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July 10, 2011

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Newspapers

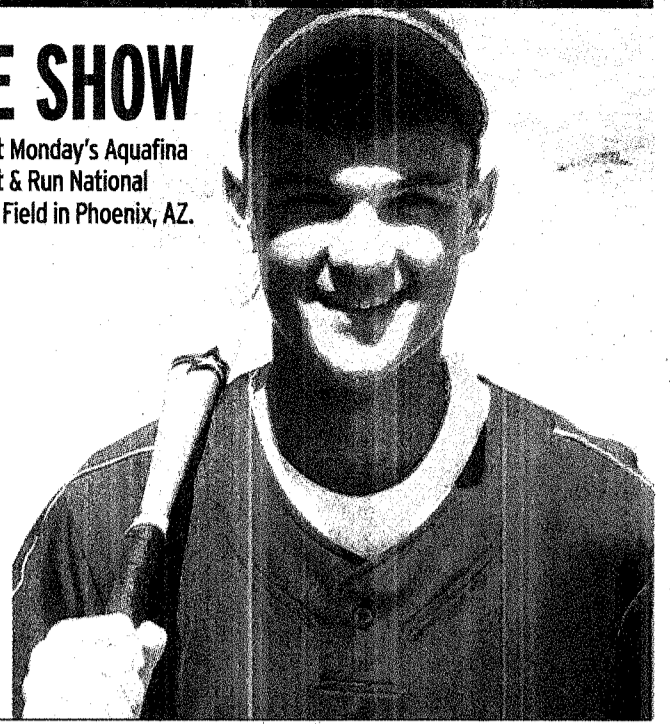
Volume 47  
Number 14

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## OFF TO THE SHOW

Tyler Brooks, 14, will compete at Monday's Aquafina Major League Baseball Pitch, Hit & Run National Finals that will be held at Chase Field in Phoenix, AZ. SPORTS, B1



# WESTLAND OBSERVER

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## IN BRIEF

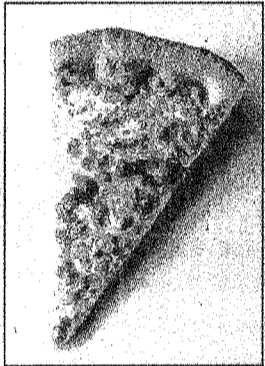
### Free bowling

Westland residents 10-16 years old can participate in a free bowling league at Westland Bowl 6-8:30 p.m. Fridays through Aug. 12. Westland Youth Assistance and Westland Bowl, on Wayne Road just north of Ford, are sponsoring the free league.

The space is limited to the first 80 Westland youths who register by calling (734) 467-7904. Free shoe rental is included but bowlers are reminded that they must wear socks.

### Best pizza

The City of Westland is currently searching for the best pizza in town. The poll, which is currently taking



place on the city website at [www.cityofwestland.com](http://www.cityofwestland.com) has received more than 1,200 votes.

The top winners will be featured on an upcoming episode of "The Buzz" with Mayor William Wild on WLND.

Currently Toarina's Pizza is in first place with 398 votes, followed by Mangia's Pizza with 342 votes. In third place is Slice of the 80's with 310 votes. Other contestants include Antonio's Pizza, Crazy's Pizza, Maria's Bakery, Marvaso's and Vizzy's.

The contestants were chosen through a poll that was taken at a recent Westland Farmers Market.

### No district hours

Wayne County Commissioner Joan Gebhardt, D-District 12, will not be conducting office hours in her communities of Westland, Inkster and south Livonia during July and August.

Gebhardt will resume meeting with constituents to discuss issues in September at selected locations.

"I know my constituents will have plenty to discuss once my office hours resume and I will be ready and looking forward to meeting them and listening to every concern they have," Gebhardt said. "In the meantime, my constituents are encouraged to visit my website at [www.waynecounty.com/district12](http://www.waynecounty.com/district12). And whether they are residents or business owners, all are certainly free to contact my office at (313) 224-0907 or e-mail at [district12@co.wayne.mi.us](mailto:district12@co.wayne.mi.us)."



Gebhardt

## Weather delays Central City Park seeding

BY LEANNE ROGERS  
OBSERVER STAFF WRITER

The current phase of work on the Central City Park remediation project is expected to begin wrapping up to wait for cooler weather before seeding the grass.

Curbs for the parking lot are installed and parking lot paving was scheduled to be completed Friday. "The installation of the geotextile

(liner) and the top soil are just about done. We won't spray the hydroseed or put in sod until it is cooler," said Westland Parks and Recreation Director Robert Kosowski. "The contractor will take a little hiatus. It will probably be the middle or the end of August (before the grass is planted)."

The remediation and restoration project was delayed a few weeks due to heavy rains. Now, the typically hot and dry weather isn't conducive to getting

new grass started.

"There is no greenery now except at the approaches. There is no water source — we can't dig," said Kosowski. "Right now, the seed will blow away — it will root really well in September."

No sprinkler system could be installed in the park due to the approved environmental remediation that includes installation of a geotextile membrane covered by top soil. The geotextile membrane installation also

forced the removal of a number of trees in park over concerns that they would disrupt the membrane or be slowly killed by it.

Contractor ABC Paving of Trenton is handling the remediation project that includes a 12-inch layer of top soil and the installation of the methane gas trench, including methane posts.

The contractor began working at the

Please see **PARK, A2**



Members of the HAP-sponsored senior aerobics class go their workout at the Bailey Pool.

## Seniors splash at Bailey Pool

BY LEANNE ROGERS  
OBSERVER STAFF WRITER

An adult water aerobics class at Westland's Bailey Pool is offering a chance for some low-impact summer exercise while keeping cool.

The HAP Senior Splash Bash water aerobics is offered 3-4 p.m. Tuesdays and Thursdays through Aug. 18 and is free.

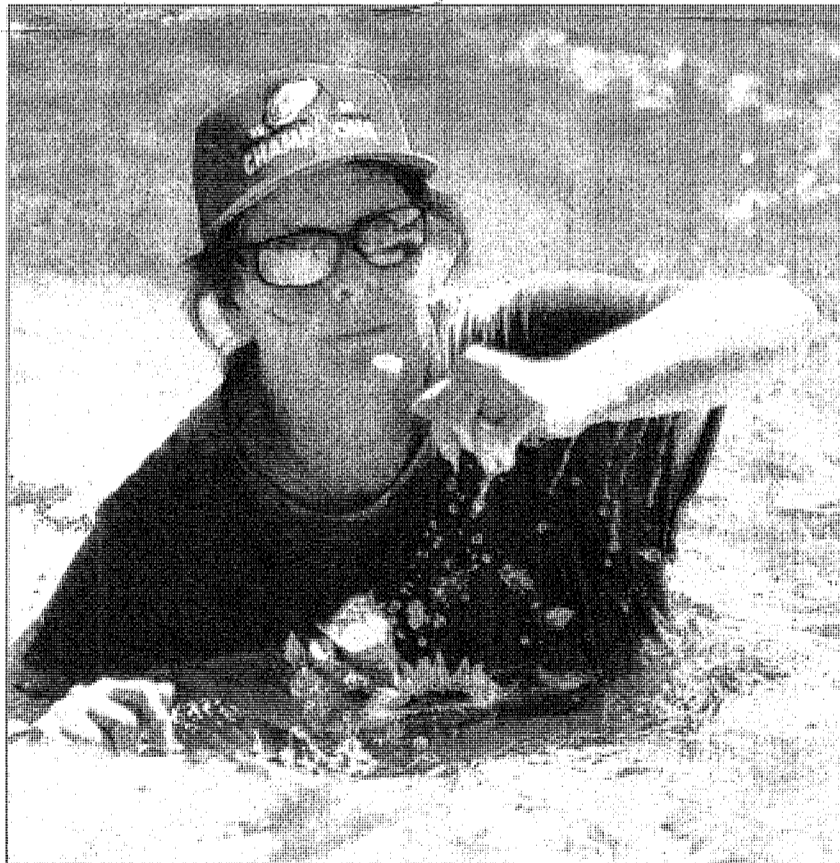
"The class is awesome. We are lucky that Health Alliance Plan offered it free. They repay us for the instructor," said Westland Parks and Recreation Director Robert Kosowski. "The pool is closed at that time for breaks. A lot of people are taking advantage of the program."

This is the third season that HAP has sponsored the water aerobics program, with HAP providing the advertising to attract students. Westland is one of seven communities offering Senior Splash Bash and the only suburban location in Wayne County.

"A lot of people take advantage of the class — if it is really hot, not a lot of people show up," said Kosowski. "It is very low impact but you get a good workout. Most of the clients are seniors."

The class has developed a following, attracting people from neighboring communities, in particular Garden City and Wayne, which are no longer have operating swimming pools.

"People will follow the class from pool to pool," he said. "It exposes new



Wearing a hat, T-shirt and sunglasses, Jerry Munoz dressed for a sunny water aerobics class at the Bailey Pool.

people to the pool. They might bring their kids to the pool or to the splash park (in Tattan Park)."

Register for senior aerobics at the

Bailey Center or call (734) 722-7620 for information.

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## 9 Westland restaurants showcased at Rally

BY SUE MASON  
OBSERVER STAFF WRITER

So where can you can you eat for \$2.77?

The answer is simple. It's the nine restaurants that are participating in the annual Westland Chamber of Commerce Restaurant Rally Tuesday, July 26.

Tickets cost \$25 each and let rally participants sample food at Ashley's Beer & Grill, Beaver Creek, Biggy Coffee, Malarkey's Irish Pub, Marvaso's Italian Grille, Texas Roadhouse, Famous Dave's and Panera Bread.

New to the group is Indian Flavors LLC. Located in the same mall as Biggy Coffee on Ford south of Newburgh, the restaurant offers Indian-style vegetarian food, said Brookellen Swope, chamber president and CEO.

"Ticket sales are going well, we have a steady stream of requests," Swope said "We scaled back this year because it seemed to be getting too big."

The ticket to the event is actually a T-shirt and this year's color is black, Swope said.

"We have a large group of 20 who requested black in January because they plan out what they're going to do," she said. "It's Parkside Credit Union and they want to be pirates this year."

Tickets are available at the chamber office, 36900 Ford Road, west of Wayne Road, through noon Tuesday. Only tickets will be sold.

Please see **RALLY, A2**

## Defendant in assault case to undergo new evaluation

BY LEANNE ROGERS  
OBSERVER STAFF WRITER

A preliminary examination for a Westland man charged with assaulting his mother and setting fire to her home has been delayed until Sept. 1.

The hearing scheduled for Thursday in Westland 18th District Court was adjourned so that Yousef Dughman, 52, can be sent for another psychiatric evaluation. He was described as hav-

ing a history of mental health problems and had resided in an adult group home.

Following his arrest on June 19, Dughman was taken to a psychiatric unit. He was later found competent to the extent of understanding the criminal proceedings.

Held in lieu of \$500,000 cash bond, Dughman is charged with arson, felonious assault and domestic violence. A not guilty plea was entered for

Dughman following his arraignment.

A fire was reported about 9:30 a.m. June 19 at a unit in the London Townhouses located at Ann Arbor Trail and Middlebelt. Police said that Dughman had been beating his mother, 80, with a belt before she fled to a neighboring unit.

Once his mother had left her home, police said a fire was started in the living room of her unit. Neighbors reported the fire after seeing smoke.

When officers arrived, Dughman was reported to have been sitting on the curb in the parking lot and told police that he had started the fire.

Dughman's mother complained of some soreness following the assault, police said, but had no visible injuries. Police also reported several previous responses to domestic violence complaints at the home.

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**PARK**  
FROM PAGE A1

park last fall on the remediation and restoration of Central City Park which has been closed January 2007 due to the lead contamination that came from various sources and concerns about methane gas in areas used as a landfill.

The wait to seed the park will also let the regraded park and the added top soil more time to settle, said Kosowski.

"The park is mostly sand-based anyway and the earth can settle more. We don't want any ruts," he added.

The remediation effort is focusing on the 12 acres in the eastern part of the park. Once that portion of the project is completed, soccer fields and a walking path will be installed with pavilions, restrooms and a concession stand to follow.

The city applied for a \$500,000 grant from the Michigan Department of Natural Resources and Environment to fund construction of the proposed park pavilion. The Westland Farmers Market moved to the City Hall parking lot in anticipation of eventually relocating to Central City Park after a pavilion is constructed.

Last year, Westland accepted ownership of the 33-acre park from Wayne County after having leased it for more than the mid-1970s. Wayne County is funding the \$2.5 million project for the 12 acres but remediation for the other approximately 21 acres was cost-prohibitive. As a result, that area will be restricted for the foreseeable future.

For updates, visit [cityof-westland.com](http://cityof-westland.com) or the Westland Parks and Recreation Department Facebook page.

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# Rotary honors member efforts

BY LEANNE ROGERS  
OBSERVER STAFF WRITER

Westland Rotary gathered recently to install new officers and recognize the efforts of club members over the past year.

Mary Vellardita was sworn in as the club president for 2011-12, replacing outgoing president Jeff Juenemann.

"I'm gratified by the confidence you've placed in me. I look forward to doing great things this coming year," said Vellardita. "I hope that I can do as good a job as Jeff."

Besides the gratification of helping others, Vellardita said that Rotary has been important in developing close relationships she called a second family.

With a motto of Service Above Self, Vellardita noted more than \$10,000 was raised at the club golf out-

**"My goal for the year was to maintain the momentum. I believe you are the finest people in the city. No organization in the city can boast the skills we have in our members. It has been my honor to serve as president."**

JEFF JUENEMANN, outgoing president

ing. Honoring her \$1,000 sponsorship at the event, Amanda Apfelblat of Michigan Chiropractic received the Community Champion Award.

As he ended his term as president, Juenemann noted that thanks to a golf outing proceeds the club had completed a \$7,500 pledge to the Salvation Army.

"We accomplished a heck of a lot (in the past year). We raised over \$30,000 and donated to over 30 people and causes," said Juenemann. "My goal for the year was to maintain the momentum. I believe you are the finest people in the city. No organization in the city can

boast the skills we have in our members. It has been my honor to serve as president."

Past president Antoinette Martin was recognized as Rotarian of the Year, a selection which Juenemann said was an obvious choice.

"With each event and fundraiser, I had to compete with the ghost of President Antoinette," said Juenemann. "I joked that I had to work hard to improve on what she did last year. It was tough. You showed me not to underestimate what the club could do."

Vellardita received the club's Service Above Self Award.

"Her attention to detail

added spit polish and shine that improved the appearance of the club to the outside," said Juenemann, adding he seldom got a chance to ask Vellardita to work on a project since she had already volunteered.

Vellardita was also among those recognized for financial contributions with a Paul Harris acknowledgement. Dick Isham was recognized as a level one and Vellardita a level two. Club member Don Douglass was also recognized as a level two thanks to the club's \$1,000 donation to the Rotary Foundation in his honor.

Rotary holds luncheon meetings each Thursday at Joy Manor but now on the second Thursday will have an evening meeting. Membership dues are \$155 annually and Vellardita noted the club has relaxed its attendance policy.

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**RALLY**  
FROM PAGE A1

This is the eighth year the chamber has staged the popular event that's always been a sellout. And returning rally participants, there's a few new things. First is the time. The rally will start and end an hour earlier than in previous years. This year, the rally will start at 5 p.m. and end at 9 p.m.

"A couple of our restaurants close at 9 p.m. — Biggby, Panera and Indian Flavors — and stay open just for us," said Swope. "It also seemed

people wanted to start right after work. I think this makes it easier on the restaurants."

Participants will be assigned a restaurant to start the rally. After that, they're free to go wherever, Swope said.

Also new is a contest open to participants who purchase alcoholic and non-alcoholic beverages at the participating restaurants. Each purchase is worth a raffle ticket good for prizes like six months of massages and gift certificates.

For more information, call (734) 326-7222 or e-mail [westlandchamber@yahoo.com](mailto:westlandchamber@yahoo.com).

[smason@hometownlife.com](mailto:smason@hometownlife.com) | (313) 222-6751

# Local groups can sign up for Battle of Bands

BY LEANNE ROGERS  
OBSERVER STAFF WRITER

Local bands still have time to sign up to win prizes and bragging rights at the Battle of the Bands hosted Westland's William P. Faust Public Library.

The deadline to register to participate in the competition is noon Wednesday, July 13. The Battle of the Bands will be held 11 a.m. to 8 p.m. Thursday, July 14, in the pavilion behind the library.

Each band gets to play three songs. Two songs should be covers although there is some flexibility on this rule, according to Andy Schuck, research librarian. Drums for each set will be provided by Westland Music Center.

Prizes for the winner include a Friday gig at the library in the fall plus the band's choice of five hours of studio time, Pro Tools software or music lessons from Westland Music Center.

To sign up, send an e-mail to [bands@westlandlibrary.org](mailto:bands@westlandlibrary.org) or

call Schuck at (734) 326-6123.

The Battle of the Bands is being judged on popular vote basis with additional help from Tracey Johnson of Johnson's Westland Music, in case of a tie.

Currently, 10 bands have signed up and additional bands would likely be asked to perform earlier in the day when there are open slots. No Battle of the Bands was held in 2010 but the 2009 event, called Westock in celebration of the 40th anniversary of the

Woodstock Music Festival, drew more than 12 bands and an estimated 400 audience members.

The Battle of the Bands will be held rain or shine, but Schuck said that if necessary, the library is offering the option of moving the event indoors.

Sponsors of the 2009 Westock, Toarmina's Pizza will be selling food and soft drinks during the Battle of the Bands.

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**CITY OF GARDEN CITY ZONING BOARD OF APPEALS**  
**NOTICE OF PUBLIC HEARING 11-001**

PLEASE TAKE NOTICE, that a public hearing will be held by the City of Garden City Zoning Board of Appeals at **6:30 p.m., Wednesday, July 23, 2011** at City Hall, 6000 Middlebelt Road, Garden City, Michigan 48135. At the hearing all interested persons shall have an opportunity to be heard.

The purpose of the public hearing is to solicit public comments on the following:

- 11-001, Regulated Use, 7139 Merriman is proposing to allow acupuncture message at the acupuncture clinic.

Written comments may be submitted prior to the public hearing and should be addressed to the Office of Community Development at 6000 Middlebelt Road, Garden City, Michigan 48135. The plans are available during regular office hours for viewing at the above address.

Posted: July 12, 2011  
Publish: July 10, 2011

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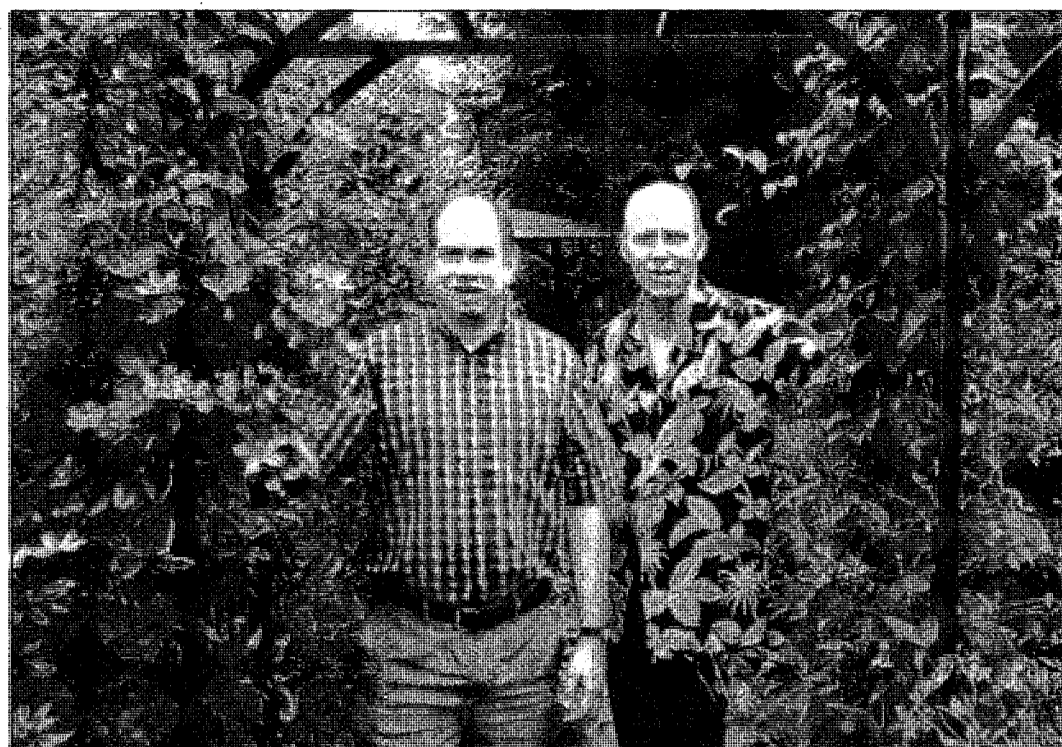


ALL THAT BLOOMS

# Gardeners show off creations during annual walk

BY SUE BUCK  
OBSERVER STAFF WRITER

Paul Koenig is proud of his garden. "I am the gardener in the house," Koenig said. "I took an interest in gardening in the late 1990s, learning about native plants and landscape design. I worked with a landscaping company who did the front in 2001." Helped by his friend, Uwe Grosse, Koenig said that everyone loves the giant chartreuse "Sum and Substance" hostas that are showcased at his home on Hennepin. "In 2004, I made a design for the back with a flagstone path and gazebo," Koenig said. "Half of the yard has a woody feel and the other half is sunny for colorful perennials. One of my goals was to have nice fall colors, especially red, my favorite color."



Paul Koenig and Uwe Grosse are proud of their garden at 31220 Hennepin.

Koenig and Grosse are among the gardeners displaying their yard work during the Garden City Garden Club's 17th annual Garden Walk 10 a.m. to 3 p.m. Saturday, July 16. "Our motto is 'Helping to Keep the Garden in Garden City,'" said club member Cheryl Partin. Walk chair Paula Relich helped to make the walk a reality this year after a year's hiatus. Relich said that the Garden Walk will be held rain or shine. Tickets are \$8 and are available at Barson's Greenhouse, Maxwell's Art and Treasures and Garden City Hall. A map of all the gardens can be found on the back page of the Garden Walk ticket. Other garden featured belong to: Della Haydon at 29002 Alvin. The current Garden City Garden Club president, she moved to Garden City in 1956 and her yard and garden have gone through many changes from vegetables to flowers. Haydon tells her club members, "vegetables feed the body, but flowers feed the soul." Her garden is inspired by the glass artist Chihuly. She also

went to Flower Show School and became an accredited judge in 2002. Edward and Joan Yopek, at 6815 Harrison, moved to their home in 1952. They still consider their property a "work in progress." They highlight a lamp post from an old Ford plant in Dundee which is the same as the lamp posts found in Greenfield Village. Ed Yopek made the stained glass "Y" featured in their garden and stones from all over the country are used in their landscaping. Tropical Hibiscus and red Mandevilla can also be seen in this garden. Valerie and George Schulteis, who live at 30571 Brown, said they just love watching plants grow. Their gardens are a compilation of plants and flowering shrubs. George Schulteis said that he can't discard a living plant and their garden is not themed or planned. But, it makes his wife smile as each month new blooms appear. Cindy Anderson, who lives at 33825 Cowan in Westland,



Valerie and George Schulteis have a compilation of plants and flowering shrubs in their garden at 30571 Brown.

is a Garden City Garden Club member. Anderson and her husband, Tom, bought their home in 2001 and were thrilled to have a big back yard to create their gardens. Every year they have added something new. There's raised vegetable beds, a patio and formal garden, a new deck

and many flowers. Anderson said she like all flowers and her garden is a variety of shared plants from friends and garden club members. • The new Garden City



Gardenville, a community garden, is new to Garden Walk.



Edward and Jean Yopek's home at 6815 Harrison includes tropical Hibiscus and Mandevilla in the garden.

Community Garden, called Gardenville is located at Maxwell's Art and Treasures, 32416 Industrial at Hubbard. Gardenville is co-sponsored by Maxwell's, Westland-Plymouth Grange 389 and Garden City Garden Club. "This is a green oasis of peaceful contemplation," Partin said. There's a multi-tiered garden with raised beds so all ages and abilities can contribute their time and talents.

