

WAYNE-WESTLAND OBSERVER

A GANNETT COMPANY

SUNDAY, MARCH 30, 2014 • hometownlife.com



**SUGAR RAY
LEONARD'S
FITNESS TIPS**

Wayne library reducing hours of operation

By LeAnne Rogers
Staff Writer

Effective Tuesday, the Wayne Library will be reducing its hours of operation to 31 hours a week — down from the current 35 hours and a high of 58 hours a few years ago.

"We are trying to live on our 1 mill which has been reduced to \$360,000," Wayne Library Director Paulette

Medvecky said. "We will do our best to offer the best services possible to our patrons."

The new library hours will be noon to 8 p.m. Tuesday and Wednesday; noon to 5 p.m. Thursday, Friday and Saturday; and closed Sunday and Monday.

Facing the funding reduction due to the severe drop in Wayne property values — 44 percent in the last five years — the library also loses sup-

plemental funding that used to come from the Downtown Development Authority and the city's general fund.

Other cuts

Other budgets cuts include no funding for new adult or children's books, CDs or DVDs, as well as cuts in professional services, contract services, community promotion and the current cleaning service.

"This is the financial situation. We're having a hard time believing it ourselves," Wayne Library President Ed Marman said. "We're trying to stay alive. We will try to run as much of our programs as possible. It will affect the public. It has been affecting the public."

Library Board president since the late 1980s, Marman said it was interesting to note the library budget was

\$340,000 in 1994-95.

"That's only \$20,000 less than next year (2014-15). That was 20 years ago," Marman said. "We have nothing else to cut."

In another change, Medvecky will retire as full-time director when the fiscal year ends June 30. After a month off, she will return as a part-time co-director.

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Haidous says Wayne will weather current financial storm

By LeAnne Rogers
Staff Writer

Speaking as part of a State of the City luncheon, Wayne Mayor Al Haidous commented that the city's current situation could be looked at as a glass half full or glass half empty.

"This State of the City is different than any other due to the economy," Haidous said. "The glass is half full in my opinion. In the City of Wayne, we have a problem with our taxable value. We are seeing positive growth and investment."

Haidous spoke at a luncheon hosted by the Wayne Chamber of Commerce at the Woodlands of Van Buren.

The city has already requested assistance from the state Office of Fiscal Responsibility, a precursor to requesting an emergency financial manager. Over \$1 million needs to be cut from the current fiscal year budget to avoid a deficit, a shortfall projected to exceed \$3 million in 2014-15.

"Can we balance the budget? Yes, we can. We might have to come to the community to support the administration and elected officials to make the hard decisions," Haidous said.

'Try to hold on'

Due to crashing property values, Wayne's taxable values dropped 44 percent from 2008 to 2013, Haidous noted. That resulted in the city's general fund revenues decreasing from \$22 million to the current \$14 million.

"We will try to hold on. If we work together, we can do it. We need a safe and clean city with a good school system," Haidous said. "If we don't have

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Tyson (Thomas Cargle, wearing red) and his friends Orchid (Joanna Basco) and Petunia (Ryenne Hamill) nearly tangle with Geo (Steve Goldberg), Brenda (Summer Warren), Dempsey (Korey Corona) and Allie (Morgan Gratwick). BILL BRESLER | STAFF PHOTOGRAPHER

GLENN THESPIANS STAGE 'TOTALLY AWESOME '80S'

By Sue Mason
Staff Writer

SHOW TIME

What: *Totally Awesome '80s*, a tribute to the 1980s — with nods to iconic '80s teen movies like *Sixteen Candles* and *Pretty in Pink* and celebrities and a score that captures the hit sounds of the decade.

When: 7 p.m. Thursday through Saturday, April 3-5

Where: The auditorium at John Glenn High School, 36105 Marquette, west of Wayne Road, Westland

Cost: Tickets are \$8 for students and \$10 for adults, are available at the door

John Hughes had a lock on teen films in the 1980s, producing hits such as *The Breakfast Club*, *Ferris Bueller's Day Off* and *Pretty in Pink*.

Those films and the musical spirit of that era have been blended into *Totally Awesome '80s*, a musical being presented Thursday through Saturday, April 3-5, at John Glenn High School.

"Fourteen films are referenced in the play," director Kevin Gidley said. "It could be a plot line. A huge part of the plot is based on *Sixteen Candles*."

There are three subplots going on in it. All of the original music is based on songs of the period. You hear a song and a part of it you think, "What song was that?"

The students began rehearsing in February and have preparing for opening night four days a week. School closings due to winter weather have had an impact and the cast is working hard to be prepared for when the curtain opens, Gidley said. That starts with a matinee performance Wednesday for senior citizens and students in the

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W-W revises calendar to make up snow days

By Sue Mason
Staff Writer

Wayne-Westland students will have their Memorial Day weekend shortened and their summer vacation delayed by one day in order to make up for two extra snow days this school year.

A full day of instruction is planned for Friday, May 23, and a half day Friday, June 13. The changes will not affect seniors, whose school year will end Thursday, May 22.

"We worked in collaboration with the teachers association in working this out," district Superintendent Greg Baracy said. "The district is required to make up two of the days we lost this school year due to inclement weather. The two days are the best situation for the instructional program."

The state of Michigan requires schools to provide at least 170 days and 1,098 hours of instruction per school year. State rules forgive the first six days off, but any days off after

that are supposed to be made up.

Wayne-Westland was among many school districts that exceeded the six days allowed due to severe weather. A majority of the days were in January, when the state was hit with a series of polar vortexes, dropping temperatures well below zero and the wind-chill values below minus-20 degrees.

The revised school calendar includes full days of instruction May 23 and June 10 and

half days June 11-13.

Baracy added that the reaction from parents has been positive.

"We didn't want to extend the school year into summer vacation and we didn't want to use spring break," Baracy said. "Many of our parents and employees make plans for spring break and it would have been a hardship for them."

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Wayne Mayor Al Haidous giving his State of the City speech before the Wayne Chamber of Commerce.



PRICE: \$1

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Volume 49 • Number 90

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Wayne-Westland Schools Superintendent Greg Baracy (left, foreground) talks with Wayne Mayor Al Haidous during the State of the City luncheon hosted by the Wayne Chamber of Commerce.

WAYNE

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those items, people will not want to buy homes here. The council is working very hard with the staff and Finance Department."

A millage proposal to fund police and fire pensions independent from the general fund failed in November, Haidous said, although council is looking at a second millage request.

The council recently voted to close more than half the Wayne Community Center, which loses close to \$1 million annually, he said.

"How do you cut \$3 million from the budget without hurting services? The millage failed the first time," Haidous said. "We need to decrease our expenditures."

With spending at \$5 million for police and \$2.7 million for fire, Haidous reiterated his view that even severe cuts to shrink services were better than eliminating programs completely.

"The community center is a jewel in Wayne. It's used more than any other service. I hate to lose parks and recreation," Haidous said. "We are looking at options. Maybe we can contract the community center (operations) at no cost to the city. We need to keep the doors open."

The good things happening in Wayne include a number of site plans for new or renovated businesses, expansions at Ford Motor Company and American Jetway, Haidous said.

Successes in 2013

Community Development Director Mathew Mulholland recounted highlights and successes from the past year, such as the Rouge-a-Palooka event, the



Wayne Community Development Director Mathew Mulholland.

Wayne Rotary-sponsored Lighted Christmas Parade and the Wayne Ripple Effect's success getting Wayne a Main Street select level designation.

"This is a time when city resources are diminishing. It's a time we need partnerships," Mulholland said.

City Clerk/Planning Director Matthew Miller talked about the number of site plans and renovated commercial space in the city, noting the changes made to help streamline the planning process for businesses.

"We've had 21 new businesses go through site plan lite in the past year. The buildings open in shorter amounts of time," said Miller, who also talked about implementation of the Master Plan and a blight ordinance.

The State Wayne Theater was the focus of comments by Wayne Economic Development Director Peter McInerney. The theater, owned by the city for over 20 years, has been operated by the Phoenix Group for over a year but with a \$100,000 subsidy from the city.

"At this stage, both parties are in negotiations to see if we can sell Phoenix the property," McInerney said. "We all need to support the theater."

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Allie (Morgan Gratwick) discovers that Mrs. Keating will be fired and rallies the students, including Dempsey (Korey Corona) and Brenda (Summer Warren) to start a petition to protest the firing. PHOTOS BY BILL BRESLER | STAFF PHOTOGRAPHER

MUSICAL

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Wayne-Westland's Talented and Gifted Program.

The show has 23 students in the cast and eight students in the chorus. The size has Gidley commenting that "we went big on this one." Joining Gidley as director is Belinda Walakonis Semak, who has been a part of plays at John Glenn for more than a decade.

The challenge was coming together on what the 1980s represented.

"That was the hardest, because we have our own ideas of what the '80s were," Semak said. "Once we were able to agree on what it was, we were able to move forward. It was a matter of finding our groove. Once we found it, everything else worked."

Helping out

The production also has three main assistant directors, three trainees, a choreographer and an alumni director. Almost all choreography has been done by students, including Olivia Junk.

"A couple of our alumni have come back, but Olivia has taken on the lion's share of choreography," Gidley said.

The student directors are also facing challenges. With so many people handling the production, they've had to work hard to get their point of view heard.

"I try to lead a lot by example and in giving directions," said senior Abbey Orzech, who also appears in the show as Stephanie, "the very typical high school mean girl, like Regina George of the '80s. The hardest part is the num-



Mrs. Keating (Asha Smith) teaches the class, including students Blane (Aaron Blanchard), Tiffany (Abbey Orzech), and Geo (Steve Goldberg).

ber of directors. We're all trying to have input and voice our opinions."

This is Orzech's final production. She's been involved in plays for her entire four years at Glenn. Freshman year she was in crew, but switched to the cast her sophomore year. She still goes back to help on crew.

Asha Smith is a junior and plays Mrs. Keating. Her love affair with theater started in eighth grade when she went on a field trip to see *Grease*. She thought it was the "coolest thing."

"I joined my freshman year here and this is what I've wanted to do," she said. "It's something I can use as an outlet to express myself. I really, really love doing this."

And that was the message she sent Gidley in her essay seeking the directorship. She told him that theater is something she is very passionate about.

"I like to be able to have input. I like to see the final product and say, 'Hey, I had something to do with that,'" she said.

What she wanted to do

Junior Morgan Gratwick is the third student director. Like Smith and Orzech, directing is something she wanted to do.

"Theater is a huge part of my life," she said. "I've been in the cast of three plays and I play Allie in this. She's one of the more important characters and has the most lines — 146. Of course, I already have them memorized. I have a really good memory. I read something and it sticks."

When she gets a break, she'll sit down and watch what's going on, even backstage. If someone is having a hard time, she makes sure to let them know they're "doing a great job."

"We moved here from Florida and I was scared to leave my drama, but I love it here," she said. "This is the best environment and the best group of people to work with."

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LIBRARY

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One full-time employee

"We are advertising for a part-time co-director. They would need a

master's in library science," said Medvecky, who became library director in 2006 after serving as children's librarian since the current library opened in 1996. "It would be mentoring for someone who is interested in becoming a library director."

The only remaining full-time library employee with be IT person John MacDonald. There some 16 part-time employees working as little as two hours a week and none more than 24 hours.

Wayne is working to reduce a more than \$1 million deficit in the current fiscal year and is

facing a \$3 million deficit the following year. The council recently approved closing more than half the Wayne Community Center, including the ice arena, as part of cost cutting.

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OBSERVER NEWSPAPERS

Published Sunday and Thursday by Observer & Eccentric Media
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Proposed sale of GC Hospital draws support

By Sue Mason
Staff Writer

One by one, state, county and local officials, employees, retirees and residents told the Michigan Attorney General's Office Hospital Sale Review Team what they thought about the proposed sale of Garden City Hospital to Prime Healthcare Services.

And their message was clearly unanimous support for the deal. "We want Prime Healthcare, we need Prime Healthcare to keep the doors open," said Ruth Merrick who is two weeks shy of 42 years with the hospital. "It all comes down to family. This is my second home, this is everybody's second home."

