

**WESTLAND
OBSERVER**

online at hometownlife.com

**Local mom
makes tutus fun**
Neighbors,
B6



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 bowl-a-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 all aspects of wedding planning. It's the perfect chance to have all 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 & 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.

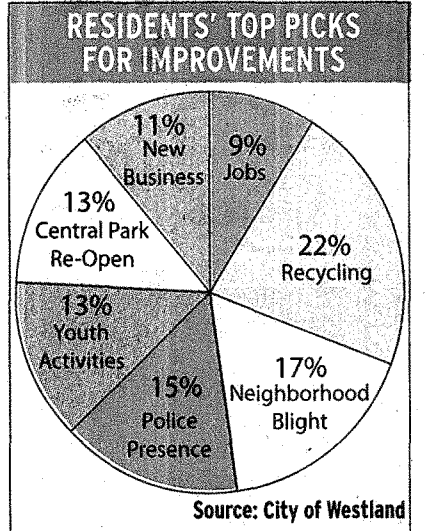
And the survey says ...

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 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



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 as 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. 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.



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.

"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. 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," Jocelyn 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. "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. smason@hometownlife.com | (313) 222-6751

Index

- APARTMENTS ... C2
- AUTOMOTIVE ... C6
- CAREER BUILDER ... C1
- CROSSWORD PUZZLE ... C5
- EDUCATION ... A4
- HEALTH & FITNESS ... B10
- MILESTONES ... B5
- NEIGHBORS ... B6
- OBITUARIES ... B5
- REAL ESTATE ... C2
- SPORTS ... B1

For Home Delivery call: (866) 887-2737



New deputy chief vows to continue top service

BY DARRELL CLEM
OBSERVER STAFF WRITER
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 Tenniswood, 43, has been promoted following the departure of former 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." 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."

**THE HOSPITAL
YOU'VE BEEN WAITING FOR
OPENS MARCH 15.**

See the hospital everyone will be talking about.
henryfordwestbloomfield.com

WOODS • FLORAL SUPPLIES • SILK FLOWERS • WEARABLE ART • CRAFTS • FRAMES • CUSTOM FRAMING • CHRISTMAS SHOPPE • NEEDLE ART • FABRICS • ART SUPPLIES • BASKETS • PARTY SHOP • CANDLE & SCENTS • GIFTS • HOBBIES • HOME ACCENTS • BASKETS • SEWING NOTIONS • SEASONAL GOODS • FLORAL SUPPLIES • SILK FLOWERS • WEARABLE ART • FRAMES

March HOBBY LOBBY 9th GRAND OPENING Let the savings begin...

Ceramics, Pottery & Polyresin INCLUDES TABLE TOP, BLUE & WHITE, ORIENTAL, SOUTHWEST & MUCH MORE!

Metalware INCLUDES ITEMS WITH DECORATIVE BEADED ACCENTS. EXCLUDES FURNITURE & GARDEN

Scrapbook Albums & Refill Pages OVER 200 STYLES TO CHOOSE FROM. EXCLUDES EK SUCCESS, SANDYLION, K & COMPANY AND PHOTO ALBUMS.

All Scrapbook Papers Packaged & Single Sheets INCLUDES SEASONAL. EXCLUDES ART DEPARTMENT. OVER 1000 TO CHOOSE FROM!

Entire Stock of Rubber Stamps, Foam Stamps & Clear Stamps FEATURING STAMPABILITIES, PRINTWORKS, STAMPENDOUS, PENNY BLACK, PAPER INSPIRATIONS & MORE! INCLUDES STAMP SETS, INDIVIDUALS, CLEAR MOUNTING BLOCKS & SEASONAL.

Wall Decor INCLUDES MIRRORS, ART, SHELVES & MORE!

Home Accent Categories Shown 50% Off

Scrapbooking Categories Shown 50% Off

All "Spare Parts" Embellishments by The Paper Studio INCLUDES HUNDREDS OF EYELETS, BRADS, BUTTONS, CLIPS & MORE!

Entire Stock of Scrapbook Page Kits BY THE PAPER STUDIO OVER 70 TO CHOOSE FROM!

Decorative Pillows, Tassels & Rugs

Decorative Lamps INCLUDES NITE LIGHTS, LAMP SHADES, FINIALS & CORD COVERS

Photo Storage Boxes ASSORTED STYLES

Entire Stock of Stickers FEATURING STICKABILITIES, DOODLEBUG, KAREN FOSTER, PEBBLES, 7 GYPSIES, SEASONAL & MORE. EXCLUDES 3D EMBELLISHED STICKERS.

Decorative Glassware INCLUDES GLASS WITH DECORATIVE METAL ACCENTS. ITEMS \$1.99 & HIGHER

Photo Frames INCLUDES OUR ENTIRE SELECTION OF TABLE TOP AND NOVELTY PHOTO FRAMES AS WELL AS ALL WOODEN PHOTO STORAGE

Portrait Frames & Document Frames with Glass

Easter Crafts & Decor Categories Shown 40% Off

Garden Pedestals & Gazing Ball Stands

Wind Chimes & Garden Mobiles

Decorative Birdhouses, Feeders & Cages

Open Back Ready-made Frames

Framing Categories Shown 50% Off

Collage Frames

Aloha! Hawaiian & Seaside Decor

Garden Categories Shown 50% Off

Polystone & Ceramic Garden Decor & Statuary INCLUDES STEPPING STONES

Fuzzy Posters

Paper Maché Boxes, Frames & Shapes

Artist Pads & Sheet Paper FEATURING STRATHMORE, Canson, CAROLINA PAD & MORE!

Art Pencil & Art Markers INCLUDES SETS & INDIVIDUALS

All Artist Easels, Drawing Boards & Tables

Entire Stock of Furniture 30% Off INCLUDING SOLID WOOD, METAL WITH WICKER, STORAGE, TABLES, BAKER'S RACKS, CORNER RACKS, CHAIRS, STOOLS, BENCHES, PLANT STANDS, SCREENS AND BISTRO SETS.

Jewelry Shoppe Base Metal Jewelry Findings FEATURING SMALL PACKS, VALUE PACKS & SUPER VALUE PACKS. EXCLUDES STERLING SILVER.

Jewelry Categories Shown 50% Off

All Art Brushes & Brush Sets FEATURING WINSON & NEWTON, MASTER'S TOUCH, LOEW CORNELL, ROBERT SIMMONS & MORE! OUR EVERYDAY LOW PRICES

All Artist Canvas INCLUDING PANELS, ROLLS AND STRETCHER BARS. FEATURING MASTER'S TOUCH, FREDRIX & MORE!

Floral Stems INCLUDES EVERYDAY, DESIGNER, STEMS, FEATHERS AND ALL STYLES & VARIETIES IN OUR STEM DEPARTMENT. PREVIOUSLY REDUCED ITEMS NOT INCLUDED.

Flowering & Greenery Bushes Including Plants & Ferns EXCLUDES POTTED TREES

Entire Stock of Calico Prints & Solids 45" WIDE • 100% COTTON INCLUDES APPAREL COTTON PRINTS 30% Off OUR EVERYDAY LOW 2.99 - 8.99 P/YD.