The harvest will be donated to local food banks. Art items made by local artists will be on display at Maxwell's during the garden walk, along with entertainment.

For more information, contact the Garden City Garden Club at [www.gcgc.weebly.com/presidents-corner.html](http://www.gcgc.weebly.com/presidents-corner.html), under the "What's New" tab, or call Paula Relich at (734) 525-2524.

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# EDUCATION

Sunday, July 10, 2011

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## Phi Beta Kappa honors top high school graduates

Graduating seniors from high schools in Garden City and Westland are being honored this month by the Detroit Association of Phi Beta Kappa.

More than 3,600 graduating seniors in 109 public, private, and parochial high schools in southeastern Michigan who attained a 3.75 grade point or higher in their academic classes are receiving a certificate of recognition from the Detroit Association of Phi Beta Kappa, which is comprised of members of the national scholastic honor society residing in the Detroit area.

The association also awarded scholarships of \$1,000 to two graduating seniors who achieved a 4.0 grade point average and will enroll at Wayne State University in the fall. They are Lizna Rahman of Center Line High School and Justin Malyn of Edsel Ford High School in Dearborn.

"These students have earned recognition as future leaders and scholars by doing what it

takes to rank at the head of their classes, and they deserve all the praise and recognition we can give them," said Dr. Seymour J. Wolfson, president of the organization. "For 64 years, members of Phi Beta Kappa in the Detroit area have honored the brightest and most promising young people in our area. As a scholastic society dedicated to 'Love of Wisdom, the Guide of Life,' we hope this recognition will encourage them to follow these ideals in their further education and throughout their lives."

Honorees are:

**Garden City High School** - Brittany Bejma, Jamie Boal, Melissa Brownell, Ashley Bullard, Calla Cretney, Christina Dork, Kevin Gawne, Stacey Glumm, Steven Holt, Ronald Koslakiewicz, Andria Ostrowski, Jaclyn Pummill, Jenny Shaw, Ann Silski, Alayna Smith, Dillon Sommerville, Ashley Strawser, Christina Tausney, Bethany Thrun, Breann Wasson and William Whitaker.

**John Glenn High School** - Olubisi Ajetunmobi, Rachael Alhalinna, Angela Altimus, Mary Bache, Sean Bailey, Angela Blay, Codie Buege, Ernestine Carlos, Quintin Cheek, Desiree Clenney, Taylor Collins, Cody Crane, Jennifer Drum, Lauren Gallant, Liridon Gjocaj, Brandi Holbrook, Kellee Hubbard, Nicole Hubble, Jennifer Humbach, Chelsea Hunt

Andrei Iacob, Chelsea Jenkins, Patrick Kemp, Rachel Landry, John Marnon, Kathryn Martin, Kiera Means, Leanna Miller, Conner Monroe, Allison Murphy, Ryan Nikula, Damini Patel, Austin Sharp, Juliana Stewart, Nikunj Talati, Tyler Trombley, John Tufnell, Brittany Washington, Andrew Weeks, Evan Woody and Latina Yacks.

**Lutheran High School Westland** - Jeremy Kohtz, Kent Krzyske, Mary MacKenzie, Sarah Maynard, Danielle Meyer, Savannah Smith and Trevor Sultana.

### ACHIEVERS

**Joshua Pugliesi** of Westland has been named to the President's List for spring semester at Northwood University in Midland. A senior, he had to earn a 3.85 grade point on a 4.0 scale to achieve President's List recognition.

**Breayne Riddle** of Garden City was named to the Dean's List at Columbia College Chicago for the spring semester. A Film and Video major from

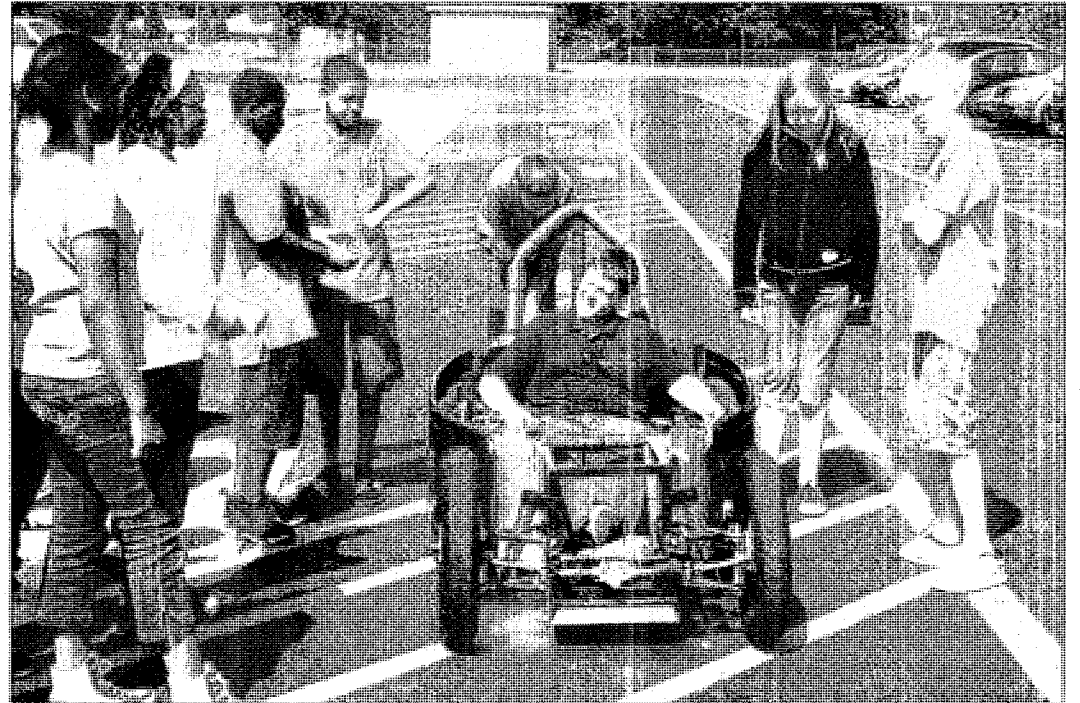
Garden City, she had to take at least 12 credit hours and have a 3.75 grade point average or above for that semester.

**Paul E. Rockrohr** of Westland was among a record number of graduates at commencement exercises May 13-14. He received a bachelor of arts degree in Pre-Seminary Pastoral.

**Andrew Maxey** of Garden City was named to Dean's Honor Roll for the spring 2011

term at Lawrence Technological University in Southfield. Maxey, who is majoring in electrical engineering, maintain at least a 3.5 average for the term.

**Brent Glass** of Garden City has been named to the dean's list for the spring semester of the 2010-2011 academic year at Eureka College in Eureka, Ill. To be eligible, full-time students must maintain a grade point average of least 3.5 on a 4.0 scale.



William D. Ford Career Technical Center Student Alex Shaw explains how the hydrogen fuel cell car works to students at Marshall Upper Elementary.

## Career Tech students take their technology on road

Students from Marshall Upper Elementary School had a chance to see technology firsthand, thanks to the William D. Ford Career Technical Center.

Students from the center brought examples of technology and student projects to the classes at Marshall I on Tuesday June 12. Among the display were a solar panel demonstrator, a gas electric hybrid car and a hydrogen fuel cell vehicle.

Marshall students had an opportunity to ask questions about the technology and about career options they might explore in the future.

"These are the technologies these kids will be working with



Marshall students gather around to hear Mark Batko talk about the gas electric vehicle.

when they graduate in a few years, and is a chance to think about careers," said Career Technical student Alex Shaw.

Some 300 students participated in the visit.

Center students overheard a sixth-grader in Michelle Hunt's class tell classmates that "this is so cool, I want to do this when I get to high school."

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<p><b>Oldani Hard Salmi</b> \$7.69 lb.</p>	<p><b>Parma Imported Prosciutto</b> \$15.99 lb.</p>	<p><b>Premium Roasted or Smoked Turkey Breast</b> \$4.59 lb.</p>

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**RAYMOND J. WOJTOWICZ**  
WAYNE COUNTY TREASURER

## SOCIAL SECURITY

Many people are wrongly rejected when they apply for Social Security Disability benefits. Money was taken out of their paychecks for Social Security taxes to ensure that they would receive disability benefits if they could no longer work full-time. Sadly, the government denies approximately 60% of those who apply for disability benefits.

Attorneys J.B. Bieske and Jennifer Alfonsi have 42 years combined experience representing only Social Security disability clients. And they personally meet with all clients and appear personally at all court hearings. Many large firms assign inexperienced attorneys to your case. And some of these firms are located thousands of miles away and only fly the attorney in the day of the court hearing. Attorneys Bieske and Alfonsi have vast experience before local Michigan judges.

Attorneys Bieske and Alfonsi



can often make a winning difference at the application stage. And, if an appeal is necessary they have won several hundred cases before a court date is even set.

Those denied can appeal on their own but statistics for many years reveal that those represented by attorneys win a much higher percentage of appeals. And attorneys who specialize in Social Security Disability cases win a much higher percentage yet.

In addition to practicing only Social Security disability law attorney Bieske has written a book

for attorneys about the subject and has been interviewed on various television programs. Both attorney Bieske and Alfonsi have also been interviewed on radio programs and have given speeches to many groups.

Attorneys Bieske and Alfonsi offer free phone or office consultation. If they represent you, there will be **no fee charged until after the case is won**. The fee is a percentage of retroactive benefits.

Bieske and Alfonsi represent clients from all over the state of Michigan. Their Livonia office is on Six Mile Road just west of I-275. Their Novi office is located on Haggerty Road just north of 12 Mile Road. Call them at **1-800-331-3530** for a free consultation if you have been denied, or if you are thinking of possibly applying for Social Security benefits.

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# Wayne County's new jail facility to bring efficiencies

Wayne County has unveiled a plan to consolidate its three existing jails into one centralized detention facility in downtown Detroit that will make jail operations more efficient and economical.

The new Wayne County Consolidated Jail Facility will be located near the intersection of Griot Avenue and the I-375 freeway on the edge of Greektown. The \$267 million project is a partnership between the Wayne County Commission, Wayne County Executive and Wayne County Sheriff's office.

"Our goal has always been to reduce operational costs while maintaining the highest level of security, and this new facility will achieve both counts," said Commissioner Joan Gebhardt, D-District 12, whose initial interest set the proposal in motion. "This new facility and its location will undoubtedly provide significant improvements to our criminal justice system in Wayne County."

It was Gebhardt who made a motion both at the

Committee of the Whole and before the full commission to purchase the property for \$14 million because she believed "that it is taxpayer's money well spent," she said.

"I encouraged my fellow commissioners to support the motion, too, because not only will it save money, but it will also provide current technology enabling the Sheriff to provide better security and safety with better efficiencies," she added.

With its location adjacent to the criminal court building for Wayne County's Third Circuit Court and in proximity to the City of Detroit's 36th District Court, greater efficiency in the transporting of prisoners will occur.

The opportunity to build the new jail facility from the ground up will also allow Wayne County to incorporate national "best practices" and technology to maximize population management, operational initiatives, technology applications and physical environment.

The project also enables the county to consolidate

a pair of antiquated jail facilities, along with a third situated on the Detroit-Hamtramck border.

"I am pleased to be working in collaboration with the Wayne County Commission and the Wayne County Executive with creation of our new Wayne County Jail," Wayne County Sheriff Benny N. Napoleon said. "I believe the new jail will allow us to reduce costs, improve safety to staff and inmates and eliminate redundant processes by creating one unified, jail incorporating a direct supervision model."

"I applaud all the key stakeholders, including Commissioner Gebhardt for offering the motion to approve the purchase of the site for the new jail, and the County Commission for their near-unanimous approval," added Wayne County Executive Robert Ficano. "Wayne County taxpayers will see substantial cost savings in the operation of the new facility and sheriff deputies will have a safer work environment."

## Open Mic Night

Take the time to experience open mic night at Maxwell Art and Treasures Saturday, July 16.

The doors open at 6 p.m., and dinner is served at 7 p.m. The show starts at 8 p.m., as usual, but without any intermission.

The prices are the same, but must be paid at the door. It's just \$5 per person to come experience open mic. If you want to eat, the cost is \$10 per person, for admission and dinner.

Maxwell's is at 32416 Industrial, north of Ford, Garden City. For more information, call (734) 427-5301.

## Open House

The third annual Community Open House 2-4 p.m. Sunday, July 17, at Garden City High School's O'Leary Auditorium, 6500 Middlebelt.

Hosted by the Garden City Public Schools, the open house will feature an informational DVD about to provide families with a view of the community and the school district. Artwork by students in the high school's art classes also will be on display.

Residents with homes to sell or rent can provide information that will be given to interested families. At least one Realtor and someone specializing in financing also will be on hand.

The open house coincides with the district's two-week Schools of Choice application

## GARDEN CLIPPINGS

period which runs through July 22. Schools of Choice applications are available by calling (734) 762-6342. Residents also can register for or get more information about the alternative programs by calling (734) 762-8430 or by stopping by Cambridge High School at 28901 Cambridge, east of Middlebelt.

## Golf outing

The Lyman Foundation is sponsoring the 32nd Annual Lyman Golf Outing benefiting Burger School for Students with Autism in Garden City.

The outing will be held on Aug. 13 at Hickory Creek Golf Course. The Lyman Foundation is looking for hole sponsors and golfers for the event! Hole sponsors will be acknowledged in the golfing program and with the local media.

For more information regarding hole sponsors or registering to golf in the event, call Sharon Lundie at (734) 728-4919.

## Past Forward

Learn about Karma along with Past Lives at a program, entitled Past Forward, 7-9 p.m. Saturday, Aug. 6, at the Straight Farmhouse, 6221 Merriman, Garden City.

Have you ever wondered if you were a peasant or a princess? Gayle Buchan, a certified hypnotherapist, and Kristy Robinett, psychic medium, takes you on a journey of your

past lives. Open the book to your past and learn how to heal to move on with the future.

Tickets are \$35 each and are available online at [www.tangledwishes.com/events](http://www.tangledwishes.com/events). Light Refreshments will be served.

## Garden City Rotary

The Garden City Rotary Club is on the hunt for new members.

The local club was chartered in 1940 as part of the worldwide Rotary International organization and is guided by the Rotary motto "Service Above Self." Charitable involvement covers the spectrum from local activities, such as college scholarships, literacy training, coats for needy elementary children, to projects including school construction and orphanage support in Latin America, as well as pure water, polio vaccination, and other international humanitarian efforts.

Rotary offers a wonderful opportunity for people to provide service for others on many different levels and to the extent they feel comfortable doing so. At the same time, it offers the availability for weekly contact and socialization with other, like-minded, nice people.

The club meets at noon on Thursdays at Amantea's Restaurant on Warren Road just east of Venoy in Garden City. Individuals interested in more information about the club can call Steve Kelly at (734) 748-1345.

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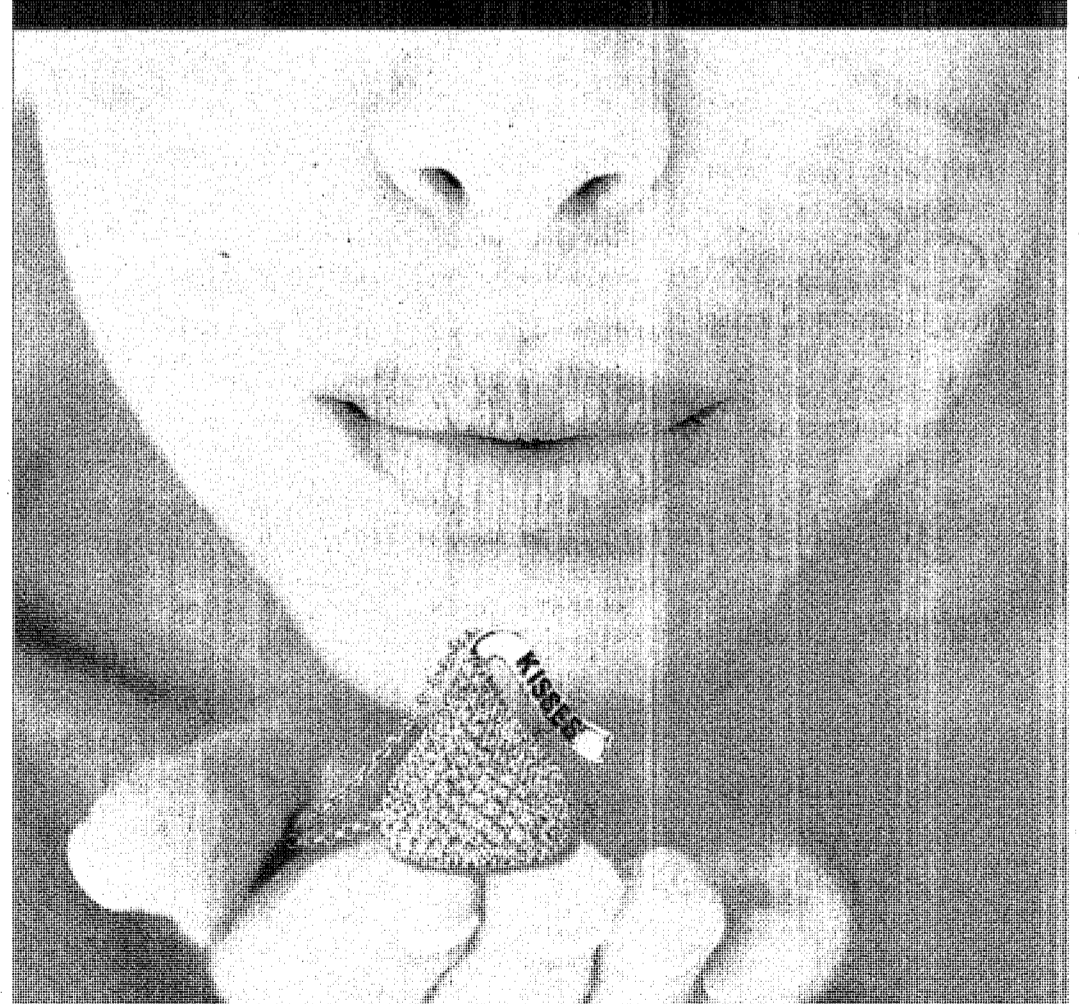
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## Police say driver didn't know he was in accident

A 38-year-old Detroit man driving a badly damaged Honda wouldn't admit that he was in auto accident about 10:30 p.m. July 5, police said.

He said he was unaware he was in a car crash when he was arrested, police said.

Dearborn Heights police stopped him at Warren Road and Telegraph and Garden City and arrested him for leaving the scene of an accident, police said.

Two other drivers, who weren't hurt, said they saw the man going east on Warren

Road and knew that they were in his way, police said. One driver managed to move out of his way, but not before he struck his car, police said.

The other driver wasn't as lucky. When the man struck that car, he caused damage to the passenger side of the vehicle, police said.

The Detroit man admitted drinking two 24-ounce cans of beer and two shots of Seagrams Gin before driving, police said. He registered a blood alcohol level of .20, police said.

## Lawrence Tech research key in remaking bridges

BY STEVE KOWALSKI  
ECCENTRIC STAFF WRITER

The oohs and ahhs were reserved for the collapse of a half-scale bridge during an Ultimate Load Test, but there was plenty to cheer for as Lawrence Tech engineering students tested the corrosion-free material that state and federal highway officials plan to use on bridges in future road projects.

The bridge split in two, once 254,000 pounds of force were applied to its center in an experiment Wednesday inside the university's Center for Innovative Material Research building. The experiment was by the National Science Federation and the Michigan Department Of Transportation-Center of Excellence. The project was funded with a \$300,000 federal grant, according to Nabil F. Grace, dean of the university's College of Engineering.

Conducting the experiment were eight graduate students, two postdoctorate students and two professors, Grace said.

No one was happier when the bridge collapsed than 14-year-old Daniel Kagan, who won a contest and a Lawrence Tech sweat shirt for making the closest prediction of when the bridge would fail. Kagan predicted the breaking point at 254,000 pounds.

"I had clues (from experts), between 240,000 and 260,000, and I chose the middle one," Daniel Kagan said, adding the break was "awesome, pretty cool."

Daniel, the son of Luba Kagan, an accountant at Lawrence Tech, will be a freshman in the fall at Farmington Hills Harrison. Daniel said he wants "to be a professional soccer player," and his mother is glad he had the chance to see engineering and science working together.

"It's good exposure for kids who have got no idea what they want to be when they grow up," she said.

Charles Elder, manager for graduate research projects, narrated the Ultimate Load Test for



JOHN STORMZANO | STAFF PHOTOGRAPHER

LTU campus had an Ultimate Flexural Test of Innovative Decked Bulb-T Beam Bridge with a 31-foot span test Thursday. After more than 255,000 pounds of pressure, the bridge snapped with a load boom. Daniel Kagan, 14, of Farmington Hills Harrison High School looks at the results.

the crowd of guests, describing the weight and inches of deflection being applied to the bridge up until the collapse, which took the better part of an hour.

Elder was encouraged by the length of time the half-scale bridge remained in one piece before collapsing. Its weight capacity, and costs, are its biggest concerns, compared to bridges reinforced by "traditional steel," he said.

Bridges made of composite materials have several advantages, however, according to Elder.

- Among them are:
- The avoidance of a traditional deck slab that usually requires frequent overlay or replacement every 20 years.
- Opportunity for engineers to inspect without difficulties experienced in the traditional box beam bridge system.
- Beams designed and constructed with corrosion-free reinforcements.
- It's designed for quick construction and deployment.
- Employs Ultra High Performance Concrete of about 30,000 pounds per square inch between the beams rather than the weak grout traditionally used.

"We'd like to achieve bridges that can sustain 90 to 120 years (of use) with minimum maintenance," Elder said after the experiment. "The goal here is to have a bridge not affected by salt or de-icing of roads."

Kirk T. Steudle, MDOT director, gave an introduction to the experiment and the type of materials contained in the composite half-scale bridge. When first experimented with years ago, a composite bridge cost 10 times more than the "traditional steel" model, he said. An increase in the use of the new materials has reduced the cost of a composite bridge to about twice the amount of a conventional bridge, according to Steudle.

Subtract from that the savings expected in bridge maintenance and price comparisons are inching closer to equal, Steudle said.

"It still costs more than conventional steel, but as (road projects) use more (composite materials) the cost is eventually going to equal," he told guests. "It's a longer lasting product and you pay for quality."

Interviewed after his address, Steudle said a composite bridge will be put in place at Pembroke

Street over the Southfield Freeway in Detroit, which is currently undergoing an \$80 million complete reconstruction from I-96 north past Eight Mile and into Southfield where the expressway becomes a road. Pembroke was chosen because it is more lightly traveled than the other bridges at Six, Seven and Eight Mile roads along the Southfield Freeway stretch, he said.

Steudle said a majority of bridges across the country are up to 50 years old, dating to 1955 with the passage of the U.S. Highway Act, which began the Interstate system.

"A lot of the bridges are 55 years old, have lasted 50 years, and if you look at them you see the corrosion that's happening," Steudle said.

Mark Brucki, executive director of economic development and government relations for university advancement, said Lawrence Tech is a leading researcher for corrosion-free long-lasting bridge design.

"The key is to make sure (the composite bridge) performs and exceeds the performance of steel," Brucki said.