"Garden City is intimately woven into the fabric of this community," Dr. Sheryl Parks said. "This will allow the hospital to continue in the tradition of providing critical services and reinforce it as a hospital of choice. This association with Prime Healthcare will allow Garden City Hospital to continue to provide needed services to the community."

The four-member committee, chaired by Chief Deputy Attorney General Carol Issacs, held the public forum at Garden City High School's O'Leary Auditorium Wednesday. More than 100 people were present to hear presentations by Garden City Hospital CEO Gary Ley and Prime Healthcare representatives.

The proposed sale of the hospital was announced Jan. 30. It requires the approval of the attorney general because the sale to Ontario, Calif.-based Prime Healthcare is worth \$80 million and shifts Garden City Hospital from a nonprofit to a for-profit facility.



Self-described community activist Susan McGraw is in favor of the Prime Health Care acquisition. "The hospital is invested in this community and the community is invested in the hospital," she said. BILL BRESLER | STAFF PHOTOGRAPHER

"Our motto is to save hospitals, save jobs and save lives," said Troy Schell, general counsel for Prime Healthcare. "Prime is committed to providing \$35 million in capital. We want to make the hospital better than it is now. We want to make it a place where people want to go and be treated."

'Most beneficial'

According to Ley, the hospital board looked at 22 potential partners and was involved in the "fairly intense discussions." Prime seemed to be the most beneficial for the hospital and the community.

"They had an understanding of what is a community hospital," Ley said. "We believe this will be good for the community."

Among those speaking were Garden City Manager/Police Chief Robert Muery, who said he immediately jumped on Google to find out more about Prime. He saw positives and negatives

and saw that it's very first acquisition, a hospital in California "is still there and a top achiever for seven of the past 11 years."

"I've been a patient at this hospital since I was 11 years old, I love this hospital," he said. "This is the crown jewel of the city of Garden City. I'm in support of this."

"You can't miss the importance of a community hospital," said State Rep. David Knezek whose House district includes Garden City. "There's a sense of community. The worst case scenario is that hospital goes under and 1,200 people are looking for jobs. This sale puts the hospital on the tax rolls. That's income for Garden City, that's income for the State School Aid Fund."

Hospital retiree Norah Fix used her last name to say what will happen to the hospital with its sale to Prime. It will get fixed.

"Garden City Hospital has been an integral part



Steve Solomon, the hospital's vice-president for Human Resources, speaks in favor of the sale. Waiting to speak is Dr. Sheryl Parks, an OB/GYN, who also supports the sale. BILL BRESLER | STAFF PHOTOGRAPHER

of my life," she said. "My four children were born there, my husband worked there. My daughter works there. It's really reassuring to know I can go somewhere close by and be cared for by someone who loves to care for people."

Westland Planning Director Bruce Thompson, speaking on behalf of Mayor William Wild, expressed support for the sale. He told the committee that the hospital provides a "valuable service that is within minutes of the city."

"We believe this will result in a better hospital and better services," he said. "We're in support of the sale."

'Outstanding provider'

Westland City Council President James Godbout echoed his sentiments, saying that the hospital has been an "outstanding healthcare provider" for Garden City, Westland, Inkster, Dearborn Heights and Romulus.

"Garden City Hospital has always had a good relationship with our city," he added. "It has a facility in Westland and a number of our residents work there. Prime Healthcare's acquisition

will provide stability."

Garden City Mayor Pro Tem Jaylee Lynch told the committee that she and Mayor Randy Walker support Garden City Hospital and support its acquisition by Prime Healthcare.

"Garden City Hospital takes pride in the hospital, its employees and the community," she said. "It's an integral part of this community. We like Prime because it's the same way. Prime will bring its knowledge and resources to this community hospital. The hospital and the board looked a long time for the right partner, and it's Prime. We look forward to that partnership continuing."

Brookellen Swope, president and CEO of the Westland Chamber of Commerce, told the committee that the hospital's roots run far and deep. She added that she is glad to see the direction it is going and "I look forward to continuing to work with the hospital."

Dr. Amanda Afelblat of Michigan Chiropractic Specialists in Garden City noted that the hospital is always "giving and serving the community."

"It's wonderful to see a hospital that is an intricate part of the community," she said.

Good care

Like Fix, businessman Orin Mazzoni remembers the original hospital and the care his grandparents, parents and brother-in-law received at the facility.

"They received excellent care," he said. "Many things happen in a community and someone steps up to help. The hospital has always been giving of its time and effort. We need to keep that support in the community and keep people working in the community."

A web page on the attorney general's site at michigan.gov/ag has documents related to the sale, including the asset purchase agreement and the hospital's financial data for 2010 and 2011. People who wish to comment have until Monday, March 31, to email their comments to AGGCH@michigan.gov.

Schell said Prime officials were "truly humbled by the support" for the sale that was expressed at the forum.

"We look forward to growing with you," he said.

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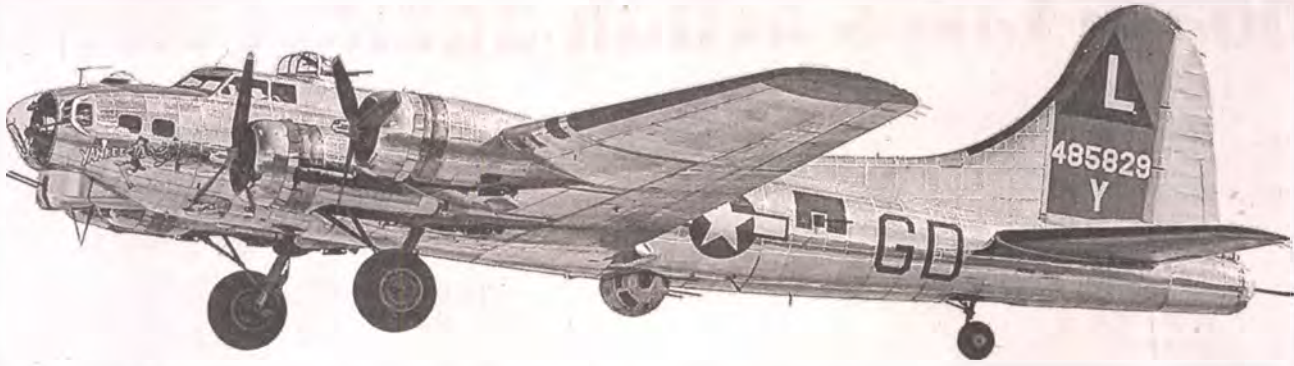
Air Museum offering hi-gloss family event

The Yankee Air Museum is inviting everyone to its 19th annual Bomber Buffing Saturday, April 5.

The four-engine B-17 heavy bomber "Yankee Lady" and twin engine B-25 medium bomber "Yankee Warrior," located on the west side of Willow Run Airport, in Hangar 1, Bay 8, need their aluminum skin polished to a high gloss. Winter inspections and maintenance are complete and the planes have been washed. The polishing is the last step in preparing for the 2014 flying and air show season.

There is no cost to participate in this event, which runs from 10 a.m. to 2 p.m. Saturday, April 5. Fueling the event is a Hungry Howie's Pizza luncheon. People are encouraged to bring plenty of clean, soft rags. Mothers Polishes, Waxes and Cleaners Inc. has donated plenty of aluminum polish for people to use.

"The annual Bomber Buffing is one of the first sure signs of spring," said Ray Hunter, chairman of the YAM Board of Directors. "I'm always grateful to the large crowd that comes out every April to help us



Volunteers will help put a shine on the aluminum skin of the "Yankee Lady."

and, as one of the B-17 pilots, I'm always anxious to get back into the cockpit and fly her again."

Hunter says the polishing party is a lot of fun for people of all ages and since the bombers fly regularly through the spring and summer this might be the only chance the general public has to get up close to the Boeing B-17G Flying Fortress and North American B-25 Mitchell.

Except for special occasions such as this event, the hangar where the bombers are maintained is not open to the public. The aircraft are never on display at the museum's Collections and Exhibits Building on the east side of Willow

Run Airport. The bombers will be on display and available for rides during the annual Thunder Over Michigan air show Aug. 9-10 at Willow Run.

'Honors aviation'

"I'm excited to get back in touch with the people, our passengers and the enthusiasts who come to air shows and especially the World War II veterans," Hunter said. "Having the planes polished bright and the getting the details just right honors aviation history and its participants. This is why we exist as a living, flying museum."

Hunter said each year the number of airworthy B-17s and B-25s declines. He estimates only seven

to nine B-17s and maybe eight to 10 B-25s will take to the skies in the United States this year. Hunter credits the work of the museum's chief mechanic and scores of highly skilled volunteers who work together to keep the planes in pristine condition.

"We're very fortunate to have the resources to keep the planes in top flight condition," said Norm Ellickson, YAM's B-17 crew chief. "When we're done with the mechanicals, it sure is gratifying to see all these volunteers offer up their elbow grease to make the aircraft shine like new. Their labor makes a huge difference."

Ellickson said that with a length of more

than 74 feet and wingspan of about 103 feet, the B-17 has a lot of surface skin to be buffed. Likewise, the B-25 is expansive and is about 53 feet long with wingspan 68 feet.

In planning, YAM Executive Director Kevin Walsh and the professional staff make sure the event is appealing to the whole family.

"The aircraft are the main attraction and each year we see many of the same people coming back to help out again and have some fun. We always see a lot of first-time visitors too, many who simply want to 'see that airplane that's always flying over my house,'" Walsh said.

According to Walsh,

logo merchandise and unique gifts will be available through the museum's retail operations. Special membership incentives are planned for the day.

In the pilot's seat

"People joining the Yankee Air Museum at the event will be escorted on board the B-17 to take the pilot's seat for a free cockpit photo. They'll also receive a ticket to the Thunder over Michigan air show when tickets are mailed to members by early June," Walsh said.

Hangar 1 is on the northwest side of the airfield. Follow the road signs for west and south access to Willow Run Airport to get to Hangar 1. Entry will be through the door under the awning of M2 Aircraft Management, Willow Run Airport, Kirk Profit Drive, Building 2601, Hangar 1, Ypsilanti, MI 48198.

The Yankee Air Museum is a nonprofit 501(c)3 organization. For more information, visit yankeeamuseum.org.

To see a 90-second video of the B-17 and B-25 aircraft in flight, search for "Where Heroes Have Flown" on YouTube.

July 2, 1947 – A night that changed Roswell forever

Roswell, N.M., once an ordinary desert town, gained attention from UFO enthusiasts after a suspected UFO crash in July 1947. Did the government conceal the wreckage of an alien spacecraft, or was the debris found outside Roswell simply

from a weather balloon? Whatever the explanation — rational or otherworldly — Roswell was forever changed.

On the night of July 2, 1947, William Brazel heard an explosion near his ranch outside Roswell. The next day, he and his friend found a nearly mile-long trail of mysterious wreckage and a large gouge in the earth, as if something had crash-landed. The wreckage contained bits of an unidentified metal with geometric shapes, like hieroglyphics, on them.

Officials at the Roswell Army Air Base could not identify the materials, and in a press release given by the base, everyone seemed very convinced that the debris was from a "flying saucer." Air Force Gen. Roger M. Ramey came to Roswell from Fort Worth,

and worked to convince those at Roswell that the wreckage was from a weather balloon. Then on July 9, a second press release told the public the debris was indeed from a weather balloon and not from a flying saucer.

Perhaps experts were able to properly identify the wreckage, or maybe a conspiracy arose to keep the crash top secret. In 1978, the USAF, FBI and CIA files on UFOs were released under new freedom of information laws, which renewed interest in the Roswell incident. In 1995, a video surfaced supposedly showing an autopsy performed on alien bodies found at the wreckage site in 1947, but whether or not bodies were actually found at the wreckage remains another mystery.

For more information on Roswell and UFOs, visit the Westland library to check out *The Complete Book of UFOs* by Jenny Randles and Peter Hough, or try *Roswell: Inconvenient Facts and the Will to Believe* by Karl Pflöck. To see what other books we have on the subject, search our online catalog at www.westlandlibrary.org or call the Reference Desk at 734-326-6123.

