-of-14.

CMA 57, CLARENCEVILLE 24: Three players scored in double figures Wednesday as Detroit Communication & Media Arts (13-5) toppled host Livonia Clarenceville (5-17) in a Class B district semifinal. Elaina Mathis led the way with 17 points, while Kimberly Bee and Oralica Houston chipped in with 13 and 10, respectively.

PLY. CHRISTIAN 62, HURON VALLEY 23: In a Class D district semifinal Wednesday, Brianna Harris scored 16 points and Autumn McKenzie added 15 as host Plymouth Christian Academy (16-6) downed Westland Huron Valley Lutheran (3-17). Samantha Barber led the Hawks with 11 points.

SIMPLY SELF STORAGE

Notice is hereby given that on March.18, 2009 on or after 9:30 a.m. that Simply Self Storage will be offering for sale under the judicial lien Process by Public Auction the following units. The goods to be sold are generally described as household goods. Terms of the sale are cash only. Simply Self Storage reserves



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the right to refuse any and all bids. The sale will be at the following location: 34333 E. Michigan Ave. Wayne MI. 48184 (734)728-8204.

A206-Ruth Walker- 25 Boxes, 5 Totes, Table A402-John Cheney- 2 Dressers, 2 Totes, 5 Boxes B137-Victor Berger- Sofa, Bike, 5 Totes C111-Alexander Mihaly- Desk, 20 Boxes, 2 Totes C135-Joyce Powell- 10 Boxes C188-Phillip Greenshields- Tools, 4 Speakers, 5 Boxes

Publish: March 8, 2009

OE08646285_2x3

REDFORD UNION SCHOOLS, DISTRICT NO. 1 REQUEST FOR BIDS

Redford Union Schools, District #1 is seeking proposals from (1) self-insurance administrative organizations; and (2) eligible carriers, including premium insurers and Voluntary Employee Beneficiary Associations (VEBAs), to provide medical, dental, vision and other benefits to its eligible employees. Detailed specifications and bid terms may be obtained by contacting:

Susan Featheringill, Assistant Superintendent of Business Services Redford Union Schools, District #1 18499 Beech Daly Road Redford MI 48240 Phone: 313-242-6009 E-mail: feathes@redfordu.k12.mi.us

Proposals must be either mailed or hand delivered no later than 2:00 P.M. EST on the 26th day of March 2009 to the Administration Building as noted above. Proposals received after the deadline will be disqualified. It is the responsibility of the bidder to ensure that the proposal arrives on time at the right location.

Publish: March 1, 5 & 8, 2009

CITY OF WESTLAND SYNOPSIS OF MINUTES MTG. 5 03/2/09

Presiding: President Godbout Present: Graunstadt, Johnson, Kehrer, Pickering, Reeves, Stottlemyer 41 - Appr. minutes of 02/17/09. - Req. from Knights of Columbus to hold "Tootsie Roll Drive" at Wayne & Cherry Hill from 4/3/09 thru 4/5/09. - Req. from Kirk Of Our Saviour to hold "Crop Walk" on 5/3/09. - Req. from Westland Historical Soc. to be recognized as non-profit org. - Traffic Control Order 2009-01: Install (1) sign: "STOP" E/B Judy @ Sanford. - Adopted Prep. Res. to designate DPS Dir., the Mayor & City Clerk to make app. to MDOT for trucking rights-of-way permits. 42 - Conf. app't. of M. St. Antoine to Board of Review, for partial term to exp. 12/31/09. - Appr. checklist: \$1,007,721.03 & Prepaid: \$2,334,286.53. - Meeting adj. at 8:08 p.m. Minutes available in the Clerk's office. JAMES GODBOUT EILEEN DEHART, CMC City Clerk Council President

Publish: March 8, 2009

JARDEN CITY

Good Health, Generation to Generation

HOSPITAL

OE08647408-24

NEIGHBORS

Observer & Eccentric | Sunday, March 8, 2009



A hands-on demonstration of making herb butter and bruschetta offers fun at the 4-H Children's Garden.

How does your garden grow?

Modern 'victory gardens' stretch food dollars

BY JULIE BROWN O&E STAFF WRITER

Anita Callender of Garden City's seen an upswing in people growing their own produce. "Most definitely," said Callender, Master Gardener volunteer coordinator, Wayne County office of the Michigan State University Cooperative Extension Service. "It started years ago with the food safety issue.'

In those days, people began to grow such food as lettuce to avoid salmonella problems. With the economy down in recent years, Callender and fellow gardeners see efforts to convert vacant lots to the "victory gardens" reminiscent of the World War II era.