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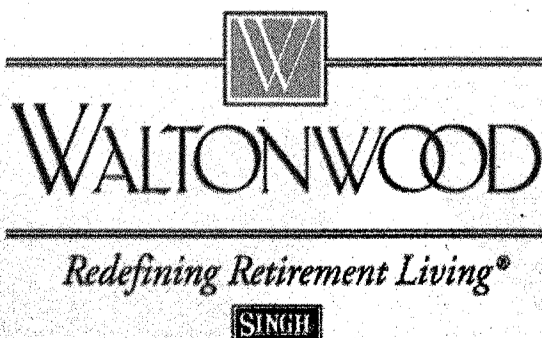
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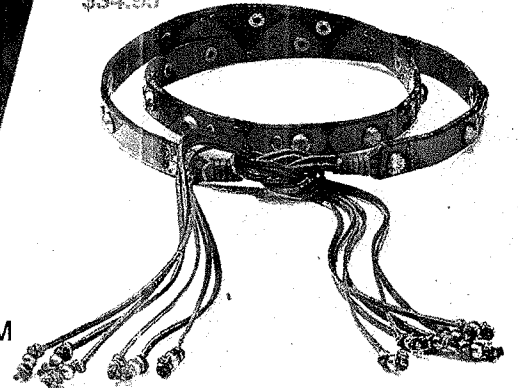
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Sunday, July 10, 2011

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great finds 12 more terrific shopping discoveries on page 2

## Funky, classic wayfarer shades make your summer look pop

Summer is all about sunshine, fun and fashion. This season, try some new trends and styles. All you need is a few accessories to make your look pop!

Protect your eyes from the sun with a new pair of shades. From the aviator style to funky retro shapes, **Sunglass Hut** has them all! See a rhinestone-studded pair from Vogue for about \$60 online at [www.sunglasshut.com](http://www.sunglasshut.com). Visit the store in Westland on Warren Road, or call 734-

762-6516.

When customers walk into **Forever 21**, it's easy to get excited about the fresh fashion the store offers. And it also showcases sunglasses perfect for any fashionista — some for only \$5.80. See a pair in the classic wayfarer design with a floral print on the inside arms of the



sunglasses at the store inside the **Westland Shopping Center** on Warren Road, call 734-523-8221 or shop on [www.forever21.com](http://www.forever21.com).

Besides eye gear, jewelry plays a big part in putting together the perfect summer outfit. Find bangles, earrings and necklaces at **JCPenney**, also in the **Westland Shopping Center**. The Mixit wood stretch bracelet, made of multicolor glass and wood beads, will take you back to the '70s for \$13.99. Also find fine sterling silver necklaces,

pendants and eye-catching stretchy rings. Call 734-425-4260, or go to [www.jcpenny.com](http://www.jcpenny.com).

**Hot Topic** has a dazzling, rainbow colored bracelet for \$15 that will complete your cutest summer outfit with a huge splash of color. Also find headbands and more at [www.hottopic.com](http://www.hottopic.com).

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## Royal trappings

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Here's an easy way to refresh your look: Reproduce the stark blue of a summer sky dotted with white clouds, or the soft blue of the ocean topped with white-capped waves.

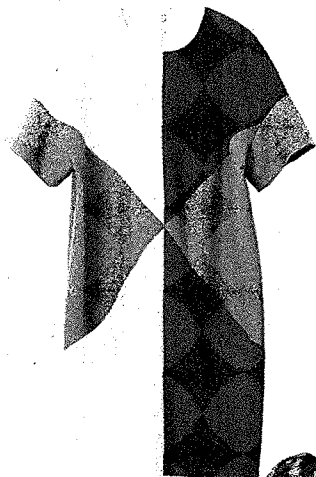


■ Adjustable neckline top, \$49.90 at The Limited.

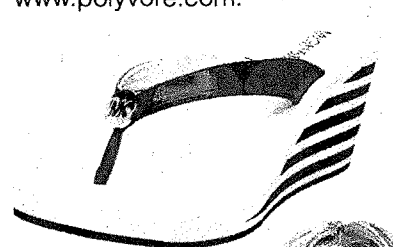
■ The top of this convertible Bisou. Bisou printed maxi skirt folds up to turn it into a dress. \$29.99 at JCPenney.



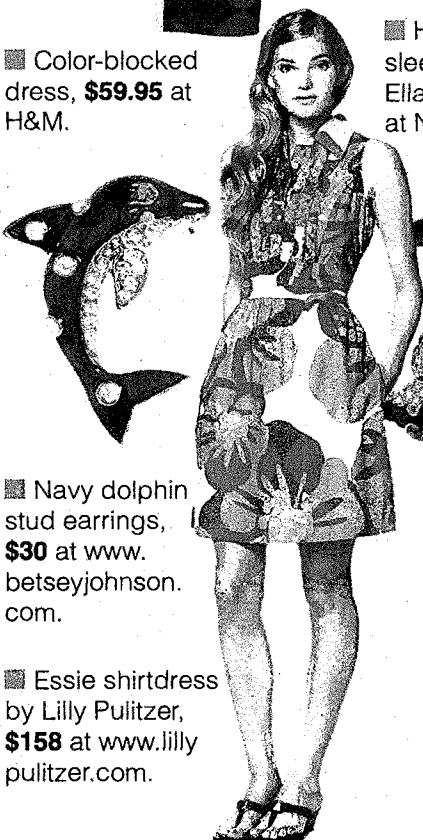
■ Paucic Sweeney sequin-embellished tote, \$408 at [www.polyvore.com](http://www.polyvore.com).



■ Color-blocked dress, \$59.95 at H&M.



■ Ruby wedge sandal by Michael Michael Kors, \$49 at [www.endless.com](http://www.endless.com).



■ Navy dolphin stud earrings, \$30 at [www.betseyjohnson.com](http://www.betseyjohnson.com).

■ Essie shirtdress by Lilly Pulitzer, \$158 at [www.lillypulitzer.com](http://www.lillypulitzer.com).

■ Hera kimono sleeve top by Ella Moss, \$148 at Nordstrom.



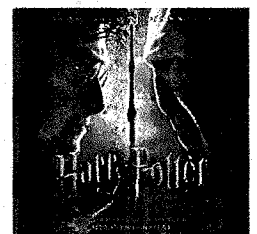
## It all ends

GANNETT

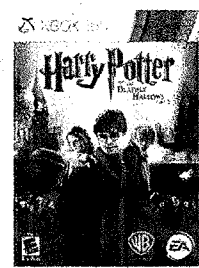
Or does it? "Harry Potter and the Deathly Hallows Part 2," the last movie to be made from the final Harry Potter book, hits theaters July 15. But as long as the story lives in the minds of fans — and the merchandise keeps rolling in — the tale will never end.



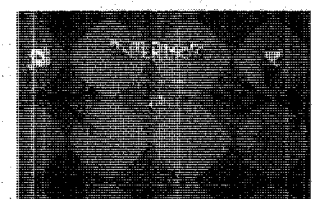
■ Cotton 14 x 12 inch purse displays a picture of the Big Three and includes rubber accessories. \$24.95 at [www.wbshop.com](http://www.wbshop.com).



■ Official motion picture soundtrack, \$11.99 at [www.amazon.com](http://www.amazon.com).



■ Engage in your own Battle of Hogwarts with "Harry Potter and the Deathly Hallows Part 2," an action-heavy E10+ game for Xbox 360, PlayStation 3, Nintendo Wii and DS and PC. \$29.95 or \$49.95 depending on platform at mass retailers.



■ This fall, buy the "Harry Potter" books in e-format exclusively at author J.K. Rowling's official site, [Pottermore.com](http://Pottermore.com). Prices will be announced in October; sign up for notification at [www.pottermore.com](http://www.pottermore.com).



■ "Harry Potter and the Deathly Hallows" 1,000-piece collage puzzle has scenes from each movie. \$15.95 at [www.wbshop.com](http://www.wbshop.com).



great finds

FAVORITE SHOPPING DISCOVERIES

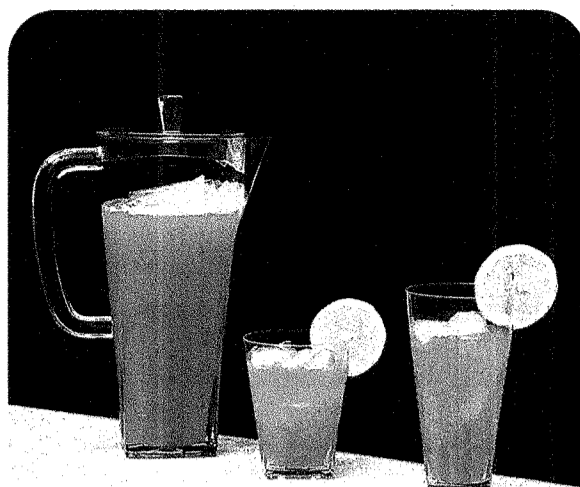


fashion

**Classic Sparkles boot**

\$170 | UGG Australia | www.uggaustralia

- Basic UGG boot goes glam with a layer of sequins.
- Sheepskin lining.
- Also available in silver, red, purple and black.

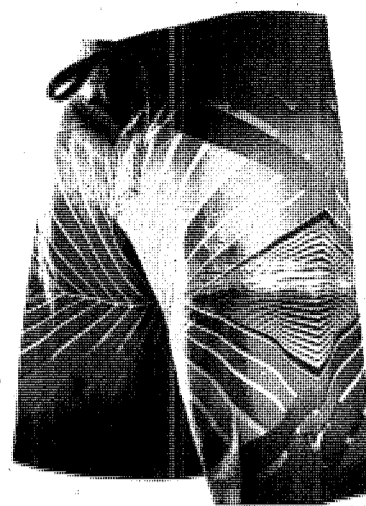


home

**Grainware Savannah collection**

\$5 to \$30 | William Bounds Ltd. | www.wm.boundsltd.com

- Acrylic tableware shows off elegant lines.
- Glasses available in Old Fashion and High Ball styles.
- Pitcher holds 84 ounces.



fashion

**Phantom 4D boardshorts**

\$125 | Hurley | www.hurley.com

- Engineered waistband stays firmly in place in the water.
- Recycled fabric repels water and keeps suit lightweight.
- Available in five eye-catching patterns.

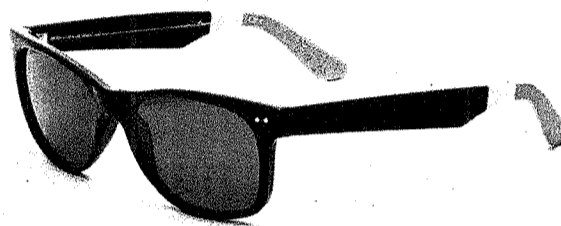


beauty

**Xtreme3 FitStyle Refresh**

\$7.50 for four | Schick | Mass retailers

- Men's disposable razor has a scented handle.
- Refreshing aroma helps wake a guy up.
- Also available in 8-packs for \$13.

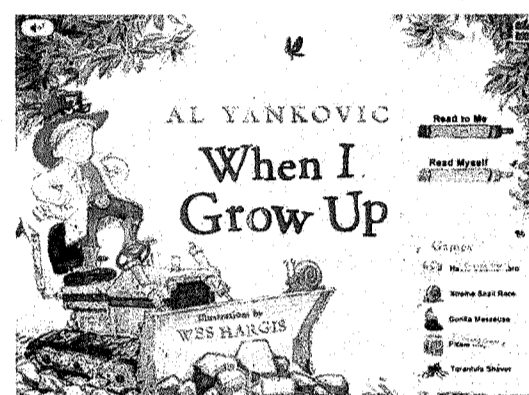


fashion

**TOMS eyewear**

\$135 or \$145 | TOMS | Find a retailer at www.toms.com.

- Buy a pair of sunglasses and company donates eye care to a person in need.
- Similar to TOMS' existing One for One shoe donation program.

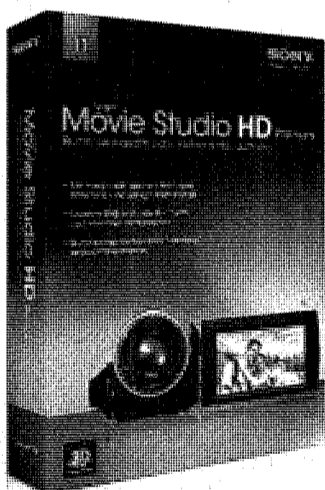


entertainment

**'When I Grow Up'**

\$3.99 | HarperCollins Children's Books | Apple App Store

- Interactive app is based on book by singer "Weird Al" Yankovic.
- As fun and crazy as Yankovic's song parodies.
- Children can read it themselves or listen to AI read it to them.



electronics

**Vegas Movie Studio HD Platinum 11**

Prices begin at \$94.95 | Sony Creative Software | www.sonycreativesoftware.com

- Video editing software now comes with 3-D capability.
- Professional-grade program is designed for everyday consumer use.

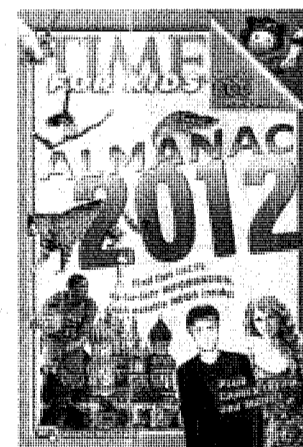


fashion

**Black leather flat with braided strap**

\$99.90 | Belle by Sigerson Morrison | www.hsn.com

- African-style braided fabric ties around your ankle to secure this slide.
- Shoe is made of pebbled leather.
- Beaded accents.



books

**'Time for Kids Almanac 2012'**

\$14.99 | Time Home Entertainment, Inc. | Book stores

- Reference book contains kid-oriented information.
- Learn about global warming, court cases or Harry Potter.



fashion

**Spanx for Men**

\$75 - \$78 | Spanx | Find a retailer at www.spanx.com

- New "Zoned Performance" T-shirts target abs and torso.
- Styles include crew neck, V-neck and tank.



pets

**Wellness Cubed, Sliced and Minced cat foods**

\$22.94 to \$26.99 for a case of 24 | Wellness Natural Pet Foods | Petco

- New varieties of cat food are grain-free with no artificial ingredients.
- Flavors include chicken, turkey, tuna and salmon.



fashion

**Loose Fit Sleeveless Tunic**

\$26 | Cotton Candy | www.punk.com

- 100 percent rayon tunic ripples with room.
- Ruching at shoulders provides interesting detail.
- Hidden button placket.



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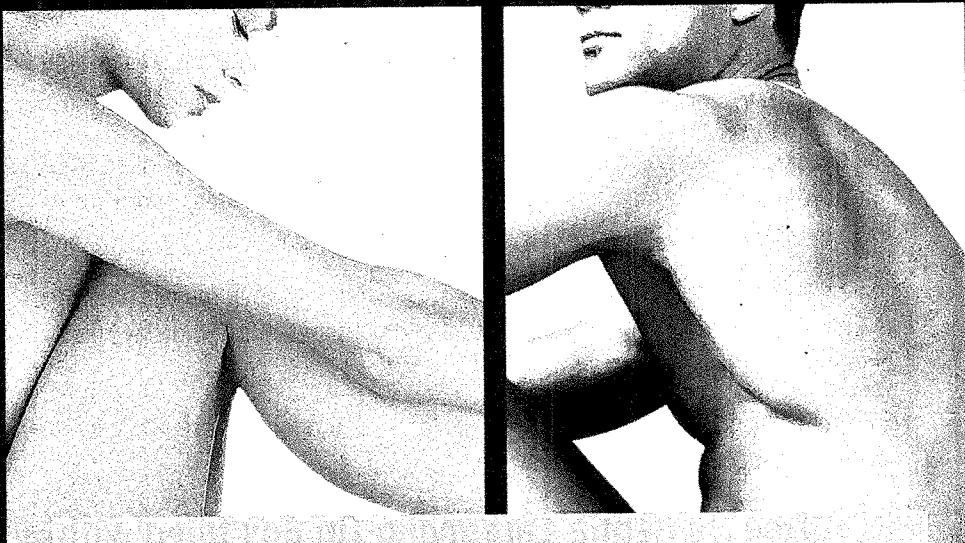
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yes!  
food & dining

# Dinner tonight

SERVES 2

## roasted-vegetable wraps

THE ARIZONA REPUBLIC

Heat oven to 400 degrees. Cut vegetables in 1/2- to 1-inch pieces. Toss with oil and season with salt and pepper. Spread vegetables on an ungreased baking sheet. Roast until tender, about 15 minutes. Spread tortillas with cheese. Scatter vegetables across cheese. Tightly roll tortillas, pushing vegetables back in if they fall out the ends. Secure with three or four toothpicks. For a chilled sandwich, wrap in plastic and refrigerate 30 minutes up to overnight. Otherwise, serve immediately. Slice the wrap between the toothpicks to serve.



INGREDIENTS

- 6 asparagus spears
- 6 large button mushrooms
- 1 small (about 4 ounces) zucchini
- 1 small to medium (about 4 ounces) bell pepper
- 1 tablespoon olive oil
- Salt and pepper, to taste
- 2 large whole-wheat tortillas
- 1/4 cup Neufchatel cheese (aka "1/3 less fat than cream cheese")

Approximate values per serving: 388 calories, 20 g fat, 20 g cholesterol, 13 g protein, 39 g carbohydrates, 7 g fiber, 1,091 mg sodium, 46 percent calories from fat.

SERVES 2

## one skillet lamb chops

THE INDIANAPOLIS STAR

Sprinkle lamb with salt and pepper. Heat a nonstick skillet over medium-high heat. Add lamb; cook to desired doneness, about 4 minutes for medium. Transfer to plates; cover. Discard any fat from skillet and return to medium heat. Add apple juice, broth, vinegar and pear to skillet, and cook, scraping up any browned bits in the pan until liquid is reduced by about half (2-3 minutes). Remove from heat, stir in herbs. Top lamb with pears and pan sauce and serve. Garnish with additional rosemary or thyme if desired.



INGREDIENTS

- 4 medium or 6 small 3/4-inch lamb loin chops (1 1/4 pounds) trimmed of fat
- 1/4 teaspoon fine sea salt
- 1/4 teaspoon ground black pepper
- 1/4 cup unsweetened apple juice
- 1/4 cup low-sodium beef broth
- 1 1/2 teaspoons balsamic vinegar
- 1/2 firm-ripe pear, peeled, cored and cut into 1/4-inch slices
- 3/4 teaspoon chopped fresh rosemary, thyme or combination

Approximate values per serving: 230 calories, 6 g fat, 11 g carbohydrates, 2 g fiber, 360 mg sodium.

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**LEAN-MEATY MEDIUM BAR-B-Q SPARE-RIBS** 10 LB BAG \$9.90

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**CHICKEN LEG QUARTERS** 40 LB BAG \$15.90 Now only

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**FRYING CHICKEN** 40 LB BOX \$29.90

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10 lb. ITALIAN SAUSAGE  
10 lb. CHICKEN WINGS  
20-1/4 lb. HAMBURGER PATTIES  
40-SMOKED SAUSAGE  
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**BEST BRAND HAMBURGER PATTIES** 4 LB BOX \$4.99

**LEAN-MEATY SPARE-RIBS** 10 lb Box \$16.90

**LEAN-MEATY SMALL BAR-B-Q SPARE-RIBS** 10 lb Box \$16.90

**NOW \$1.69 lb.**

**ALL-MEAT HOT DOGS** 10 lb Box \$6.99

**ALL-BEEF HOT DOGS** 5 lb Box \$4.95

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**HOT OR MILD ITALIAN SAUSAGE OR POLISH SAUSAGE** 10 LB BOX \$9.90

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invite you to~

**JULY 17** SENIOR LIVING SOMEDAY

Open House Event

SUNDAY, JULY 17TH • 11:00 AM TO 3:00 PM

Have you been meaning to explore options in senior living for yourself or a loved one SOMEDAY?

The decision to investigate senior living options for a loved one can be difficult for families. Often family members say they will do it "someday." Then, a crisis forces them to make quick decisions at an already stressful time.

Join us at our Someday Open House event for a hassle free tour. You will have time to look around Arden Courts, meet our staff and put together a "Someday Plan" before an emergency occurs.

For your convenience, we will host this event at two locations. Please RSVP for the location most convenient for you.

A free Dementia Caregiving Tip Box filled with helpful, tested tips will be given to each attendee.

Arden Courts   
Memory Care Community

Arden Courts of Bingham Farms  
24005 West 13 Mile Road  
Bingham Farms, MI 48025  
To RSVP, call (248) 644-8100 or email binghamfarms@arden-courts.com

Arden Courts of Livonia  
32500 Seven Mile Road  
Livonia, MI 48152  
To RSVP, call (248) 426-7055 or email livonia@arden-courts.com

**Really?**

Oh, Deer!  
The official State Mammal of Michigan is the white-tailed deer.

**yes!**

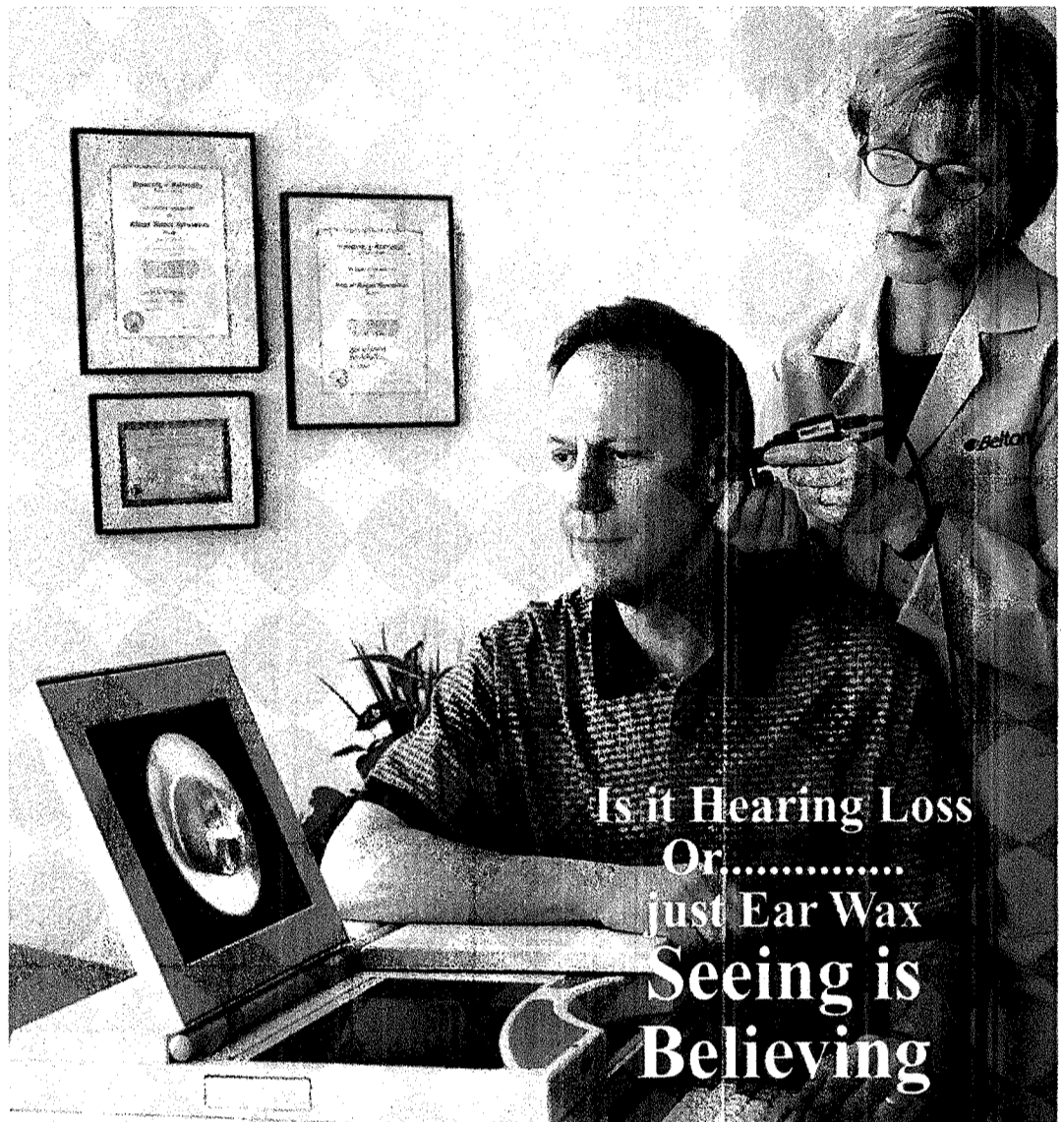


# FREE Hearing Test

Medical professionals believe it is important for every person over the age of 65 years to have their hearing evaluated annually. Your neighborhood Beltone Hearing Care Practitioner is sponsoring a FREE Hearing Test. These FREE Hearing Tests will be offered for *three days only*.

