DAYLIGHT SAVING TIME Did you remember to set your clock ahead one hour?

Reappointment The Westland City

Council has confirmed Mayor William Wild's reappointment of Sharon Scott to the Downtown Development Authority for a four-year term to expire Feb. 23, 2016. Scott is a longtime



Ted Scott. She served on the Wayne-

Westland Board of Education in 1982, the Westland City Council from 1992 to 2000 and was elected to the Wayne County Community College District's **Board of Trustees in** 2008.

In addition to the DDA, Scott also serves on the Wayne-Westland Credit Union Supervisory Board and the Wayne High Alumni Association Board. She is active in the St. John's Episcopal Church of Westland Vestry, Altar Guild, E.C.W., church social groups, Inreach and Foyers.

"Sharon and Ted have been active in the community for many years and Sharon is a tremendous asset," Wild said.

Still there

Ten weeks into the season and Wayne resident Allen "Buddy" Shuh is still at the Biggest Loser Ranch.

The connections pastor at Journey Community Church in Westland, Shuh posted a modest five-pound loss in Tuesday's show, dropping to 289 pounds. That brings his weight lost to 126. pounds since the start of season 13 of NBC's The Biggest Loser. He's one of three

Michigan contestants



UNCONVENTIONAL

PLACES TO EXPAND

YOUR NETWORK

CLASSIFIED, SECTION C

Rezoning would offer alternate access to MJR

By LeAnne Rogers Observer Staff Writer

A driveway giving movie patrons an alternate access route from the MJR Westland Grand Theater is part of a rezoning request for the site of a former church. Following a public hear-

ing Tuesday, the Planning

Commission voted to recommend that the council approve the rezoning from R-5, single-family residential, to CB-1, low-intensity commercial business, for a 3.13acre parcel on the northeast corner of Hunter and Wayne roads.

Look inside for

MONEY

SAVING

Coupons

Located south of the theater, the property had been the site of the Good Shepherd Reform Church and an adjoining home. A sign on the property also lists it as the home of the Canton Christian Fellowship. At one time, the building housed a preschool program.

"The church has been closed and the property has been for sale for

sometime," Westland Planning Director Bruce Thompson said. "This was an opportunity for a secondary access to the theater. A lot of people come out of MJR to go to Hunter. Hunter is designed to funnel traffic for the residential and commercial corridor." During a public hear-

AMAZING

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Your Service

DOGS!

ing held Tuesday by the Planning Commission on the rezoning and site plan, three residents - one living on Hunter, another residing on Pocahontas and a third who lives at nearby Westhaven Estates Condos – expressed concern about

Please see REZONING, A2

Shave and a haircut



At Dobozy's Barber Shop, Renee Juergens (left) cuts Wayne resident Jim Meloch's hair while Judy Gestrine gives John Krcmarik of Belleville a haircut. Juergens and Gestrine are co-owners of the Westland business.

New owners keep tradition alive at Dobozy's

W-W board to interview 4 law firms

By Sue Mason Observer Staff Writer

Representatives of four law firms will be in the Wayne-Westland Community Schools Monday and Tuesday to explain to the school board why they should be the district's general legal council.

After months of developing requests for proposals and reviewing the 12 that the district received, the school board will hold two special meetings on Monday and Tuesday, March 12-13, to interview what members determined as the top four law firms during the process.

The board will meet at 5 p.m. each day in the board meeting room in the district's administrative offices on Marquette, east of Newburgh. The interviews will be at 5:30 and 7:30 p.m.

The board last month agreed to interview the top four firms. Selected were Dickson Wright Collins and Blaha, Clark Hill and Lusk and Albertson. The board will interview two firms each night. The firms will have an opportunity to do a presentation, then the board will ask questions. The first round will be generic questions asked of all four firms, while the second round will be questions specific to each firm. We expect it to last from 45 minutes to one hour, but we've built in time in case there's something we run into and need to ask more questions." said board President Carol Middel. "There's extra time for more questions, if it's needed." The board decided to seek proposals from law firms with experience in public school law after declining to reappoint Lusk and Albertson as the district's legal counsel during its organizational meeting last July. The firm has represented the district for more than 20 years. Since the two meetings are special meetings, a decision won't be made until the board's next regular meeting on Monday, March 19, Middel said.

emaining on the show after Cassandra Sturos of Fowlerville was voted off. Still in the hunt with Shuh to be The Biggest Loser winner are Jeremy Britt and his sister, Conda Britt, both of Rockford.

Ticket contest

Enter our Facebook contest for a chance to win a family four-pack of tickets to the CCHA semifinals Friday, March 16, at Joe Louis Arena.

Share the contest link with a Facebook friend and get an extra five : chances to win, if they also enter the contest.

Prizes will be awarded March 13 and the winners must be able to pick up the tickets on game dav.

You can enter by clicking on the contest link in our Don't Miss module at Hometownlife.com or by visiting our Facebook page at http://www.facebook. com/OEHometown.

By LeAnne Rogers Observer Staff Write

Dobozy's Barbershop has been fixture on Wayne Road since 1962 and despite new owners, it's still not become a hair salon.

"We do straight-razor shaves and all the old barber shop stuff," said Renee Juergens, who owns the shop with partner Judy Gestrine. "We'll cut women's hair. Judy has a few women clients --- some older ladies she does color on. Mainly it's men — we do basic barbering stuff."

With the traditional barber pole outside, Dobozy's Barbershop doesn't take appointments. There are four chairs and it's first come, first serve.

Juergens, a Westland resident, and Gestrine, who lives in Wayne, met while working together at a Canton hair salon. Founder John Dobozy, 77, had retired but had ended up taking back the business.

"I was working in the area and was looking for a shop. I met John's daughter and she said this place would be available, so I jumped on it," said Juergens, whose husband Kev-



in is the backer of the business. Juergens and Gestrine took over the business in early December.

"It's going better than we expected," said Juergens. Both women cut hair but

Gestrine is the straight-razor

shave specialist.

"It's quite an operation with steam towels," said Dobozv. 'Some guys get a shave for a special occasion. Some have never had a straight-razor

Please see DOBOZY'S, A2

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INDEX

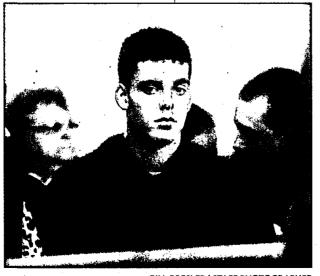
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BILL BRESLER | STAFF PHOTOGRAPHER Rodney Manning of Westland begins serving a two-year prison term April 10 for driving over a teenager and dragging him along a road.

Man faces prison in dragging case

By Darrell Clem Observer Staff Writer

A Westland man who

drove over a teenager

and dragged him along

a Canton road is facing

a two-year prison term,

though his defense attor-

ney said he can keep the

Rodney Manning, a 20-

was sentenced Thursday

by Wayne County Circuit

Judge Vonda Evans, but

Weiss said Evans allowed

defense attorney Leon

crime off his record as

long as he stays out of

year-old father of two,

trouble.

Manning to remain free until he returns to court April 10 to start serving his time,

Manning learned his fate after he pleaded no contest in January to assault with intent to do great bodily harm (less than murder), a charge that could have landed him in prison for 10 years for severely injuring 19year-old Jahlil Wilson of Westland during a dispute last July 2 outside a house party near Beck and Woodlong.

"I just believe there are no winners in this case,"

Weiss said Thursday, though he called the outcome "a fair resolution" for both sides.

Sentence starts

Manning, who has been free on bond, begins serving his two-year term April 10 inside a Michigan prison for young offenders, Weiss said. but good behavior by Manning can allow him through the state's Holmes Youthful Trainee Act to keep the incident off his record.

Please see SENTENCE, A2

LOCAL NEWS

online at hometownlife.com

Council OKs marketing contract extension

By LeAnne Rogers Observer Staff Writer

A three-year contract extension to market Westland facilities events has been approved by the city council.

Reaction Direct, based in Livonia, was originally hired in 2010 to market and sell advertising

for the city. That includes businesses who advertise on city entrance signs, with banners on fences, under the ice at Mike Modano Arena and on golf carts at the municipal golf course or sponsorships. Since the first contract

was approved, the city has received nearly \$37,000 in revenue from the advertising sales. That's the city's portion of nearly \$56,000 total gross revenue sold and is minus nearly \$19,000 in commissions.

The contract extension continues the agreement through Dec. 31, 2014. Either party can terminate the contract with 30 days notice.

"It is a way to bring new revenue and help local businesses, we expect that number (in revenue) to grow in the future," said Mayor William Wild.

The revenue generated by Reaction Direct goes into the city's general fund. Wild said that Reaction Direct will soon be marketing an expanded

portfolio of opportunities to potential clients.

This is a terrific opportunity for the City of Westland to generate revenue and Westland businesses to get their name out in the community," said Wild. "Reaction Direct has done an incredible job working with the community and creating

advertising packages for every businesses budget."

Westland Parks and **Recreation Director Rob**ert Kosowski, whose department facilities have much of the advertising, also recommended extending the contract.

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DOBOZY'S

Continued from page A1

shave and want to try it," said Gestrine. "I have one guy who comes in every Tuesday. He doesn't shave at home."

The straight-razor shave costs \$15 with a haircut or \$18 for a shave alone. How long a shave takes can depend on how often the barber does the shaves.

"We would do 10 or 15 people a day in barber college, then it would take 10 or 15 minutes. If you don't do it often, you get cautious and it takes longer," said Dobozy, who recalled charging \$1.25 for shave when he started his career. When I was in barber

college, you used to have to round people up to get a shave," said Gestrine.

Dobozy opened his barbershop in 1962 and noted there had been a barbershop on that block of North Wayne Road for over 100 years. For some years, Dobozy's then-wife operated a beauty salon next to the barbershop.

"When I started, there were more than 22,000 barbers. Now, I expect there are less than 5,000. Beauticians got in and barbers got out," said Dobozy. "I was very fortunate. I have an uncle, a cousin and three brothers who were barbers."

When the barbershop opened 50 years ago, Dobozy said Wayne Road was only three lanes the middle lane was for passing. Across Wayne Road, just north of Cherry Hill, was an old farmhouse and the old Cady School. Still owner of the building, Dobozy is retired and spends his time doing other things, like being an extra in the **Clint Eastwood movie** Gran Torino.

"I'm on call, if there is a problem or someone can't make it in," said Dobozy.

Dobozy's Barbershop is open 9 a.m. to 6 p.m. Tuesday through Friday and 8:30 a.m. to 2 p.m. Saturday.

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PHOTOS BY TOM BEAUDOIN Dobozy's Barber Shop co-owner Renee Juergens trims the moustache of customer Jim



Canton resident Denise McLane had her hair washed before getting a haircut from Dobozy's Barber Shop coowner Judy Gestrine.



a violent clash between two groups, one of them allegedly affiliated with a gang dubbed Loyalty Before Respect. Wilson denied any gang involve-

ment. Wilson had testified he was among a crowd of 25-30 people who crossed Beck Road after a car driven by Manning parked across the street and one passenger got out with a baseball bat. Wilson said the house-party crowd, some of them shouting gang letters "LBR," pelted Manning's car with cinder blocks and rocks, shattering

1 martin

some of the windows. Wilson said Manning

then drove toward the party, ran off the road, drove over him and dragged him until his buttocks were seared off and his spine exposed.

During the preliminary hearing, Weiss expressed sympathy for Wilson but also accused him of trying to "sanitize his own behavior" during an attack by "organized. gang activity" against Manning and his passengers.

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

> > . .

🐜 tained, but there had not been other buyers interested in the site, he said, noting the sale and rede-

Meloch, who lives in Wayne. Wilson, saying he still

has nightmares after being hit and dragged a considerable distance under a car, gave chilling testimony last November during Manning's prelim-

> District Court. Wilson accused Manning of twice running over him and dragging him an estimated quartermile along Beck Road as Wilson struggled to survive by clinging to hot pipes underneath the car.

Violent clash His testimony indicat-

Along with providing an access driveway to Hunter, Thompson said MJR intends to market the cor-

Section and the sector of the

giveup.He stood eveto-eye with meuntil Dindly malethar विद्यमिति hop."

QUALITY CARE PROVIDED WITH DIGNITY AND COMPASSION BY OUTSTANDING STAFF

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cial development. The church and home would. be demolished. Under the site plan, a screening wall would be constructed along the eastern property line of adjoining

· The idea is provide easier access for MJR, which draws a lot of traffic.

'A national chain restaurant (on Wayne Road and Hunter) would help MJR and feed off MJR. With this type of zoning change, that's what happens," Thompson said. "It creates more positive things."

Thompson said, but also

other nearby commercial

to give better access to

businesses.

While vacant, the church property had been main-

velopment will get the property onto the tax rolls.

The recommendation to approve the rezoning and the site plan will be considered by the Westland city council at its March 19 meeting.

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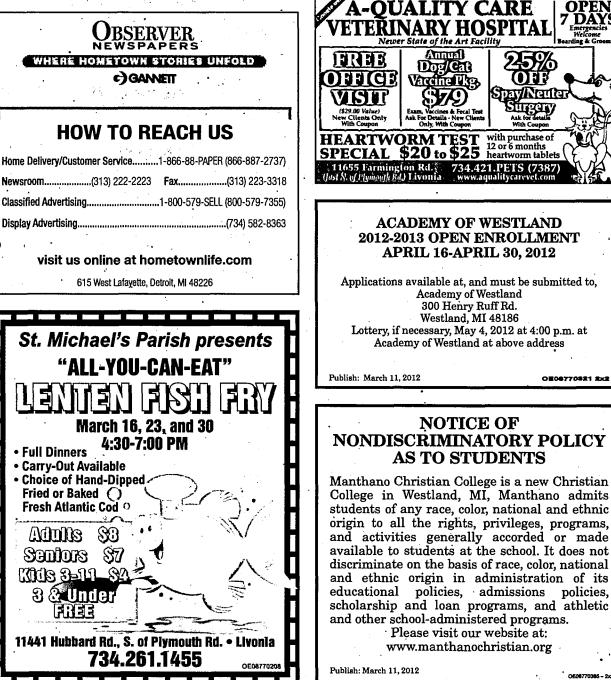
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To learn more about what we're doing to help strengthen local economies across the country, visit **bankofamerica.com/facts**

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EDUCATION smason@hometownlife.com (313) 222-6751 FACEBOOK: HOMETOWNLIFE.COM SUNDAY, MARCH 11, 2012 **OBSERVER & ECCENTRIC** HOMETOWNLIFE.COM . LPS board mulls all-day kindergarten

LIVONIA PUBLIC SCHOOLS

By Karen Smith **Observer Staff Writer**

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The Livonia school board is expected to vote March 19 on implementing full-day kindergarten next school year.

The move will cost the district an estimated \$1.5 million. However, administrators are concerned it will cost the district more than double that, \$3.3 million, if it doesn't implement it.

The state is expected to cut per-pupil funding in half for kindergartners attending half days starting in September, Superintendent Randy Liepa

said. Currently, Michigan school districts get a full day of funding for each kindergartner, regardless of daily class time. Livonia gets approximately \$8,200 per student.

Liepa said the district will need an additional 16.5 full-time elementary staff members, in addition to furnishing 11 new classrooms. He said space is available within the existing elementary buildings.

Liepa said he agrees full-day kindergarten is a good program, but calls it an unfunded state mandate.

"I don't believe we're going to have any choice unless something changes in the state aid bill," he said. "We have to sort out where the 16.5 teachers are coming from because the state is not giving us money to pay for it."

He added that full-day kindergarten should be "a local control issue."

The board discussed the issue Monday. Offering the option would cost \$500,000

Trustee Colleen Burton said she would prefer, if economically feasible, to offer parents the option of half-day or full-day kindergarten because some kindergartners, even within the same families, aren't ready for a full-day of school.

Andrea Oquist, director of elementary programs, said offering a half-day

program at just three elementary schools, one in each triad, would cost an additional \$500,000 on top of the \$1.5 million. She said parents seeking a half-day option could enroll their children in the district's developmental kindergarten program.

Liepa said parents always have the option of picking their children up after a half day, though he doesn't recommend that from an educational standpoint. He said his recommendation would be for a full-day program for all kindergartners except those in the developmental kindergarten program.

Trustee Dianne Laura, a retired principal, said she

favors all full-day or all half-day, not both. Offering both puts children in the half-day program "at an extreme disadvantage," she said. "This is starting from the get-go not giving them every opportunity."

Vice-President Greg Oke, an elementary principal in Center Line Public Schools, said parents in his district who start out the school year taking their kindergartners home in the middle of the day usually leave them in all day after several weeks. "Ultimately the kids get in there and they want to be there all day," he said, adding sometimes it's the parents, not the kids, who aren't ready.

President Patrice Mang said the \$500,000 for three half-day kindergarten classrooms would have to come from another program. A counselor for Allen Park Public Schools, she agreed offering both options would not be "educationally sound."