54" Home Dec Fabric Prints, Solids & Sheers PREVIOUSLY REDUCED ITEMS NOT INCLUDED 30% Off OUR EVERYDAY LOW 2.99-\$9.99 P/YD.

Glamour Glitz Iron-on Crystal Transfers

Youth & Adult Short Sleeved T-Shirts YOUTH - S, M, L • ADULTS - M, L, XL & 2XL

I Love This Yarn! SOLIDS, STRIPES & OMBRES • 5 & 7 OZ. 2.79 IS OUR EVERYDAY LOW PRICE

All Knitting Needles & Accessories, Crochet Hooks & Accessories FEATURING BOYE, BATES, LION, CLOVER, ETC. 40% Off OUR EVERYDAY LOW PRICES

Dritz® Sewing & Quilting Notions 50% Off OUR EVERYDAY LOW PRICES

Broadcloth ASSORTED COLORS 45" POLY/COTTON 1.87 P/YD. IS OUR EVERYDAY LOW PRICE

Wearable Categories Shown 50% Off

Me & My Bag Canvas INCLUDES CANVAS APRONS, CAPS, BIBS, BOXES & BAGS

Fairfield® Poly-Fill & Soft Touch Fillings 8 OZ. SOFT TOUCH • 12 OZ. POLY-FIL • (LIMIT 6) 1.99 OUR EVERYDAY LOW 2.99 - 3.99

All Sit-o-ette Foam Products CHAIR PADS, PILLOW FORMS, COT PADS, SHREDDED FOAM & MORE! 50% Off OUR EVERYDAY LOW PRICES

HOBBY LOBBY. Canton Ford Road at Lilley, west of Ikea 734-983-9142. HOBBY LOBBY. 40% OFF Any One Regular Priced Item. Offer may be used for any item at regular price only. One coupon per customer per day. Must present original coupon at time of purchase. Offer is not valid with any other coupon, discount or previous purchase. Excludes custom framing, custom floral, gift cards, special orders, CRICUT products, SLICE products, online orders, rentals or class fees. Cash Value 1/10¢. No duplicates permitted. Valid only March 9 - March 14, 2009.

AROUND WESTLAND

Anderson talks jobs

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.

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

FROM PAGE A1

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,

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

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

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 newspa-

pers (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-graduate-study respondents (27).

In response to an open-ended 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.

dclcm@hometownlife.com | (313) 222-2238

Observer Newspapers advertisement with contact information: Home Delivery/Customer Service, Newsroom, Classified Advertising, Display Advertising, website: online at hometownlife.com

Kitchen Refacing advertisement for cabinet clinic: \$500 Countertop* includes installation, 50% SAVINGS OR MORE!, FREE ESTIMATES, The Leader in Cabinet Refacing, West 734-421-8151, North-East 586-751-1848

Little Guys 'N Dolls Learning Center advertisement: Now Enrolling!, Child Care / Pre School / Latch Key Kindergarten / Summer Day Camp, 2 1/2 years - 12 years, Computers in Classroom, Transportation to Coolidge, Buchanan and Private Schools

Fisher Funeral Home advertisement: Family Owned and Operated, Cremation - Affordable Alternative -, Basic Cremation \$695, Traditional Service with Cremation \$2195, 24501 Five Mile Road • Redford 313-535-3030

Advertisement for Flagstar featuring a woman's face and the text: NOW YOU'VE GOT MY ATTENTION

Great service, stability and more

Make us your bank and get \$100*

Individual accounts now FDIC-insured up to \$250,000

Flagstar The new wave in banking

Member FDIC | 1-800-642-8033 | www.flagstar.com

*\$100 deposit available for new checking account customers only (no existing Flagstar checking accounts). For a limited time, open a new personal checking account with an automatic, recurring direct deposit of income of at least \$250 per month, excluding interest deposits, and we'll deposit \$100 into your account within 30 days after the first recurring direct deposit takes place. Minimum opening deposit is \$50. Direct deposit must be established within first 60 days of account opening. All accounts must remain open and active for a minimum of six months. If checking account is closed within the first six months, Flagstar reserves the right to reclaim the \$100 deposit. See your Flagstar representative for more details. Flagstar will issue a 1099 for the \$100. Offer not good in conjunction with any other coupons or checking account offers. Some restrictions apply. Limit one \$100 deposit per customer per account. Offer subject to change or cancellation at any time without notice. FDIC coverage is available until December 31, 2009, limited to \$100,000 thereafter.

Madonna University advertisement: EXPLORE OUR GRADUATE PROGRAMS AT Scope out MADONNA UNIVERSITY Saturday, March 14 Exhibit Gallery (entrance D, 2nd floor) 10:30 a.m. Registration, 11-11:30 a.m. Academic Program Presentations, 11:30 a.m.-1 p.m. Meet and ask questions of faculty, Tour Campus, Apply to Graduate School (application fee waived)

Keith J. Pierce, MD advertisement: FREE WEIGHT LOSS PROGRAM Keith J. Pierce, MD Internal Medicine 38525 Eight Mile Road Livonia, MI 48152 248.321.6612 Call for Directions!

EDUCATION

W-W trims footprint with I-SAVE program

BY SUE MASON
OBSERVER STAFF WRITER

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 saving 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 con-

sumption 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 Earth-friendly."

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 walk-throughs 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."

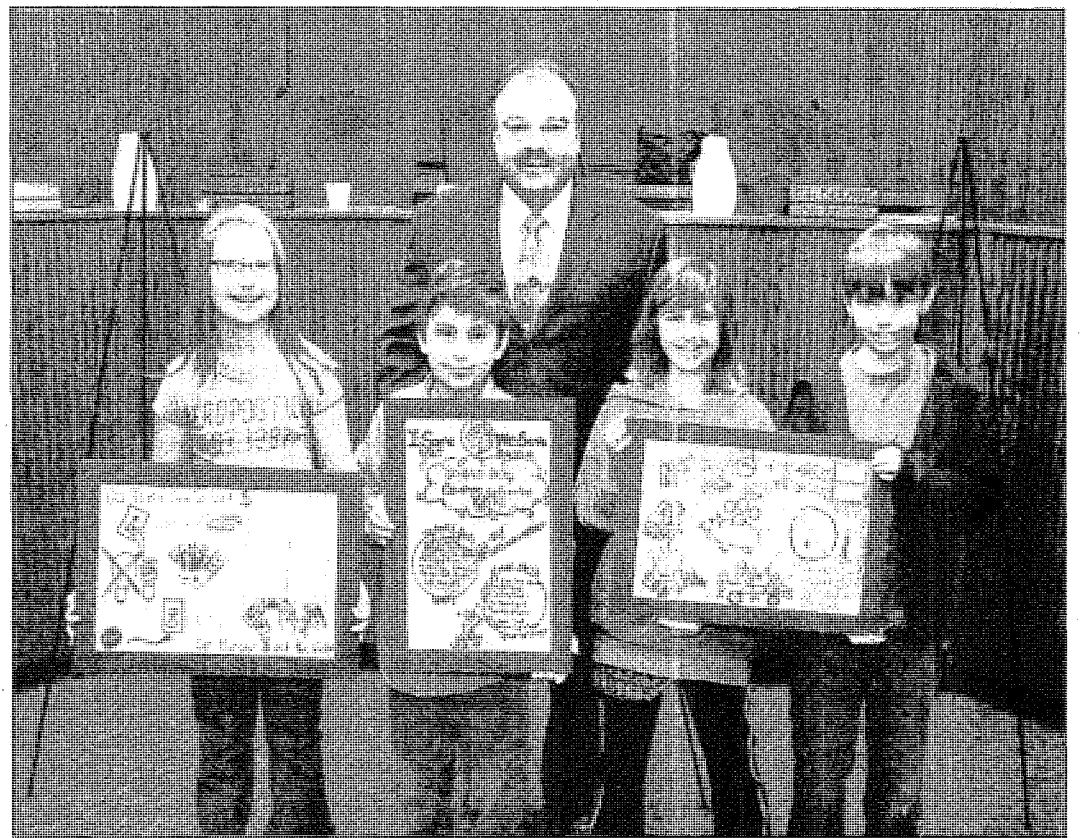
The two men added that I-SAVE was launched this school year and they anticipate the first-year savings will be \$350,000.