Highlighted Activities

Food for Fines Begins, April 1-30

Gleaners Community Food Bank and the Westland library is partnering to alleviate hunger in southeast Michigan. Bring nonperishable, in-date goods to the Circulation Desk at the library and receive \$2 per item off of your fines (up to \$20 total, lost or damaged items not eligible). If you don't have fines but would like to donate, visit any of the service desks in the library or stop by Biggy Coffee or the Westland Friendship Center and deposit your items in one of their donation-only boxes. Suggested item lists and bags are available at the Circulation Desk. If you have any questions, contact the library at 734-326-6123 or stop by any of our service desks.

Lego Read & Play, 3-4 p.m. March 30, children and their parents — Come build with us. We'll have lots and lots of Lego bricks for building, along with books for inspiration. No registration required. Drop in.

Teen Advisory Board, 6:30 p.m. March 31, grades 7-12 — Here's your chance to have a say in how the library runs! Give your opinion on what you'd like to see and do at the library. Pizza is served at every meeting. **Westland Writes ...**

begins, April 1 — Help us celebrate National Poetry Month and local writers with your own written creations. Westland Writes ... is the library's sixth annual poetry and short story book collection with works by local poets and authors (previous books can be found in the library's collection). Each writer can submit up to two poems or one short story (maximum 2,500 words) for the book to andy.schuck@westlandlibrary.org. You don't have to live in Westland to participate. Submission deadline is Sunday, April 27. Each writer will receive a copy of the book at our Book Release Party on May 29. The Sheila Landis Trio will return to musically interpret some poetic works. Direct questions to Andy at the above email address.

Academic Enrichment, 3:30-5 p.m. April 2, grades 5 and up — Bring your assignments for free homework help and study help. Geared toward grades 5 and up. No advanced registration needed, however, parents must sign a waiver upon arrival in order for child or teen to participate.

Meditation for Beginners, 7 p.m. April 2 — Get blissed out during this simple and powerful meditation from Isha Kriya-trained instructor Jennifer Giordano. For more information on Isha Kriya, visit www.ishausa.org.

Writers Workshop, 7 p.m. April 3 — The Writers Workshop critiques an individual's writing in a workshop setting. All genres accepted. We will tell you what is working with your piece, as well as what needs improvement. The goal of the group is to help writers get published. You must attend one session before your writing will be reviewed. To register, visit or call the Reference Desk at 734-326-6123 or contact andy.schuck@westlandlibrary.org. For more information, check out our blog at www.westlandlibrary.org/read/workshop.

No Friday Night Movie, April 5 — Stop by the 3 Cities Art Show instead. Our next Friday Night Movie will be held Friday, April 5, with the showing of the Academy Award Best Picture winner, *12 Years a Slave*.

Beginners Computer Lab, 2-4 p.m. April 6 — During this two-hour drop-in lab, we will provide guided activities and librarian assistance to help you become computer literate for today's digital world. Topics include using a mouse and keyboard; selecting, copying and pasting; navigating the Internet; learning what you can do with email; and getting acquainted with Microsoft Office.

Annual Event: Community Shred, noon to 2 p.m. April 12 — Don't keep those old financial documents hanging around your house. Bring up to 100 pounds of paper

documents to be shredded at our third annual Community Shred. General Shredding of Grosse Pointe Woods will be outside the library to help you in a friendly and efficient manner.

Ongoing programming

Job Seekers and Health Care Help Lab, 11 a.m. to 1 p.m. Tuesday, 5-8 p.m. Wednesday and 1-4 p.m. Friday: Have a question regarding formatting your resume, setting up an email account, attaching your resume to an online application, searching for a job, or any other job-related activity? Stop by the library, where computers are set up specifically for job seekers. A librarian will be available to help. Drop in. No reservation needed. Throughout March, Eugenia Dillard, eligibility specialist, will be available each Tuesday and Friday to answer your Healthcare Marketplace questions.

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.

Information Central was compiled by Liz Waun. The William P. Faust Public Library is at 6123 Central City Parkway, Westland. For more information, call 734-326-6123 or visit westlandlibrary.org. No signup required.

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HANDS THAT ACHE

Aching hands are difficult to ignore; this winter has brought more patients to doctors' offices because of the problem. Likely the continued cold weather and added strain of putting gloves on and taking them off repeatedly with the need to pull boots on and off more than in past winters has added to the usual strain on fingers and hands.

Most of the concern people have with aching hands is the question: Am I coming down with arthritis? Physician's can answer that concern, first by asking questions on when the pain begins and what helps lessen it. In osteoarthritis, the most common arthritis, hands are stiff in the morning for 15-30 minutes and then become usable for the rest of the day until the evening. Heat such as running the hands under warm water decreases the duration of stiffness.

Second, examination of the hands for firm swellings about the knuckles called Heberden's nodes give the physician notice that osteoarthritis has or is developing. Third, in osteoarthritis, x-rays of the hands reveal changes in the bones that identify that this condition is present.

Other causes of aching hands are decreases in the blood flow to the digits and damage to the nerve endings in the hands. Carpal tunnel syndrome is not a cause as it gives numbness and tingling mostly at night, and when the body and hands are at rest.

A further clue that a nerve ending problem is the cause of hand discomfort is that warming the hands, instead of helping the pain, makes it worse.

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School board takes action against two teachers

The Livonia school board approved Monday a separation agreement for a 22-year teacher for under-performance and the termination of a 15-year teacher who had not maintained his teaching certification.

The 22-year teacher, who resigned from a middle school

position, had a history of under-performance and some conduct issues that did not involve abuse or inappropriate behavior, officials said.

"This was not a case of abuse or any kind of inappropriate behavior, but a case of substandard performance as a teacher," said Stacy Jenkins,

administrator of district communications.

The 15-year teacher had been on leave and was expected to maintain his teaching certification, but didn't, Jenkins said. He taught math at Franklin High School.

The board took both actions following a closed session

Monday night.

The first case did not go to the Tenure Commission because both parties agreed to the separation agreement, saving the teacher from having to go through the process — and saving the district the costs of paying the teacher throughout the lengthy tenure

process and paying legal fees, Jenkins said.

The second case did not go to the Tenure Commission because the teacher, no longer certified, did not have access to that representation, she said.

— By Karen Smith

Nursing home makeovers give students experience, elderly residents some pampering

One resident of Marywood Nursing Center in Livonia, Helen Zimmerman, had never had her nails professionally polished before.

Others were so excited about their makeover, they couldn't wait to go to bingo that evening.

Fifteen students from L'esprit Academy in Livonia on Tuesday visited Marywood, where they treated about 30 residents to manicures, makeup applications and 15-minute hand-arm massages.

Four of the residents were men, who enjoyed the massages and having their nails painted in clear polish. "We couldn't get rid of the guys," said instructor Lori Groat with a laugh. "They loved the hand-arm massages."

This is the third time in less than a year that L'esprit Academy esthetics students have visited Marywood.

The program gives the students experience, while giving the residents a little tender loving care.

"They felt pampered," said Brother Tom Hercegovics, activities director at Marywood, who initiated



Student Samantha Wendasky, of Garden City, does Helen Dunne's nails.

ed the program with L'esprit Academy. "The students really help to enrich the lives of the residents."

"It is a mutual thing," agreed Groat. "They (the students) thought they were just going there for the experience, but the stories (the residents told). They were just touching."

The esthetics profession is all about forming relationships, something they emphasize at the school, she said. "It is not just about the service, it's about making those connections with people."

Student Sara Foley of Garden City enjoyed the stories and advice the residents shared with her. "We both get things out of it," she said. "We get to go there and make their day

a lot brighter; they're doing us a favor as well by letting us come and make them beautiful."

Student Eliza Nicholas of Livonia said Tuesday was her second time going to Marywood. "It's just so rewarding to see them smiling at you; it makes your heart feel warm." One 95-year-old resident asked her for advice about softening up a callous on her finger caused by too much knitting. "She was totally quizzing me about what to do; it was just adorable," Nicholas said.

Student Samantha Price of Westland said making the residents feel special, letting them know someone cares how they look, "makes you feel good too."

— By Karen Smith



Even the guys get in on the pampering. Walter Humann gets a manicure from Kate Taliaferro, of South Lyon. PHOTOS BY BILL BRESLER | STAFF PHOTOGRAPHER



Rachel Hund talks with L'esprit manager Lori Groat while Kristyn Chance, of Livonia, gives her a manicure.



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²Annual Percentage Yield (APY) is accurate as of 03/13/2014.

Budget, trash, water rates up for discussion

By LeAnne Rogers
Staff Writer

A 2014-15 budget overview, sanitation, water rates and bond sales — the Westland council has a full agenda for the study session set for 6 p.m. Monday.

"We have a lot of stuff for Monday," said Westland Mayor William Wild, who will have his budget

presentation a day before the April 1 deadline to present to council.

» Regarding sanitation, there will be a presentation about a proposed public-private partnership with city trash and compost hauler Midwestern Sanitation.

The proposal would have the city purchase five trash collection trucks — the models that

use an arm to pick up and dump trash carts — and wheeled residential trash carts. The city would lease the trucks to Midwestern Sanitation which would supply the employees — only the driver would be needed.

The projected savings would come from the city's ability to purchase and finance the trucks at lower rates.

» There will also be a discussion of water rates — expected to be in the low single digit range — and a citywide water meter replacement program.

The water and sewer rates set by the Detroit Water and Sewerage Board and Wayne County are passed to water customers by the city, along with the fixed rate

charge. The city's water and sewer fund also has to fund local infrastructure maintenance and improvements.

Westland Budget Director Thelma Kubitsky will make a presentation on bonding to fund the water meter replacement program that will include remote reading. Wayne is also in the process of doing a water meter

replacement program and already has its funding in place through a bond sale.

"There may be some economy of scale by buying meters at the same time," Wild said. "We hope to get the same meter reading system."

lr Rogers@hometownlife.com
313-222-5428
Twitter: @LRogersObserver

Firefighters flip flapjacks for Lions Club

By Sue Mason
Staff Writer

A good turnout and a lot of support helped make the 23rd annual Garden City Lions Club pancake breakfast a "wonderful" event.

That's the word from Lions Club President Hank Cable.

"I think it was the most successful breakfast we've ever had," Cable said. "We had a lot of participation, and I can't say how many came but I believe we served about 180-190 people."

"It was pretty much packed all morning," he added.

The breakfast is a major fundraiser for the club that helps support Leader Dogs for the Blind and provides glasses to children and seniors who can't afford them. Once again, the Garden City firefighters helped by cooking and serving the food.

"It was a wonderful turnout," Fire Chief Catherine Harman said. "We needed the help cooking and serving. There were so many people we had to set up extra tables. Having the manpower helped a lot."

The food was donated and the club also received cash donations

from several businesses, including \$100 each from Medicount, which does the city's billing for ambulance services, and Hennessy Engineering, which serves as the city's engineer.

"We also had people who attended give us donations," he added. "One gentleman gave me a \$10 bill and when I tried to give him change, he said to keep it."

The first pancake breakfasts were held at the Garden City Masonic Lodge, but they outgrew the kitchen. They were moved to the Masonic Lodge which has a much larger kitchen area.

For guests, there was a chance to see where some of the proceeds go. Three puppy raisers for Leader Dogs were at the breakfast. One individual came from East Detroit to be at the event, Cable said.

"That's one job I couldn't do," he said. "You raise them and then give them back. It would be like giving away a part of the family for me."

The Lions Club has several other activities planned. The last weekend in April and first weekend May, members will take to the streets for their annual White



The work detail included Firefighter Ryan Sharrow (from left), Fire Chief Catherine Harman, Firefighter Lee Rudowski and Sparky the Fire Dog.

Cane sales. And later in May, there will be a bowl-a-thon at Town 'N Country Lanes in Westland.

"We had a lot of support from the fire department as we always do and the citizens who came in," Cable said.

"There were members of area fire departments that came in support of the Lions Club and the fire department," Harman said.

"A retired fire marshal from another city remarked how impressed he was with the fire department and civic organizations working together."