"With it (the economy) really in the gutter, it's just blown. The children are even getting involved," she said. Kids can learn to pick healthful snacks and other good loods. "The No. 1 thing is to get to know your soil." For \$13.78, her office on Venoy in the city of Wayne can send your soil samples to MSU for testing (payment by check or money order only). "Lansing will analyze it and they'll send it to my hort educator," said Callender. It'll be translated into what she calls "people speak" for easy understanding. She recommends you pick what you like to grow. "Make sure you know what to do when you're done." Zucchini grow easily, but you can end up with so much neighbors will avoid you. More isn't always better when it comes to planting. "Plant what you're going to be able to use." Callender does canning, freezing and also dehydrates produce. She grows fruit as well, and hasn't needed to buy jelly in 20 years. She'd been on a visit Up North and asked a girlfriend if becoming a Master Gardener was difficult. "I'd always had an interest." She joked about her midlife crisis. "I took the course and never stopped volunteering." When the staff job opened, she got it. "It's wonderful and the people are fantastic.



The garden in Wayne yielded this bountiful supply of herbs and peppers.

and Wednesday and 4-7 p.m. Thursday. The hotline is (734) 727-7240 or (734) 727-7242, and available in March 1-4 p.m. on Tuesdays only.

You can also e-mail gardening questions to Callender at acallend@co.wayne.mi.us. Her phone is (734) 727-7238. The

popular in southeast Michigan, and calls are picking up this month on the hotline. Bruce Forrest of Taylor's

president of the Master Gardeners of Western Wayne County. He'll turn 66 this year, and started gardening as a

GARDEN CALENDAR

If you have an item for the garden calendar, submit it at least two weeks prior to the event to Sharon Dargay at sdargay@hometownlife.com.

Gardening expo

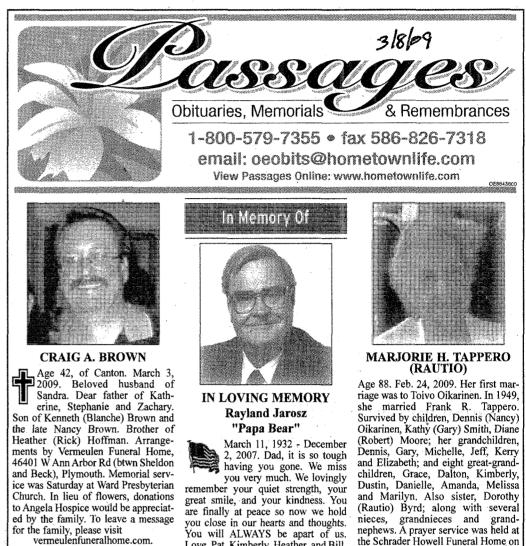
Learn about the latest gardening trends at the Dearborn Area Board of Realtors Home & Garden Expo, 10 a.m. to 5 p.m., March 14, at the Ford Community & Performing Arts Center, 15801 Michigan Avenue, Dearborn. Admission and parking are free.

The expo will feature Dearborn exhibitors, and offer demonstrations, seminars, and helpful hints from experts. Representatives from the University of Michigan-Dearborn Interpretive Center will offer interactive learning experiences for children. (313) 278-2220

Coastal orchids

Michigan Orchid Society member and past president, Don Farrelly, will give a slide show presentation on "Left and Right Coast Orchid" at

the group's next meeting, 2:30 p.m., Sunday, March 15, at the First Baptist Church of Birmingham, 300 Willits, Birmingham. He'll focus on five different conservatories and botanical gardens on the east and west coast of the country, along with the 2008 World Orchid Conference that was held in Miami, Fla. Ron Ciesinski of Taylor Orchids will bring orchids to the meeting. For more information call (586) 416-1496 or visit www.miorchids.com.





CAROL V. FORGETTE

Age 72, of Livonia, previously of Northville, passed away peacefully on March 5, 2009. She was born September 26, 1936 in Detroit to John and Marie (Gullekson) Lemon. Carol graduated from Farmington High School in 1954. She worked as an office clerk for the State of Michigan for 36 years. Carol adored her grandchildren and great-grandchildren and focused her life around her family. She is survived by her children; Mike Forgette, Vicky (Paul) Peetz, David (Carrie) Forgette, Cyndi (Brian) Shay, and Rhonda Rule; 13 grandchildren; 16 great-grandchildren; her sister-in-law Susan Lemon; her brothers-in-law Mike Howe and David Nelson; and many loving relatives and friends. Carol was preceded in death by her parents; her sisters, Joan Howe and Linda Nelson; her brother Paul Lemon: and her son Kenneth Rule. Visitation will be held Monday, March 9 from 2-8 pm. The Funeral Service will be held Tuesday, March 10 at 11 am at Casterline Funeral Home, Inc. 122 W. Dunlap, Northville. Rev. Mary E. Biedron will officiate the service. Mrs. Forgette will be laid to rest at Maple Hill Cemetery in Cadillac. Memorial Contributions can be made to the Family of Carol V. Forgette, c/o Casterline Funeral Home, Inc.

You will ALWAYS be apart of us. Love, Pat, Kimberly, Heather, and Bill.

BRETT JOHNSTON

Age 25. March 5, 2009. Beloved son of Doug and Kim. Loving brother of Scott and Kayla. Grandson of Chuck Dobrick and Beverly Johnston. Visitation Sunday 1-9 p.m. and Monday 5-9 p.m. at Harry J. Will Funeral Home, 37000 Six Mile Rd., Livonia. Memorial Service Tuesday 11 a.m. at Northridge Church, 49555 North Territorial, Plymouth. In lieu of flowers, contributions may be made to U of M Cancer Research. On line messages may be left at www.carepages.com for brettjohnston.