SUE MASON, EDITOR

Oquist said of 36 of 38 surrounding school districts and all six local private and parochial schools offer full-day kindergarten. Nine of those offering both full- and half-day options are moving to all full-day, she said.

"The trend is to move toward the full day."

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Schoolcraft looks for 50 Difference Makers

In celebration of its 50th anniversary, Schoolcraft College is paying homage to those who have helped make the college and the community what it is today.

Nominations are currently being accepted to recognize the 50 most influential Difference Makers from Schoolcraft College.

"The Difference Makers campaign is a great opportunity for us to honor the college's 50-year legacy of serving this community by recognizing the people who have created that legacy," said Dr. Conway A. Jeffress, college president. "With thousands of faculty and staff, and hundreds of volunteers, donors and friends of the college helping to build the college through the years, and more than 300,000

alumni who have gone out into the world spreading their influence, it is going to be very difficult to narrow it down to only 50 Difference Makers.'

There are two primary categories — those who have made an impact on Schoolcraft College and those by virtue of their relationship to Schoolcraft College have had a significant impact on their community, professionally or personally.

Nominees can be current students, alumni or former students, instructors, staff members, donors, volunteers, board members, friends and community leaders.

Nominators need to provide contact information on themselves and the nominee, basic information about the nominee and their relationship to the college, including the

era in which they were influenced or had influence on the college, and a brief description on their impact on Schoolcraft College or how Schoolcraft College had an impact on their lives and their contribution to society.

The Difference Makers will be celebrated in a special section in the **Observer & Eccentric** Newspapers and Hometown Weekly Newspapers in April. Their stories will also be shared on Schoolcraft's website and they will be honored at a reception later this spring.

'We have had an interesting mix of nominations so far," said Michelle Gaynier, communications coordinator. "Of course, there are some folks we would expect to see on the list like our former college presidents, all of whom have contributed in

their own unique way to the college. We also have had several alumni nominated, including those who have gone on to have tremendous professional success as well as those who are dedicated to community service, both locally and in other areas of the country."

Instructors and staff who have been instrumental in developing and expanding programs, a donor whose generosity has provided scholarships for several years for dozens of students, and several volunteers have also

been nominated. Nominations will be accepted through Saturday, March 31. Nomination forms are available on the college's website at www.schoolcraft.edu/50. Fore more information, call (734) 462-4412.

Schoolcraft College

JENNY JOHNSON/WAYNE-WESTLAND COMMUNITY SCHOOLS

100 days

Last month youngsters in Wayne-Westland Community elementary schools participated in activities that focused on the number 100 in celebration of the 100th day of the school this year. With that milestone out of the way, they're thinking about spring break in April and the last day of school on June 14.

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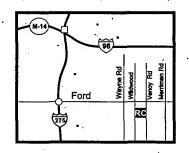
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LOCAL NEWS

Woman charged with fraud in sale of two Westland homes

By LeAnne Rogers **Observer Staff Writer**

Two Westland homes are among five homes a Detroit woman is accused of fraudulently obtaining and selling without the knowledge of the actual owners.

Ebony Crystal Malcom, 35, has been charged with multiple felonies over the scheme to sell the two Westland homes and three homes in Detroit. Malcolm was arraigned Thursday in Detroit 36th District Court. A not guilty plea

was entered and bond set at \$15,000/10 percent for each of the five individual cases.

The Westland homes were identified as being located in the 30300 block of Marshall Court and the 30200 block of Marshall Court. Those homes are in the Fairfield Glade subdivision, a relatively new development located north of Van Born west of Middlebelt.

The charges filed by Wayne County Prosecutor Kym Worthy allege that between April 4,

2011, and Nov. 19, 2011, Malcom employed a scheme to sell five homes she fraudulently transferred into her business's name. Malcom registered the business, M Financial, LLC, on March 23, 2011, with the Michigan Department of Licensing and **Regulatory Affairs. It** is alleged that Malcom hired unsuspecting real estate agents to begin selling the properties without the knowledge of the true owners.

Malcom is facing one count of conducting a

criminal enterprise, a 20year felony; nine counts of forgery, a 14-year felony; nine counts of uttering and publishing, also a 14-year felony; 17 counts of identity theft, a fiveyear felony; one count of recording a fraudulent conveyance, a three-year felony; one count of false pretenses \$20,000 or more, a 15-year felony; one count of attempted false pretenses \$20,000 or more, a five-year felony; and two counts of false pretenses less than \$200, which are 93-day misdemeanors.

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day, March 15. The West-

Malcom's arrest follows an investigation by Investigator Rodney Casarez of the Wayne County Mortgage and Deed Fraud Task Force. The task force is an ongoing collaboration between Worthy, Wayne **County Register of** Deeds Bernard J. Youngblood and Wayne County Sheriff Benny Napoleon, to combat the growing incidence of real estate fraud in Wayne County. The Task Force was created in 2005 by Worthy, Youngblood, and then-Sheriff Warren Evans.

"These recent deed fraud cases are examples that the Wayne County Mortgage and Deed Fraud Task Force is vigilant in protecting our constituents most basic property rights, the right to own property," said Youngblood. "This is the nation's first task force of its kind and it continues to lead and train other jurisdictions in Michigan and around the country in all aspects of this new crime wave."

(WGc)

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AROUND WESTLAND

Department will offer free blood pressure checks in the computer room of the Westland Friendship Center, 1119 Newburg, at 11:30 a.m. Wednesday, March 14, 2012 at 11:30 a.m. The checks are an excellent way to keep a record of blood pressure. Knowing if there is a problem is half the battle.

For more information. call (734) 722-7628.

Indoor garage sale

Space is available for an indoor garage sale that will be held 9 a.m. to 3 p.m. Thursday and Friday, March 22-23, at the Westland senior Friendship Center, 1119 Newburgh Road, south of Ford Road, Westland.

The sale is a fundraiser for the center. Six-footlong tables are \$10 for two days, available on a first come, first serve basis. Sign up at the center's front desk.

For more information, call (734) 722-7632.

Coffee Hours

State Rep. Richard LeBlanc, D-Westland, will hold his next local coffee hour

9-10 a.m. Monday, March 12, at the at the William P. Faust Public Library, 6123 Central City Parkway. Citizens are welcome to visit with LeBlanc and discuss issues and/or concerns. The local coffee hour takes place on the second Monday of each month.

Residents who have any comments or concerns, can also contact LeBlanc toll-free at (888) 737-5325 or at (517) 373-2576 or send an e-mail to richardleblanc@house.mi.gov.

State Sen. Glenn Anderson, D-Westland, also will hold district coffee hours on Monday, March 12, in Westland and Redford. No appointment is necessary.

Anderson will be at the William P. Faust Public Library 9-10 a.m. and at the Redford Community Center, 12121 Hemingway, Redford, 10:30-11:30 a.m.

Constituents who would like to address an issue with the Senator but are unable to attend may contact him by mail, at P.O. Box 30036, Lansing, MI 48933, by phone at (866) 262-7306 or by e-mail at SenatorAnderson@senate. michigan.gov.

Guest reader

In commemorating March as National Reading Month, Wayne County Commissioner Joan Gebhardt, D-Livonia, brings smiles to the faces of Westland students with her recent reading from Raccoon Tunes, a book written by Michigan author Nancy E. Shaw. Gebhardt said she supports the cause of elementary literacy in the United States and believes the highest form of learning begins with those skills gained through reading and listening.

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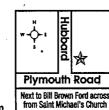
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Observer & Eccentric | Sunday, March 11, 2012

LOCAL NEWS

Healing Hearts hosts VIP's Jerry Dash

Hope 4 Healing Hearts, Inc., a non-profit organization providing group support for adults with an incarcerated loved one, will host a special presentation, "Finding Hope When There Is No Hope" by Jerry Dash from V.I.P. Mentoring in Detroit, Monday, March 26, at Kirk of Our Savior Church in Westland.

A6

(WGc)

Dash is the chief executive officer of volunteers in Prevention, Probation and Prisons, Inc., also known as VIP Mentoring, in Detroit since 1989. His programs work to improve the lives of children who are at highrisk for involvement with the justice system with a special focus on children with incarcerated parents.

Dash is an ex-offender and served time in the federal penitentiary in Terre Haute, Indiana, in . the early 1980s. He uses his experience to talk with inmates and families of inmates and tells about how that experience is now being used to help others affected by incarceration.



Dash is the chief executive officer of volunteers in Prevention, Probation and Prisons, Inc.

He will share his personal story about how he believed all was lost and how he was finally able. even in the darkest of situations, to find hope both in prison and returning home. He will speak from the heart as he shares some of the things that he feels might make a difference in the lives of inmates and their families

The 6:30-8:30 p.m. presentation is open to the public. Kirk of Our Savior at 36660 Cherry Hill, west of Wayne Road, . in Westland. For more information, contact Bonnie at (734) 646-2237 or go to www.hope4healinghearts.com. To learn more about Jerry Dash and his program, go online to www.vipmentoring.org.



Learn more at our **FREE Education Seminar** Are you living in pain? Now is the time to

Advice on disinheriting a child

By Rick Bloom Guest Columnist

Q: Dear Rick: My son is gay and lives with his partner. I'm not happy with the arrangement and I've decided to disinherit



mv

Money Matters everything. **Rick Bloom** l also want to

make

sure that if something happens to me he can't make decisions on my behalf. I have no other children and I am a widower. What actions should I take to accomplish this? Also, do I have to tell him what I am doing? I prefer at this point not to have any involvement with him. I should mention that it's just not because he is gay that I'm disinheriting him; it's for other reasons. A: There are some

specific things you should do to accomplish your goal. First, you need to amend your will. Under Michigan law, you do not have to leave any inheritance to a child. However, if you do not mention a child in your will, then it's presumed that you have forgotten about him/her and they can contest the will and potentially receive an inheritance. Therefore, it is important to amend your will and include a provision that mentions his name and the fact that you

have chosen to disinherit him.

You don't necessarily have to outline the reasons why you are disinheriting him, just the fact that he is being disinherited. This will prevent him from having any rights to your estate upon death. In addition, it is important to check whether you have named him as beneficiary on a life insurance policy, investments or anything else. Even if you disinherit him through your will, if he is named as a beneficiary, that would take precedent. With regards to

informing him of your decision, you are under no obligation to do so.

Power of attorney

The items outlined. will disinherit your son from your estate. To assure that he is not involved with handling your affairs during your lifetime, it's important to prepare medical and durable power of attorney documents. In those documents you can name who you want to handle your affairs (if you cannot) and you can also name an alternative. In addition, you can include a paragraph in those documents stating once again, that you do not want your son involved in any of these matters.

Amending your will and preparing medical and durable power of attorney documents will protect you. Because you are disinheriting a child, I recommend that you have an attorney draft the documents. Whenever you disinherit a child, there is a greater possibility that litigation could happen. Therefore, it is important to dot all of the i's and cross all of the t's. Having the documents drafted by an estate planning attorney will greatly reduce the chance of litigation.

Laws, similar to just about everything else in our society, have become much more complex and specialized. Lawyers have become more specialized. It is important to remember that the services of an attornev you would use to handle your estate, is not the same attorney that you would use to handle a personal injury claim. Most reputable and good attorneys won't handle a matter unless they have the expertise. However, like all professions, there are some bad apples that will attempt to handle issues regarding areas of law when they're not fully competent.

It is important that you always keep your guard up and never be afraid to ask questions. Doing your homework ahead of time and making sure that you're dealing with the right professional will save you and your family lots of grief. Good luck!

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

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Thursday, March 22, Classroom 10 Wednesday, April 25, Classroom 10

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In Southfield

Thu., Mar. 22 at 7:30 p.m. At Congregation Shaarey Zedek, 27375 Bell Rd.

In Dearborn

Fri., Mar. 23 at 10:45 a.m. At Ford Community & Performing Arts Center, 15801 Michigan Ave.

In Beverly Hills Sun., Mar. 25 at 3 p.m. At Seligman Performing Arts Center, Detroit Country Day School, 22305 W. 13 Mile



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Weekend Warriors: Just do it ... carefully

Drofessional athletes in every arena use

team physicians and trainers to keep them in action. Fortunately, the area's amateur

Dr. Stanley jocks can Sczecienski turn to Dr. Stan

Sczecienski, Sports Medicine specialist at Garden City Hospital for help.

He has a prescription for weekend warriors who want to avoid the pains and strains associated with summer sports.

Ban boredom

If you want to shape up, set limits. Like to train by running? Target a distance of three miles, three times each week. When boredom sets in, exercise doesn't seem as appealing.

A balanced training regimen can help you avoid

injuries. Focus on a balance of strength, flexibility and endurance exercises. This cross training provides variety and needed rest. Be sure to add some cardiovascular sessions, too. "I recommend 20 minutes three times a week for cardio work," said Dr. Sczecienski. "Your body needs that much for significant benefit."

"If you go to the gym, devote Monday, Wednesday and Friday for upper body work and the other days for lower body drills," he added.

Don't forget to hit the treadmill to get your heart going. Even those who want to get stronger should consider adding yoga or Tai Chi to increase flexibility.

Swing and stretch

hit the batting cages on "off" days and then jog for flexibility and muscle strength. Also plan some aerobic work; it may help you beat out an infield single.

Sczecienski recommends players stretch every day. Warm up for about five minutes, then slowly and gently stretch, holding each stretch for 30 seconds. Continue until you feel some resistance. If it hurts, you're pushing too hard. Something as simple as deep knee bends at the office copy machine or your kitchen counter also work well, he said. He offers a simple

hip and back stretch: Keep your right leg straight, cross left leg over and keep both heels on ground. Rotate your upper body and look over vour left shoulder. Gently push leg with arm to the right and hold 10 to 15 seconds. Repeat three times on each side.

Sport specific training

Each sport involves specific skills so it's important to train appropriately.

"Our son is a catcher for his high school baseball team, so we have him do more upper body work on Monday, Wednesday and Friday," said Sczecienski. "On the other days, he does more cardio so he doesn't 'burn out' his shoulder. What's needed is an exercise routine that balances every physical aspect of the game." .. For example, pitchers need strong arms to throw, but their legs should be in condition, too - for planting and throwing. Sczecienski said at minimum, athletes should spend 20 minutes three times a week following a specific exercise pre-

scription. Wearing proper gear is key. Athletic shoes should provide ample arch support. Invest in sport-specific footgear from a store whose salespeople are knowledgeable about your sport.

Bulletproof, plastic face guards are worthwhile

for select softball players. At just \$35, they provide ample protection for position players who 'cheat' too close toward the bat-

"We had a young girl who came in with face multiple fractures after getting hit by a softball," Sczecienski said.

Every male jock should wear an athletic cup. Protective chest plates and helmets are mandatory for kids in certain sports. Custom mouth guards, not "boil and bite" pliable models, should be the norm for anyone in a contact sport - like basketball or soccer. Your dentist might consider providing one free in exchange for your regular business.

Want to recover faster?

If you know you're going to overdo it during your weekend play. take a couple of nonprescription ibuprofen with a snack before you go to

your game. Be sure to ice down any previous injuries before the game, for example, with a chronic shoulder problem. You might want to ice the shoulder between innings - just press a cold beverage can to the shoulder. And remember to ice again immediately afterwards.

(WGc)

A7

Of course, be sure you're thoroughly hydrated; it's a good way to revitalize your aching body. And if you're still hurt-. ing after the last out, Sczecienski recommends taking some nonprescription ibuprofen - if your physician says it's OK.

Now you're ready to go out there and have fun safely.

Dr. Stanley Sczecienski is Board Certified in Sports Medicine, Family Practice and Pain Management at Garden City Hospital . For Garden City Hospital's Find a Physician Information call (877) 717-WELL, or visit www. gchosp.org.

Open House

Garden City Co-op Preschool is holding an open house 6-7 p.m. Monday, April 16.

Garden City Co-op Preschool is one of the oldest cooperative preschools in Michigan. It was established in 1955 under the guidelines of the Greater Detroit Cooperative Nursery Council and the Michigan Council of Cooperative Nurseries. Their goal was to create a quality preschool environment for their children, with direct parental involvement. The preschool offers classes for children 18 months to four years of age.

Livonia Franklin

Parents can visit the school and see what it has to offer.

Garden City Co-op Preschool is at 1841 Middlebelt, south of Ford, Garden City. For more information, call (734) 261-2838 or go online to www. gardencitycooppreschool. org.

Spaghetti dinner

Project Graduation 2012 is holding an all-youcan-eat spaghetti dinner 5:30-8 p.m. Saturday, March 24, at the Gar-. den City Moose Lodge on Ford Road east of Middlebelt. Cost is \$10 for adults and \$5 for children age 12 and under.