Find out what you are hearing and what you are not. We will do computerized audiometric testing of your hearing. This will tell you if you have a hearing loss, how severe it is and whether or not hearing aids will help.

We will also inspect the inside of your ear canal and eardrum. On a computer monitor, you will see if your hearing problem is simply caused by excessive ear wax.



A Fiber Optic Oscope exam may reveal such common problems as:

- \* Excessive wax build \* Damage to eardrum \* Fluid accumulation in the middle ear

Call Monday-schedule your FREE Hearing and Video Oscope exam

**Call Monday to reserve an Appointment Time.**



**Monday  
July 11<sup>th</sup>**

**Tuesday  
July 12<sup>th</sup>**

**Wednesday  
July 13<sup>th</sup>**

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- Monroe 734-241-1177
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- Roseville 586-415-0193
- Royal Oak 248-398-4537

**Beltone Redford**  
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- St. Clair Shores 586-776-5277
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  - HAP
  - ....and too many more to mention.
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  - UAW
  - School Retiree
  - Medicaid Advantage
- Stop in and we will check for you.**

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Based on two hearing instruments  
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Expiration Date: 7/13/2011



# Back Pain? Sciatica? Herniated and/or Bulging Discs? Facet Syndrome?

No back surgery. No neck surgery.

## Just Relief.



### By Shane L Stanley, D.C.

Imagine how your life would instantly change if you discovered the solution to your back pain. Well there's good news. Through the combination of proven scientific principles and the latest technological developments, if you are a candidate, you now have a non-surgical option for your herniated discs or back pain.

Finally, forget about struggling through exercise programs or undergoing a potentially risky surgery, because with this technology - for most people - there is a better option.

You are about to discover the most powerful technology available for: back pain, sciatica, bulging discs (*single or multiple*), degenerative disc disease, a relapse or failure following surgery or facet syndromes.

Best of all - for a limited time, you can see if you are a candidate and get a cost quote with no obligation for care, absolutely free.

### What is the treatment about?

After being fitted with an automatic shoulder support system, the DRX 9000 slowly lowers you to a horizontal position. You are lying face up. The automatic shoulder support system helps to stabilize your upper body.

The advanced computer system automatically adjusts to the proper angle of distraction (*gentle computerized pulling; not what most people think of traction*) then an air bladder system acts as a fulcrum to angle the pull, allowing us to target your specific disc that may be causing your pain and symptoms.

The distractive forces utilize a logarithmic curve to avoid proprioceptor response, which would create a muscle spasm. The split table design decreases friction and allows separation of the vertebra, minimizing the effect of gravity.

Basically, you lay face up and the amazing DRX 9000 computer simulates an antigravity effect on your back that helps herniated material return to its normal position and stop the pain.

Patients describe the experience as a gentle, painless, intermittent pulling or gentle stretching of your back... Many patients actually fall asleep during the treatment!

Here's what people who have experienced what you are now going through want you to know...

"My story begins as a 24-year-old woman having my first child. The pressure that a woman has carrying a child is indescribable. All that weight can do a lot of damage. After 13 years and three kids, my body, discs and sciatic nerve were shot! I had an MRI and discovered that I had a herniated disc. The pain came and went for years but this time it lasted for seven months of pure agony. Going to Dr. Stanley's office has helped me incredibly. The staff is wonderful and they make you feel so welcome. I've done my research on the cost of the treatment and literally have saved thousands on the cost of the treatment by choosing his office. Today, I feel great! Before, I couldn't move and I was always in pain - ALL the time. My family is so happy to have the real me back. To sum it all up, it really works!" -**Yana K., Northville, MI**  
**Age: 37**

"...my back was so bad that I could not even sleep. If not for Dr. Stanley and the DRX 9000, I would have undergone surgery."

-**Terry J., Roseville, MI**  
**Age: 56**

"I am 57 years old and I have been having back pain since I was 29 years old. Thus far, I have had three surgeries and was on my way to a fusion. I was in a lot of pain and I was taking a lot of medication. Getting spinal decompression from Dr. Stanley was the best thing that ever happened to me. I can now work everyday. I am an electrician and also work in construction. Dr. Stanley made it possible for me to continue my trade and work in construction."

-**Gary D., Rochester Hills, MI**  
**Age: 57**

"I was not able to stand for more than five minutes and when I stood up after sitting, my back would lock. As a last resort, I was ready to go in for back surgery, and then my husband saw the ad in the *Free Press* by Dr. Stanley. I thought it could not hurt to try it. (*The best thing I ever did*). I am very agile again, back to my old energetic self. I can not recommend this procedure enough to those who qualify and need it. Thank you very much Dr. Stanley!"

-**Iris S., Northville, MI**  
**Age: 77**

"I have suffered with neck and back pain for years that started dramatically decreasing the quality of my life. In addition, the radicular pain and numbness that went into my arms and legs prevented me from having a good night's sleep for over a year. I first heard of the DRX 9000 over six months ago and decided to check it out. I visited another clinic and was astounded by the price. I then consulted with Dr. Stanley. He performed an exam and reviewed my MRI. I was very impressed with how thorough he was without pressuring me to become a patient. To make a long story short, I decided to undergo treatment. I am now pain free and I saved thousands of dollars in the process. I could not give this procedure and his office a higher grade of approval."

-**Phil C., Canton, MI**  
**Age: 63**

### SPECIAL OFFER

YOU HAVE 2 OPTIONS:

**OPTION #1** - Call Dr. Stanley's office at 248-476-7775 and mention that you want a FREE back pain/DRX 9000 qualification consultation. It's absolutely free with no strings attached. There is nothing to pay for and you will NOT be pressured to become a patient.

**OPTION #2** - Check out our website at [www.michiganspinaldecompression.info](http://www.michiganspinaldecompression.info) and request that a free report on non-surgical spinal decompression be e-mailed to you immediately.

Here is what you will receive:

- A consultation with me, Shane L. Stanley, D.C., to discuss your problem and answer ALL the questions you may have about back pain and the DRX 9000.
- A DRX 9000 demonstration so you can see for yourself how it works!

Due to current demand for this technology, I suggest calling today to make your appointment. The consultation is free. We are staffed 24-hours-a-day, 7-days-a-week. Call 248-476-7775 right now!

Visit our website at [www.michiganspinaldecompression.info](http://www.michiganspinaldecompression.info)



# Stabenow: Extend advanced battery grants

BY KEN ABRAMCZYK  
OBSERVER STAFF WRITER

U.S. Sen. Debbie Stabenow has written and will introduce legislation Monday she hopes will add jobs to the advanced battery industry.

Using the A123 Systems facility in Livonia as a site for her press conference Friday, Stabenow announced the Battery Innovation Act will help spur research and development, develop raw materials for production, boost domestic manufacturing and create alternative and secondary use in the advanced battery industry.

A123 Systems is a developer and manufacturer of advanced Nanophosphate® lithium ion batteries and systems.

Stabenow points to A123's 1,000 jobs added in Michigan at the Livonia and Romulus plants as a success story of the American Recovery and Reinvestment Act. That \$2 billion in investment created billions more in investment from the private sector and created jobs nationwide.

## ADVANCING ADVANCED BATTERIES

Stabenow called her proposal the first coordinated plan that incorporates raw materials, research and development, and manufacturing into advanced battery production.

"We need to have a comprehensive plan if we are to win the race (in advanced battery technology)," Stabenow said. Stabenow's bill would create grants to entities working on advanced batteries, create an Energy Innovation Hub in Michigan for advanced science and engineering related to advanced batteries, and create a competition for research in battery durability and energy storage with a goal of building a car battery that can travel 500 miles on a charge.

It would create partnerships with businesses and universities that manufacture



A123 Vice President and General Manager Jason Forcier and Electrical Engineering Manager Jim Fenton lead Senator Debbie Stabenow on a brief walk through part of the plant.

advanced batteries and their components, including software and system design and vehicle integration.

The legislation also would require the Secretary of the Interior to assess international and domestic supplies of these materials, and trade opportunities and barriers to advanced battery development.

Jason Forcier, vice president and general manager of A123's Automotive Solutions Group, said the act helps companies compete internationally.

Asian battery manufacturers pay a 3-percent duty on their finished batteries, while American companies pay more in tariffs just for the raw materials, 6.5 percent, imported from China to manufacture the same product. "So we really need a level playing field," Forcier said.

**GRANTS BROUGHT GROWTH**  
Forcier said the ARRA's \$2

billion helped companies like A123. "Half of the employees we hired were unemployed," Forcier said. "For those people who think that ARRA doesn't work, we hired 500 unemployed people out of our 1,000 employees."

Forcier said the company paid for 50 percent of investments in the new facility to match the federal grant money received two years ago to total \$200 million from the two sources invested in the Livonia facility and another \$100 million in Romulus.

Forcier said A123 took over a building that had been vacant for about 10 years. Located in a building that once housed Technicolor Videocassettes at 39000 W. Seven Mile, the plant manufactures prismatic cells and systems. The factory includes research and development, manufacturing of high-value components, cell fabrication, module fabrication and the final assembly of complete battery packs ready for vehicle

integration.

Stabenow said her initiative would cost \$2 billion. "It will not impact the deficit because we intend to stop the subsidies of the oil companies," she said.

Stabenow believes her legislation will pass, but it will take time. She expected hearings will take place in the fall on her initiative.

When asked how her Republican counterparts would react to it, Stabenow said: "There were 1,000 jobs created at A123. I would see it as a great investment. I think the public would want us to focus on jobs and they should talk to the people who represent them."

## 'BUILDING BLOCKS'

Sam Trinch, vice president of sales of automotive for A123, said the company has created batteries for 10 different vehicle models and is in development for 40 to 50 others.

The Big Three has signed onto Stabenow's initiative, along with A123 Systems, Johnson Controls and others.

A123 creates battery cells, which are set inside modules. The modules are stacked up into packs, Trinch said.

"We call it building blocks," Trinch said. "It gives us flexibility in manufacturing." Larger packs are used in high-performance vehicles and trucks.

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# Grilling until the cows come home

It should come as no surprise that July is National Grilling Month. With the start of summer officially passing us and the Fourth of July weekend currently past, everyone who loves the aroma of grilling smoke has gotten the gas grill or the charcoal grill out and set food above flame.

Meats and veggies can be grilled in all sorts of ways. Some people swear by marinades or barbecue sauces. Some skewer their food and have tasty kabobs. Some just add salt and pepper and let the grill (and a timer) do the rest of the work. Some use low heat and cook the food for longer periods (traditionally called barbecue and also in the realm of smoking).

There is no better flavor (in my opinion) than the taste grilling affords what the scientists call the Maillard Reaction, which only happens when the temperature of food has reached 155 degrees. And there is no better complement than a cool beverage and a gathering of friends, two things which summer gives us lots of opportunities to entertain.

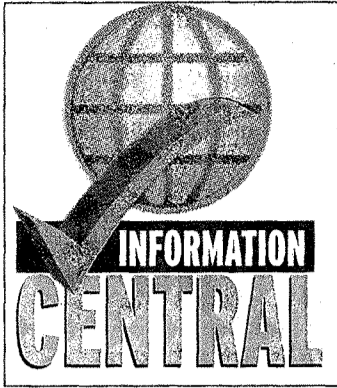
If you're interested in cookbooks or theories behind grilling, the Westland Public Library is your place to be. Recent favorites include "The Big Book of Outdoor Cooking and Entertaining" by Cheryl Alters Jamison and Bill Jamison, "Bobby Flay's Boy Gets Grill" (a sequel to his "Boy Meets Grill") and for those competitive outdoor chefs, Paul Kirk's "Championship Barbecue."

Feel free to stop by the Reference Desk, if you have any questions or comments. You can also reach us by calling (734) 326-6123 or clicking on the "Questions" link on the library website at [www.westlandlibrary.org](http://www.westlandlibrary.org). We'd love to chat with you. Happy grilling!

### Highlighted Activities

**Origami for Everyone:** 3 p.m. and again at 4 p.m. July 11

Join origami expert Charles Esseltine to learn about the Japanese art of paper folding. Learn basic folds, starting with classic paper airplanes. Charles will demonstrate a variety of origami models. All materials will be provided. Origami enthusiasts of all ages and experience levels are welcome to attend. **WARNING:** All attendees must arrive ready to have fun! Paper airplanes will be thrown! Note: Children under age 10 must be



accompanied by a caretaker.

**Summer Afternoon Movie Classic:** "X2: X-Men," 3:30 p.m. July 12, Adults and Teens

Join us for the summer version of Afternoon classics. This month's theme is Marvel/DC Comics, this week in "X2: X-Men," starring: Patrick Stewart, Hugh Jackman and Halle Berry. Refreshments served. This movie is rated PG-13. No registration required.

**Green Jobs Training Information Session:** 2 p.m. July 12

Learn about free training opportunities to prepare you for a green job in your future. Marie Guerra, Regional Energy Efficiency Partnership (REEPTP) Representative, will explain how you can take advantage of this free training opportunity. Funding for this training is provided by the American Recovery and Reinvestment ACT (ARRA) No reservations are necessary. For more information, call (734) 326-6123 or visit the library and speak to a librarian. Training is available only for Wayne County residents. No registration necessary.

**Aromatherapy 101:** 7 p.m. July 12

Discover the therapeutic benefits of aromatherapy from Aromatherapy consultant, Ilka Handshaw. Also learn about the vital power of plant and flow essences to heal the body. No registration required.

**Battle of the Bands:** 11 a.m. to 8 p.m. July 14, Pavilion. It's time to

ROCK OUT at the library pavilion again! If you have a band and would like to sign up, e-mail: [bands@westlandlibrary.org](mailto:bands@westlandlibrary.org) Each band gets to play three songs, two of which must be covers (drums will be provided by Westland Music Center). Winner's prizes include a Friday gig at the library in the fall plus the band's choice of five hours studio time, Pro Tools software or music lessons

from Westland Music Center! Food and soft drinks will be sold all day by Toarmina's Pizza.

**Job Seekers Lab:** 11 a.m. to 1 p.m. Tuesdays, 5-8 p.m. Wednesdays and 1-4 p.m. Fridays.

Have a question regarding formatting your resume, setting up an e-mail account, attaching your resume to an online application, searching for a job, or any other job-related activity? Stop by the library, where computers are set up specifically for job seekers. A librarian will be available to help. Drop in. No reservation needed.

**Drop-in Knitting Nights @ the Library:** 7 p.m. every Wednesday. Everyone welcome, including crocheters.

**Chess Group:** 7-8:45 p.m. Thursdays and 1-4 p.m. Saturdays

Like to play chess? Want to get better? Come to the library and play a couple of games. Bring your own board or use one of ours. Novices to Chess Masters are all welcome. No signup required.

**Circle the Date: Book Signing - "Travelin' Man: On the Road and Behind the Scenes with Bob Seger,"** 7 p.m. July 26, Adults and Teens

Join author and photographer Tom Weschler and music journalist Gary Graff for a discussion of their 2010 Michigan Notable Book, "Travelin' Man: On the Road and Behind the Scenes with Bob Seger." Weschler spent more than 10 years in the Bob Seger camp, working as tour manager and photographer during Seger's hard-gigging, heavy-traveling, reputation-making early days. Weschler and award-winning music journalist Gary Graff annotate the images with recollections of the events and Graff provides additional background on Seger's career." Book signing to follow.

Computer classes are offered all year long. Contact the library at (734) 326-6123 to find out more.

Summer reading program continues stop by the library to find out how you can get in on the fun!!

Information Central was compiled by librarian Andy Schuck. The William P. Faust Public Library is at 6123 Central City Parkway, Westland. For more information, call (734) 326-6123 or go online to [westlandlibrary.org](http://westlandlibrary.org).

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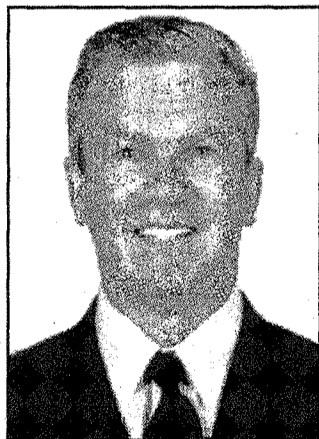
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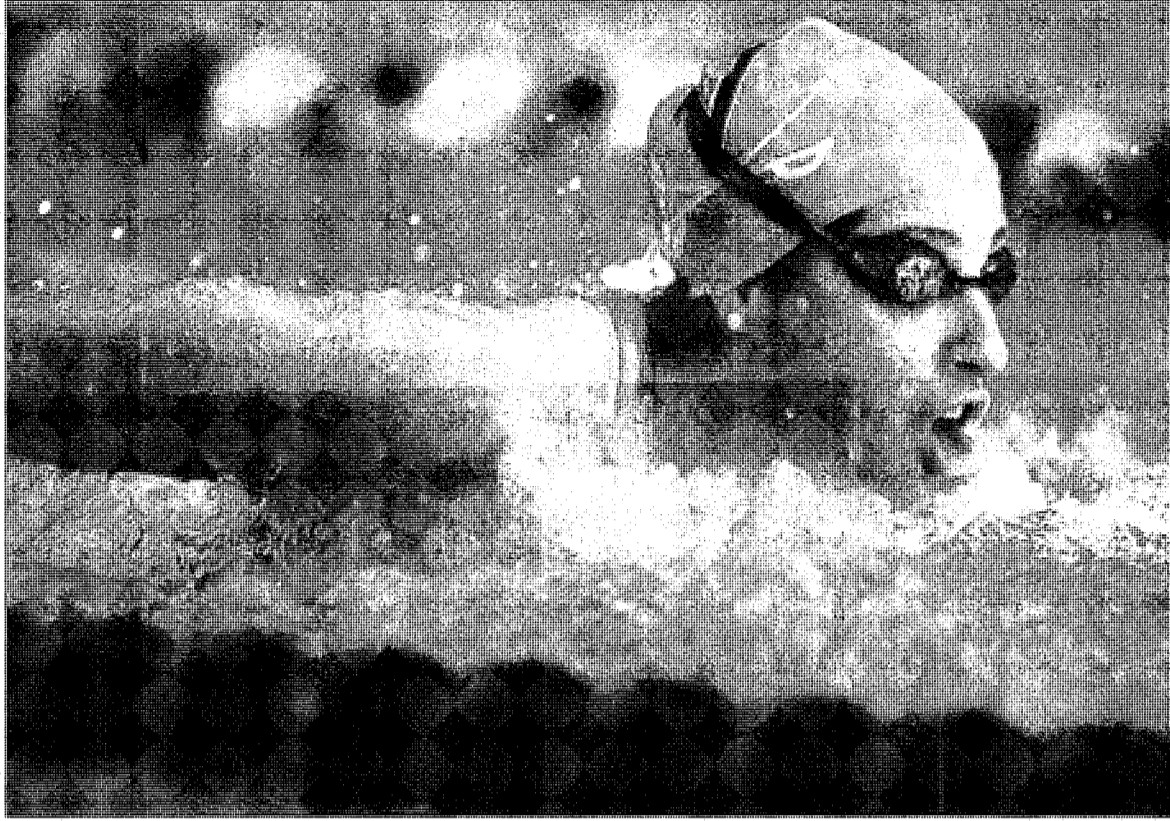


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# Bachrouche headed to 2012 Olympic Games



UNIVERSITY OF VIRGINIA

Katya Bachrouche of Farmington Hills, following an outstanding career at the University of Virginia, plans to swim for Lebanon in the 2012 Olympic Games.

## Farmington Hills swimmer will compete for Lebanon

BY DAN O'MEARA  
OBSERVER STAFF WRITER

In the world of sports, as in life itself, you go where the opportunity exists. For Katya Bachrouche, that will mean a chance to compete in the next Olympics.

Her ability as a swimmer has taken her from North Farmington High School to the University of Virginia and now to Lebanon.

It seems all but a formality the 22-year-old Bachrouche will represent her other country at the 2012 Games in London.

Bachrouche, a four-time state champion and an All-America honorable mention at Virginia, holds dual citizenship.

Her father, Nassif, is a native of Lebanon. Though she was born in Southfield and raised in Farmington Hills, Katya was able to be registered at birth as a Lebanese citizen through her father.

"I wasn't ready for my career to end, and I wanted to take it to the next level," said Bachrouche, who



Katya Bachrouche

Please see **BACHROUCHE, B4**

## SIDELINES

### Bucks derailed

Substitute Adam Mena came off the bench to score a goal during stoppage time Wednesday night as the host Indiana Invaders knocked off the first-place Michigan Bucks, 2-1, in Premier Development League men's soccer action in South Bend.

Alhaj Musa Kamara added the other goal for the Invaders, who also got an assist from Gregory Klazura.

Indiana goalkeeper Nicholas Steinlage made seven saves.

The PDL's all-time leading scorer, Kenny Uzoigwe, scored the lone goal for the Bucks, who slipped to 8-2-1 (26 points) in the Great Lakes Division of the PDL's Central Conference.

Bucks goalkeeper Mitch Hildebrandt (Livonia Stevenson/Oakland University) made two saves.

The Invaders improved to 4-6-3 (15 points).

### Motor City mieters

Eight swimmers from the Farmington Glen Aquatic Club swam in the Motor City Mile, a fundraiser for the Lance Armstrong Foundation, Wednesday at Belle Isle.

Steven Neill (16) swam the 5K event; Kate Capozzoli (15) and Emma Sutherland (16) swam the mile event; Charlie Jones (11), Trevor Jones (8), McKenna Greaves (10), Madeline Greaves (8), Abby Inch (9) and Emma Inch (9) swam the half-mile event.

Charlie Jones placed second in his age group, and McKenna Greaves placed third in her age group.

### Combs invited

Livonia Ladywood Division 2 all-state and three-time all-Observer pitcher Briana Combs has been selected to play in the Adidas Futures National Softball Tournament July 20-24 in St. George, Utah.

There will be approximately 750 athletes (ages 14-18) on 48 teams competing for the national title.

"The tournament was created to better the recruiting process and open up additional scholarship opportunities for softball players," said Michelle Dellosso, marketing consultant and event founder.

Combs led the Blazers to a 38-4 record her junior year and a berth in the MHSAA Division 2 state semifinals. She went 33-2 on the mound and batted .528.

### Tech signs Jury

Schoolcraft College center Sarah Jury (Livonia Ladywood) recently signed an NAIA letter-of-intent to play basketball at Indiana Tech, a member of the Wolverine-Hoosier Athletic Conference.

The 6-foot-4 Jury, a native of Plymouth, was a key contributor off the bench and helped the Lady Ocelots to a two-year record of 61-6, including a pair of MCCA Eastern Conference and MCCA State championships, along with a trip to the 2010 NJCAA Division II National Tournament (en route to a third-place finish).

# Postcards from Belgium

## Ex-Michigan cager Young thrives overseas as pro



BY BRAD EMONS  
OBSERVER STAFF WRITER

Fresh out of the University of Michigan in 2002, basketball player Chris Young remembers flying into Brussels, Belgium and feeling all alone.

"I stood around in the airport by myself for two hours, I had no phone or Internet," the Plymouth native recalled. "Somebody finally picked me up and took me to see a house the team arranged. They dropped me off and said, 'See you at practice tomorrow.' It was a difficult first month or two, but I finally said to myself, 'This is my life, get used to it.' It was a nice set-up once I got going."

And 10 years later, the 6-foot-9, 255-pound Young is coming off his best professional season, along with making himself a home away from home.

He is currently under contract in Aalst, playing for General Okapi Aalstar in the Belgium Division I League.

The 1998 Detroit Catholic Central High grad averaged 13 points and 6.5 rebounds per game for second-place Allstar, which finished 22-10 and lost to first-place Charleroi in the finals of the league playoffs, 3-0, thus ending Young's season on June 4.

Young, who averaged 34 minutes per game, shot 58 percent from the field, while earning first-team All-League and Center of the Year honors.

In a 95-91 loss to Belgacom Liege Basket, Young scored 30 points, going a perfect 11-of-11 from the floor and 8-of-8 from the free throw line.