"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 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 administration." Gabriel was referring to

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." smason@hometownlife.com | (313) 222-6751

Cheer for the hometeam, read today's **SPORTS** section

Energy Tax Credit Plus Energy Savings Equals... Window World Stimulus Package

SAVE UP TO \$1500 ON ENERGY EFFICIENT REPLACEMENT WINDOWS

LET THE NEW ENERGY EFFICIENCY TAX CREDIT BENEFIT YOUR WALLET IN 2009.

Our new "SolarZone Elite Window" meets the rigid standards of the newly enacted American Recovery and Reinvestment Act of 2009. You will not only save up to 35%** on your energy costs, you can receive a tax credit on the purchase price of your new windows of 30%, up to \$1500. The professionals of Window World want you completely informed because not every one selling windows can meet the required criteria. Call us for details today, and schedule your free in-home estimate.

ValuPlus SOLARZONE ELITE \$279*

ANY SIZE White Double Hung Window INSTALLED

*other fees and options may apply

The LARGEST Window Replacement Company in America! Over 1,000,000 Windows Sold in 2008

WINDOWS • DOORS • SIDING

Qualified Glass Package (U Factor of .30)
All Inclusive Transferable Warranty
Lifetime Glass Breakage Lifetime Labor

WE SELL ENERGY STAR

WARRANTY TO CONSUMERS
Good Housekeeping Promises
REPLACEMENT OR REFUND IF DEFECTIVE

FRED & PAT MORAN

NOVI • TOLEDO • YOUNGSTOWN • PITTSBURGH
www.windowworlddirect.com

For FREE In-Home Estimate Call 1-800-Next Window (1-800-639-8946) or 248-347-0100

48661 Grand River Avenue - Between Beck and Wixom - NOVI, MICHIGAN
HOURS: Mon.-Fri. 9am-5pm • Sat. 9am-1pm

Window World "Simply the Best for Less"

** The information here related to the federal stimulus package is for informational purposes only and is not intended to be legal or tax advice. You should contact your accountant or tax professional for advice related to specific tax benefits of purchasing energy efficient windows.

ACHIEVERS

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 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.

Schoolcraft College

Public Safety Career Expo 2009

Investigate a career in Law Enforcement • Fire Fighting • Emergency Medical Technology

Tuesday, March 10 4 to 7 pm

Organizations attending include:
★ Livonia Fire & Rescue
★ Michigan State Police Bomb Squad
★ Drug Enforcement Administration
★ Customs and Border Protection
★ U.S. Secret Service
★ Huron Valley Ambulance

Resumes will be accepted ★ No charge for admission ★ Open to the public
Schoolcraft College-Radcliff Center ★ Room RC 115 ★ 1751 Radcliff Street ★ Garden City, MI

For more information call 734-462-4421 or e-mail egerarge@schoolcraft.edu

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 compete 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.

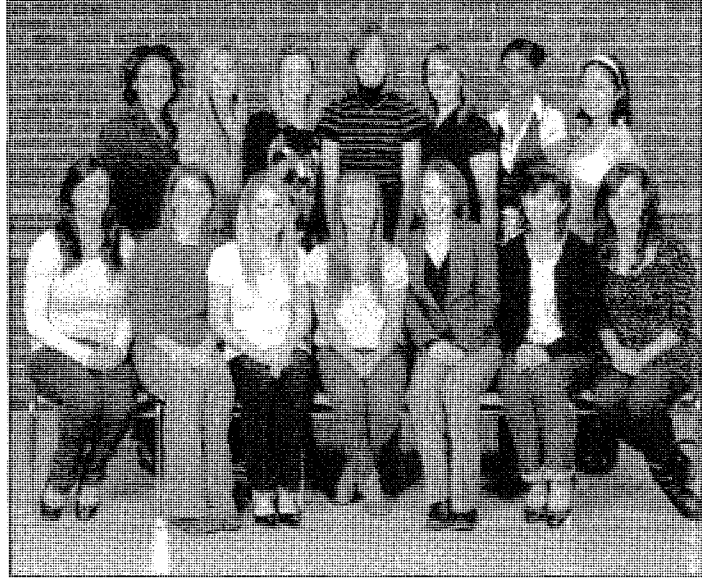
Vying for the Michigan Junior Miss title are Angela

Diehle, Lapeer Junior Miss (front row, from left); Kathryn Barkley, Hubbard Lake Junior Miss; Andrea Coffey, Lowell Junior Miss; Madelynn Wager, Greenville Junior Miss; Ginjer Serianni, Irish Hills Junior Miss; Naomi Lin, Ann Arbor Junior Miss; Alexandria 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

Arbor area performing community service projects at local elementary schools, local Girl Scout Troops, Motts Children's Hospital and senior citizen's facilities. During the week, 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 in June in Mobile, Alabama, where more than \$50,000 in college scholarship money will be given out. America's Junior Miss Scholarship program is the oldest and largest college scholarship program for high school



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; Madelynn Wager, Greenville Junior Miss; Ginjer Serianni, Irish Hills Junior Miss; Naomi Lin, Ann Arbor Junior Miss; Alexandria 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.

seniors in the country. National sponsors are the City of Mobile and Mobile County.

Tickets for the Michigan's Junior Miss Scholarship Program will be available at Saline High School the night of the program or online by sending and e-mail to mijrmiss@yahoo.com.

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

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

An exceptional home-like setting for Active/Alert, Frail/Recovering, Memory Impaired and Alzheimer's residents.