GARDEN CLIPPINGS

Member luncheon

Reservations are due Monday, March 12, for the 5 Star Business Group Member Benefit Luncheon Thursday, March 15, at Joy Manor, 28999 Joy, east of Middlebelt. in Westland. Join Dearborn

Heights/Dearborn, Garden City, Redford, Westland and Wayne Chamber of Commerces for a presentation on membership benefits and a networking lunch. Registration and networking will be at 11:15 a.m., followed by a benefits presentation at 11:30 a.m. and lunch at noon. The cost is \$15.

Space is limited, and reservations are required. To register, call (313) 274-7480.

Travel show

Party Animal Travel is having a Senior Free Travel Fair 5-7 p.m. Wednesday, March 14, at Joy Manor, 8999 Joy Road, Westland.

There will be a meetand-greet for seniors who may want to travel, but need a travel buddy. Party Animal has museum, casinos, restaurants and summer tours set up for the older and still active crowd. The cost of the fair is free and seniors could win a trip at the show.

Shamrock Shuffle

If it's March, it's time to do the shuffle, the Shamrock Shuffle, at St. Raphael Parish. The church is holding it's annual card party at 7 p.m. Wednesday, March 14, in the Activities Building on Merriman, north of Ford Road.

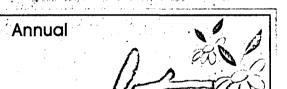
The donation is \$8. Cards will be provided and there also will be a raffle, door prizes, Blarney bags, 50/50 drawing, door prizes and coffee and dessert. Maurice salads, hot dogs, sloppy joes and sub sandwiches will be available for purchase. For more information,

call 74 844-1801, (734) 427-1533 or (734) 425-8981.

Charity bowl

The Garden City Lions Club is holding a bowling benefit 6-11 p.m. Saturday May 19, at Town & Country Lanes, 1100 S. Wayne Road, Westland. The cost is \$15 per person and includes three games of 9 pin no tap, pizza, pop, raffles and shoe rental.

For more information please contact Cindy at (313) 407-0239, Larry at (734) 660-0920, Terry at (734) 686-8786 or Vicky at (734) 502-7951. Call now to reserve your team of four or come by yourself and they will team you up. Either way it's a night of fun entertainment.



Internal Medicine` Now Open...

If you play softball,



'Groundbreaking' new ministry caters to families with autistic children

By Diane Gale Andreassi Staff Writer

A8

(WGc)

Karen and Paul Schmid know what it's like to watch an autistic son struggle with sitting through a mass and they wonder about other families who avoid church altogether, because it's just too hard.

They know how hard it is when the sounds, sights and perfumes in the church can make children with Autism Spectrum Disorder (ASD) anxious and feel the need to make noise, move about and just want to flee.

Karen has joined forces with Patti Banks, who also has an autistic son, to begin "All God's Children Autism" ministry at St. Joseph Catholic church in South Lyon. They want to give families like their's a place to go and feel welcomed.

'Catholics have autism as well, where are these kids?" Karen asked. "Families need support and the perfect place for that should be from their church. I want to start with a catechism program to bring back families who have left and a sensory friendly room for them to attend mass and not feel like they're being disruptive. The parents don't have to be concentrating on their kids the whole time and missing out on mass."

Karen has provided a questionnaire on Facebook, at www.facebook. com/agcmin, to gauge whether or not there is a need. Initially it drew responses from eight families and seven of those said they didn't go to church because of their child's autism. Schmid and Banks are looking for more Facebook visits.

"We are just getting started and we're trying to get the word out there," Karen said. "I know there are people who have stopped going to church. Our hope is that we can make this successful at our church and then teach other people to do it at their churches so we aren't missing people out there who really need it."

Easily distracted

Karen describes her son as "amazing, he's just amazing." But . learning to deal with his behavior that results from the autism has been a challenge. Paulie is six, is brilliant at math and has been promoted to second grade at Salem Elementary School. He was diagnosed with Asperger's syndrome, a high-functioning form of autism that causes a lot of behavior issues. Little tasks can become overwhelming. When Paulie walks into a grocery store, for instance, his heightened senses accentuate the humming of the fluorescent lights; the odors from the bakery and fish counter are maximized. Autistic kids also tend to process every comment as literal. There are no blacks and whites.

"He was our first (Paulie has a brother, Frankie, 4 and a sister, Clara, nine months) and we had nothing to compare him to," Karen said. "We realized that



HAL GOULD | STAFF PHOTOGRAPHER

From left in back, Karen Schmid, the Rev. Stan Tokarski and Patti Banks and (front left) Paulie Schmid, 6, and Geno Banks, 6, at St. Joseph Catholic Parish. The women are putting together a ministry to help families with autistic children attend Mass and receive religious instruction.

there was more than him being a strong personality and quirky. We would give his brother time out and it would work. Just a time out with him would take two hours and it never seemed to help."

Teachers and staff at Salem have taught Paulie and the Schmid's how to deal with his behavior. "I don't know what we

"I don't know what we would have done without them," Schmid said. "We've been so blessed with all the people there. They have changed his life and ours."

Volunteers teaching catechism, however, don't always know these techniques and an autistic child's behavior can escalate.

Banks explains that her son, Geno's behavior at church was so distracting and difficult.

"I had to stop going to church," Banks said. "I hope to get other parents and families comfortable in a church setting."

Banks tried getting Geno in a catechism class, but he couldn't deal with the classroom setting and began running up and down the halls looking for his two siblings.

"It was so exhausting

AUTISM MINISTRY

Where: St. Joseph Catholic Parish, 830 S. Lafayette St., South Lyon More info: Call St. Joseph Church at (248) 446-8700 and ask for Karen Schmid or Patti Banks; www.facebook. com/agcmin

to take him and bring him home it wasn't worth it," Banks said. "Families need to feel accepted and not feel ashamed."

Not only are noises louder, odors stronger and lights brighter for autistic children, but their balance can be offset, too.

Religious education Schmid and Banks are investigating if a room at St. Joseph can be designated for families who need a controlled atmosphere. Another part of the ministry is to develop religious education programs where autistic children can more easily participate in classes and in some cases finding different ways to integrate them into existing classes. Paul Schmid is a Novi teacher and is Paulie's catechism teacher at St. Joseph's

The ministry would give autistic children resources to the catechism program for the preparation of the Holy Sacraments and possibly support groups; a babysitting program and even a vacation bible school. Schmid and Banks aren't limiting the

this year.

possibilities. St. Joseph Pastor Fr. Stan Tokarski describes the "All God's Children Autism Ministry" as groundbreaking.

"I am excited about this," Fr. Stan said. "I think it's a wonderful opportunity for more people to be aware of this. Karen is starting something that is remarkable and laying the foundation for something that hasn't been tried before."

Banks and Schmid believe there are likely many other Catholics in South Lyon and the surrounding communities experiencing similar challenges.

"We're learning as we go, but if we can employ the same techniques that are used at school, therapy and home to reach fellow Catholics with autism, we can ensure that they will have a Christian home and a community to grow in and feel supported," Banks said. "At the same time, parishioners will benefit from autism awareness and ideally, acceptance."

For more information visit "All God's Children Autism Ministry at St. Joseph Catholic Church" on Facebook and fillout the survey provided. Hard copies of the survey are also available at St. Joseph's.

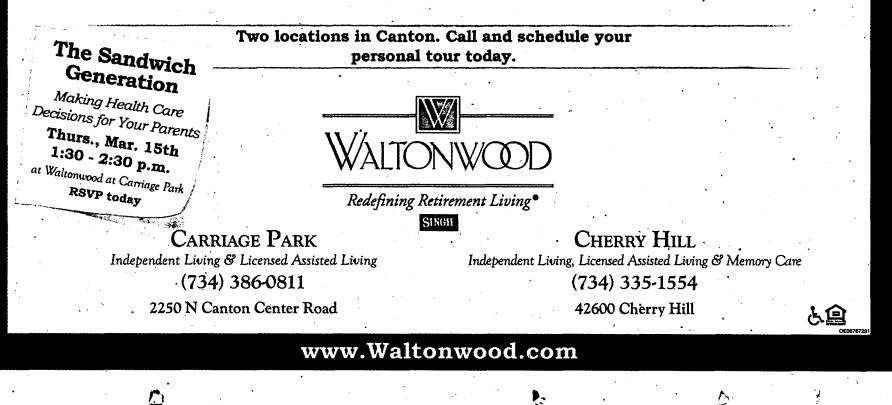
Call St. Joseph Church at (248) 446-8700. Schmid and Banks can be contacted by e-mail at allgodschildrenministry@yahoo.com or www. facebook.com/agcmin.

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LOCALINEWS

Arab Spring: Democracy abroad

As we look forward to another spring, it's hard not to think back on the news that occupied the front pages of most magazines, newspapers, and Twitter feeds this time last year. The Arab Spring was in full force marked by actions taken by many thousands of citizens of Tunisia, Egypt, Libya, Yemen, Bahrain and Syria to call attention to pro-democracy demonstrations across the Middle East.

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Although few of us may even think about democracy, less of us are even able to put into words exactly what is democracy. According to the Merriam Webster dictionary, democracy is defined as a "government in which the supreme power is vested in the people and exercised by them directly or indirectly through a system of representation usually involving periodically held free elections.' President Thomas Jefferson, who wrote the Declaration of Independence, is often referred to as the Father of Democracy. So it may seem hard to believe to those fighting for democracy to hear that various data in the United States has shown that only 40-60 percent of Americans vote in national elections though these numbers may be a little higher when state and municipal voting rates are examover?

in delving into the origins and workings of democracy, you may want to pick up Sanford A. Lakoff's Democracy: History, Theory, Practice or Roland L. Stromberg's Democracy: A



id understanding of the concept so many in the world value.

In framing the discussion about democracy's emotional ties to a people, both, Stephen L. Carter's Civility: Manners, Morals and the Etiquette of Democracy explores what it is about democracy that unleashed such strong personal reactions among all of us, while, Anatoly Shaharansky's The Case for Democracy: The Power of Freedom to Overcome Tyranny and Terror focuses on the struggle for democracy because, "a democracy that hates us is much safer than a dictatorship that loves us."

Translating the outline of democracy into the world of the Middle East, many will attest, is exciting as we watch it unfold in front of our eyes. Discussions about how democracy will be defined in the Middle East have been abundant as in *Democracy* in the Middle East, edit-

about democracy, freedom of speech and other values Americans treaor visit us on the web anytime at westlandlibrary.org HIGHLIGHTED

ACTIVITIES

Food for Fines Continues through March The Westland Public Library is teaming up with Gleaners Community Food Bank during Women's History Month to save you some money on your fines and help feed a whole lot of families and people in need. Just bring any non-perishable, unexpired (June 2012 sell by date) food item to the library during the month of March and receive \$2 off existing fines (up to \$20 total per account). In 2010, we held this event and received almost 2,000 food items and forgave almost \$3,000 in fines. Let's see if we can top that this year. For a list of high-need items, call the library at 73 326-6123 or stop by any one of the service desks.

Friends of the Library meeting: 2 p.m. March 13 The Friends of the Library is an independent group of local residents and library users that helps support and promote the Library and its mission. New members are always welcome. The Friends plan book sales and other fundraising activities for the library. Meetings are

scheduled at 2 p.m. the second Tuesday of each month. New Solutions for

Fibromyalgia: 7 p.m. March 13 Fibromyalgia is a dev-

astating illness that affects millions of people in the United States. Join Dr. Brian Brackney of Brackney Chiropractic Health Center in Canton and the Foundation for Wellness Professionals to learn safe, effective, and natural alternative methods for addressing Fibromyalgia and chronic pain symptoms. Find out why toxic chemicals can lead to this disorder, the role of exercise and stress, and how to help your body overcome this disorder without the use of toxic drugs. This is the third of a fourpart series, Looking Out for Your Health. Sign up online at westlandlibrary. org/events or call the library at (734) 326-6123 to reserve a seat. Library Board of Trust-

ees meeting: 7 p.m. March 14

The Library Board meets on the second Wednesday of each month at 7 p.m. in one of the library's meeting rooms. Board meetings are open to the general public. Yoga for Beginners: 5:45 p.m. March 15, Adults and Teens Join Lois Gannon of evolve studio in Ypsilanti for beginning yoga class. Lois will bring mats for all participants unless you have one like to use. Class size is limited so sign up at the Reference Desk for no more than four classes at this time. Screenwriting: 7 p.m.

March 15, age 16 and up Screenwriter and novelist Drew Tierney leads a new, monthly library workshop in writing scripts for the big and small screens. Sign up online or e-mail andy. schuck@westlandlibrary. org if you're interested. **Zumba Dance Party:**

7:30 p.m. March 20 Lisa English for a Zumba® Dance Party! The Zumba® program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program. Be sure to wear comfortable clothing and low tread shoes. All fitness levels welcome. No dance experience necessary. Teens and adults welcome. Space is limited. Sign up for no more than two sessions at a time. Call the library or check our website for more dates. west-

landlibrary.org/events 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 regard-

ing formatting your resume, setting up an email account, attaching your resume to an online application, searching for a job, or any other jobrelated 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.

Computer classes are offered all year long. Contact the library to find out more. The library offers One-on-one computer classes. Call (734) 326-6123.

The library will be closed Friday, March 16, for a staff in-service. There will be no Friday Evening Movie tonight.

Information Central was compiled by Marilyn Kwik, head of adult services. 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.



Library for Blind hosts tax preparation day

The Wayne Metropolitan Community Action Agency will be at the Wayne County Regional Library for the Blind and Physically Challenged in Westland on Friday, March 30, to prepare 2011 tax forms free of charge for eligible residents.

Families and individuals who make less than \$50,000 are available for the service.

The agency will be [/] at the library, at 30555 Michigan Ave., east of Merriman, in Westland from 10 a.m. to 3 p.m. Appointments can be made calling (734) 284-6999. Walk-ins are also welcome, however, appointment will be

served first. People who utilize the service will need to bring:

• Their original Social Security card and the original cards for all claimed dependents.

• Valid picture identification, like a driver's license of state ID.

• Proof of income - all forms for wages, unemployment, gambling/lottery winnings, miscellaneous income, pensions, Social Security benefit, Supplemental Social Income with letter from the Social Security Administration, Social Security Disability, VA total monthly benefit or sum from the Department of Veterans Affairs, Interest and dividends, DHS Assistance (annual statement) and other relevant information about income.

• Proof of expenses -Energy Efficiency appliances and improvements (receipts should show Energy Star ratings) insulation; windows, furnace, water heater, refrigerator, clothes washer, dishwasher; medical or HMO premiums paid for self and/ or family dependants; total amount paid for day care and the day care provider's tax identification number (the individual's Social Security number); student loan interest, tuition and course materials.

• Home and heating credit - Total amount of residential electric/heating costs paid in 2011 (DTE bills).

• Homeowners - Proof of taxable value of your home and bills of summer/winter property taxes paid in 2011 and mortgage interest (Form 1098).

• Renters - Lease or rental contract and rent receipts for 2011 and landlord's name, address and zip codes. For direct deposit of refunds, people should bring the name of their bank or credit union, routing number and account numbers and a copy of a checking/saving deposit slip.

This is the second year the tax preparation service is being offered in Wayne County. Edith Killins, director of the Wayne County Department of Health and Human Services, and Maria McCarville, Wayne County Director of Libraries, began this tax preparation volunteer program last year, utilizing the skills and County employees.

The first class began in December 2010. In all, 35 people were trained and certified last year. They all agreed to volunteer at least 24 hours during the tax season. Many volunteered even more hours to prepare taxes for Wayne County families with limited incomes.

The response from Wayne County employees was so positive that a second annual class was offered for the 2012 tax preparation season.

For more information about the tax program or to make an appointment, call (734) 284-6999.

Wayne Rec offers kids plenty to do in March, April

A "Dive-in " theater and other activities on the schedule of upcoming events hosted by the Wayne Parks and Recreation Department.

A-Kids Night Out at the Wayne Community Center is scheduled for 6-10 p.m. Saturday, March 17. Children age 6-11 years old can enjoy a showing of the movie Luck of the Irish and enjoy "Dive-in" theater in the pool. There will be many other activities, including snacks and games. The cost is \$13 per person for Wayne and Westland residents, \$16 for nonresidents.

Registration for Spring swim lessons at the Wayne Community Center will be taken March 15-23. Classes are held every Tuesday and Thursday eve-

Professional

ning from March 27 through April 19. The cost is \$43 for Wayne and Westland residents, \$57 for non-residents. The classes are open to all children six months and older.

The 33rd Annual Marshmallow Drop, sponsored by CrossPointe Church, will be held at 10 a.m. Friday, April 6, in Attwood Park, located next to the Wayne Community Center. The event is free and no advance registration is required.

After youngsters work up an appetite chasing marshmallows, they can stay for the Bunny Breakfast at the Wayne Community Center 10:45 a.m. to noon Friday, April 6. The cost is \$4 for Wayne and Westland residents, \$5 for non-residents. Included are pancakes, sausage, juice, arts and crafts and balloons. Pictures with the Easter Bunny will be available for \$3.