Please see **YOUNG, B2**

Former Michigan center Chris Young (left) dunks during a Belgium Division I game. The Plymouth native has played 10 years overseas.



GDSPOPTICS.BE

Westland John Glenn High grad Darnell Wilson has enjoyed a productive basketball career overseas.

# Wilson's hoop path provides good living

BY BRAD EMONS  
OBSERVER STAFF WRITER

The nickname of inhabitants of Antwerp, Belgium is Sinjoren, after the Spanish word señor, which means "mister" or "gent."

And in the seaport city of nearly 500,000, former Westland John Glenn High basketball standout Darnell Wilson certainly epitomizes reference to the leading Spanish noblemen who ruled the city during the 17th century.

The 6-foot-6, 215-pound import, who played four seasons at Canisius University (N.Y.), just completed his fourth professional season overseas.

The affable and mild-mannered Wilson averaged 13 points and six rebounds last season for the 17-15 Antwerp Giants of the Belgium Division I League.

"I always wanted to play basketball and my dream was to play in the NBA," Wilson said. "As long as I can play and make a living, I'll be happy as long as I'm allowed to do it."

After averaging 11.2 points and 5.9 rebounds per game at Canisius, the 26-year-old Wilson launched his pro career in the Netherlands playing the 2007-08

Please see **WILSON, B2**

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# Canton Cardinal takes national baseball stage

BY ED WRIGHT  
OBSERVER STAFF WRITER

If you watch Monday night's Major League Baseball Home Run Derby closely enough, you'll likely see one of Canton's rising young baseball stars sharing the stage with some of the world's best players.

Fourteen-year-old Canton resident Tyler Brooks was one of just 24 young athletes from across the country who earned a trip to Monday's Aquafina Major League Baseball Pitch, Hit & Run National Finals that will be held at Chase Field in Phoenix, Ariz.

Chase Field, which is the home of the Arizona Diamondbacks, will also host Monday night's MLB Home Run Derby and Tuesday night's MLB All-Star Game.

One of the perks of advancing to the PH&R National Finals — Brooks is one of three finalists in the 13-14

age group — is shagging balls during Monday's Home Run Derby.

In addition to Monday afternoon's PH&R competition, he and his father, Rob, will also be attending an All-Star breakfast, an All-Star Funfest and Tuesday's All-Star game.

"I'm looking forward to the entire experience," said Brooks, who will be a freshman at Salem High School in the fall. "It will be exciting to walk out onto the field, look around and take it all in."

The 6-foot-1 Brooks had to defy some amazing odds to reach Monday's finals. After winning a local competition held at the Canton Sports Center, he punched his ticket for Phoenix by out-performing fellow standouts at the sectional level of the event at Comerica Park.

"It's been an incredibly exciting experience for our whole family," said Brooks' mom,

Nora. "Everybody we've met at every level has been so positive. I'm happy for Tyler. He's worked hard; he deserves it."

The competition includes three baseball-related events. Points the athletes compile in each event are added together to determine the winners.

More than 600,000 youths between the ages of 7-14 participated in the competition across North America.

"For the pitching part of it, you throw six pitches (from a distance of 45 feet) toward a target," Brooks said. "Every time you hit the target, you get 75 points. I was six-for-six in the first round and five-for-six at Comerica Park."

"For the hitting, you hit three balls (off a tee) and try to hit it as far and as straight toward center field as you can. The distance you hit it away from the center-field line is subtracted from your distance. They use your best distance."

Each participant is also timed running from second base to home.

"My best event is probably the pitching," Brooks said.

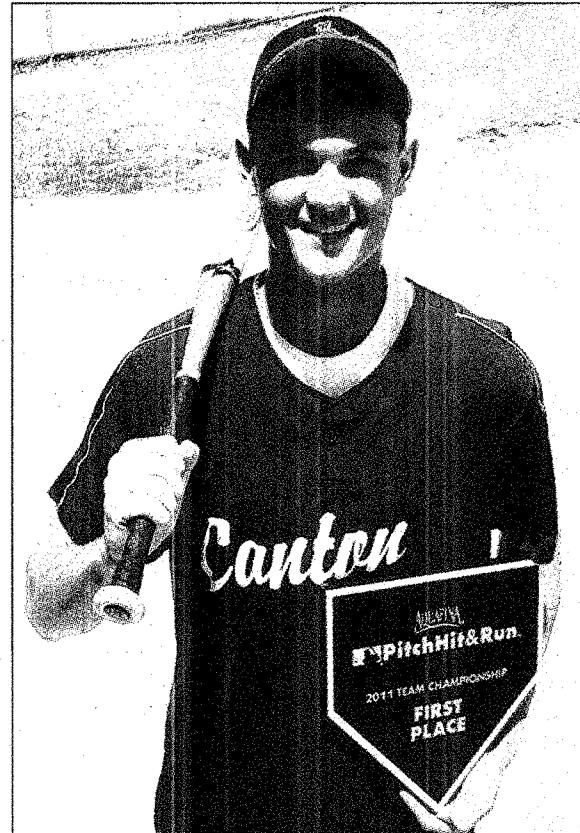
Brooks has racked up some lofty stats as a pitcher/infielder for the 14U Canton Cardinals this spring and summer. His batting average is a robust .350 while his earned run average is south of 2.00.

Given his Motown roots, it's not surprising to learn which All-Stars he'd most like to run into on the Chase Field diamond Monday night.

"I'd like to meet (Detroit Tigers) Miguel Cabrera and Justin Verlander," he said, smiling.

A three-year honor roll student at Discovery Middle School, Brooks has two younger siblings: brother Matt and sister Alexis.

ewright@hometownlife.com  
(734) 578-2767



Fourteen-year-old Canton resident Tyler Brooks has qualified for the national final round of the Aquafina Pitch, Hit & Run competition, which will be held Monday in Phoenix as part of Major League Baseball's All-Star Game festivities.

## YOUNG

FROM PAGE B1

"I guess you can say I'm like fine wine — I get better with age," said the 32-year-old of Lithuanian heritage (through his mother Carol Mykolaitis-Young). "I understand how to play and don't rely as much on my athletic ability. The game has slowed down for me. When I catch the ball in the block now I see things ahead of time. I guess I'm maturing and understand better how to play."

Young's pro basketball odyssey has taken him to five different countries.

Besides six seasons in Belgium, he's also had stints in Italy (2003-04), Poland (2004-05), France (2007-08) and Germany (2007-08).

In November 2008, Young signed a contract with Spotter Leuven (Belgium) for the remainder of the 2008-2009 season, which was extended afterwards until 2010.

In summer 2010, he inked a two-year deal with Okapi Aalstar.

Young was an All-Observer and All-State player at CC before suffering through three uneventful seasons at Michigan by coach Brian Ellerbe.

But Young blossomed during his senior year at U-M under first-year coach Tommy Amaker, averaging 11.4 points and 5.7 rebounds per game.

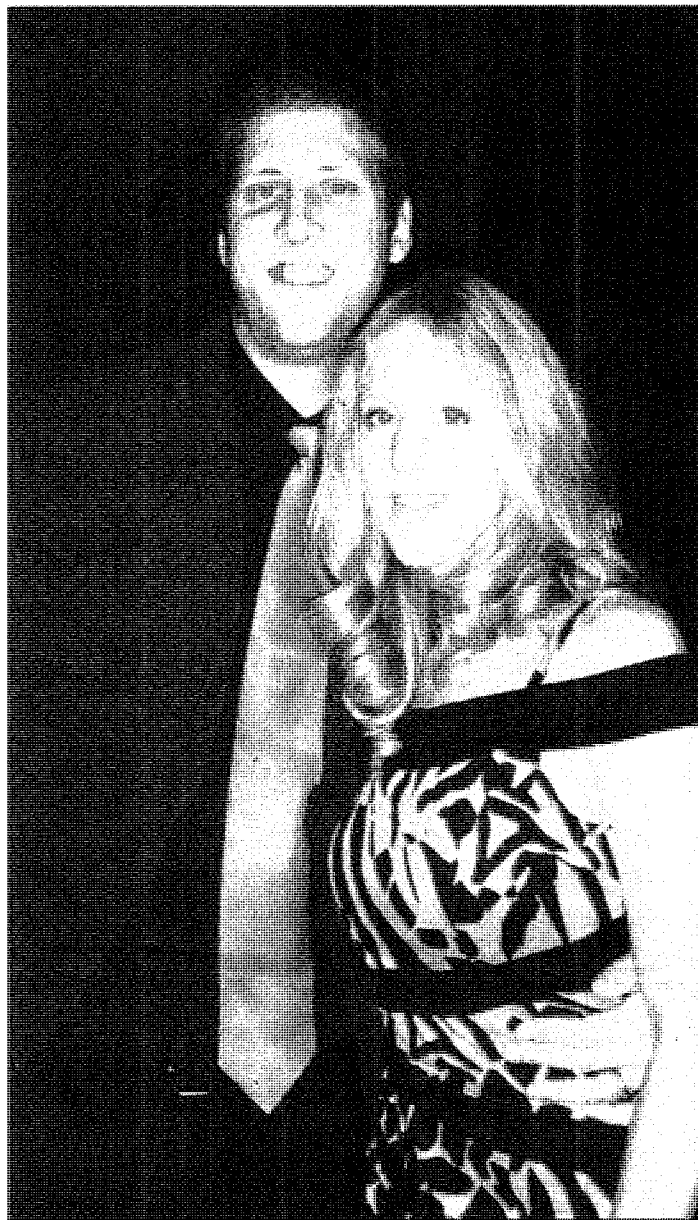
Transitioning to the European brand of basketball from the Big Ten was certainly an eye-opener and a challenge for Young.

"You can't compare it," he said. "The Big Ten plays aggressive. Over there (Europe) you can't be that physical. It's a little more finesse. When I first started out I fouled out of every single game. Every (European) league is like that. There's not a lot of contact."

After completing his 10th season overseas, Young feels he has more left in the tank going forward.

"I'd like to pursue it as long as I can and as long as my body will hold up," Young said. "I think I have four or five years left because I didn't play organized ball until I was 14."

The arrival of a new coach, Brad Dean, also proved to be a Godsend.



Chris Young and his wife Heather appeared together May 18 after Chris received the Belgian Flemish MVP award.

"That was the biggest thing last year, we had an American coach who understands you can't kill people in practice," Young said. "We ramp it up the first part of the season, the first two months, but then we back it off."

Young has embraced not only the fans, but also the culture of Aalst, located 19 miles north of Brussels with a population of 77,000.

"We have the best fans in all of Belgium," Young said. "Our gym (Forum Aalst) seats 2,800 and it's packed every game. There's a 2,000 waiting list. People go nuts, go crazy. It's insane."

"And it's absolutely home for me. The U.S. is so big, so fast-paced and sometimes it's a rat race. Over there it's a slower pace. Sure, there some things I wish I had like being able to go to a Wal-Mart at 3 in the

morning."

It also helps to have a companion along for the ride. Young's wife Heather (formerly Zalewski) has a degree in Communications from the University of Michigan-Dearborn and helps navigate through three different languages (English, Flemish and French) spoken in the country.

Heather Young also works for NATO and recently signed to play pro volleyball contract to play in Belgium.

"We usually get one day off per week and we travel as much as we can," Chris Young said. "We're a couple of hours from Paris and Amsterdam. We've seen many of the finer things. We've visited the Battle of the Bulge. We've been to Normandy. My wife loves it."

bemons@hometownlife.com | (313) 222-6851

## WILSON

FROM PAGE B1

season for Zwolle, where he averaged 19.9 points. Wilson also earned Player of the Year honors in the Dutch Basketball League.

In 2008-09, he signed with the rival Magixx Kidsrights Nijmegen where he converted from the power forward to small forward position.

"My first year there wasn't a boatload of money, but I got my foot in the door," Wilson said. "The second year I was one of the leading scorers and it was a good experience."

In 2009, Wilson participated in summer showcase camp for import players in Las Vegas and migrated to Belgium D-1 League with Voo Verviers-Pepinster (for the '09-10 season).

"I had a great season individually, but it was a tough season for the team because we were in third place all year and didn't make the playoffs," Wilson said.

Last season, Wilson played for his fourth different team, the Giants, who also made a strong run during the season-long EuroChallenge where he appeared in 14 games (from Sept. 28 to March 1).

The Giants' season ended on May 21 when they fell to Oostende in the D-1 League playoff quarterfinals, 2-1.

"It was not my best season," Wilson said. "We played a slow-down offense and I'm more of a fastbreak player. I had to be a little bit smarter, find the open man and see the defense. I also played the 'four' position again and it kind of hindered me. I'm more used to getting up-and-down the court — running and dunking."

Wilson, however, gained valuable experience in 2010-11 as he appeared in a total of 49 games.

"I think I can play into my early 30s," he said. "I feel great. I've had my bumps and bruises, but I feel blessed not to have any serious injuries."

Wilson, however, said adjusting to the European style of play was initially difficult.

"It's a different type of game," he said. "I have to work on my smoothness, be a finesse player. There's an emphasis on fundamentals.



Darnell Wilson and his wife Stacey have enjoyed their overseas basketball stint in Belgium.

You can't be as aggressive like you can in college where they play hard defense and pressure up. The big man has got to be cautious in the post."

Wilson is in the midst of a two-year contract with the Giants and looks forward to his return in August for pre-season training camp.

He and his wife, Stacey, whom Darnell met during his freshman year at Canisius, were married two years ago. Stacey came over to join Darnell after earning her Masters in social work from the University of Buffalo.

"She loves it," Darnell said. "She's a basketball housewife. She knows French and Flemish. They all speak English."

The only thing Wilson misses is a late run to Taco Bell. He has adjusted nicely to the Belgium culture.

"Everything shuts down at 5 (p.m.), but Antwerp is the best city I've played in," Wilson said. "It has a wide variety of places to eat and shop. We're 20 minutes from the dining district. We go to movies and restaurants.

We take our dog (a Yorkshire Terrier) out walking. On days off, we've gone to Paris, Brussels, Cologne... we travel and see a lot.

"During the winter there's not as much snow (as in Michigan). By late December it rains a good amount. But by March it warms up."

Darnell and Stacey stay with his parents, Everett and Marcella, during the summer months. But he and Stacey plan to close on a house in Canton before they leave again for Belgium.

Wilson, meanwhile, keeps sharp by playing four times per week at High Velocity in Canton while also working out at Lifetime Fitness.

And as long as he can continue to play professionally, Wilson believes he has made a wise investment.

"The only thing I pay for is food," he said. "They give me an apartment, a car and all the (Nike) practice gear. And if you're smart with your money, you can make a good living."

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## EX-SCHOOLCRAFT COLLEGE

### CAGERS PLAYING OVERSEAS

**Rudy Hatfield, 33:** The Livonia Churchill High grad, who played at the University of Michigan-Dearborn, is an icon in the Philippines Basketball League. Known as the "H-Bomb" and "Mr. 110 Percent," the 6-foot-4 forward is a relentless rebounder who returned to the PBA after a three-year absence to average 9.6 points and 12.4 rebounds in 23 games this season. He's played on three PBA championship teams after getting his pro start in 1999 with Coca-Cola. Despite his mother being Filipino, Hatfield's citizenship was revoked and was deported by the Department of Justice in 2004 before being reaffirmed by

the Office of the President in 2005. Was once linked to famous Filipino actress Rufa Mae Quinto and did a movie and commercials. During his three-year hiatus, Hatfield entertained thoughts of becoming a pro wrestler or firefighter, but returned to the court in April of 2010. The born-again Christian, now married with two children, also worked for Mega City Ministries in Manila helping Typhoon Ondoy victims.

**Kevin Nelson, 33:** The 6-6 forward became famous on Dec. 31, 1999 when he led Wright State to an upset 53-49 win over eventual NCAA champion Michigan State. Nelson played last season for Leuven in the Belgium D-1 League averaging 5.2 points in 23 games. He also played for N. Ferrara in the

Italy-Lega 2.

**Sam Hoskin, 32:** The 6-9 Redford Bishop Borgess grad, who played at Eastern Kentucky and DePaul universities, was most recently seen in the Iran SuperLeague where he averaged 26.2 points and 14.5 rebounds under a two-month contract. The well-traveled Hoskin also has played in Israel, Greece, Croatia, China and Italy. His best seasons came with Russian teams Ural-Great Perm where he averaged 22.2 points (2004-05) and 16.3 points (2006-07). He also played for Dynamo Moscow.

**Rob Brown, 31:** The 6-5 Brown, an Oak Park native, played his final two collegiate seasons at the University of Buffalo. The high-flying forward, who dunks ferociously, signed a lucrative deal

with in December with Derby Ace in the Philippines, but returned home after one game (scoring 29 points) to take care of a family emergency. Has also played in Israel, Iran, Argentina, Dominican Republic, Finland, Australia and Luxembourg. During the 2009-10 season he average 28 points and eight rebounds for Hapoel Haifa in Israel.

**Mike Williams, 30:** The silky smooth 6-8 forward, who led Western Michigan to the NCAA Tourney in 2004, played just seven games last season due to injuries in the Spanish D-1 League with Sport Lisboa Benfica. In 2009-10, Williams appeared in 34 games with Vigo, averaging 8.1 points and 4.6 rebounds. Also played in the France Pro A League.

**Gary Johnson, 29:** The Wayne Memorial High grad, who led Central Florida to a pair of NCAA berths (including a 27-point first-round effort vs. UConn), has thrived in German Pro A League. The 6-2 guard led Chemitz to a 19-9 record and a third-place finish while averaging a team best 16.4 points, to go along with 5.2 rebounds, 3.1 assists and 1.9 steals. He shoots 50 percent from the floor and 78 percent from the line. Also played for Herten in the German Pro B League and enjoyed a stint in Ireland.

**Ronald Dorsey, 28:** The 6-5 forward from Detroit Pershing and McNeese State (La.) played most recently for the 16-12 Skytrans Cairns Taipans of the National Basketball League of Australia

where he averaged 13.7 points and 4.9 rebounds per game.

**James Holmes, 28:** The Belleville High and University of South Florida product played last season for Andorra of the Spanish League. The 6-3 guard averaged 10.8 points while shooting 49.8 percent from the floor in 40 games. Andorra finished 19-9 in the LEB Silver Division (fourth place).

**Martin Samarco, 26:** The 6-2 guard, another Belleville High grad who played collegiately at Bowling Green, averaged 16.9 points for Webmoebel of the German Pro A League. Samarco shot a blistering 55 percent from the floor and 83 percent from the foul line for 14-14 Webmoebel, which finished fourth. Samarco also played for the Holland Blast of the IBL.



# 'Voice of the Zebras' remembered fondly

BY BRAD EMONS  
OBSERVER STAFF WRITER

Around Wayne Memorial High sports events and activities, there was nobody more "True Blue" than Bill Brooks.

The longtime English teacher and public address announcer from Westland, known for his chamber-sounding and deep-throated voice, passed away Wednesday at age 82 of complications from cancer.

Brooks was unique for his well-researched pre-game player introductions at Wayne basketball and football games while splicing in some occasional play-by-play.

On football Friday nights, Brooks' booming voice could be heard for blocks around the neighborhood.

"He had a passion for the announcing and he loved Wayne football than anything," said longtime friend Ron "Corky" Hays, who was a spotter in the press box for Brooks during Wayne home games. "He liked to have all the information. He was entertaining, but he worked hard at it."

Hays, a 1961 Wayne grad, also remembered the time when Brooks responded to a call to fill in as a P.A. announcer during a road game at Taylor Truman.

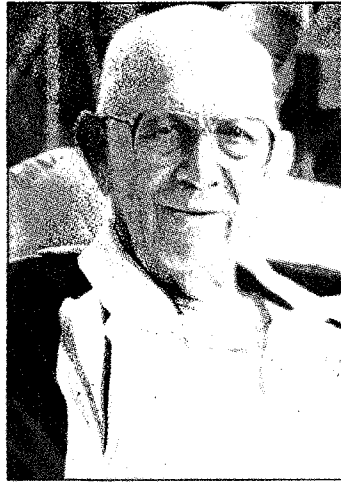
"He came out of the stands did it like he always would do it at Wayne," Hays said. "I'm sure he's fighting with Ernie Harwell up there for the mike right now."

Current Wayne High principal Val Orr was a former student of Brooks while she worked on the school's yearbook and newspaper.

"He taught me leadership skills and he was a great man to learn from," Orr said. "The man had the biggest heart I've ever met. He loved Wayne and the kids. He loved to be there the minute he walked through the door. I never met a man who loved the school like him. It was remarkable."

"Back when he became my class sponsor, he was involved in the student activities and homecoming. When it came to the spirit and the culture of the school, Bill was always right in there."

Brooks was born in Allendale, Ill. and lived in the south as a youth until his father, who worked in the oil fields, moved to Standish,



PHOTOS COURTESY OF BROOKS FAMILY

Bill Brooks taught English and was the voice of the Wayne Memorial Zebras football and basketball for almost 40 years.

Mich. where Bill stood out as a high school football, basketball and baseball player.

Brooks played football both at Adrian College and in the army (where he served in Germany during the Korean Conflict from 1951-53). He also played semi-pro baseball and raced stock cars before graduating from Eastern Michigan University.

Brooks began his teaching career in 1967 at Marshall Junior High in Wayne-Westland before moving over to Wayne Memorial High in 1973.

And that's where Brooks, who was later enshrined in the Wayne-Westland Sports Hall of Fame at Jake's Again Lounge, launched his P.A. career.

"Sometimes his play-by-play made the (visiting) coaches mad," Orr said. "I don't believe he ever missed a Wayne football or boys and girls basketball game since then. He showed up at every single game."

Brooks retired from teaching in 1995, but returned to the classroom at Wayne as a sub where he worked regularly until April when he was diagnosed with cancer.

"He was a soft guy even though it may have seemed he had a rough exterior," said longtime friend Bill Sexton. "He tried to bamboozle them with that grumpy attitude, but he put that on to keep them at bay."

Brooks, Hays, Sexton and the late Don Graham were regulars at Wayne-Westland prep sports events, whether it involved Glenn or Wayne



Bill Brooks took the microphone for almost 40 years as voice of the Wayne Memorial High Zebras football and basketball.

highs.

"He loved attending basketball games," Sexton said. "He was a U-M (Michigan) fan. He also loved going south for vacations, places like Louisiana and Mississippi, and enjoyed the southern food."

Brooks, preceded in death by his wife Diana (1983), is survived by his three daughters - Shannon Clarke, Megan Brooks and Laurie Cole - along with a sister Nancy Runta, of Sanibel Island, Fla., companion and friend Gerry Rowden, and three grandchildren.

"He was an icon at Wayne Memorial, he had an uncanny ability to engage all students, and at the same time, hold them accountable in his own Bill Brooks way to inspire kids," Wayne High counselor Bill Gray said. "He's not replaceable."

On Thursday night, Wayne High students held a candlelight vigil in honor of Brooks.

A memorial service will be held at 1:30 p.m. Monday, July 11 at the First Congregational Church, 2 Town Square, Wayne. The Wayne Memorial High band will play the Zebra fight song beginning at 1 p.m.

For more information, visit [www.uhtfuneralhome.com](http://www.uhtfuneralhome.com), or call 734-721-8555.

bemons@hometownlife.com | (313) 222-6851



The members of the Mud Hens baseball team are (seated, left to right) Blake Bean and Shane Saxton, (kneeling) Mitchell Knedgen, Victor Mencotti, Harsh Purani, Jack Budde, Dom Lanni, Will McLellan, Dylan Parsons, Kevin Korte, (standing) coach Dan Osowski, manager Roger Parsons, coach Doug Knedgen and coach Joe Mencotti. Not pictured are assistant coach John Watson and player Max Watson.

## Mud Hens finish 2nd in Sylvania

The 11-and-under Farmington Hills Mud Hens were finalists in the Sylvania (Ohio) Fourth of July Tournament, winning five straight games before losing to Highland Heights (Ohio) in the championship game.

The Mud Hens scored a total of 91 runs in the six games while only giving up 39. The team's batting average during tournament play was .494.

The Mud Hens trounced the Sylvania Mavericks Blue in their first game, 15-3, but pitcher Kevin Korte was rushed to a hospital after being hit with a line drive.