People who would like to make a donation to the



Fire fighters Ryan Sharrow and Lee Rudowski prepare pancakes for the crowd that turned out for the annual Lions Club benefit.

Garden City Lions Club can send donations to

P.O. Box 3, Garden City, MI 48136.

smason@hometownlife.com
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More Great Events:

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Wednesday, April 2
1:30 p.m.

Sheila Landis is a seven time winner of Detroit Music Award's "Outstanding Jazz Vocalist". Sheila will perform her unique style of jazz, Latin and blues. Join us for great music and refreshments.

RSVP by March 31.

Grand Piano Dedication
Thursday, April 10
1:00 p.m.

The Village Joy Singers, IVP's own Resident Choir, under the direction of Charlotte Worthen will dedicate our 100 year old grand piano. Join us as we celebrate this exquisite addition to our community.

Mingle with Marilyn
Friday, April 25
1:30 p.m.

Entertainment provided by Marilyn Monroe and Debra Jimmerson, a phenomenal mother/daughter duo. Don't miss this great performance. Refreshments provided.

RSVP by April 23.

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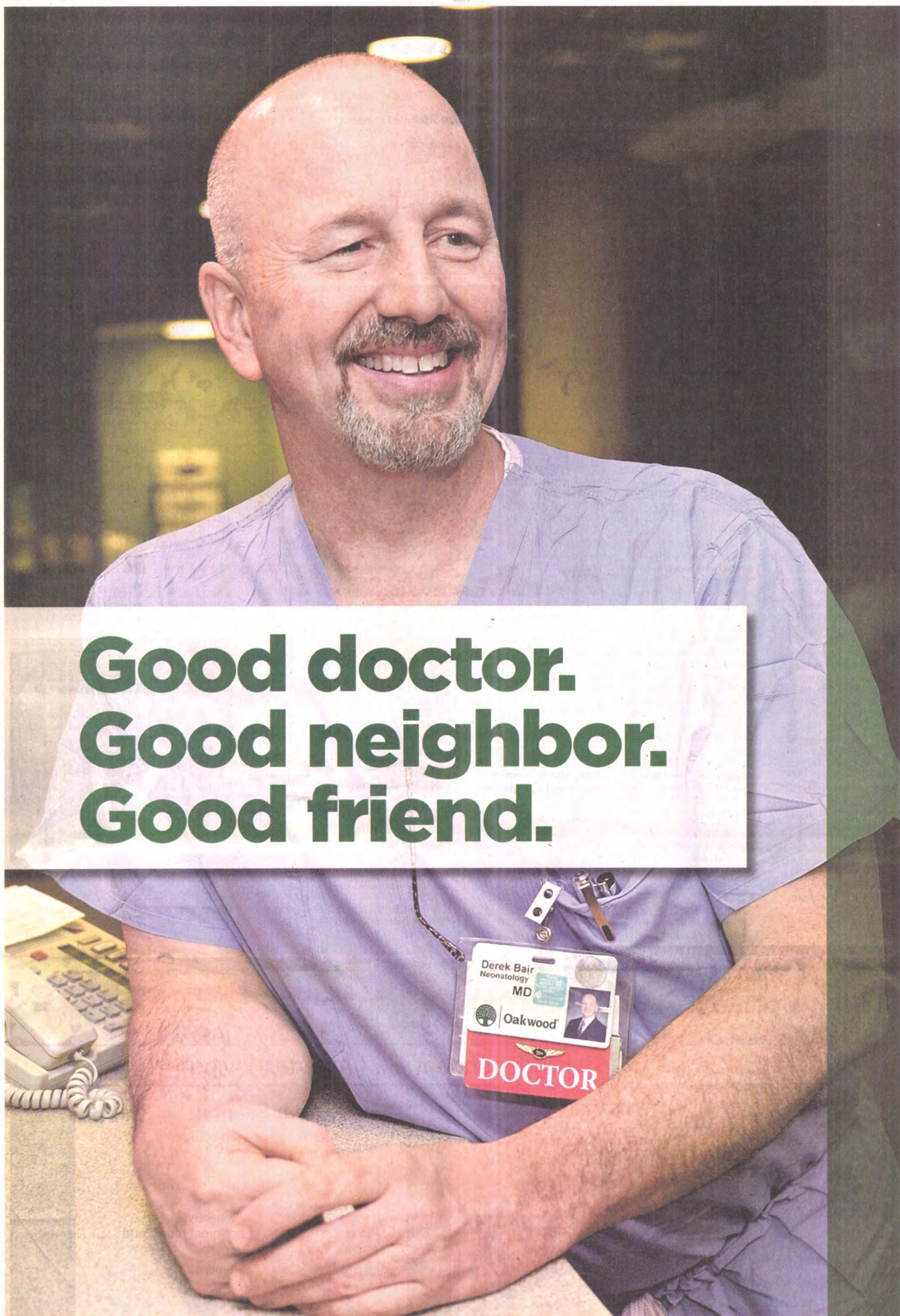
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Couple visits W-W firefighters to say thanks

Westland resident Mike Carr was driving his wife Linda to the hospital Dec. 23 after she had trouble breathing. Linda Carr had actually stopped breathing en route to the hospital, so her husband pulled into Wayne-Westland Fire Station 1 on Ford at Carlson where firefighters were in the apparatus bay working on equipment. Fire Sgt. William Wright, firefighters David Polite, Cristobal Renya and Allen Cauchon assessed Linda Carr and found she was in cardiac arrest. CPR and Advanced Life Support procedures were used and she had a spontaneous return of circulation before being transported to Garden

City Hospital for treatment. Contacting Wayne-Westland Fire Chief Michael Reddy's office, Mike Carr wanted to do something nice for the firefighters who saved his wife. The couple visited the fire station, bringing a gift of baked goods for the firefighters. During the visit, Mike Carr mentioned it was the second time firefighters had saved his wife. On Aug. 25, 1997, he was again driving his wife to the doctor when she experienced trouble breathing. Each of the firefighters will receive a Lifesaving award for their efforts. "It makes the administration proud to know our members are making a difference



Wayne-Westland firefighters Allen Cauchon (left), Cristobal Renya, David Polite and Sgt. William Wright flank residents Linda and Mike Carr.

in people's lives," Reddy said. "We strive to provide the best customer service possible, and a call like this illustrates our commitment to saving lives." Firefighters often don't

learn the outcome for patients after their release from the hospital, Reddy said. A recent study by the fire department found that there's a 40 percent return of spontaneous circulation among their patients, well above the 29 percent found in a 2012 study. The return of spontaneous circulation prior to a patient getting to the hospital affects the survival rate of cardiac patients. Like the incident in December, Mike Carr pulled into Station 1 when his wife lost consciousness and firefighters went to work. The Westland Fire Department launched the ALS program in February 1997, Reddy said.

COP CALLS

WAYNE

Hit and run

Early March 20, a Wayne man told police that at about 9:40 p.m. the previous day he had been stopped at the light on northbound Venoy at Glenwood when he was struck from behind by a white Ford pickup. The man said he pulled over and the other driver came to his window, giving a name. The other driver said he was in a hurry and left without giving any more information, the man reported. Damage was reported to the rear bumper of the Wayne man's 1989 GMC pickup along with the rear cab windows being shattered. The Wayne man said he didn't wait for police since he had no insurance, for which he received a ticket.

Larceny from a vehicle

Catalytic converters valued at \$400 were reported stolen from two Ford box trucks

parked overnight March 19-20 at Superior Insulation, 34805 Brush. *By LeAnne Rogers*

WESTLAND

Larceny from a vehicle

Just before 8:30 a.m. March 23, a man was reported trying to break into a vehicle at a home in the 31000 block of Beechnut. The witness said he looked out his bedroom window to see a man trying to open the rear door of a vehicle. The door didn't open, and then the man headed toward the witness' car. The witness said he hurried to the front door and yelled at the suspect, who fled on foot. A resident in the 30000 block of Somerset told police someone had stolen a lap top from a rental car parked in her driveway March 23. Police noted due to the close proximity in location and time, the same suspect was likely responsible. *By LeAnne Rogers*

GARDEN CITY

Identity theft

A Garden City woman came to the police station lobby March 24 to report that someone had used her credit card to open a Verizon cell phone account. She said that her card was also used to charge \$223 at a Meijer store in Swartz Creek. The resident said that she still has the card in her possession and added that she doesn't know how the unknown person obtained her personal information.

Property damage

An employee at the Family Dollar store, 5746 Middlebelt reported that when she arrived for work March 23, she discovered that the glass on the front exit door was damaged. A large rock was found next to the door. No entry was made into the building. *By Sue Buck*

AROUND WAYNE AND WESTLAND

Spaghetti dinner

The William D. Ford Career Technical Center will be holding an all-you-can-eat spaghetti dinner Wednesday, April 2, to benefit the Skills USA program.

The dinner will be 4:45-6:15 p.m. at the center, located at 36455 Marquette between Wayne Road and Newburgh in Westland. A minimum \$10 donation is requested.

SkillsUSA is an applied method of instruction for preparing America's high performance workers in public career and technical programs. It provides quality education experiences for students in leadership, teamwork, citizenship and character development. SkillsUSA programs include local, state and national competitions in which students demonstrate occupational and leadership skills.

Kindergarten Roundup

St. Damian Catholic School is holding a Kindergarten Round-Up on Thursday, April 10. Youngsters will have

an opportunity to explore the kindergarten classroom, meet classmates, meet the teacher and see what is expected in kindergarten. Parents can drop their children off at the school entrance at 12:45 p.m. and pick them up at 2 p.m.

There will be story time, snack time, a short play time and small individual activity. Testing for the following school year will be done in May.

Visit the St. Damian school website at www.stdamianschool.com or Ms. Wheeler's Weebly page at www.weebly.com/stdamiank for updates on days and times.

For more information, call the school at 734-427-1680.

Trivia Night

Ss. Simon and Jude Parish will hold a Trivia Night on Saturday, April 26. Doors open at 6 p.m. with play beginning promptly at 7 p.m.

Cost is \$20 per team of four. Cost includes 10 rounds of questions, popcorn and six hot dogs and six chips for each team. Beverages will be available for purchase

throughout the night. There also will be a 50/50 raffle and other items for purchase.

Space is limited to the first 35 teams. Register at www.stsimonandjude.com/trivia-night.html. For more information, email stsimonandjude@gmail.com or call Kathy Hansen at 734-716-4436.

Alumni Reunion

Wayne High Schools Alumni Association Annual all Class Reunion will be 5-10 p.m. Friday, May 16, at Wayne Tree Manor, 35100 Van Born, Wayne. Tickets are \$30 each before May 1 and \$35 after May 1. For more information, call Tillie VanSickle at 734-595-7806 or Sharon Scott at 734-7224651.

Pasta Night

The Dyer Senior Center in Westland is holding its monthly game night at 6 p.m. April 10. The center also has euchre and bingo at 1 p.m. Wednesdays and pinochle at 1 p.m. Fridays.

The Dyer Center is at 36745 Marquette. For more information, call 734-419-2020.

CITY OF WESTLAND ZONING BOARD OF APPEALS PUBLIC NOTICE

The following appeal will be heard at a public hearing to be held in the Council Chambers of Westland City Hall, 36601 Ford Road, Westland, MI on Wednesday, April 16, 2014 at 5:30 p.m. at which time comments may be directed to the Board during audience participation. If you wish to reply by mail, send your comments to the above address. All property owners whose names appear in our tax rolls located within 300' of this property are being notified pursuant to this statute.

Petition #2804-B, Phillips/Oak Plaza, 8028 N. Wayne Rd. Req. for a use variance from Ord. 248 to occupy a 1,260 sq. ft unit in the strip center as a medical marijuana dispensary; whereas Sec. 9:6.1 does not list a medical marijuana dispensary as a permitted use in the CB-3 district.

Publish March 30, 2014

LO-0000188320 3x2



CITY OF GARDEN CITY PLANNING COMMISSION NOTICE OF PUBLIC HEARING

NOTICE IS HEREBY GIVEN, that a hearing will be held by the City of Garden City Planning Commission at 6:30 p.m., Thursday, April 17, 2014 at City Hall, 6000 Middlebelt Road, Garden City, Michigan 48135.

