

Fat Tuesday means paczki, A5

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February 18,
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AROUND TOWN

I-SAVE-ings

Seven students have been recognized by the Wayne-Westland school board for their posters, essays and video promoting the district's voluntary energy conservation program, I-SAVE.

Placing first in the poster contest was Alexandra Lachine of Edison Elementary, with Faith Collett of Taft-Galloway Elementary second and Brigit and Lily Boswell

of Schweitzer Elementary third. Blaire Saranas of Stevenson Middle School won the essay contest, with Jessica Smith of Wayne Memorial High School second. Monica Laschober, also from Stevenson Middle School, was the winner of the video contest.

I-SAVE is in its second year and has been successful in getting students and staff involved in energy conservation. The goal of I-SAVE, which stands for Individuals Save And Vie for Efficiency, is to change the habits of all building occupants to reduce utility consumption in an effort to conserve natural resources, lessen the impact on the planet and save money.

According to Deputy Superintendent Gary Martin, the district spends some \$4 million on utilities and hoped to trim those costs by 8 percent. The savings is more like 15 percent because of I-SAVE.

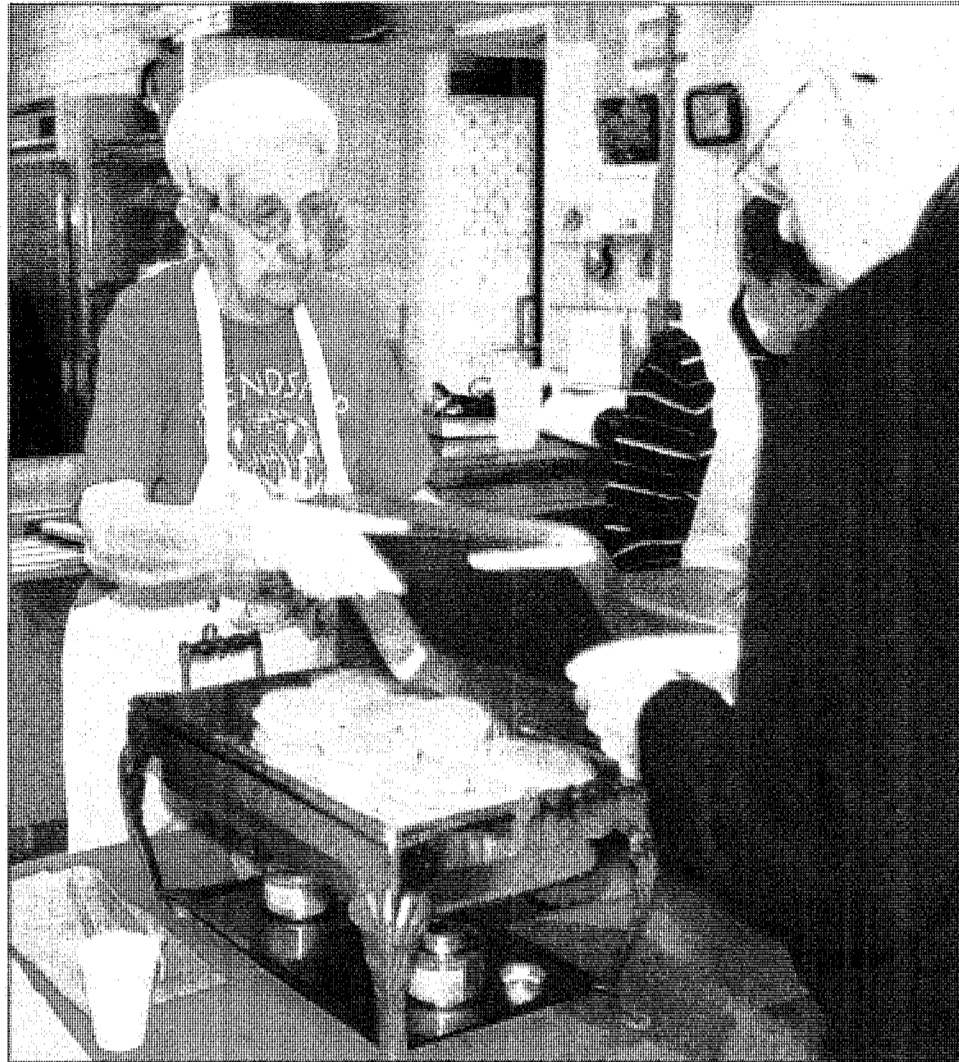
"We saved \$430,000 that we can plow back into instruction," he said. "We gotten the staff and the students involved and the byproduct of the student involvement is that they now understand the savings is part of the educational program."

"I-SAVE has saved over 1,000 tons of coal from being burned," added Nick Thornton, supervisor of Energy and Facility Services. "In August 2008 the program started and since then, more than \$100,000 has been returned to the buildings."

Fish fry time

With Lent under way, many churches are gearing up for Friday fish fries.

Tell us about yours and we'll publish it in an upcoming issue of the *Observer*. Send the time, dates, and place, along with cost, menu and other information relevant to the event by e-mail to Sharon Dargay, sdargay@hometownlife.com, or mail the information to her at 615 W. Lafayette, Second Level, Detroit, MI 48226.



Hot off the griddle

The seniors at the Westland Senior Friendship Center know all about pancakes. They're used to serving a heaping helping of them at their monthly pancake breakfasts. It's all you can eat and the price is right - just \$4. Taking advantage of good breakfast is Robert Sevch who waited for Josephine Mosej to fill his plate at this month's breakfast.



Among the guests stopping by for breakfast is Deputy Mayor Jade Smith who share a laugh with Senior Resource Director Barbara Schimmel Marcum.

Four cities to explore shared services

BY LEANNE ROGERS
OBSERVER STAFF WRITER

Faced with a 16-percent decrease in property values, ongoing cuts in state shared revenues and a projected \$3.5 million deficit, Westland isn't alone in facing financial problems.

With that in mind, Westland is meeting with officials from neighboring communities Garden City, Wayne and Inkster to explore potential cost savings through collaborative efforts.

"We want to sit down and look at it from

an operational standpoint to see what makes sense," Westland Mayor William Wild said. "Like joint dispatching. We have talked about libraries and fire departments."

The commitment to form the study committee with representatives from the four communities originated from a previous joint effort - the Central Wayne County Sanitation Authority, a long-time partnership handling solid waste disposal which also included Dearborn Heights.

Please see **SERVICES, A2**

Layoffs are part of city's plan to trim costs

BY LEANNE ROGERS
OBSERVER STAFF WRITER

Ten Westland city employees, including seven construction and maintenance workers, will be laid off effective Tuesday.

American Federation of State, County and Municipal Employees representatives met last week with city officials to receive official notification of the layoffs, which had been announced earlier.



Wild

The other workers being laid off include a mechanic, a meter person and a clerk from the city's finance department. The most senior of the employees being laid off has been with the city for nine years.

"They were not willing to discuss options. We had questions about other work that the employees could perform," said Larry Roman, AFSCME Local 1602. "We asked if the city had a number (of total positions to be eliminated) and they said - no."

City administration was also asked if an early retirement program was going to be offered to help reduce staffing levels, Roman said, but was told that wouldn't affect the layoffs and that additional layoffs were expected.

"We were told it was strictly monetary. There was no conversation on alternatives or other ways to reduce spending," Roman said. "We read in the *Observer* about the layoffs first. They didn't indicate anything to the employees."

Under the AFSCME contract, expired over one year but still being followed by both parties, the laid-off workers have recall rights for a minimum of two years or as long as their years of service. Whether there will be any recalls remains to be seen.

"It's too early to say if there will be more layoffs in their bargaining unit. We have a \$3.5-\$4 million deficit," Mayor William Wild said.

The city is projecting a savings of \$250,000 from the layoffs for the remainder of the fiscal year, which ends June 30. For the 2010-11 fiscal

Residents, union critical of layoffs

BY LEANNE ROGERS
OBSERVER STAFF WRITER

Hearing complaints about Westland laying off 10 employees at Tuesday's meeting, Councilman Michael Kehrer couldn't help but notice a certain amount of irony.

"Everyone says do it (operate the city) like a family budget and that's what we're doing. There is just not enough money to go around," said Kehrer. "You don't want us to raise taxes. It's heartbreaking to see layoff notices go out. Unfortunately, I can't act emotionally when it comes to business decisions."

The 10 layoffs are being made from workers represented by the American Federation of State, County and Municipal Employees Local 1602. Local president Larry Roman commented on the terrible impact the layoffs have on the employee but also their spouses and children. Roman was also critical of the city administration over the handling of the layoffs.

"These employees were led to believe by city officials that there would not

Please see **COMPLAINTS, A2**

year, which begins July 1, Wild said the savings will reach \$700,000, still a long way from resolving the projected deficit.

"We're looking at buyouts, early outs and concessions. We need to reduce our work force by 25 percent," Wild said. "We won't get enough concessions and buyouts. We won't be able to balance the budget with that. The work force needs to be reduced. It's more than we can reduce with attrition."

Please see **LAYOFFS, A2**

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Library: Residents only for MeLCat requests

BY LEANNE ROGERS
OBSERVER STAFF WRITER

Visitors to Westland's William P. Faust Library are taking advantage of an electronic system for ordering materials from around the state - so much that the library has had to limit access to local residents.

Since Jan. 1, the library has changed its policy to only allow Westland residents to place and pick up materials requested through the Michigan e-Library Catalog and Resource Sharing System or MeLCat for short.

"There has been such a response that we've had to limit it Westland residents," Library Director Cheryl Napsha said. "A lot of people prefer us to their home library.

It may be more convenient or it's closer. There are a lot of reasons."

The MeLCat system allows library cardholders to request books and other materials from participating libraries across the state. Last month, Napsha said the library handled 498 MeLCat requests from Westland residents alone. Part of the problem is that MeLCat and the Westland library use different automated circulation systems.

"There is a lot more paperwork. We have to check the material in, then enter it into our system to check it out (to the patron)," Napsha said.

"We had some complaints. There has been exponential growth in inter-library loans. Our priority is Westland residents."

That issue becomes more pressing in light of reduced financing for the library. The Westland library has a dedicated millage to fund its operation, but that is affected by declining property values - a 16-percent drop is expected for the fiscal year beginning July 1.

"We're trying to serve Westland the best possible. Do we cut services to all or to outsiders? It was an easy choice," Napsha said. "Outsiders can still use the library, we're just making it less convenient."

When it comes to MeLCat, that means non-residents can order materials while visiting the Westland library, but they will have to pick the items up at their home library.

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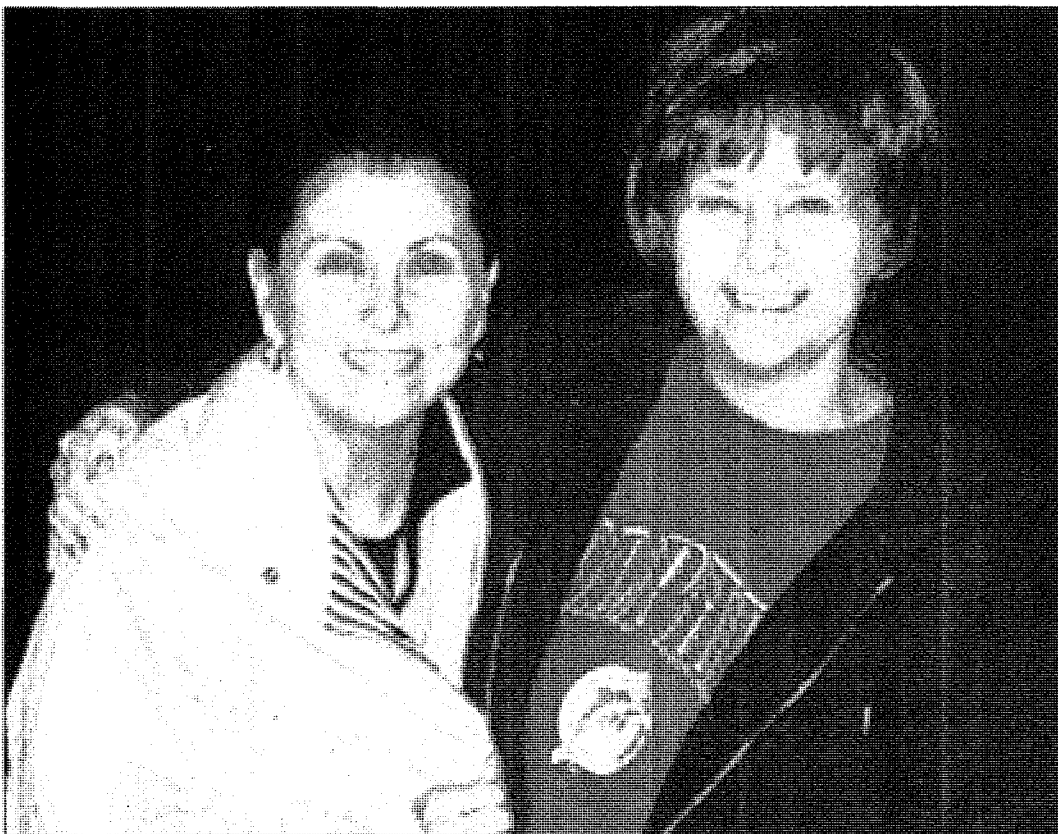
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Kristy Montee (left) and Kelly Nichols, who grew up in Westland, have fond memories of Plymouth, which is why they made it the fictional roots for the hero of their latest thriller, "The Little Death."