Korte, who was checked out and released that day, returned in time to play several innings of the next game against Royville (Ind.).

At the time of Korte's return, Royville had runners at first and second with one out. Korte made a spectacular line-drive grab over third base and turned a double play, tagging third base and throwing to first.

The play inspired the Mud Hens as they mercied Royville by a score of 21-8 and their next two opponents, too. The Novi Heat Black and Milan (Ohio) Road Warriors went down to 15-4 and 17-6 defeats.

The four victories made the Mud Hens the No. 1 seed for the playoffs. They defeated the

Next Level Copperheads in a semifinal game, but their 20-11 victory took a lot out of the Mud Hens.

Playing back-to-back games, Farmington Hills had little time to rest before taking on a strong Highland Heights team in the championship game. The Ohioans won, 7-3.

"The Hens played excellent baseball this weekend and were prepared for a tough battle against some very solid teams," Mud Hens manager Roger Parsons said. "All of our players did extremely well and made key plays, which contributed to our team's success, when we needed them."

Great hitting was another key factor as the Mud Hens racked up 93 hits in the tournament. Five players batted over .500 for the series.

Jack "The Ripper" Budde led the team in hits and batting average as he went 12-for-17 for a .706 batting average. Dylan "Bam-Bam" Parsons went 11-for-19 (.578), Mitchell "Big Poppy" Knedgen 11-for-20 (.550), Dom "The Bomb" Lanni 9-for-18 (.500) and Will "The Thrill" McLellan 10-for-20 (.500).

Blake Bean, Shane Saxton, Vic Mencotti, Kevin Korte and Harsh Purani contributed 40 hits to the effort, and all the boys made key defensive plays at critical points in the tournament.

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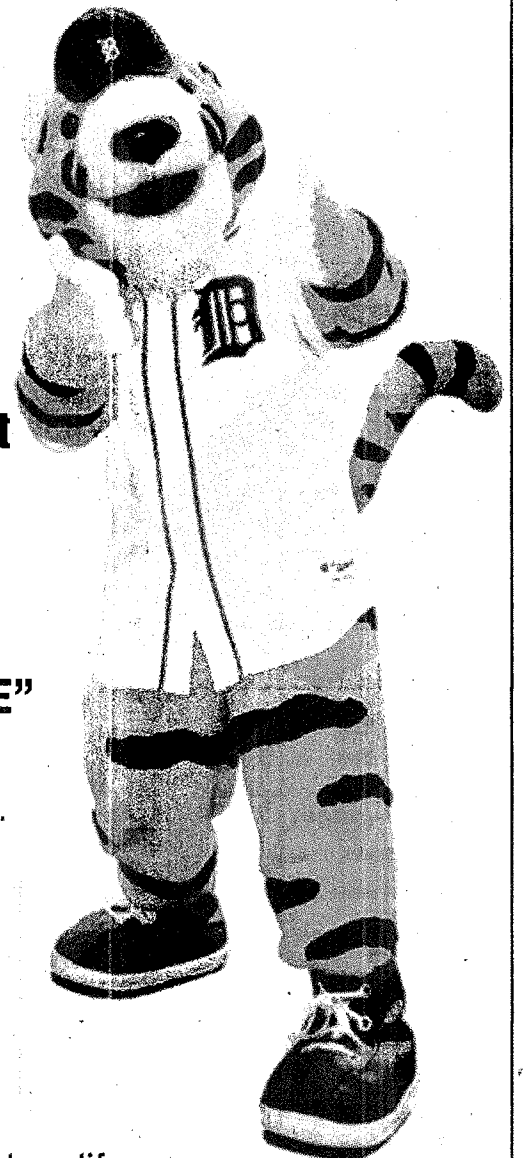
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### Crush Groove 1st

Crush Groove recently captured the Livonia YMCA Adult Competitive League basketball title with a victory over Rusty's. Team members include (from left): Brandon Cassise, Tom Bender, Carl Sumpter, Derrick Nelson, Mike Soukup, Nick Gout, Tim Franklin and Jovan Wilson.

### SPORTS ROUNDUP

#### All-state girls soccer

Salem High School has the second-highest GPA among the 63 girls varsity soccer teams receiving academic all-state recognition from the Michigan High School Soccer Coaches Association.

The Rocks have a collective GPA of 3.78, second only to Petoskey's 3.82. Farmington Harrison (3.68) and Farmington (3.51) also are all-state teams.

Area girls receiving an individual academic all-state honor are, by school:

**Salem:** Lauren Aschermann, Lily Burnstein, Kristina Klusek, Jenna Loon, Lauren Jones, Victoria Kaye, Mackenzie Rogers and Madeleine Vala.

**Harrison:** Andrea Phillips, Julia Kovtson, Kelly Dzmelyk, Olivia Jones and Lisa McFarland.

**Farmington:** Ashleigh Finn, Meghan Diehl, Melanie Guyette, Laurer Kohler and Corinne Greer.

**North Farmington:** Emily Andrews, Bridget Elezovic, Hallee Kansman, Darby Lychuk, Amanda Morrison and Anna Salomonsson.

**Livonia Stevenson:** Michelle Krawczyk.



SANDLOT BASEBALL

# Rams steal win vs. Chief Pontiac

It's been an up-and-down summer for the Michigan Rams in the Livonia Collegiate Baseball League.

On Wednesday, the 20-and-under squad pulled out a 4-3 walk-off victory over Chief Pontiac with three runs in the bottom of the seventh at Bicentennial Park.

Despite being out-hit 8-2, the Rams evened their LCBL mark to 11-11.

Walks, wild pitches and errors cost 22-and-under Chief Pontiac (7-14) its three-run advantage.

Pat Lancaster crossed home with the bases loaded for the winning run, while Mark Weist, Evan Piechota and Mike Carson tallied the other Rams runs.

Josh Deeg went 3-for-4 with an RBI, while Mike Musary added two hits and knocked in a run for Chief Pontiac.

Zach Wedesky, who pitched three scoreless innings of relief of starter Jeff Sorenson, got the victory. Wedesky allowed three hits, walked two and struck out two.

Deeg, who walked four of five batters, was the losing pitcher in relief. He had four wild pitches and was the victim of two errors.

Starter Zane Birchler gave up just one run on two hits. He walked three and hit five batters.

**PRIDE 6, RAMS 2:** On Tuesday, Kevin Zak went 2-for-3 with two RBIs as the 22-and-under Michigan Pride (13-7) turned back the Rams

(10-11) in an LCBL clash at Ford Field. Logan Curtis and Garrett Green also knocked in runs for the Pride, who were out-hit 6-4 in the make-up game (rainout from June 10).

Winning pitcher Charlie Fisher allowed two runs on five hits and five walks over the first five innings. Randall Stempel pitched two scoreless innings of relief, allowing one hit and a walk.

The two Pride pitchers combined for six strikeouts. Evan Piechota and Miles Sorise each had an RBI for the Rams.

Rams starter Greg Spiess, who gave up three earned runs on three hits and five walks, took the loss. He struck out five before giving way to reliever Jay Perry, who gave up two unearned runs in two innings of work.

**BULLS 3, RAMS 1:** The first-place Michigan Bulls (17-4) got a complete-game, four-hitter Tuesday from pitcher Mark Heard to beat the Rams (10-10) in an LCBL make-up game at Ford Field. Heard went all seven innings, scattering six hits and one walk while fanning eight.

The Bulls, taking advantage of two Rams errors, rallied for three runs in the bottom of the sixth inning.

Livonia Stevenson High grades Jeff Sorenson and Evan Piechota each collected two hits in the setback. Sorenson had the lone RBI.

Jacob Rhodes knocked in a run for the Bulls. Losing pitcher Mike Schypinski, the Rams starter, worked the first 5.1 innings allowing all three runs (all unearned) on four hits and four walks. He struck out four before Zach Wedesky got the final two Bulls batters in the bottom of the sixth.

# BACHROUCHE

FROM PAGE B1

graduated this year from Virginia. "I'd heard of other swimmers who were dual citizens representing their other countries.

"In the U.S., it's very, very competitive to make the Olympic team. Not to say I'm a bad swimmer, but you have to be a top-notch, world-class, record holder of some sort to make the American team.

"It was always my dream since I was young to go to the Olympics. It's every athlete's dream. That's the highest level you can get to. I knew I had dual citizenship, so I told my dad I wanted to swim for Lebanon."

Her father, with the help of a cousin who's a general in the Lebanese army, made the right connections with sports officials to make them aware of Katya's desire and talent.

"He went over during Christmas break 2010. I said: 'Please, put in a word for me. I'm here, I'm Lebanese; I'm a swimmer,'" Bachrouche said. "My dad talked to the right people; now they know who I am. I owe a lot to my dad for making this possible, for talking to people."

During a family trip to Lebanon in June, Bachrouche received her Lebanese passport, which she will need in August to represent Lebanon at the World University Games in China.

The trip, which had been planned to coincide with Bachrouche's college graduation, served a dual purpose. She had never met her grandfather and hadn't seen her grandmother since she was 6 years old.

"Because of my swim career, I've never been able to take enough time off to go over there," Bachrouche said. "Getting to know (her grandparents) was so special, wonderful and meaningful. After the first day, it was like I knew them my whole life."

Bachrouche, who is fluent in the Arabic dialect spoken in Lebanon,

will return in September to officially earn her spot on the Olympic team at the national meet. For someone with her ability, there seems little doubt she will make the team.

"Lebanon is still a developing country in swimming, which means the competition is a lot less intense than it is in the U.S.," Bachrouche said. "Hopefully, it shouldn't be as difficult as it is here."

"I definitely want to make a good impression; so I'm going to be training for it, and I'm going into it as if it was an American meet."

"Hopefully, by going there and swimming for Lebanon, I'll bring a new wave of improvement for the sport there. I hope it will make people in Lebanon more aware of the sport of swimming and, if you train hard, this is what you can do."

Bachrouche met the U.S. Olympic qualifying standards in the 400- and 800-meter freestyle. Those are her favorite events and the ones she expects to swim for Lebanon.

The U.S. Olympic Trials are still a year away. Bachrouche could have opted for those tryouts, but Lebanon offered the more certain prospect.

"As a swimmer, you pretty much know how you stand with the rest of the country," she said, adding she was 20th at a U.S. national meet last summer. "You have a general idea how you would stack up."

"You have to be No. 1 or 2 in the country to make it. I don't think between now and then I would move up that quick."

"I guess people don't understand. As swimmers, we understand where we stand. There's just a lot of talented swimmers in the U.S."

At the Olympics, Bachrouche knows she'll be up against not only the best U.S. swimmers but superstars from other countries, too.

"I have a good gauge on where I stand among the top dogs," she said. "My coach and I think I could do pretty well compared to

the rest of the world — maybe not medal but definitely beat a lot of people."

Bachrouche is excited and pleased to be on the verge of realizing her longtime ambition to be in the Olympics.

"For my family in Lebanon, I'm proud to represent the country and city where my family is from," she said. "It extends way past me."

"It'll be a real proud moment for me, my friends, my dad and my family. Just to have the opportunity, to do something not everybody gets to experience."

**BACHROUCHE BIOGRAPHY:** Katya Bachrouche of Farmington Hills was a four-time, All-Atlantic Coast Conference selection and one of the best swimmers in the University of Virginia history.

On the all-time list of UVA best times, she ranks second in the 500 freestyle (4:38.56), second in the 1,650 freestyle (16:03.52), third in the 1,000 freestyle (9:40.96) and fourth in the 400 IM (4:13.02).

Competing in her second consecutive NCAA championship meet, Bachrouche was 12th in the 500 freestyle and 10th in the 1,650 freestyle, earning All-America honorable mention in both.

She broke a 10-year-old UVA record in the 500 freestyle at the ACC championship, and she broke her own record when she swam 4:38.56 in the NCAA meet. A teammate broke Bachrouche's record in one of the following heats, however.

She finished second in the 500 freestyle and 1,650 freestyle at the ACC championships. She also was fourth in the 400 IM.

Bachrouche was slowed by injuries early in her college career, requiring ankle surgery the first year and knee surgery the second.

"I didn't start to reach my full potential until my third and fourth years," she said. "I wish I had one more year to see how much more I could improve."

Bachrouche will spend the next year training at Virginia while she pursues a masters degree in education and prepares for the 2012 Olympics.

"Being able to swim another year for Lebanon kinda fills that void, although it's a different environment and a different kind of racing," she said.

"I wouldn't trade anything for my four years at Virginia. I was part of a special team, and the girls who were on the team with me will be like family the rest of my life."

## SUMMER SPORTS CAMPS

### Canton wrestling camp

Canton High School's wrestling program will conduct a four-day camp July 11-14 at the school gym. Offering the camp is the Advantage Wrestling Club, run through Eastern Michigan University.

The camp will be 8 a.m. to 5 p.m. all four days, for students entering grades 7-12 in 2011-12.

Emphasis will be on running, lifting,

technique, drilling, intense practices and end of the day competitions. Another plus will be one counselor per 10 wrestlers for plenty of individual attention.

The cost to sign up is \$200. Contact Canton head wrestling coach Cory Mancuso (cory.mancuso@gmail.com) or EMU head wrestling coach Derek Delporto (Derek.delporto@emich.edu) or call (734) 487-6429 for more information.



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# Nursing career opens pathways to opportunities

BY LINDA ANN CHOMIN  
CORRESPONDENT

As a college student, Caroline Trapp never dreamed nursing would lead her down so many different paths even though a speaker talked about the possibilities. Convinced it was the career for her, Trapp earned bachelor and master's of science degrees in nursing at the universities of Michigan and Pennsylvania before returning to Ann Arbor to complete a certificate as an Adult Nurse Practitioner in 1998. After more than 25 years in the field, she's done everything from producing a video on nutrition to developing curriculum for a plant-based diet.

"I never thought I'd have the chance to travel to China, the South Pacific, to lecture in Hawaii," Trapp said.

Many of Trapp's opportunities arose as director of diabetes education and care for the Physicians Committee for Responsible Medicine based in Washington, D.C. in 2007. The position requires Trapp to present educational programs in foreign locations as well as closer to her Farmington Hills home.

The nonprofit PCRM promotes a plant-based diet to prevent and reverse diseases such as heart disease, diabetes and cancer.

"Part of the fun is meeting people from all over," said Trapp. "These health care professionals have become a support group. They're like-minded people enthusiastic about their work. They see people get well."

At home, she encourages patients of Premier Internists, a division of Millennium



Caroline Trapp

Medical Group, not to eat meat or dairy products. A diabetes educator and nurse practitioner, she practices what she preaches. For the last six years, she has not eaten meat, fish or dairy products.

Trapp's travels only confirm her beliefs about the health benefits of not eating meat or dairy products. In the Marshall Islands, 2,000 miles west of Hawaii, she met a man who had been in a wheelchair due to neuropathy. He was dancing and walking after taking part in a diabetes intervention project that taught participants to eat and cook without meat and dairy products.

"I was teaching in nursing schools and hospitals the importance of the plant-based diet," said Trapp. "I met a man who had nightly chest pain and it was gone."

Trapp suffered with chronic joint pain that vanished after about a month of eating a plant-based diet. In her practice, Trapp has seen diabetics reduce or eliminate a patients' need for medication. She's also



PHOTOS BY JACQUE SPENCE

Caroline Trapp teaches medical students in the Marshall Islands how to monitor blood glucose.

seen two cases of mercury poisoning caused by eating large amounts of tuna.

"I've noticed how much more energy I have," said Trapp, 49. "Even patients with osteoarthritis have been helped."

### PLANT-BASED DIET

Trapp is so convinced that consuming a plant-based diet can reverse type 2 diabetes she has developed curriculum for nutrition and cooking intervention programs around the country. It all began in 2006 when she took part in a PCRM pilot project to introduce healthy eating to people with diabetes seen by

physicians of the Millennium Medical Group in Southfield. A class Trapp developed is now offered by more than 30 Food for Life instructors, with plans to expand to a multiweek program in fall.

Most recently, Trapp coordinated the Food for Life Cooking and Eating to Beat Diabetes program sponsored by PCRM, the Indian Pueblo Cultural Center, and the Institute for Indian Arts. The collaborative effort includes classes on nutrition and cooking demonstrations for Native Americans with diabetes in New Mexico and Arizona. Trapp was stunned to find

the Marshallese and Native Americans ate a similar meat-centered, highly processed diet that's linked to diabetes and cancer.

"You see the same growing rate of diabetes and heart disease," said Trapp. "Native Americans are like the canary in the coal mine, demonstrating the disease risk all Americans face. Removed from their traditional diet, they have the highest rates of diabetes in the country."

Nearly one out of every five Native Americans has diabetes, according to PCRM. Over the years, white flour, sugar, canned meat, and fast foods

replaced their traditional diet of beans, squash and corn. The "Three Sisters" were the main agriculture crops for Native Americans who interplant maize, squash and climbing beans.

"I saw in New Mexico and Arizona people were at the point they were receptive to something new," said Trapp.

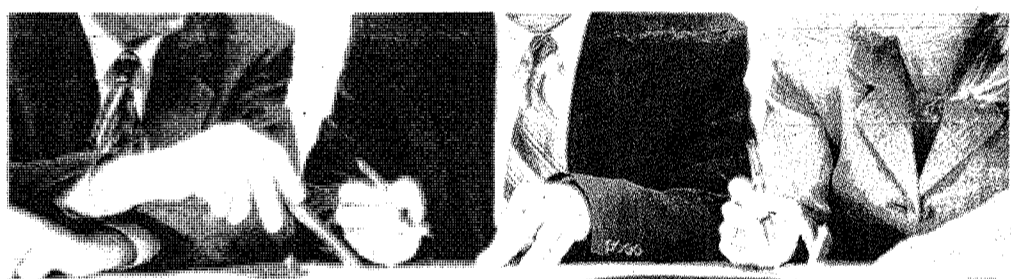
### APPRECIATION

The horse blanket on the back of the living room couch attests to the appreciation of Native Americans. Trapp is equally grateful for the gift that began with a nutritionist from the Navajo Natives Special Diabetes Project shearing a sheep then weaving the wool. She received the handiwork as a thank you for being keynote speaker last March at the 10th annual Native Women & Men's Wellness Conference presented by the American Indian Institute in Albuquerque in March. More than 100 tribes were present. It was the first time Trapp was preceded by dancers in colorful regalia.

"It's so special to me," said Trapp, who plans to hang the black and white work of art on a wall. Trapp's curio cabinet in the living room is filled with memorabilia from her trips to China and the Marshall Islands.

In the U.S., Trapp has spoken from coast to coast about diabetes and vegan/vegetarianism nutrition, most recently in April at the Maine Dietetic Conference. Locally, she gives guest lectures at Wayne State University College of Nursing and as adjunct faculty at the University of Michigan School

Please see CAREER, B6



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# Physician group advocates for plant-based diet

BY LINDA ANN CHOMIN  
CORRESPONDENT

Caroline Trapp had already toyed with the idea of becoming a vegetarian by the time she picked up one of Dr. Neal Barnard's books. As founder of the Physicians Committee for Responsible Medicine (PCRM), he has promoted a plant-based diet and conducted clinical research on its ability to prevent and reverse heart disease, diabetes and cancer since 1985.

One of his studies found that although the standard American Diabetes Association effectively treats the disease, plant-based, low fat meals dramatically reduce blood sugar and cholesterol levels in addition to promoting weight loss.

Barnard has written several books on topics that include reversing diabetes with a diet of grains, legumes, fruits and vegetables. His recent book, *21-Day Weight Loss Kickstart*, promises to boost metabolism, lower cholesterol and dramatically improve health.

Trapp had health concerns when she learned about PCRM while attending a nursing conference. She had ordered a vegetarian plate and "was surprised by how good it tasted." Shortly after, she started e-mailing Barnard who invited her to spend a day at the PCRM office in Washington, D.C. The nonprofit organization provides educational



Caroline Trapp passes out bracelets that sport the message, "I choose healthy foods," at a Marshall Islands school assembly. About half of adults over the age of 35 in the Marshall Islands have type 2 diabetes, largely because they eat a diet of processed and meaty foods.

materials as well as diabetic and Cancer Project cooking classes aimed at prevention.

"It gave me confidence to talk to my patients about type 2 diabetes. I suddenly realized I was not alone," said Trapp, a nurse practitioner at Premier

Internists in Southfield.

Before long, Barnard invited her to teach curriculum he was using and then offered her a full time position as director of diabetes education and care in 2007.

"Patients are coming to the practice

because they've heard of the intensive lifestyle change," said Trapp. "Blood sugars have gone from 300 and 400 to 100. Diabetes medications prolong people's agony. It's not a cure and has known side effects. We have to use what is known about nutrition. One major concern is fat and animal protein."

"Everybody is clear that dietary fat is linked to heart disease, but also insulin resistance. Dairy foods are high in fat, with a speck of calcium in a package full of hormones, injected and natural, and antibiotics which are increasing antibiotic resistance in humans," explained Trapp.

Trapp has done research to back up her claims. These facts were presented in her written testimony for the U.S. Senate Committee on Agriculture, Nutrition and Forestry field hearing May 31, at Michigan State University.

According to the Centers for Disease Control and Prevention (CDC), 29.6 percent of Michigan's population is obese and some 9 percent are suffering from type 2 diabetes. A recent study estimated that between 1998 and 2000 obesity-related diseases cost Michigan nearly \$3 billion in health care expenses. More than 60 percent of all deaths in the U.S. are from diseases linked to unhealthy diet: heart disease, cancer, stroke, diabetes, liver disease, and high blood pressure.

Diabetes prevalence will increase to 1 in 3 adults by 2050, compared

to approximately 1 in 10 today. Approximately one-third of children born in 2000 will develop diabetes at some point in their lifetimes. Research has shown that meat and dairy consumption significantly increases diabetes risk.

An estimated 70 percent of colorectal and prostate cancers and 50 percent of breast, endometrial, pancreatic, and gallbladder cancer are diet-related.

While Trapp came to her decision to eat a plant-based diet strictly based on health concerns, she says, "it's very gratifying that the way I eat doesn't support cruelty to animals and environmental pollution, the amount of oil it takes to get food to your plate, what it takes to produce a hamburger."

She has a problem with eating fish as well.

"As a health care professional I developed recognition of the bigger picture," said Trapp. "A good example is fish. Fish get Omega 3 fatty acids from eating plants. Humans can get Omega 3 from eating walnuts, flax seed, hemp milk, and green, leafy vegetables."

"Fish is full of saturated fat. Salmon is 50 percent fat."

Fishing impacts the environment, too, said Trapp.

"The oceans have been so over-fished they have to go further and further out. How much oil does it take to fish?"

## CAREER

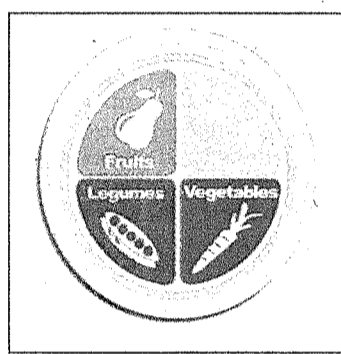
FROM PAGE B5

of Nursing.

Her hectic schedule doesn't stop there. Trapp just finished going live with The Nurses Nutrition pages on the Web site [pcrm.org](http://pcrm.org). It is a network for nurses to access patient and professional educational resources. She also helped produce a DVD, *A New Approach to Nutrition for Diabetes*, by PCRM.

Trapp continues to learn from Native Americans like chef Walter Whitewater. A Native American chef and food historian, Frank converted a recipe for Indian Fry Bread, an unhealthy staple, for the Food for Life program. Trapp presents on the experience of developing the Native American nutrition curriculum at the American Association of Diabetes Educators conference in August in Las Vegas.

"My hope is that other Native American organizations and health care professionals will take the curriculum and try it out," said Trapp. "PCRM makes it available at no cost. We're planning a second DVD and classes are being held currently in Santa Fe and Albuquerque, drawing natives from Pueb-



Power Plate is the graphic from Physicians Committee for Responsible Medicine that explains what foods to eat for health and to prevent and treat chronic disease. It is the basis of the Food for Life curriculums that Trapp is working on.

los. My other hope is to offer the curriculum to Native Americans locally."

