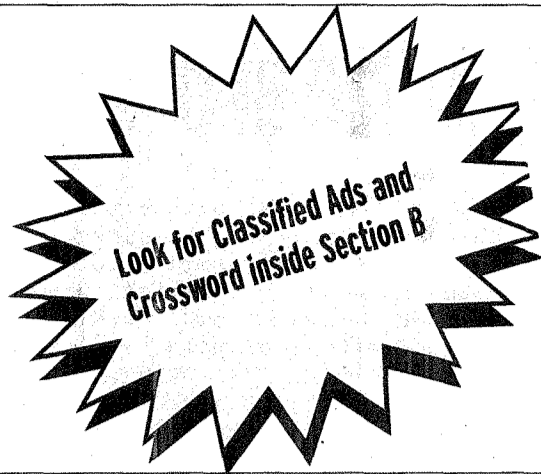


WESTLAND OBSERVER

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AROUND TOWN

Charity preview

The *Westland Observer* is dedicated to being "all about you" and our readers are "celebrities" in our hometowns. Look for Bill Bresler at Friday's



Bresler

North American International Auto Show Charity Preview in Cobo Hall so he can photograph you in front of your favorite car, with your special date or wearing that special tux or gown.

"Everybody's enthusiastic, and there's a real buzz," said one auto dealer earlier this week.

Look for your photo in our photo gallery online at www.hometownlife.com and in the Thursday, Jan. 21, edition.

Chamber busy

The Westland Chamber of Commerce will host a Coffee Connection at Tim Hortons from 8-9 a.m. Thursday, Jan. 21. The restaurant is on Wayne Road, south of Cherry Hill in Westland. Owners Moussa Zoarob and MarieJeanne Kouchoukian will be the hosts. There's no need for a RSVP for the breakfast and no charge.

The Westland chamber will also host Winter Fest Bowling on Feb. 20. For more information, call (734) 326-7222.

Red carpet

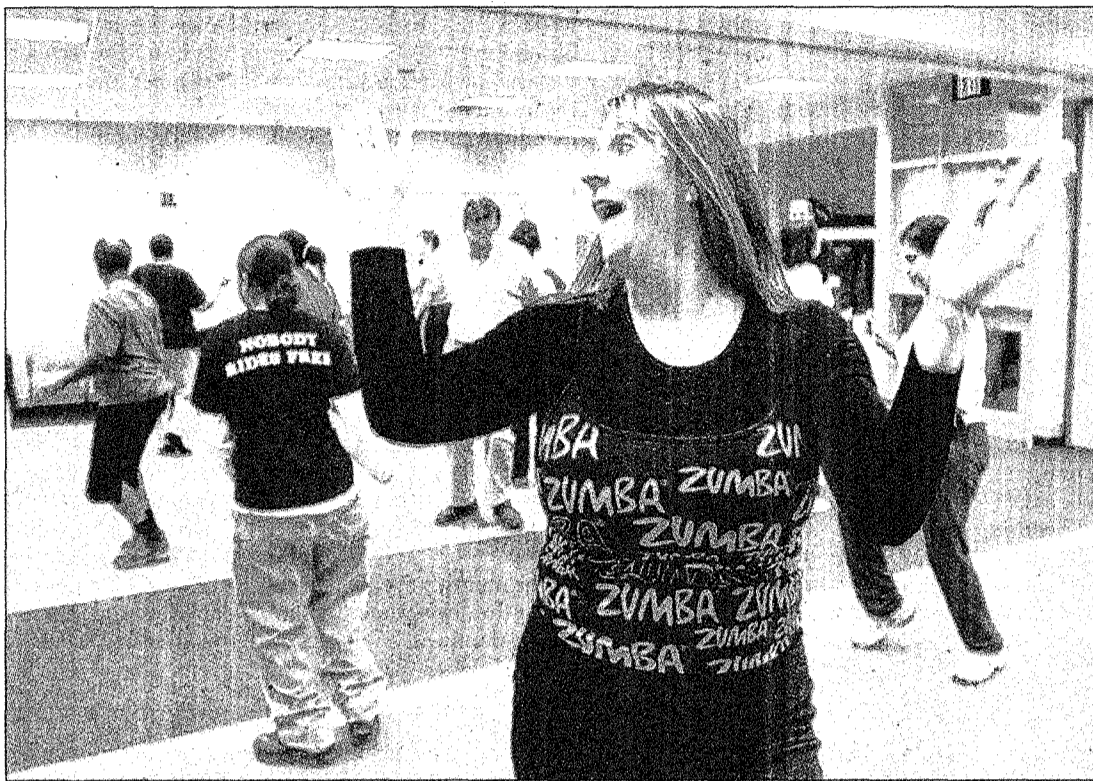
Air Force Staff Sgt. Michael Novack, a Westland native, is home on leave from Tokyo, where he has been stationed the last three years. He's in the lap of luxury thanks to FOURMIDABLE, a Bingham Farms-based national real estate management company and leasing agent for the Fort Shelby Tower Apartments in downtown Detroit. A furnished apartment is provided to Novack and his family while they are in Detroit from Jan. 12 to Feb. 5.

"FOURMIDABLE and the Fort Shelby Tower Apartments came to my rescue, when I heard Michael was coming home," said Lauren Novack. "I live in a tiny flat that would not have accommodated all of us. I'm very grateful."

Michael enlisted at 17 and entered the Air Force upon graduation from high school. In 11 years, he has been stationed in South Korea twice, Okinawa and Tokyo, Japan and in Afghanistan, where he will be deployed again in the future. It was while he was in South Korea he met his wife, Bobby. They have a son, Lance, 2 1/2.

Lauren, who has not seen her son since 2005, says this homecoming will be especially emotional as she will meet for the first time her daughter-in-law and grandson.

The sergeant hopes to meet some Detroit Lions, some of whom live in the Fort Shelby Tower Apartments.



Zumba instructor Lisa Davis-English keeps the energy high.

PHOTOS BY BILL BRESLER | STAFF PHOTOGRAPHER

Zumba class at library boosts fitness and fun

BY JULIE BROWN
OBSERVER STAFF WRITER

The name Zumba Dance Party intrigued Geoffrey Smereck of Garden City.

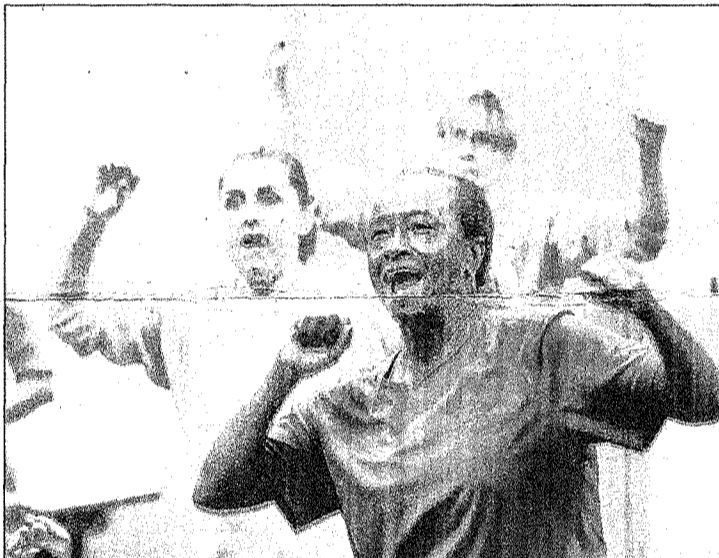
"Anything named like that has to be good," he said just before starting the dance class at the Westland library. "It's fun to do things with people."

Instructor Lisa Davis-English of Belleville put the 30 or so participants through their paces.

"It's a new dance fitness craze," she said. It was invented by Beto, the nickname for the Cuban man who's the inventor.

Zumba is 70 percent international and done with a variety of steps ranging from merengue to salsa. Davis-English threw in some rock and roll, noting it's up to the instructor how to change the class.

"Here you are more interested in finding the rhythm," the instructor said. Unlike programs like Jazzercise with a warmup



Connie Thomas of Westland, Tamela Monday of Garden City and Lola Harkness of Livonia dance to the Zumba beat.

and cool down time, the routine is altered.

"You have a little more liberty," said Davis-English, who took the course last summer to begin

teaching. There are now classes for kids and aqua classes, she said.

Please see ZUMBA, A2

Anderson discusses schools, state issues at forum

BY JULIE BROWN
OBSERVER STAFF WRITER



Anderson

State Sen. Glenn Anderson is sympathetic to constituents who get the run-around with state agencies in Lansing.

"I have to admit there have been a lot of reductions, just because of the budget limitations," the Westland Democrat said Monday morning at a legislative coffee hour.

Anderson talked about school funding at the monthly forum, including the federal Race to

the Top program. Some school districts have rejected the Race to the Top money, he said, citing administrative costs that exceed the money received.

He'd heard, "Sign on with this, and we'll tell you about it later" in regard to the school program, and voted against authorizing it at the state level due to insufficient information.

Anderson was concerned about

charter school provisions as well as "cyber schools. There was just not enough information provided on whether that was something that would benefit kids."

A Wayne-Westland mother of two young daughters had questions about the 21st Century Schools Committee and the school closings and realignment planned for next

Please see ANDERSON, A2

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W-W seeking May 4 millage renewal

BY LEANNE ROGERS
OBSERVER STAFF WRITER

Wayne-Westland Schools voters will be asked to approve the renewal of 18 mills levied on nonhomestead property when they go to the polls on May 4.

The current 18 mills were approved by voters for 15 years in 1995 and are set to expire after this year. If approved by voters, the renewal would be levied beginning in July 2011.

"It was part of Proposal A. This is revenue that is automatically assumed by the state aid act and allows us to receive our full revenues," said Gary Martin, deputy superintendent of administrative and business services. "This is procedural. It doesn't affect residents."

The 18 mills is levied on

'We already pay this - we're not asking for any more money. It's just a continuation.'

MARTHA PITSENBARGER, board member

nonhomestead property - that's primarily commercial and industrial property and personal property although it would also apply to homes that are not primary residences such as rentals. Currently, the millage generates \$19.5 million for the district's general fund.

The 18 mills is a renewal and not a increase in millage, Martin said.

"We already pay this - we're not asking for any more money. It's just a continuation," said board member Martha Pitsenbarger.

Each Michigan school district is required to levy the 18 mills on nonhomestead property, Martin said, adding that length of time for the millage varies from 15-20 years.

"The problem with running for a longer period of time is the effect of Headlee," said Martin, referring to the millage rollback provisions under state law.

When asked what would happen if voters don't approve the millage renewal, board President Skip Monit said the district would have to try a second time and keep trying until it was approved.

Without the operating millage, Superintendent Greg Baracy said the district would not be able to operate.

lrogers@hometownlife.com | (313) 222-5428

Westland policemen lifesavers at fire

BY LEANNE ROGERS
OBSERVER STAFF WRITER

Two Westland police officers are being lauded for saving a woman whose motel room was on fire early Sunday.

Officers Bob Wilkie and Jason Brassfield were riding together on patrol at Michigan Avenue and Merriman in Wayne shortly after midnight when they noticed a large amount of smoke.

The officers continued west on Michigan Avenue toward Venoy where they arrived at the Park Lane Motel, 32120 Michigan Ave., which was on fire. The officers noticed that one unit was fully engulfed in flames while the adjoining unit was burning and smoke filled.

"They were the first responders and immediately assisted the residents," said Westland Deputy Police Chief Mark Engstrom.

Motel guests who had already left their rooms told the officers that the occupant of one room was still inside.

A 63-year-old woman was found to be inside the second unit, where the officers reported the door was burned off. The officers weren't able to enter due to large flames blocking the doorway, intense heat and smoke, along with downed wires.

"There were wires blocking the entrance. The officers tried to talk to her (the motel guest) to get her to jump through the fire but she didn't want to come through," said Engstrom. "The officers used a fire extinguisher to suppress the fire and she was able

Please see OFFICERS, A2



Wilkie



Brassfield

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W-W board sets limit on public speaking, tweaks rules

BY LEANNE ROGERS
OBSERVER STAFF WRITER

People wanting to speak at a Wayne-Westland school board meeting will still get two opportunities on the agenda to address the board but they might need to talk a little faster. The board voted Monday to adopt a public participation policy that includes a three-minute limitation on speaking at the meeting. Previously, the board had allowed speakers five minutes.

"This is a living document. It's not intended to limit speech but to let as many people speak as

possible," said board President Skip Monit, adding he wasn't sure why the board didn't have a detailed written policy previously. "It's common to have a policy."

The board agenda includes an item early in the meeting for the public to speak on agenda items. After business items are concluded, the agenda has an item when the public can speak on general issues. Both items are limited to 30 minutes.

Along with limiting the time for speakers, the two and one-half pages spell out rules for decorum and also a pecking order for being call on to speak

at a meeting. First priority goes to audience members with children who attend school in the district, with second priority going to those who live in the district without having students and school district employees.

Delegations who wish to speak to the board would be required to designate a speaker to present their views. If the board president finds that several audience members wish to express the same or similar views that another speaker has already presented, the president may recognize the next speaker. Other provisions spell

out that audience members shouldn't expect the board to provide immediate answers to questions which would be referred to the superintendent.