Crystal Creek Assisted Living

STATE LICENSED

- 24 Hour Professional Staffing
- Private/Semi Private/Barrier Free
- 3 Home Cooked Meals A Day
- Daily Housekeeping & Laundry
- Wander Secured/Enclosed Courtyard
- Planned Activities
- Beauty & Barber Shop
- On Call Nurse Practitioner
- Medication Management
- Incontinence Management

CANTON
(734) 453-3203

Located at 8121 Lilley between Joy & Warren

GOLFERS Has severe back pain or sciatica put your game on hold?

Do you have degenerative discs, bulging discs, herniated discs, spinal stenosis, or facet syndrome?

Are you scheduled for spinal disc surgery?

Please, before you do anything hasty, order the free report that Shane L. Stanley, DC is offering that describes a revolutionary new medical technology that is sweeping the country, eliminating the need for back surgery.

Discover why your treatments have failed and learn about a new solution that most doctors have not heard of yet.

1-800-204-4653 (24-hour recorded message) www.midischerniation.com

Catch the bus to



Ann Arbor	Flint	St. Clair Shores
Bay City	Jackson	Sterling Heights
Brighton	Lansing	Troy
Burton	Livonia	Warren
Clinton Township	Pontiac	Westland
Clio	Roseville	Ypsilanti
	Saginaw	

For locations and reservations call Blue Lakes Charters & Tours 866-2-ROLLEM (866-276-5536)

Mike's Marketplace OPEN MON.-SAT. 9-9 SUN. 9-7

38000 Ann Arbor Rd. Livonia Your Meat & Deli Supermarket (734) 464-0330

Mike's Fantastic SAVINGS! SALE VALID MAR. 9 - MAR 15

- Fresh Ground Beef **GROUND SIRLOIN \$2.69** lb. Family Pack
- Boneless Tender **CHUCK ROAST \$2.99** lb.
- Bone-In **CENTER CUT PORK CHOPS \$2.99** lb.
- Fresh Grade A **CUT UP CHICKEN \$1.29** lb.
- Fresh Ground Beef **GROUND CHUCK \$2.19** lb. Family Pack
- Boneless **RUMP ROAST \$3.49** lb.
- Boneless **NEW YORK STRIP STEAKS \$4.99** lb. 6 Steak Value Pack
- Boneless **DELMONICO PORK ROAST \$2.99** lb.
- Boneless **PORK TENDERLOIN \$2.99** lb. 2 piece Value Pack
- Fresh Sliced from the Deli **Lipari Muenster Cheese \$3.99** lb.
- Lipari **ROAST BEEF \$5.99** lb.

Check our website for additional specials! Mikes-marketplace.com

More features. More possibilities. More moms.

Log on to **momslk.com** today and you'll find a community of moms just like you!

momslk.com

SPOTLIGHT ON YOUR DENTAL HEALTH

Presented by **Andrea S. Vivian, D.D.S.**

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 non-diabetics. 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 their teeth and gums. Our 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 at **496 W. Ann Arbor Trail, Ste. 201, Plymouth.** Please call 734-453-9413.

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.

Michigan Eye Doctor Helps Legally Blind

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*.

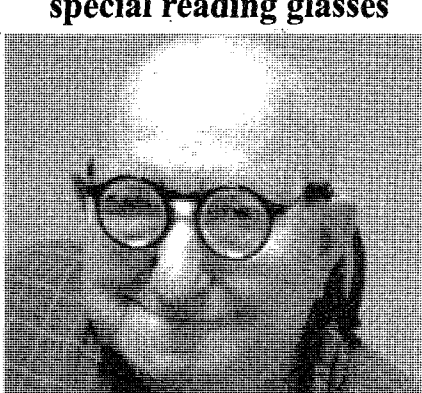
Dr. Smith, a Low Vision Specialist, helps people with these types of eye diseases see better. A Fellow of the International Academy of Low Vision Specialists, Dr. Smith is one of a select group of doctors serving the visually impaired.

"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 Champagne, 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

Interest Free Financing Now Available!
www.suburbaneyecare.com

Canoeing, kayaking are great Michigan sports

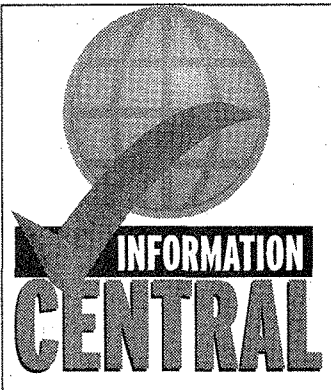
Have you caught the paddling bug, yet? If not, maybe you should give it a try! Canoeing and kayaking are popular water sports in Michigan. Just head north any summer weekend and see how many boats you can spot along the way. In addition to power boats and canoes, you will spot an array of colorful kayaks.

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.



LIBERTY TAX SERVICE

2 Garden City Locations to Serve You:

29540 Ford Road Garden City (in front of Kmart) 734-425-4620	235 Inkster Road Garden City (NW corner of Cherry Hill) 734-425-4993
---	---


- ★ Quality Income Tax Preparation Services
- ★ Loan on Refund in 1 Day or Less (in most cases)
- ★ Business Returns ★ Fast, Friendly & Accurate
- ★ Year Round Support ★ Free Electronic Filing
- ★ Money-Back Guarantee ★ Free Consultation
- ★ Notary ★ IRS Audit Representation

\$55⁰⁰ OFF
Any Tax Preparation
With this coupon • Exp. 4-1-09 • We accept competitors coupons

www.libertytax.com **1-866-871-1040**

Every Day Matters™

JCPenney



BRA FIT event

Now through March 17, get your complimentary personal fitting with one of our 14,000 certified bra fit specialists.

Plus, you'll find expanded sizes 32-54, A-I cups and more brands and styles through JCPenney catalog and jcp.com.

Still playing guessing games with your bra size?

Call your local JCPenney store for more information. To find the store nearest you call 1-877-FIND JCP (1-877-346-3527) or go to jcp.com.



Now Curves works for you, your budget and your community.

There's never been a better time to join than during our Curves Food Drive. Our 30-minute circuit works every major muscle group so you can burn up to 500 calories. It's good for everyone.

JOIN FOR FREE*

WHEN YOU DONATE A BAG OF GROCERIES.

*Food or cash donation required to local food bank determined by club. Offer based on first visit enrollment, minimum 12 mo. c.d./c.i.t. program. New members only. Not valid with any other offer. Valid only at participating locations through 3.28.09. ©2009 Curves International, Inc.



curves.com

[OVER 10,000 LOCATIONS WORLDWIDE.]

(734) 844-6741
44248 Cherry Hill
CANTON

(734) 466-9949
33759 Five Mile
LIVONIA

(248) 344-4466
42965 Seven Mile
NORTHVILLE

(734) 414-0515
44717 Five Mile
PLYMOUTH

(313) 937-8760
27312 Plymouth Road
REDFORD

(248) 446-9330
25820 Pontiac Trail
SOUTH LYON

(734) 458-5004
8323 N. Wayne Rd.
WESTLAND

SECURITY

THE FORD STORY

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.