Authors give hero a local background

BY MATT JACHMAN
OBSERVER STAFF WRITER

A fictional cop-turned-private-detective, the creation of two sisters from Westland, has roots in the very real city of Plymouth.

Louis Kincaid, introduced to mystery fans more than a decade ago in *Dark of the Moon*, is the protagonist in the 10th P.J. Parrish novel, *The Little Death*, which was released Tuesday by Pocket Books.

P.J. Parrish is the pseudonym of sisters Kristy Montee and Kelly Nichols, who were born in Detroit and spent many of their formative years in Westland, graduating from Cherry Hill High School in Inkster, which is now a charter school focused on the performing arts.

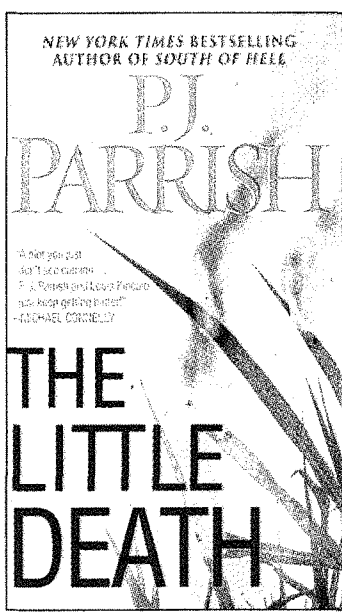
Plymouth was a favorite destination for the family when Montee and Nichols were girls in the 1960s. They saw movies at the Penn Theatre, dined out downtown and were treated to ice cream at the Cloverdale dairy.

"My dad always wanted to live in Plymouth. That was his town that he would've preferred to be in," Nichols said Tuesday from her current home in Houghton Lake. "Our memories of Michigan are very, very powerful."

"The big deal was Cloverdale," said Montee, who now lives in Ft. Lauderdale, Fla. "People came from miles away to go there. Best ice cream in the world."

The sisters' detective Kincaid, born to a black woman and a white man, is from Mississippi, where he had a traumatic early childhood, Montee said. In the novels' backstory, Louis began living in Plymouth at age 10 with white foster parents.

"He would've stood out a little bit" in the Plymouth of the



The hero of "The Little Death," out Tuesday from Pocket Books, has roots in the City of Plymouth.

1970s, Nichols said. The town, however, proves to be a "healing place" for Louis, Montee said. He went to the University of Michigan and began his career with the Ann Arbor Police Department.

"We can tell you everything about him. He's like a member of the family," Nichols said.

In the seventh P.J. Parrish novel, 2006's *An Unquiet Grave*, Kincaid, now in Florida, returns to Plymouth to help his foster father solve a mystery. Eloise, the long-closed Wayne County psychiatric hospital, also makes an appearance in the book, though it's set in another Michigan location and renamed Hidden Lake.

Montee, a former newspaper reporter (she began her career at the *Southfield Eccentric*, which last year was incorporated into what is now the *South Oakland Eccentric*), had published four romance novels under the name Kristy Daniels, she said, when her agent advised her to try a mystery.

Nichols, who worked in the casino industry — she went

from a blackjack dealer to a human resources specialist — was meanwhile writing a romance of her own.

But living in Philadelphia, Miss., where three civil rights workers were murdered in the social upheaval of that time — and inspired by the birth of a biracial granddaughter, who is now 13.

The sisters collaborated and came up with Kincaid. In their first P.J. Parrish book, *Dark of the Moon*, he returns to Mississippi to care for his dying mother and ends up embroiled in a mystery there that has personal resonance for him.

Kincaid eventually takes a girlfriend, Joe Frye, who comes to the forefront as the hero in the eighth novel, *A Thousand Bones*. All of the novels so far are set in the 1980s, Nichols said; in the latest, in 1989, Kincaid turns 30.

Montee and Nichols both said they work well together. They use the Internet teleconferencing service Skype when they need to meet over long distances. In addition to their mysteries, they write fiction on their own and, as P.J. Parrish, had a short story, *Pride*, published in the 2007 anthology *Detroit Noir*.

"When it comes to our books, we put our egos on the back shelf. It took us a while to get to that point," Nichols said.

Their individual writing styles differ, Montee said, but when they work together, a third voice emerges, one that gives their books a consistent style, even though each of them has written different chapters.

"One of the best compliments we get is from reviewers or readers who say, 'I didn't know there were two of you,'" Montee said.

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Henry Tolk remembered as dedicated, 'true' Lion

BY SUE BUCK
OBSERVER STAFF WRITER

Henry Tolk of Garden City is being remembered as a true Lion — the service organization kind.

Mr. Tolk died Feb. 14 at the age of 83. He left a legacy of volunteerism through the Garden City Lions Club.

"Now, this Lion was a true Lion doing good for mankind," said secretary Jim Kowalik. "He joined the Garden City Lions in February 1967 and spent 43 years as a dedicated Lion."

He held a variety of the local offices and in District 11-A-1, serving as district governor, Campaign SightFirst coordinator, secretary-treasurer, deputy district governor and region and zone chairman. He also served on a variety of state committees, including Constitution and Bylaws.

Among the awards Mr. Tolk received were the International President's Award, International President's Commendation Medal for District Governor, Michigan Lions Outstanding District Governor's Award and the Michigan-Australia Net Membership Increase Trophy. He also was a Melvin Jones Fellow and earned three International President's Appreciation Certificates, three District Governor's Appreciation Medals and the Len Butler District Editors Award.

He also served on the Beaumont Hospital Silent Children's Committee, Michigan Tissue Bank, Lions Visually

Handicapped Children's Camp Board (Bear Lake), International Night Chairman and the Metropolitan Council of Lions.

His outstanding accomplishment was the Multiple District international Level of the Lions Club International Fund in 1992 and the launching its Campaign SightFirst. Under his



Henry Tolk, seen here with his wife Fay, is being remembered for his commitment to the work of the Garden City Lions Club.

leadership as the district coordinator, more than \$140,000 was pledged for the campaign and was first runner-up among 10 districts. He also promoted Michigan at the International level through the Campaign SightFirst, the International Conventions and International Night.

Mr. Tolk, a life member of the club, received the S.A. Dodge Distinguished Service Award, the highest Lions award given in the state of Michigan. According to Kowalik, Mr. Tolk never turned down a job and did his best at all times. "His life was Lionism," Kowalik said. "He really donated to mankind."

Mr. Tolk is survived by his wife, Fay; daughters Beverly (Steven) Thomas, Marjory (Richard) Antuna, Carol (Darrell) Kubacki and Valerie

(Gregory) MacDonald; a sister, Betty White; grandchildren Melissa Thomas, Lisa Antuna, Jessica Lambert, Danielle Antuna, Heather Kubacki, Jeffrey MacDonald, Michelle Hiriart and Jason MacDonald; and great-grandfather of Noah, Gloria and Lilly Lambert and Ava, Daxton and Sophie Hiriart.

He preceded in death by his parents, John and Johanna Tolk, sister, Mary Cummings and brother Jake Tolk.

He will be state at 10 a.m. today (Feb. 18) at the First United Methodist Church, 3 Town Square, Wayne, followed by a service at 11 a.m.

Memorials can be made to the First United Methodist Church of Wayne or the Garden City Lions Club.

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PUBLIC SAFETY

Resident finds mailbox destroyed

Vandalism

On Feb. 14, a resident in the 38000 block of Florence told police Feb. 14 that someone had destroyed the mailbox overnight. A broken broom handle found nearby appeared to have caused the damage.

The resident told police that no mail was recovered

WESTLAND COP CALLS

from the damaged mailbox and it was unclear if mail had been stolen. The damage was set at \$50.

Stolen vehicle

On Feb. 14, a resident in the 8000 block of Donna told

police that someone had stolen her Dodge Stratus, valued at \$9,300, from the driveway.

The resident said that she had all of the vehicle keys, the doors had been locked with the security system activated and the payments were current.

By LeAnne Rogers

Police seek suspects in holdup

BY LEANNE ROGERS
OBSERVER STAFF WRITER

Police are looking for information about two men wanted in connection with an armed robbery at a Westland business Monday.

It's also believed that the same two men are responsible for similar armed robberies in Redford, Detroit and Dearborn, said Westland police Sgt. David Zucchetto.

At 10:42 a.m. Monday, an armed robbery was reported at the Smokers Avenue smoke shop, 31234 Warren Road-Merriman area of Westland.

The suspects were described as two black males in their mid 30s-40s. One suspect was described as wearing a dark knit cap, approximately five feet six inches tall with a heavy build. The second suspect was described as wearing a red cap, approximately six feet three inches with a thin build and lighter complexion.

The shorter of the suspects was armed with a long gun tucked in his coat and possibly up his coat sleeve, the clerk said. The two suspects loaded up four bags with a large amount of cigarettes, valued at approximately \$25,000, and \$300-\$400 from the cash register was reported stolen.

The clerk told police that two men entered the store, grabbed him and escorted him to the rear of the store where they forced him to lay on the ground. The shorter of the two men produced a sawed-off shotgun from under his coat, the clerk said, pointing the gun at him while the second man filled four bags with cigarettes taken from the wall shelving.

The taller man then forced the clerk to open the cash register, the clerk said, then took him to a restroom at the rear of the business. Once in the restroom, the clerk said the suspects bound his arms and legs with duct tape. Using his keys, the suspects left through the rear door to the alley and fled in a vehicle.

The clerk, a Dearborn Heights man, told police it took him approximately 10 minutes to free himself and call police.

Police released two grainy photographs taken from surveillance video at the Westland smoke shop and a photograph of what appears to be the taller suspect taken



This photo released by Westland police shows a suspect wanted in connection with an armed robbery at a smoke shop Monday morning. Police believe the suspects are also responsible for robberies in other communities including Redford.



Westland police are looking for information about this man, one of two suspects sought in the robbery of Smokers Avenue on Warren near Merriman Monday morning. The pair also believed to be responsible for robberies in Redford, Detroit and Dearborn Heights.



Westland police are looking for information on suspects wanted for robbing a smoke shop at gunpoint Monday morning. This security video photo taken of a suspect in a Jan. 13 robbery in Redford is believed to be one of the same men involved in the Westland robbery, along with robberies in Dearborn and Detroit.

during a Jan. 13 robbery in Redford.

Anyone with information about smoke shop robbery is asked to contact Zucchetto at (734) 467-3248.

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Pills taken in break-in at pharmacy

Stranger danger

The Garden City School District issued a "stranger danger" warning Friday after a Garden City Middle School student and his dad came to the police station on Thursday to file a suspicious person report.

The incident occurred about 3:15 p.m. Feb. 11. The student said that a strange man driving a white, four-door car followed him from school to his sitter's house located in the 33200 block of Alvin.

The student was able to provide a license plate number which the police tracked to Livonia but the description of the car color didn't match. Police are continuing to investigate the incident.

Stolen drugs

The pharmacist at Sabeen Pharmacy, 241 N. Inkster Road, on Feb. 14 told police that someone pried open the back door

GARDEN CITY

and went through cabinets, taking 1 1/2 bottles of Vicoden.

Broken window

A homeowner in the 29100 block of Florence said that someone threw a large chunk of snow through his front window sometime before 5 a.m. Feb. 11 and it landed in his living room. The snow broke the six-foot by eight-foot window.

Suspended licenses

The police became suspicious when they saw two vehicles driving without lights about 9:30 p.m. Feb. 11.

The men told police that they were doing so because one couldn't get his car to start and the other was trying to push it to get it started.

Upon further investigation, the police arrested both the 26-

year-old Garden City man and the 28-year-old Inkster man because both had suspended licenses and one had an outstanding warrant.

Breaking and entering

The Garden City Police responded to a business alarm Feb. 11 at J & J Fashions, 251 N. Inkster Road.

Although the back door had been pried open, police reported that no one entered the building and nothing was taken.

Drunken driving

When the police stopped a 24-year-old Garden City man for speeding on Ford near Venoy about 11 a.m. Feb. 13, they also found that he was drunk. They arrested him after he registered a .15 blood alcohol level.

By Sue Buck

Got Game? Yep, got scores, too.

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Rolling in dough

People fill up on Old Fashioned Bake Shoppe's paczkis

BY SUE BUCK
OBSERVER STAFF WRITER

Preparations for Paczki Day at the Old Fashioned Bake Shoppe in Garden City started two days in advance for the traditional Fat Tuesday celebration.

It was the last chance that Catholics have to indulge before Lent's 40 days of self-sacrifice before Easter.

Through the years, many in the metro Detroit area have made it a tradition to seek out the tasty treat when Fat Tuesday approaches.

"Hundreds of dozens" of paczkis were baked at the shop, according to manager Louie Simovski, who opened his doors one hour early at 5 a.m. when he saw customers already lining up.

Paczkis are far more than a doughnut. Paczki lovers can buy custard, apple, blueberry, lemon prune or strawberry as well as the original raspberry paczki.

"The favorite is custard," said Simovski.

Marje Bourdeau, a Garden City resident, kept up the annual tradition of paczki purchases.

"I do a custard and a prune," Bourdeau said. "When my Mom was alive, that's what we had every year. They have that nice, chewy stuff around and they have that nice gooey texture. I have to run an extra mile today."