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

1. **Special Land Use for Construction Equipment Storage.** The applicant is proposing to store contractor construction equipment at 32143 Block Avenue. Construction equipment storage is a special land uses in the M-1, Light Industrial District.

Written comments may be submitted prior to the meeting and should be addressed to the Building Department at 6000 Middlebelt Road, Garden City, Michigan 48135.

NOTICE IS FURTHER GIVEN, that the application may be examined at City Hall, 6000 Middlebelt Road, Garden City, Michigan 48135 during regular office hours until the date of the hearing.

Publish: Sunday, March 30, 2014

LO-0000188204 3x3.5



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Livonia veteran receives medal for World War II service – 68 years later

By David Veselenak
Staff Writer

It took almost 70 years, but Livonia resident Gene Andrews finally received the military accolades he earned serving in the Army during World War II.

Andrews, 87, was presented with the World War II Victory Medal by U.S. Sen. Debbie Stabenow on Monday at his home. Anyone who served in the U.S. military during World War II is eligible for the medal, though somehow, Andrews' medal fell through the cracks.

It wasn't until recently when his son, Chris Andrews, stumbled across his father's discharge papers that he saw his dad was eligible for the medal, but never received it.

"I looked at it and on the bottom it said something about a medal," he said. "I started researching it and saw it was for people who had served during World War II."

The medal was authorized by Congress in 1945.

Gene Andrews received his medal during a short ceremony outside his home surrounded by family, neighbors and members of the VFW Post 3941 in Livonia.

"It's wonderful to have a chance to say 'thank you' to you and have a chance to share with your family," Stabenow said. "These are medals that are long overdue to get to you and I'm glad we can help make that happen."

Gene Andrews enlisted in 1946. He planned to enlist with a good friend of his, but was separated from him when the bus he got on did not have



Applause for World War II veteran Eugene Andrews. From left, sons Chris Andrews and Brian Andrews, Eugene Andrews, Senator Debbie Stabenow, and Mary Jane Andrews, spouse of Eugene Andrews. PHOTOS BY BILL BRESLER | STAFF PHOTOGRAPHER

enough room. He did his basic training in Seattle before heading to Okinawa, where the former surveyor for the City of Detroit began working in topography with the Army Corps of Engineers.

He spent most of his service time in Japan, working to help survey areas that had been devastated by war.

"We made maps," he said. "During the war, the island got blown up a lot, and they were rebuilding and everything. So we had to re-survey the whole island."

While the war was considered over in 1945, President Harry Truman authorized the World War II Victory Medal be awarded to members of the military who served

from Dec. 7, 1941, to Dec. 31, 1946, when hostilities were officially declared over, which made Gene Andrews eligible for the decoration.

He received the medal, the ribbon and a lapel pin, all of which he plans on framing and hanging above the piano above a photo of himself in his uniform from the war.

Chris Andrews said he heard it could take as long as three years before the medal could be awarded. But stopping at a restaurant in Salem about a month ago, he ran into Stabenow and asked if she could help him with the process of obtaining his father's medal.

"I thought of it later and sent a note. The next day, I got a letter from

her staff saying, 'I've got a form, I can help you out,'" he said. "They've just been so good at helping me."

After all the paperwork had been filed, Chris Andrews also invited her to come and bestow the award on his father.

Stabenow said her office tries to secure medals as quickly as possible for World War II vets who did not receive them.

"We need to make sure they get the recognition they deserve because we wouldn't have the freedoms we have in this country without them," she said.

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Eugene Andrews shows his World War II medal.



Andrews during World War II.

Help disabled find jobs at event

Community Living Services will host a Community Participation Event for employers from noon to 4 p.m. Tuesday, April 8, at the Doubletree by Hilton Hotel Detroit/Dearborn, 5801 Southfield Expressway.

The agency is seeking to open doors for employment and community connections for people with disabilities. There are disabled people seeking jobs in such areas as child care, clerical, custodial, flower shops, health/beauty, hospitals, food service, garden, grocery, hotels, landscaping/nursery, pet care, retail and schools.

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Rick Bloom
MONEY MATTERS

Yes, you earned it: Tracking down lost pensions

Q: Dear Rick: I'm in my mid-60s and I just retired. I worked for nearly 20 years at the company I retired from and I receive a pension. Pension and Social Security cover my living expenses. I worked at another company and I have a pension. My strategy was to take one pension now and wait a few years to take the other. When I went to contact my old company I could not locate them. After doing some searching it appears to me that they are out of business. Can you help me? I hate to lose out on this money.

A: Your situation is quite common. With all the mergers and acquisitions and companies going out of business it is not unusual today for people to lose track of their former employer. I recommend contacting the Pension Benefit Guarantee Corporation (www.pbgc.gov). The PBGC is a federal agency that guarantees pensions of bankrupt companies. It also maintains all sorts of information regarding pension plans that have been terminated.

Go to the PBGC website under "resources," to search. If your old pension plan was covered by the PBGC it can provide a wealth of information regarding the pension and on how to collect from it. Unfortunately, not all pensions are covered by the PBGC. If your company plan is not listed, then things get a little more difficult, but not impossible.

If your pension plan is not covered by the PBGC, I recommend contacting the local Chamber of Commerce where the company was located. The Chamber of Commerce staff may be able to assist you in your search. They may know the location of the ex-company owners or executives.

In addition, if you know any ex-employees of the company, they may be able to assist you in locating the company or its successor.

I also recommend contacting the State of Michigan Department of Treasury. Remember, the company may not necessarily be out of business as it could have been sold or merged with a different company.

If you think you are entitled to a pension and you cannot locate the company, don't just give up. It is your money and you're entitled to it. It may be a bit of a hassle and take some time, but with the Internet and other resources you should be able to track down lost pensions.

Good luck.

Rick Bloom is a fee-only financial adviser. His website is www.bloomassetmanagement.com. If you would like him to respond to your questions, email rick@bloomassetmanagement.com.

Detroit Wayne Mental Health Authority seeks input on program changes

By Sue Mason
Staff Writer

Tom Watkins is the first to admit that change is uncomfortable. As the president and CEO of the Detroit Wayne Mental Health Authority, he has been traveling around Wayne County during March sharing information and answering questions of providers and clients about the re-bidding the system of care and the integration of substance abuse treatment into the mental health program.

His next stop will be 5-8 p.m. Thursday, April 3, at the Redford Community Center, 12121 Hemingway, Redford, followed by forums at the Wayne County Community College District Conner Campus April 10 and at CHASS in southwest Detroit April 14.

"We're putting community back into community mental health," Watkins said. "We want to listen to the community, to the parents and the providers. We're doing everything we can to engage and involve people in this process."

The forums, including one held at the William P. Faust Public Library in Westland on March 13, give consumers and providers a view of where mental health treatment is at and where it is going. They also lay out the process and how the re-bidding will be done.

The Detroit-Wayne



Tom Watkins, president and CEO of the Detroit Wayne County Community Mental Health Agency, listens to a question during a community forum in Westland Thursday.

County Community Mental Health Agency, which served more than 72,000 providing services for people with mental illness, developmental disabilities, serious emotional disturbances and substance use disorders, converted into an authority similar to the Wayne County Airport Authority on Oct. 1, 2013.

Re-bid services

The new authority has the responsibility to re-bid the county's mental health services which haven't been bid out since 2002, Watkins said. It also is required by law to integrate substance abuse services into the mental health program.

"This is a mandate that we re-bid on this design," Watkins said. The process is looking at eliminating conflict

within the current Manager of Comprehensive Providers Networks (MCPNs) and the addition of a DWMHA-MCPN layer to provide Care Management/Supports Coordination.

According to Watkins, the process of the reviewing and re-bidding of the system started in 2009, beginning with a number of special studies commissioned by both the agency board and the Michigan Department of Mental Health.

After delays, the DWMHA is moving forward on the re-procurement and implementation of specialty provider networks that will be administered by MCPNs for two populations: persons with mental illness, substance abuse and serious emotional and

persons with intellectual/developmental disabilities.

"The model isn't changing, self-determination is still essential," said Dr. Carmen McIntyre, the authority's chief medical officer. "We offer choices, but we don't want to offer poor choices."

The idea is to have services available at the right time. More meaningful work opportunities and more independent living are important.

"Remember, our primary goal is recovery and our clients reaching their maximum potential," McIntyre said at the Westland meeting. "We should continue to challenge what we offer consumers so they grow. We don't want to set up a system where they fail."

Community focused

Watkins stressed that the goal of the authority is to be "a consumer and community-focused, data-driven, and evidence-based organization that values choice, recovery, resilience, trauma-informed care, self-determination, and prevention." It will reduce administrative costs, be more efficient and funnel more money into the program so there is no loss of service.

DWMHA has a \$640 million budget and serves 74,000 consumers. It will be adding \$40 million to provide substance abuse services.

The authority expects to absorb about 20,000 substance abuse clients to its roles with the change.

"As we evolve as a system, we have to keep thinking how we do this," Watkins said. "Someone having to wait 14 days for care isn't going to be the standard. We have to rethink how we do things and some things have to change. We're going to come out with better options for care."

He stressed that what is being done at the state level, such as cuts in funding, does have an impact on services. The DWMHA has a long list of good, beneficial programs, but anything below the red line has to be cut out.

"The April board meeting we will probably be talking about cuts," he told the Westland audience. "We can't spend money we're likely not going to get. Sometimes you've got to say 'ouch.'"

Residents can find out about what has been asked at previous forums or take a survey to provide input on the authority website at www.dwmha.com.

"This is a public agency, we want to be open, we want to listen and learn," he added. "By listening we can continue to enhance the model. At the end of the day it's about people who need the service."

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SOFTBALL PREVIEW

Blazers' coach wearing 2 hats

Junior Christina Meyer returns to center field for Livonia Ladywood.
BILL BRESLER | STAFF PHOTOGRAPHER



Combs juggles strong Ladywood team with UM-Dearborn squad

By Brad Emons
Staff Writer

When it comes to coaching softball, Scott Combs is multitasking this spring.

Combs is entering his seventh season as Livonia Ladywood's coach and is coming off his fourth Division 2 state semifinal appearance in five years.

He is also the new women's softball coach at the University of Michigan-Dearborn, which is in the middle of its

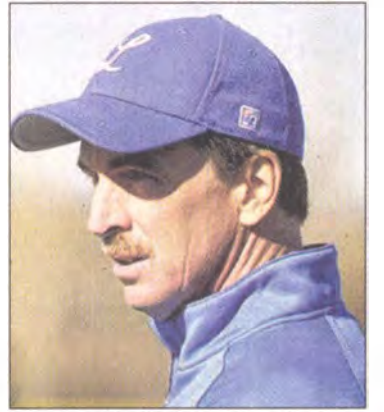
season. His Wolves teams have already made two spring trips.

"I do one practice from 2:30-4:30 and the other from 4:30-6:30," Combs said. "I've got an indoor facility. It's not really that bad at all. Since we haven't played any (Ladywood) games there's been no conflict at all."

Jerry Abraham also juggled high school and college teams back in the mid-1990s when he had Taylor Center and Madonna University.

So how's the transition for Combs going so far?

"You should just call my wife and get her opinion on it," Combs joked. "Both sides (La-



Scott Combs is doing double duty this spring coaching both the Livonia Ladywood and University of Michigan-Dearborn women's softball teams. JOHN STORMZAND | STAFF PHOTOGRAPHER

See BLAZERS, Page B4

SHAW EMBARKING ON NEW CHAPTER IN LIFE

Former Clarenceville star retires from NFL

By Brad Emons
Staff Writer

Just a day prior to his 30th birthday Thursday, Tim Shaw has submitted his retirement papers to the National Football League.

Shaw, who turned Livonia Clarenceville's football program upside-down with his remarkable prep career, went on to play linebacker at Penn State as well as parts of seven seasons in NFL, where he logged a total of 80 regular-season games after being selected in the fifth round of the 2007 draft (167th overall) by the Carolina Panthers.