Take-A-Break Days day camp for kids will be open 7:30 a.m. to 5:30 p.m. Tuesday through Thursday, April 10-12, at the Wayne Community Center. The program is open to youngsters in kindergarten through seventh-grade. Activities will include ice skating, arts and crafts, swimming and more. The cost is \$26 per day for Wayne and Westland residents, \$33 for. non-residents.

The Wayne Community Center is at 4635 Howe in Wayne. For more information about programs and events, call (734) 721-7400.

County parks program features maple sugaring

commitment of Wayne

The calendar says it's almost spring, and the sap is flowing up the maple trees.

Bundle up and join naturalists at Cass Benton Park on Saturday, March 17, for a Maple Sugaring program. There are three different time slots to choose from - 10 a.m., 11 a.m. or Noon - and the program lasts approximately 1 1/2 hours.

Cass Benton is located in Northville, off Northville road between Six Mile and Seven Mile roads.

Learn how Native Americans were the first to discover that sap was a tasty treat, and taught early settlers how to collect and boil it. A short hike in the woods for a hands-on demonstration of tree tapping, sap collection and boiling is



Naturalists will demonstrate maple sugaring during a program at Cass Benton Park in Northville March 17.

part of the fun. Information for backyard hobbyists will be presented. Bring the whole family for a celebration of this enjoyable spring ritual. All ages welcome, but trail is not stroller friendly. Advanced registration and pre-payment are required. The cost is \$6 per child and \$4 per adult for Wayne County residents. For more information, call Wayne County Parks at (734) 261-1990 or visit the parks' website at www. waynecountyparks.org.



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INSIDE: NO. 1 BEARS END SCHOOLCRAFT'S SEASON, B2

SECTION B. (WL) SUNDAY, MARCH 11, 2012 **OBSERVER & ECCENTRIC** HOMETOWNLIFE.COM SPORTS

BRAD EMONS, EDITOR bemons@hometownlife.com (313) 222-6851

BOYS HOCKEY Churchill busted in quarters by North

By Brad Emons Observer Staff Writer

Records can be deceiving and the regular season apparently doesn't mean a thing.

Just ask Grosse Pointe North, which evened its record Wednesday night at 14-14 with a 3-0 victory over Livonia Churchill in the MHSAA Division 1 boys hockey

quarterfinal at Trenton's Kennedy Arena

The Norsemen will make their first state semifinal appearance since 2009 when they face off against East Kentwood (19-9) beginning at 8:30 p.m. Friday at Plymouth's Compuware Arena. "The MIHL (Michigan Interscho-

lastic Hockey League) is so tight it prepares us for the playoffs," North coach Scott Lock said. "We'll take those tight games we lose and trade . them for wins in (state) playoffs. How we define ourselves is how we do in the playoffs. Right now we have four (MIHL) teams in the Final Four.

The kids have been playing great in the playoffs for two weeks. The guys are having fun right now."

Second-period goals by Joseph

Aluia and Jack Stander proved to be more than enough as Churchill was ousted in the Elite Eight for the second straight year.

Aluia ripped a top-shelf laser shot in between the circles past Churchill netminder Alex Estes at 3:21 of the second, while Stander's shot, coming front from the left

Please see HOCKEY, B3

GIRLS HOOPS

Warriors lose 65-38 to 'D' champ Lakes

By Brad Emons Observer Staff Writer

Lutheran Westland finally met its match Thursday night after enjoying its best state girls basketball tournament run in school history.

Two-time defending Class D champion Waterford Our Lady of the Lakes shot the lights out during the first half en route to a convincing 65-38 regional final win over the visiting Warriors, who bowed out with a 15-9 overall record.

The Lakers, 20-4 overall, advance to their third straight quarterfinal Tuesday at Waterford Kettering to face Saginaw Michigan Lutheran Seminary.

Host Lakes connected on 11-of-18 first-quarter shots (61.1 percent), including five three-pointers en route to a 28-11 lead over the Warriors.

Waterford Our Lady continued its assault during the second quarter by outscoring the Warriors 16-7 — going 6-of-12 from the field — as the lead ballooned to 44-18 at halftime

"We played really well tonight inthe first half," Lakes coach Steve Robak said. "I was extremely happy with that half of play. Now we get ready to the quarterfinals and that never gets old. We've been there before and we're very excited to be there." All told, Lakes made 10 threepointers on the night. "It's a good night, a little above average," Robak said. "We've been shooting it better of late, which is nice to see because we've really struggled most of the season as a team shooting the 'three.' But it's been coming together lately and that's good timing."



PHOTOS BY ROB WIDDIS | SPECIAL TO THE FREE PRESS

John Glenn junior guard Nick Daniels (left) fends off Romulus defender Aveon Simmons during Wednesday's Class A district semifinal thriller at Wayne.

Heartbreaker Romulus eludes Glenn upset bid, 66-64



By Brad Emons Observer Staff Writer

Westland John Glenn's boys basketball team laid it all on the line Wednesday night against No. 2-ranked Romulus in the Class A district semifinal at Wayne

MU's Scott adds forward

Madonna University men's soccer coach Eric Scott added another piece to his recruiting puzzle for the 2012 season with the recent signing of Almont forward Aaron Schapman to an NAIA letter-ofintent.

The 6-foot-2 forward is a four-year letter winner who earned **Division 3 All-State** honors as a senior.

Schapman was also a three-time All-Blue Water Athletic Conference selection who helped the Raiders earn a spot in the Division 3 state semifinals as a junior.

"Aaron is a player that likes to get others involved, and will help us in the attack over the next few years," Scott said. "He's good on the ball, understands how to move off it, and I am looking forward to seeing how he impacts our program over the next four years."

MU captured the 2011 Wolverine-Hoosier Athletic Conference playoffs and advanced to the NAIA National Championship for the third time in program history.

CYO football

Registration for 2012 St. Michael CYO ball football will be from 4-8 p.m. Thursday, March 15 at the grade school cafeteria, 11311 Hubbard, Livonia.

Teams offered

include Varsity (grades seven-eight), JV (grades five-six) and Freshman (fourth grade). Official practice begins the

second week of August

(through Oct.) with in-

season practices from

5:30-7:30 p.m.

The registration fee \$160. The St. Michael

Lutheran Westland second-year coach Sandi Wade tried three different defenses in an attempt to slow down the Lakers.

"We started in 'man' because our backbone all season has been . 'man," she said. "We're a good, sol-

Please see WARRIORS, B2

John Glenn's Eric Covile (left) and Wes Clark (right) of Romulus battled for the rebound during Wednesday's Class A district semifinal thriller at Wayne.

Memorial.

Before a packed gym, the underdog Rockets went toe-to-toe for fourth quarters with the favored Eagles, only to come up two points short, 66-64, thanks to a 12foot fadeaway jumper by Wes Clark with 2.1 seconds left.

"We played so great," said Glenn coach Dan Young, whose team bowed out with a 17-5 record. "We played as good as we could play. It was one of the best games I've ever been a part of other than the last two seconds. They'd make a run, we'd make a run — the entire game. It was a great high school game.

After Glenn missed a pair of free throws with 55.66 seconds left with the game tied at 64-all, Romulus used a pair of

Please see GLENN; B4

program is offered to registered members or students currently in grades three-seven of the St. Damian, St. Robert Bellarmine, St. Theodore and registered families of St. Genevieve parishes. (No waiver is required.)

For more information, call Paul Tripp, director of football and varsity coach, at (248) 563-0858; or athletic administrator Kate Barczuk at (734) 421-7360, Ext. 205.

Hodgson inks 2 MU recruits

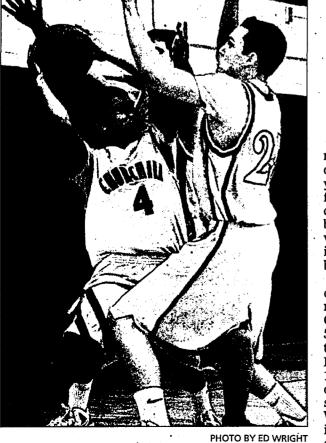
Madonna University women's soccer coach Jeff Hodgson announced the signing of two players for the 2012 season including Jennifer Jurcak, an outside midfielder from Utica Eisenhower, and Blaire Schmalenberg, a goalkeeper from Warren Cousino.

The 5-foot-3 Jurcak is a three-year letter winner to helped Eisenhower to three straight Macomb Area Conference and Division 1 district titles.

The honor roll student also earned All-MAC Red first-team honors as a junior.

"Jennifer is a very quick player and that is what I have been trying to bring in the last couple of years," Hodgson said. "She is also a possession type player with a knack for the goal."

The 5-11 Schmalenberg posted a 9-1-2 record last season while leading the Patriots to the MAC Blue Division title as a junior.



Churchill's Karl Tiama (4) is trapped by Garden City defenders Jeremiah Vera-Burgos (back) and Jay Sheppard (right) during Wednesday's Class A district semifinal at Livonia Franklin.

Orange Crush Upstart GC ousts Churchill in district

By Ed Wright Observer Staff Writer

Fear the orange. Just a few weeks removed from being one of those teams you'd want to schedule for homecoming, Garden City's boys basketball team has become very dangerous — and it couldn't have picked a better time.

On Wednesday, the suddenly surging Cougars repelled a late Livonia Churchill rally to win 59-52 in a Class A district semifinal at Livonia Franklin. Improving to 8-14 overall and working on a four-game winning streak, the Cougars met Western Wayne Athletic Conference Red Division rival Redford Thurston for Friday's district championship.

The Eagles, who advanced to the championship game with a 55-48 triumph over Redford Union, swept the two-game regular-season series — but that was before Garden City decided to turn its season into a script for a Disney movie.

"We're playing more as a team now and we're much more confident in ourselves," said Garden City senior Tyler Steele, who racked up 12 points and a team-high 14 rebounds. "It's just all coming together.'

"We feel like we're the underdog," added senior guard Matt Stark, "and that we have nothing to lose.'

Stark-was phenomenal down the stretch when he chalked up eight of his team-leading 24 points. He also contributed nine rebounds.

Steele and Stark needed to play well to help

off-set the career night of Churchill's Robert Foster Jr., who blew up for 31 points, including 11 in the fourth quarter.

"He wasn't even on our scouting report," Steele said.

The biggest problem for the Chargers (7-14) was that Foster Jr. didn't have much help. Next on the Churchill scoring ledger was Dwayne Scott, who netted five points.

"The boys have started believing in themselves the past couple of weeks," said Garden City coach Greg Williamson, whose team lost an earlier meeting (Dec. 13) to Churchill, 53-50. "It's been kind of magical to see. We're playing with more of an edge than we did earlier in the season. We're playing more physical and get-

Please see ORANGE, B4

LOCAL SPORTS

COLLEGE BASEBALL

Crusaders pick up 2 more wins on Florida spring trip

The Madonna University baseball team is finding Florida to its liking at the tail end of its 10-day spring trip.

On Friday, the Crusaders traveled to St. Petersburg and chalked up two wins at the Walter Fuller Complex with a 7-6 victory over Olivet Nazarene (III.) and a 7-4 triumph over Grace College (Ind.) in the RussMatt Central Florida Invitational.

MU scored three times in the fifth, two more in the sixth and one in the top of the seventh to rally past Olivet Nazarene and improve to 13-9 overall.

Right fielder Josh Deeg went 3-for-3, including a solo homer, to pace MU's 11-hit attack. Drew Adamiec and Dan Harder each added two hits in the win.

The Crusaders used four pitchers with reliever Randall Stempek going the final 1.1 innings to improve his mark to 2-0.

The loss dropped Olivet Nazarene to 9-5 overall.

Earlier in the day, MU broke a 4-4 deadlock with three runs in the top of the seventh to beat Grace (1-1).

MU starter Erik Wright (Canton) worked the first 5.1 innings, allowing four earned runs on seven hits and five walks. He struck out five.

Middle reliever Travis Schuba (1-0), who got two outs in the sixth, picked up the victory, while Stempek pitched a scoreless seventh to pick up his second save.

Designated hitter Matt Cook went 2-for-3 with three RBI, while Garrett Rebain (Plymouth) added two hits and an RBI. Spencer Sarel also knocked in two runs.

Josh Petry belted a 3-run homer in the first inning for Grace, while reliever Mike Reitz suffered the loss.

The Crusaders ended their trip Saturday with a single nine-inning game against Grace in Winter Haven.

Thursday recap

The Crusaders split their Thursday double-header with Point Park University (Pa.) dropping the opener, 4-2, before hanging on for a 4-3 victory in the nightcap at Pat Thomas Stadium in Leesburg, Fla.

Steve Pelletier (Farmington) led MU (11-9) with five hits on the day while Victor Barron added two hits and a pair of RBIs in the RussMatt Invitational win.

Josh Deeg (1-2) picked up the victory in Game Two, throwing 5.2 innings and striking out three before Randall Stempek closed out the final 1.2 innings for his first career save.

Javier Marticorena went 2-

for-4 with two RBI for Point Park (12-3).

In the opener, Point Park starter Nathan Spohn (2-0) and reliever Mike Tullio combined to scatter nine hits over seven innings.

Losing pitcher Jeremy Gooding (1-3) went all seven innings, allowing one earned run on seven hits and three walks, while fanning five.

Pelletier went 3-for-3, while Dan Harder added two hits. Drew Adamiec knocked in both MU runs.

Marlon Leyva went 2-for-4 and Rob Novia had two RBI for Point Park.

Wednesday split

On Wednesday, Madonna split a pair against Olivet Nazarene (Ill.) winning the opener, 13-1, while losing the nightcap, 12-0, at Chain of Lakes Park in Winter Haven, Fla.

The Crusasders collected 14

hits to captured Game One led by Barron, who went 3-for-4 with one RBI.

Other offensive contributors for MU included Deeg (2-for-3, three RBI); Billy Hardin III (2-for-3, two RBI); Pelletier (2for-3) and Garrett Rebain (two RBI).

MU starter Matt Cook (2-0) went all seven innings to pick up the win while striking out eight and not allowing a walk. He scattered seven hits.

Olivet Nazarene (9-3-1) got two hits and five RBI from Daniel Hall, while Adrian Perez went 3-for-3 with three RBI. Winning pitcher Ben Heller pitched six scoreless innings, allowing just two hits and three walks.

MU starter Aaron Saarela was roughed up for seven runs on seven hits in three innings, while reliever Travis Schuba fared no better giving up four runs on four hits.

Warriors get by stubborn Hawks

By Brad Emons Observer Staff Writer

Lutheran High Westland had its eyes fixated on a spot in the Class D district boys basketball finals, but first the Warriors had to get past nextdoor neighbor Westland Huron Valley Lutheran.

Senior Dawson Davenport scored 15 points and junior Brandon Wyman added 10 Wednesday night as the Warriors completed the task with a 60-52 win over the host Hawks.

The victory put Lutheran Westland (12-9) in the championship final Friday at HVL to face district favorite Detroit Westside Christian (14-6).

See related story. Westside also advanced Wednesday night with a 75-54 win over Plymouth Christian Academy.

Sophomore Ryan Schaffer scored 11 of his 17 points during the second half for HVL, which rallied to within three in the final period after trailing 36-21 at halftime. "They (Huron Valley)

"They (Huron Valley) did a nice job of jumping on us in the middle of the third quarter," said Lutheran Westland coach Doug Haller, whose team beat HVL for the third time this season. "Give them credit. They got the

ball inside and got some easy shots.

"When it got down to crunch time I think we started looking around for somebody else to .make something happen. But we were able to make enough plays and made some shots."

Nate Kemppainen and Milan Monk chipped in with 14 and 10 points, respectively, for Huron Valley (6-15).

The Hawks connected on 10-of-18 free throws, while Lutheran Westland fared better going 11-of-15.

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North 8-goal surge trips Blazers

By Brad Emons Observer Staff Writer

Livonia Ladywood jumped out to a 3-0 lead, only to have Grosse Pointe North storm back for eight unanswered goals Wednesday night for a 8-4 victory over McCarthey); and Julia Henderson (from Melissa Mermiges and Bryn Moody).

North then scored three more times in the second period to take a 6-3 advantage -- Katelyn Bowles (from Henderson); McCarthy (from Villani

the Blazers in the Division 1 state girls hockey semifinals at Edgar Arena.

Ladywood ends its season at 10-14 overall, while North improved to 21-3 and secured a spot in Saturday's state championship final at Edgar.

The Blazers scored twice in the opening minute of play on goals by Rana Freij (from Erin Cronyn) and Cronyn (from Freij).

Lane Kolpacke's goal from Rachel Fradette with 10:26 remaining in the first period put Ladywood up 3-0.

But the Norsewomen tied it by the end of the first period 3-all on goals by Sara Villani (from Jennifer Cusmano); Cusamano (from Catherine and Cusmano); and Villani (from Cusmano).

Mermiges made it 7-3 from Bowles and Natalie Skorupski to start the third period before Ladywood's Katie Folk scored to stop the bleeding.

Bowles then capped the scoring with her second of the night from Skorupski and Henderson.