Parent Sally Madison, who is unhappy with scheduled school closings, wasn't happy with the policy. "You are putting more restrictions on the community with this rather than better communication with residents," she said. "If you did that, we wouldn't need to ask so many questions."

Based on her concerns about the legality of the policy, board member Carol Middel said she suggested that it be reviewed

by the Michigan Association of School Boards which approved it, as did the district's legal counsel.

"I understand the reason to add to the existing policy. I was concerned over going to three minutes to five minutes," said Middel. "Since I took office, we have been very generous with our time and that will continue with smaller attendance."

Even at a heavily attended meeting on the recommendations to close schools, board member Martha Pitsenbarger said that the board didn't limit public comments to 30 minutes.

In fact, the board policy

allows some discretion including waiving it or particular provisions when judged appropriate.

"You should be focused on going in the right direction instead of finding ways to shut up the crazy Madisons," said Madison, who with her husband was one of three people to make comments on the policy. "You should educate yourselves on the right way and the wrong way to do things, then do the right thing. Then so many people wouldn't be upset."

irogers@hometownlife.com | (313) 222-5428

AROUND WESTLAND

Weight Watchers

The Friendship Center has a Weight Watchers program offered to members only. Meetings are 4:30 and 5:30 p.m. each Tuesday. Weight Watchers offers educational meetings to assist members in making better food choices and living a healthier lifestyle.

This program can help older adults control Type II diabetes, high cholesterol and other diseases where weight may be a factor. To participate in this program, you must be 50 years or older and a member of the Friendship Center — no exceptions.

The center also offers other programs that may help you realize your weight or lifestyle

goal. Check out exercise programs for supportive classes to healthier living.

American Legion

The American Legion, Westland Post 251, meets at 7 p.m. the first Tuesday of each month at the AMVETS Post 171 on Merriman Road between Avondale and Palmer. All vet-

erans, male and female with an honorable discharge are welcome to join. Visit the post Web site at www.post251.org or call (734) 326-2607 for more information.

Spaghetti dinner

The monthly spaghetti dinner at the Dyer Senior Center in Westland will be 4-7 p.m.

Friday, Jan. 22. Enjoy spaghetti, salad and desert, as well as entertainment, for \$6.

The center also has pinocle and euchre games at 1 p.m. Wednesdays and pinocle is played at 1 p.m. Fridays.

The Dyer Center is at 36745 Marquette, east of Newburgh, in Westland. For more information, call (734) 419-2020.

Theater holds auditions

Inspire Theatre announces auditions for *Once Upon a Trunk*, a musical comedy revue of the bygone days of vaudeville/Broadway/radio/movies. This is a lighthearted look at music and comedy bits that have shaped our culture.

IT is looking for men and women all ages who can sing, dance, or tell a good joke. Actors should come prepared to do cold readings and at least bars from a show tune. Nonsinging parts are also available.

This show will be taped for broadcast on access television. Auditions are Monday, Jan. 18, and Tuesday, Jan. 19, at 6:30 p.m. Plan on arriving a couple minutes and staying until 9:30 p.m. Direct any questions to director Len Fisher at inspire@inspiretheatre.com or call (734) 751-7057.

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OFFICERS

FROM PAGE A1

to jump through." Once the woman was out of her unit, the officers went to the motel office and notified the manager, who was sleeping, about the fire. The officers

were told there was another occupant in the unit directly behind the unit which had been engulfed in flames.

Wilkie and Brassfield began knocking on the door and front window of that unit with no response. Fearing the occupant had been overcome by smoke, Wilkie then kicked in the door and the officers removed a sec-

ond female to a safe location. Wilkie, who joined the department in 2002, and Brassfield, a Westland officer since 2005, continued to provide assistance as Wayne firefighters and police arrived.

"They are not firefighters. They stepped up when it was needed. We will recognize them internally but we'd like

to give them some kudos," said Engstrom.

No cause has been determined for the fire which destroyed the woman's room, slightly damaged a second unit and caused smoke damage to other rooms, said Wayne Deputy Fire Chief/Fire Marshal Shawn Bell. The wires across the entrance to the

woman's room were for cable television but can be mistaken for electrical lines, he said.

"We appreciate the help (from the officers). We definitely commend their lifesaving actions," said Bell, adding the female tenant suffered minor injuries.

ANDERSON

FROM PAGE A1

school year. Anderson noted there's an excess of space in school buildings for Wayne-

Westland, one of six school districts in his legislative district.

"They have to answer to you," he said of local school boards. "The school board answers to you."

He said Lansing is relatively

quiet right now, leading up to Gov. Jennifer Granholm's final State of the State Address in early February. The state Senate and House will go to work on the budget after Granholm outlines her priorities.

In response to another resident, he agreed consumer protection standards in Michigan have declined in the last 12 years. The state Senate tends to limit legislation on improvements, Anderson said.

"They don't support insurance reform," he said. The resident spoke of problems with a contractor.

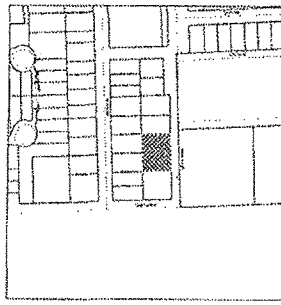
"One of the things we've got to do is tighten up the licensing requirements," Anderson said of contractors.

Check us out on the Web every day at hometownlife.com

CITY OF WESTLAND NOTICE OF MEETING

A petition has been presented to the Planning Commission of the City of Westland Wayne County, Michigan:

Case #385A, Public Hearing for Special Land Use Approval, Proposed Independent Retail Pharmacy, 2714 S. Newburgh Road, Parcels #078-01-0031-002 and -0032-002, West Side of Newburgh Road, North of Glenwood Road, Sujai G. Patel (Harry Lansu Sr.).



NOTICE IS HEREBY GIVEN that a public hearing of the City of Westland Planning Commission will be held at City Hall, 36601 Ford Road, Westland, Michigan at 7:30 p.m., February 2, 2010.

Written comments may be submitted to the Planning Commission before 5:00 p.m. one (1) day prior to the scheduled meeting.

Ken Sharp, Chairman
WESTLAND PLANNING COMMISSION

Publish: January 14, 2010

ZUMBA

FROM PAGE A1

She went to Indiana State University as a speech and theater teaching degree student, with a dance minor. She's

using the dance more these days.

Smereck, an attorney, noted his lack of women's hips made some dance steps challenging. He was glad to come to the library on a cold winter night Tuesday.

He moved from Farmington

Hills to care for his parents in Garden City, and began to worship at St. John's Episcopal in Westland.

"I rate this as one of the great libraries in the state," said Smereck, also in the library Chess Club. "Very friendly librarians. I just love it."

He's pleased in general with Westland's many activities: "It also provides some opportunities for fun stuff," he said of his neighboring city of Westland.

Tuesday's class belied the notion of libraries as quiet places with plenty of loud Latin music. Smereck agreed the workout is health-promoting. "It's a health issue as well as a mental health issue," he said.

Nearby was Amy Liebau of Livonia, who "just wanted to try it. I'm not very good at choreography," she said. "It should be interesting."

"It's not my cup of tea, but it's fun," she added at the end of the one-hour class.

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Library program boosts environmental knowledge

A program aimed at deepening environmental awareness through art is being hosted by the Westland library.

Five families have already signed up and another 15 are being sought to participate in the Action for Earth program, which includes two hands-on workshops run by the Ann Arbor Hands-On Museum.

To participate, families must have children in kindergarten through eighth grades. These families commit to: learning about environmental issues affecting Westland in two workshops presented in a

practical way by the AAHOM; bringing their creative side to the table in an art creation and collection workshop conducted by Project S.N.A.P. (Share, Nurture, Act, Preserve); and, coordinating a community-wide environmental project in conjunction with Earth Day 2010.

All of the events will happen over a four-month period, starting in late January and ending in late April. Project S.N.A.P. will create a giant mural from the artwork collected and present it to the Westland community in April.

The project will also include a community garden to be farmed on property at Cherry Hill and Merriam owned by DTE Energy. The produce will be distributed to low-income families.

Project S.N.A.P. which calls upon local libraries to serve as centers for education, art and other activities in educating and mobilizing citizens about the environment.

Westland Library Director Cheryl Napsha said she completely understands the program's reasoning in hosting the events at the library.

"More and more, people are using the library and seeing the real-life value in having a vibrant library at the center of the community. We are very happy to have been one of five libraries chosen for this program and think it will spur even more positive environmental change in the city."

The city of Westland also sees this as a great opportunity to build on recent efforts to make Westland a greener community, including the city's new curbside recycling program as well as Mayor William Wild's formation of

the Mission: Green committee.

"This program is right up Mission: Green's alley. We are really excited about being involved in this innovative program," said Bruce Thompson, Westland planning director and head of Mission: Green who is the community liaison for the Action for Earth program.

Families with children in kindergarten through eighth grade who are interested in the program and can commit to the four events can sign up at the library, 6123 Central City Parkway, calling (734) 326-

6123) or by e-mailing Andy Schuck, reference librarian, at andy.schuck@westlandlibrary.org.

To learn about ways, in addition to recycling, that Westland is becoming greener and things you can do to help the effort, see the Mission: Green Web site attached to the city's Web site at: <http://cityofwestland.com/> or call the planning director at (734) 467-3219.

Other libraries participating include the public libraries in Canton, Oak Park, Romeo and Dearborn Heights.

Crackdown aimed at motorists who ignore train signals

BY DARRELL CLEM
OBSERVER STAFF WRITER

After five people died last July in a car-train collision in Canton, township police Wednesday joined law-enforcement agencies from Pontiac to Ann Arbor for a crackdown aimed at catching motorists who might ignore railroad signals and crossing gates as Amtrak Train 353 rumbled through.

Sure enough, Canton police Sgt. Pat Sullivan said officers ticketed a male driver who ignored flashing railroad signals and crossing gates that had started to come down on Hannan near Michigan

Avenue — the same spot where the fatal collision happened six months ago.

"It's very incredible," Sullivan said, adding that he believes the driver had even heard of the five deaths.

The special enforcement, aimed at ticketing any violators and reminding drivers of the dangers of ignoring railroad signals, is expected to occur periodically in hopes of saving lives by convincing motorists to obey laws.

"This is a great thing we're going to start doing," Canton police Lt. Scott Hilden said.

Michigan Operation Lifesaver — part of a national effort to end vehicle-train

collisions, save lives and reduce injuries — worked with Amtrak to coordinate Wednesday's special enforcement.

"These crashes are all preventable if people would just obey the laws," said Dave Cornelius, a retired Norfolk Southern police officer of 31 years who chairs the non-profit Michigan Operation Lifesaver's enforcement committee.

All five people inside a Ford Fusion died last July 9 when a 19-year-old driver tried to beat Amtrak 353 at the Hannan crossing in Canton.

Hilden said local police planned to watch the Hannan

and Haggerty crossings in Canton after the Amtrak train, with a Fox 2 Detroit television crew on board, left Pontiac on Wednesday morning.

Railroad safety issues aside, Hilden said motorists who are ticketed for ignoring crossing signals and gates also face penalties including \$150 in fines and three points on their driving record.

"That can affect your (auto) insurance," he said.

Cornelius called it baffling that drivers will try to beat on oncoming train.

"When you start dealing with passenger trains or 6,000-ton freight trains, it's a whole different thing than

two cars hitting each other out here in an intersection," he said.

Cornelius said a freight train moving at 55 mph can take a mile or more to stop — that's at least 18 football fields — after the emergency brakes are applied. That makes it impossible for the crew to avoid motorists who believe they can beat an oncoming train.

He said railroad crews involved in fatal accidents never forget what they saw — even though they're not at fault for incidents involving law-breaking motorists.

Cornelius said police in many communities planned to join Wednesday's special

enforcement along with railroad authorities and other agencies.

According to national Operation Lifesaver statistics for 2008, there were more than 2,400 vehicle-train collisions that resulted in 286 deaths and 935 injuries — numbers that have gradually declined over the years as better railroad signals have been installed. Some other Web sites cite even higher statistics.

Regardless, Cornelius said motorists approaching railroad crossings always need to remember three tips to survive: Look. Listen. And live.

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

Free art exhibit at Madonna University has a green theme

The Madonna University Gallery will host "The Green Show," a multi-media art exhibit that aims to educate people about the effects of their actions on the planet.

The show opens Friday and runs through Feb. 22. An

evening reception, 5-7 p.m. Saturday, Jan. 23, offers an opportunity to meet and talk with the artists. Singer/songwriter John D. Lamb and poet John Jeffire will perform during the reception, and refreshments will

be served. Admission to the show and reception are free.

The exhibit was inspired by an Oprah Winfrey show that focused on the environment. The work of 11 local artists in such media as photography, painting,

sculpture and Intaglio, the show features images of nature by Mandy Getschman of Northville and Marat Paransky of Oak Park, as well as dolls made from trash by Tina Carter of Redford.

Madonna alumna Nancy Paton has been curating shows at Madonna for nine years. She recently formed Other Dimensions in Art, a group that creates and organizes art exhibitions to help promote awareness

of important social issues. Past exhibits have addressed diversity, war, homelessness and poverty.

Exhibit hours are 8 a.m. to 8 p.m. daily. Madonna University is at 36600 Schoolcraft Road, Livonia.