MARY M. KASTEN

Age 93, March 2, 2009. Beloved wife of the late Walter. Dear mother of Donna (Bob) Odmark, Grandmother of Allison, Jacob, Joshua and Abigail Odmark. Sister of Wayne Dufner,

nephews. A prayer service was held at the Schrader Howell Funeral Home on Feb. 26. Memorial contributions may be made to Alzheimer's Association at www.alz.org/tributes. Share memories at www.schrader-howell.com **LELIA M. TERRY** Age 95, of Stuart, FL. Died March 2, 2009 at Tiffany Hall Nursing and Rehab,

Port St. Lucie. Born in Graves Kentucky, she had lived in Stuart for 29 years coming from Plymouth, Michigan. She received her bachelors degree from Eastern Kentucky College. Before retiring, she was a school teacher in Kentucky and Michigan for over 25 years, starting in a one room school house. Survivors include a son Norman S. Terry of Port St. Lucie; two sisters, Nancy Lyke of Stuart, FL and Mary Caribardi and a brother Charles McLemore, both of Bayonet Point, FL and one grandchild, Tanja

You can get help through her office with gardening questions. When April starts, there will be spring hotline hours of 1-4 p.m. Tuesday

office in Wayne has a diagnostic clinic in which you bring a sample of an ailing plant; it's open May to September, 9:30-11:30 a.m. and 1-4 p.m. Thursdays.

Callender agreed that aside from the health benefits of homegrown food, gardening has emotional health benefits. Years ago, she'd tell her husband "I'm taking my Valium, and it was a walk in the garden. It's a little bit of an escape. It's back to nature."

She noted many hospitals have therapy gardens for patients. Gardening is helping to address Detroit's blight: "All of a sudden, you go around a corner and you see this really cool garden park." Such gardens contribute to community togetherness with events like potlucks.

"It's getting communities back to knowing each other," said Callender, who sees community, personal and therapeutic benefits to gardening.

She's glad to see hummingbirds by her home "and see the butterflies coming back."

The facility on Venoy includes a children's garden where 4-H, Junior Master Gardeners and Master Gardeners work together to teach kids the basics. Callender recalled children learning to tie up tomato plants. She did a herb butter demonstration. She agreed gardening's

cinia

"We had to go hoe in the garden if we were bad kids," said Forrest, retired from a 35-year career in retail management.

This is the first year for the Venoy site's greenhouse to grow Heirloom tomatoes and peppers, to be grown from seed and sold to defray expenses. If you'd like to help, contact Forrest at (313) 295-1889. Plans are to start planting the third Tuesday of March.

"It's a good way to get out and commune with nature," he said of time in the garden. He also runs the Goodwill Garden. Taylor's community garden. The local 23rd District Court sends nonviolent offenders to work the garden. "We give everything we grow to charity," said Forrest of the effort started in 2002. They support food banks at Our Lady of Angels and Fish & Loaves.

The Taylor garden leases spots at \$20 a growing season, with a waiting list. It's not certified organic but is chemical-free.

"We do this as volunteers," he said, noting it would take a full-time staffer to obtain organic certification.

He agreed it's great to get fresh produce, "especially in the summer. Oh, definitely," it tastes better, Forrest said.

"There's a world of difference.'

Kensington golf sign of spring

Kensington Metropark will celebrate spring with the 2009 season beginning this weekend or as soon as the frost clears from the course. This exciting 18-hole golf course that covers 6,345 yards with a par of 71 is open, course conditions permitting. Winter rates are in effect for most of March: \$13 regular, \$10 seniors (over 62) plus cart rental on a first-come, first served basis.

Regular golf rates are as follows: For 18 holes the weekend/holiday rate is \$26, the weekday rate is \$22, the Seniors (over 62) and Juniors (under 17) rate is \$15, power carts are \$13 per person and \$10 for Seniors (weekdays only). For 9 holes, the weekend/holiday rate is \$17, the weekday rate is \$14, the Senior/Junior rate is \$11, power carts are \$8.50 per person and \$7 per person for Seniors (weekdays only). Hand carts are \$2 per person. Regular golf course hours are 7 a.m. until dusk daily with hours extending as daylight increases. Tee times can be reserved up to two weeks in advance and golfers are advised to call in advance of tee time to confirm course conditions.

Golf accessories, beer, wine and food are available at the golf starter building. Coolers are not allowed on the course.

A vehicle entry permit is required to enter any Metropark and is \$20 annually for regular admission, \$12 annually for seniors or \$4 daily.

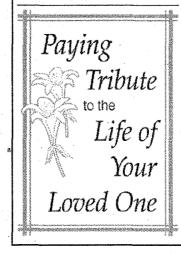
The Huron-Clinton Metroparks operates eight regulation and two par-3 courses. For additional information or to schedule tee times, contact Kensington Metropark at (800) 477-3178, (248) 685-9332, or (800) 23-GOLF-4; or go to www.metroparksgolf.com.