Ladywood goalie Sarah Koch stopped 31 shots, while North's Emma Huellmantel made 15 saves.

North finished 18-2 in the Michigan Metro Girls High School Hockey League, while the Blazers wound up 8-12.

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PHOTO BY ANDREW KIELTYKA

Karl Moore (42), a 6-foot-5 forward, has been Schoolcraft's leading scorer and rebounder all season long for the 19-12 Ocelots.

WARRIORS

Continued from page B1

id 'man' team. I knew coming in it was going to be rough matching up against them. We tried it the first quarter and it didn't work. We tried a 3-2 zone. Then, at halftime we went over and did like a matchup zone for them. It seemed to help a bit, but the hardest thing is boxing out. But I think we did a pretty good job matching up. That's the best we could do going against them."

The Warriors were only outscored 21-20 in the second half, but the damage had been done over the first 16 minutes.

Senior guard Carlee Cottrell scored 18 points to surpass the 1,000-point mark in her career to lead Lakes.

Junior guards Ava Doetsch and Lexie Robak added 15 and 14, respectively, while senior guard Tori Duffey added 11.

All four had scored in double figures by half-time.

"We had an idea they'd play man (defense) and zone," Robak said. "Our team is pretty well geared to play either. We did a nice job in transition of attacking them and hitting some go-behinds for some open 'threes.'

"They're good and unselfish, willing to pass to a teammate that's open. Someone makes a shot or two — that's the girl we're looking for and her time will come."

The Warriors committed a total of 21 turnovers and shot 15-of-46 from the floor (32.6 percent).

Meanwhile, seven of the 10 Laker triples came during the opening half.

"I was just hoping they'd miss one," said Wade with a laugh. "They're a good threepoint team. We knew that coming in they'd be a good three-point shooting team. We did the best we could. That was a fasterpaced game than what we were used to playing."

Lutheran Westland once again relied on the onetwo scoring and rebounding punch of 6-foot senior center Amanda Terranella, who finished with 19 points and nine rebounds, and 5-10 junior forward Aldreanna Fikes, who added 10 points and 11 boards.

"She's a great player, a good kid who works hard," Wade said of Terranella. "So many people and other coaches have told me she's one of the best post players they've seen. She does a really good job holding her seal, posting up well and hits her free throws. She's just a good leader for the team."

Wade was pleased with her team's progress this season, which included its first-ever regional victory.

"It was an amazing turnaround," she said. "If you look back to where we were ... it was an amazing journey. Not just from this year, but from last year when we were 2-19 my first year of coaching."

The Warriors lose four seniors including Terranella, Hannah Conley, Taylor Wiemer and Erica Killian — all starters.

"They really bought in and started believing in what we were doing," Wade said. "They showed a lot of confidence playing this year. They stepped up. It's going to be rough losing them a little bit, but we've set up a good foundation for my program and I'm excited."

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No. 1 Bears end S'craft's season

By Brad Emons Observer Staff Writer

So much for these Bears hibernating in the winter.

Mott Community College, the nation's top-ranked junior college team in Division II, got out of the gate quickly and racked up its 30th win of the season Friday at the expense of visiting Ocelots, 91-72, in the NJCAA District 9 semifinals in Flint.

The Bears (30-1) were tied at 11all after a layup by Schoolcraft's Karl Moore with 12:09 remaining in the first half, but then woke up and took command by going on a 39-17 run to lead 50-28 at intermission.

Mott never let Schoolcraft get closer than 18 the rest of the way.

Guard John Taylor paced Mott and all scorers with a game-high 28 points, including 5-of-12 from three-point range.

Mott, which led by as many as 27 in the second half, also got 20 points from forward Ralph Eason on 8-of-9 shooting from the floor. Jacob Perry came off the bench to added 12 points, while starting guard Darryl Marshall chipped in with 11.

The Bears shot 52.6 percent from the

floor (30-of-57), including 9-of-21 from three-point range (42.9 percent).

Moore, a 6-foot-5 forward, ended a stellar season for the Ocelots with 22 points and 11 rebounds. He was 7-of-12 from the floor and 8-of-9 from the foul line, but committed nine of Schoolcraft's 28 turnovers on the afternoon.

Lydell Mason (Westland John Glenn) added 12 points and eight rebounds for Schoolcraft.

Sophomore forward Daniel Hill (Wayne Memorial), also playing his final game as an Ocelot, finished with 11 points, while second-year point-guard Mohamed Elhaj dished out six assists.

Schoolcraft shot 47.1 percent from the floor (24-of-51) and 88.5 percent from the foul line (23-of-26).

The Ocelots, who lost to Mott for the third time this season, enjoying their best campaign under fourth-year coach Randy Henry with a 19-12 record.

Mott, meanwhile, advances to the District 9 title game 1 p.m. Saturday at home against MCCAA Eastern Conference runner-up Oakland CC (26-4) with a trip to the NJCAA Division II Tournament at stake, March 20-24, in Danville, Ill.

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online at hometownlife.com

BOYS HOOPS

Crusaders perk up in Mobile Tourney

It's been the tale of two tournaments so far for the Madonna University women's softball team.

After starting with a 1-5 record in the National Fastpitch Coaches Association Leadoff Classic, March 2-4, in Panama City, Fla., the Crusaders took a break Thursday after capturing four-of-six earlier this week in the University of Mobile (Ala.) Classic.

On Wednesday, MU defeated Notre Dame College (Ohio), 8-4, after falling to Campbellsville (Ky.), 8-6.

Jackie Barley went 2-for-4 with three RBI, while winning pitcher Bree Crampton and Arielle Cox each added two hits for MU, which improved to 5-7 overall.

Crampton (1-0) gave up just one hit and one run over the final three innings in relief of starter Angela Pavilanis.

Christine Camp (3-4) took the loss for Notre Dame.

Campbellsville (11-5) got homers from Bailey Dillender, Kristin Benton and Brooke Boils in the win over the Crusaders.

Losing pitcher Hallie Minch (Garden City) slipped to 2-5 as she allowed

seven earned runs on 12 hits and five walks: Barley went 3-for-4, while Erin Mayes belted a 3-run

homer for MU. On Tuesday, MU posted wins over Spring Hill (Ala.), 7-6, and Notre Dame College, 5-1.

Cox and Caitlyn Keuvelaar each collected three hits in the win over Spring Hill.

The Crusaders used all three pitcher with Pavilanis (2-2) getting the win in middle relief.

Jake Bourgeois went 3for-5 with homer and five RBI for Spring Hill (4-3). : Minch pitched a complete-game three-hitter in the victory over Notre Dame.

Kristen Drabek belted a 2-run homer, while Minch helped her own cause by knocking in a pair of runs.

The Crusaders started the Mobile Classic on Monday with a 3-1 win over Concordia University of Ann Arbor followed by a 6-5 loss to Morningside (Ia.). Minch picked up her first win of the year with a five-hitter of seven innings. She`struck out seven and walked only one.

Amber Rafko went 2for-2 with an RBI to pace MU's six-hit attack.

Jeni Bollenbacher went 2-for-3 with an RBI for the Cardinals (0-7).

Morningside (2-1) got three hits apiece from Shelby Feldt and Jordan Johnson and scored twice in the bottom of the sixth to edge the Crusaders.

Johnson, the winning pitcher, gave up five earned runs on seven hits over six innings before reliever Emma Remy came on in the seventh to pick up the save.

Pavilanis took the loss, allowing six runs (but only two earned) on nine hits and three walks.

Barley went 3-for-4 with an RBI, while Karleigh Creighton also drove in two runs.

Madonna started Friday in the Gulf Coast Invitational hosted by the University of Mobile with games against Shorter University and 3 p.m. Thomas University.

an College and sixth-ranked

Detroit Westside throttles Lutheran High Westland

By Brad Emons Observer Staff Writer

The odds were stacked heavily Friday night against Lutheran High Westland in the Class D district boys district boys basketball final against Detroit Westside Christian.

The Warriors were literally looking up to a Westside front line boasting 6-foot-8 senior Robert Aldridge, 6-7 junior forward Kaion Seales and 6-6 junior forward Tomial Gary.

Lutheran Westland, whose tallest starter is 6-1, hung close for a quarter before Westside turned on the afterburners highlighted an 18-1 second quarter run en route to a convincing 66-35 victory at Westland Huron Valley Lutheran.

"First half we did what we wanted to do," said Lutheran High Westland coach Doug Haller, whose team led 10-9 after one quarter. "But they're dangerous in transition obviously. We did a better job of it in the first quarter.

'The second quarter – two things – obviously they got out scored some more points on the fastbreak, but what did we score? One point? Now we're down 16 at the half and going into the third, and now you've got to kind of change things up and kind of make some things happen."

The Warriors couldn't make it happen in the third as Westside, a state semifinalist from a year ago, went on a 21-8 run to lead 48-19.

"To advance, we have to play better in the first half," said Westside third-year coach Greg Boler, whose team improved to 14-8 overall. "In the opening minutes we came out flat. For a lot of the guys it was nerves because it was the first time they've been here. We only return two kids off last year's team who made the run to the Final Four. The rest are JV kids, ninth and 10th graders. First-year nerves, especially with our guards. We start two sophomore guards."

With 1:32 remaining in the first quarter the Warriors actually led 10-4 on a basket by Brandon Wyman, but then

Lutheran Westland went scoreless for the next three minutes and 46 seconds before senior center Dawson Davenport hit a free throw to make it 13-11.

(WL) . B3

The Warriors would not score a single point again until 4:44 was left in the third period on a pair of foul shots by Nick Flanery.

'We came out and tried to play their tempo," Boler said. "At the same time we were trying to do the same things they were doing. It just didn't work for us. That's not our style of play.

Seales finished with a game-high 13 points, while Derrick Brooks and Aldridge added 12 and 11, respectively.

"Kaion Seales he's been a vocal leader and a leader on the floor, and as well in the classroom," Boler said. "He's been our leader this year."

Davenport and Matt Sylvester tallied seven and six, respectively, for the Warriors, who committed a total of 23 turnovers and shot only 16-of-63 from the floor (25.3 percent).

(Dearborn) Advanced Tech was pretty athletic, but not the size and the length (of Westside)," Haller said. "It was tough for us offensively. We did a pretty good job moving the ball around, but they have so much length and athleticism - they cover a lot of ground quickly.'

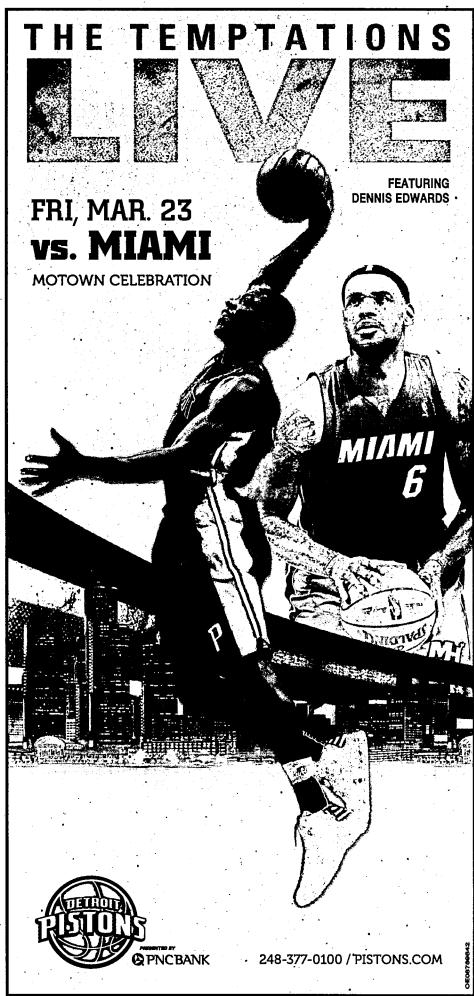
The Warriors end their season at 12-10 overall.

"I'm proud of the way we played," Haller said. "It's a tough game and you have to play really, really well to beat a team like that. Give them credit they're good, and I'm sure they'll continue to do well.

Westside moves into the regional semifinals beginning at 6 p.m. Monday at Bloomfield Hills Roeper to face Southfield Christian

"We've played a tough schedule, mostly Class A and B schools this year," Boler said. "We've lost eight games by two or less. I think that's helped us right now going into March, especially with the younger team to help prepare us now."

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Mott women stun S'craft in District

11-18 Bears win, 77-65

Ballenger Fieldhouse proved to be a house of horrors Friday night for the Schoolcraft College women's basketball team.

The heavily favored Lady Ocelots were ambushed in the NJCAA Division II District H semifinals by host Mott Community College, 77-65, in Flint.

Schoolcraft, under first-year coach Kevin Brathwaite, ends its season with a 25-6 record.

Mott, 11-18 overall, advances to the District H final Saturday at home to face St. Clair County CC (18-15), which upset MCCAA Eastern Conference champion Macomb CC (22-9) by a 47-46 👾 count in the other semifinal.

The District H champ advances to the NJCAA Division II Tournament, March 20-24, in East Peoria, Ill.

Schoolcraft had won two previous regular season meetings against the Lady



4 PHOTO ANDREW KIELTYKA

Schoolcraft's Infiniti Maxwell (33), shown here in a recent game, scores six points in Friday's season-ending 77-65 loss to Mott Community College.

But Mott regrouped and took the lead

Courtney Grove-Dyer scored a team-

for keeps, 56-53, on a three-pointer by

high 12 points, while Charlise Slater

and Domonique Jones added 11 and 10,

respectively. Schoolcraft lost despite shooting 47.5 percent from the field (28-of-59). The

Lady Ocelots, however, made only 4-of-

21 three-point attempts and were out-

rebounded by a wide margin, 43-23.

Polzin with 7:16 to go.

The Crusaders closed out their spring trip with three games on Saturday against

No. 22-ranked Mobile, Bry-

Belhaven University.

Bears, 74-64 and 64-55, but this time Mott came locked and loaded as Britney Harris spearheaded the upset victory with 23 points and 11 rebounds.

Jennica Polzin contributed 21 points and eight rebounds, while Kaylee Rahmann chipped in with 17 points and seven boards.

Rhonettia Dukes and Lindsay Taylor also combined for 12 assists.

Schoolcraft trailed 32-27 at the half, but took a 45-38 lead with 13:18 remaining in the game thanks to an 18-6 run.

HOCKEY

Continued from page B1

point, hugged the ice and squirted through to give North a 2-0 advantage at 8:03 of the same period.

Lucas Schomer and Anthony Saleh assisted on what proved to be the game-winning goal, while Bradley Werenski got credit for the assist on the second North tally.

"The first period we got our legs going and played with good energy, but I thought it was more of a feeling out period," said Lock, whose team outshot the Chargers during the opening 15 minutes, 9-6. "Going into the second period we wanted to take to play to them and I thought we did."

Churchill (21-7) had beaten North last month by a one-goal margin in the MIHL Showcase. But this time the Norsemen came out prepared for anything the Chargers would throw at them.

"We knew what they wanted to do after playing them and scouting them, and watching them tape a couple of times," Lock said. "When we lost to them the first time — 3-2 in the Showcase - Churchill scored three times in the first period and ate us up with faceoffs in our end. I thought

our kids did a great job this time and stuck to the game plan."

A confident North senior goaltender Robert Wujek stopped all 20 shots he faced from the Chargers.

"Our goalie is one of the best in the state," Lock said. "And when he's playing great hockey, he has a huge upside. He's only given up two goals in the playoffs. When he's on, he's on."

Churchill played a strong third period, but had nothing to show for its effort after dominating Plymouth (4-1), Canton (5-0) and Novi (4-1) en route to the regional title last week.

"We knew that they (North) were quick and moved the puck," Churchill coach Pete Mazzoni said. "I thought we came out tentative. A lot it was due to them. I give them a lot of credit. They definitely had us rolling, which is what we've been able to do the first three playoff games.

"But we weathered the storm the first period and got out of it in pretty good shape. I thought as the game went on we got a little bit better, but just too many unforced errors and too many mental mistakes that you can't do against a disciplined team like North." Down 2-0 with 1:50 remaining, Estes (23 saves) was pulled for the extra

attacker and North's Joseph Giordano intercepted a pass near mid-ice and feathered a shot into the empty net to cap the scoring with 46.8 seconds left.

Churchill's shaky start to a couple of factors.

"What we did in the second period is get back to what we usually do and that's move the puck and stretch the lanes," he said. "And in the first period that's what we weren't doing. We were chasing because we were turning the puck over. It's one of those things. You become a better team defensively because you're moving the puck."

Churchill's bid to become only the second Livonia public school team to make an MHSAA semifinal came up one round short again.

"It's a special group," Mazzoni said. "Those guys are still in full pads. They haven't started undressing yet. Some are in tears. Back-to-back quarterfinal games ... nothing to be ashamed of. You try not to compare year-to-year, season-to-season, but it's going to be tough with this group of guys because of how long they've been with us and the success we've had."