Even more remarkable is the fact that Shaw walks away having never missed a high school, college or pro game due to a major injury or surgery.

"It's been a long time coming, but it's a combination of me getting cut and me not getting picked back up," said Shaw, who played his last three seasons with the Tennessee Titans before being released last

September. "To be honest with you, the phone is not ringing. I still haven't found a good reason why I got cut and why I'm not playing, so it just leads me to believe God has something else for me and I need to step away and move on. It's just time. I feel right. I'm very blessed with my health. I just feel that I've been given so much that there's just so much more to life than football. It's just time to move on."

While at Clarenceville, Shaw was a standout three-sport athlete. He lettered also in basketball and track (where he won the MHSAA Division 3 100-meter dash title as a junior).

High school days

But he is best remembered for putting Clarenceville football on the map as he lifted the Trojans to the 2000 Division 6 state semifinals and the

See SHAW, Page B2



As part of his post-graduate studies through George Washington University, Tim Shaw recently toured the World Bank in Washington, D.C.



Former Livonia Clarenceville star Tim Shaw played his final three NFL seasons at linebacker for the Tennessee Titans. TENNESSEE TITANS

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SHAW

Continued from Page B1

2001 Division 5 state finals, along with a two-year record of 25-2 as he played along side his twin brothers Pete and Andrew.

During his four-year varsity career, Shaw amassed 131 career touchdowns (second all-time), including 51 TDs as a senior (third all-time), while totaling rushing 7,813 yards (second all-time).

Recruited by the late Joe Paterno, Shaw moved from running back to linebacker after his freshman year. He was red-shirted his sophomore year, but wound up starting 32 of 46 games, recording 177 total tackles in his final three seasons at PSU.



The 2005 Nittany Lions captured a share of the Big Ten title and capped an 11-1 season by winning the 2006 Orange Bowl against Florida State, 26-23, in triple overtime. But all 11 wins were later vacated because of the Jerry Sandusky scandal.

"I had a blast playing at Penn State and had a blast playing in the NFL," Shaw said. "High school was one of the greatest times of my life. Just the electricity of being in a school that is winning, being at that school making a state championship run. The electricity in that was just amazing. It was so amazing when we made that championship run at Penn State. I remember like it was yesterday. Those times ... just running up and down the field and having a blast with all my high school teammates."

College days

After the National Labor Relations Board in

Ex-Clarenceville great thanks the community

Dear Observer readers:

Even before I put on my first official football jersey for the Livonia Eagles in the fall of 1996, I knew I was meant for football and football was meant for me.

It's been an amazing journey from Clarenceville High School to Penn State, and then onto seven years all around the NFL.

Football has given me more than I could ever have imagined. From the very beginning, the game has taught me to value hard work, teamwork and integrity, competing with ferocity, winning and losing with grace and leading by example.

I have experienced unforeseen heights, like setting the all-time touchdown record in Michigan and being drafted into the NFL, and also overcome unexpected lows, like losing in the state championship game and being cut from pro teams.

These moments in my football career have taught me the lesson of humility in countless



Tim Shaw will spend more time doing mission and charity work, like Habitat For Humanity in Nashville, Tenn., while transition to life outside the NFL.

ways.

During my travels to various cities and countries, football has been the common denominator and bridge that has crossed cultural gaps and foreign languages, from the streets of Costa Rica to

the back roads of Alabama. Within each of these small journeys, I have shaken the hands of amazing people and formed lasting relationships.

Overall, this game has presented me with abounding opportuni-

ties to learn, travel, help, serve and give.

I'm so blessed to have received all your love and support over the years.

I carry the smallest moments with me, like getting stopped in the Detroit airport or at David B. McDowell field by someone who knew me from Clarenceville just to say an encouraging word or tell a story. Shaking a hand or sharing a word, smiling or laughing with someone who had related, appreciated or admired what I have done through football.

You have driven me to become my very best and it has been a sincere honor and privilege to represent my school and my hometown!

My future endeavors will continue to showcase that pride. Although, there are no true words to describe how awe-inspiring this gift given to me has been, I can say I've loved every minute of it and from the bottom of my heart I thank you for believing in me.

Tim Shaw
Clarenceville H.S.
Class of 2002

Chicago ruled in favor this week of Northwestern University players being able to form a union, Shaw said he believes college football players should receive some sort of stipend.

"I loved my time as a student-athlete," he said. "And being poor was just part of that experience. I remember my roommate knocking on my door at two in the morning and saying, 'Hey, Tim, got any quarters? A friend

of mine is getting a pizza.' That's just how we lived. When I looked back, I would have loved to be given some money to play ball because I didn't have money to go out, go out for dinner or go out on a date. I didn't have the money to do that. But then again, I didn't have any bills either. The scholarship paid for my school, but I didn't have any extra money or new clothes or nice things. I was just a

regular college kid as far as money went. I lived frugal and it taught me a valuable lesson.

"I do think the programs that bring in huge money to the university ... I think they're getting it over the players. They're selling their jerseys, they're selling their names and what they're doing on the field. I don't think that's fair. But I don't want to see college athletes paid like pro athletes. I think there's a happy median in there somewhere where players can get a little money from the revenue that they're generating from these universities. But also not treat them like professionals and not pay them like grown adults, because they're not."

NFL career

Shaw's pro career, meanwhile, spanned parts of seven seasons.

He played 14 games his first year in Carolina, but was released and then picked up for the final three games of the 2008 season by the Jacksonville Jaguars. In 2009 with the Chicago Bears, Shaw enjoyed his most productive season, when he was credited with a franchise-record 30 special teams tackles. His 20 "press box" special teams stops led the NFL. At the conclusion of the 2009 campaign, Shaw was named to the USA Today All-Joe team, which honors "the overlooked, the overachievers, the hard-working guys who don't grab the headlines."

Released by the Bears

in early 2010, Shaw was claimed off waivers by the Titans, where he was voted Titans special teams captain in 2011 and 2012. Shaw made 127 total tackles in 48 games with Tennessee. In 2012, he got three starts at linebacker due to a rash of injuries.

Shaw, who hung his hat on special teams play, said the NFL's new kickoff rules to improve player safety did not make players like him extinct.

"The game is changing," Shaw said. "I don't think that particular (kickoff) rule makes the game any better. Special teams are still pretty valuable. You still get a lot of kickoff returns for touchdowns. You still see a lot of punt returns that are huge. It's still an important part of the game."

"It's very sad to see them eliminate kicks from the game because you're going to end up starting the ball on the 20 and you take away one of the most exciting plays in football. I don't agree with the rule change for safety. You should make more rules through the action. You're not allowed to chop block, you're not allowed to blindside hit, which is good."

"But you don't take away the play like the game is, the pure form of the game. It really wasn't that effective."

Master's degree

Shaw, chosen to both all-Big Ten and All-America academic teams, graduated with a

degree in management from Penn State. He is currently finishing up a two-year master's program in business through George Washington University.

"I've already got some business going, some investments down here in Nashville, and that seems to be the direction I'm going," Shaw said. "I'm definitely being called to go into business and I'm using those resources to do and support mission work. I want to help people, also."

"I believe Nashville is where I'm supposed to be. It seems I have a lot of great relationships here and opportunities as well. Great church, great people. I like it. I'm not going to promise I'll be here forever, but for now this is what I'll do."

Shaw, who was born in Exeter, England, is heavily involved with his church. He has done several mission mission trips and worked with Habitat for Humanity during his NFL career.

He just recently returned from a mission trip in Brazil.

"It was unbelievable," Shaw said. "It was so cool. We helped some indigenous tribes to help with their water. We fixed some wells for them. It was an awesome, awesome experience. It was an adventure ... we took a boat 20 hours down the Amazon River."

Memory lane

As Shaw transitions to a new life, he'll look back and have fond memories of being in the NFL, where he was also able to earn his pension.

"It's the guys, it's being with those guys and putting in that time, that blood, sweat and tears with those guys," he said. "I miss the ferocity of the game, the contact, all the heightened sense that you have on that field. The thrill of competition and everything you have to put into that game."

"Giving up the thing I loved the most after 20 years is really, really difficult, but it's the right thing to do. I'm just very thankful for the time I had playing this game."

Thankful he can walk away from the NFL in one piece, Shaw vows to remain physically active.

"I'm going to get my body back to a place where I feel good and just kind of play recreational sports," he said. "I love to play basketball. I can't play golf all the time, but I have a passion for fitness in general. I'm just going to stay working out, all kinds of crazy workouts and have fun with it and not worry about having to go to training camp and having to bench press 400 pounds."

"I'm not going to worry about that anymore. I want to go snowboarding or skiing, do the things I haven't done because I was worried about getting hurt for football or whatever it was."

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June 15
July 20
August 17
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Please include the child's name, age, phone number and address.

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WHO'S YOUR TIGER?

Contest is open to kids up to 18 years old.

THE WEEK AHEAD

<p>PREP BASEBALL (Weather permitting) Monday, March 31 Franklin at W. Bloomfield, 4 p.m. Skyline at John Glenn (2), 4 p.m. Dearborn at Wayne, 4 p.m. Tuesday, April 1 Franklin at Annapolis, 4 p.m. Clarenceville at Garden City, 4 p.m. Luth. W'sld at Harper Wds., 5 p.m. Wednesday, April 2 S.L. East at Churchill (2), 4 p.m. South Lyon at Franklin (2), 4 p.m. Stevenson at John Glenn (2), 4 p.m. Northville at Wayne (2), 4 p.m. Thursday, April 3 Garden City at Churchill, 4 p.m. Ypsi Lincoln at John Glenn, 4 p.m. Stevenson at South Lyon (2), 4 p.m. Clarenceville at Luth. W'sld, 4:30 p.m. Huron Valley at Frank. Rd., 4:30 p.m. Friday, April 4 John Glenn at Dearborn, 4 p.m. Belleville at Wayne, 4 p.m. Saturday, April 5 (all double-headers) Franklin Rd. at Clarenceville, 11 a.m. Thurston at A.A. Huron, 11 a.m. Churchill at N.B. Huron Inv., 11 a.m.</p>	<p>GIRLS SOFTBALL (Weather permitting) Monday, March 31 Skyline at John Glenn (2), 4 p.m. Dearborn at Wayne, 4 p.m. Tuesday, April 1 Chavez at Clarenceville, 4:30 p.m. HVL at Luth. W'sld, 4:30 p.m. Luth. W'sld at St. Catherine, 5 p.m. Wednesday, April 2 S.L. East at Churchill (2), 4 p.m. South Lyon at Franklin (2), 4 p.m. Stevenson at John Glenn (2), 4 p.m. Northville at Wayne (2), 4 p.m.</p>	<p>Thursday, April 3 Stevenson at South Lyon (2), 4 p.m. Frank. Rd. at Clarenceville, 4:30 p.m. Huron Valley at Luth. W'sld, 4:30 p.m. Friday, April 4 John Glenn at Dearborn, 4 p.m. HVL at Franklin Rd., 4:30 p.m. Saturday, April 5 Mercy Invitational, 8 a.m. Wayne at Annapolis (2), 11 a.m.</p> <p>GIRLS SOCCER Monday, March 31 Clarenceville at Greenhills, 4:30 p.m. Tuesday, April 1 Canton at Wayne, 4 p.m. Luth. W'sld at Luth. W'sld, 4:30 p.m. Marian at Ladywood, 6 p.m. Novi at Stevenson, 6 p.m. Churchill at Plymouth (CEP), 7 p.m. John Glenn at Franklin, 7 p.m. Thursday, April 3 Det. Western at Luth. W'sld, 4:30 p.m. Riverside at Clarenceville, 6 p.m. Mercy at Ladywood, 6 p.m. Franklin at Churchill, 7 p.m. Northville at Stevenson, 7 p.m. Wayne at Plymouth (CEP), 7 p.m. John Glenn at Canton, 7:30 p.m. Friday, April 4 John Glenn at Dearborn, 4 p.m. Belleville at Wayne, 4 p.m. Luth. South at Luth. W'sld, 4:30 p.m.</p> <p>BOYS & GIRLS TRACK Tuesday, April 1 Wayne at Churchill, 3:30 p.m. Franklin at Canton, 3:30 p.m. Stevenson at Novi, 3:30 p.m. Plymouth at John Glenn, 3:30 p.m. Clarenceville at Romulus, 3:30 p.m. Ladywood at Mercy, 4 p.m. Thursday, April 3 Luth. South, Roper, Annapolis Harper Wds. at Luth. W'sld, 4:30 p.m. Saturday, April 5</p>	<p>Patriot Relays at Franklin, 9 a.m. GIRLS LACROSSE Wednesday, April 2 Ladywood at A.A. Skyline, 6:30 p.m. Friday, April 4 Ladywood at Regina, 4:30 p.m.</p> <p>GIRLS TENNIS Monday, March 31 John Glenn at Ypsi Lincoln, 4:30 p.m. Tuesday, April 1 Plymouth at Franklin, 4 p.m. Wayne at Lincoln Park, 4 p.m. Wednesday, April 2 Ladywood vs. Cabrini at Schoolcraft College, 4 p.m. Thursday, April 3 Stevenson at South Lyon, 4 p.m. Friday, April 4 Garden City at John Glenn, 4 p.m. Belleville at Wayne, 4 p.m. Saturday, April 5 Dearborn Invitational, 8 a.m. Brighton Invitational, 9 a.m.</p> <p>COLLEGE BASEBALL Sunday, March 30 Madonna at Davenport (2), 1 p.m. Tuesday, April 1 Madonna at CMU, 3 p.m. Wednesday, April 2 Siena Heights at Madonna (2), 2 p.m. Saturday, April 5 N'western Ohio at MU(2), 1 p.m. Sunday, April 6 N'western Ohio at MU (2), 1 p.m.</p> <p>COLLEGE SOFTBALL (all double-headers) Sunday, March 30 Sienat Heights at Madonna, 1 p.m. Wednesday, April 2 Aquinas at Madonna, 4 p.m. Saturday, April 5 Madonna at Cornerstone, 1 p.m. Sunday, April 6 Madonna at Davenport, 1 p.m.</p>
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ALL-OBSERVER GIRLS BASKETBALL