JENNIE M. FREW

Age 94, of Plymouth. March , 2009. Beloved wife of the late William. Loving mother of Lois (Jerry) Hotchkin: Proud grandmother of Jerry W. (Rhonda) Hotchkin and Elaine (Paul Moody) Hotchkin; and great-grandmother of Kaitlyn and Megan Hotchkin. The family will gather with friends Saturday March 14, 11 a.m. until 11:30 a.m. Memorial Service at First United Methodist Church of Plymouth, 45201 North Territorial Road (west of Sheldon), Plymouth. Memorial contributions may be made to the U of M Comprehensive Cancer Center, 301 East Liberty, Ste. 130, Ann Arbor MI 48104. To leave a message

of condolence, please visit vermeulenfuneralhome.com



Loreen Dufner, Velma Dufner Blant and Bill Dufner. Visitation Monday 9 am until an 11 am Funeral Service at First United Methodist Church of Garden City, 6443 Merriman Rd. (NW corner of Merriman and Maplewood). Memorials suggested to First United Methodist Church of Garden City. Arrangements Santeiu and Son, (734) 427-3800. by



GARY PARKER

Passed away on the morning of Friday 27 February 2009 in Atlanta, Ga. He was passionate about being his own man. He graduated from Cooley Law School in 1977 and worked as a selfemployed lawyer in Michigan and in Florida but seemed to find this an unfulfilling line of work. He wanted to help people while being his own boss and spent his life in that pursuit. He loved being in Atlanta, Ga. He worked there during the late 80s and eventually found his way back and he was happy being there. Gary is survived by his son Erik, daughter-in-law Amy and his only grandchild, Gabrielle. She was the apple of his eye and he was her "Granddaddy." His sister, Connie and her husband, Jim Owenby spent much of his last days with him in Roberta. Ga. He loved spending time with them and their extended family. His mother Nina and his brother Tom and his family will also miss him dearly. Gary was very proud of his son, Major Erik Parker, presently stationed at Luke Air Force Base as an F-16 Instructor. Fortunately, Gary was able to spend 10 days in Phoenix with Erik and his family over the Christmas holiday. This was truly a blessing for everyone. Preliminary reports from the doctors were that he passed from an extreme bacterial infection of unknown origin. Gary wanted to donate his body to Emory University however, complications combined with the infection, did not allow the university to accommodate his wishes. The doctors assured us that his autopsy would be very educational. His body will be cremated. We believe he was at peace when he passed and was not in any pain. He is now in the hands of God and able to reunite with his beloved father, Edward, who passed 20 years ago. Family and friends will meet in Michigan this summer to celebrate his life. Gary wanted to help children. If you'd like to help children in his name, please donate to St. Jude's Children's Research Hospital. Send checks to Tribute account: #23520462---In Memory of Gary Parker: St Jude's Children's Research Hospital, 501 St Jude Place Memphis TN, 38105 Or Call 800-822-6344 debit/cc.

was preceded in a her husband of 60 years, Marvin E. Terry in 1999 and a daughter, Margaret Sue Hager. Services were March 7, 2009. Interment was in Forest Hills Memorial Park, Palm City. For those who wish, contributions may be made to the Alzheimer's Association, Southeast Florida Chapter - 3333 Forest Hill Blvd., Suite 101, West Palm Beach, FL 33406, Phone 800.861.7826 or on line at www.alz.org in Mrs.Terry's memory. An on-line registry is available to sign and leave notes of condolence at www.foresthillspalmcityflorida.com.

JACK R. TRUEMAN

Age 61. Of Plymouth, MI. March 3 2009. Arrangements by THAYER-ROCK Funeral Home, Farmington.

CHARLES R. WESLEY

Died on February 15, 2009 in Annapolis, MD after an extended illness. A 1963 graduate of Rochester High School, Charles was preceded in death by his parents Charles A Wesley and Jean M. Wesley (Colpus), and brother Charles A. Wesley, Jr Surviving family members include his wife, Lois Wesley of Annapolis; broth-Craig Wesley of Oneonta, NY; son Matthew Wesley of Woodbridge, VA; daughter Kara Beasley of Charlotte, NC; stepdaughter Aaryn Zabloski of Annapolis, MD; nephew Aaron Wesley of Seattle, WA; and grandchildren Gavin and Ava. A memorial service was held on February 20 at Saint Mary's Church, Annapolis, MD.