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PUBLIC SAFETY

POLICE BRIEFS

Retail fraud

1 Police were called to J.C. Penney, 35000 Warren, Jan. 5 after store employees reported stopping a Livonia woman for shoplifting 22 pieces of jewelry valued at \$619. The employees told police that they began monitoring the woman via closed circuit television after being alerted that she was removing merchandise from their packaging and concealing the items. She was stopped outside the store.

The woman told the officer that she suffers from emphysema and chronic obstructive pulmonary disease which required her to use oxygen. The woman was running low on oxygen in the tank she had with her, so the officer issued an appearance ticket instead of arresting her.

Retail fraud

2 On Jan. 5, a Westland man was arrested for shoplifting at Kmart, 165 S. Wayne Road. A store employee told police the man was behaving suspiciously after entering the store. The employee said he watched the man remove a cell phone valued at \$80 from the packaging, hide it under his clothing and walk out of the store.

When stopped outside, the employee said the man tried to push him and pulled out a small folding knife. During the brief scuffle, the worker said the man threw the cell phone



to the ground.

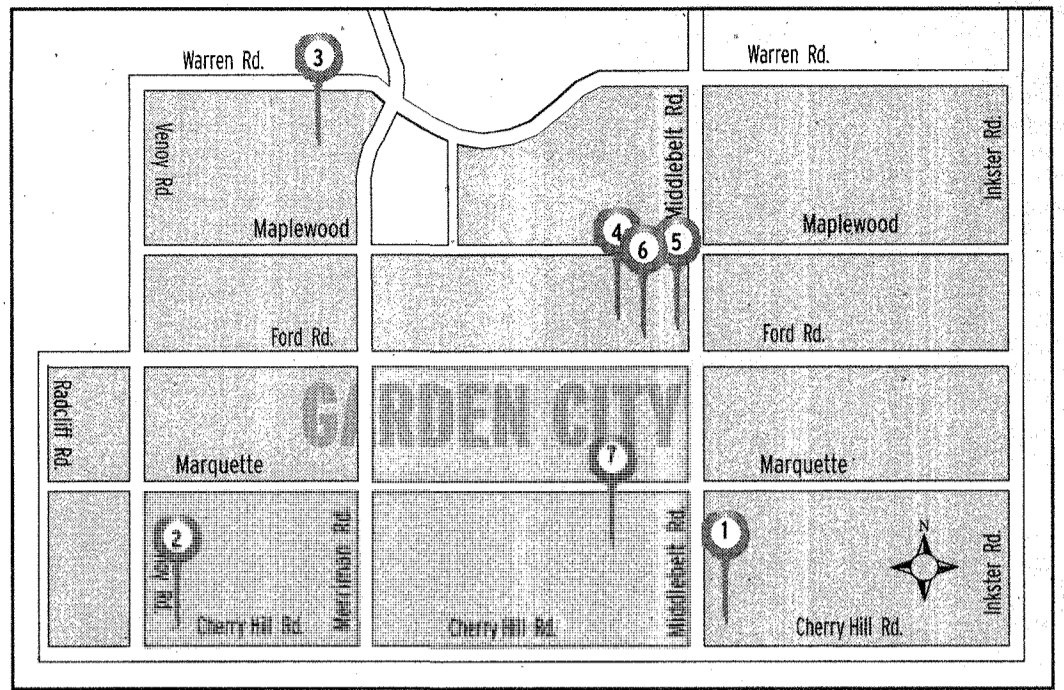
Officers reported the man had minor injuries to each knee resulting from the scuffle. Asked why he was shoplifting, the officer said the man responded that he was an IV drug user and "trying to pay the rent."

The man was held on two warrants and cited for possession of narcotics paraphernalia after police found a hypodermic syringe and a spoon concealed in his jacket.

Fraud

3 A resident of an apartment at 34900 Glenwood told police Jan. 5 that between Nov. 18-23 someone had used his Best Buy account to purchase over \$6,000 worth of gift cards. The purchases had been made in Georgia and Pennsylvania. There were no suspects but the man said he needed to document the fraud.

-By LeAnne Rogers



Man nabbed, linked to home invasions

1 Garden City police arrested a 23-year-old Garden City man, suspected in several home invasions, after they found him in a garage in the 29400 block of Florence about 4:30 Jan. 11.

The police found him by following his shoe prints across about six yards on Florence.

The police found jewelry and a syringe which filled with heroin on the man.

In one incident on the same block, a resident said that he returned from a doctor's appointment about noon Jan. 11 and found a bedroom door open and some golf equipment in his kitchen.

Some golf clubs and a check-book were stolen.

At another home on Florence, the resident said that some money was stolen along with some personal papers. He discovered the theft about 4:30 p.m. Jan. 11.

Stolen car

2 When a Newport, Mich., man got ready to return home about 9:30 a.m. Jan. 9, he

discovered that his 2009 Chevy TrailBlazer was stolen from the driveway in the 32500 block of Kathryn where it was parked.

He told police that he was unsure if his spare car keys were in the car at the time. The police found no shattered glass at the scene.

Stolen car

3 A resident in the 31900 block of Warren, said that he left his 2007 Chrysler running for about 10 minutes about 8 a.m. Jan. 11 in his driveway and when he returned to the car it was gone. It was not repossessed.

Burglary

4 Someone cut off the padlock of an outside freezer at the Arby's restaurant located at 30049 Ford Road. An employee reported the theft about 9:30 a.m. Jan. 10.

The theft totaled about \$300. Stolen were: two cases of potato cakes, 30 pounds of corned beef, two cases of potato bites, one can of jalapeno bites and six boxes of chicken.

Retail fraud

5 A 17-year-old Inkster man was arrested about 4 p.m. Jan. 11 after he concealed cologne and car fuses in his clothing and didn't pay for the items at the Kmart store, 29600 Ford Road.

Retail fraud

6 Though a manager at the CVS store at 29901 Ford Road tried to restrain and detain a shoplifter about 5:30 p.m. Jan. 11, the man and his accomplice got away.

The suspects, who were in their 20s, tried to steal two cans of Enfamil baby formula.

The police confiscated one of the suspect's coats which he lost during the struggle.

Property damage

7 A resident in the 29700 block of Sheridan reported at 8:30 p.m. Jan. 11 that someone stole some change after they entered his 1995 Mercury Villager. He found his door partially open and became suspicious.



7th Annual Senior Expo

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Schoolcraft College Livonia Campus in the VisITaTech Center
Haggerty Road between 6 and 7 Mile Roads

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Web Presence
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The Ford Fusion was voted car of the year.

NEWS BRIEFS

Pool tournament

A Broomstick Pool Tournament for Charity will be held Sunday, Jan. 31, at Joe D's Bar, 29242 Ford Road, Garden City.

Signup starts at 12:30 p.m. Cost is \$25 per player (single eliminations). There will be raffles and food with proceeds going to the Mayor's Committee for Underprivileged Children. Any questions, please call Kathy Cowan at (734) 525-7676.

Tax preparation

As the new year starts, it's not too early to start thinking about taxes. The Friendship Center will once again host the AARP Tax Preparation program for all low- and moderate-income residents.

The program is staffed by volunteers and offered free. The Friendship Center is an

E-file site only. Appointments are required. Generally, the tax return service offered through AARP is for simple returns. Those individuals with lengthy returns, many rental properties or investments are encouraged to have a CPA or professional firm complete their returns.

There is no age or specific income requirement. The site manager has discretion over what returns they are willing and able to complete.

This year, taxes will be done on Monday, Wednesday and Friday. The preparers are only on site during the day the center offers the service so any tax question regarding a return must be taken by a staff person and returned by a preparer at their convenience.

Call (734) 722-7628 for more information and appointments.

Local Ford dealer: 'What a difference'

See related story, Strictly Business, A7

BY PAT MURPHY
OBSERVER STAFF WRITER

What a difference a year makes.

Opening day of the North American International Auto Show is always a time of optimism. That was never more true than this week at press briefings and auto unveiling ceremonies preceding Saturday's official opening.

The country, the auto industry and metro Detroit needed a boost, according to Douglas North, president of North Brothers Ford in Westland. "And this is it," he said after an initial visit to Cobo Hall earlier this morning.

Last year was a downer, said North. The economy nose dived, automakers were talking about layoffs and bankruptcies and massive uncertainty shrouded the auto show and much of the year.

"This year is different," he said. "Everybody's enthusiastic, and there's a real buzz."

Most definitely, agreed Rick Hodges, general manager of Victory Toyota in Canton. "Everything is fresh," he said, "and customers (as well as the industry) have a lot more optimism."

And with good reason, according to industry analysts. The industry has pumped hundreds of millions of dollars into making long lasting, high mileage cars that excite customers. They predict sales in 2010 could

top 12.5 million compared to the disastrous 2009, when fewer than 10 million cars and trucks were sold despite the Cash for Clunkers incentives.

Nobody doubts that gas guzzlers are out and the country's love affairs with the automobile is far from smoldering. And sales aren't expected to approach the bumper years of earlier in the decade.

But customers will be pleased with all the fuel-efficient vehicles, insisted North, and that will translate into sales.

Ford vehicles were voted the car and truck of the year, he noted, referring to the Ford Fusion and the Transit Connect. "And we've got a lot of other exciting vehicles

like the new Fiesta and Mustang."

Toyota won't be outdone, insisted Brian Jones-Chance, a sales representative who will represent Victory Toyota Saturday when the show opens to the public. "This will be my first auto show," said Jones-Chance, 23, who said he has been selling cars for less than a year. "But I'm excited."

The Japanese automaker is hoping the redesigned Prius and its new 2011 van will appeal to customers across the spectrum.

"I'm new to the industry," said Jones-Chance. But Toyota has some exciting vehicles from small hybrids up to the luxury Lexus, he said. "This will be an exciting year."

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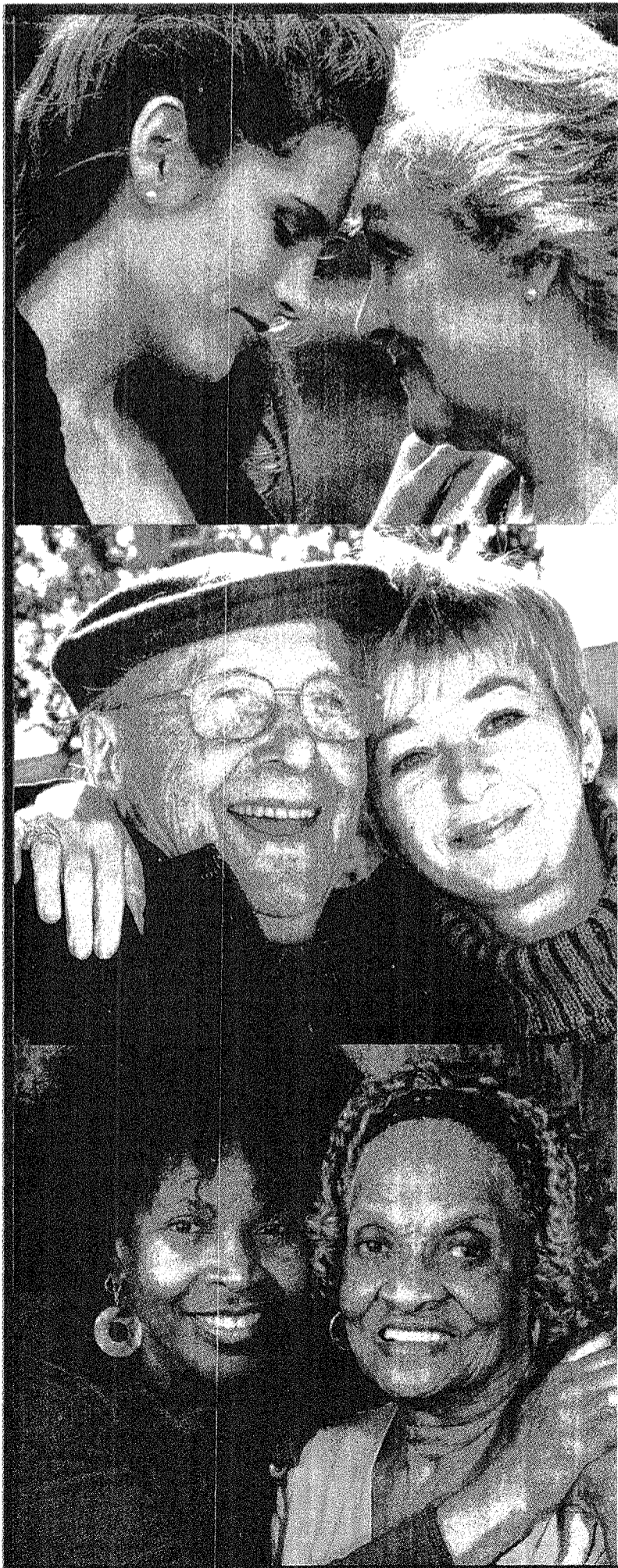
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Westland-Garden City Strictly Business

Local car dealers optimistic about sales in 2010

BY JULIE BROWN
OBSERVER STAFF WRITER

Garden City and Westland car dealers are hopeful 2010 will be a good year for new car sales.