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Mazzoni attributed

B4 (WL)

ORANGE

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ting after it.

"We didn't play our best tonight, but we played well enough. Sometimes you have to win a game like this to get through it.'

Garden City broke open a nip-andtuck game late in the second quarter with an 11-2 run to take a 33-24 lead into the half. Steele and Stark both sandwiched four points each around a CJ Hill triple during the run.

The Cougars padded their advantage to 40-27 with 4:50 left in the third quarter when Stark converted a driving layup.

But Churchill answered with a 12-0 spurt — four players scored during the rally-- to close its gap to 40-39.

Hill helped the Cougars regain some of their lost momentum by burying a corner three as the third-quarter buzzer sounded.

The pivotal play of the fourth quarter didn't even result in any points. Hill and teammate Jared Conroy, along with a pair of Chargers, hit the floor hard in pursuit of a loose ball with Garden City clinging to a 45-44 lead.

When the scrum got a little chippy, referees stepped in to calm things down.

"That definitely fired us up a little bit," said Stark.

The Cougars scored the next six points --- two on a double-pump, reverse layup by Stark - to seize a 51-44 lead.

Churchill chiseled its deficit down to three at one point in the final minute, but sophomore guard Kevin Brown-Bayko swished four free throws and Steele nailed a pair to close it out.

Among the Cougars' unsung heroes were Conroy and junior guard Tyler Gonzales.

'Jared didn't score a lot of points (three), but he really inspired the team a few times by diving on the floor and with the way he defended," Williamson said. "He did a lot of the little things you need to win. And Tyler drew a charge late in the game that was really big.²

GC shot the ball extremely well from the field (26-for-52) and the free-throw line (11-for-13).

Churchill hit just 19-of-60 field goals and 8-of-16 free throws.

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GLENN

Continued from page B1

timeouts to play for the last shot and Clark delivered as he scored 13 of his 15 points during the final eight minutes.

"We did miss some free throws down the stretch," said Young, whose team made only 5-of-16 on the night. "But they (Romulus) are so good with so many players that they're hard to hold down."

E.C. Matthews carried the Eagles (18-3) for three quarters scoring 23 of his team-high 25 points. Matthews scored ' 16 during the first half as Romulus led, 31-30.

Eric Covile, a 6-foot-5 senior forward, played perhaps his best game of the season and paced Glenn with a team-high 25 points.

Junior guard Nick Daniels added 14, while sophomore forward Isaac Everette contributed 13. Senior guard Desmond Cervera hit three triples en route to nine points.

"He (Covile) was an absolute monster and they had no answers for him," Young said. "Nick (Daniels) was very, very good, too. They had no answers for Nick or Eric Covile."

Romulus was only 2-of-5 from the foul line, but the Eagles dominated the glass and took 22 more field goal attempts on the night.

"They're pretty athletic," Young said of the Eagles. "They're pretty long. It seemed like we were blocking out ... but they were going right over the top of us a lot of times and tipping it.

We were better (rebounding) the second half. We had our chances. We were right there supposedly with one of top teams in the state of Michigan. We had a chance to win. My guys were unbelievable. They were great." .

Romulus advances to the district final beginning at 7 p.m. Friday at Wayne where the Eagles will face Inkster (11-4), which also advanced with a 44-36 semifinal win over the host Zebras (8-13).

Deaven Hansbro and Dayshon Daniels paced the Vikings with 15 and 12 points, respectively.

Jordan Lowry and Michael Cooper each tallied 10 for the Zebras, who trailed 33-27 after three quarters after being tied at 9-all during the opening period.

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The Senior Alliance, Area Agency on Aging 1-C Notice: Request for Letters of Intent to Apply for FY 2013 Funding



The Senior Alliance (TSA), Area Agency on Aging 1-C, issues this notice describing the conditions under which Letters of Intent will be received for funding for the following programs that serve the 34 communities of Southern and Western Wayne County:

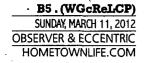
Adult Day Services; Caregiver Education, Training, and Support; Caregiver Legal Services; Caregiver Transportation; Evidence Based Disease Prevention Services; Friendly Reassurance; Kinship Support (Grandparent Caregiver); Long Term Care Ombudsman; Nutrition Services (Congregate and Home Delivered Meals).

All prospective applicants for FY 2013 (October 1, 2012 -September 30, 2013) funding for the above listed programs must submit a "Letter of Intent" prior to submitting a formal application. Final funding levels for FY 2013 have not yet been determined. Letters of Intent must be received in writing no later than Monday, April 2, 2012 by 5:00 pm and complete Letter of Intent requirements can be found at. www.aaa1c.org.

Publish: March 11, 2012



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COMMUNITY LIFE

Hunger project

Many make packing quick, easv

By Sharon Dargay O&E Staff Writer

Susan Magner of Farmington Hills and her three daughters recently donned hair nets and gloves for a lesson in helping others.

"That's what I really liked. It was hands-on. I'm trying to get my girls more involved in community and with church," said Magner, who homeschools her daughters, ages 10, 7 1/2 and 6.

With her husband watching the couple's preschooler at home, Magner and her three oldest daughters joined approximately 100 other volunteers at Christ Our Savior Lutheran Church in Livonia to pack 10,000 meals for needy children.

Wearing plastic gloves, hair nets and aprons, they worked assembly linestyle in small groups, measuring ingredients and filling meal bags for Kids Against Hunger, a Minnesota-based humanitarian food-aid organization, with satellite packing sites throughout the United States, including



the Great Lakes Coalition satellite in Oak Park. The local branch takes packaging supplies and equipment to churches, schools and other venues where volunteers pitch in to pack meals.

Thrivent Financial for Lutherans and Christ Our Savior Lutheran Church partnered on the recent packaging session in Livonia.

"We have a couple members who work for Thrivent. They introduced us to this organization for helping to feed the needy," said Linda Hollman, church outreach director.

Christ Our Savior Lutheran Church first volunteered for Kids Against Hunger last October. Members measured and packaged ingredients for Rice-Soy Casseroles, the meal that Kids Against Hunger distributes locally and abroad. Recipients



Sam Puterbaugh keeps mom Heather company while she fills food bags at Christ Our Savior Lutheran Church in Livonia.

mix the contents of each six-serving bag with boiling water to create a hot, nutritious entree. "It can be prepared in

20 minutes and for families it has been ideal," Hollman said. "In October we made up some bags and had people

Volunteers Nora Hollman (left) and Annelisa Lenardon help pack food at Christ **Our Savior** Lutheran Church.



Noah Greiner measures food.

sample it. It's good. We thought we might as well understand what people (recipients) are tasting. We have a food pantry at church and we've given out bags to people in need.

"It was a joy this time to know we not only had it for the food pantry at church, but also to help Livonia Goodfellows and Head Start."

Local, global One-third of the meals packaged at a volunteer event are shared locally. Another third is distributed nationally and the last third is shipped overseas. The local volunteers decide where to send their portion of the meals.

"Our church has gotten involved with the Livonia Cares program --- Christian congregations in Livonia coming together to help people from Livonia who are hurting and in need. I had gone to a meeting with other clergy and Bill Heaton (Goodfellows president) was there. He said he had a use for the meals. We were glad to make the connection.'

Christ Our Savior Lutheran raised \$2,800 to help may for the meals, which cost 28 cents each. Thrivent Financial for Lutherans also provided funding.

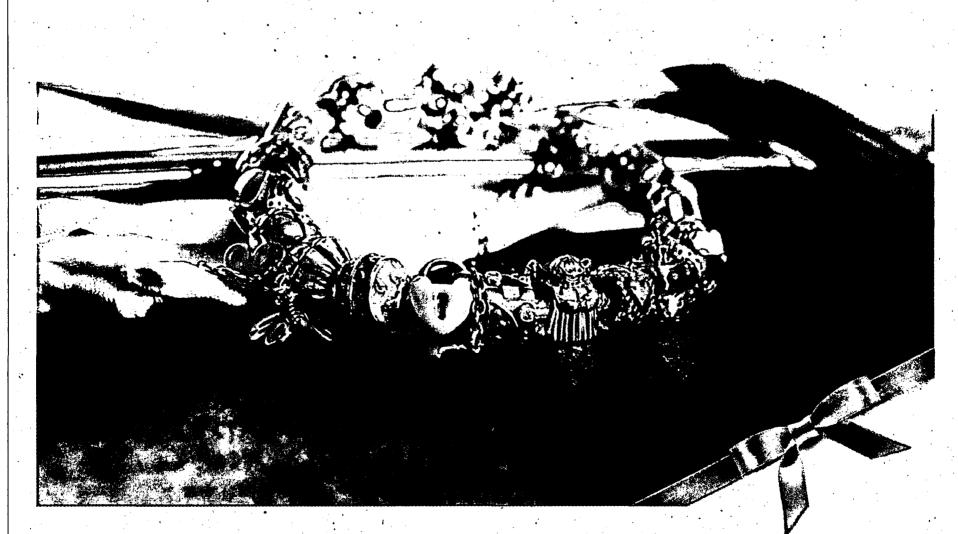
All 10,000 meals were bagged within 90 minutes on Saturday, March 3.

"Once you set it up, it zips along. Kids Against Hunger has it extremely well organized," Hol-lman said. "For me the joy is seeing kids, from 5 through 105, be able to work together at something so positive and help others in Jesus' name." Magner liked the mix of

ages, too. Adults, two teenagers and several children worked together with Magner at one of 10 mealassembly tables at the church.

"It's a good thing to see older and younger generations together," she said.

The church's next outreach project will be a resource fair, 6:30-8:30 p.m. March 29. Representatives from community agencies, utility companies, religious organizations and groups designed to help individuals in need will be on hand. The church is located at 14175 Farmington Road.



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Observer & Eccentric | Sunday, March 11, 2012 (WGcReLCP)

COMMUNITY LIFE

online at hometownlife.com

Livonia couple celebrates 70 years

By Sharon Dargay O&E Staff Writer

B6

Betty Campbell was 10 years old when she first met John Schaar.

His family lived on the third floor of a house on Ferry in Detroit. Her family moved into the first floor apartment.

"We grew up together," said Betty, who relo- . Methodist Church of cated to Highland Park four years later. "He came to visit my brother and we kind of hit it off. From then on it was just him and I, and my brother was out of the picture."

After graduating from high school - he attended Northwestern and she was at Highland Park High School — the couple tied the knot, writing the first chapter of a life-long love story.

The Schaars, Livonia residents since 2003, celebrated their 70th wedding anniversary on Feb. 3. They were married in 1942 at First



Highland Park.

John became a district manager in the circulation department of the Detroit Times newspaper and Betty took on homemaking, as the couple settled into married life.

Nearly a year later John was drafted into the U.S. Army and began a three-year assignment with the 744th Railway Operating Battalion, serving overseas. Betty got a job working at a pneumatic tool company.

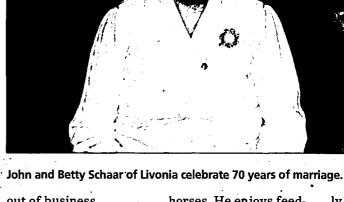
"He was all over Europe on the railroad. He was a fireman on the railroad," she said. He returned to civilian life in early 1946, about six months after the war ended, and went back to work for the Detroit Times, where he stayed for 20 years before joining the Detroit Free Press circulation department. He retired from the Detroit Free Press in 1988.

"He never missed a day of work because of the weather in 48 years," said Betty, who was a stay-at-home mom.

The couple raised two children, John Jr., who now lives in Pala, Calif., and Julie Skrent, also a Livonia resident. They have four grandchildren and 11 great-grandchildren.

When her husband retired, Betty went to work in the cafeteria at Salem High School in Canton for 12 1/2 years.

The couple had moved to Canton when a relative's riding stable went



out of business.

"My brother had a ranch and through the years the kids bought their horses. My daughter gave riding lessons at the ranch," Betty said, adding that when the stables closed "we were stuck with all our horses."

"That's why we found five acres in Canton. We had it for about 36 years. Neither one of us rode. We fed and took care of the horses."

These days, John, 90, spends more time with feathered friends than horses. He enjoys feeding backyard birds and stocks a pond with fish every summer.

Betty, who will be 87 in November, enjoys reading murder mysteries.

'We have Friends of the Library in Livonia. They sell paperback books for 50 cents. I go there every month and buy \$5 worth of books and read them," she said. Betty, who has volunteered for Friends, donates the books back to the organization. The couple also enjoys

spending time with fami-

ly. They celebrated their milestone anniversary at their grandson's home in. Pinckney.

"My daughter and grandson gave us a dinner. Julie had a beautiful cake made for us."

Betty said "patience" has helped to make the couple's marriage last for 70 years.

"We stayed married because I was patient and he probably overlooked a lot in me, too," she said. "If more young people had patience they probably would wouldn't run to lawyers."

DEARBORN HEIGHTS AN-NAPOLIS

CLASS OF 1982.

For information about the 30-year reunion on Saturday, Oct. 20, at Fr. Patrick O'Kelley Knights of Columbus in Dearborn, visit the "AHS Class of 82" page on Facebook, or contact Diane Goodreau at dianeschofield@sbcglobal. net or (313) 363-0523; Jim Linaras at godofouzo@yahoo.com: or John Zadikian at zman6754@aol.com. **DETROIT MACKENZIE**

CLASS OF 1962 Planning class reunion in

2012. Seeking classmates

and contact information. E-mail the committee at mackenzie 1962@gmail.

com **FARMINGTON HIGH** SCHOOL

CLASS OF 1967

Organizers of the 45th reunion on July 21 are looking for classmates. Send your e-mail address to Susan (Himmelspach) Whittaker at S_whittaker@ comcast.net or Fred Gregg at fredge1@comcast.net to receive a reunion packet. **GARDEN CITY HIGH** SCHOOL EAST

CLASSES OF 1968-1973 Reunion Sept. 22. Look-

ing for classmates. Check out the "Garden City High School (East) Reunion 2012" on facebook. Or e-mail to Cindy Eads Frens at irish4200@hotmail.com, Debi Cassidy Haller at debi.haller@ gmail.com, Doris Fugaban Williams at doris1226@ wowway.com, Lee A Gilligan at ee.gilligan@att.net, Sue Cook at stasselmyer@ charter.net, SuzieWright Rogiero at suzierogiero@ yahoo.com, Jackie Kalifut at jackieideson@gmail. com or Jeff Fordell at jeffreyfordell@comcast.net. LINCOLN PARK HIGH **CLASS OF 1962**

REUNIONS

Planning for 50-year re-union, set for Sept. 15, is under way. For more information or to RSVP e-mail Jean Badoud-Riddell at fictionweaver@sbcglobal. net, Marilyn Roy Snyder at Marilyn@MarilynJSnyder.com. Jim Barton at jbarton@genesisfinancial. com or Carol Jehle at jehlecarol@yahoo.com NORTHVILLE HIGH SCHOOL

CLASS OF 1971-75

The classes are joining together to celebrate with a reunion on Aug. 4. Reunion organizers are searching for class-

mates from those years. Send your name, address, phone and e-mail to nhs40yearreunion@gmail. com. The organizers will send more details after receiving your information. **REDFORD THURSTON HIGH SCHOOL**

CLASS OF 1962

Looking for classmates for reunion on Sept. 8. Contact: nikkiwestberg@yahoo.com or Sue (Hughes) Morman at (734) 414-9941 for more information. WAYNE MEMORIAL HIGH SCHOOL

CLASS OF 1957

Looking for classmates for the 55th class reunion to be held May 19. For more information contact Wanda Putman Boice at boice@aol.com or polly-girl219@aol.com. Or call Richard Smith at (248) 747-6817.

CLASS OF 1962 Looking for classmates for 50th class reunion on May 19.

E-mail to Judy (Ramsey) Oleson at joleson@sbc-global.net or call her at (586) 268-1663 or e-mail to Kathy. (Quinn) Hayes at bustchr@aol.com.



COMMUNITYILIFE

Observer & Eccentric | Sunday, March 11, 2012

Go blue: Yellow flame should be blue

By Joe Gagnon **Guest Columnist**

eter and Beverly West moved back here to Michigan after spending the past 30 years living in Florida in order to take care of an ailing mother up in her years. They purchased a brand new manufactured home



and settled in Ann Arbor. Not being accustomed to our cold weather and dry humidity conditions they purchased a por-

table humidi-

fier and locat- .

ed it in the hall-

way next to the

Joe Gagnon

Doctor

furnace room. This really helped with the dryness that causes stuffy noses

and the like.

They have a new gas range in this home and really enjoy the quick response when cooking on the top burners but one day noticed that the flame was more orange than blue. Peter knew that a yellow flame doesn't give you the high heat you desire when cooking and he couldn't find any type of adjustment you could do on the air inlet to the burner.