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

Deadlines:

Friday 4:15 PM for Sunday Wednesday 9:45 AM for Thursday

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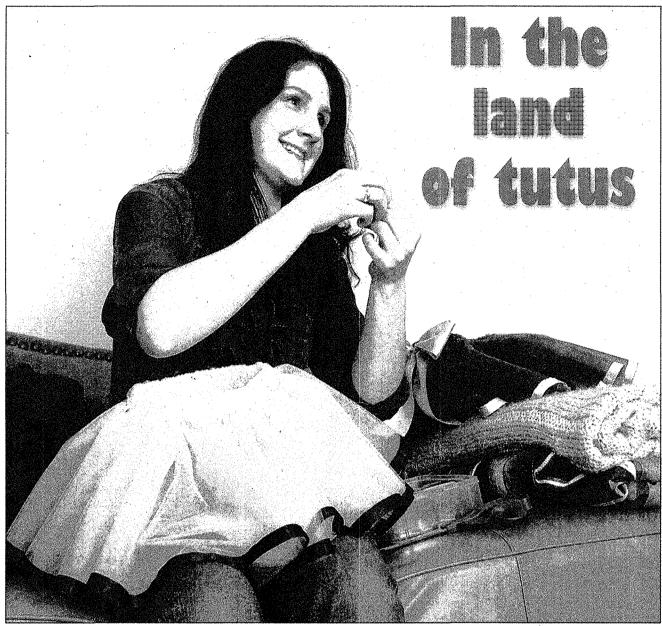
or fax to: Attn: Obits c/o Jennifer Musztuk 586-826-7318

For more information call: Jennifer Musztuk 586-826-7115 or Charolette Wilson 586-826-7082 or toll free 800-579-7355 ask for Jennifer or Charolette

OE08579123

Observer & Eccentric | Sunday, March 8, 2009

NEIGHBORS



Angela Leonardo makes tutus in her Plymouth home.

Plymouth mom makes tutus fun

BY LINDA ANN CHOMIN O&E STAFF WRITER

Angela Leonardo makes tutus fun for everyone - not just dancers. Just ask her daughters. That might be difficult, though, because as soon as Toni and Olivia don the frilly skirts they're off and running across the living room of their Plymouth home. At ages 3 and 5, the two look like httle whirling dervishes as they

twirl round and round. Nothing bad happens in the land of tutus, laughs Leonardo as they continue playing. The 31-year-old mother should know. She began making and selling the costumes usually worn by ballerinas after losing her job a year ago. Since then, she's sold as many as 15 tutus a week to everyone from moms to photographers who use them as props in children's portraits.

The items come in all sizes and colors. Some of the tiniest were ordered for infants. Leonardo made herself a lady bug tutu for Halloween. Olivia and Toni wear them over jeans and a T-shirt. They have a variety to choose from as Leonardo throws her seconds into the girls' dress-up trunk.

"I was looking for a creative outlook," said Leonardo. "I like things that not everybody has.

PHOTOS BY BILL BRESLER STAFF PHOTOGRAPHER

I don't like cookie cutter. I love ruffles, the girly look. They're more of a skirt, more of a wearable for special functions, daddy and daughter dances. I've done ones for Valentine's Day and Christmas.'

Most recently customers on etsy.com were inquiring about custom orders for St. Paddy's Day. Leonardo sells her tutus primarily on the site which showcases only hand-made goods. So far, the items have been so well-received she moved her daughters in together so she could have a sewing room. It's



obvious Leonardo loves color by the stacks of tulle filling the shelves like a rainbow.

"I get lots of orders for first birthdays. They're easy to wash in Woolite or baby soap," said Leonardo who names the colors of her tutus after food.

It seems only natural to call them Blueberries and Cream. Her husband, James, is executive chef at Mosaic restaurant in downtown Detroit. James's job keeps him away from home from morning to evening so the hours can seem long especially with energetic ballerinas who never seem to stop. Sewing allows Leonardo some quiet time when the girls are down for a nap or in bed for the night.

INSTANT GRATIFICATION

"My favorite part of the day is when I sew. It's instant gratification. There's no waiting to see what you're making," said Leonardo, who started sewing $1\frac{1}{2}$ years ago after her mother, Martha Kuciban, taught her the basics.

Olivia seems to be following her mother's footsteps when it comes to having a love for sewing, so she's getting a machine for her birthday. Leonardo's mother bought her one for her eighth birthday, but she never used it. Olivia, on the other hand, likes helping her mother pin fabric. Leonardo plans to hone her skills as well by taking

Angela Leonardo watches daughters Toni, 3, and Olivia, 5, dance in their tutús.

classes and expanding her line to include wedding gowns and flower girl dresses.

She almost hit a snag recently when the Consumer Product Safety Improvement Act went into effect to protect children age 12 and under from overexposure to lead. Manufacturers of the components that go into the tutus already test for lead, but Leonardo put her product under an XRF Analyzer gun anyway to make sure there were no more than 600 ppms. The legislation came about after thousands of toys were recalled in late 2007.

"I use the best," said Leonardo. "I want the tutus to be safe. I put them on my own daughters."

HOLD STILL NOW

Leonardo tries to get Toni to stand still to fluff the layers of the tutu which can have as many as eight. It's almost impossible because the little girl is having so much fun. Olivia has one word for the tutus - good.

She loves playing in them as much as Toni.

"It's like magic when you put a tutu on them," said Leonardo. "I even put them on sometimes. I think it's important for them to know their mom loves what she makes."

For more information, visit www.etsy.com/shop.php?user_ id=5271660 or e-mail frillerup@ vahoo.com.