Co-owner Kiril Misajlovski has served the Garden City area with his wife, Zlata, for 25 years. Zlata's sister, Lubica Dimovich, also helps along



Manager Louie Simovski and Marie LaLonde of Livonia wait on customers like Bill Zurenko



Violet Djordjevic leaves the bake shop with an arm full of Paczkis.

with other members of the family.

"How are you, my friend?" asked Joe Zundel of Westland as he spotted Simovski at the door.

"If you can't get to Hamtramck, you have to

come here," Zundel said. "He has been really good to me. He has made me some special pies."

The bakery has a fryer to fry the dough which consists of flour, eggs, sugar and shortening.



Paczkis are a Fat Tuesday tradition in the Detroit metropolitan area.

"We started the day before yesterday," Simovski said. "It just goes on and on and on. It's nonstop."

It takes almost three hours to make one batch. There are mixers and an electronic filling machine.

Ray Gdowski drove from Wayne to purchase the perfect paczki.

"My mother used to make them," he said as he carried

his box out to the car.

Even Garden City Treasurer/Clerk Allyson Bettis couldn't resist picking up a dozen variety pack of paczkis to take back to her co-workers at city hall.

"We got custard, strawberry and raspberry," Bettis said. "We have been coming here a long time."

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Symphony performs free concert

Schoolcraft College's Music Department will present a free concert by the Plymouth Symphony noon Wednesday, Feb. 24, in the Presentation Room of the VisTaTech Center on the college's main campus on Haggerty Road between Six and Seven Mile roads in Livonia.

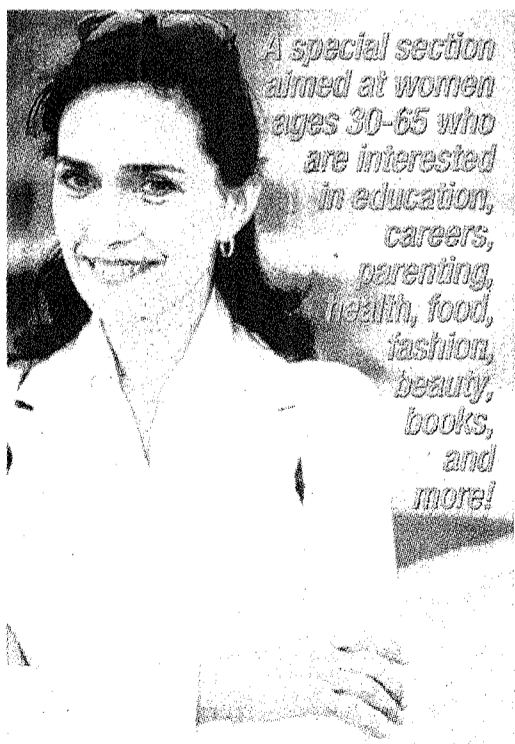
The Plymouth Symphony will perform under the direction of nationally acclaimed Music Director and Conductor, Nan Washburn. She is recognized as one of the most innovative and dynamic conductors working in the United States today. Critics have hailed her work as having "perspicacity, nerve, imagination and all-round savvy" for her engaging performances and fresh approach to concert programming.

The Plymouth Canton Symphony Society has been the recipient of numerous awards including four ASCAP (American Society of Composers, Authors and Publishers) awards for Adventurous Programming. Most recently, they received grants from the Kresge Foundation and the National Endowment for the Arts to support the annual Fusion Festival, a weekend-long program celebrating musical diversity.

The selections for the concert include Chinese folk songs, traditional Venezuelan Joropo music, and works by Maria Margherita Grimani, Claude Debussy, George Gershwin, Gustav Mahler and Antonin Dvorak.

The concert by the Plymouth Symphony is part of the college's Free Noon Concert Music Series. The remaining concerts in the 2009-10 series include the Schoolcraft Faculty Recital on March 24 and tenor Christopher Scholl with pianist Kevin Bylsma on April 21.

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Madonna opens job search Web site, office

BY KEN ABRAMCZYK
OBSERVER STAFF WRITER

Madonna University with the help of a grant from Ford Motor Co. has opened an office and launched a Web site to help the unemployed find jobs or training.

Representatives from Ford Motor Co. and Madonna University officially opened JobCHEER.org, an online and on-site job ClearingHouse for Education and Employment Resources, at a ribbon-cutting ceremony Tuesday at the new JobCHEER office at Madonna, 36300 Schoolcraft.

Madonna officials said the site and office can help everyone from a long-time unemployed person to a parent who has decided to return to the workforce.

Ernest Nolan, provost and vice president for academic affairs, said the office can also help someone who has just lost a job. "They can find out where the hot jobs are; they can find out where they need to focus," Nolan said. "They might need to complete an interest inventory, or a job survey. Secondly they may not have put together a resume for 15 years. They may have never done an interview in their lives."

Workshops can help the unemployed with interviewing or resumes.

"They may also need certification in biomedical fields," Nolan said. "This center will give them the resources to help them get entry-level positions in a new area."

The program is designed to get people back to work, said Joan Stephens, director of continuing education and professional studies.

JobCHEER was supported by the Ford Motor Co. Fund and created by Madonna University in December 2009 to provide educational training opportunities and job-search resources to those who are seeking employment, Stephens said.

"JobCHEER is both a Web



Officials from Madonna University and Ford Motor Co. cut the ribbon to the new JobCHEER.org office last week. Present were Joan Stephens (left, front row), Madonna's director of continuing education and professional studies; Andrea Nodge, Madonna's vice president for advancement; Mike Schmidt, director, education and community development Ford Motor Co. Fund; Ernie Nolan, Madonna's provost and vice president for academic administration; and Lisa Comben, Madonna's director for corporate and foundation relations. Behind them are Kurt Wissman, JobCHEER assistant, and Connie Tingson-Gatz, Madonna's vice president for student affairs.



JobCHEER assistant Kurt Wissman of Westland assists Colleen Rutenbar of Farmington Hills with navigating on the JobCHEER Web site. Rutenbar attended a job-search strategies workshop offered through JobCHEER, and she spoke with Wissman about available jobs in health care.

site and resource center that focuses on providing new job opportunities to Michigan's unemployed workers or anyone wanting to re-enter the workforce," Stephens said. "Along with the Web site, printed materials, job boards, we also provide staff assistance in devising a plan for your job search. This includes resume writing and critiquing, job workshop strategies and job-search advising."

The most popular job-training programs offered through Madonna's continuing educa-

tion program are pharmacy technician and medical billing and coding, Stephens said.

"Our short-term job training classes in pharmacy technician and medical billing and coding have been extremely popular over the last three years because our students do find jobs after completing the courses," Stephens said. "It's a group effort getting these students back into the workforce, which involves Continuing Education staff, the medical certificate instructors and our Career Services team."

Nolan suggests that people call and make an appointment to talk to a counselor.

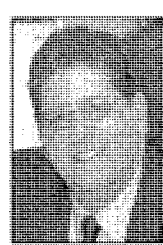
"We have something to contribute to the well-being of the community," Nolan said. "We want to offer these services to Livonia and Michigan residents."

"We really couldn't have done this without the grant as there's too many costs."

For more information, visit www.jobcheer.org or Madonna's continuing education Web site at <http://cms.madonna.edu/pages/academics/continuing-education/>

Investors need to do their homework in all markets

The other day I was watching *American Greed* on CNBC. The show highlights a variety of con artists who take advantage of investors.



Money Matters
Rick Bloom

Since the Madoff scandal we have seen more stories in the media about investment scams. One issue that this show emphasizes is investment scams have been around for a while and they are not going away anytime soon.

There are common elements that run through investment scams. These include returns that are too good to be true, slick-talking salespeople and, of course, greed.

Many people assume that the greed I refer to is that of the perpetrators of these scams. Although, there is no doubt about the greed on behalf of the scam artists, the greed I'm referring to is the emotion that exists in all. This greed results in us putting our better judgment to the side and investing into something without proper due diligence. In other words, allowing enticing rates of return to blind us when it comes to making an investment decision.

A recent episode of *American Greed* was about Allen Stanford and Stanford Financial. Stanford Financial sold high paying certificates of deposits to investors. It marketed the certificates as safe, secure investments that paid sometimes as much as 1.5 times what a CD would normally go for. Unfortunately, the CDs sold were not issued by an insured U.S. bank but rather by a bank on the Island of Antigua. Of course, the CDs were fraudulent and investors

lost hundreds of millions of dollars.

Just like the Madoff scandal, it will be years before investors receive any of their money back and, at best, they will receive pennies on the dollar.

The Madoff story, however, is different because the majority of investors were very high net-worth individuals. In the Stanford situation, the majority of investors were average people who lost much of their life savings.

What is important to understand about the Stanford scandal is that unlike the Madoff situation (where Madoff made it initially difficult to invest with him), the exact opposite was true with Stanford Financial. They employed aggressive salespeople and enticed them with very high commissions to sell the product. This tactic is so prevalent in investment scams. That is why I believe that the best course of action for an investor when they deal in this situation is to walk away.

I recognize that not all aggressive salespeople are selling bogus products, however, I find that when it comes to the investment world, more often than not when you have an aggressive salesperson they are more concerned about making the sale than putting you into a proper investment.

One point I always stress to individuals is, when you are dealing with salespeople in the financial world you should always find out how he/she is compensated. In the Stanford Financial situation, the salespeople were making substantial commissions.

As an investor, you ought to know if you're dealing with an advisor or a salesperson. High commissions ought to raise your antenna. When dealing with a salesperson the issue should always be whether he/she is doing what's good for you

or what's good for the sale.

What is particularly important about the Stanford situation is we are in a very low interest rate environment and many investors, particularly seniors, are looking at getting higher rates of return.

Money market accounts and CDs in the bank are virtually paying nothing which tempts people to let down their guard to look for higher rates of return. This is a temptation to avoid. As investors, we must accept the current low interest rate environment and avoid allowing greed to dictate investment decisions.

I believe that many of the investors in Stanford Financial truly believed that the CDs they were buying were safe and secure. Unfortunately, the focus was not on the investment but the return.

Are there better alternatives than short term CDs and money market accounts to receive higher rates of return? The true answer is no. Unfortunately, there is no investment that will provide the same safety and security as bank CDs without taking higher risks.

Short term bond funds such as ones offered by Vanguard, for example, do pay higher rates of return with some additional risks. That is the trade-off that investors must make to get higher rates of return.

The bottom line is whether we are in a good market, a bad market, high interest/low interest rate environment, investors have a responsibility to do their homework.

Remember that as an investor you are your last line of defense. Good luck!

Rick Bloom is a fee-only financial adviser. Observer & Eccentric readers can submit questions at [moneymatters@hometownlife.com](mailto:money matters@hometownlife.com). For more information, visit Rick's Web site at www.bloomassetmanagement.com.

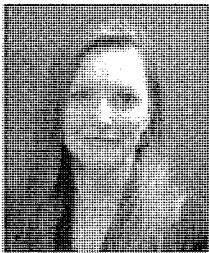
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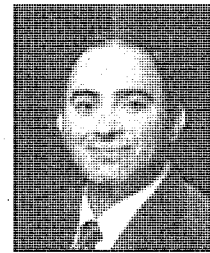
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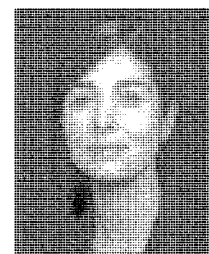
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OUR VIEWS

Comments change isn't the way to go

A longtime *Observer* colleague would acknowledge that he wasn't changing someone's mind during a discussion by vowing "to defend your constitutional right to be wrong." That comment came to mind recently after the Westland City Council voted to pare the minutes members of the public are allowed to speak from five minutes to three minutes.

The only explanation offered by the council was that shorter times for each speaker would allow more people to be heard. That explanation rings hollow, to put it mildly. No one could cite a problem with the current five-minute limit. In fact, it was conceded that most speakers don't use the entire time allotted. It was also mentioned that the council president could allow speakers longer time, if there weren't a lot of people wishing to address the council.

We can't agree with the histrionics that the change provoked from some regulars at council meeting — the change doesn't take away their First Amendment rights, it just shortens the time for exercising it.

That being said, the council and other public bodies like the Wayne-Westland school board, which also has shortened its time limit for public comment, should always err on the side of encouraging as much public input as possible.

In the case of the City Council, we suspect the shortened speaking time has more to do with members of the public who abuse the time by not talking about city business, instead focusing on their own pet grievances and other personal issues which are repeated at each meeting. Some of the regular speakers use their time to berate the elected officials. Other times, legitimate questions or issues are raised.

That brings us back to our colleague's comment. Within reason, it doesn't matter what anyone thinks of a speaker's comments. One person's pointless remarks are another person's insightful comments. The point is that the residents have the right to speak without the value of their comments being assessed by a public official.

With so many problems facing the city, including severe financial problems, it's puzzling that council would waste time on a non-issue that only serves to rile up the citizens they are supposed to serve.

ONLINE VOICES & VIEWS

The following are comments posted by our online readers:

• No excuse for not knowing

I would like to compliment the city on how fast they got the roads done, and they did a good job too!

For my neighbor who whined about not knowing about things going on in the city like snow emergencies;

First of all this was a pretty big snow - there had to be no doubt. But let's say there was a smaller snow and you were not sure.