"We're an extremely optimistic glass half full group," said Clarity Patton, quality and business development manager for Metropolitan Lincoln-Mercury in Garden City.

She agreed the "good buzz" associated with Ford Motor Co. not taking government bailout money has boosted sales. "Lincoln and Mercury, we're a bright spot," Patton said, citing great service and products. "We're coming out of it pretty excited. We really think there is a lot of pent-up demand."

The Lincoln MKS, a full-sized luxury sedan, is doing well at Metropolitan. "The technology in that vehicle is amazing," she said. It has a V6 engine but good fuel economy.

Also doing well is the seven-passenger luxury Lincoln MKT, giving an alternative to the Navigator "which is also still a wonderful Lincoln option that is available."

"We're optimistic and excited about 2010," Patton said. Quality, safety and fuel economy are a winning combination: "That's what our customers want and we've been able to give it to them."

Joe Himmelspach, general sales manager at Crestwood Dodge Chrysler Jeep in Garden City, agreed there is pent-up consumer demand.

"I'm certainly looking forward to a better year," Himmelspach said. "Hopefully as the year goes on more and more improves."

He said a lot of drivers have been hanging onto cars because of job losses or no overtime pay. "People are keeping their cars



Metropolitan Lincoln-Mercury in Garden City is all set for 2010. "We're optimistic and excited about 2010," said Clarity Patton, quality and business development manager for the dealership.

longer."

At his dealership, the Dodge Journey, a crossover vehicle, is selling. The Town & Country and Caravan minivans continue to sell.

"They get pretty good fuel economy," Himmelspach said. "They move people and stuff. You can haul all kinds of stuff."

He agreed the auto show in Detroit will spark interest in buying cars: "It always does."

He encourages potential customers to come in for an evaluation, noting some of the great deals. "With some of the deals that are out there right now we can get them in a new car."

Some are in the 36-month leases, he said, typical of the

time in which a buyer would want a new car.

Himmelspach said, "Products are very good." His dealership added Chrysler and Jeep in 2009, and got through the bankruptcy which also hit General Motors. Those were "painful. I think that hurt sales," he said.

"I'm looking forward to a good year," he concluded. "I'm looking forward to a much better year. We did fairly well" in 2009.

At Gordon Chevrolet in Garden City, general manager Susan Ianni said, "It's going to be a better year, that's for sure." She anticipates a sales climb of 30-35 percent at the dealership.

"It's a great time to buy a car."

Chevrolet's Camaro is a big seller at Gordon Chevrolet, a "super hot vehicle. You can't keep them in stock." The Equinox, a small crossover vehicle, does well. It's a little smaller than the TrailBlazer it follows.

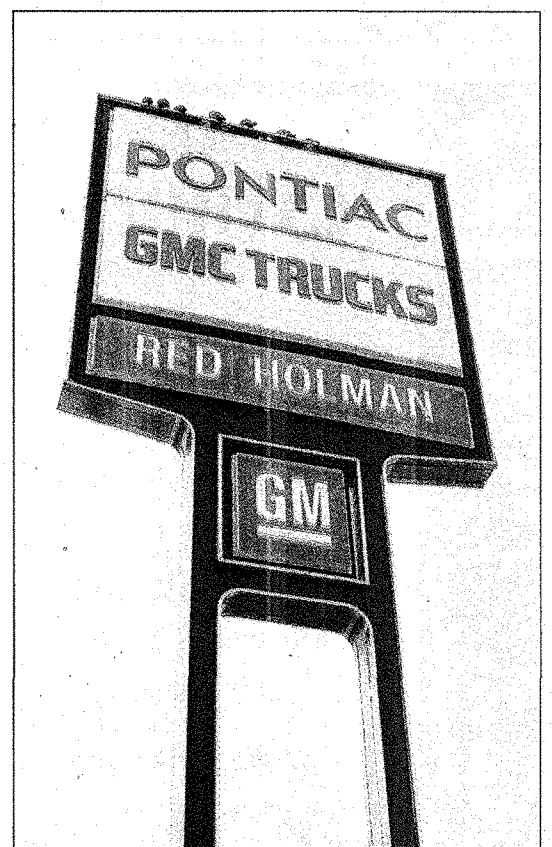
This fall, Gordon Chevrolet will get the Cruze to replace the Cobalt. "We're expecting that to be another hot seller," she said.

Ianni noted products are strong and anticipates an uptick in the economy. "I love being in a Chevrolet dealership. Chevrolet is a core vehicle. We're expecting big things."

She agreed the auto show, which will feature the Chevy Volt and others coming down



North Brothers Ford in Westland is offering deals to customers.



The Red Holman dealership at Wayne and Ford roads in Westland added Buick sales.

the line, will spark excitement. There was a credit freeze in 2009, Ianni said, along with fear on customers' part.

"That's going to subside this year." People are thinking, "I'm

going to have a job and it's going to be OK." She sees improvement coming after winter.

"We're really excited. We're also glad we're a survivor," Ianni said.

BUSINESS BRIEFS

Chiropractor of Year

A Garden City doctor of chiropractic has been named Chiropractor of the Year by the Michigan Association of Chiropractors (MAC).

The award is was given to Dr. R. James Gregg for demonstrating the highest level of commitment to his patients and the chiropractic profession. The award was given during the MAC Fall 2009 Convention and Exhibition at the Radisson Plaza in Kalamazoo. It was granted to Gregg for his "outstanding leadership, service and dedication."

Gregg has practiced in the city of Garden City since 1970. He is a graduate of Fordson High School in Dearborn and attended both Detroit Methods of Engineering and Henry Ford Community College before graduating from the Logan College of Chiropractic, St. Louis, Mo.

He has held numerous positions in chiropractic organizations, including president of District 1, secretary, treasurer, vice president, president and chairman of the board of the Michigan Chiropractic Council. He also has been a consultant to Medicaid, Department of Social Services, State of Michigan, chiropractic liaison for the chiropractic profession to Michigan Blue Cross/Blue Shield, and chairman of Insurance Relations committee of Michigan Chiropractic Council and as a state representative and co-chairman of hospital affairs for the International Chiropractors Association.

Gregg was appointed to the Malpractice Review Board of the American Arbitration Association and the Michigan Board of Chiropractic Examiners.

Among the awards he has received during his career are the Hugh B. Logan Memorial Award for Educational and Clinical Excellence, Michigan Chiropractic Council Chiropractor of the Year, Outstanding Service Award from the Michigan Chiropractic Council, 1972-75, 1978, 1981-82, 1984-89 and the President's

Special Service Award, Michigan Chiropractic Council, 1979-80, and Michigan Chiropractic Council Hall of Fame Award for Professional Achievement, 1990.

He has written numerous articles for chiropractic publications and lectures throughout the United States of America and Canada to chiropractic associations, chiropractic colleges, laymen and professional health organizations and state government, on such subjects as chiropractic philosophy, staff motivation and training, chiropractic hospital programs, and practice management.

He is the president and CEO of Gregg Chiropractic Life Centers, serving the Detroit Metropolitan area with four locations — 1647 Inkster Road, Garden City; 33779 Five Mile, Livonia; 1079 S. Baldwin, Orion Township, and 5130 Coolidge, Royal Oak.

For more information, call the main office in Garden City at (734) 525-8422.

Fondant Class

Mary Denning's Cake Shoppe in Westland will hold a Fondant Class noon to 3 p.m. Saturday, Jan. 30, at the shop, 8036 N. Wayne Road, south of Joy on the east side of Wayne Road. For information, call (734) 261-3680.

Cost is \$30 and includes all materials. Space is limited and pre-registration required. You will learn how to make a fondant cake like television chefs.

Each student will make a Happy Face Cake.

New president at helm

RHM Fluid Power in Westland announced that Jeff



Verona

Verona has been promoted to the position of president and chief operating officer of the corporation. Verona has been with RHM for 34 years, serving most recently as executive vice president. Bill Tulloch, who has been president for the past 14 years, will assume the title of chairman and chief

executive officer. RHM is a 52-year-old employee-owned firm that designs and builds fluid power systems and is a distributor of fluid power products.

Make your business known

Your business could be featured on the boards at the Mike Modano Ice Arena in Westland. Contact Bob Kosowski at (734) 722-7620.

Want to welcome customers to Westland with a sign at city entrances? Contact Brian Harnos at (734) 728-1770.

Want a presence on the Web? See your business on the city of Westland Web site, CityofWestland.com. Contact Craig Welkenbach at (734) 467-3198.

Kosowski also has information on advertising at Westland's golf course, including hole sponsorship.

Auto Show discount

Auto show enthusiasts will find discount tickets for the North American International Auto Show (NAIAS) 2010 at the customer service desk within all Michigan Kroger stores. Kroger is the exclusive location to purchase advance NAIAS tickets, with all tickets discounted \$1.

Kroger offers adult tickets for \$11 and child and senior tickets for \$5. Tickets will return to the full price of \$12 and \$6, respectively, on Jan. 16. NAIAS is one of the largest and most prestigious auto shows in the world and will be open to the public January 16-24 at Cobo Center in Detroit.

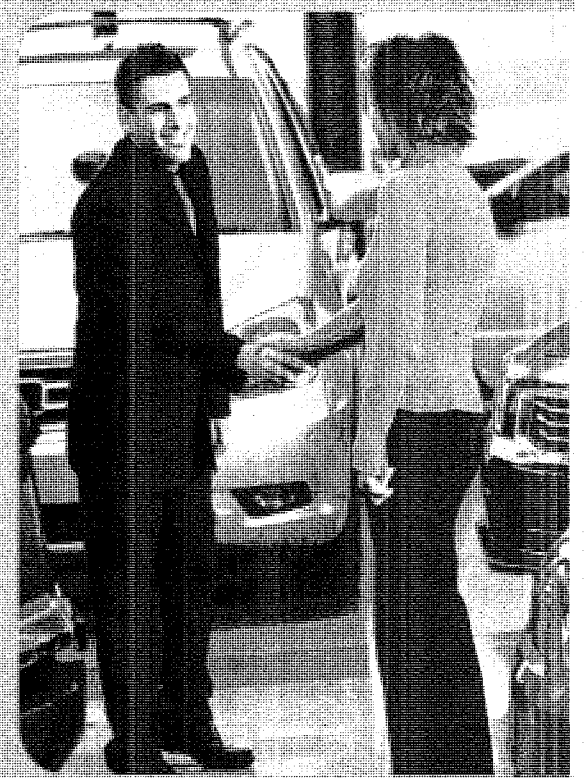
"In today's economy, everyone is interested in cutting costs," said Rick Going, president of Kroger's Michigan Division. "The savings add up quickly for families and individuals purchasing multiple NAIAS tickets."

In its 21st year as an international event, NAIAS will debut more than 50 vehicles, with over 30 of those vehicles making worldwide introductions. NAIAS will feature more than 700 vehicles representing the most innovative designs in the world, with more than 700,000 showgoers expected to attend.

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New year is a perfect time for net worth statement

Mailboxes soon will be swamped with statements, 1099s, W-2s and other tax correspondence. It is important for taxpayers to save these documents, because they are essential for proper completion of 2009 tax returns.

Forgetting to include income from a 1099 will almost guarantee a letter from the Internal Revenue Service. The IRS is one government entity that one never wants to hear from.

One of the surest ways to draw IRS scrutiny is to fail to report income. Typically, what is on a 1099 or a W-2 is extremely important in completing an accurate tax return. In addition, documentation



Money Matters
Rick Bloom

that deals with deductions is also important when it comes to filing your tax returns. All tax documentation received can be extremely important if your tax return is audited.

This is an opportune time to take stock at the beginning of the new year by doing a net worth statement. It is important to know your net worth because it can be used as a measuring stick.

Knowing your net worth, which is nothing more than

assets less liabilities, and how it changes over the years is essential to financial planning. Knowing such things as whether you can afford to retire or whether you should make gifts for estate planning purposes are directly related to net worth.

One question I'm always asked is whether a home should be included in the net worth statement. I believe, generally, it should be part of a new worth statement. After all, equity in a home can be an important factor when it comes to retirement planning.

The problem with including the home, however, is that homes are hard to value. Remember, it's not what you think your house is worth, but

what it can sell for on the open market.

If you choose to include the home in your net worth statement, be reasonable and honest when it comes to value.

Items not included in net worth statement are collectibles. My reasoning is that most collectibles are not as valuable as people think. Too many people attach sentimental value to a collectible, but in reality, if they went to sell the item, sentimental value is not a factor.

If, however, you have a collection of something that is not only easily valued but also easily sold, then it may make sense to include those items. There are many things that have value. The problem

is finding a seller who will pay that value. Although the Internet and sites like eBay have changed the landscape, selling collectibles, memorabilia or artwork at a true value is sometimes difficult.

Just as it will take some time to obtain the value of your assets, you need to spend the same time with your liabilities. Mortgages, charge cards, personal loans — know the balances as of Jan. 1. In addition to knowing the balances of your liabilities, know the terms — interest rates, how interest is calculated, penalty provisions and whether interest is tax deductible.

Determining net worth creates a base you now can use for comparison purposes. Should

you do a net worth statement every month? No. My general recommendation is every six months.

Any type of personal financial planning has to start with a snapshot of where you are starting from. A net worth statement is exactly that.