Area lady hoopsters rule the courts

FIRST TEAM

Paige Aresco, Sr., Canton: There is no denying how much of an impact the senior forward and co-captain made on the Chiefs throughout her prep career, which was capped off with this season's march to the Class A final.

Aresco averaged just under 15 points and five rebounds per game as she sparked the Chiefs to a 22-5 record.

For her four-year Canton career, she registered 942 points, pushing her into the top five in school history. She was named an Associated Press Class A all-state honorable mention.

"Every night we played a game our opponents came in trying to stop Paige and she still found a way to get to the rim and score," coach Brian Samulski said. "The fact she was able to come in and score double figures 22 out of 27 games is phenomenal."

"Paige's outstanding play will be missed but more importantly her leadership and character will be missed. It has been a pleasure to get to know her and watch her grow as a player and an outstanding young lady the past four years."

Candice Leatherwood, Sr., Mercy: The senior point guard was the leader on a well-balanced team that went 25-2 and reached the Class A state semifinals. She was a four-year varsity starter and is a four-time, all-area selection.

Leatherwood, who scored 1,005 career points, averaged 11.4 this season to go with two assists, two rebounds and two steals. She will play next season for Liberty University, an NCAA Division I school in Lynchburg, Va.

She has the ability to take over a game with her defense and scoring, especially with her dynamic drives to the basket. In some big games, she almost willed the Marlins to win.

"Candice improved her game every year," coach Gary Morris said. "The thing I noticed right away about Candice was her basketball intelligence. She has a great feel for the game, just what you want from a point guard."

"In her freshman year, she scored most of her points driving to the basket. As her career went on, she developed a mid-range shot, and she got to the point where she was a pretty good 3-point shooter this year."

"The other thing is she's ultra competitive. That really showed itself in the Catholic League playoffs and right through the state tournament."

Rachel Winters, Sr., Canton: Whenever Canton needed a big-time defensive play or a clutch jumper from long range, the senior point guard and co-captain obliged.

Winters' individual statistics could have been much more impressive than 8.4 points, 3.1 rebounds and 3.2 steals per game if not for the fact she played such a strong two-way game for Samulski and the Chiefs.

The all-conference selection connected on 27 treys this season and 55 for her four-year career (both good for top-four in Canton history). Her 36 percent success clip from beyond the three-point arc also put her at the top of the school record best (top three).

"Rach had a terrific senior season and a very good four-year career at Canton," Samulski said. "The past three years Rach has been our defensive leader and playing in a program that stresses defense first that is a huge accomplishment."

"She took it upon herself this year to want to score more and I think she did a great job with that. All the extremely hard work she put into shooting the ball in the spring, summer, and fall really paid off."

Samulski said the "outstanding player and even



Paige Aresco Canton



Candice Leatherwood Mercy



Rachel Winters Canton



Taylor Jones Mercy



Kyla Roland Harrison



Kristen Nelson Harrison



Ayanna Buckley C'ville



Shelby Cheston Plymouth



Kaira Barnes John Glenn



Taylor Hunley Canton



Megan Carter N. Farm.



Amber Stephens Harrison



Gary Morris Mercy coach



Brian Samulski Canton coach

better person" will be missed by the Canton program.

Taylor Jones, Jr., Mercy: Jones was the perfect complement to Leatherwood at the two guard, both offensively and defensively. A two-time, all-area selection, she was a major reason the No. 3-ranked Marlins had the season they did.

Jones made the biggest play of the season in the Catholic League final. She stole an inbound pass under the Marian basket and scored as time expired to give Mercy a 55-54 win.

Jones was Mercy's leading scorer with 356 points and an average of 13.2. She also led the team in steals, averaging two per game as well as two rebounds. Jones excelled in the open court at finishing fast breaks and applying defensive pressure.

"Taylor is what I would call a slasher type of player with the ability to get to the basket," Morris said. "She's a good on-ball defender with the potential to get even better defensively."

"She continues to improve her outside game and, by next year, will be an effective 3-point shooter, which will make her a tougher player to guard."

"She's very creative around the basket and has the ability to get herself in position to make the shot. She's only about 5-7 but is a lot longer than that, and it helped her to finish on offense and to pressure the ball on defense."

Kyla Roland, Jr., Harrison: The 6-foot-1 junior center complements her team's talent on the perimeter with consistent and solid play in the post. She is the inside force that helped the Hawks capture the OAA Red Division crown.

Roland is athletic and agile for her size and has a good, all-round game. She was the leading rebounder with 8.5 per game and she's an effective scorer, averaging 10 points on a balanced team. A three-year varsity starter, she also had 2.4 steals and 1.5 blocks per game.

"Kyla is an irreplaceable player who was counted on to score inside and also be the anchor in the middle of our defense," coach Tim Micklash said. "She's a vocal leader and works extremely hard to get better every day."

"In my opinion, Kyla is one of the better post players in the state and impacted the game in so many ways, whether it was scoring, rebounding, blocking or changing shots. Opposing coaches focused their game plans around trying to slow her down, which opened up opportunities for other players."

"Kyla is a big reason we've had the success we have over the past two years, and there's no doubt teams had to play differently when she was on the floor."

Kristen Nelson, Soph., Harrison: Nelson does a little of everything and does it well for the Hawks, who are 40-6 the past two seasons. She is a two-year starter who helped Harrison (17-4) win the OAA White Division last year and the higher-level Red this year.

The 5-foot-8 sophomore moved from the two guard to the point and helped the Hawks in so many ways, averaging 11 points, four assists, 3.5 rebounds, 3.5 steals and 1.6 blocks.

Nelson can take the ball to the basket off the dribble, shoot the three and play aggressive defense, too.

"Kristen is our primary ball handler and decision maker," Micklash said. "Her court vision and unselfishness is unlike any player I have coached. She is an extremely talented

player who has such a high ceiling in basketball.

"Kristen is also one of the most versatile players in the area, leading our team in steals, assists, blocked shots, charges taken and free throw percentage. She also was among our leaders in points and rebounds."

"Kristen has been a huge part of our success the past two seasons and no doubt will be a big part of the future of our program."

SECOND TEAM

Ayanna Buckley, Sr., Clarenceville: The 6-foot senior, who has signed with Ferris State University for volleyball, finished her basketball career by averaging 16.9 points, 13.1 rebounds, 5.7 blocks, 2.8 steals per game as a senior.

Buckley was able to bounce back from a mid-season ankle injury which kept her out of three games.

"Ayanna had a terrific season leading our team in scoring and rebounding," coach Brady Gustafson said. "She was able to score in transition, inside and outside. In addition to her offensive output, Ayanna had a dominating defensive year. She anchored our zone and was our leader in steals and blocks. In addition to her skills on the court, she is an excellent student and a three-sport athlete."

Shelby Cheston, Sr., Plymouth: The Wildcats enjoyed a turnaround season (18-5) under first-year head coach Nick Brandon and the outstanding play by 6-4 post player Cheston was a major reason why.

Cheston averaged 12.2 points, 8.1 rebounds and 2.9 blocks per game, often registering double-doubles to spark Plymouth to another big game. She started all 23 games and led the team in scoring and rebounds.

Her efforts earned her several team awards, including Defensive Player of the Year and the 2013-14 Legacy Award.

"Shelby changed the way teams attacked us on both sides of the floor," said Brandon about the unity captain and all-KLAA selection. "Offensively, her size and impressive touch at the rim forced teams to account for her, often with a double-team, which opened up the floor for many of our other scorers."

"Defensively she was a dominant force in the paint with great timing as a shot blocker, stopping not only opposing post players but also those who tried to get the paint with dribble-drives. Above all Shelby was a great leader for us on and off the floor."

Cheston is being pursued by several colleges at the D-I and D-II levels and has yet to make a decision, but she does plan to play college basketball.

Kaira Barnes, Sr., John Glenn: The 5-foot-4 senior point-guard, bound for Olivet Nazarene University (Ill.), was a four-year varsity player who averaged 15 points and six assists per game as a senior.

"She was a leader off the court by maintaining her 4.0 grade-point average in class as well as assisting with organizing the younger players during this rebuilding year for our team," Glenn coach Derrick Jordan said. "She was a leader on the court by always maintaining a poised demeanor in which every other player fed off

of during challenging times this season."

The all-KLAA selection bounced back in December after suffering a torn knee ligament at the end of her junior year which kept her out of the Class A state semifinals and quarterfinals.

"When I look at Kaira, she is what every coach talks about having," Jordan said. "A player who works hard, she's very coachable and she is extremely dedicated on the court and in class. Kaira was a joy for me to coach and her talents and leadership will surely be missed. I expect her to have a wonderful collegiate basketball and academic career."

Taylor Hunley, Sr., Canton: The 6-1 senior center and assistant captain was a force to be reckoned with around the basket — and at the charity stripe — for the Class A finalists in 2013-14.

The third-year player averaged 10 points and 7.2 rebounds per outing and collected 32 blocks. That gave her 73 career blocks, which put her into the top four in school history.

Hunley also rarely missed when sent to the free throw line. She made 79 percent of her chances, Canton's best accuracy rate ever. Her field goal percentage wasn't too shabby either (48 percent).

"She has had an amazing senior season and a great career," Samulski said. "The fact that T averaged closed to a double double is very impressive. ... She gave us a post threat inside and she also did a great job guarding some of the better post players in the area."

Samulski said Hunley and the team enjoyed the payoff of her outstanding work ethic. "All her hard work she put in this past offseason really paid off and she was able to see the benefits of that hard work on the basketball floor this year," he said. "I've really enjoyed watching Taylor grow into the great player that she has become and the terrific person that she is."

Megan Carter, Jr., N. Farmington: The junior guard can do it all on the basketball court and did. A three-year starter, she has made not one but two comebacks from ACL injuries and continues to excel at the game.

Carter was one of the top scorers in the area with an average of 16.7 points. She scored in double figures in all but one game.

She can do much more than score. Carter has an impressive all-around game that includes 5.6 rebounds, 3.0 assists and 3.2 steals per game while playing the point.