The city now has a new service called Nixle. You can sign up on the city Web site. It will give you e-mails on everything that goes on in the city - events, emergencies, etc.

I think you can even get texted in case of emergencies, I am not sure.

If an old fogey like me can do this computer thing, it can't be that hard. Get in the 21st century and stop whining the city doesn't notify you of stuff or "I don't have cable, so I never know what is going on." Sign up for Nixle

50yrsinWestland

COMMUNITY VOICE

It's February and it's Michigan. What are you doing to fight cabin fever?

We asked this question at the William P. Faust Public Library in Westland.



"I just keep looking at books and volunteering at the library."

Dorothy Smiley
Westland



"I volunteer at the Mike Modano Ice Arena."

Michael Glunt
Westland



"You can never beat it, you have to adapt to the situation. You can't let it get the best of you, you have to make the best of everything."

Billy Brooks
Westland, formerly of Garden City



"We're babysitting our grandchildren three days a week. That's one of our main activities."

Charles Hagmann
Westland

LETTERS

Lack of experience

I found it humorous that Obama had to delay the announcement of the grand opening of the new Global Warming Agency because of the two blizzards that hit the D.C. area this past week.

Forget the fact that the University at East Anglia data collection was fraudulent and corrupted or the fact that the other data that the IPCC relied heavily upon telling them that the glaciers were melting came from a student term paper that made no scientific reference whatsoever or the fact that Surfacestations.org reported that 90 percent of the weather stations set up across America were off by more than 2 degrees Celsius.

Obama is the most liberal president in history. He truly believes in big government, we earn, they take and decide where it should be spent or how much we get to keep as fruits of our labor.

This is just one more shining example of our tax dollars being thrown down the toilet. He continues to spend on things we don't need while people keep losing their jobs.

They have spent \$865 billion on the first a stimulus and are looking to spend another \$150 billion on another, calling it a "jobs bill" because the people are fed up with "stimulus" that doesn't

work. That would amount to \$7,355 for each and every taxpayer in this country. If they would have given this money to us directly, does anyone believe we would still be in a recession?

That could be an entire year without having income taxes deducted from our paychecks. Wouldn't that stimulate the economy and create jobs?

The only job growth in this recession has been government jobs, not only have they grown but salaries have increased dramatically. Government workers earning above \$100,000 increased by 19 percent this year.

The Obama administration is falling apart as they try to do something they have no experience in and that is governing.

Phil Solarz
Westland

Support Right to Repair

New data reveals that consumers save an estimated \$26 billion a year, or \$360 per family, for vehicle service and repair at neighborhood independent repair shops compared to more costly new car dealerships. This demonstrates why Congress needs to swiftly pass the Motor Vehicle

Owners' Right to Repair Act (HR 2057).

This legislation will prevent car manufacturers from denying access to repair information, computer codes, tools and software needed by car owners and their neighborhood repair shops to repair late model vehicles.

Historically, car owners have had the ability to repair their vehicles themselves or take them to the service facility of their choice. The car companies now seek to force consumers to return to the dealership for service and repair and are lobbying heavily against the Right to Repair Act. It is appalling that some manufacturers can take federal bailout money and then turn around and oppose a bill that would protect every American motorist from a vehicle repair monopoly.

The Motor Vehicle Owners' Right to Repair Act (HR 2057) currently has the support of 53 members of Congress. Every consumer who owns or operates a vehicle in the U.S. stands to suffer economically, if this bill is not passed. Please send a letter urging your members of Congress to support the Right to Repair Act by visiting www.righttorepair.org.

Kathleen Schmatz
president and CEO

Automotive Aftermarket Industry Association

The State of our State is a mess

"Coming together is a beginning; keeping together is progress; working together is success."
— Henry Ford

Gov. Granholm delivered her final State of the State recently.

It is the above quote that we should hope the governor, state House, state Senate, Republicans and Democrats adopt as they begin the last



Tom Watkins

year in office for them and the majority of those in their respective parties. It is past time that our elected leaders solve Michigan's problems that have been neglected for too long. The good news is the governor and Legislature closed out 2009 with two significant legislative victories: a state-wide smoking ban and significant education reform that could be worth \$400 million from the Obama administration. There was tremendous constituent pressure building to pass the smoking ban and the thought of being held responsible for losing potentially \$400 million of federal money for schools appeared to be the tipping point for the Legislature to pass education reforms that have been lingering in Lansing for a decade.

THE "GRAND BARGAIN"

Many Lansing observers doubt the distrust and dislike

between Gov. Granholm, Senate Majority Leader Mike Bishop and Speaker of the House Andy Dillon, mixed with election year politics, can or will be overcome to put the peoples' business ahead of the party or self interest.

It is not the priority of state Democratic and Republican parties to address the No. 1 issue in this state, which is to create jobs and put people back to work. Their objective is to posture in ways that will tilt the upcoming election and political reapportionment in their direction. The jockeying and rivalry is already well under way and has nothing to do with solving the state's problems.

There is a fundamental clash of interests and values that can be soothed and managed for momentary victories but have yet to be managed to address the structural problems facing our state.

Unless the interests of either political party and egos change — and that's highly unlikely — the Michigan mess will continue. Do our elected leaders see any value in doing nothing and allowing Michigan to implode? Will the innate fear of risk and change once again thwart progress?

COME TOGETHER

If there was ever a time for Republicans and Democrats to come together to address the problems hanging over our state, this is it. The pain families are feeling is not partisan but very real.

We need the governor, Republicans and Democrats in the Legislature to act on an old Chinese proverb, "When you are in a common boat, you need to cross the river peacefully."

Yet, for the past seven years, rather than working together to cross the river peacefully, they have been rowing in circles and drilling holes in the bottom of the boat.

With the highest unemployment rate in the nation, hovering close to 15 percent, and people and job creators fleeing our state in droves, we need everyone to come together and understand we are truly in this boat together.

There are profound disagreements between the political philosophies of Democrats and Republicans and personal ambitions among the key players in Lansing.

However, it is critical for the citizens of the state and our collective future for the warring parties to come together and put in place the reforms needed to reinvent Michigan and a 21st century tax system that allows us to be competitive on the world stage.

Perhaps the needs of the 10 million Michiganders clamoring for bold leadership and problem solving, or the political desire to create a legacy of leaving the state they were elected to lead in better shape than they found, will propel our leaders to come together, settle on a shared vision and common agenda and lead change. We will know meaningful reform has been implemented when it equally

ticks off the state Chamber and organized labor. We need action that addresses both the structural reforms and creates a tax structure that invests in education and job creation.

The elective class of 2010 has less than one year to fix the problems. If they don't, the people of Michigan may.

On the November ballot the state's voters will be asked whether they want a constitutional convention to be held. If a majority says yes, delegates will be elected to rewrite the Michigan State Constitution — at which time all the special interest sacred cows will be up for review.

The Chinese have a saying that comes to mind at the prospect of a wholesale re-write of the Michigan Constitution: "When you open the window, all the flies can come in."

Our elected leaders have one final chance to come together to address the Michigan mess. As we witnessed in the Massachusetts U.S. Senate race, hell has no furry like voters scorned.

Note: For those interested in supporting a yes vote on writing a Michigan State Constitution go to <http://energizemichigan.com>.

Tom Watkins of Northville is a business and educational consultant. He served the citizens of the state as superintendent of public instruction (2001-05) and mental health director (1986-1990) and an elected member of the Wayne County Charter Commission 1980-82. Write to him at tdwatkins@aol.com.

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Fallen Marine 'wanted to defend' country

BY BRAD KADRICH
OBSERVER STAFF WRITER

On Marine Cpl. Jacob Turbett's Myspace page, the 21-year-old wrote, "Bout to head out for a while, if you want to get updates, talk to the wifey. Mood: anxious." That update was posted around 1:24 a.m. Thursday, Feb. 11.

Two days later, Turbett, a 2007 Canton High School graduate who entered the U.S. Marines right out of high school, was dead, killed in the war in Afghanistan.

Turbett was apparently felled by a single gunshot over the weekend, according to his mother, Redford Township resident Sheila Turbett.

"He was actually looking forward to going over there," Sheila Turbett said about his tour of duty in Afghanistan, which followed tours in Bangladesh and Iraq. "Honor, courage, commitment ... what can I say, that's him."

Sheila Turbett said she talked to her son just a couple of days before he was killed. Jacob's unit was waiting to push into Marjah, but were delayed by a sand storm. Turbett and others in his unit found the delay frustrating,



PHOTO COURTESY MYSPACE

Marine Cpl. Jacob Turbett, killed over the weekend in Afghanistan, wrote of wife Crystal: "She's the best thing that ever happened to me."

according to his mother.

"He said he was looking forward to it ... they were kind of put off that the sand storms weren't cooperating," said Sheila Turbett, who said Jacob called her regularly. "We got to say our 'I love yous.'"

Jacob Turbett followed in a long line of family members — one grandfather, two uncles and a cousin were Marines, his sister, Jamie, started Navy boot camp Feb. 3 — to serve their country.

Turbett himself talked about joining the military as far back

as junior high school.

But with everything going on in the world — particularly the wars in Iraq and Afghanistan — Canton High School auto teacher Jim O'Connor debated the point with Turbett, whom O'Connor called "a great kid."

"I talked to him about my fear of him not coming home, but he had already made his mind up," said O'Connor, who taught Turbett in both his automotive technology and collision repair classes. "I respected him for that, and he

was good enough to listen to my opinions, but he was very adamant about serving his country."

Turbett wasn't to be swayed and ultimately enlisted in the U.S. Marines. Over the weekend, though, his former teacher's fears came true when Turbett was killed.

According to information on his Myspace page, Turbett was a combat engineer who enlisted in the Marines in 2006. He was part of a unit out of Camp Lejeune, N.C.

O'Connor, a teacher at Canton High School for nine years, said Turbett couldn't wait to be a part of defending his country.

"It wasn't an ego thing for Jake," O'Connor said. "For Jake it was personal ... it was to be a soldier. He wanted to defend our country against terrorism and make the world a safer place."

Visitation will be noon to 9 p.m. Monday at the L.J. Griffin Funeral Home, 42600 Ford Road in Canton, with a funeral the following day at 1 p.m. Turbett will be buried at Arlington National Cemetery in Arlington, Va., on March 9.

bkadrich@hometownlife.com
(313) 222-8899

Pageturners looks at Orwell's '1984'

George Orwell depicts a gray, totalitarian world in which privacy does not exist, news is manufactured according to the authorities' will, and those with unorthodox ideas are brainwashed or put to death. Offering only two crushing choices: to betray or be betrayed, *1984*, published in 1949, remains one of the most powerful and influential masterworks of the twentieth-century literature.

This classic example of literary social science fiction that introduced a whole new vernacular, including such phrases as Big Brother, newspeak and Orwellian, is this month's selected reading for Pageturners. In addition to the traditional book discussion sessions hosted by Pageturners, Dr. Mark Huston, professor of philosophy, will lead a special Panel Discussion 1:30-2:30 p.m. Tuesday, Feb. 23, in the Waterman Wing of the VisTaTech Center.

Regular discussions of *1984* will be held 6:30 p.m. Monday, Feb. 22, in the

Bradner Library on the college's main campus in Livonia and at 6:30 p.m. Thursday, Feb. 25, at the Radcliff Center in Garden City.

Pageturners is Schoolcraft College's Book Discussion Group. Discussions and events are free and open to students, faculty, staff and the community. Copies of *1984* are available at a 40 percent discount in the Student Activities Office and at the Radcliff Center.

For more information about this discussion series or other Pageturners events and activities visit <http://sites.google.com/site/scpageturners/>. In March, Pageturners will be discussing *Motown Burning* by John Jeffire, who will visit the Livonia campus on March 25.

Schoolcraft College is a public two-year college offering classes on the Livonia Campus, Haggerty Road between Six and Seven Mile, the Radcliff Center on Radcliff in Garden City and at www.schoolcraft.edu.

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Savory suppers feature heart-healthy ingredients

It's not as hard as you might think to make heart healthy food choices that are still irresistibly good. Dr. Richard Collins, The Cooking Cardiologist, says that supporting one's heart may be as simple as learning which foods promote heart health and how to incorporate them into regular meals.

"A lot of people think being heart healthy requires a whole lifestyle overhaul, which may be a key deterrent, particularly for adults who are set in their ways," Collins said. "There are many easy steps you can take to help support heart health — from substituting ingredients in recipes to choosing the right beverages and making the most of the activities you already enjoy. Many heart healthy steps can be relatively quick and easy to incorporate and don't have to break your budget."