Over the next few weeks, sit down and spend an hour or so preparing your net worth statement. The results, whether good, bad or indifferent, will help to keep your financial house in order. Good luck!

Rick Bloom is a fee-only financial adviser. Observer & Eccentric readers can submit questions at moneymatters@hometownlife.com. For more information, visit his Web site at www.bloomassetmanagement.com.

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NEWS BRIEFS

Annual Fairy Princess Ball
Celebrate Valentine's Day with your favorite princess at the annual Fairy Princess Ball. This year's event will take place on Saturday, Feb. 6, at the Bailey Recreation Center. There will be dancing to disc jockey ThirDimension, Dj Group, which specializes in providing all the songs girls love best. There will be traditional "top 40" tunes as well as special dances like the Bunny Hop, the Hokey Pokey, the Cha Cha Slide, the Chicken Dance and many more.

There will be refreshments served by Fairy Godmothers. If Dad can't come, bring Grandpa, older brother, uncle, or a special family friend can accompany the princesses. All ages are welcome but pre-registration at the Bailey Center by Feb. 3 is mandatory.

There are two sessions — 3-4:30 p.m. and 5:30-7 p.m. The cost is \$20 per couple, including entrance fee, snacks, gifts and complimentary picture and \$7 per each additional daughter.

Friends of Eloise
The Friends of Eloise meets at 7 p.m. on the third Tuesday of the month (except July, August and December) at the Collins House in the Westland Historic Village Park, on Wayne Road between Marquette and Cherry Hill. For information, call Jo Johnson, (734) 522-3918.

PUBLIC NOTICE
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Legal notices are available for review at our website.

The minutes from regular and special Council meetings are available at:
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Current requests for bids and proposals are available at:
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You can also access this information at Garden City City Hall or the Garden City Library during regular business hours or in the Garden City Police station lobby 24 hours a day.

Publish: Jan. 14, Feb. 11, Mar. 11, Apr. 15, May 13 & June 10, 2010

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Providence Park Hospital 47601 Grand River Avenue Novi, MI 48374 (Conference Rooms A, B, & C)	St. Mary's Mercy Hospital - Livonia 36475 Five Mile Road Livonia, MI 48154 (Auditorium)	Summit on the Park 46000 Summit Parkway Canton, MI 48188
To Attend: 1-866-501-DOCS	To Attend: 1-734-655-2400	To Attend: 1-800-543-WELL

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OUR VIEWS

Bargaining is give and take by both sides

Like many other Michigan communities, Westland is facing the twin dilemma of decreasing revenues and increasing costs of doing business. The city administration is projecting a deficit of \$3.5 million for the fiscal year that begins July 1 — a shortfall that is projected at \$12 million for 2011-12.

That means the city needs to take look at how it does business and find ways to make up that revenue shortfall. Mayor William Wild has frozen pay for his appointees and staff along with reducing their car allowances. That sets an example for union-represented city employees, who the mayor is asking for concessions.

Last week, Wild made public comments about possible layoffs in the largest employees bargaining unit — the American Federation of State, County and Municipal Employees, which represents public services, clerical and parks and recreation employees — unless wide-ranging concessions were forthcoming.

This comes after a year of bargaining. The AFSCME contract is expired, unlike the police and fire unions who have two years remaining on their contracts including raises each year, so it was natural for the city to seek concessions there first.

We don't know the tone of the bargaining, but clearly the mayor didn't see progress being made toward his goals. Calls for concessions wouldn't be what employees want to hear.

That being said, it takes concessions by both sides to reach an agreement. Like many other workers in both the public and private sectors, city employees are likely to have to make concessions, especially those which can help maintain jobs. Conversely, the mayor and his staff need to take a hard look at city operations and start looking for other ways cut spending — employees can't be expected bear the total brunt of the budget cuts. Employees report making suggestions to cut spending, only to have those ideas ignored. Maybe some of those ideas need to be revisited and seriously considered.

Statewide, municipalities are making budget cuts and employees unions are having to accept changes that would have been unthinkable in the not so distant past. We urge the city administration and unions to put their heads together to solve Westland's looming financial problems.

Local Red Kettle effort testament to community

In all the hustle and bustle of the holidays, you may not have thought you were doing a great deed putting a buck or two in the Salvation Army Red Kettle.

Those dollars and coins add up, however, with the Wayne-Westland corps surpassing its local fund-raising goal for the Red Kettles.

"We can't thank our communities enough," said Capt. Derek Rose, corps commander with wife Joanna. "We did really well this year."

The Red Kettle campaign had a local goal of \$135,000, which was surpassed at \$146,000. The mail appeal, which continues through the end of January, stands at \$15,000 collected of the \$20,000 goal. Donations payable to the Salvation Army may be made by mail at 2300 S. Venoy, Westland, MI 48186.

"There wasn't a lot of big dollar donations this year," Rose said. "More people are donating out of what they have." He and other bell ringers didn't see a lot of \$10 and \$20 bills put in kettles, but many donors put in smaller amounts.

Rose added that people know friends and neighbors who've lost their jobs, and that they themselves are a paycheck away from such circumstances. Residents dug deeply into their pockets this year, making the Christmas season and life beyond easier for those facing tough times.

Hats off to all the hardworking staffers and volunteers who manned bell ringing sites. Kudos as well to Westland Shopping Center and all the businesses large and small that made a successful Red Kettle outcome possible.

The Salvation Army has a long and proud tradition of serving those most in need. It's wonderful that our community came together with such a show of support for this worthy endeavor.



Wayne-Westland Salvation Army Capt. Joanna Rose helps Zion Jackson in the corps' Media Center, which opened this past year. Generous people supported the Wayne-Westland Salvation Army's Red Kettle effort this Christmas, with the fund-raising goal surpassed.

LETTERS

Collect sales taxes

Are we the only ones outraged at the cuts in state revenues for our cities, schools, etc.? Oh, yes, there were some demonstrations regarding school cuts, cuts in some city services and/or more pay cuts. Doesn't it bother you when the powers that be are trying to replace lost revenues, such as losses due to foreclosures, cutbacks in other areas because of loss of jobs and other economic-related slump issues, namely loss of tax revenues, by adding new taxes?

And, as many people are really hurting, NO ONE is reminding us that our government at both the federal and state levels fails to collect an ongoing 6 percent of sales from purchases made online or by mail. As a result of that, we continue to lose hundreds of millions of dollars regularly.

Don't take our word for it, check with your legislators. They will explain to you all of the reasons for not doing so ... we call those excuses. And they may tell you that our income tax forms ask us to declare the sales tax on the aforementioned processes. Well and good, however, the fact still remains that we continue to lose hundreds of millions of dollars, regularly, because we fail to collect the 6-percent sales taxes.

Where is the outcry from the cities that continue to experience cutbacks in state revenues? Where is the outcry from all of the school districts that continue to lose state shared revenues and thus in some cases are forced to close schools, etc.?

Our legislators are looking for sources of revenue. Has anyone reminded them that they don't have to look very far? All they have to do is change the laws that are apparently preventing them from collecting all of the lost dollars from uncollected sales taxes.

The legislators are cutting social programs, big time. The most vulnerable people in our society are an easy target. They don't have the lobbyists or advocates to plead their case. So we allow legislation to pay our bills off the backs of the most vulnerable people. Whatever happened to everyone's moral compass?

Isn't there anyone out there who will be brave enough to address this issue regardless of political implications? Isn't there anyone out there who will stop the loss of hundreds of millions of dollars?

We just came from a Group Home of handicapped adults and were told by a staff person that they are going to get yet another cut in 2010. We are so outraged because we know of the money that is going down the drain; and when we did inquire, we were given the same list of excuses, which, we're sorry, but they are only excuses.

At this specific time in our state, we feel it is a moral issue. We pray that someone out there who will read this letter will also become outraged and deluge the offices of all the legislators and fight to bring back all of the hundreds of millions of dollars to our state of Michigan.

James and Mary A. Murphy
Westland

No private experience

The tax and spend plan the Obama administration has been on in the last year is doing exactly what the experts

WHAT DO YOU THINK?

We welcome your Letter to the Editor. Please include your name, address and phone number for verification. We ask your letters be 400 words or less. We may edit for clarity, space and content. Submit letters via the following formats.

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said it would: halt the economy and send the jobless rate skyrocketing. Not one of Obama's cabinet members has ever held a real job with a private company. They have no clue on what makes the economy tick because they've always been paid by our tax dollars and have never had to tighten their belts like we do when times get tough.

Now Obama comes out with a new green-jobs program that will cost taxpayers \$2.3 billion. He predicts special tax credits for all of his faddish "energy savers" — jobs selected by EPA bureaucrats will create 17,000 new jobs. This is out of a total workforce of 153 million.

The average cost of these alleged new green jobs will be \$135,000 per job. It's sort of like the \$780 billion stimulus plan, half of which has supposedly saved 1 million jobs at roughly \$200,000 per job. Let us not forget that Obama told us that if we passed the stimulus, the unemployment rate would not exceed 8 percent; we've been at over 10 percent for months now.

Obama's EPA is now going to penalize manufacturing America, or what's left of it — with tougher standards to reduce smog. Of course, smog has already fallen 25 percent in the last three decades. This little beauty could cost us up to \$90 billion annually.

Interior Secretary Ken Salazar recently announced that he is closing down federal lands for oil and gas drilling. This with the price of oil hovering around \$83 a barrel and retail gas at the pump moving in the direction of \$3 per gallon, you have to wonder if anybody in Washington has any common sense at all.

Phil Solarz
Westland

Lead the way, LPS employees

I left the employment of Livonia Public Schools approximately two years ago. The reason for leaving was not because I don't believe in LPS. It was simply that I could see that education was suffering financially in this state and that it wasn't going to get better in the near future.

To all of you who went into education because you wanted to make a difference in children's lives and pass on your love of knowledge and learning to others, now is the time you can truly do that. Most of us know that the majority of kids do not get up and go to school every morning because they like to. In the lower grades that might be true, but as they move along in their academic careers it's about way more than that. Yes, there are those students who truly love learning and go to school to learn. There's nothing wrong

with that; I commend those students. The majority of students are going to school as a means to an end. They need the extra-curricular in their lives. Think about the number of students who get good grades and stay out of trouble only so they can participate in sports, marching band or other after-school activities.

Secondary teachers, please think about how difficult it will be to teach students who feel that their whole reason for being there has been taken away. It might prove to be even more challenging than it is now. It is with that in mind that I propose the following: Each of the bargaining units needs to step up and renegotiate their contracts with the district that would include a 4-percent pay cut. That being said, each bargaining unit could stipulate that the reduction in pay would only occur if all bargaining units as well as central office administration followed suit. This would have the same effect financially on every employee and then it wouldn't be imposed on anyone if everyone didn't get on board. I realize that taking a pay cut of any kind is a sacrifice for everyone. Personally, we experienced a huge pay cut this past year as my husband spent eight months laid off, so I do understand what it means to take a pay cut. But isn't a pay cut better than the alternatives? Who will lead the way?

Melanie Ricketts
Livonia

Article was wonderful

On behalf of Timothy Lutheran Church and all of its members, I would like to give a very sincere thanks to your paper and especially to Sharon Dargay for the wonderful article in the Dec. 10 paper about our third annual cookie walk. Amazingly, we sold out of cookies in less than one hour! Unfortunately, that meant we had to turn people away at the door, and we apologize to everyone who showed up and didn't get any cookies. Next year we will definitely be baking more!

I would also like to thank everyone who put signs up in front of their houses and businesses advertising our cookie walk. Special thanks to: Community Choice Credit Union, Flower King, Lutheran High School and Wireless Toyz.

We look forward to seeing everyone next year for a bigger and better Cookie Walk!

Lori Barch
Cookie Walk co-coordinator

U.S. Senate disappointing

Never in my 49 years as an American am I more disappointed and frustrated with our so-called federal leadership. The backroom deals and lobbying to get a Senate health care bill done at any cost is the most wasteful exercise I have ever witnessed. Actions of the past month have been dishonest, underhanded, immoral — and it's depressing to watch my Michigan leadership go along with all the terrible actions of Harry Reid & Co. Washington has proven beyond the shadow of a doubt there is only a desire to get a health care bill done, but no desire to get it done right. I am ashamed of the U.S. Senate as it ignores the wishes of most Americans. You work for us, not the other way around.

Tom Lang
Livonia

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Advertising

Face winter with moisturizers, new cosmetics palette

BY WENDY VON BUSKIRK
CORRESPONDENT

It's a brand new year and time to sing auld lang syne to some of your cosmetics. Saks Fifth Avenue will help customers find a brand new beauty regimen during Pretty Organized, Jan. 14-18 at Somerset Collection.

According to S5A Cosmetics Manager Sandy Waterfall, deep festive lip gloss and eye shadow shades from the holidays should give way to fresh faced beauty, with a focus on staying hydrated and protected during the dry months of winter.

"It's really about paring down and making sure you have all the necessities in your cosmetic bag," said Waterfall, of Royal Oak. "It's kind of the equivalent of cleaning out your closet."

To inspire customers to make a fresh start, Saks is offering a free Pretty Organized makeup bag with any cosmetics or fragrance purchase of \$50 or more.