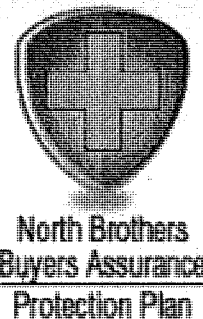
We are proud to have a Ford dealership and a Lincoln Mercury dealership and we feel fortunate to be associated with the great team at Ford Motor Company. The leaders in Dearborn and the UAW workers throughout the Metro Detroit community know this is an important time. **These hard working men and women 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.

The North Brothers Ford and Lincoln Mercury family.

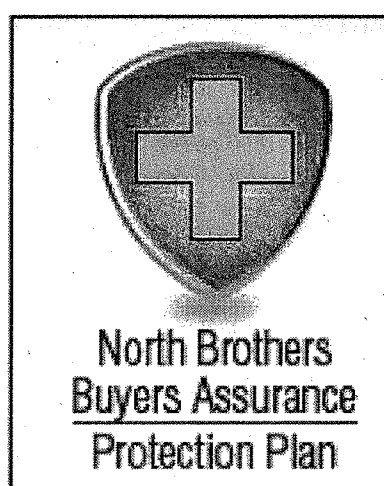
*P.S. We are proud to announce, from March 1 – 31st 2009, all new and used vehicles purchased from North Brothers Ford and Lincoln Mercury will include monthly car payment job-loss assurance. Please contact us for details. Now that's **SECURITY!***



NORTH BROTHERS



**33300 FORD ROAD
WESTLAND, MI 48185
(866) 318-7860**



NORTH BROTHERS

LINCOLN MERCURY

**1950 WEST MAPLE ROAD
TROY, MI 48084
(866) 318-8190**

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 blossomed 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 half-time 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 four-year 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."

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 Brianna 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.

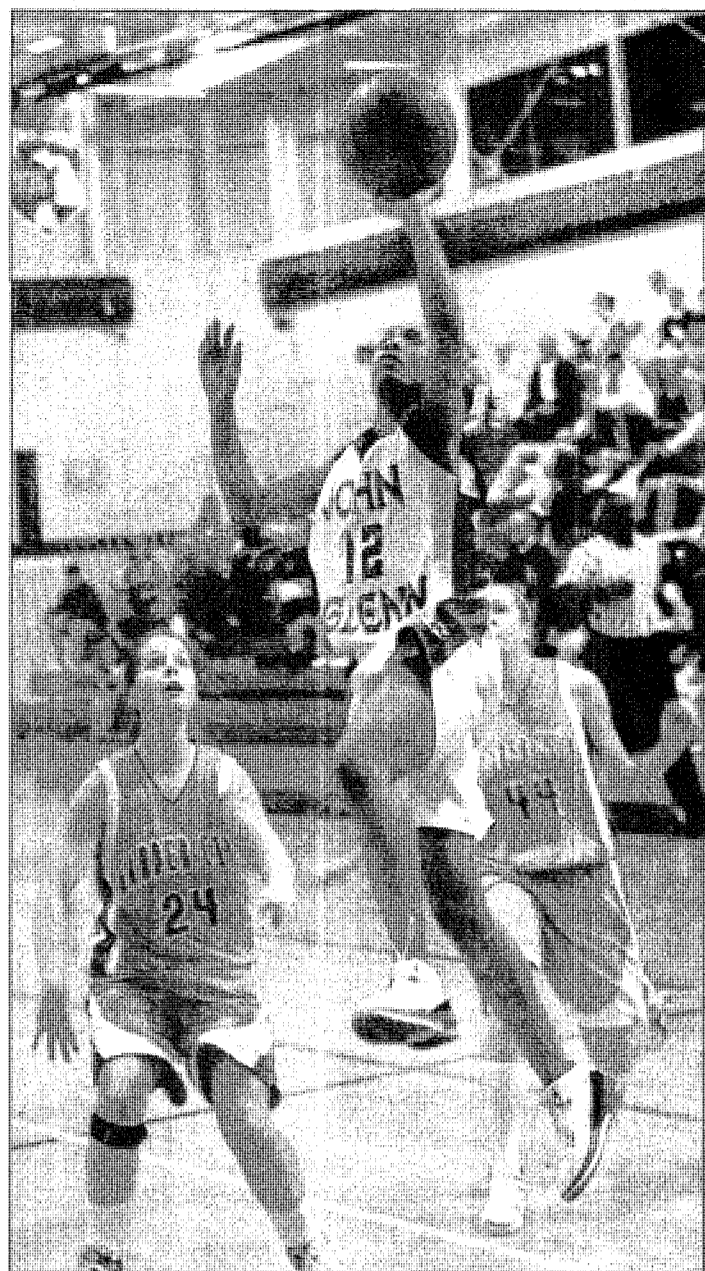
"We wanted to go inside, be more patient," he said. "And the second half we played better defense. Give our girls credit, they stuck it out."

Alysa Boldizar 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,



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.

TAXFASTER

www.taxfaster.com

- Private, confidential business accounting, payroll and bookkeeping services
- Quarterly reports • Profit/Loss statements • CPA's on staff
- Our preparers will do a thorough evaluation to ensure you are using all available deductions • 15 years of tax preparation experience

Home of the **CASHFASTER Refund** (Refund Anticipation Loan)