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NEIGHBORS

Plymouth Symphony to spotlight freedom

It's no wonder that Nan Washburn continues to take home awards for adventuresome programming of classical music concerts. On Saturday, March 14, the Plymouth Symphony conductor will invite the Madonna University Chorale, Plymouth



Oratorio Society and Ward Presbyterian Chancel Choir to join the orchestra in spotlighting the precious commodity of freedom. At a time when human rights

remain in jeopardy all over the world, Washburn has asked composer Zhou Long to share his music and story of living through the Cultural Revolution in China. Zhou not only will attend the concert at Ward Presbyterian Church in Northville, but he'll speak earlier in the day at the Plymouth Library and on the evening of Thursday, March 12, at the Canton Library.

During the revolution Zhou was sent at age 16 to a state farm where his only keyboard was an accordion for the next five years. After suffering a back injury he was relocated to a mid-size city near Beijing where he arranged and conducted music until the revolution ended.

"I became interested in composing music during the Cultural Revolution. I brought an accordion to a state farm and studied myself. My mother always said composers are the greatest musicians. She encouraged me to be a great composer and I studied with them privately before the school," said Zhou whose opera singer mother taught lessons regularly overheard by the young boy. "I was a composing student in Beijing sent to the state farm in a remote area. I heard on a train the university reopened. I rushed to Beijing to apply to Central Conservatory of Music.

FANFARE FOR FREEDOM What: The Plymouth Symphony Orchestra performs Beethoven's Ninth Symphony and **Zhou Long**

a work by composer Zhou Long When: 8 p.m. Saturday, March 14

Where: Ward Presbyterian Church, 40000 Six Mile, Northville Tickets: \$25 adults, \$20 seniors, \$10 children/students. Call (734) 451-2112 or visit www.plymouthsymphony.org

Related events: Zhou Long speaks about his music and living through the Cultural Revolution in China 7 p.m. Thursday, March 12, at the Canton Library and 2 p.m. Saturday, March 14 at the **Plymouth Library**

The university was closed for 10 years so many people applied. I started in spring 1978. You couldn't get materials from libraries which had to be taken from storage and put on book shelves, so these classes were special."

Zhou went on serve as composer-in-residence for the China Broadcast Symphony Orchestra two years before coming to the U.S. because his native country didn't have a graduate program for composers. He applied at Columbia University in New York in 1985 and spent seven years there eventually earning a doctorate. He began teaching about eight years ago at the University of Missouri, Kansas City where today he is working on commissions including compositions for the Boston Opera and Beijing International Music Festival. On March 14, his Rhyme of Taigu takes center stage.

The orchestral work features an expanded percussion section which mixes haunting tones with Zhou's recollection of farmers burning their fields. Washburn writes in a review of a collection of his chamber works for Fanfare that The *Future of Fire* builds to thunderous rite-like climaxes.

"Freedom is important to me," said Zhou.

Equality was a major theme back when Beethoven was composing his Symphony No. 9 Ode to Freedom. The PSO closes its season with a grand performance by a chorus of 200 and soloists Martha Sheil, soprano; Deanna Relyea, mezzo; Juan Hector Pereira, tenor, and Stephen Lusmann, baritone.

David Wagner took a moment from broadcasting his show on WRCJ-90.0 classical radio to speak about the work on the "Fanfare for Freedom" program. He directs the Madonna University Chorale in Livonia and serves as professor of music on the faculty.

"Beethoven's 9th was his last symphony and probably one of the best known works of Western classical repertoire," said Wagner. "It incorporates Friedrich Schiller's poem, An die Freude, which means Ode to Joy. The text is about universal brotherhood or equality among people. It was kind of a

radical idea in Europe at the time with aristocracy but the world was changing. People know that tune so much because it's also been turned into a hymn. It premiered in Berlin in 1824 and Beethoven was actually there on stage. He had already lost his hearing. He was basically conducting the piece and had to be turned around to accept the standing ovations, five of them." Wagner is especially excited

about showcasing his chorale which has grown to 60 students, Madonna University faculty and community members. At the end of April they will sing a portion of Bach's B minor Mass at Blessed Sacrament Cathedral in Detroit. "It's so much fun to sing these major works," said Wagner. "We

did Beethoven's 9th with the Livonia Symphony 4 or 5 years ago. It's going to be a great concert, Nan always couples a well known work with a contemporary work. In Fanfare for Freedom these concepts, solidarity is so closely articulated in the music. When you hear the music it's so emotionally overwhelming."

Linda Ann Chomin is the health and community life reporter for the Observer & Eccentric Newspapers. She can be reached at Ichomin@hometownlife.com or (313) 222-2241.

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Observer & Eccentric | Sunday, March 8, 2009

Healthy Legs, **Healthy You!**

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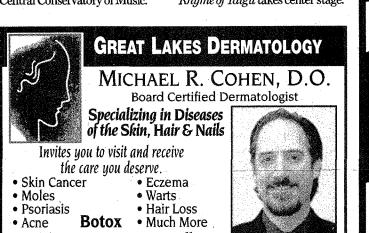


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Arthritis Today

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

DIFFERENT TIMES, DIFFERENT THERAPY SAME CONDITION

In certain arthritis conditions, you can go to your doctor for treatment and for the same problem receive different therapy depending what time of the year you are experiencing the trouble.