The white clutch has three compartments, each with a zipper in a different shade of pink. Waterfall said it's perfect for filing beauty supplies for face, lips and eyes. Here are Waterfall's picks from Cosmetics on One.

FACE

When it comes to skin care, moisture is the mantra in winter. Waterfall said several steps should come before foundation, all designed to hydrate.

"The key to this time of the season is to make sure you're really moisturized because it's so dry," Waterfall said. "Even women with oily skin tend to be dry this time of year, so it's important to moisturize not only in the morning but throughout the day."

Waterfall layers Estee Lauder Perfectionist Serum, which boosts collagen and gives skin a silky feel, and La Mer Moisturizing Gel Creme, made with a "miracle broth" of sea kelp harvested off the coast of California.

She also recommends Cle de Peau Smoothing Base for Pores.

"It's another step, but it helps your foundation to lay really nicely on your skin, and helps keep that moisture you just put on your skin stay locked in," Waterfall said. The fact that it's SPF 24 is a bonus.

"You definitely need that when you're out and about. In winter you're getting as many rays as you are in the summer if not more because it's reflected off the snow," Waterfall said.

For foundation, Waterfall loves Trish McEvoy's Beauty-To-Go Refillable Pen. "I don't wear foundation in the summer but this time of the year it's so challenging. I don't know any women who love their skin in the winter," she said.

LIPS

Now that holiday parties have passed, it's time to leave those glamorous lipsticks in the drawer and focus instead on a naturally pretty pucker.

PRETTY ORGANIZED

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When: Thursday-Monday, Jan. 14-18

Where: Saks Fifth Avenue, Somerset Collection, 2901 W. Big Beaver, Troy
Call: (248) 643-9000, Ext. 5261

Just like skin, lips tend to be dry in winter so it's important to stock up on some serious lip products and apply liberally.

Waterfall loves Laura Mercier's Lip Treatment Kit. The two-piece set includes a Lip Polish that exfoliates, and a Lip Conditioner that infuses lips with moisture. For lip gloss, Waterfall likes Chanel Glossiers because they don't take on a tacky feel in the cold. She recommends the universal color Rose Sand, with pink and coral hues that work with every skin tone.

If you can only pick up one new product for your pout, make it a tube of Kiehl's Since 1851 Lip Balm #1. Inexpensive and indulgent, it smooths and soothes, and tastes great in flavors like mint, cranberry, mango and coconut.

EYES

Waterfall, a self-professed cosmetics junkie, said the "eyes" pocket of her Pretty Organized pouch is overflowing.

"This is my favorite category," she said.

Her picks include La Prairie Light Fantastic Brightening Eye Treatment, which can be used on the eyelids as a concealer and eyeshadow base, and under the eyes for highlighting.

"That too is a clicker pen. I love clicker pens," Waterfall said. "It's sheer but it does give you some luminosity. If you have redness on the tops of your lids or dark circles underneath it just remedies that and gives you a nice base."



Estee Lauder Perfectionist Serum boosts collagen and gives skin a silky feel.

For the ever-important moisture, Waterfall applies Hydra Seal Yeux by Yves Saint Laurent throughout the day.

She gushes over NeuLash Eyelash Enhancement Serum, an all-natural alternative to Latisse that delivers healthy and fuller lashes in 30 days.

"You put it on at nighttime, liquid liner right above each lash line before you go to bed. We sell a ton of it in the department," she said. "Everyone in our department uses it and we have these crazy long lashes."

Her favorite mascara to draw all eyes to that fringe? Lancome Definicils.

"It's an oldie but goodie," Waterfall said.

Make your feet go Vroom

WHITE LAKE — A love of classic cars and vintage travel trailers — and an extreme dislike for cold feet — sent Rhonda Gelstein on a mission to create unique, fun and warm slippers. In 2008, Vroomers opened for business in White Lake. The family-run operation makes stuffed slippers shaped like quirky camping vehicles, that retail for \$29.99.

"Vroomers has become a great passion of ours," said Rhonda Gelstein, owner of Vroomers. "Each family member plays a role, from packaging to promotion. Not only is the business itself fulfilling, but we have also been able to connect with many nonprofit organizations through our slipper donations. It's a lot of work, but we're having a blast!"

Rhonda is joined by her husband Mark and sons Logan and Tyler.

Vroomers styles include:

- **Classic Car:** Inspired by the iconic Nash Metropolitan of the 1950s and available in red, turquoise and yellow.

- **Woody Teardrop:** Based on beloved Teardrop trailers, which have the freedom to camp where larger trailers cannot go.

- **Silver Travel Trailer:** Vroomers best-sellers evoke Airstream, Avalair, Avion, Boles Aero and Silver Streak trailers, a.k.a. Canned Hams.

Coming in Spring 2010:

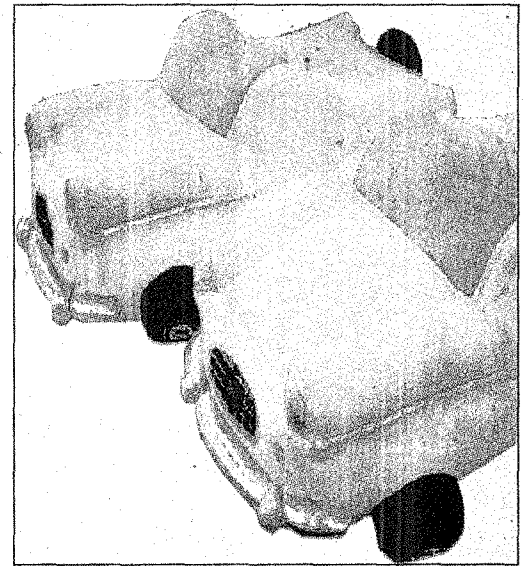
- **Canned Ham:** Two-toned trailers in a zigzag design.

- **Bubble Car:** Modeled after micro cars, or bubble cars.

- **First Robot:** Designed as a way for the family to support the World-Champion Heroes of Tomorrow (HOT) Team #67 out of Huron Valley Schools, these robots are being designed with a nod to FIRST Robotics.

Vroomers keep feet comfy and warm and start the day off with a smile. One size fits many (6 to 11) and is designed for teens and adults. Slippers feature non-slip bottoms and cozy fill. They can be ordered on-line at www.vroomersonline.com.

They can also be found at several campgrounds across the country.



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Brad Emmons, editor, (313) 222-6851
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Patriot girls earn hard-fought win vs. Rockets

BY BRAD EMONS
OBSERVER STAFF WRITER

Maybe the two-hour JV game was a sign of things to come.

And Tuesday night's varsity girls basketball game between host Westland John Glenn and Livonia Franklin proved to be a long, drawn-out affair as well.

In a game that featured a total of 84 turnovers and 45 fouls called, it was Franklin that emerged the winner with a 57-43 triumph.

The Patriots, last year's state Class A runner-up, overcame the sterling 27-point effort of Glenn senior forward Michelle Vanover, who was one of three Rockets who fouled out in the final quarter.

Franklin countered Vanover's effort with a more balanced scoring attack as junior point-guard Chelsea Williams, who also fouled out, finished with 14.

Brittany Milican and Amanda Borioe chipped in with 11 apiece, while Senneca Scott wound up with nine.

The Patriots, who never trailed after jumping out to a 9-0 lead after just 2 minutes and 22 seconds of action,

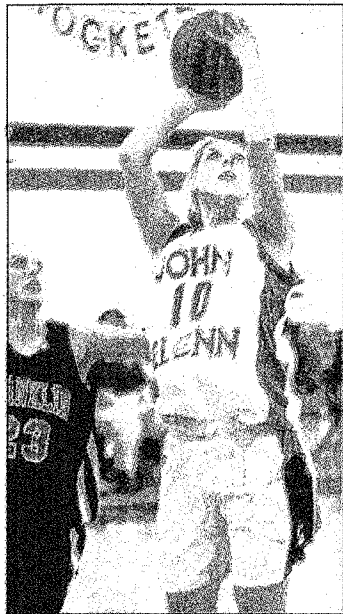
improved to 5-2 overall and 2-0 in the KLAAs South Division.

"It was a fist fight, two-hand checking on the ball, moving screens — you're going to get tons of turnovers in a game called like that," said Franklin coach Dave McCall, who drew a second-half technical. "You had to play through the inconsistencies of the officiating and our girls kept their composure. You've got to get physical right back and we held in there. They didn't let the refereeing affect them. They did what they had to do."

Glenn coach Mark Anderson agreed with McCall's comment that "it was a fistfight."

"We both had the gloves on and we should have ducked because they (Franklin) hit us with a couple of jabs," said the first-year coach, whose team is 2-5 overall and 1-1 in the KLAAs South. "They (Franklin) are well coached and I'm impressed. The problem is that we sent them to the free throw line (19-of-35). We came to play, but we got careless with the fouls and they got to the line."

Franklin won despite committing 43 turnovers (to

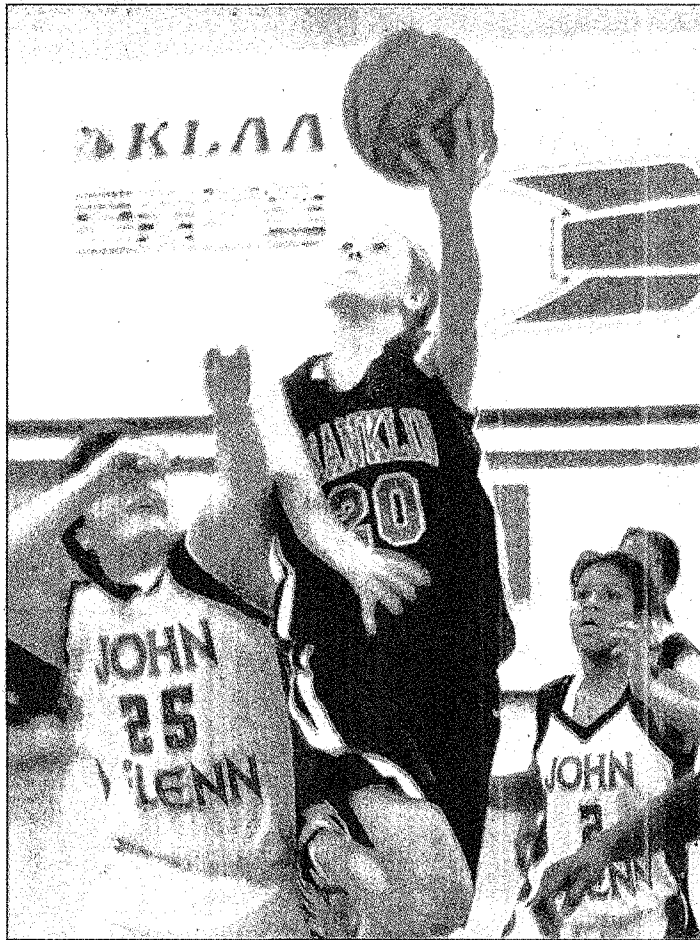


John Glenn's Michelle Vanover goes in for two of her game-high 27 points in Tuesday's 57-43 KLAAs South setback to Livonia Franklin.

Glenn's 41).

The Patriots led 25-19 at halftime thanks to a short jumper by Williams in the key at the buzzer. Franklin then stretched its lead to 40-30 after three quarters by hitting

Please see **HOOPS, B3**



Franklin's Chelsea Williams (20) goes up with the left hand over John Glenn's Samantha Fox (25) during Tuesday's KLAAs Central Division clash.

PHOTOS BY BILL BRESLER | STAFF PHOTOGRAPHER

SIDELINES

Langford nominee

Westland John Glenn's Jeremy Langford, an All-Observers and All-State running back, has been nominated as an Old Spice Red Zone Player of the Year.

Langford, who rushed for 1,936 yards and 23 touchdowns for the 8-2 Rockets, is among a select group of players who are eligible to be selected as a national Red Zone Player of the Year and be honored in a full-page feature in a national print publication.

For the ninth straight year, Old Spice is recognizing high school football players who go above and beyond the call of duty, particularly in the Red Zone.

The program honors athletes who are able to elevate their play and step up when the heat is really on. These athletes embody leadership, performance and desire, and serve as examples to their teammates on and off the field.

High school coaches across the country are naming one player from their team as their Player of the Year.

Langford, who recently committed to Michigan State, is also eligible to be named one of 50 national Players of the Year. The top 50 players nationwide will be named Red Zone Players of the Year and will receive a plaque and other awards.

Brown traded

Plymouth Whalers general manager and Coach Mike Vellucci announced the acquisition of 19-year-old center Phil McRae from the Ontario Hockey League's London Knights in exchange for 18-year-old left winger Tyler J. Brown of Westland.

The Whalers also gave up their third and fourth-round round picks in 2010, along with fifth and eighth round picks in 2012.

Brown, who had six goals and eight assists, is currently in his third season in the OHL after being Plymouth's eighth-round choice in the 2007 OHL Draft.