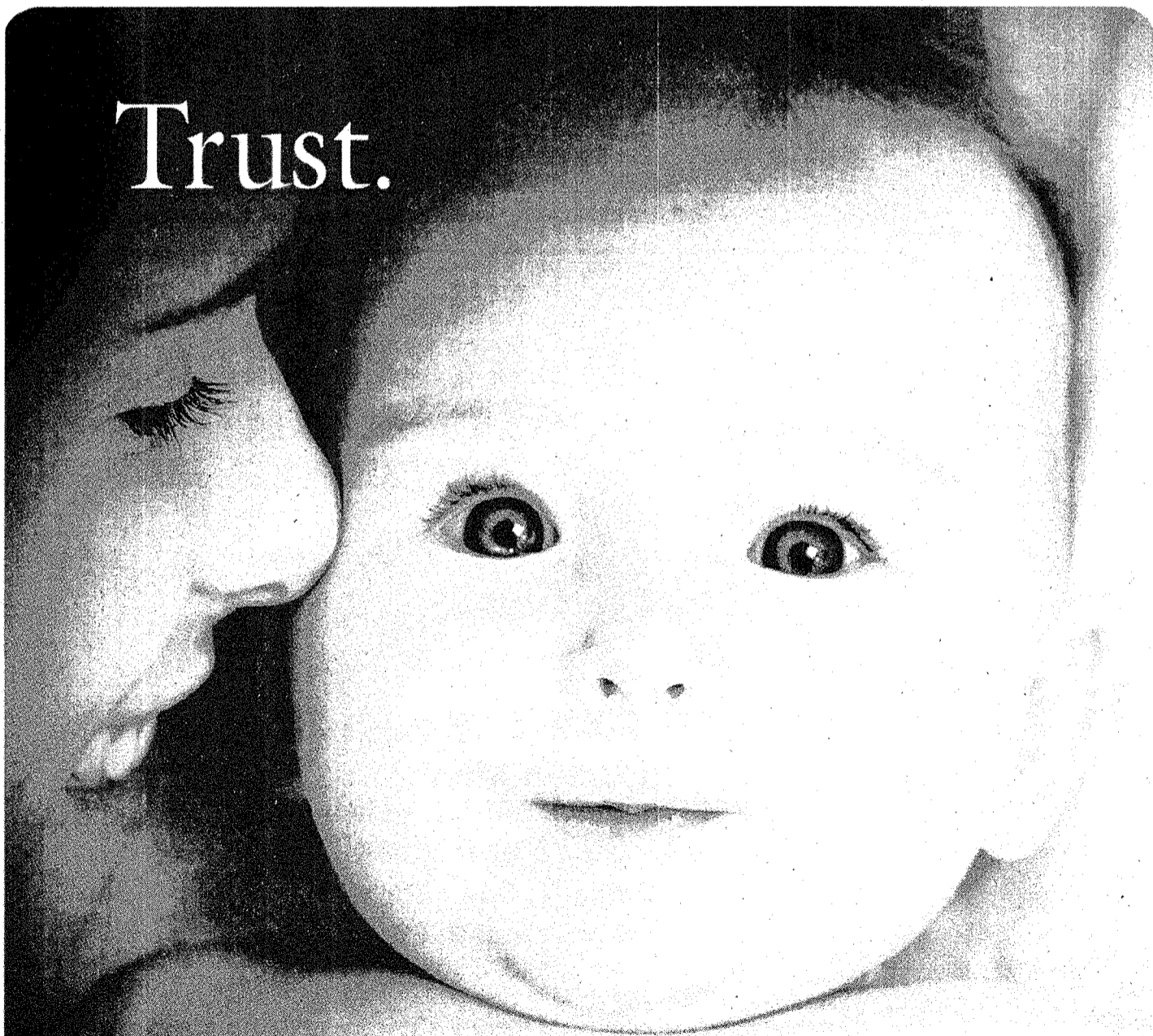
\$50 OFF
Any Income Tax
Preparation Service
With this coupon • Expires 4-15-09

Accounting & Bookkeeping
With Free Private Consultation & the
1st Month's Service is... **FREE**
With this coupon • Expires 4-15-09

For **SAME DAY** Service Please Call: **734-405-6555**

Located at 38950 Cherry Hill
on the corner of John Hix Road in Westland

Visit us
online at
hometownlife.com



I was eight years younger when we had our first baby. And this time, I needed a C-section.

Why did I choose Garden City Hospital?

My mother-in-law told me about their brand new surgery center. They deliver babies every day. And Garden City Hospital is among the **100 Top Hospitals in America**. That makes me feel safe.

Plus, it was so convenient for the whole family to visit our new baby boy. The best thing was the way my doctor sat down with me - listened to my questions and explained everything. That really put me at ease. I trust them.

That's why I choose Garden City Hospital.

Discover more reasons for you to choose Garden City Hospital.

gchosp.org | 877-717-WELL



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

- Presiding: President Godbout
Present: Graunstadt, Johnson, Kehr, Pickering, Reeves, Stottlemeyer
- 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 GOUBOUT
Council President

EILEEN DEHART, CMC
City Clerk

Publish: March 8, 2009

OE08647408-24

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 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

OE08646285-243

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:

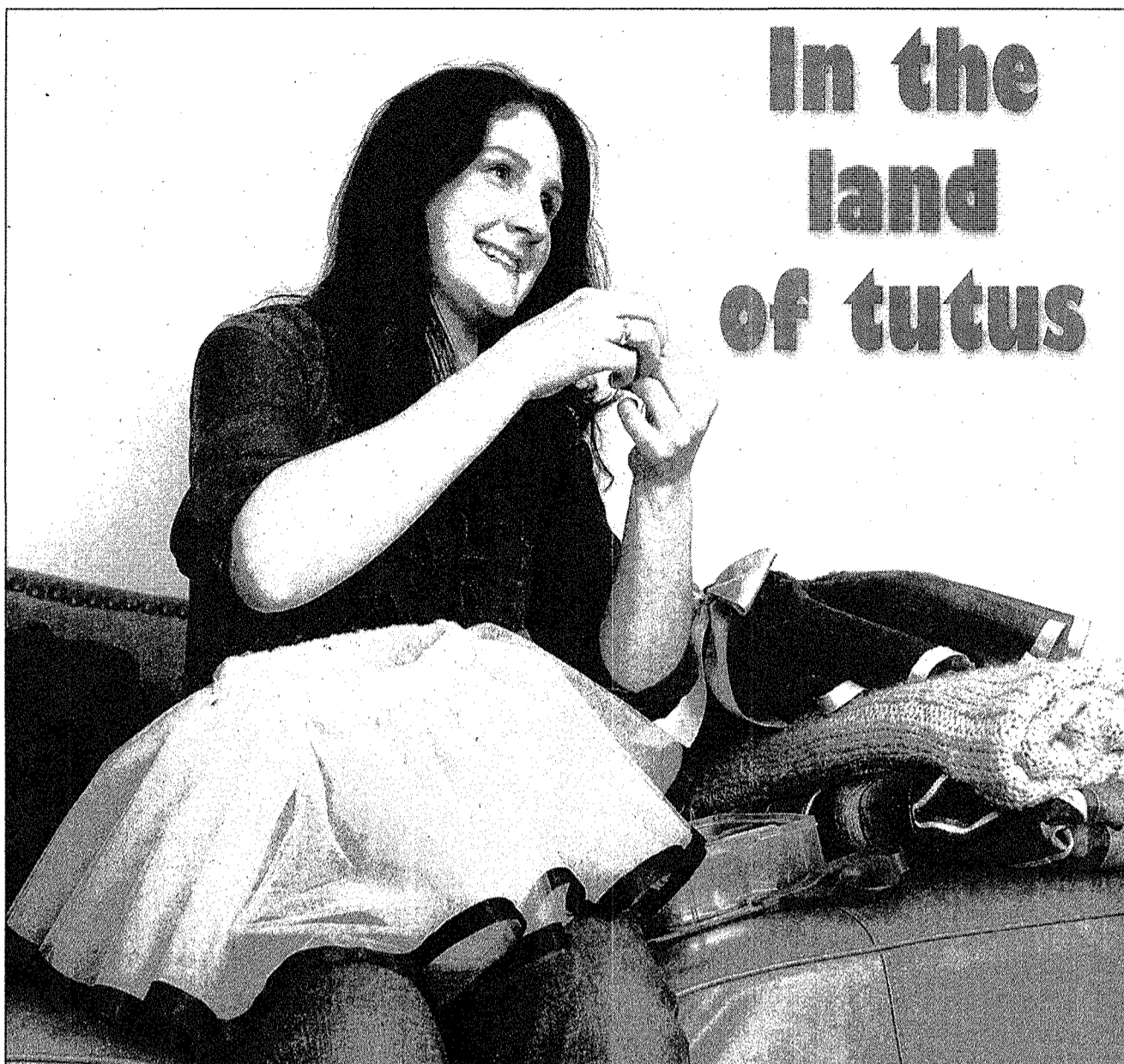
Susan Featheringill, Assistant Superintendent of Business Services
Redford Union Schools, District #1
18499 Beech Daly Road
Redford MI 48240
Phone: 313-242-6009
E-mail: feathes@redford.k12.mi.us

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

OE086412_243.6

NEIGHBORS



Angela Leonardo makes tutus in her Plymouth home.