In addition to developing plant-based cooking and nutrition classes, Trapp is trying to influence legislators. On May 31, she attended a field hearing on the 2012 Farm Bill at Michigan State University. The U.S. Senate Committee on Agriculture, Nutrition and Forestry, chaired by Michigan Sen. Debbie Stabenow, held the hearing. Afterward, Trapp submitted written testimony about her concern "over the health crisis being caused by the growing

obesity rates in Michigan and throughout the country" as well as the increasing prevalence of type 2 diabetes. She says it's alarming and troubling because it is largely preventable.

"The Farm Bill dictates how federal money is spent to support agriculture. Currently it supports cheap meat and dairy," said Trapp. "There's not a lot of talk about health implications. If we continue to subsidize meat and dairy we do it at the peril of our families."

According to Trapp, in recent history, more than 60 percent of agricultural subsidies have directly and indirectly supported meat and dairy production. Less than 1 percent went to fruits and vegetables. Trapp suggests supporting farmers by encouraging them to produce fruits and vegetables. Michigan is already a leading producer of crops such as apples, cherries, blueberries and edible dry beans.

"We can still support our farmers and everybody can afford healthy foods."

Support from family is one of the reasons Trapp has been able to follow so many different paths during her nursing career. In December, she leaves for Washington, D.C., to train instructors for the Cancer

Project and Food for Life nutrition and cooking classes. Before then, she'll be at the computer writing an article for *Diabetes Spectrum*, a professional journal.

### FAMILY SUPPORT

Caroline and Bill Trapp have been married 23 years in August and have two sons, Davis, 18, who'll be attending Michigan State University in fall, and Baxter, 20, a student at Central University. Both graduated from North Farmington High School. Trapp grew up in Farmington Hills and lived in Philadelphia and Plymouth before moving back 11 years ago. Bill's family owns George W. Trapp Company, producers of doors and windows in Redford.

"I've been really lucky the kids are at an age where it's possible to be away from home," said Trapp. "My husband is a good sport and tremendously supportive."

Trapp is still looking for health care professionals to train as instructors for the cancer Project and Food for Life nutrition and cooking class. E-mail her at [ctrapp@pcrm.org](mailto:ctrapp@pcrm.org).

For more information about the plant-based diet, visit [the-powerplate.org](http://the-powerplate.org) or [pcrm.org](http://pcrm.org).

## Family fun day benefits bleeding disorder research

Our Hope Holds The Cure will hold its 2nd annual Hope Fest to raise funds and awareness of a bleeding disorder called HHT, from 9 a.m. to 3 p.m. Saturday July 30 in Heritage Park, 1150 Canton Center Road, Canton.

The event, the largest of several fundraisers, will offer food and entertainment, including a DJ and performances by Central City Dance of Canon. This is a fun family event, with several bounce houses, a rock climbing wall and carnival games for the kids.

Last year, the volunteer-driven Our Hope Holds The Cure raised both awareness and \$65,000 over several months. This year their goal is to double those results with a day of fun, sun, and activities at the 2011 Hope Fest.

Admission is free and no advance registration needed. Donations and all proceeds will go directly to the HHT Foundation International.

HHT, or Hereditary Hemorrhagic Telangiectasia, is an incurable genetic disorder that causes abnormalities in the blood vessels (AVMs) that can result in bleeding in the lining of the nose, mouth, brain, lungs, liver and gastrointestinal system.

HHT can result in stroke,

hemorrhage and heart failure — leaving patients with HHT and their families living in constant fear of a potentially catastrophic life event.

Our Hope Holds The Cure was founded by Jody Nissan of Canton. With the health of her husband and children at stake, Nissan is on a mission to make a difference in the lives of those with HHT. The mission of Our Hope Holds The Cure is dedicated to raising money for continued research into a cure for HHT, increase awareness of HHT and its effects, and provide regional support for families affected by HHT through an annual fundraising campaign located in and around Southeast Michigan.

HHT impacts one in 5,000 Americans, and approximately 1.2 million people worldwide. Ninety percent of individuals with HHT are undiagnosed. Failure to detect and treat HHT-related AVMs can cause brain abscesses, hemorrhage, stroke, liver, lung and heart failure, disability and death.

Twenty percent of children with HHT die prematurely from stroke.

For more information or to donate to Our Hope Holds The Cure, visit [www.ourhopeholdsthecure.org](http://www.ourhopeholdsthecure.org).

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Manoj Thampy, Rehab Manager

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"We provide quality rehabilitative care, 5 to 6 days a week," says Manoj Thampy, Four Seasons' Rehab Manager. "We're well known for treating neuro, orthopedic and cardiac patients. We always try to send the patient home as early as we can, and provide home evaluations to make sure patients are safe in the home."

Individualized rehabilitation planning begins with an assessment to determine the functioning level needed once a patient returns to daily living. Therapists assess home layout and whether a patient lives alone or cares for a loved one. An orthopedic specialist is on call and modalities such as therapeutic ultrasound to help manage pain.

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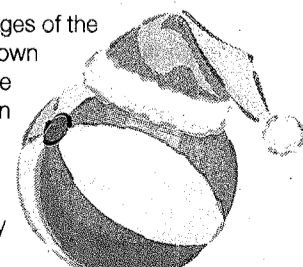
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Win a  
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shopping  
Spree!

You could win cash just by locating this holiday logo on the pages of July's Hometown Life INSPIRE.

Look for this holiday icon on the pages of the Thursday, July 21 edition of Hometown Life INSPIRE either in print or online and, follow the entry directions. Then you could win \$250, \$125 or \$75 to celebrate Christmas in July. Just fill out the form and tell us on what pages you spotted the holiday logo.



Email the entry form (go to [hometownlife.com](http://hometownlife.com) starting Friday, July 22) or cut out the entry form in the July 21 edition of Inspire and mail to: Christmas in July, ATTN: Hometown Life INSPIRE, 41304 Concept Drive, Plymouth, MI 48170.

Three lucky winners will be drawn from all entries that correctly identify the pages on which the holiday icon appears.

All entries must be received by midnight, July 31.

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**ACADEMY OF WARREN**  
**ATTENTION: FOOD SERVICE VENDED MEAL COMPANIES**

The Academy of Warren is requesting proposals for school food service vended meal services. The Vendor would provide meal services according to United States Department of Agriculture (USDA) regulations and guidelines as well as State of Michigan Department of Education policies and guidelines.

Vendors and/or their representatives may submit proposals to:  
Charter Schools Administration Services  
20820 Greenfield Road, Oak Park, MI 48237

The Academy of Warren Board of Education reserves the right to accept or reject any and/or all proposals or to accept the proposal that it finds, in its sole discretion, to be in the best interest of the school district.

A pre-bid meeting will not be scheduled. A copy of the RFP will be available at 20820 Greenfield Road, Oak Park, MI 48237 or by e-mail at [Swells@Charteracademies.com](mailto:Swells@Charteracademies.com) by July 15, 2011. Potential bidders are asked to e-mail their questions to Ms. Wells by July 22, 2011. The school district will e-mail its response these questions by July 27, 2011.

All proposals must be submitted no later than 3 p.m. on Friday, August 5, 2011. All proposals should be delivered in a sealed envelope and addressed to the Charter Schools Administration Services and be clearly marked: Food Service Vended Meal Proposal.

Publish: July 7 and 10, 2011



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For more information about this event and to reserve your space, please contact:

**Choya Jordan**

**313.222.2414**

**Fax: 313.496.5303**

Email: [cbjordan@hometownlife.com](mailto:cbjordan@hometownlife.com)

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Send calendar items to Sharon Dargay at sdargay@hometownlife.com. Feel free to include relevant photos as attached jpgs. Or mail items to Dargay, Observer, 615 Lafayette, Level 2, Detroit, MI 48226.

**JULY 10-13**

**Clothing bank**  
**Time/Date:** 5-6:30 p.m. Wednesday, July 13  
**Location:** 41920 Joy, between Lilley and Haggerty, Canton  
**Details:** Canton Christian Fellowship Clothing Bank will be open to give free clothing and shoes to anyone in need  
**Contact:** (734) 927-6686 or (734) 404-2480

**ENDOW**  
**Time/Date:** 7-9 p.m., Monday, July 11-Aug. 31  
**Location:** St. Aidan Catholic Church, 17500 Farmington Road, Livonia  
**Details:** Michele Schmidt facilitates this women's study group, which is designed to help women discover their God-given dignity and femininity through Catholic teaching. Sessions explore Pope John Paul II's Letter To Women. Atmosphere is prayerful, but relaxed. Cost is \$60. Scholarships are available  
**Contact:** Register at (303) 715-3224 or at www.endowonline.org

**Guest speaker**  
**Time/Date:** 10 a.m., Sunday, July 10  
**Location:** Northwest Unitarian Universalist Church, 23925 Northwestern Highway, Southfield  
**Details:** Ben Gabel takes over the pulpit for a sermon entitled "Island of Misfit Toys" during Sunday service  
**Contact:** (248) 354-4488

**Lecture**  
**Time/Date:** 7:30-9 a.m. Wednesday, 13, 20 and 27  
**Location:** Congregation Beth Ahm, 5075 W. Maple, West Bloomfield  
**Details:** Howard N. Lupovitch's summer series called "Esther's Children: Persian Jews Under Emperor, Caliph, Sultan, and Shah," continues. Each lecture is self-contained and can be attended independently. Tuition is \$15 per lecture. Advance registration is requested to help plan seating and photocopied handout materials, but walk-ins will be accommodated. The series started last week. Remaining topics are "Jews in Shi'ite Society," on July 13; "Under Sultans and Shahs" on July 20 and "Israel, Iran and the Persian Jews" on July 27. To sign up, send a

check made payable to Congregation Beth Ahm, to 5075 W. Maple, West Bloomfield MI 48322 (Attention: Adult Ed). Also may pre-register by calling the office and pay at the door  
**Contact:** (248) 737-1931

**Lecture**  
**Time/Date:** 7 p.m. Wednesday, July 13  
**Location:** Metropolitan Adventist Church, 15585 N. Haggerty, Plymouth  
**Details:** The second parts of a three-session seminar, "The Evidence of Creation" will explore creation from the perspective of a NASA scientist and recent graduate with a master's degree in public policy from Pepperdine University. No cost, but a free will donation will be accepted. Register by phone  
**Contact:** (248) 446-9176

**Movie night**  
**Time/Date:** 7-9 p.m. Wednesday, July 13  
**Location:** In Bixman Hall at St. Aidan, 17500 Farmington Road, Livonia  
**Details:** Free screening of "Toy Story 3" includes refreshments and a brief Q&A after the film. RSVP requested  
**Contact:** (734) 425-5950

**JULY 14-20**

**Concert**  
**Time/Date:** 11 a.m. to 9 p.m., Saturday, July 16  
**Location:** Hosanna-Tabor Lutheran Church, 9600 Levee, between Inkster and Beech Daly, Redford  
**Details:** Outdoor concert with Reggie Williams, Nails of Grace, Third Edition, Gospelypso, Kindred Nation, Force of One, Sanders Family Gospel Singers, Jennifer Nasto, and Krymsyn Grayce. Arts and crafts fair, games and food concessions  
**Contact:** (313) 937-2424

**Guest speaker**  
**Time/Date:** 10 a.m., Sunday, July 17  
**Location:** Northwest Unitarian Universalist Church, 23925 Northwestern Highway, Southfield  
**Details:** Peg Collins takes over the pulpit for a sermon entitled "A Shamanic Life" during Sunday service  
**Contact:** (248) 354-4488

**Lecture**  
**Time/Date:** 7 p.m. Saturday, July 16  
**Location:** Metropolitan Adventist Church, 15585 N. Haggerty, Plymouth  
**Details:** The third part of a three-session seminar, "The Evidence of Creation" will explore creation from the perspective of a NASA scientist and recent graduate

with a master's degree in public policy from Pepperdine University. No cost, but a free will donation will be accepted. Register by phone  
**Contact:** (248) 446-9176

**Lecture**  
**Time/Date:** 7:30-9 a.m. Wednesday, July 20 and 27  
**Location:** Congregation Beth Ahm, 5075 W. Maple, West Bloomfield  
**Details:** Howard N. Lupovitch teaches a summer series called "Esther's Children: Persian Jews Under Emperor, Caliph, Sultan, and Shah." It started two weeks ago, but each lecture is self-contained and can be attended independently. Tuition is \$15 per lecture. Advance registration is requested to help plan seating and photocopied handout materials, but walk-ins will be accommodated. Remaining topics are "Under Sultans and Shahs" on July 20 and "Israel, Iran and the Persian Jews" on July 27. To sign up, send a check made payable to Congregation Beth Ahm, to 5075 W. Maple, West Bloomfield MI 48322 (Attention: Adult Ed). Also may pre-register by calling the office and pay at the door  
**Contact:** (248) 737-1931

**Movie Night**  
**Time/Date:** 7-9 p.m. Wednesday, July 20  
**Location:** In Bixman Hall at St. Aidan, 17500 Farmington Road, Livonia  
**Details:** Free screening of "The King's Speech" includes refreshments and a brief Q&A after the film. RSVP requested  
**Contact:** (734) 425-5950

**JULY 21-27**

**Guest speaker**  
**Time/Date:** 10 a.m., Sunday, July 24  
**Location:** Northwest Unitarian Universalist Church, 23925 Northwestern Highway, Southfield  
**Details:** Morris Goodman takes over the pulpit for a sermon entitled "Why I go to Northwest Church" during Sunday service  
**Contact:** (248) 354-4488

**Lecture**  
**Time/Date:** 7:30-9 a.m. Wednesday, July 27  
**Location:** Congregation Beth Ahm, 5075 W. Maple, West Bloomfield  
**Details:** Howard N. Lupovitch wraps up his summer series called "Esther's Children: Persian Jews Under Emperor, Caliph, Sultan, and Shah" with a ses-

sion called "Israel, Iran and the Persian Jews." Cost is \$15. Advance registration is requested to help plan seating and photocopied handout materials, but walk-ins will be accommodated. To sign up, send a check made payable to Congregation Beth Ahm, to 5075 W. Maple, West Bloomfield MI 48322 (Attention: Adult Ed). Also may pre-register by calling the office and pay at the door  
**Contact:** (248) 737-1931  
**Vacation Bible School**  
**Time/Date:** 6-8:30 p.m. July 25-29  
**Location:** Faith Community Wesleyan Church, 14560 Merriman, Livonia  
**Details:** Children in first through sixth grade have fun, make crafts and learn about Jesus. Children will be registered on the first day of the program and signed in and out each day  
**Contact:** (734) 466-8694

**JULY 28-AUG. 3**

**Concert**  
**Time/Date:** Dessert at 6:30 p.m., concert at 7:15 p.m. Thursday, July 28  
**Location:** St. James Presbyterian Church, 25350 W. Six Mile, Redford  
**Details:** "Cabaret," dessert costs \$5 per person  
**Contact:** (313) 534-7730  
**Tent revival**  
**Time/Date:** 6-10 p.m. Saturday, July 30  
**Location:** Faith Community Wesleyan Church, 14560 Merriman, Livonia  
**Details:** Revival service  
**Contact:** Pastor Roger Wright at (313) 682-7491

**ONGOING**

**AWANA**  
**Time/Date:** 6:30-8 p.m., Wednesdays  
**Location:** Faith Bible Church, 23414 Orchard Lake Road, Farmington Hills  
**Details:** AWANA program for children from kindergarten-fifth grade  
**Contact:** (248) 426-0096

**Classes/study**  
**Emmanuel Lutheran Church**  
**Time/Date:** 7-8 p.m., second Monday of the month  
**Location:** 34567 Seven Mile, between Farmington and Newburgh roads, Livonia  
**Details:** Open Arms Bible class for adults with developmental disabilities and special needs. Includes songs, Bible lessons, crafts and activities, prayer, snacks and fun.

**Contact:** pastor Scott Sessler at (734) 673-2485 or e-mail to pastorscott@emmanuel-livonia.org  
**Faith Bible Church**  
**Time/Date:** 9:45-10:45 a.m. Sundays through May 8  
**Location:** 34541 Five Mile, Livonia  
**Details:** "Four Views of the End Times" adult study  
**Also ongoing:** "Life's Healing Choices" Study Group, 6 p.m., fourth Sunday through September is for men and women who want freedom from hurts, hang-ups and habits  
**Contact:** (734) 464-7990

**Men's Bible study**  
**Time/Date:** Breakfast at 7 a.m. and study at 8 a.m.  
**Location:** Kirby's Coney Island, 21200 Haggerty, Northville Township  
**Contact:** John Shulenberger at (734) 464-9491

**New Life Community Church**  
**Time/Date:** Jobs seminar, 8-9 a.m., Fridays; reading program for students in grades K-12 and martial arts instruction, both at 10 a.m., Sundays  
**Location:** 42200 Tyler, Belleville  
**Contact:** (734) 846-4615

**Nicole's Revival**  
**Time/Date:** 10:30 a.m., Monday-Friday  
**Location:** YWCA Northwest Branch, 25940 Grand River, west of Beech Daly, Redford  
**Details:** KJV Scripture Reading, Communion and Prayer  
**Contact:** (313) 531-1234

**Our Lady of Loretto**  
**Time/Date:** 6:30-7:30 p.m. Monday  
**Location:** Six Mile and Beech Daly, Redford  
**Details:** Scripture study  
**Contact:** (313) 534-9000

**Ward Presbyterian**  
**Time/Date:** 7 p.m., Mondays  
**Location:** Room A101, 40000 W. Six Mile, Northville  
**Details:** Learner's Bible study is held  
**Contact:** (248) 374-5920

**Clothing bank**  
**Canton Christian Fellowship**  
**Time/Date:** 10 a.m. to 1 p.m., fourth Saturday and 5-6:30 p.m., second Wednesday  
**Location:** 41711 Joy, between Lilley and Haggerty  
**Details:** Canton Christian Fellowship Clothing Bank offers free clothing (men, women and children) for those in need  
**Contact:** (734) 404-2480, visit www.CantonCF.org or send e-mail to info@

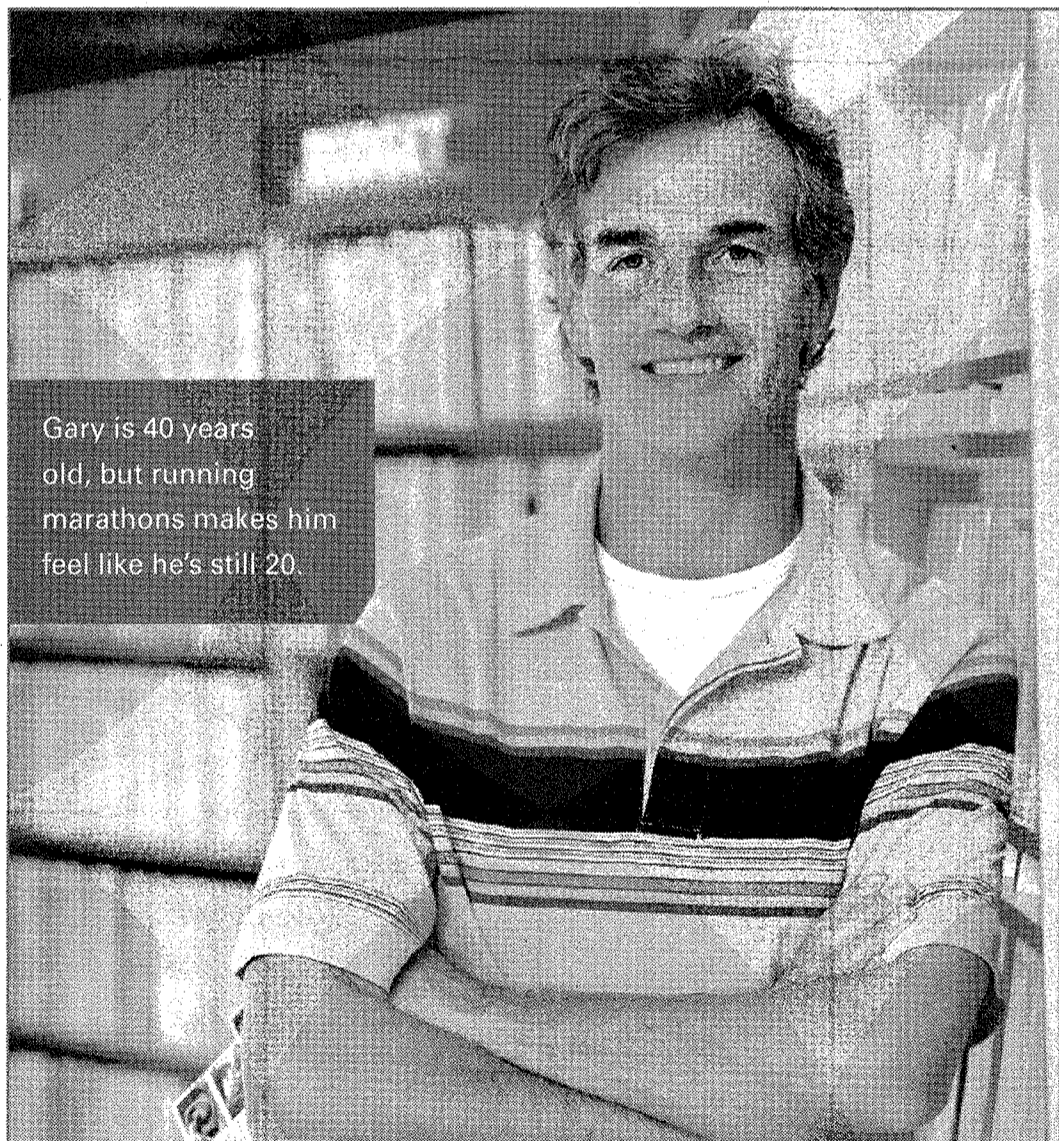
cantoncf.org  
**Food Bank**  
**New Hope Church**  
**Time/Date:** 5-7 p.m., every Friday by appointment only  
**Location:** is 44815 Cherry Hill, Canton  
**Contact:** Call pastor Ranay Brown to schedule an appointment at (734) 270-2528.

**Moms**  
**Christ Our Savior Lutheran Church**  
**Time/Date:** 9:30-11:30 a.m., second Tuesday, MOPS; 7-8:30 p.m., first and third Thursday, MOPSnExt. Both programs run through May  
**Location:** 14175 Farmington Road, Livonia  
**Details:** Mothers of Preschoolers is aimed at mothers of infants through kindergartners; MOPSnExt supports mothers of school-aged children. The theme will be "Momology - The Art & Science of Mothering" for MOPS and "Boundaries" for MOPSnExt  
**Contact:** Rebekah Creeden at (734) 524-0283 for MOPS and Susan Magner at (248) 478-3643 for MOPS details

**Dunning Park Bible Chapel**  
**Time/Date:** 9:30-11:30 a.m., first and third Tuesdays  
**Location:** 24800 West Chicago Road, Redford  
**Details:** MOPS is a place where moms can build friendships, receive mothering support, practical help and spiritual hope  
**Contact:** Amy at (313) 937-3084 or Kristen at (734) 542-0767

**Pet-friendly service**  
**Time/Date:** 1 p.m., Sunday  
**Location:** Dunk N Dogs, 27911 Five Mile, Livonia  
**Details:** All Creatures ULC sponsors the service which is conducted in an informal setting. Pet blessings are available after the service. All Creatures ULC describes the gathering as non-denominational and Christian. Water is available for dogs  
**Contact:** (313) 563-0162

**Prayer**  
**Nardin Park United Methodist Church**  
**Time/Date:** 7 p.m. Wednesday  
**Location:** 29887 W. 11 Mile, Farmington Hills  
**Details:** Participate in an open time of praying silently and aloud together as well as responding to personal requests  
**Contact:** (248) 476-8860



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MILESTONES

MARRIED IN JAMAICA

Catherine Martin and Roger Roberts were married in October 2010 in Jamaica.

The bride is the daughter of Richard and Margo Panko of Canton. The groom is the son of Anna Roberts of Miami, Fla., and the late John Roberts.