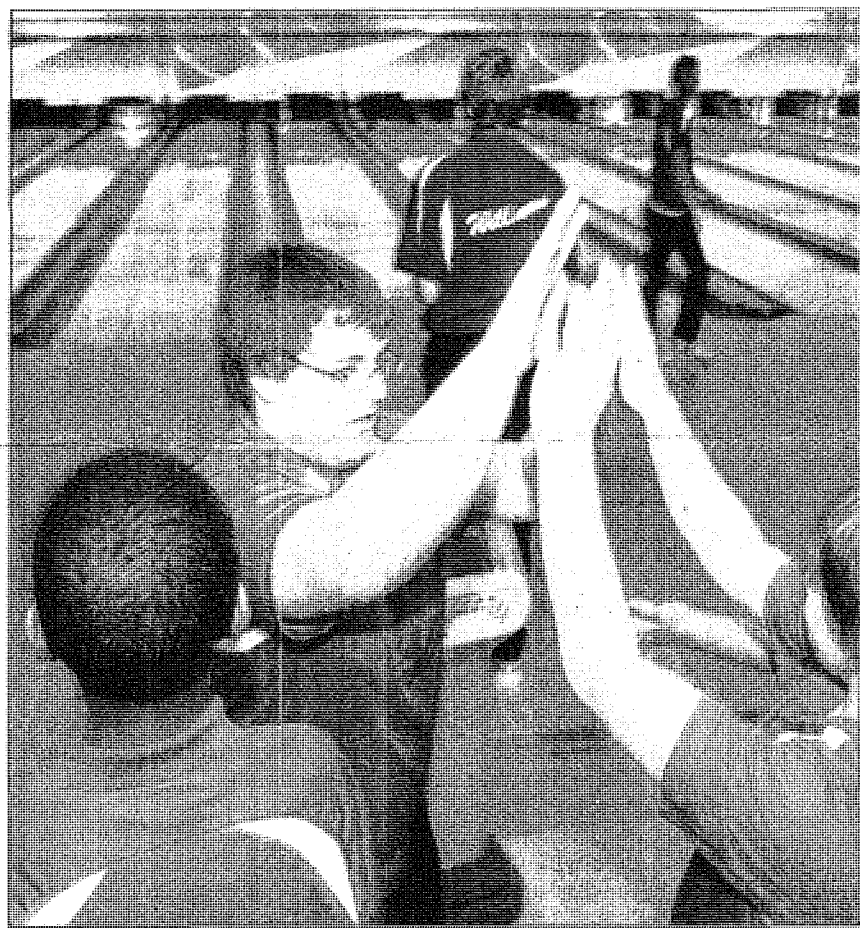
He is a graduate of Livonia Churchill High School and played for the Detroit Belle Tire AAA Organization.

Free throw contest

The K of C Free Throw Championship for ages 10-14 will be from 1-5 p.m. Sunday, Jan. 17, at St. Michael's Gym, 11311 Hubbard (off Plymouth Road), Livonia.

The contest is sponsored by Father Daniel Lord Council No. 3959.

To obtain an entry form or for more information, call Don Campbell at (734) 953-3723 (home) or (734) 560-4738 (cell).



BILL BRESLER | STAFF PHOTOGRAPHER

John Glenn bowler John Cleavenger gets a high-five from teammates after rolling a strike in Tuesday's 20-10 dual match setback to Salem at Super Bowl in Canton.

Redemption

Glenn boys bowlers rule invitational

BY BRAD EMONS
OBSERVER STAFF WRITER

After forfeiting a tournament triumph due to a minor MHSAA rules violation last month at the White Lake Lakeland Invitational, Westland John Glenn bounced back Saturday to capture the Livonia Ladywood Invitational held at Canton's Super Bowl.

Sparked by the tournament high games of 258 each by senior captain Kyle Hamlin and freshman Jordon Hornes, the Rockets led all 26 schools with a pin total of 3,905, including Baker games of 190, 215, 226 and 280.

Flat Rock was a distant second with 3,761, while Hartland took third with 3,571.

Glenn's three-game match play total was 2,994, while its Baker set was a combined 911.

"Back in December all I could do was try to get the boys to accept the fact that we could take a positive out of the negative," Glenn coach Ron Brusseau said. "We wanted to take the experience of winning that tournament into the next

tournament — sort of a 'been there, done that' attitude, and boy, did they."

Glenn struggled in the first match game with a 9-4 series, but came back strong with a 1,004 and 1,046 to take a 17-pin lead going into the Baker sets (alternating shots).

"Although our Baker game has bitten us in the past, coach Steve (O'Harris) and I have given this a priority and showed today," Brusseau said. "All I kept telling them as they went on was to 'leave no doubt.'"

Glenn's 280 Baker game currently ranks third in the state and the 226-280 two-game Baker set is an MHSAA high for the season.

Among the Glenn individual scorers included: Hamlin, 258-226-178; Hornes, 258; senior co-captain Chris Harper, 159-224-216; sophomore John Cleavenger, 201-208; senior Derrick Ammons, 200; sophomore Tommy Ruark, 186; freshman Steven White, 192; and sophomore Thomas Brusseau, 163.

Please see **BOWLING, B3**

16-0 Lady Ocelots survive tussle vs. Delta, 62-58

It was close encounters of the third kind Saturday as the top-ranked and unbeaten Schoolcraft College women's basketball team survived with a 72-69 victory at home over Delta Community College.

The Lady Ocelots, shooting a season-low 32.9 percent from the field, improved to 16-0 overall and 7-0 in the Eastern Conference of the Michigan CC Athletic Association.

It was the lowest shot percentage since last year's

NJCAA Division II championship final against Kirkwood (Iowa) as Schoolcraft made only 3-of-18 from the three-point range (16.6 percent).

Schoolcraft held a 61-47 lead with 6:06 remaining before the Pioneers (6-8, 3-3) rallied to make it close.

Antania Shepherd, who had 14 points, nailed four free throws and Angie Burrell (12 points) added two more during the final minute to preserve the Lady Ocelots' 34th straight conference victory.

COLLEGE HOOPS

Kimberly Bee contributed 14 points and 14 rebounds, while April Goins also had a double-double with 10 and 10. Burrell dished out five assists.

The Lady Ocelots have now won 45 straight home games, including 39 in a row in the conference. They have won 66 of their last 68 conference games.

Gracie Baumgartner led Delta and all scorers with 22

points. Kayla Knieper added 16 points and eight rebounds.

Schoolcraft outrebounded Delta by a whopping 65-42 margin.

The Lady Ocelots' other two close encounters came Nov. 29 against Owens Technical College (Ohio), 66-65; and Dec. 12 against St. Clair County, 62-58.

AQUINAS 76, MADONNA 70: A 25-7 run midway through the second half Saturday by host Aquinas College (12-5, 2-0) proved to be too much for the Madonna University

(4-10, 0-2) in a Wolverine-Hoosier Athletic Conference encounter at Ford Fieldhouse in Grand Rapids.

Junior Tabatha Wydryck led the Crusaders with 17 points to go along with nine rebounds. Senior Kim Olech (Plymouth) added 15 points and 10 rebounds for her second double-double of the season.

Sophomore Erin Bentley and freshman Shantelle Herring added 13 and 10 points, respectively.

Joslyn Narber led all players with 23 points for the Saints, who rallied from a 56-40 deficit with 13:03 remaining.

Taelor Sanders and April Feldpausch added 12 points apiece.



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Green-friendly show: Club makes art using old, junky cameras

BY SHARON DARGAY
O&E STAFF WRITER

Ralph Krawczyk Jr.'s camera doesn't save images to a memory card or upload directly into a computer, but he likes the Polish toy polystyrene camera just fine, thank you. Combined with Krawczyk's creative eye and 120 medium format film, the AMI WZFO brand camera produces exhibit-quality works.

Krawczyk, a Redford resident, isn't surprised. "Shooting with a re-use camera isn't necessarily more challenging than shooting with a digital camera ... it requires a little more thought and consideration in terms of composition and exposure conditions," he said. "The results of what you shoot are not immediate but they are generally more rewarding."

His work, as well as images from 10 fellow members of the Crappy Camera Club of Ann Arbor are on display through Jan. 30 at the Re-Art Gallery, in

the Recycle/Reuse Center, 2420 South Industrial Highway, Ann Arbor. (734) 662-6288.

"Cheap Shots II, Recycled + Reloaded" features 22 images by local photographers — both hobbyists and professional from Washtenaw and Western Wayne counties — that show what can be done with hand-me-down equipment, thrift shop finds, and plastic toy cameras.

Krawczyk, a graphic designer for an engineering software company, uses photography as a creative outlet to help relax and share his view of the world with others.

"I became involved with the Crappy Camera Club through a few friends and via Flickr back in August 2006. I wanted to learn more about film and shoot with film cameras," he said. "I really appreciated the images that I saw on Flickr which were produced with film cameras versus what you get when you shoot with a digital camera ... film images have more mood and soul."



"Niobe," by Mark O'Brien, one of the founders of the Crappy Camera Club.

FILM FUN

Mark O'Brien, one of the club's founders, says members aren't "anti-digital." They just have a passion for film.

The three-year-old club has produced several shows using toy and other simple film cameras.

"We like using older ones and junky ones. With this show the rationale is that all of the cameras used were obtained in thrift shops or are second hand. It's our way of

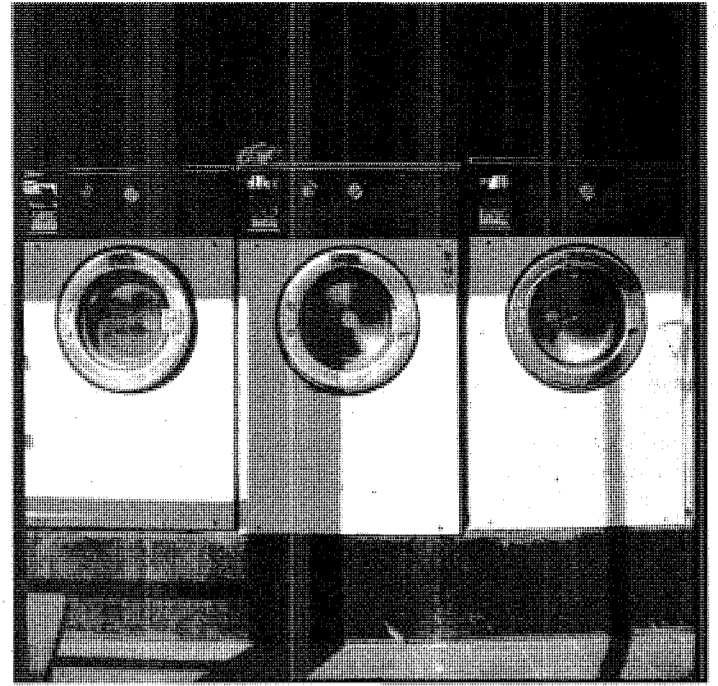
recycling the technology. And the frames are recycled. It's basically an attempt to be more green," O'Brien explained.

Cameras run the gamut from pinhole to box-style, disposable to 35 mm. Some were considered professional cameras 30 or 40 years ago.

"You can't adjust much on them," O'Brien described the simple box style versions. "The image you get is based upon interesting things the lens does and the fact that some people just have a good eye. You can get some awesome images."

Cheap Shots II, Recycled + Reloaded includes a wide variety of subject matter, in both color and black and white.

"The nice thing about it is it's all done with film," O'Brien said. "There's no digital involved. The other thing about using old cameras is that they all have character. You can have 10 cameras that do the same thing and they all look different. That's part of the charm. They're pieces of art on their own."



"Three" by Ralph Krawczyk Jr. of Redford

The club's Flickr Web site, www.flickr.com/groups/krappy has about 100 members. Meetings at 7 p.m. the first

Tuesday of the month draw about 25 members. Check club's Web site at www.crappycameraclub.org for details.

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COMEDY

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Time/Date: Various show times
Location: 261 E. Nine Mile, Ferndale
Details: Improv most nights. Open mic/jam session show for improvisers is 10 p.m. Wednesdays
Contact: (248) 327-0575; www.gocomedy.net

JD's House of Comedy

Time/Date: Various show times
Location: 25333 W. 12 Mile, inside Star Theatre complex, Southfield
Details: Stand-up shows, 8 p.m. Thursday and 8 p.m., 10:30 p.m. Friday-Saturday; Apollo amateur night, 8 p.m. Wednesday
Contact: (248) 348-2420 or www.ticketmaster.com

Jazz Cafe at Music Hall

Time/Date: 9 p.m. third Thursdays
Location: 350 Madison Ave., Detroit

Details: Show Up, and Go Up, open call, free w Contact: (313) 887-8532, www.jazzcafedetroit.com

Joey's Comedy Club of Livonia

Time/Date: 8 p.m. Mondays,

GET OUT



The Stand-Up Dads perform "clean" comedy at Village Theater at Cherry Hill, in Canton.