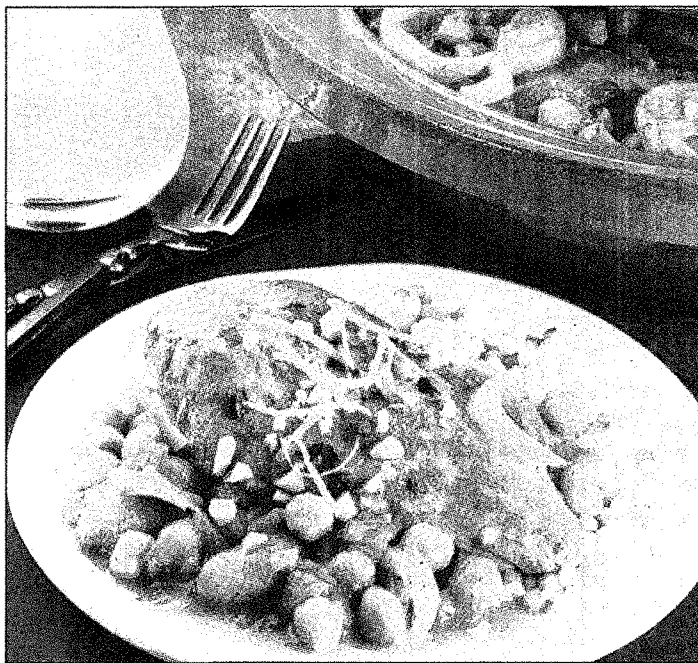
For example, 100 percent orange juice is a refrigerator staple that may help support heart health. It can even go beyond the breakfast table — one cup added to your favorite salad dressing, smoothie or marinade is an easy and delicious way to incorporate the beverage's nutrients into your meals.

"The orange juice that starts many Americans' mornings provides nutrients such as potassium, which may help maintain healthy blood pressure and promote heart health," Collins said.

The Cooking Cardiologist has easy ways to make deliciously good-for-you choices:

- Use nut oils such as sesame seed, walnut or almond in your salad dressing to enhance flavor and add heart healthy ingredients to a salad.

- When reading nutrition labels, look for foods that are rich in vitamin C. Vitamin C can support heart health by helping to neutralize free radicals that may contribute to cell and tissue damage — damage that may contribute to the development of chronic health issues like heart disease and cancer. Many fruits and vegeta-



Orange-Apricot Chicken Tagine

tables and their juices, such as 100 percent orange juice, are excellent sources of vitamin C.

- Not all fats are bad. While you should avoid saturated fats and trans fats, omega-3 fats may help reduce the risk of heart disease and stroke. Omega-3 fats are found in foods such as walnuts, flaxseed and fatty fish, such as salmon or tuna.

Try these savory recipes for Orange Tarragon Ginger Shrimp with Rice Noodles and Orange-Apricot Chicken Tagine — two easy ways to serve up heart healthy meals that you're sure to enjoy.

Visit www.FloridaJuice.com for more heart healthy recipes and information on heart health.

ORANGE TARRAGON GINGER SHRIMP WITH RICE NOODLES

- Makes 4 servings
- 1 cup orange juice
 - 12 jumbo raw shrimp, peeled, deveined, tails attached
 - 2 tablespoons fresh tarragon, finely chopped
 - 1 tablespoon olive oil
 - 1 tablespoon fresh ginger, finely chopped
 - 1 shallot, finely chopped
 - 1 (8-ounce) package rice noodles, prepared according to package directions

- 1 tablespoon sesame seed oil
- Nonstick cooking spray
- 2 cups fresh snow peas
- 1 tablespoon toasted sesame seeds
- 1 tablespoon Asian hot chili sauce, optional

Combine orange juice, shrimp, tarragon, olive oil, ginger and shallot in a zipper-seal plastic bag. Seal bag securely; toss gently to combine ingredients. Marinate for 1 hour in the refrigerator.

Prepare rice noodles according to package directions. Drain and combine with sesame seed oil; toss to coat evenly; reserve.

Spray wok with nonstick cooking spray and heat over medium heat. Drain shrimp mixture; reserve 1/2 cup marinade and discard remaining marinade. Add shrimp and reserved 1/2 cup of marinade to wok; bring to a boil and stir fry shrimp for 1 to 2 minutes. Add snow peas; stir fry for 3 more minutes, just until snow peas are tender crisp and shrimp is cooked through. Add sesame seeds and chili sauce, if desired. Remove from heat and add reserved rice noodles; toss to combine and serve immediately.

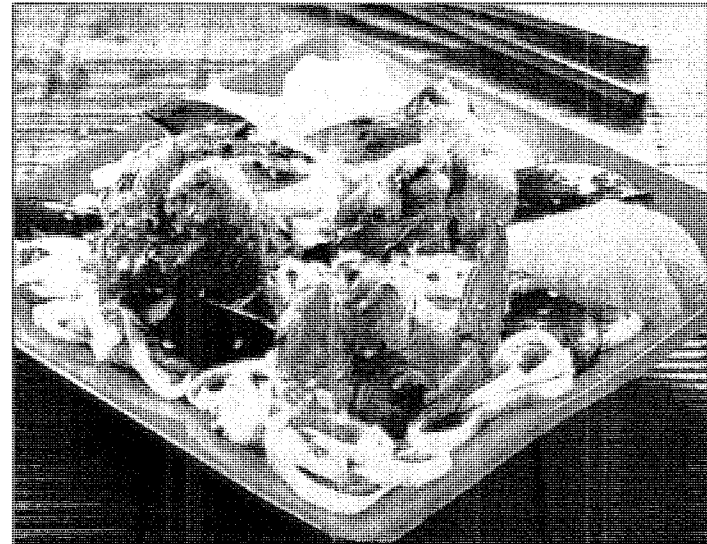
ORANGE-APRICOT CHICKEN TAGINE

A tagine is a cooking pot commonly used in North African countries, such as Morocco and Algeria. It

consists of two pieces — a plate-like bottom and a conical-shaped lid. Tagines can be purchased online or in most stores where kitchenware is sold.

- Makes 4 servings
- 1 tablespoon canola oil
 - 4 small skinless chicken breasts, approximately 4 ounces each
 - 1 yellow onion, sliced
 - 1 tablespoon minced fresh garlic
 - 1 tablespoon minced fresh ginger
 - 1 cup orange juice
 - 1 tablespoon turmeric
 - 1 teaspoon ground nutmeg
 - 1 teaspoon ground cinnamon
 - 1 saffron thread, optional
 - 1 (15-ounce) can garbanzo beans, drained
 - 1 cup dried apricots
 - 1 cup diced fresh tomatoes
 - 1/2 cup cashews, chopped and toasted
 - 2 tablespoons fresh cilantro, chopped

Heat oil in tagine and brown chicken breasts for 3 to 5 minutes; remove chicken breasts



Orange Tarragon Ginger Shrimp with Rice Noodles

and reserve. Add onion, garlic and ginger to tagine; sauté for 3 minutes. Add orange juice, turmeric, nutmeg, cinnamon and saffron, if desired. Simmer for 3 minutes; do not boil. Add garbanzo beans, apricots and tomatoes. Bring to simmer; add reserved chicken breasts. Cover tagine and cook for 20 to 30 minutes over low heat

until chicken is thoroughly cooked. Garnish with cashews and cilantro; serve immediately.

Serving suggestion: Serve Orange-Apricot Chicken Tagine with cooked couscous.

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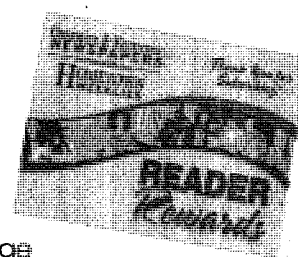


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FILTER

Plymouth scientist heads team on National Geographic Channel show

BY SHARON DARGAY
O&E STAFF WRITER

Science is the star in a National Geographic Channel series that uses technology to test and measure the capabilities of fighters, martial arts experts, soldiers and SWAT officers.

Cynthia Bir, lead scientist on *Fight Science*, wouldn't have it any other way.

"I think it's good to put science out there in front of kids. There is enough of what I call eye candy on the show that kids can relate to. They watch that and then you put the science in front of them," said Bir, a Plymouth resident and professor of biomechanical engineering at Wayne State University.

"I've brought high school classes to my lab and talked to them about what I do and what biomechanical engineering is and that's all part of getting kids excited about science. It makes it real for them. It's an application of what they're learning."

Fight Science's fourth show of this season, "Human Weapon," airs at 9 p.m. today. "Super Cops," the fifth episode rounds out the series at 9 p.m., Feb. 25. Episodes from previous seasons will be replayed March 4 and 11. Check www.channel.nationalgeographic.com and click on *Fight Science* for more broadcast times.

Super Cops incorporates a lot of Bir's research on evaluating body armor and less-lethal technology, such as rubber bullets, water cannons and stunt hand grenades. In the episode, SWAT officers test their techniques and equipment in simulated conflicts and sensor-equipped dummies are used to test the effects of less-lethal weapons.

In one demonstration during tonight's Human Weapon episode, self-defense experts show how to apply force to a weak point on an opponent's body to disable the attacker.

Bir uses one finger, applied to the philtrum, the area between the nose and upper lip, to stop a much stronger man. The pressure creates enough leverage to push the neck back at about

a 45 degree angle, disturbing equilibrium and pushing the man back.

"I feel fortunate to have the opportunity," Bir said, describing her involvement with the show, which is produced in California. She also is lead scientist on *ESPN Sport Science*, which won an Emmy award.

"Someone asked me, would you ever do this (the show) full time? Would Wayne State lose you? I couldn't. I need Wayne State. What I learn here I apply there (to the show)."

"I love what I do. I love the research," she said. "I have an Emmy on my mantle at home. It's nice, it's fun...but it's another world. It's nothing I set out to do. It just happened."

MATH BACKGROUND

Bir earned a nursing degree, before earning a master's degree in bioengineering from the University of Michigan, a master's degree in mechanical engineering, and a Ph.D. in biomedical engineering, from Wayne State.

"I've always had a strong math background and I'm very mechanically inclined. When you put the human body into that as well, that's when it gets exciting."

She works with the orthopedic surgery department in the school of medicine as well as the Bioengineering Center in the school of engineering.

"Five years ago we had a call from an executive producer saying they were looking to do a show called *Fight Science*. They asked if we wanted to be involved. We've done a lot of work with USA Boxing and they had seen some of that work."

Bir figured it would be a "once in a lifetime thing" that she'd never repeat, but after the first season's one episode, the producers suggested a season two and "it snowballed from there."

In the meantime, she began working with *Sports Science*.

"The National Geographic Channel shows are a little more in depth in terms of the science we put into them. It's a very different feel to the show, more serious and intense. There's a lot of research



Self defense instructor Bren Foster and Wayne State University biomechanics expert Cindy Bir prep for the anatomical weaknesses test.

I've conducted in the lab and took to the set and incorporated into the show. A lot of what we do on a day to day basis is what we do in the show."

Bir juggles teaching with travel for the show, as well as scholarly conferences and research. She's also married, to a patent attorney, and together they have four children, ages 16, 14, 8 and 5.

FROM MONKS TO PLANES

She also has worked with the History Channel on a program about individuals with "superhuman" abilities. During the show, she evaluated the punching and striking abilities of a Shaolin monk on a crash dummy.

Next month, she'll work with one of three scientific teams testing the outcome of a "survivable" plane crash in Mexico. The crash and testing will be filmed by a British production company.

"They're going to crash a full size 727 with crash test dummies on the plane," she said. "Because it's such a big cost, they want to get as much scientific information out of it as we can glean from it."



Xiao Jun Wang and Wayne State University biomechanics expert Cindy Bir prepare for a spear test on "Flight Science." Wang practices chi-gong and uses tai chi to protect his body from the spear.

"Our group is charged with the dummies. It's supposed to be a failed landing, a survivable crash, so we'll look at the types of injuries sustained."

She said two pilots would fly the plane to the targeted area and parachute out before it crashed.



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Suite 160 Digital Studios is offering the "Once Upon a Time Screenplay Competition," a short-film contest that is designed to give undiscovered screenwriters in Michigan a chance to gain exposure and see their work produced and showcased in national film festivals.

Contestants submit a screenplay with 5 to 15 minutes of screen time. All entrants must be residents of Michigan. Screenplays are entered online on the Suite 160 Digital Studios official Web site at www.suite160digital.com. The entry fee is \$15 and the deadline for submissions is March 31.

A grand prize will be awarded to the screenplay deemed to be the overall best by the competition judges. The Grand Prize winner will receive an option and purchase agreement for the winning screenplay in the amount of \$500. The winning screenplay will be produced by Suite 160 Digital Studios and submitted to festivals and film competitions at the discretion of Suite 160 Digital Studios.

The first runner up will receive an option and purchase agreement for \$250. Suite 160 Digital Studios may produce this screenplay.

The second runner up will receive an option and purchase agreement for \$100. Suite 160 Digital Studios may produce this screenplay.

Winners will be notified by April 30. Some talented entrants may be considered for an opportunity to join the Suite 160 Digital Studios team as a staff writer.

Complete contest rules and regulations are available at www.suite160digital.com by clicking on the "Competition" tab on the home page.

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For more information on the Once Upon a Time Screenplay Competition and Suite 160 Digital Studios, call (248) 327-301 or e-mail to info@suite160digital.com.