If you have psoriatic arthritis and develop a swollen knee, your doctor is likely to treat you differently if the knee problem developed in September than if the swelling occurred in June. Knee swelling in September indicates the likelihood that the psoriatic arthritis is flaring,

and treatment requires both aspirating fluid, injecting cortisone and increasing your arthritis medications. Your doctor attacks the problem vigorously because in the autumn-winter period, psoriasis and psoriatic arthritis enters a time of increased activity. You need increased medicine to counter the aggressiveness of the arthritis.

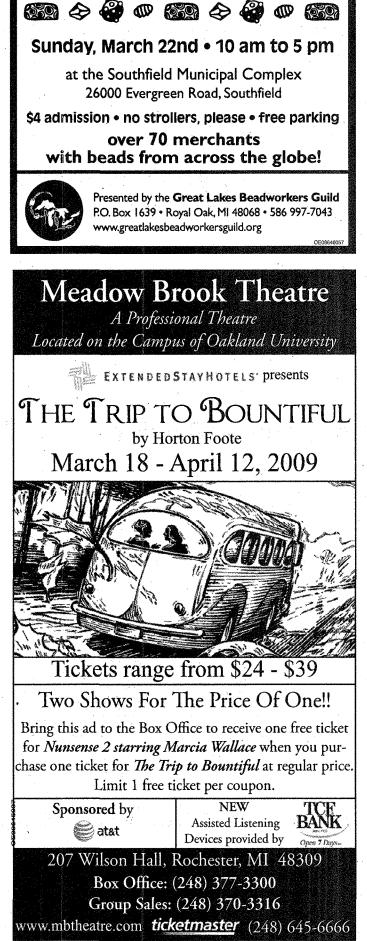
However, if knee swelling occurs in June, your doctor is likely to aspirate fluid, inject steroid, but then do no more. In summer, the activity of psoriasis and psoriatic arthritis decreases, your doctor doesn't need more than to let the natural cycle of the arthritis to come to the fore

In Lupus arthritis, the timing is different. Your doctor controls flares of lupus arthritis in winter by non-steroidals such as aspirin, motrin, or naprosyn. However, lupus arthritis occurring in summer requires cortisone for control.

Treating the same arthritic problem in a different way at different times, does not mean your doctor is confused or inconsistent, rather he is using his knowledge appropriately.

www.drjjweiss.yourmd.com





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B10

Observer & Eccentric | Sunday, March 8, 2009

HEALTH & FITNESS

Danger

Red alerts women to heart disease risks

ahead

A sea of red flooded the ballroom of the Detroit Marriott in the Renaissance Center Wednesday, Feb. 25. The scene was living proof that the American Heart Association's message alerting women to the dangers of heart disease is being heard. The annual luncheon not only raises money for research but education. Just as pink is used to promote breast cancer awareness, red has come to symbolize the campaign to reduce the numbers of women dying, in many cases needlessly, because of cardiovascular disease.

Nearly all 650 women in attendance wore the color in some fashion in recognition of Go Red for Women.

One speaker after another encouraged women to learn their risks and numbers, and to spread the word.

Dr. Joan Crawford, medical chairwoman and a Bloomfield Hills resident, relayed the grim facts that heart disease is the number one killer of women ending the lives of more than 450,000 å year.

Lin Cummins of Rochester, luncheon chairwoman, spoke of losing her mother to heart disease.

Dr. Annabelle Volgman captured everyone's attention with a PowerPoint presentation on the symptoms and statistics. Excessive fatigue, shortness of breath, indigestion? It's time to see the doctor.

Volgman encouraged women to measure their waists. A reading of 35 inches or more should signal danger. Regardless of a woman's risk level all could live healthier lifestyles. It can't be said enough that it's important to eat fruits and vegetables, whole grains, and avoid saturated fats. Exercise 150 minutes a week. Quit smoking and heed



Lin Cummins, Go Red for Women luncheon chair, told the audience it's time to stop the number one killer of women and put their hearts first.

warning signs like obesity, high blood pressure and diabetes, all contributing factors to heart disease.

Before lunch Dr. Pamela Marcovitz, past medical chairwoman for the luncheon, answered questions at the table of information for Beaumont Hospital's Ministrelli Women's Heart Center. Earlier in the day guests received free blood pressure screenings and were able to learn about cholesterol. As medical director of the center, Marcovitz is hiring a physician to lead research on women and heart disease. She said for too long only men have been studied yet each year cardiovascular disease takes the lives of twice as many women as all types of cancer combined.

I'm not going to wait to lower my risks. I already eat a vegetarian diet. I admit that's not for everyone, but you can choose leaner meats fewer times a week.

Exercise is key as well so I'm going to take longer walks with my dog through the neighborhood. I've slacked off during the cold weather. We can all make changes to save our lives.