Catherine is a graduate of Eastern Michigan University with a B.S. degree and a secondary certification in vocational technology. She also has a degree from the Michigan Institute of Aeronautics. She is an aviation technician at Delta Airlines.

Roger is a graduate of Embury Riddle School of Aviation in Miami, Fla. He's a supervisor



Roberts-Martin

at Delta Airlines. They reside in Canton.

AUGUST WEDDING PLANNED

Shanthi Nazareth and Jissan Cherian announce their engagement.

The bride-to-be, daughter of Joachim and Janet Nazareth of Canton, graduated from Michigan State University with a Master of Arts degree from the College of Education. She will be moving to Pittsburgh after the wedding to begin a career in program administration at a local university.

Her fiancé, son of Cherian Zachariah and Annamma Cherian of Sugar Land, Texas, graduated from Carnegie Mellon University with a Master of Business Administration degree from



Nazareth-Cherian

the Tepper School of Business. He will work as a brand marketer at GlaxoSmithKline.

An August 2011 wedding is planned in Sterling Heights.

Dishwashers harbor killer bugs, according to study

The day following a television health alert by Dr. (Frank) McGeorge I received an e-mail from Diane Armstrong who asked me to comment on the recent findings by scientists that lethal bugs may live in your dishwasher. More to the point, they say that the dishwasher is the perfect breeding ground for fungi associated with potentially deadly illnesses.

Dr. Polona Zalar of the University of Ljubljana specifically identified black yeasts *Exophiala dermatitidis* and *E. phaeomuriformis* which are known to be dangerous to human health. To add to the alarm, a statement was made by a person of responsibility saying that, "One thing that is not in the report is that we tested the dishes after they had been cleaned in these dishwashers and they were full of this black yeast, so too the cutlery that you put in your mouth. We just don't know how serious this could be."

Well Diane, let me give you my comments, right from the hip. They may contradict the intelligence of these scientists who may have been paid a small fortune for doing this study. When I see a doctor on television wiping down a rubber door seal on a dishwasher with a foam pad containing bleach I know how ill-informed he is as well. Bleach will remove the oil in the rubber seal, causing the seal to dry up and crack and the next thing you know we will have thousands of leaky dishwashers. I've said for years that dishwashers with recommended hot water temperatures at 120 degrees were a cause for concern because that water temperature didn't kill bacteria. At a meeting with engineers from different appliance manufacturers, including the head of the U.S. Health Department, I recommended that dishwasher water temperature should be increased to 155 degrees or more. Today that is the case, and I know we are using safer dishwashers than in the past.

As for appearance of this black fungi discovered by these scientists, I used to do service calls on these products and always loved to inform customers on how to maintain things on their own. I would open the door of a dishwasher and carefully reach inside just over the lip of the bottom cavity of the tub. I would rub my finger on the inside surface and it would come out all dark and greasy looking. That was undissolved detergent which would build up over years. To get rid of it I would recommend the Tang treatment, which I've written about so many times. I don't think these scientists took the motor and pump assembly apart to observe the build up of detergent on the pump impellers. If they had, they might have had to dress in coveralls with hoods so the black yeast wouldn't catch them.

It might serve greater purpose to do a study on what appliance repair technicians are dying from. I'm sorry, but I don't go along with a group from a school in a little country on the other side of Italy that creates attention by alarming every homeowner in America. Maybe it's time for the University of Michigan to get involved. If so, I would like them to see what is in the inside of a hot water heater. Stay tuned.

Joe Gagnon can be heard at 8 a.m., Saturdays on WAAM 1600. You can e-mail your problems and questions on appliances to [appldr@twm1.r.com](mailto:appldr@twm1.r.com)

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REUNION CALENDAR

Belleville High School

**Class of 1971**  
Planning 40th reunion in 2011. Seeking classmates and contact information. E-mail [BHS.1971@yahoo.com](mailto:BHS.1971@yahoo.com). If on Facebook, join the group by searching BHS reunion 1971 40th sign up site; also on CLASSMATES/REUNIONS.

Dearborn Fordson

**Class of 1954**  
A 57-year reunion luncheon is planned for Oct. 6 at the Still American Legion Hall, Post 232 in Dearborn Heights. For more information call Nancy Barlow Gaspar at (313) 581-6623 or e-mail to Pat Gaston Chiesa at [patc62@aol.com](mailto:patc62@aol.com).

Class of 1971

The 40th reunion is planned for Saturday, Aug. 6, 2011 at Laurel Manor in Livonia. Tickets are on sale now for \$52 per person for dinner and open bar. Send a check payable to Fordson 71 Reunion to 16124 Golfview, Livonia, MI 48154. For more information go to Facebook, Classmates.com or the Web page at [Fordson71Reunion.com](http://Fordson71Reunion.com).

Dearborn Heights Robichaud

**Class of 1961**  
50th class reunion Sept. 24, 2011 at the Dearborn Hills Golf Course. All classes are welcome as Robichaud High School also celebrates its 50th anniversary. Contact Bill Haskin at [billsmustangs@msn.com](mailto:billsmustangs@msn.com);

(734)595-4927 or Nancy at [woloni@aol.com](mailto:woloni@aol.com); (248) 529-6461.

Detroit Cody

**Class of 1961**  
50th reunion Aug. 27, 2011, at Hellenic Banquet Center, Westland. Seeking classmates and contact information. E-mail [codycomet61@gmail.com](mailto:codycomet61@gmail.com). Or call Connie Callear Majeske at (734) 425-7094 or Bernie Lekki Grudzien at (734) 522-3167.

50s and 60s

Free picnic, 11 a.m. to 6 p.m. Sunday, Aug. 21 at Nankin Mills Pavilion, Ann Arbor Trail and Hines Drive. Classmates.com will have information and photos from past picnics. Questions? Call Jerry Marszalek at (313)

532-0134 or e-mail to [Jmarsares@sbccgo-ballet.com](mailto:Jmarsares@sbccgo-ballet.com) or Phil Varilone at (313) 562-3579 or e-mail to [pvarilone@wowway.com](mailto:pvarilone@wowway.com)

Detroit Henry Ford

**Class of 1971**  
The 40th reunion, with a "Back to the Bahamas" theme, is scheduled for Aug. 20, at Bahama Breeze Restaurant, 19600 Haggerty, Livonia. The organizers are trying to reach approximately 1,000 graduates from the January and June classes, as well as any other alumni interested in attending. Tickets are \$50. Call Barb Blum Douglas at (313) 804-1282, or Marilyn Ogilvy Twa at (616) 802-0305, or e-mail to [hfh1971reunion@yahoo.com](mailto:hfh1971reunion@yahoo.com).

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EDWARDS, BEVERLY J.

Of Grass Lake, age 70, went to be with the Lord June 30, 2011 surrounded by her loving family. She was preceded in death by her parents, William and Edna Solomon. Bev is survived by her loving and devoted husband of 49 years, Cliff (Hillary) Edwards Jr.; six grandchildren; three great grandchildren; brothers, William (Nicki) and Warren (Beatrice) Solomon; several nieces and nephews. Bev was an example of love and devotion as a child of God, wife, mother, grandmother and great grandmother. As a lifelong Christian, Bev was a 35 year member of Grass Lake Assembly of God where she mentored countless children through her years of teaching Sunday School, Junior Church, and passing out sticks of gum and smiles from her favorite pew. A devoted and much loved teacher of 35 years in the Garden City School District, Bev continued her love of teaching through substituting and assisting her six grandchildren with countless school projects. She spent her final hours surrounded by her loving family, never failing to make them smile through her humor and love for life. She has promised to send us all a picture text from heaven with a view from her golden golf cart. Services were held July 5, 2011 at Grass Lake Assembly of God. Please sign Bev's guest book at [sherwoodfh.com](http://sherwoodfh.com)



IOVAN, PETER

June 29, 2011, age 85. Loving husband of Delores. Dear father of Dennis (Jody), Mark (Susie), Jeffrey (Susan), Timothy (Jeannine), Linda (Bill) Stewart, Michael, Stephen (Rhonda), Deanne (Jim Kissling). Beloved grandfather of 18 and great grandfather of seven. Memorial Mass Friday July 8 at 10 am at St. Colette Catholic Church, 17600 Newburgh Rd., Livonia. Inurnment at Great Lakes National Cemetery in Holly. In lieu of flowers memorial donations may be made to Hospice of Michigan. [www.harryjwillfuneralhome.com](http://www.harryjwillfuneralhome.com)



OBEY, CAMILLE H.

Age 84, Passed away on June 29, 2011. Preceded in death by her parents, John and Mary, three brothers, Steve, John, and Ted and one sister, Marian. Survived by several generations of nieces and nephews. Cam will be remembered Saturday, July 16, 2011 from 1-2pm with a Memorial Service at 2:00pm at the Neely-Turovski Funeral Home, 30200 Five Mile (between Merriman and Middlebelt). [www.neely-turovski.com](http://www.neely-turovski.com)



STACHOW, KAREN R.

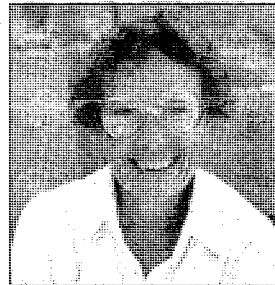
Age 64, died peacefully on June 15, 2011 at Angela Hospice with her husband Dan and her brother Floyd at her side. She is survived by her half-brother Paul Kinder her loving step-daughters Stephanie (Christopher) Soehnlén and Stacey (Scott) Perrault and one step-grandson Christopher (C.J.) Soehnlén, sister-in-law Joan Stachow and several cousins, nieces and nephews. Memorial service will be held on July 16, 2011 at 10:30am with a Mass at 11:00am at St. Theodore of Canterbury Catholic Church, 8200 N. Wayne Rd., Westland MI 48185. In lieu of flowers the family suggests donations to Angela Hospice of Livonia or to St. Theodore of Canterbury Catholic Church.

PAUL, CLODA RAE

Age 86, July 1, 2011. Beloved wife of the late William Drexel Paul for 55 years. Loving mother of Donna (Marque) Cryderman, Dennis (Lillian) Paul and Debra (Forrest) Miracle. Cherished grandmother of Brittany, Heather and Erika Paul, Ashley and Travis Miracle. Great grandmother of Mae Rose Thomson-Miracle. Step-grandmother of Marque Cryderman, Elizabeth Crowton, and David Cryderman Rose. Step-great-grandmother of Kara, T.J., and Hailey Kowalski, Nick Crowton, Lena and Kaylee Rose, and Levi Cryderman. Also survived by twin sister, Cleda Fay Carter. Funeral Service Friday 11 a.m. at Thayer-Rock Funeral Home, 33603 Grand River Ave., (1 blk w of Farmington Rd.). Visitation Wednesday 5-9 p.m. and Thursday 2-9 p.m. [www.Thayer-Rock.com](http://www.Thayer-Rock.com)

KONKEL, RUTH

Age 93 of Livonia. Beloved wife of the late Raymond. Loving mother to Susan Schloss, James (Patricia) Konkell, Roger (Jane) Konkell. Dear grandmother of six and great grandmother of 7. Visitation was held at Fred Wood Funeral Home Rice Chapel, 36100 5 Mile Rd (E. of Levan), Livonia on Wednesday. Funeral service were Thursday at St. Michael Catholic Church. Please share your memories at [fredwoodfuneralhome.com](http://fredwoodfuneralhome.com)



FALCONER, CATHERINE "TINKA" DICKINSON

Passed away Dec. 18, 2010, in Palo Alto, CA. She was born in Chicago in 1917, and graduated from Mt. St. Mary-on-the-Fox Academy in Saint Charles, IL, in 1935. She married David B. Falconer of Scottville in 1938 in the chapel at Dave's alma mater Michigan State College, now MSU. The couple and their three children settled in Birmingham, where they were members of Oakland Hills Country Club. Dave worked for the Sealtest division of National Dairy and for ARA Services, while Tinka considered loving motherhood her most important calling. A member of the Village Women's Club, Tinka volunteered at Beaumont Hospital and enjoyed golf, bowling, gardening and bridge with her many friends. The couple retired to the Ahwatukee area of Phoenix and a summer cottage near Ludington. Most recently, Tinka resided in Redwood City and Belmont, CA. Tinka was preceded in death by Dave, her beloved husband of 53 years. She is survived by son David G. Falconer (Bonnie Ellested) of Menlo Park, CA; daughter Barbara Falconer (Jon) Newhall of Oakland, CA; son Jim (Birt) Falconer of Seattle; six grandchildren, and one great-granddaughter. A Memorial Funeral Mass will be at 11 a.m. Saturday, July 30, at St. Vincent Catholic Church, 637 East 6 Street, Pentwater, MI, 49449. Memorial contributions may be directed to St. Vincent's Church or to Adrian Dominican Sisters, 1257 E. Siena Heights Drive, Adrian, MI 49221-1793. Condolences c/o Newhall, Box 237, 6114 La Salle Ave., Oakland, CA 94611 or [barbara.falconernewhall.com](mailto:barbara.falconernewhall.com).

LA CROIX, FRANCIS JOSEPH.

of Trenton, 6/30/2011; Age 90. Beloved father of Paul. Dear uncle of Robert Winslow. Arrangements by Simple Funerals (248) 227-1954

LANSING, JAMES B.

Of Venice, FL died June 18, 2011. Jim was born September 23, 1921 in Ridgewood, New Jersey. He attended Cornell University. Jim served in the US Navy during WWII, supporting North Atlantic convoy operations with a three year assignment onboard the frigate USS Gloucester. After completing his enlistment, Jim volunteered as a District Manager for the Sister Kenny Foundation in New York and was employed with the General Electric Company Large Lamp Division. He completed a highly successful 34 year career with GE, living in Birmingham, Michigan before retiring to Venice, Florida. Jim was a past member of the Jacaranda West Country Club in Venice, the New York Athletic Club, and the Edgewood Country Club in Michigan. Jim was predeceased by his wife of 60 years, Ruth Lansing. He is survived by his son Sanford (Captain, USN Ret) of Portsmouth, Rhode Island and his daughter Karen Luscombe of Richmond, VA, five grandchildren, and brother John of Stuart, Florida. Memorial donations may be made to the American Cancer Society. A Memorial Mass was held at the Our Lady of Lourdes Catholic Church in Venice, Florida at 1pm on Friday, July 8.

Paying Tribute to the Life of Your Loved One



RICHARDS, SANDRA H.

Age 70, of Livonia, Michigan, passed away on June 20, 2011 at the Applewood Nursing Center in Woodhaven, Michigan, assisted by Arbor Hospice. Born in Hamtramck, Michigan, on August 11, 1940, to the late Marion and Angeline (Kublin) Papiaciak, she was a graduate of Lakeshore High School. She married William J. Richards on July 25, 1968, in Toledo, Ohio, and he preceded her in death on September 12, 2007. She attended Walsh College and graduated with an Associate's Degree in Accounting in 1970. Mrs. Richards was employed by Charles H. Williams, Certified Public Accountants, then by Colley & Schlee, Inc., before focusing solely on her own accounting business, S. H. Richards & Associates, which she owned and operated until 2010. She leaves two sons, William C. Ricciardi and his wife, Wanda, of Dunlap, Tennessee, and Earl J. Richards and his partner, Daryn Smalley, of Cleveland, Ohio; two daughters, Gail Ann Lockhart of Trenton, Michigan, and Angela Kieran and her husband, Thomas, of Cardiff by the Sea, California; one brother, Marion Papiaciak and his wife, Delores, of Sterling Heights, Michigan; ten grandchildren; and five great-grandchildren. A Funeral Mass was held at 10 a.m. Saturday, July 9, 2011, at St. Colette Catholic Church, 17600 Newburgh Road, Livonia, Michigan.

HALL, DEBRA ANN.

of Lincoln Park, 6/22/2011; Age 56. Beloved mother of Kathleen (Lionel) Crump & Douglas (Cheri) Wells. Arrangements by Simple Funerals (313) 382-1181



MOZI, CAROLINE C.

Age 85, July 2, 2011. Beloved wife of the late Matthew M. Dear mother of Julia Quejado, Harold Hayden Jr., Patricia Pollum, Sharon Bliss and Renee Blankenship. Step-mother of Adele Dubicki. Grandmother of Jamie, Marcy, Jason, Stephanie, Kelly, Dana Jr., Kimberly, A.J., Christopher, Scott, Jeremy and the late Kenny. Great-grandmother of 14. Visitation was Tuesday, July 5 at Santeuf Funeral Home. Mass was Wednesday at St. Dunstan Catholic Church. Inurnment at St. Hedwig Cemetery. In lieu of flowers, family suggests donations to Hospice of S.E. Michigan. [www.santeufuneralhome.com](http://www.santeufuneralhome.com)

HUBER, JOHN W.

Suddenly, July 3, 2011 age 67 of Plymouth. Beloved husband of Catherine. Loving father of Lisa Huber, Stefanie (Aris) Argy, and Lori (Patrick) Anderson. Proud grandfather of 7 grandchildren. Dear son of Hazel and the late James Huber. Survived by two brothers, Richard (Pam) and Roger (Tina). Memorial contributions may be made to The Michigan Humane Society, 30300 Telegraph Road, Suite 220, Bingham Farms, MI 48025-4507. Arrangements made by Vermeulen Funeral Home, 46401 West Ann Arbor Road, Plymouth, Michigan 48170. To share memories please visit: [vermeulenfuneralhome.com](http://vermeulenfuneralhome.com)

SAUNDERS, HELEN C.

of Lathrup Village, 6/17/2011; Age 86. Beloved mother of Pamela (Robert) Granata, Bayard (Jane), & Bethany. Arrangements by Simple Funerals (248) 227-1954

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# HEALTH

Sunday, July 10, 2011

hometownlife.com

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## Health officials urge measles protection

The Michigan Department of Community Health (MDCH) is advising Michigan residents to get the measles vaccine because there are more cases of the highly contagious disease reported in the country this year than any time since 1996.

"This is especially important for persons planning international travel, because the current U.S. situation is largely the result of measles outbreaks occurring elsewhere in the world," stated Dr. Dean Sienko, acting chief medical executive, MDCH. "But it's also important that non-travelers be protected. We have to keep our guard up against measles by having as many of our citizens protected as possible. This is an easily preventable disease."

According to the U.S. Centers for Disease Control and Prevention (CDC), there have been more than 150 cases reported so far. In a typical year, there are about 50 cases. Cases have appeared in more than 20 states, and in some instances outbreaks have resulted. So far, there has been one case in Michigan.

Measles is very eas-

ily transmitted. The virus spreads to others when an infected person sneezes or coughs. A person is contagious before the characteristic rash appears. It can spread through casual and brief contact.

Health officials have been tracking large outbreaks of measles in several European countries as well as parts of Africa and Asia. Most of the cases in the U.S. have been traced to travel or other connections in those areas.

Since summer is a traditional travel season, officials say there are more opportunities for measles virus to be brought into the U.S.

Symptoms include a high fever, eye inflammation, a cough, and a runny nose, followed by an extensive

rash. It takes about two weeks for symptoms to develop, and the ill person can spread the measles virus to others from four days before the rash appears to four days after. Some people can get much sicker from measles and may be hospitalized with pneumonia or, rarely, encephalitis.

All children routinely are vaccinated against the disease. They receive two doses by the time they start kindergarten. However, some may miss or delay measles vaccination. Adults also must be sure they are vaccinated.

Additional information on measles is available at <http://wwwnc.cdc.gov/travel/notices/in-the-news/measles.htm>

## Six things young adults should know about managing health

Despite perceptions that young adults consider themselves young and invincible, the majority of Americans, ages 18-26 are taking an active role in maintaining their health.

Two out of three young adults have a usual source of health care, and most are seeing a physician at least once a year for wellness exams and other preventive services, according to a nationwide poll conducted by Harris Interactive on behalf of the American Academy of Family Physicians (AAFP).

"Young adults seem to understand the correlation between having an ongoing relationship with a primary care physician and creating a healthy future," says Dr. Roland Goertz, president of the AAFP. "But unfortunately, when it comes to managing their health, they, like many others, often lack the experience or desire to navigate the complex health care system."

The health care reform law now enables young adults, up to age 26, to be covered under their parent or guardian's insurance plan.

"As more provisions of health care reform become effective, such as when restrictions related to pre-existing conditions are lifted, even more young adults will have access to health care," Goertz says. "Family physicians stand ready to provide the care they need, when and where they need it."

As more young people take advantage of this benefit, the AAFP offers the following tips to help them make the most of their health care interactions.

- Establish a relationship with a family physician who will know you and your health history. Family physicians provide comprehensive care to people of all ages — ranging from preventive services to the diagnosis and treatment of acute illness and chronic conditions. They also treat depression and other mental health conditions. Most importantly, family physicians make it convenient for patients to get the care they need. Seventy-three percent offer same-day appointments, nearly half offer early morning and evening appointments, and 27 percent communicate with patients via e-mail.

These services are all parts of the patient-centered medical home model of care. Under this model, family physicians coordinate care across all settings, including doctors' offices, hospitals and many other services that make up our complex and confusing health care system. Key medi-

cal home technologies, such as electronic health records, enable health care professionals to communicate with one another and stay updated on mutual patients' medical conditions and courses of treatment. This eliminates duplication, lowers costs and improves quality and patient satisfaction.

- Be open and honest with your doctor. Taking an active role in your health care can help you get the best care possible. Be sure to disclose any current and past health care issues or concerns. It's important to share any information you have, even if you're embarrassed.

- Ask questions. Don't be afraid to speak up if you have questions or concerns. It's important to let your doctor know if you don't understand something. If you have questions before your appointment, write them down and ask them during the exam. Be sure to write down the most important questions first to make sure they get answered, and tell your doctor when you need more time to talk.

- Play an active role in your medical decision making. Research shows that patients who are more involved with their care tend to get better results. You have a say in your medical treatment. If you aren't comfortable with a prescribed course of treatment — like taking medicine,

scheduling a test or scheduling an appointment with a specialist — let your doctor know. Patients and doctors who share decision making are more likely to identify treatment plans they can both agree on.

- Make sure your personal doctor is in charge of your care. This is especially important if you have many health problems or are in a hospital. Make sure that all members of your health care team know about all prescriptions and over-the-counter medicines you are taking, including dietary supplements such as vitamins and herbs. Also, make sure your doctor knows about any allergies and adverse reactions you've had.

- Understand your medical bills and keep medical paperwork organized. Learn to read and understand medical bills and explanations of benefits to know what's covered, what not covered, and why. Consolidate your medical care, health history and medical records, and organize your medical paperwork so you can review it easily if questions arise. Keep your medical receipts if you have a health savings account; you may be need to show them for tax purposes.



For more information about family physicians and tips for managing your health care, visit [www.familydoctor.org/smartpatientguide](http://www.familydoctor.org/smartpatientguide).

— Courtesy ARA

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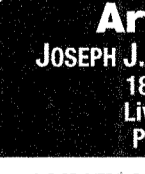

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A favorite expression to show the benefits of economy is the saying: Less means more." Such words do not hold for a person with bad knees. More often in the case of joint pain less means much less. Not only does the person with painful knees not walk, but by not walking, the individual loses strength and stamina. The result is that stopping activity increases fatigue.

Doctors often hear people who have bad knees complain that their arthritis is spreading. These patients note that stiffness is debilitating in the morning, being present not only in the knees, but in the shoulders, hips and legs. The doctor usually has a difficult time explaining to patients that the arthritis is not worsening, rather the body from lack of exercise is getting more and more out of shape.

Treatment is not more pills, but increased activity.

Patients protest, saying how is it possible to move more, when they can hardly walk at all. That response creates a challenge for the doctor. He finds it difficult to tell the patient that despite the pain, the person should keep walking; the effort will reward the patient with steps that are easier to take.

That result does not always happen on the initial attempt leaving the patient with the feeling of being deceived. However, the doctor's advice is correct; the person must persist, if he or she is to prevail.

The best treatment for bad knees is knee replacement, but poor health or a deep skepticism about such an intervention makes exercise the best alternative. If the knee isn't advanced for operation, then exercise is a necessity.



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