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ART

Costick Center

Time/Date: Through 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: Yuroz is the artist of the month
Contact: (888) 889-4ART (toll free) or (734)453-5400

Northville Art House

Time/Date: Through Feb. 26;
Location: 215 W. Cady, Northville
Details: 4th annual exhibition showcasing the varied styles and mediums of more than 50 artist members
Contact: (248) 344-0497 or visit www.northvillearts.org

COMEDY

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Time/Date: Various show times Wednesdays thru Sundays
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 Wednesday-Saturday evenings
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

Joey's Comedy Club of Livonia

Time/Date: 8 p.m. Mondays, 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: Steve McGew, Feb. 18-20; Ty Barnett, Feb. 25-27, Ruben Paul, March 3-6; Sheila Kay, March 10-13; Jay Black, March 17-20; Myq Kaplan, March 24-27
Contact: (734) 261-0555, www.kickerscomplex.com

Mark Ridley's Comedy Castle

Time/Date: Joe Starr's combination of comic storytelling and physical humor, Feb. 18-20; Denver native Phil Palisoul, Feb. 25-27; Gary Valentine, a series regular on "The King of Queens," March 4-6; Brooklyn native Brian Sooliaro, March 11-13; Bret Ernst, who appeared in the movie "Beer League," and hosted MTVs "Wrestling Society X," March 18-20
Location: 269 E. Fourth, Royal Oak
Contact: (248) 542-9900, www.comedycastle.com

CONCERTS

The Ark

Time/Date: Marc Cohn, Feb. 18; Terri Clark Unplugged and Alone, Feb. 19; Blackthorn, Feb. 21 - a fund-raiser for the American Cancer Society Action Network, Feb. 21, Catie Curtis, (folk-rock) March 3; Monte Montgomery, (acoustic guitar) March 4; Howie Day, (rock-influenced) March 5; Po' Girl, (Canadian 21st Century roots music) March 6; Richard Shindell, (folk, storytelling songs) March 7; Scythian, (Celtic) March 8; Horse Feathers, (Western) March 10; Caravan of Thieves, (gypsy jazz) March 11; Joe Henry, (mixed genre) March 12; Justin Roberts & The Not Ready for Naptime Players, (rock music for kids) March 13; The Band of Heathens (country and Americana) March 13; Lehto & Wright (folk rock) March 14
Location: 316 South Main, Ann Arbor
Contact: (734) 763-8587; www.theark.org



Terri Clark brings her "Unplugged & Alone" tour to The Ark in Ann Arbor Feb. 19.

Bluefish Music

Time/Date: 8 p.m., Thursday, Feb. 25
Location: 744 Starkweather St., Plymouth
Details: Bobby Pennock and guitar player Terry Birkett perform songs from the CD "10,000 Stories" as well as some new songs from two upcoming CDs. The show is free
Contact: (734) 927-0675

Detroit Institute of Arts

Time/Date: Friday Night Live concerts, 7 and 8:30 p.m.
Location: 5200 Woodward Ave
Contact: (313) 833-7900, www.dia.org

Genettis Hole in the Wall

Time/Date: 7 p.m., Friday, Feb. 19
Location: 108 E. Main, Northville
Details: Performance Benefit for Haiti Relief, an evening of local actors, musicians, dancers, poets and artists devoting their time and talent to help the people of Haiti. Suggested donation is \$5
Contact: (248) 767-2339

Hill Auditorium

Time/Date: Swedish Radio Choir, 4 p.m., Sunday, Feb. 21, \$10-\$50 tickets;
Location: 825 N. University Avenue, Ann Arbor
Details: University Musical Society events
Contact: (734) 764-2538

JWH Center for the Arts

Time/Date: 6:15-6:45 p.m., open mic sign up; performances, 7 p.m. Next performance is Saturday, Feb. 20
Location: 774 N. Sheldon, Plymouth
Details: Matt Allen & Friends are the featured performers; host is Jeff Karoub. BaseLine Folk Society open mic is for acoustic, folk and traditional musicians. Admission is \$5. BaseLine Folk Society open mic runs every third Saturday of the month through May
Contact: Mike Mullen, founder, mjmmullen@yahoo.com

Magic Bag

Time/Dates: The Mega 80's, Feb. 19 and 27; Frontiers, Feb. 20, PBM & Jamie McCarthy, Feb. 26; 40oz. To Freedom, March 2; Reverend Peyton's Big Damn Band, March 4; Laith Al Saadi & Back Forty, March 5
Location: 22920 Woodward, Ferndale
Contact: (248) 544-3030, www.themagicbag.com

Max M. Fisher Music Center

Time/Date: 10:45 a.m., and 8 p.m., Feb. 18; 8:30 p.m., Feb. 19-20; and 3 p.m., Feb. 21
Details: The Detroit Symphony Orchestra and Ontario-based rock group, Jeans 'N Classics, play the music of the Beach Boys; tickets range from \$19 to \$123
Location: 3711 Woodward Ave, Detroit
Contact: (313) 576-5111

Music Hall Jazz Cafe

Time/Date: Ben's Friends, Feb. 18
Location: 350 Madison, Detroit
Contact: (313) 887-8500

Trinity House Theater

Time/Date: Cats and the Fiddler, 8 p.m., Feb. 19, tickets \$15, \$12 for subscribers; Mike Mangione and His Band, 8 p.m., Feb. 26, tickets \$12, \$9 for subscribers; Blue Water Ramblers, 8 p.m., Feb. 27, tickets \$12, \$9 for subscribers; Stacey Earle and Marek Stuart, 8 p.m., March 5, tickets \$15, \$12 for subscribers; Rachele Eve with Ben Salazar, 8 p.m., March 6, tickets \$12, \$9 for subscribers; Michael McDermott with John D. Lamb, 8 p.m., March 12, tickets \$15, \$12 for subscribers; Jill Jack with Luke Brindley, 8 p.m. March 13, tickets \$15, \$12 for members; Brooks Williams and Beaucoup Blue, 8 p.m. March 19, tickets \$15, \$12 for subscribers; Annie and Rod Capps, 8 p.m., March 20, tickets \$15, \$12 for subscribers; Gemini, 8 p.m., March 27, tickets \$15, \$12 for subscribers
Location: 38840 West Six Mile, Livonia
Contact: (734) 464-6302, www.trinityhouse.org



Mike Mangione and His Band play Feb. 26 at Trinity House Theater in Livonia.

FAMILY

The Ark

Time/Date: 7:30 p.m., Saturday, Feb. 21 and 1 p.m., Sunday, Feb. 22
Location: 316 S. Main, Ann Arbor
Details: 23rd Annual Storytelling Festival featuring Bill Lepop and Linda Gorham; tickets are \$20 Saturday and \$10 Sunday
Contact: (734) 763-8587; www.theark.org

Bakers Keyboard Lounge

Time/Dates: 2-5 p.m. Sundays
Details: Jazz for Kids Program
Location: 20510 Livorno Ave., Detroit
Contact: (313) 345-6300, www.bakerskeyboardlounge.com

Detroit Institute of Arts

Time/Dates: 2 p.m. Sundays
Details: Target Family Sundays, storytelling, performances, free with admission
Location: 5200 Woodward, Detroit
Contact: (313) 833-7900, www.dia.org

Marquis Theatre

Time/Dates: 2:30 p.m. all shows; Saturday, March 13, 20, 27, April 10, 17, 24 and May 1; Monday-Friday, April 5-9; and Sunday, March 14, 21, 28, April 11, 18, 25 and May 2
Location: 135 E. Main, Northville
Details: "Peter Cottontail," tickets, \$8.50, ages 3 and up
Contact: (248) 349-8110, www.northvillemarquistheatre.com

Detroit Zoo

Time/Date: 10 a.m.-4 p.m. through March
Location: I-696 service drive and Woodward, Royal Oak
Details: Admission is \$11 for adults 15 to 61, \$9 for senior citizens 62 and older, and \$7 for children ages 2 to 14; children under 2 are free. Wild Winter Weekends offer crafts, entertainment, educational experiences March 6-7
Contact: (248) 541-5717

FILM

Penn Theatre

Time/Dates: "The Twilight Saga: New Moon," 7 p.m. and 9:20 p.m., Feb. 19-20 and 5 p.m. and 7:20 p.m., Feb. 21
Location: 760 Penniman Ave., Plymouth
Details: \$3 admission
Coming up: "The Young Victoria," 7 p.m. and 9 p.m., Friday-Saturday, Feb. 26-27; 5 p.m. and 7 p.m., Sunday, Feb. 28; "Sherlock Holmes," 7 p.m. and 9:20 p.m. Friday-Saturday, March 5-6 and 5 p.m. and 7:20 p.m., Sunday, March 7
Contact: (734) 453-0870, www.penntheatre.com

Redford Theatre

Time/Date: 8 p.m. Feb. 19 and 2 p.m. and 8 p.m., Feb. 20
Location: 17360 Lahser, Detroit
Details: "Flying Down to Rio," starring Fred Astaire and Ginger Rogers; tickets are \$4
Coming up: "A Day at the Races," with The Marx Brothers and Margaret Dumont, 8 p.m., March 5-6 and 4 p.m., March 6
Contact: www.redfordtheatre.com

MUSEUMS

Cranbrook Institute of Science

Time/Date: "Artology: The Fusion of Art and Science at Cranbrook" showcases the work of artists whose creations intersect with science; through June 4
Location: 39221 Woodward, Bloomfield Hills
Contact: (248) 645-3200, <http://science.cranbrook.edu>

Detroit Science Center

Time/Date: "Black Holes" in the planetarium; "Accidental Mummies of Guanajuato" through April 11
Location: 5020 John R, Detroit
Contact: (313) 577-8400, www.detroitssciencecenter.org

Greenfield Village

Time/Date: "Good Design: stories from Herman Miller" through April 25
Location: 20900 Oakwood Blvd., Dearborn
Details: The touring exhibition explores the problem-solving design process employed at the world-renowned West Michigan-based furniture company Herman Miller Inc. Developed in collaboration with the Muskegon Museum of Art, the exhibition draws upon The Henry Ford's Herman Miller Design Collection, a comprehensive archive of the company's innovative processes and products, most of which have never been on public view.
Contact: (313) 982-6001 or thehenryford.org

Historic Greenmead

Time/Date: Presidential Tea at the Blue House, 3 p.m. and 5 p.m., Feb. 27
Location: 20501 Newburgh, Livonia
Details: Sample crab bisque, nibble on tea sandwiches, scones and desserts and hear Mary Ann Wheeler speak about the Lincoln family; \$25 advance tickets only
Coming Up: Lecture series presented by the 17th Michigan Civil War Re-enactors, 7 p.m. and 9 p.m., March 16, in the Alexander Blue House
Contact: (248) 477-7375

Plymouth Historical Museum

Time/Dates: "Show and Tell Collectibles" exhibit, through June 13
Location: 155 S. Main, Plymouth
Contact: (734) 455-8940, www.plymouthhistory.org

Washtenaw Community College

Time/Dates: The Great Lakes Shipwreck Festival, held in conjunction with the Dossin Great Lakes Museum and the Ford Seahorses, Saturday, Feb. 27
Location: 4800 East Huron River Drive, Ann Arbor
Details: \$15 in advance
Contact: www.shipwreckfestival.org

SOMTHING DIFFERENT

Rock Financial Center

Time/Date: 2 - 9:30 p.m. Thursday-Friday, Feb. 25-26; 10 a.m. - 9 p.m. Saturday, Feb. 27 and 10 a.m. - 5 p.m. Sunday, Feb. 28
Location: 46100 Grand River Ave. between Novi and Beck Roads in Novi
Details: Cottage & Lakefront Living Show exhibits include log, timber frame and cedar homes, cottage rental, designers, cottage furnishings, lakefront homebuilders and realtors, lakeshore maintenance, boats and docks, outdoor recreational equipment, non-profit environmental organizations, government agencies, financing and other products and services. Ideas to increase your outdoor living space are incorporated in the landscape displays of fireplaces, cooking options, patios, decks and gardening products. Sandcastle contest and demonstration and Whisper in the Woods fine art display and sale. Admission is \$10; \$4 for children 6-14 and children 5 and under admitted free
Contact: www.NoviCottageShow.com or call (800) 328-6550

THEATRE

Barefoot Productions

Time/Date: 8:40 p.m., Feb. 19-20 and 26-27; 2 p.m., Feb. 21
Location: 240 N. Main, Plymouth
Details: "Rope," by Patrick Hamilton, the play that inspired the classic Alfred Hitchcock film
Contact: (734) 582-9688; www.justgobarefoot.com

Spotlight Players

Time/Date: 8 p.m., Feb. 19-20 and 26-27; and 2 p.m., Feb. 20-21 and 27-28
Location: Village Theater, 50400 Cherry Hill, Canton
Details: "Barefoot in the Park," tickets are \$18 for adults, 19-59; and \$16 for senior citizens over age 59 and students, under age 19
Contact: (734) 480-4945; www.spotlightplayersmi.org

RELIGION CALENDAR

Religion calendar items appear on Thursdays on a space available basis. To submit an item, e-mail sdargay@hometownlife.com or write: Religion Calendar, Observer Newspapers, 615 W. Lafayette-2nd Level, Detroit, MI 48226, Attn: Sharon Dargay. Item must include the venue address and phone number and any admission costs for events. Items must be submitted at least a week in advance of publication. Feel free to send a related photo in jpg form. For a complete listing online, go to home-

townlife.com.