For more information on heart disease or to assess your risks, visit www. goredforwomen.org.

Linda Ann Chomin is the health and community life reporter for the Observer & Eccentric Newspapers. She can be reached at Ichomin@ hometownlife.com or (313) 222-2241.

Call For Our New Earlier Times STARTING 6 a.m.!

KNOW YOUR NUMBERS

Women need to know their numbers, keynote speaker Dr. Annabelle Volgman told luncheon guests at the recent American Heart Association Go Red Luncheon. Volgman, a cardiologist, is director of the Rush Heart Center for Women at Rush University Medical Center in Chicago. Her prescription for a healthy heart starts with knowing these risks.

Abdominal obesity (a waist 35 inches or larger)

- Uncontrolled high blood pressure 130/85 or higher
- Body Mass Index (BMI) of 30 or more
- HDL good cholesterokreading above 50
- LDL bad cholesterol reading below 100

Triglycerides below 150 (a form of fat in the blood which in high amounts leads to plaque in the arteries)

Fasting blood sugar below 100

Smoking

Volgman's recommendations to prevent heart attacks and stroke:

At least 150 minutes of exercise a week Eat a healthy diet that includes whole

grains, fruits, vegetables, Omega 3 fatty acids Keep your BMI at 30 or lower

Get to your goal of cholesterol and triglyceride levels by lifestyle modifications and medications

Don't even think about lighting one cigarette

H.O.P.E. to bring fibromyalgia documentary to Birmingham

Join H.O.P.E. as they share their recently unveiled 90-minute documentary with the community. This moving, educational production validates fibromyalgia, the painful condition that affects an estimated 10 million people in the U.S. who struggle to gain access to approved treatments.

Fibromyalgia: Fitting the Pieces Together will be shown 2:15-3:45 p.m. Sunday, March 22, at the Birmingham Palladium, 250 North Old Woodward, Birmingham. Immediately following at 3:45 p.m. there will be a Question and Answer session for the audience. It will be led by

Martin S. Tamler, M.D. program director Physical Medicine and Rehabilitation Residency, William Beaumont Hospital, and Sharon Ostalecki, Ph.D., author of two books on fibromyalgia and executive director of H.O.P.E (Helping Our Pain and Exhaustion), a non-profit support group for those suffering with Fibromyalgia.

The question and answer opportunity as well as the documentary address treatment options, pain management, access issues, and ways to live a full life with fibromyalgia.

"Fibromyalgia is a condition with global symptoms and associated conditions. The first line of treatment for any disorder or condition is education," said Tamler. "It's a piece that empowers

patients to become proactive to treatment and eventually healing. The question and answer session, after the screening will provide a forum where patients will feel comfortable to ask questions and receive accurate information and perspective."

The patient screening of the documentary is the first step in H.O.P.E.'s outreach campaign of education and treatment options. A support group, led by Ostalecki, will be launched at William Beaumont Hospital in Royal Oak 7 p.m.Thursday, April 2.

"Fibromyalgia affects everyone associated with the patient. H.O.P.E is committed to providing support and education to all." said Ostalecki. "We will continue with programs that serve those with fibromyalgia, families, and health care providers. Our support and classes are open to the public and provide a place for participants to exchange information, share concerns and problem solve to learn more effective methods of coping with chronic pain."

Tickets for the screening are \$20 per person. DVD copies of the documentary will be available for \$25 in the lobby before and after event. For tickets or more information, contact Ostalecki at (248) 344-0896, e-mail smo23915@aol.com, or visit hffef. org.

HEALTH & WELLNESS

MARCH

Sex eduction 101

Saint Joseph Mercy Health System (SJMHS) is offering parents a free program 6:30-8:30 p.m. Monday, March 9, at the St. Joseph Mercy Canton Health Center. Sex Education 101: What Every Parent Needs to Know is an eye-opening program designed for parents with children from infancy through high school. The program helps parents

understand how and why sex education starts at infancy. It gives advice on key concepts to address with each age level, conversation starters, tips for the "big talk" and a thorough resource list. To register, visit www.sjmercyhealth.org then click on Classes and Events, or call (734) 398-7518. Any group interested in hosting a program for the parents of their school, district or community, can call (734) 398-7518 or e-mail healthed@ trinity-health.org.

Can't



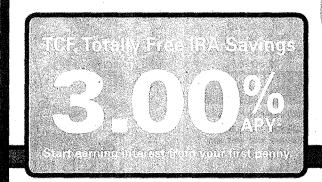
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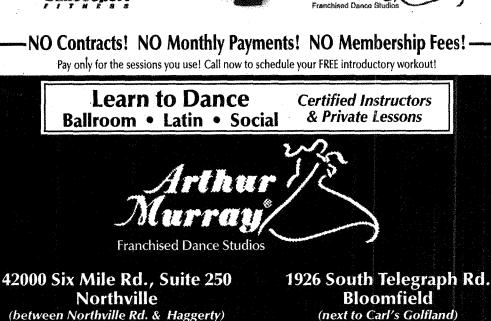
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