He agreed with me that on newer ranges of today compared to those of the past there isn't much that a homeowner can do for this kind of problem so he called for factory service as the product was still under warranty. The service technician checked out gas pressures on the manifold and everything was according to factory specifications. He suggested that they move the humidifier away from the range to another location and try it for a few days, but that didn't help. They called me and I suggested that they shut off the humidifier completely, but I couldn't understand how a humidifier could

affect the burner flame. This they did and lo and behold the flames on the burners were a nice blue color again. This went on for a week. They turned on the humidifier and the flame became yellow again.

We began to play the game of stump the appliance doctor and I certainly didn't have any answers to this perplexing problem. I had never heard of this before. One day Beverly came home with a couple of jugs of bottled water, dumped out the city water from the bucket and filled it with bottled water. She turned on the humidifier and the flame on the range has been blue ever since. She had the question in

her mind that minerals in regular water might be the cause of their problem and proved her theory correct. They created the solution on their own and I must admit that I wasn't much help but I thought this might be a story that could help one of our readers.

This whole episode brings to mind when'I was on big-time radio years ago and announced the gas ranges can create carbon monoxide in the kitchen. A group of engineers in Ohio sent me documentation to prove this fact and I then started telling the listening audience to open a kitchen window when cooking. I had many letters and calls from homemakers who thanked me for that little tip because they no longer felt nauseated or had running eyes or headaches while cooking a family dinner.

The gas utility companies were not too happy with me and made their feelings known. I still prefer gas over electricity in a kitchen range and if it's only a matter of opening a window while cooking, it's worth it. I recently complained to my darling Valorie that it took a long time for me to boil a pot of water in my attempt at cooking a box of macaroni and cheese. I blamed it on her because she is the one who wanted that nice smooth top electric range in our kitchen. I must say that this smooth top still looks like brand new after four years of use.

(WGcReLCP)

B7

If you see Valorie you might ask her how much work is involved in keeping the range top clean. Get ready for a seminar. 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@ . twmi.rr.com

Man's best friend: Rescues gain pet food, special needs pups

Filling bellies

Tail Wagger's 1990 received a windfall in the form of kibble, canned food and treats last month.

Three schools and one business collected items for the Livonia-based rescue's Pantry 4 Paws program that assists individuals and families in financial need with food for their pets.

Market Strategies International, a Livoniabased marketing company, donated more than 700 items to the pantry.

St. Genevieve School, Johnson Upper Elementary School and Randolph Elementary, all in Livonia, also held pet food drives.

Barb Johnson, a second grade teacher at Randolph, used the collection process as a math lesson for students, encouraging them to collect 100 items for their classrooms within 100 days.

Nolan Finley, a second grader at St. Gene-



Guardian Angels Animal Rescue found these Shepherd mix puppies - both have deformed feet - with their mother in a Detroit back yard.

vieve and a member of Tail Wagger's 1990 cadet program, sparked a food drive at his school and arranged for a presentation with animals.

Sixth grader and Tail Wagger's 1990 volunteer, Cory Routen, decorated the hallways with posters at Johnson Upper Elementary and set the food



Cory Routen shows some of the pet food his school collected for Tail Wagger's 1990.

drive goal at 1,500 pounds of pet food. The final count from his school was 2.606 pounds of food.

Families in need of assistance can contact the Tail Wagger's office at (734) 560-4660 or email to tailwaggers.1990@ yahoo.com.

Surgery needed **Guardian Angels Ani**mal Rescue spent a busy, successful Tuesday night rescuing four dogs from Detroit. At least one of the dogs, a Yorkshire terrier that was found on the street, will face surgery - and likely amputation of a damaged back leg. The rescue named the 2year-old pup "Luna."

Volunteers also rescued a mother dog and her two pups from a yard. One of the shepherd-mix pups has a deformed or broken leg. The other sibling has two front deformed or broken legs. The organization planned to take the pups, "Thelma" and "Lou-ise" to the vet for a closer look at their legs last week.

Anyone interested in helping out with vet costs, fostering or adoption, can e-mail to Sandy Mezza at guardian_angel rescue@hotmail.com. Visit the group's Web site at www.gaarmichigan.org. The site includes a PayPal link for donations. - Compiled by Sharon Dargay

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Arthritis Today

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



A DILEMMA IN FIBROMYA

The dilemma is treatment. Investigators in the field of Fibromyalgia believe that the cause of the condition is a pain center in the midbrain that is like a thermostat set too low. The effect is that usual touches, scrapes, light pushes and even winds that are hardly noted by most of us, are felt by patients with Fibromyalgia as sharp and heavy blows. Science is working with pharmaceutical companies to develop

medicines that would target the midbrain pain center and reset the thermostat to a more realistic pain standard. However, as yet such a medication awaits discovery.

Instead, medication at hand goes to treating depression, anxiety, difficulty sleeping and stopping pain. But the individual with Fibromyalgia experiences depression because of the Fibromyalgia; as long as the Fibromyalgia remains so will the depression. It is as if a car got poor gas mileage because of a flat tire. Putting in new spark plugs won't result in a return to gas efficiency; nothing but fixing the tire will do.

The same problem comes with poor sleep. The answer does not come from sleeping pills. The only way to have the patient return to restorative sleep is to successfully treat the Fibromyalgia.

The only proven therapy in Fibromyalgia is exercise. The best time for exercise is in the morning, in effect: "get to your muscles before your muscles get to you." Daily exercise for a patient with Fibromyalgia is as much a medication as a daily aspinn is to a patient who suffered a heart attack.

If a patient cannot accept exercise as therapy, there is little left r a physician to offer.

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 inexperi-enced 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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BAKER, MARY

Age 80 of Livonia, Mi. Beloved wife of the late Bruce A. Deneau, Dear friend of Bobbie Cofell for years. Loving mother of Carol A. Baker (Dennis Ollar), Susan P. Proctor (Daniel Taurianinen), Douglas T. Baker (Cathy), William J. Baker, grandmother to Ivy (Jon) Cosica, Robert, Amanda, Joe, and Emma Jean, great grandmother of Jake. Private services were held. Donations may be made to Angela Hospice of Livonia or Humane Society of Huron Valley. Arrangements entrusted to Fred Wood Funeral Home Rice Chapel.

BOWEN, CARTER M.

March 18, 1921- March 3, 2012 Born in Baltimore MD, Carter was the first in his family to attend college. He received both his BA, with distinction, and MA in economics from George Washington University. He began his career in 1941 at the Bureau of Labor of Statistics, moving quickly through the ranks, until "Whiz Kids" Bob McNamara and Tex Thornton enticed him to joint Ford Motor Co. Carter specialized in the supply and purchasing arena for sev-eral corporate divisions of Ford, including International, where assignments took him, and his family, to Australia and Mexico. Carter retired from Ford after 30 years of service and spent another eight years working with an English entrepreneurial firm and as an independent consultant. In 1942 he married Ruth Bauersfeld and began his family of five chil-dren-Lucy (Scott) Wilson, "Bo" Bowen, Anne May, Betsi Thompson, and Lynn (David) Skornia-and four grandchildren-Tiffany Brooke, Jeffrey and Jonathan Thompson, and Katelyn Skornia. He was especially proud of the accomplishments of all his children; and they believe the val-ues and work ethic he conveyed to them continue to enrich their lives. Always modest about his achievements, Carter served on the Board of Directors of Ford Motor Company of Australia Ltd, was a charter member of St Andrew Lutheran Church, played an active role in developing the retirement community Maple /illage, and was a founding mem ber of the Birmingham Athletic Club. He passed away peacefully two weeks short of his 91st birthday. A memorial service will be held Sunday, March 11 at St. Andrew's, 6255 Telegraph Rd., Bloomfield Hills. Memorial tributes may be made to the Church or the Alzheimer's Association.



EMIG RALPH

91, of South Lyon, passed away peacefully on March 7, 2012. Ralph is survived by his loving wife of 65 years, Dorothy, and his five children: Tom (Diane) Emig. Nancy (Phil) LaDuke, Mary (Don) Nelson, Joyce (Mike) Areddy, and Paul (Angie) Emig. He was also the proud grandpa of 13 grandchildren and 9 greatgrandchildren. Ralph taught math and engineering at Lawrence Tech University for 10 years before going on to become a respected automotive engineer at GM for more than 30 years. He was an avid tennis player, and he loved spending his summer days at their cottage in Stoney Point, Ontario. He was always the happiest when surrounded by his family. He will be lovingly remembered by all who knew him for his gentle spirit, his humble disposition, his endless patience, and his huge heart. Visitation for Mr. Emig will be held on March 11, Sunday, 2-6pm with a rosary prayed at 5pm at PHILLIPS FUNERAL HOME, 122 West Lake Street, South Lyon. A funeral mass will be held on Monday, March 12, at 11:00 a.m. at St. Joseph Catholic Church, 830 S. Lafayette, South Lyon. Online guestbook www.phillipsfuneral.com



FRANK, GENE N.

Age 67. Beloved husband of Kathy. Dear father of Adam and Matthew. Dear brother of Gay Bennett and the late Roland E. Visitation Thursday 10:00 am until 11:30 am Funeral Service at Charles R. Step Funeral Home, 18425 Beech Daly (Between 6 & Mile). Interment Great Lakes National Cemetery. Contributions to Botsford Cancer Center appreciated.

KING, RALPH J.

3, 2012 age 71 March Plymouth. Beloved husband of Alice. Dear father of Pauline "Wendy" & Howard. Brother of Leslie (Glenna) & Collen Richards. Memorial Service Thursday 3 pm at the Uht Funeral Home 35400 Glenwood Rd., Westland, MI. Family will receive friends Thursday 12-3 pm. Family requests memorials to the Michigan Humane Society. Please visit and sign a tribute at www.uhtfh.com



NICHOLLS, MARY HARRIETT LEGGETT

Died March 6th in Vero Beach, Florida. She was born Oct. 8, 1912 in Charleston, Mississippi. Graduated from Memphis Tech in Memphis, Tennessee. She moved to Detroit for employment and met her husband, Samuel Harvey Nicholls, born in London, Ontario, Canada. He preceded her in death on Jan. 24, 1963 four days before their 25th wedding anniversary. Her parents were Charles W. Leggett and Mary Harriett "Hattie" Carter Leggett. She was the sister of Carter and Wyatt Leggett, Barbara Forbes and Frances "Bitsy" Miller, all deceased. She is survived by her two beloved children and their spouses; James W. (Debbi) Nicholls and Suzanne (Douglas) Cote' Gault. Grandmother of Robert (Kristin) Cote', Scott Cote', James (Cindy) Cote', the late Rick (Denise) Cote', 2 step grandchildren and their families. Great-grandmother of Michael, Jessica, Lauren, Nicholas, 4 step great-grandchildren and their families. Aunt of Barbara Forbes Crole, Lawrence Forbes, Donald Leggett and their families. She was dearly loved by all her family and friends. Mary worked for J.L. Hudsons Dept. Store for many years. She also enjoyed working in Suzanne's flower shop, Johnsons Flower World Florist, during the holiday seasons. Her interests included travel, playing her organ, genealogy, and recording her music and photography. She traveled extensive-ly throughout the U.S. and Europe. She moved to Florida from Michigan in 1984 to be near her children. She loved the Lord belonged to First United and Methodist Church of Vero Beach, and formerly the First United Methodist Church of Farmington. Funeral services will be held at 2 p.m. Wednesday, March 14th at Thayer-Rock Funeral Home, 33603 Grand River Ave. (1 blk. W. of Farmington Rd.), Downtown Farmington. Visitation will be from 12 noon until 2 p.m. service. Burial will follow at Glen Eden Memorial Park in Livonia. Memorials are suggested to the American, Heart Association or the American Cancer Society. www.thayer-rock.com



Suddenly March 2, 2012. Age 85 of Beverly Hills. Former Notre Dame Football Star, Detroit Lion, Chicago Cardinal and Past President and founding member of the NFL Alumni Association. He was born in Morristown, New Jersey to Italian immigrant parents where he was the first person to be named All-State on the Morristown High School football team. After a year on scholarship at Cheshire Academy College Prep school in Connecticut where he won the "Mr. Cheshire" award for Athlete, Scholar & Gentleman, he received a scholarship to attend Notre Dame. He played on the 1946 & 1947 National 1946 & 1947 National Championship teams at fullback/ linebacker positions, winning the starting spot on the '47 & unde-feated 1948 team . In 1948 he averaged 7.5 vards per correction averaged 7.5 yards per carry his Senior Year, and was listed with Emil Sitko in Blue & Gold Illustrated's "Top 10 Notre Dame running Duo's" of all time. Sports Illustrated's Paul Zimmerman argued that those 1946 and 1947 Notre Dame teams in those highly competitive post war years should be considered the two best college football teams ever fielded. Panelli earned the Coffman award for Most Valuable Player in the East-West All-Star Classis in 1949 before becoming a first round draft choice for the Detroit Lions in 1949. John Played for the Lions as defensive linebacker in '49 & '50, then spent the following 3 years with the Chicago Cardinals. He was inducted into the Willie Heston Michigan Sports Hall of Fame in 1968, The Italian American Hall of Fame in 1995 and was awarded the "Unsung Heroes" Award by the All-American Football Foundation in 1997. He left the NFL to start J.R. Panelli Equipment Company, a construction equipment dealer-ship in Southfield ,Michigan , but stayed active in football as President of the Detroit Lions Alumni Association, and was a founding member and President of the National Football League Alumni Association. The NFL Alumni Association worked with NFL franchise owners to create a fund for pre -1960's players who were not pensioned, many of who were in financial difficulty. He was active in Notre Dame clubs serving as President of the Notre Dame Monogram Club, President of the Notre Dame Club of Detroit and was awarded the Notre Dame Club of Detroit's "Man of the Year" award. Golf was a major passion for John who was past president of the Birmingham Country Club and who, with his partner Bud Stevens, won the BCC invitational golf tournament an unprecedented 10 times. He was active in celebrity Golf Tournament fundraisers including the NFL Alumni's "Super Bowl of Golf", and was active with the Saint Lewis Center - a charity for children and adults with physical and developmental disabilities. Those wishing to make a commemorative donation can do so at www.stlouiscenter.org or mail to The Saint Louis Center, 16195 Old U.S. 12, Chelsea, MI 48118. He is survived by his loving wife of 62 years Margaret, his children John, Andrew (Patricia), Peter and Velma Krupnik (Steve), and his sisters Angelina Lombardo and Anna Brockman, and grandchil-dren Amanda Maurizi, and Juliana, John and Angelina Panelli. A Funeral Mass was held Saturday at Our Lady Queen of Martyrs Church, Beverly Hills. A.J. Desmond & Sons 248-549-0500.

Annual dinner benefits scholarships

Schoolcraft College's annual Spaghetti Dinner and Wine Glow is set for Tuesday, March 20, in the DiPonio Room of the VisTaTech Center on campus, located on Haggerty, between Six Mile and Seven Mile in Livonia.

The Wine Glow will start at 5:30 p.m., followed by dinner at 6:30 p.m. and a brief program at 7:30 p.m. The Schoolcraft College Synthesizer Ensemble will perform throughout the evening and there will be a 50/50 raffle drawing.

Tickets are \$35 per person (\$18 is tax deductible). Tables of eight are available for \$210, saving \$70 – the cost of two tickets. Sponsorship levels range from \$50-\$1,250. Sponsorships offer a variety of benefits including recognition in the event program and in a special digital presentation, complimentary tickets to an upcoming luncheon event, or the opportunity to introduce a student beneficiary at the event.

The Schoolcraft College Transition Center and Advisorv Board sponsors the annual Spaghetti Dinner and Wine Glow. The Transition Center incorporates the services of the Women's Resource Center, Adult Student Services, Family Resources and Student Engagement Programs. Proceeds from the event benefit scholarships for students and the Transitions Center.

For more information call (734) 462-4443 or visit www.schoolcraft.edu/transition.

Firm promotes Rouge River work

Shoppers can fish for cosmetic and skin care samples from a Rouge River display at a special party honoring the Friends of the Rouge, 1-7 p.m. Saturday, March 31 at the LUSH Cosmetics store at 12 Oaks Mall in Novi.

The costmetics company chose Friends of the Rouge, a nonprofit organization dedicated to promoting the restoration and stewardship of the Rouge River, as a featured charity in its Charity Pot Program.

Since introducing the Charity Pot program in October 2007, LUSH has donated \$2.4 million dollars to charity with 156 organizations worldLUSH is committed to supporting small, grassroots charities and projects working on behalf of the environment and conservation, animal protection, and for human rights.

Friends of the Rouge staff will be on hand at the party to talk about the ways that the public can protect the river. The LUSH staff also will offer foot treatments.

As a partner in the Charity Pot Program, Friends of the Rouge will be featured on pots of lotion that will be available for purchase throughout the year. Proceeds from the sales of the charity pots are donated to the participat-



MAX E.