FEB. 18-24

Christ Our Savior Lutheran Church

Time/Date: 5:30 p.m. meal and Bible study; worship service at 7:30 p.m., Wednesday, Feb. 24
Location: 14175 Farmington Road, north of I-96, in Livonia
Details: The Lutheran Choralists will

sing at the Lenten midweek service; a free will offering will be accepted for the meal
Contact: (734) 522-6830
Garden City Presbyterian
Time/Date: 7 p.m., Feb. 20
Location: 1841 Middlebelt
Details: Aaron Lucas & Co. performs
Contact: (734) 421-7620 or e-mail to gcpcevents@wowway.com
St. John's Episcopal Church
Time/Date: 4:30 p.m., Sunday, Feb. 21

Location: 574 S. Sheldon, Plymouth
Details: A cappella choral groups, "BackBeat" and "TrebleMakers" from Northville High School, will perform; admission is a free will offering
Contact: (734) 453-0190, Ext. 16, or www.stjohnsplymouth.org
Living Peace Church
Time/Date: 6:30-8 p.m., Thursdays, beginning Feb. 18 and Sundays, beginning Feb. 21
Location: Small-group Bible studies meet in private homes

Details: The church is coming to Canton in the fall and is introducing itself to the community through Bible studies. This study will cover the final week of Jesus' life and ministry from his entry into Jerusalem through his resurrection
Contact: (313) 937-1199
Council of Orthodox Christian Churches of Metropolitan Detroit
Time/Date: 6 p.m., Feb. 21
Location: Antiochian Orthodox Basilica of St. Mary, 18100 Merriman, Livonia
Details: This is the first of five Sunday Lenten Vespers. The Very Rev. Roman Star of St. Innocent of Irkutsk Orthodox Church, Redford, president of the Orthodox Clergy Brotherhood of St. John Chrysostom of Metropolitan Detroit and spiritual advisor to the COCC, will preside at the service, assisted by other members of the Clergy Brotherhood. The Very Rev. Archimandrite Joseph (Morris), abbot of St. Gregory Palamas Greek Orthodox Monastery, Hayesville, Ohio, will be the homilist. An inter-Orthodox choir under the direction of Victoria Kopistansky, choir director at Holy Trinity Orthodox Church, Detroit, will sing during the service. Refreshments will be served after the service
Contact: Robert Mitchell, at (313) 204-5103 or e-mail to rmitco2@ameritech.net
St. Theodore Catholic Church
Time/Date: 8:30 a.m.-noon, Sunday, Feb. 21
Location: St. Theodore Social Hall,

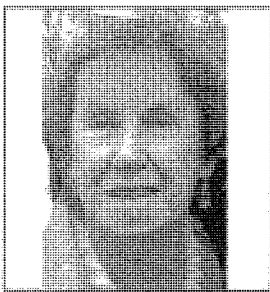
8200 N. Wayne Road, Westland
Details: All you can eat pancake and French toast breakfast; \$3 for adults and \$1.50 for children, ages 2-10. Menu includes pancakes, French toast, ham, sausage, scrambled eggs, applesauce, tea, coffee, milk and juice. Sponsored by St. Theodore Men's Club.
Contact: (734) 425-4421

FEB. 25-MARCH 3

Congregation Beth Ahm
Time/Date: 6 p.m., Feb. 28
Location: 5075 W. Maple, West Bloomfield
Details: 78th Annual Inter-Congregational Men's Club Dinner with guest speaker Oakland County Sheriff Michael J. Bouchard. Cost is \$54 per person and will include kosher dinner catered by Paul Wertz of Kosher Too Catering. Advance reservations are required.
Contact: Members of local synagogues and temples may contact their Men's Club or Brotherhood by Feb. 1 to make reservations and advance payment. Others may make reservations through Beth Ahm by calling Ron Jedwab by phone at (248) 788-3068 or by e-mailing him at dannysdad@comcast.net or by mailing a check in the amount of \$54 per person (payable to Cong. Beth Ahm Men's Club) to: Beth Ahm (ATTN: Ron Jedwab / Men's Club), 5075 West Maple Road, West Bloomfield MI 48322

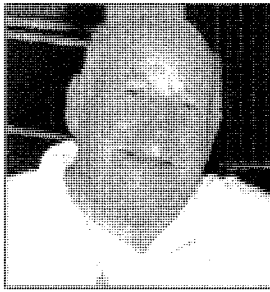


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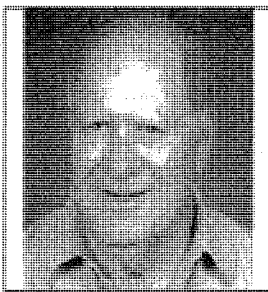
BETTY ALMBURG

Died February 11, 2010, age 83. Beloved wife of the late Paul. Dear Mother of Scott, Tim (Darlene), Beth (Stuart) Delaney, and the late Jeff. Grandmother of Sean and Cara Delaney. Preceded in death by parents, Edward Tuttle and Ella Stomberg Tuttle. Graduate of Madonna University. Long time Livonia resident, and member of St. Paul's Presbyterian Church for almost 50 years. Visitation Manns-Ferguson Funeral Home 17000 Middlebelt (S. of 6 Mile) on Saturday, February 20th from 2 to 5 p.m. and 6 to 8 p.m. In State Sunday, February 21st 2 p.m. until time of Services, 3 p.m. at St. Paul's Presbyterian Church 27475 5 Mile Road, Livonia. Memorials are suggested to the Open Door program at Fort Street Presbyterian Church, or St. Paul's. Online Guestbook at: www.mannsfuneralhome.com



BURKE "BUCK" JOHNSON

Age 77, of Punta Gorda, FL passed away February 14, 2010. He was born January 3, 1933 in Nankin, MI to Clifton and Anna Johnson. He served in the US Army. He retired from the City of Westland, MI where he had worked as a Heavy Equipment Operator and an Animal Control Officer. He moved to this area in 1991 from Westland. Buck was a member of the American Legion Post 251, the Moose Lodge 2121, the Eagles #4104 and attended Bethany Evangelical Lutheran Church. He loved spending time in his garage with friends and was an avid motorcycle enthusiast. He is survived by his loving wife of 29 years, Linda Diane Johnson; children, Dianna Rose Linder; Clifton (Treasa) Johnson, Shiela (Rodney) Peace, Ann Marie Johnson; grandchildren, Jessica, Crystal, Patricia, CJ, Taylor, Sara (Nick), Sarina, Breann, Jesse, Brittney, Joey; great grandchildren, Heather, April, Jonathan, Alexis, Lorianne, Michael, De'Mya; mother-in-law, Jean Johnson; many nieces, nephews and extended family. He was preceded in death by his parents, his sister Pauline Hedger and a brother, Phillip Johnson. The Visitation will be from 1:00 pm till 5:00 pm, Friday, February 19, 2010 at the Kays-Ponger & Uselton Funeral Home, 635 E Marion Ave, Punta Gorda, FL 33950. The Funeral Service will follow at 5:00 pm Friday at the funeral home. In lieu of flowers, please make donations available to Linda Johnson in memory of Buck. Please visit kays-ponger.com to leave the family condolences and to sign the online guestbook. Kays-Ponger & Uselton Funeral Home, Punta Gorda chapel, is in charge of arrangements.



GARY B. NAVARRE

Passed away on February 12, 2010 at the age of 76. Born in Monroe, Michigan and was a veteran of the Korea Conflict. Graduated with a B.S. from Eastern Michigan University, M.S. from the University of Oregon and an Ed.D from Wayne State University. Professor emeritus from Eastern Michigan University. Also worked as a teacher, school psychologist and Director of Special Services at various southeastern Michigan school districts. Received a Green Cross Life Saving Award from Ohio for saving five lives on Lake Erie. Self-described lovable curmudgeon, survived by his wife Nancy; sons Jeffrey and Steven (Veronica) Navarre and siblings Beverly Dines, Sam Navarre and Carolyn Navarre Chiera. Services were held on Wed at the First United Methodist Church of Plymouth. Contributions are suggested to the Halmhuber-Navarre Endowed Scholarship, c/o Eastern Michigan University Foundation, 1349 S. Huron Street, Ypsilanti, MI 48197 or the Salvation Army. Share your special thoughts and memories at: www.schrader-howell.com.

JO SCHELLMAT (nee ROGERS)

Age 54, of Farmington, passed away February 6, 2010. Arrangements by THAYER-ROCK Funeral Home, Farmington.

JOAN A. VAN DYKE

79, of Traverse City, formerly of Livonia, passed away in her home Wednesday, February 15, 2010 with the caring help of Munson Hospice. Joan is survived by her two daughters Gair Van Dyke and Lea (Gary) Wood, daughter-in-law Ann Van Dyke and three grandsons; Tim Wood, Scott Van Dyke, and Paul Van Dyke. Joan was preceded in death by her husband Robert Van Dyke, Sr., and her son Robert Van Dyke, Jr. Those wishing to honor her memory with a charitable contribution are asked to consider Cherryland Amateur Radio Club or Munson Hospice. The family is being served by Reynolds Jonkhoff Funeral Home, Traverse City, MI.



MAUREEN BREEN HUTTON

75, passed away in Venice, Florida on February 10, 2010. Her husband of 30 years, John, preceded her in 2001. Maureen was born October 31, 1934 in Detroit. She was a graduate of the University of Detroit and went on to receive her Masters degree from the University of Michigan. She taught business at Western High School for many years. Maureen and John were members of St. Fabian's parish for 30 years and both were in the choir. Their joint Irish heritage was enriched by their numerous trips to visit relatives in Ireland. Maureen was a fiercely independent woman and she did not "suffer fools gladly." She touched the lives of her many nieces and nephews in profound ways and the entire family mourns her premature passing. Maureen had a deep faith and it is a comfort to know she is now reunited with her beloved John. Maureen is survived by her beloved sister in law Beatrice (the late Jerome) Breen, many nieces, nephews, and other members of her late Husband's family. Funeral Mass Thursday, February 18, 2010, 10:30am at St. Fabian Catholic Church, Farmington Hills. Memorial contributions may be made to the church. www.mccabefuneralhome.com

WILLIAM EVERETT MINDER JR.

Age 53, passed away February 5, 2010 at St. Joseph's Mercy Hospital in Ann Arbor. He was preceded in death by his parents Helen and William Everett. Bill was a long standing member and past president of Garden City Rotary and a brother to the Vaclavek Family, formerly of Garden City. He will be fondly remembered by Richard, Jack, Grace, Gus, Alexandra, Kristina and Gerard as 'Uncle Bill' and sorely missed by Mary, his dear friend of 35 years. A memorial service will be held at Amantea's Restaurant on Warren Road east of Venoy on February 20, 2010 at 2:30pm. His remains will be interred at Parkview Memorial Cemetery in Livonia. Details available on request. Donations can be made in his memory to the Juvenile Diabetes Research Foundation.

VICTORIA "VICKI" OAKLEY

Of Troy, an educator passionate about the well-being of others, who embodied the true spirit of sportsmanship and had a genuine love of the outdoors, died February 13, 2010 following an 18-month battle with ovarian cancer. She was 40. "As recently as three weeks ago, she was teaching Upper School physical education and heading our school's 'So Be Fit' program," said Sr. Bridget Bears, Head of School at the Academy of the Sacred Heart. "For 15 years, Vicki impacted us in ways that were visible and invisible. She was a great friend, colleague and mentor, who pushed me and others in the challenge of maintaining a healthy lifestyle." A native of Droitwich, England, Ms. Oakley played lacrosse for Wales. At the Academy of the Sacred Heart in Bloomfield Hills, she was a teacher, chair of the physical education department and varsity lacrosse coach. She coached the Sacred Heart lacrosse team to seven state championships. Ms. Oakley enjoyed spending time outdoors, and enjoyed camping, tennis and soccer. She was also an avid runner, and could often be seen in the annual Detroit Turkey Trot and mini-marathons supporting local charities. Bears said, "Vicki categorically refused to accept my position that 'I don't do sports' as she began to attempt to transform me from complete resistance to one who was willing to don a hat resembling a cooked turkey and join her in the Turkey Trot." Dino Vandenheede, Academic Technology Director at the Academy, said, "I can say that I 'ran' with the best. I know her soul lives on ... a spirit such as hers can never be extinguished." Vicki started her Sacred Heart career when Meredith Keller was a freshman. Keller remembers Ms. Oakley as "her own British Invasion ... As a teacher, coach, and friend, Vicki instilled in us the confidence to embrace our individual strengths, the understanding that humility is a key part of success, and above all to learn that laughing at ourselves is an essential part of the adventure." Vicki is survived by Laura Steeby; her parents, Mary and John Oakley; sister Sue (Pieter van der Schee) Oakley; brother, Richard (Kate) Oakley; and five nieces and nephews. A memorial service was held at the Academy of the Sacred Heart, 1250 Kensington Road, Bloomfield Hills, on Wednesday. Burial was private. Memorials appreciated to Ovarian Cancer Research Fund, 14 Pennsylvania Plaza, Suite 1400, New York, NY 10122.