In the land of tutus



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

Plymouth mom makes tutus fun

BY LINDA ANN CHOMIN
OSE 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 little 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.

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.

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."

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 1½ 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

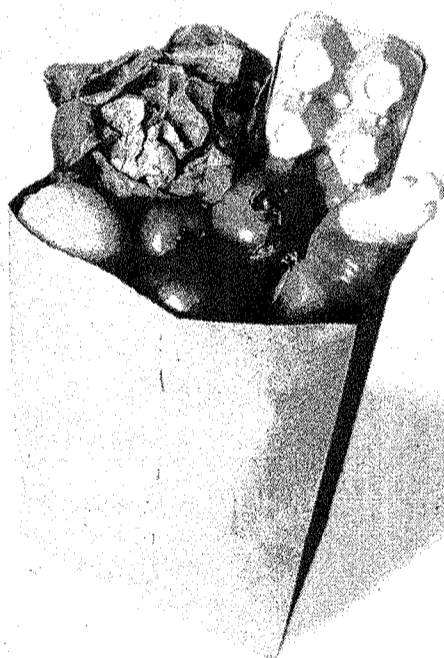
HOLD STILL NOW

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@yahoo.com.

lchomin@hometownlife.com | (313) 222-2241

PHOTOS BY BILL BRESLER/STAFF PHOTOGRAPHER



Life Can Be Rewarding & More Affordable

With a **VISA®** Credit Card!

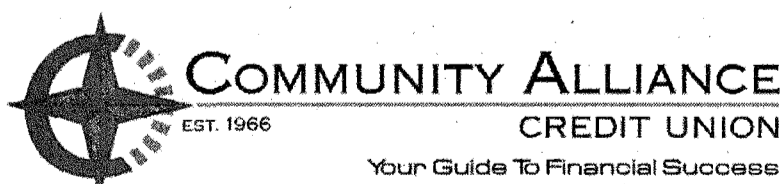
Double Purchase Points on the Necessities of Life

Life can be rewarding and more affordable with your Community Alliance VISA® Credit Card.

Double purchase points are now available on the necessities of life such as:

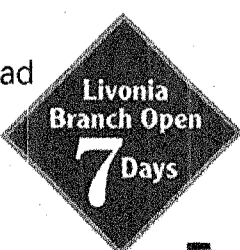
- Food • Clothing • Medical Expenses • Gasoline

You'll earn **two** bonus points per dollar for every qualifying purchase you make!* If you're not already using our VISA® Credit Card, check out the benefits today!



Dearborn Office
(Located just inside North entrance of AAA Headquarters Bldg.)
1 Auto Club Drive
Dearborn, MI 48126
313.336.1534
800.287.0046

Livonia Branch
37401 Plymouth Road
Livonia, MI 48150
734.464.8079



communityalliancecu.org



Introductory Rate

%

APR*

For Six Months on Balance Transfers

- No Annual Fee
- Online Account Management 24/7/365
- Reward Points for Travel, Merchandise and More!
- The VISA® Zero Liability Policy**

*APR = Annual Percentage Rate. Balance Transfer: 0% introductory APR for the first 6 billing cycles from account opening on balance transfers. This introductory rate is subject to change if any payment is received after the due date, you make a payment that is not honored by your financial institution or you close your account. This introductory rate does not apply to purchases or cash advances. Rate based on individual creditworthiness. Rate and bonus point offer subject to change without prior notice.
**Covers U.S. issued cards only for unauthorized transactions. Policy does not apply to PIN transactions.

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 a work by composer Zhou Long

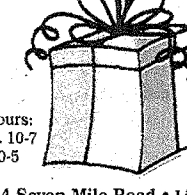
When: 8 p.m. Saturday, March 14
Where: Ward Presbyterian Church, 40000 Six Mile, Northville
Tickets: \$25 adults, \$20 seniors, \$10 children/students. Call (734) 451-2112 or visit www.plymouth-symphony.org
Related events: Zhou Long speaks about his music and living through the Cultural Revolution in China 7 p.m. Thursday, March 12, at the Canton Library and 2 p.m. Saturday, March 14 at the Plymouth Library

The 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 Shel, 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 lchomin@hometownlife.com or (313) 222-2241.

The Perfect Present



The Perfect Present for every occasion and every person. Inspirational, Christian, Wedding, Anniversary, Baby, Children, Teens, Retirement, Red Hat Society and more

Store Hours: Mon-Fri 10-7 Sat 10-5

32614 Seven Mile Road • Livonia E. of Farmington Road (Near Jet's Pizza)
www.perfectpresentllc.com
248-478-0171 (4438)

We are an authorized dealer for... San Francisco Music Boxes, Taggies, Fireside Coffee, Village Candles, Wind & Willow and Crystal World.
Senior Discount Every Day

25% off
Items that are **GREEN**
or items that are green friendly

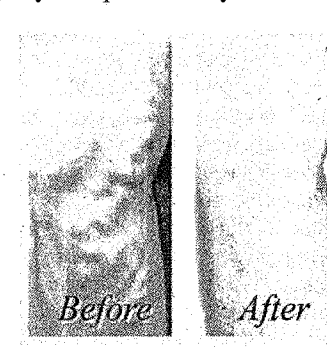
OE08047190

Healthy Legs, Healthy You!

"I thought it was normal for my legs to ache at the end of the day."

You may have a medical condition covered by insurance known as Venous Insufficiency if you experience any of these leg symptoms:

- Pain/aching/throbbing
- Heaviness or fatigue
- Swelling of feet/ankles
- Restless legs
- Night cramps
- Itchy veins
- Varicose veins
- Non-healing ulcers



Studies have demonstrated that there is a significant deterioration in the quality of life for persons with chronic venous insufficiency and this can be severe. Don't wait to get treated.

You're never too old or young to jumpstart your health and fitness program with healthy legs! Have your legs treated in under an hour with no-downtime, no scarring and NO STRIPPING using the latest technology.

Please visit our website and see how we have helped others at www.AVtherapies.com or call now for consultation 248.344.9110



ADVANCED VEIN THERAPIES

Jeffrey H. Miller, MD is Metro Detroit's foremost board-certified authority on varicose and spider vein care, specializing in treating venous diseases for nearly fifteen years.