Resident of Lawrence-Ville, Georgia for the past 20 years passed away on Tuesday, March 6, 2012. Mr. Butler was preceded in death by his wife of 65 years, Lois Butler. He is survived by his children, Douglas Butler, Angela Butler, Virginia Rumberger and her hus-band Dale, Marcia Evans and her husband Mitch. He is also survived by seven grandchildren and 14 great-grandchildren. Max Butler grew up in Mercer County. Ohio and was the youngest of four sons raised by the widowed, Mrs. Anna Butler. He graduated from Rockford High School in 1939 where he lettered playing left tackle on the varsity football team. As a WWII veteran, Mr. Butler served in the United States Navy from Nov1942 until Dec1945 and achieved the rank of 1st Class Petty Officer, rated as Aviation Electronics Technician. After military service he worked at Frigidaire/GM designing and making circuit panel schematics for heavy production equipment. At one point he was president of the American Welding Society. He helped integrate and refine resistance welding while in senior plant management with Ford Motor in Hapeville, GA. He retired from Ford Motor while living in Plymouth, MI. He came out of retirement for a couple of years to help set up welding lines for a new Nissan plant in Murfreesboro, TN But he will be best remembered by and held in high esteem by his children as a dedicated, supportive and trusted father who always put the well being of his family first. Funeral services will be held on Saturday, March 10, 2012 at 11:00 am, at Wages & Sons Gwinnett. Chapel, 1031 Lawrenceville Hwy. GA 30046. 770-277-4550. The family will receive friends one hour prior to service. Online condolences may be expressed at www.wagesandsons.com

passed away March 4, 2012. Arrangements by: Thayer-Rock Funeral Home, Farmington

MILLER, ROBERT H.

Age 86, of Farmington Hills, Ml,

MOUSA. -SHAWKY JAMIL

Age 80, March 4, 2012. Loving husband of 60 years of Jannette. Beloved father of Noel (David) Bawulski, Patricia Mousa, Sharon Keepers, Elizabeth (Joe) (Thomas) Beter and Michelle (Ann) Mousa. Grandfather of Dylan, Erin, Shannon, Elise, Jameel, Joseph, Benjamin, Elliot, Lauren, Alexander, Tara, Aimee and Rocky and great grandfather of Olivia and Maxwell. He is also survived by his sisters Viola Sackleh and Afaf (Fuad) Foteh. Visitation Tuesday 6-8pm until his Trisagion at 8pm and Wednesday 9am until his funeral service at 10am at the Antiochian Basilica of St. Mary Orthodox Christian 18100 Merriman, Church, Michigan Livonia, 48152. Memorials may be made to the Church Building Fund in his honor. Please visit: www.harryjwillfuneralhome.com

SMITH, **THADEUS (Ted)**

Long-time resident of Plymouth, died at the age of 92, on March 3, 2012 at his home in Sebring, Ohio. His wife (Grace , Smith) preceded him in Fisher death in 2005. He is survived by son, Lary Smith of Montana, daughters Doris Cook of DeWitt, Ml and Mary Jane Sober of Ohio Surviving siblings are Ed Smith of Plymouth and Dorothy Smith Archer of Maryland. There are numerous nieces and nephews who will miss this kind and caring uncle. Ted was born in GR and moved to Plymouth at an early age. He attended Plymouth schools and was well known and respected throughout the commu-nity. He served in the U.S Marines & Merchant Marines during the war years and was deployed to all war theaters. One of his ships (the Horace Bushnell) was torpedoed and sunk near Murmansk, Russia on one the most dangerous assignments of the war, delivering supplies to ally Russia. The surviving seamen received special commendations from the Russian government for this mission. He was also a veteran of service with the U.S Army after the war. Ted will be missed by all!

May peace be with you in this time of sorrow.



STARR, CHARLES

AUGUSTINE

96, of Elk Rapids, passed away peacefully on Sunday, Mar 4, 2012 at Grand Traverse Pavilions, surrounded by family and loved ones. Charlie was born December 4, 1915, the son of John and Anna (Kramer) Starr. Charlie grew up in the Philadelphia area and moved to Livonia in 1969. He was a longtime member of St Collette's Catholic Church in Livonia where he served as a Eucharistic minister, lector and sacristan. Charlie moved to Elk Rapids in 2004 and was a member of Sacred Heart Catholic Church in Elk Rapids. Charlie is survived by his wife of almost 65 years, Anne (McCabe) Starr; 5 children, Charles Jr.(Julie) of Surprise, AZ, John (Debra) of Bolivia NC, Thomas (Judy) of Novi, MI. Robert (Marti) of Northville MI and Anne Starr of Williamsburg, MI; 12 grandchildren; and 1 great granddaughter. Preceding Charlie in death is one grandson, and siblings, John, Margaret and Priscilla. Visitation will be held at Sacred Heart Roman Catholic Church on Thursday, March 8 from 6 to 7 PM with a Vigil for the Deceased at 7PM. A Mass from the Order of Christian Funerals will be held at Sacred Heart Roman Catholic Church on Friday, March 9 at 11am, with Rev. Robert J. Zuchowski officiating. Burial will take place in the spring at Sacred Heart Catholic Cemetery. In lieu of flowers memorial contributions may be made to Sacred Heart Roman Catholic Church, 143 Charles St, Elk Rapids, MI 49629 Please share your condolences at www.CovellElkRapids.com

Arrangements have been entrusted to Covell Funeral Home in Elk Rapids.

View obituary & share memories: www.DesmondFuneralHome.com



Age 77, March 4, 2012, of Garden City, MI. Beloved husband of Doris. Loving father of Kimberly (Ed) Bailey, Kelly (Tom) Mar, Kari (Mike) Hinken, & Kristie (Rich) McLaughlin. Dear grandfather of Christopher, Rachel, Josh, Amy, Scott, Sean, Bradley, Ryan and Nathan. Great-grandfather of Julianna and Aria. Memorial Gathering Thursday 5 pm, until time of Service at 7 pm at R.G. & G.R. Harris Funeral Home, 31551 Ford Rd., Garden City. Please sign the on-line guestbook at: www.rggrharris.com

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ing charities.

RELIGION CALENDAR

Send items for the religion calendar to Sharon Dargay at sdargay@hometownlife.com. Photos must be in jpg format, attached to the e-mail.

March

BETHANY

Time/Date: 8 p.m. to midnight, Saturday, March 31 Location: Don Hubert VFW Hall, 27345 Schoolcraft, east of Inkster Road, Redford Details: Bethany Together Dance. Admission is \$12. Wear "proper" attire

Contact: Loretta from Bethany East at (586) 264-0284

BIBLE READING CAM-PAIGN

Time/Date: 11 a.m., Sundays; began March 4

Location: Livonia Church of Christ, 15431 Merriman, in Livonia Details: The Story is a unique way to read the narrative portions of the Bible in chronological order in 31 weeks. Consisting of 31 chapters of carefully-selected scriptures sequenced in chronological order, The Story presents the word of God in an engaging format, reading like a novel

Contact: (734) 427-8743

BIBLE TALK

Time/Date: 4 p.m. Sunday, March 11, 18 and 25 Location: Plymouth VFW

Hall, 1426 Mill, Plymouth Details: These one-hour meetings will emphasize the life and teachings of Jesus Christ. No collections will be taken. Matthew Jensen and Jason McInally are the ministers leading the sessions

Contact: (515) 851-2939

BOWL-O-RAMA

Time/Date: Noon to 12:30 p.m. check-in, with bowling from 1-4 p.m. March 17

Location: Oak Lanes, 1230 Middlebelt, between Joy and Ann Arbor Trail, Livonia

Details: Fundraiser for Mt. Hope Congregational Church's youth aroup mission this summer to Pittsburgh, Pa. The trip costs \$223 per participant, in addition to transportation costs. The fundraiser will include three games of bowling, shoes, pizza and pop, along with a raffle ticket entry. Cost is \$20 for bowlers, 11 and older; \$15 for children under 10. Bumper bowling will be available. 50/50 raffle tickets also will be available. Register by March 10

Contact: Kathy at (734) 261-4202 or Mt. Hope at (734) 425-7280

BREAKFAST

Time/Date: 8:30 a.m. to 12:30 p.m., Sunday, March 18 Location: St. Theodore Social Hall, 8200 N. Wayne Road, Westland

Details: Pancakes, French toast, ham, sausage, scrambled eggs, applesauce, coffee, tea, juice, milk; \$3 for adults and \$1.50 for children, 2-10. Sponsored by St. Theodore Men's Club

Contact: (734) 425-4421

CLOTHING BANK

Time/Date: 5-6:30 p.m. Wednesday, March 14 and 10 a.m.-1 p.m. Saturday, March 24

Location: Canton Christian Fellowship Clothing Bank, 41920 Joy Road, between Lilley and Haggerty, Canton Details: Free clothing and shoes given to anyone in

need Contact: (734) 927-6686 or (734) 404-2480

CONCERT

Time/Date: 7:30 p.m. Sunday, March 18.

Location: St. John Lutheran Church, 23225 Gill, Farmington Hills

Details: Detroit Lutheran Singers; tickets are \$10 general admission, \$7 for students and seniors, children under 12 are free. Tickets available online or at the door

B9.(* SUNDAY, MARCH 11, 2012 **OBSERVER & ECCENTRIC** HOMETOWNLIFE.COM

Celebrate St. Patrick's Day with healthy greens

Thoughts of traditional St. Pat's fare doesn't always conjure up the healthiest of choices. From salty corned beef to sugary scones and cookies to excessive amounts of green beer, this holiday can wreak havoc on a healthy diet. The American Heart Association is offering a few tips to keep your celebrations heart-healthy this year.

"It can be really tempting to over-indulge on St. Patrick's Day, but your body will thank you for celebrating in moderation," says Cindy Conroy, a registered, licensed dietitian. "I advise my clients to add green to their meals in ways that are healthy, yet still fun and festive."

Here are a few things you can to do put your heart first this St. Patrick's Day:

• Get your green on. Add dark green vegetables to each meal for a boost of vitamins and fiber to help you feel full and energized. Try a spinach and egg white omelet at breakfast, a raw cabbage salad for lunch, and a hearty helping of baked kale chips with your fish for dinner. The American Heart Association recommends you eat at least 4.5 servings of vegetables each day. With green being the theme for St. Patrick's Day, March 17, this week is the perfect time to start.

 Stay away from the salt. Traditional treats like corned beef, shepherds' pie and thick stews can contain hidden salts far above and beyond the daily limits recommended by the association. "Try making your own versions of these heartier fares and substituting spices and herbs to add flavor instead of blood pressure-ris-ing salts," Conroy says. • If alcohol will play a role



HEALTH

intake to one drink. With increased intake of alcohol, there are increased health dangers including high blood . pressure, obesity and stroke.

• Butt out. Taverns are smoke-free, but you'll likely see many a-typical smokers outside on St. Patrick's Day. Even if you "only smoke when you drink," it's enough to increase your risk for heart disease and stroke.

• Running of the green. Get active this St. Patrick's Day with a walk around the neighborhood, quick run at the gym. or family game of basketball. You'll enjoy our warming weather and reduce your risk for cardiovascular diseases. Research has shown that for every hour of vigorous exercise, life expectancy increases by two hours.

how you can keep your heart healthy year-round, visit www.MyLifeCheck.org. Put a little healthy "green" on your dinner plate this week: **Fruited Cabbage Salad**

1/2 medium head cabbage, shredded 2 medium bananas, sliced 1/2 cup fat free mayonnaise-type salad dressing 1 tablespoon sugar 3 tablespoons skim milk

Combine dressing, sugar and milk. Pour over cabbage and stir. Chill. Just before serving, slice bananas and stir into cabbage.

Serves 8. Nutrition content per serving: 60 calorięs, 1 gm fat, 1 gm protein, 14 gm carbohydrate, 134 mg sodium, and 2 gm fiber. Provides 35 percent recommended daily value of Vitamin C.

Move, breathe, do a good deed

(313) 222-8833

SHARON DARGAY, EDITOR

SDARGAY@HOMETOWNLIFE.COM

FACEBOOK: HOMETOWNLIFE.COM

Stress affects everyone at some time, but the key is to recognize it and learn how to stay balanced.

"Often, we don't realize that we are locked into a stress response that results in higher levels of stress hormones, increasing blood pressure, muscle tension, headaches and back pain," said Dr. Steven Thiry, a physician with IHA, a group practice with offices in Canton, Plymouth and Ann Arbor. "Stress can definitely affect a person's mood."



family medicine, offers practical tips for how to help reduce stress: Move to help balance out the stress response in the body. The movement can be as simple as walking indoors or

Thiry, who has more than 25 years in

outdoors. During the winter, if it's safe and sidewalks aren't icy, get engaged in your neighborhood and breathe a little freshair. "All kinds of movement are good

options such as dancing, taking an exercise class, going for a swim, or riding a bike, if weather permits," Thiry said. "Before beginning any exercise program, consider discussing it with your health provider."

· Consider diet, which can have an impact on the effects of stress. Try to eliminate unhealthy food habits and eat a balance of fruits and vegetables. Try eating in a quiet and undistracted way. After eating, notice the effects of what you ate on how you feel.

• Be aware of how you are feeling.

"I encourage people to take five minutes twice a day, sit quietly and turn off stimulation from the radio, television, telephone or computer," Thiry said. "People can let the focus turn softly to something like their breath, a classic way to practice meditating."

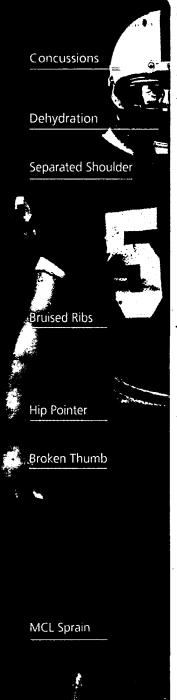
Practice sitting quietly and breathe softly.

"I teach people in the office to breathe like a child would breathe with a soft belly," Thiry says. "It really releases a lot of tension in the body and as I'm fond of saying, 'As goes the breath, so goes the body and the mind.' If you can relax your breath, your body will relax and often you can slowly learn to let your mind just float along a little bit so you're not being dragged along by your thoughts."

• Altruism is helpful for stress management. Thiry recommends "reaching out, being kind" and helping others. Such positive actions can help lower stress hormones.

• Stay connected to others. "Many people are some. what isolated socially or a lot of their interactions are online. They are connecting, but may not experience warmth, support and friendship. We need each other." For more information about Thiry or IHA, visit www. ihacares.com.

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Observer & Eccentric | Sunday, March 11, 2012







23 city / 33 highway MPG²





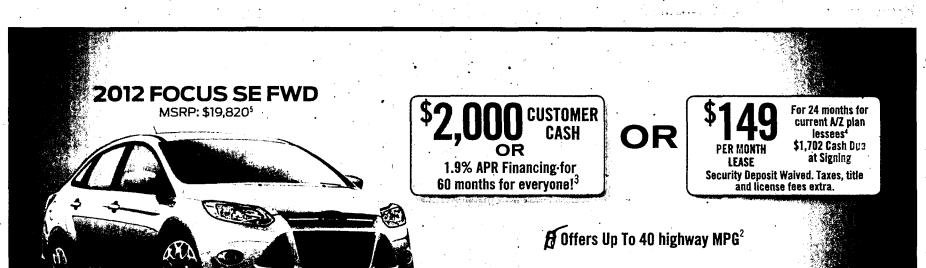
🛛 🔏 18 city / 28 highway MPG²

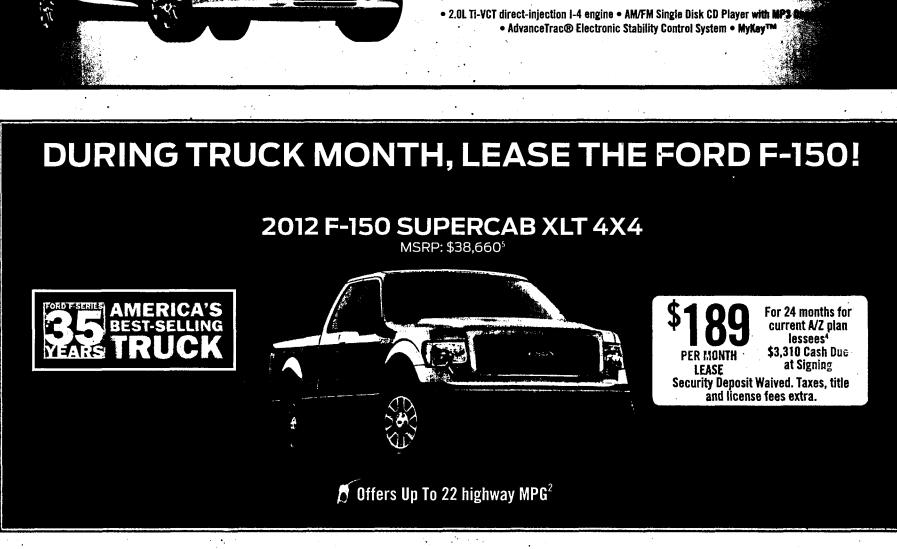




20 city / 27 highway MPG²

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