INGRID E. NELSON NAGY

Age 89 of Farmington MI, quietly departed this earth for the great kitchen in the sky on February 14, Valentine's Day, 2010. Her cheerfulness, kindness, boundless optimism, fashion sense and fabulous cooking will be missed by daughters Linda Heard and Nancy Youngdahl. Predeceased by husband of 54 years Alex, she is also survived by grandsons Michael (Cheryl) and David (Tina) Heard, great-grandchildren Melinda, Allison, Lexi, Landon and Weston, sister Britta Mather and two nephews, Steven (Jean) Mather, and Robert (Margi) Nagy. Born in Detroit, she was a resident of Farmington for 55 years, but remained a loyal "Detroit" and Wayne State Alumni her entire life. She was a devoted home economics teacher, a dedicated runner, an eager church volunteer, an enthusiastic gardener, and a faithful friend, admired by many for her kind and generous nature. Her light will always shine. Services have already been held. Donations may be made to the First United Methodist Church of Farmington or Botshoff Foundation Fullness of Life Program. www.thayer-rock.com



HOWARD PAYTON WHITE

Chelsea, Michigan. Age 90, died Friday, February 12, 2010 at Chelsea Retirement Community. He was born March 15, 1919 in Minneapolis, MN, the son of John and Laura (Bond) White. Howard grew up in Rocksboro, PA. He lived in Livonia for the majority of his adult life and moved to Chelsea Retirement Community three years ago. Howard was a WWII veteran, serving in the Army. He worked at Burroughs as a mechanical engineer, retiring in 1982. Howard enjoyed golfing his whole life. He married Claire Van Horn in 1961 and she preceded him in death on March 27, 1991. He is survived by a son, Phil (Anita) White of Temecula, CA; two daughters, Lauriel (Enrique) Ralston-Pardo of Plymouth, Karen (Todd) Kauranen of Chelsea; two sisters, Ethel Strohm of PA, Bernice Alsop of PA; a sister in law Grace White of PA, 6 grandchildren, and many nieces and nephews. He was preceded in death by his brothers, John and George, and sister, Ruth Collie. A memorial service will be held at 10:30 am on Feb. 20th at Towsley Village Chapel at the Chelsea Retirement Community, with Pastor Dominic Aquilino officiating. Burial will be at Glen Eden Memorial Cemetery, Livonia, Michigan. Memorial contributions may be made to the UMRC Heritage Foundation (c/o CRC) or the Alzheimer's Association. Arrangements by Cole Funeral Chapel, Chelsea.

Workshop combines prayer and wellness

BY SHARON DARGAY
O&E STAFF WRITER

Praying comes as naturally to Sandy Baumann as breathing. The Farmington woman talks to God about everything — from wellness and safety, to the earth and crops, to finding the right size at a shoe sale. "You put the words and intent out there and it's up to God to do the rest. The biggest challenge is to let go of the expectation of miracles, that we may not get what we're looking for," she said. "Over the years you learn and try experiments and try praying for this and that. It's a highly neglected part of medicine, but something happens when someone prays with you." Baumann, a writer and speaker on wellness topics, will share her stories about prayer and its effect on health, during a class called "Prayer is Great Medicine," 7-8:30 p.m., Wednesday, Feb. 24, at Madonna University, 36600 Schoolcraft, Livonia. Cost is \$19. Advance registration is a must. Call (734) 432-4804 from 9 a.m. to 4 p.m., weekdays or visit www.madonna.edu and click on continuing ed and registration.

PRAYING FOR WELLNESS
Baumann will talk about the many simple ways to pray for healing experiences. She comes from a Roman Catholic tradition but the class isn't based on denominational teachings or doctrine. She has taught the session to groups of many different faiths and has prayed with both Christians and non-Christians. "You don't have to be religious to pray," she noted. "It doesn't take saints to do it. It just takes people who pray. It doesn't matter if you make up prayer or read a selected one." She said prayer can take many forms, including repeated scripture, rosary, well-known prose such as the "Our Father," or free-form conversation with God. She asks participants to pair off and pray for each other in class, targeting a pain or health concern. The partner who prays places a hand on the pain and intends for the other person to feel relief. "Many people have reported feeling relief," Baumann said. "You can pray for yourself, too. Even forgiveness is a form of prayer."

WELLNESS BACKGROUND
Baumann, who holds a master's degree in biochemistry, is the author of Feed Your Brain for Memory and Feed Your Brain for Learning. She was the director of the "Generations" program at Botsford Hospital for 12 years, before becoming manager of the Life Long Learning department at Henry Ford Community College. For the past 10 years she has conducted wellness seminars and taught classes on various health topics, including stress, insomnia, and aging. She'll teach a class on "recharging memory" March 20 and 27 at Madonna, on insomnia March 23 at Farmington Community Education and on the health habits of centenarians April 26 in Farmington. Her series of classes at Washtenaw Community College also focus on health issues. "Years ago I realized that we compartmentalize. We go to the therapist for our emotions and the doctor does the physical. Ministers do the spiritual. It doesn't matter where you start. Watch what happens when you put it all together."

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

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Wednesday 9:45 AM for Thursday

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FOOD

Helping kids eat more healthy snacks

Liven up the Lenten season

It's never too early to start teaching children about cooking. Involving kids in meal preparation encourages healthy eating habits and introduces them to the value and importance of nutritious, balanced meals.

Elizabeth Pivonka, Ph.D., R.D., heads Produce for Better Health Foundation, the nonprofit entity behind the Fruits & Veggies — More Matters national public health initiative. Pivonka says the kitchen can be a great place to stir up some fun while teaching healthy eating habits.

As a working mother of two, Pivonka understands that getting kids to eat healthy fruits and vegetables can sometimes be a challenge.

"Involving children in cooking is an important step in getting kids interested in fruits and vegetables and getting them more excited about eating them," she says. "Kids can help by measuring, mixing or gathering ingredients while you cook. If kids help with the cooking, they are more inclined to eat what's on the table. At my house, we make meal planning and preparation a family activity."

Let toddlers help you "cook" by using toy food, pots, pans, bowls and spoons to copy what you're doing. Preschoolers can help by measuring ingredients and stirring. Grade school kids can make simple, no-bake recipes or use the microwave with proper supervision. Remember to use child-size tools and, if the counter is too high, use a sturdy step stool or have children sit at the kitchen table while they help.

Pivonka says taking a little extra time at the grocery store to interact with kids and single out fruits and vegetables as important is another way to persuade kids to give them another try.

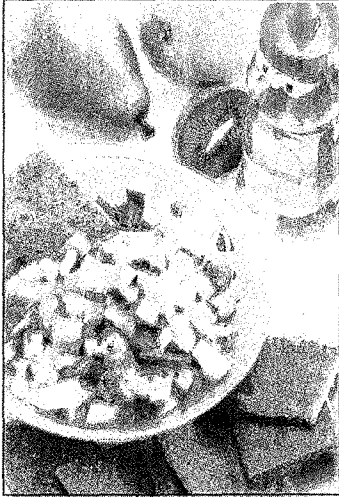
"Kids like to have fun with their food, so one way to get them to eat something is to offer it with a dip," Pivonka says. "Once children turn about two years old, they can really get into dipping and might try things they wouldn't otherwise if they're served with some kind of dip."

DIP IDEAS

She offers some dipping suggestions like low-fat ranch dressing, mild salsa, guacamole, or hummus for dipping vegetables, or any flavor of low-fat yogurt or peanut butter for dipping fruit. Pear Ka-bobs with Strawberry Dipping Sauce and Pear Party Salsa are two fun recipes that let children dip their food.

"Make sure their snacks are just as nutritious as their meals. If you're looking for a 100-calorie snack, don't reach for a prepackaged processed item. One medium-sized fresh pear is a portable, single serving that tops out at 100 calories with no fat, sodium or cholesterol. Fresh pears, tomatoes, and other fruits and veggies are now available all year round. Their versatility and nutritional value make them very popular with people of all ages. They're budget friendly and good for your health."

Parents interested in tips for getting kids to eat fruits and vegetables, and delicious recipe ideas for dishes that children will willingly eat are encouraged to visit the Fruits & Veggies—More Matters Web site, www.fruitsandveggiesmorematters.org.

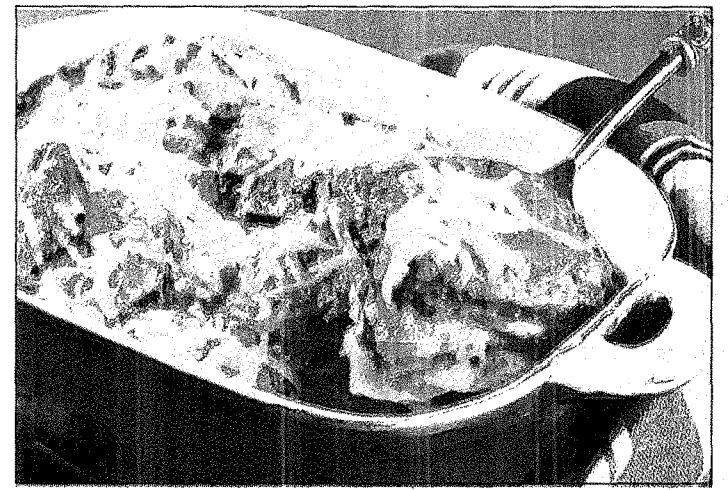


Pear Party Salsa

PEAR PARTY SALSA

Preparation Time: 10 minutes
Serves 4

- 1 pear, cored and finely chopped
 - 1 apple, cored and finely chopped
 - 2 kiwi, peeled and finely chopped
 - 1 orange, peeled and finely chopped
 - 2 tablespoons honey
 - 1 teaspoon lemon juice
 - Cinnamon graham crackers or sliced fresh fruit and veggies
- Combine pear, apple, kiwi and orange in a medium sized bowl. Pour honey and lemon juice over fruit and gently toss. Scoop up mouthfuls of fruit salsa using cinnamon graham crackers or sliced fresh fruit and veggies.
- Nutrition Information per Serving of Salsa: calories, 120; total fat, 1g; saturated fat, 1g; protein, 1g; carbohydrates, 31g; cholesterol, 0mg; dietary fiber, 4g; sodium, 1mg



Layered Eggplant Parmesan

This Lenten season, meat won't be missed at the dinner table with Layered Eggplant Parmesan Casserole. This take on the classic Italian favorite, combines breaded eggplant slices, zesty marinara sauce, melted mozzarella cheese and layers of pierogies — the perfect pairing of pasta and potatoes — all in one deep dish. This meal's great flavor is surpassed only by its convenience, requiring less than 10 ingredients and prepared in less than an hour. And if your family is craving a meatier meal, add a pound of crumbled, cooked sausage to the marinara sauce.

LAYERED EGGPLANT PARMESAN CASSEROLE

Serves 6

- 1 medium eggplant
- 2 large eggs
- 1/2 cup seasoned Italian bread crumbs
- 4 tablespoons olive oil, divided
- 1 24-ounce jar tomato-basil marinara sauce
- 1 16-ounce box Mrs. T's potato and cheddar pierogies
- 1/2 cups shredded mozzarella cheese, divided

Preheat oven to 350° F.
Cut eggplant into 1/2-inch-thick slices. Beat eggs in bowl. Place bread crumbs in separate bowl. Dip eggplant slices in eggs to coat; dip into bread crumbs to coat well on both sides.
Heat 1 tablespoon olive oil in 12-inch skillet over medium-high heat; add eggplant slices and cook until lightly browned on both sides. Repeat with remaining eggplant slices and olive oil.
Grease a 2 1/2-quart baking dish. Spoon 1/3 of marinara sauce on bottom of dish. Arrange half of frozen pierogies on sauce. Top with half of eggplant slices, 1/2 cup mozzarella cheese and half of remaining sauce. Repeat with remaining ingredients, finishing with sauce and mozzarella cheese. Bake 30 minutes or until mixture is hot and bubbly.
Optional: Add one pound crumbled, cooked sausage meat to marinara sauce.

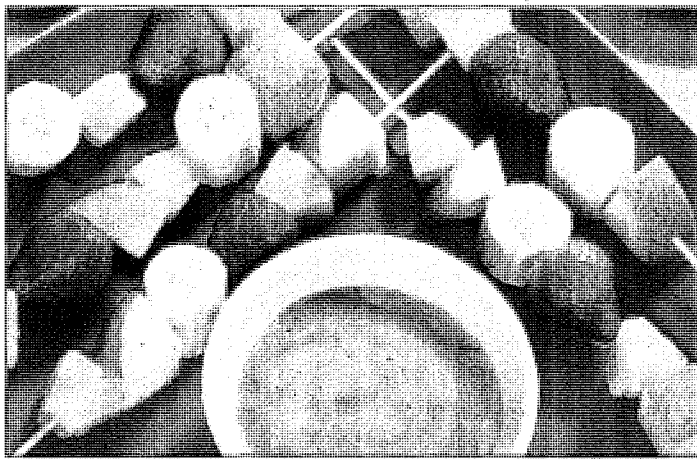
Story and recipe courtesy of Family Features

PEAR KA-BOBS WITH STRAWBERRY DIPPING SAUCE

Preparation Time: 15 minutes
Serves 6

- 1 cup lowfat vanilla yogurt
 - 4 tablespoons strawberry preserves
 - 2 pears, cored and cut into 1-inch cubes
 - 2 bananas cut into 1-inch slices
 - 1 8-ounce can pineapple chunks, drained
 - 2 cups strawberries, stems removed
 - 6 wooden skewers
- In small bowl combine yogurt and strawberry preserves. Set aside. Thread fruits by alternating pears, bananas, pineapple and strawberries onto skewers. Serve fruit skewers with a dollop of the strawberry sauce on the side.
- Nutrition Information per Serving: calories, 162; total fat, 1g; saturated fat, 1g; protein, 2.6g; carbohydrates, 39g; cholesterol, 2mg; dietary fiber, 4g; sodium, 24mg

Courtesy of Family Features



Pear Ka-bobs With Strawberry Dipping Sauce

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