Open Mic: 8 p.m. Tuesdays, Local Legends: 8 p.m. shows Wednesdays, Thursdays; 8 p.m. & 10:30 p.m. Fridays, Saturdays

Location: 36071 Plymouth Road, Livonia

Details: Dewaine Griffin, through Jan. 16; Bill Dwyer, Jan. 20-23; Tom Cotter, Jan. 27-30

Contact: (734) 261-0555, www.kickerscomplex.com

Mark Ridley's Comedy Castle

Time/Date: Brandon Vestal, through Jan. 16; Clinton Jackson, Jan. 21-23; Andy Pitz, Jan. 28-30

Location: 269 E. Fourth, Royal Oak

Contact: (248) 542-9900, www.comedycastle.com

Village Theater at Cherry Hill

Time/Date: 8 p.m., Friday, Jan. 22
Location: 50400 Cherry Hill Road in Canton

Details: Three members of the Stand-Up Dads will perform. The group features Dan St. Paul, who has appeared on VHI & Comedy Central; Tim Bedore, a frequent guest on NPR's "Marketplace" and A&E's "Caroline's Comedy Hour;" Milt Able, who has more than 15 years standup comedy experience; and Kelly McDonald, who has appeared numerous times on NBC's "The Tonight Show." Billed as a "clean comedy show," the Stand-Up Dads may deliver some adult-themed humor and subject matter. Tickets are \$27 for adults and \$22 for seniors and youth

Contact: (734) 394-5460; cantonvillagetheater.org

ART

Costick Center

Time/Date: Jan. 15-Feb. 26
Location: 28600 W. 11 Mile, in

Farmington Hills

Details: "Metallics: Photography by Janna Bissett"

Contact: (248) 473-1856

Lotus Arts Gallery

Location: 995 West Ann Arbor Trail, downtown Plymouth

Details: January artist of the month is Ronnie Wood. His painting and drawing subjects range from musicians to family members

Contact: (888) 889-4ART (toll free) or (734) 453-5400

Northville Art House

Time/Dates: "Made of Wood: Multiple Perspectives" through Jan. 30.

Location: 215 W. Cady Street, downtown Northville

Details: Thirteen artists show their wood art

Contact: (248) 344-0497, or visit www.northvillearts.org

plan B gallery

Time/Date: Through Jan. 30

Location: 167 Union, Plymouth

Details: "Undomesticated" show includes contemporary sculpture, painting, drawing, installations
Contact: (734) 834-3827

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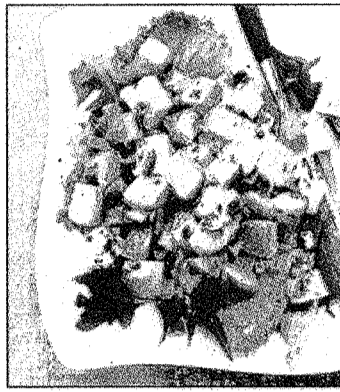
Try these simple swaps, recipes

Taken from the book, *The Biggest Loser Simple Swaps*, these five swaps are easy changes that will help you start living a healthier lifestyle.

- Swap white pasta for spaghetti squash: A cup of cooked spaghetti squash has 40 calories and 2 grams of fiber.
- Swap sandwich spread for avocado: A few thin slices of avocado add rich flavor and creamy texture along with good fats and fewer calories.
- Swap traditional fat-free yogurt for fat-free Greek-style yogurt: It has the same number of calories as regular yogurt, but has twice the protein and half the carbs.
- Swap pizza crust for portobello mushrooms: With a hearty texture and rich flavor, the average portobello (3 ounces) has only 27 calories.
- Swap traditional dressings for flavorful oils: Premade dressings have trans fats. Get more flavor and nutrition with a splash of sesame oil, extra virgin olive oil or walnut oil.

AVOCADO AND APPLE CHICKEN SALAD

- 2 cups cooked skinless chicken or turkey cut in 1-inch pieces (about 12 ounces)
- 1 cup diced sweet red apple
- 1/2 cup thinly sliced celery
- 1/4 cup lightly toasted pecans, coarsely chopped
- 1/2 cup roughly chopped flat leaf (Italian) parsley
- 1/4 cup chopped red onion
- 1/2 tablespoons chopped mint (about 10 leaves)
- 1/2 tablespoons chopped jalapeño pepper
- 1/2 teaspoon salt
- 2 tablespoons fresh lemon juice
- 1 teaspoon olive oil
- 1 fully ripened avocado, halved, pitted, peeled and diced
- 4 cups mixed baby salad greens



In large bowl, combine chicken, apple, celery, pecans, parsley, onion, mint, jalapeño, salt, lemon juice and olive oil; toss gently. Add avocado; toss gently until all ingredients are combined, leaving some diced avocado visible while mashing some. Serve over mixed greens garnished with more avocado, parsley and grapes, if desired. Yield 8 servings (about 6 cups)

Courtesy of www.theamazingavocado.com

SLICED AVOCADO AND ORANGES WITH TAHINI YOGURT SAUCE

- 1 medium (8 ounces) avocado, peeled and sliced
 - 2 medium (7 ounces) seedless navel oranges, peeled and segmented
 - 4 tablespoons Tahini Yogurt Sauce
 - 1 tablespoon chopped parsley or fresh cilantro for garnish
 - 1 teaspoon lightly toasted sesame seeds, for garnish
- Arrange avocado slices alternately with orange segments on four salad plates. Drizzle 1 tablespoon Tahini Yogurt Sauce over each salad. Garnish with parsley or cilantro and sesame seeds and serve immediately. Makes 4 servings.



Courtesy of "Positively Ageless" by Cheryl Forberg, R.D. (Rodale, 2008)

TAHINI YOGURT SAUCE

- 1/2 cup fat-free plain yogurt (preferably Greek-style)
 - 1/4 cup tahini (sesame paste)
 - 1/4 cup Dijon mustard
 - 2 tablespoons water
 - 2 tablespoons chopped fresh cilantro
 - 1 teaspoon lemon juice
 - 1/2 teaspoon ground cumin
- Combine all ingredients in food processor or blender. Process or blend until smooth. Sauce should be the consistency of thick cream. Makes 1 cup.



Courtesy of "Positively Ageless" by Cheryl Forberg, R.D. (Rodale, 2008)

SPAGHETTI SQUASH WITH AVOCADO PESTO

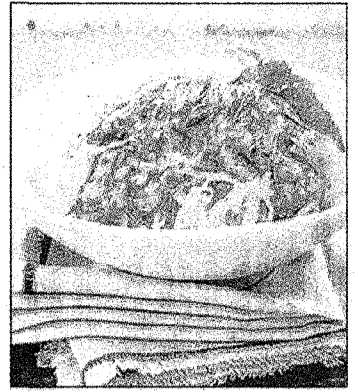
- 1 medium spaghetti squash (1 1/2 to 2 pounds) washed, halved lengthwise and seeded
- 1/2 ripe avocado (4 ounces), pitted and diced
- 1/4 cup fresh basil leaves or Italian parsley
- 1 tablespoon chopped chives
- 2 tablespoons grated Parmesan cheese
- 1 teaspoon minced garlic

- 1/2 teaspoon salt
- 1/2 teaspoon ground black pepper
- 1/2 cup hot water
- 2 tablespoons chopped fresh basil or parsley (optional)

Preheat oven to 375°F. Lightly coat a baking sheet with olive oil cooking spray. Pierce outside of each half of squash a few times with a fork. Place squash cut side down on baking sheet and bake for about 45 minutes, or until very tender when tested with a fork. Cool slightly.

Meanwhile, place avocado, basil or parsley, chives, Parmesan, garlic, salt, black pepper and hot water in blender and process until smooth, turning blender off and on occasionally and adding a tablespoon or two of additional hot water if needed. There will be between 1/2 and 3/4 cup of pesto. When squash has cooled, use fork to rake the spaghetti-like threads of squash into a serving bowl. Discard skin. Drizzle pesto over squash and garnish with fresh basil or parsley if desired. Makes 6 servings.

Courtesy of "Positively Ageless" by Cheryl Forberg, R.D. (Rodale, 2008)



Steps to follow for a healthier you

Whether you're looking to shed a few pounds, lose a significant amount of weight, or just maintain a healthy weight, you have to make some changes in your eating habits and lifestyle. But those changes don't have to be overwhelming.

Cheryl Forberg, R.D., is the nutritionist for the TV show *The Biggest Loser*, and co-author of *The Biggest Loser Simple Swaps*. Forberg says that "A lot of people are afraid that creating a healthier lifestyle will be too hard or too expensive, or that it will require too much time and effort."

But swapping one unhealthy food or habit for a better one is where it can all begin.

"You don't have to change everything at once — it begins with small, manageable steps,"

Forberg says. You might swap a daily glass of fruit juice for a piece of whole fruit, she adds, or swap sandwich spreads for avocados.

"Avocados have many nutrients," Forberg says. One fifth of an avocado — about three slices — is a typical serving and has only 50 calories and contributes nearly 20 vitamins, minerals and beneficial plant compounds to your diet. With their good fats that support health, avocados serve as a great substitute for foods high in saturated fat.

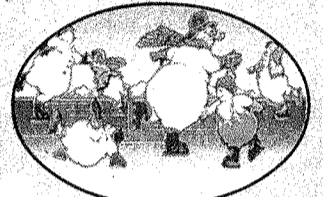
These mouthwatering recipes are a great way to make one simple swap — and get one step closer — to a healthier you.

Courtesy of Family Features

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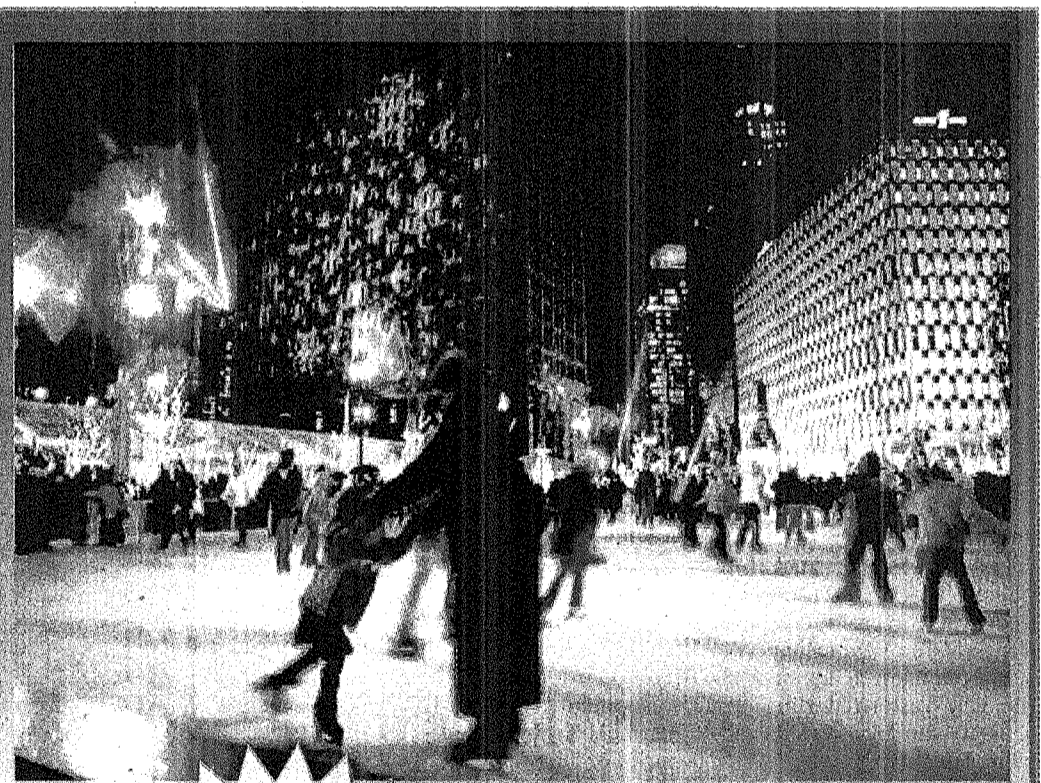
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REDFORD: 3 bdrm, 1 bath

Ranch, fenced yard, C/A, tool shed, no bsmt. 5 Mile/Beech. Scott: 734-965-2644

REDFORD: 3 bdrm, 2 bath,

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REDFORD: 5 Mile/Telegraph

Charming, updated 2 bdrm, a/c, deck, appliances. \$725/mo. Call: 248-346-6108

SOUTHFIELD - 3 & 4 bdrm

homes on quiet street, new carpet/paint throughout, finished bsmt. \$1300-1500/mo. (443) 465-5386

WAYNE: 3 bdrm, basement,

fenced yard, 2 car garage, air, carpet, \$800/mo. \$1200 sec. No pets. 734-722-4317

WAYNE-

Clean 3 bdrm ranch, Michigan Ave/Wayne Rd. \$695/mo. (734) 945-6714

WAYNE/OAKLAND COUNTY

7 houses avail, option/land contract, bad credit ok, rent from \$400-950. 248-788-1823

WESTLAND - 1250 SQ. FT.

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WESTLAND: 3 bdrm, base-

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WESTLAND - DON'T RENT

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GARDEN CITY: Furnished

room, cable TV, a/c, microwave, fridge. No deposit. \$100/wk. Call: 734-421-2326

GARDEN CITY

Room for rent in my private home. \$95 a week. (734) 427-2891

LIVONIA: Furnished, kitchen

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Fairlane 248-347-9999, Royal 248-544-1575, Days 734-427-1300, Comfort 248-504-5080.

PLYMOUTH TWP.

Room for Rent. \$95/mo. + 1/2 utilities, cable. Non-smoker. 734-968-0654

REDFORD-ROOM FOR RENT

\$185 to move in, \$115/week. Call: (313) 534-0109

SOUTHFIELD Room for rent,

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> buildmydreamteam.com or 1-877-Fill-A-Job

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