248.344.9110 www.AVtherapies.com
46325 W. 12 Mile Road Suite 335 Novi West of Novi Road Near I-96

GREAT LAKES DERMATOLOGY

MICHAEL R. COHEN, D.O.
Board Certified Dermatologist

Specializing in Diseases of the Skin, Hair & Nails

Invites you to visit and receive the care you deserve.

- Skin Cancer
- Eczema
- Moles
- Warts
- Psoriasis
- Hair Loss
- Acne
- Botox
- Much More

Accepting New Patients • All Ages
Call for Appointment 248-324-2222 Evening appts. available
Lewis Medical Office Centre, 39475 Lewis Drive, Suite 150, Novi, Michigan 48377
greatlakesderm@yahoo.com

St. Michael's Parish presents
"ALL-YOU-CAN-EAT" LENTEN FISH FRY
Mar. 13, 20 & 27, Apr. 3
4:30-7:00 pm

- Full Dinners • Carry-out Available • Take Out Orders: \$7
- Choice of Hand-dipped Fried or Baked Fresh Atlantic Cod
- Adults: \$8 • Seniors: \$7 • Kids 3-11: \$4 • 3 & Under: FREE

11441 Hubbard Rd., S. of Plymouth Rd. • Livonia • 734-261-1455

Please come to our next

BEAD BONANZA

A BEAD SHOW & SALE

Sunday, March 22nd • 10 am to 5 pm

at the Southfield Municipal Complex
26000 Evergreen Road, Southfield

\$4 admission • no strollers, please • free parking
over 70 merchants
with beads from across the globe!

Presented by the Great Lakes Beadworkers Guild
P.O. Box 1639 • Royal Oak, MI 48068 • 586 997-7043
www.greatlakesbeadworkersguild.org

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 knees 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-steroidal 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.drjweiss.yourmd.com

Meadow Brook Theatre

A Professional Theatre
Located on the Campus of Oakland University

EXTENDED STAY HOTELS presents

THE TRIP TO BOUNTIFUL

by Horton Foote
March 18 - April 12, 2009

Tickets range from \$24 - \$39

Two Shows For The Price Of One!!
Bring this ad to the Box Office to receive one free ticket for *Nunsense 2* starring *Marcia Wallace* when you purchase one ticket for *The Trip to Bountiful* at regular price. Limit 1 free ticket per coupon.

Sponsored by **atat** NEW Assisted Listening Devices provided by **TCE BANK** (Open 7 Days)

207 Wilson Hall, Rochester, MI 48309
Box Office: (248) 377-3300
Group Sales: (248) 370-3316
www.mbtheatre.com **ticketmaster** (248) 645-6666

Detroit's Original Square Pizza

family owned since 1946

Specialty Pizzas

Margherita BBQ Chicken
Detroiter Greek

Enjoy your favorite toppings on our NEW

Multi-Grain Crust

A "thinner crust" featuring 9 GRAINS

Oat, Cracked Wheat, Barley, Cornmeal, Rye, Whole, Flax Seed, Millet & Sesame Seed

Detroit 313-892-4001 • Warren 586-574-9200 • Livonia 734-281-3550
Farmington Hills 248-855-4600 • Auburn Hills 248-276-9040
Dearborn 313-962-9900 • Pointe Plaza 313-884-7400
Bloomfield 248-643-4300 • Royal Oak 248-549-6000

Join our Email Club at www.buddyspizza.com!

\$3.00 OFF
8 Square Pizza!

\$1.00 OFF
4 Square Pizza!

\$2.00 OFF
Family Sized Salad!

10% OFF
Pasta, Salad or Veggie Tray!

Amantea RESTAURANT

ITALIAN AMERICAN CUISINE
Smoke Free

Facilities Available for Afternoon Banquets, Bridal Showers, Funerals
Now Taking Reservations for Easter Sunday

\$10⁰⁰ OFF

2 REGULAR PRICED ENTREES WITH PURCHASE OF 2 BEVERAGES

with coupon only

Valid Sun-Thurs. May not be combined with other offers or on holidays or carryout.
One coupon per couple. Maximum 3 per table.
Expires April 30, 2009.

32777 W. Warren • Garden City
Just East of Venoy
734-421-1510

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 a 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



BRETT MOUNTAIN

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 lchomin@hometownlife.com or (313) 222-2241.

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 hffcf.org.

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 cholesterol reading 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

HEALTH & WELLNESS

MARCH

Sex education 101

Saint Joseph Mercy Health System (SJMHHS) 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 health@trinity-health.org.

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

CORE Rhythms

NOW AT **Arthur Murray!**

FIRM UP FAST

Losing inches has never been so fast... and so much fun! The passion and technique of *World Champion Rhythm & Latin dancers*, packed into the perfect fitness system. You'll love it and *anyone can do it.*

TRIM DOWN NOW

Core Rhythms is the revolutionary exercise concept that uses *sexy Latin dance moves* to raise your heart rate, while toning and tightening your entire core. You'll be swept away while getting a 360° total core workout.

CALL TODAY
Certified Core Rhythm instructors are ready, exclusively at **Arthur Murray Dance Studios**. Call today and schedule your first session.

NO Contracts! NO Monthly Payments! NO Membership Fees!
Pay only for the sessions you use! Call now to schedule your FREE introductory workout!

Learn to Dance Certified Instructors & Private Lessons
Ballroom • Latin • Social

Franchised Dance Studios

42000 Six Mile Rd., Suite 250 Northville
(between Northville Rd. & Haggerty)
248.349.1133

1926 South Telegraph Rd. Bloomfield
(next to Carl's Golfland)
248.338.6390

Thinking of Buying or Refinancing? **NOW is the Time!**

4.88% APR Can't Refinance? We can modify your current loan even if you owe more than it is worth.

30-YEAR FIXED
Plus
\$500 OFF Closing Costs

EAGLE NATIONWIDE MORTGAGE CO. 38950 Cherry Hill Rd. Westland, MI 48185
A Subsidiary of Eagle National Bank

www.applyeagle.com **734-405-6600**

Now a penny saved gets a great IRA rate!

We'll even let you use our FREE Coin Counter¹ to add them up.

Make your IRA contributions, 401(k) rollover, or transfer any day of the week at Michigan's most convenient bank.

Now that's convenient!

TCF Totally Free IRA Savings

3.00% APY

Start earning interest from your first penny.

MEMBER FDIC FDIC raises depositor insurance coverage from \$100,000 to at least \$250,000!³

Visit your neighborhood TCF Bank location or call **1-800-TCF-BANK (1-800-823-2265)**.

Open 7 DaysSM

©2008 TCF National Bank. ¹Coin counting machines are free for TCF Customers. ²The following TCF Totally Free IRA Savings Annual Percentage Yield (APY) is effective as of 03/06/09: \$0.01+ = 3.00% APY. Minimum balance to open a TCF Totally Free IRA Savings account is \$50. Rates are subject to change. Certain conditions and restrictions apply. See a TCF Banker for details. Consult your tax advisor for details and eligibility limitations. ³On October 3, 2008, FDIC deposit insurance temporarily increased from \$100,000 to \$250,000 per depositor through December 31, 2009. www.tcfbank.com.