The Raiders were fourth in the OAA Red Division behind Harrison, Lathrup and Clarkston, and they were finalists in the district tournament at Marian.

"She has the ability to get to the rim and score," coach Tim Carruthers said, adding Carter also has a good outside shot. "One of her great assets is her ability to see the floor and get her teammates involved. She has a great feel for the game."

"The talent has always been there. With the injuries putting her behind, this was her breakout year, showing people what she can do. She is well

rounded and a good defensive player, too."

Amber Stephens, Soph., Harrison: Stephens is another two-year starter who led the OAA Red Division champs in scoring with 14 points per game. She excels in the open court, scoring in transition and forcing turnovers as the lead player on the press.

A two-time, all-area selection, Stephens also has a well-rounded game like Kristen Nelson that includes three assists, four rebounds and 3.3 steals per game.

"Amber built on her great freshman season and had another outstanding year," Micklash said. "She was one of our key players on the offensive and defensive sides of the ball."

"She led our team in scoring for a second year and is on pace to set multiple scoring records in the next two years."

"Amber has an extremely high basketball IQ and finishes around the basket better than any player I have coached. Like Kristen and Kyla, she has played a major role in the success of our program."

CO-COACHES OF YEAR

Brian Samulski, Canton: In nine seasons as head coach of the Canton Chiefs varsity girls basketball team, Samulski has compiled a record of 166-49 with numerous divisions, conference, district and regional championships along the way.

This year's team made it to the Class A state final for the first time in school history while going 22-5. The Chiefs played two games at the Breslin Center, defeating Grand Ledge in the semifinals and losing to Bloomfield Hills Marian in the final.

Despite that long list of personal coaching achievements — the latest is his selection as Observer Co-Coach of the Year — Samulski is humble and all about the team. He always gives full credit to his players — usually not even going out on the floor for championship trophy photo shoots.

Samulski routinely praises his team (including members who don't see a lot of playing time) and coaching staff, which includes Bob Blohm, Laurin Delapaz, Rob Heitmeyer and Kevin Palmer.

Samulski's teams always play shut-down defense and are very disciplined, minimizing turnovers and fouls in the process.

"It's a honor to share the award with Gary (Morris) from Mercy who I think is an outstanding coach," Samulski said. "I really feel getting Coach of the Year is a reflection of the program. This honor wouldn't be possible without the 10 players on the team: Rach, Paige, T, Shan (senior assistant captain Shannon Perry), Lan (Alanna Brown), (Jordan) Church, Alexa (Lagola), Nat (Winters), Arch (Madison Archibald), and Erin (Hult)."

"This also wouldn't be possible without my staff: Bob, Del (Delapaz), Rob, and Kevin, they did a great job all year. Without my players and my staff, we wouldn't have done what we did on the basketball court this year."

Gary Morris, Mercy: The Marlins expected to have a very good season with every player back from a successful previ-

ous campaign — and they did!

Mercy went 25-2 with both losses to Class A state champion Marian. The teams split four games, and the Marlins won the Catholic League title over their rivals, 55-54.

The Marlins tied a school record for single-season victories and won their first regional championship since 1991 when they were the state runners-up.

Mercy knocked off No. 2 Grace Pointe South and No. 1 Detroit King in the regional tournament, and it also counted a win over defending Class B champ Goodrich in the regular season.

The postseason run ended with a state semifinal loss to Marian at the Breslin Center.

For the job he did in leading the Marlins to their best season in nearly a quarter century, Gary Morris was named Co-Coach of the Year.

"The award is way more about the players and my coaching staff than me," Morris said, adding he is honored to share it with Canton's Brian Samulski, whom he knows well and for whom he has great respect.

Morris cited assistant coaches Jim Lovat, Dennis Janer and Kristin Porubsky, who played two seasons for Morris at Mercy.

"Once it became apparent we were having a special season, I would be asked about goals, getting to Breslin or winning a state championship," Morris said.

"I kept saying to the kids, 'Don't get so hung up on what we have to do for it to be a success. Enjoy the journey.'"

"I think a lot of that came out at the banquet. I would have liked to win two more games, absolutely. Short of that, it was still a very special season."

The Marlins did it with a team full of guards, too. No starter was taller than 5-foot-7.

"Our theme for the year was, 'It's not how big we are; it's how big we play,'" Morris said. "They certainly did play big. Those kids played with a lot of heart and were driven to succeed."

Morris, who teaches social studies at Mercy, earned his 300th career victory with the regional win over South.

His 10-year record as the Mercy coach is 164-74, and he is 302-126 overall, which includes seven seasons at Madison Heights Bishop Foley and one at Detroit Dominican.

ALL-OBSERVER GIRLS BASKETBALL

FIRST TEAM
Paige Aresco, Sr., F, Canton
Rachel Winters, Sr., G, Canton
Candice Leatherwood, Sr., G, Mercy
Taylor Jones, Jr., G, Mercy
Kyla Roland, Jr., C, Harrison
Kristen Nelson, Soph., G, Harrison

SECOND TEAM
Ayanna Buckley, Sr., C, Liv. C'ville
Shelby Cheston, Sr., C, Plymouth
Kaira Barnes, Sr., G, John Glenn
Taylor Hunley, Sr., C, Canton
Megan Carter, Jr., G, N. Farmington
Amber Stephens, Soph., G, Harrison

THIRD TEAM
Rachel Smith, Sr., G, Ply. Christian
Sam Bauer, Sr., G, Mercy
Kylie Rolby, Sr., G, Plymouth
Allie Gorycyca, Sr., G, Mercy
Rachel Wilkinson, Sr., G, Stevenson
Shara Long, Jr., F, Salem

FOURTH TEAM
Abby Joseph, Jr., G, Garden City
Charlesann Roy, Sr., F, Stevenson
Jada Woody, Sr., F, Plymouth
Jen Malcolm, Sr., F, Ply. Christian
Bri Durrrough, Sr., G, N. Farmington
R'Mani Garrard, Sr., C, John Glenn

FIFTH TEAM
Tyler Parlor, Sr., G, Mercy
Sierra LaGrande, Sr., G, Mercy
Ashley Sandelin, Sr., G, Red. Union
Alanna Brown, Jr., G, Canton
Amani Echols, Jr., G, Farmington
Leah Rehens, Sr., C, Luth. Westland

CO-COACHES OF YEAR
Brian Samulski, Canton
Gary Morris, Farm. Hills Mercy

HONORABLE MENTION
Churchill: Natalie Spala, Hannah Purnmill; Franklin: Sarah Cramton, Tynonna Tate; Stevenson: Kyra Johnson; John Glenn: Victoria McCloud; Clarenceville: Mikala Kieiling; Livonia Ladywood: Erika Selakowski; Huron Valley Lutheran: Julie St. John; Sarah Setian; Lutheran Westland: Sabrina Morrison; Canton: Natalie Winters, Shannon Perry;

Plymouth: Kendall Rose, Brooke Sorkel; Salem: Kayla Kavulich, Janyra Wilson, Hayley Rogers;

Plymouth Christian: Rachael Fuller, Martha Mullett; Farmington: Maria Peurach, Mya Dousa, Taylor Surrmeier; Harrison: Katie Coarud, Asia Campbell, Taylor Kelley; Mercy: Sierra Wangler, Paige Roberts; North Farmington: Jessica Carruthers, Samantha Carruthers, Rachel Snabes, Kierra Crockett; Garden City: Deja Collier, Hannah Vera-Burgos, Lindsay Michalak; Thurston: Megan Abela; Redford Union: Renee Reed.

SOFTBALL CAPSULE OUTLOOK

LIVONIA CHURCHILL
Head coach: Steve Gentilia, fourth year.
League affiliation: KLAAs Kensington Conference (South Division).
Last year's overall record: 28-12.
Titles won last year: Chelsea and Public Schools of Livonia Invitational champions.
Notable losses to graduation: Nicole Salloum (first-team All-Area); Casey Bias (first-team All-Area); Maggie McGowan, Jeni Bourlier, Alice Garvin.
Leading returnees: Julia Cavagnini, Sr.-C-Inf. (second-team All-Area, .323, 16 RBI); signed with Madison); Katie Shereda, Sr. P-Inf. (16-6, .337, 18 RBI); Julia Twigg, Sr. OF (307; signed with Jackson CC); Victoria Lupher, Jr. C; Lauren St. Pierre, Jr. Inf.; Rachel Mattison, Jr. Inf.-P; Mellanie Richardson, Soph. P; Reagan Peyton, Soph. Inf.
Promising newcomers: Rosey Garvin, Jr. Inf.; Alyssa Mazur, Jr. Inf.; Elyse Baumgardner, Soph. OF; Colleen McGowan, Fr. Inf.; Alex Touchette, Jr. OF; Ashley Brewer, Jr. OF.
Gentilia's 2014 outlook: "This season should be a very rewarding season for us. We have a lot of challenges with replacing five seniors, who all contributed in a major way. We return all our pitching, which is a blessing to have three available to give support in the circle. Our offense is on track to score runs, maybe not at the pace of the past few seasons, but we will still score our share of runs. We always look to play a challenging schedule this season is no different with three high-caliber tournaments and competing in the KLAAs."
LIVONIA FRANKLIN
Head coach: Linda Jimenez, 19th season.
League affiliation: KLAAs Kensington (South Division).
Last year's overall record: 19-14.
Titles won last year: New Boston Huron Tournament champs.
Notable losses to graduation: Katelynn Devers (first-team All-Area); Alton DeWise, Mackenzie Lukas, Maggie Leins.
Leading returnees: Sarah Cramton, Jr. 1B (.422, second-team All-Area, All-KLAAs); Colleen Mandrinsk, Sr. OF (captain); Courtney Garbarino, Sr. P; Becky Giacobbi, Jr. C (captain, .404); Alaina DeFrain, Jr. P; Megan Chapman, Jr. P; Lauren Michael, Jr. 3B.
Promising newcomers: Jessica Banks, Soph. OF; Jennifer Tripp, Soph. OF; Brooke Garbarino, Fr. C; Melissa Ferrier, Fr. Inf.; Makenna Dogonski, Fr. Inf.; Danielle Hoskins, Fr. OF-Inf.

Jimenez's 2014 outlook: "We have many question marks this season. We will do some shuffling. We only have two seniors, but the junior class is strong with Giacobbi and Cramton leading the way offensively and defensively. It's going to be tough to replace DeWise and Lukas (graduates) in the outfield but Mandrinsk and Banks are willing to move from the infield to the outfield doing what is best for the team. We lost our middle infielders to graduation. Fortunately, we were blessed with some talented freshman. We will go through some growing pains but they are very coachable. Ferrier (shortstop), Dogonski (second base) and Brooke Garbarino (catcher) will control the middle. A left-handed hitter, Hoskins can play anywhere. Third base Michael will smother every ground ball her way. Our pitching is much improved from last year. We have all three pitchers back - (Courtney) Garbarino, Chapman and DeFrain. It will be one of those seasons where we have to put the puzzle together."
LIVONIA STEVENSON
Head coach: Mike Reilly, first (full) year.
League affiliation: KLAAs Kensington (Central Division).
Last year's overall record: 15-21.
Notable losses to graduation: Morgan Copperstone (second-team All-Area); Becca Koestering, Allison Koestering, Megan Colton.
Leading returnees: Erika Randall, Sr. P-1B (All-District, signed with Madonna); Kaitlyn Lipinski, Sr. C (All-District); Alex Knorp, Sr. C; Natalie Reilly, Sr. P-1B; Madelyn Omietanski, Sr. 2B; Courtney Carter, Sr. 3B; Kassydi Lipinski, Jr. 5S; Natalie Moore, Jr. P-OF; Alyssa Zahra, Soph. OF.
Promising newcomers: Cori Wilson, Soph. Inf.; Kathryn Legizna, Jr. OF; Laura Coleman, Jr. OF; Alexis VanHorn, Soph. OF; Alyssa Randall, Fr. OF; Madison Maurier, Fr. OF.
Reilly's 2014 outlook: "We're a strong senior-led team and very well balanced. We are strong up the middle and have a lot of experience. We have three good pitchers that will give other teams different looks. We should be good defensively and with our overall team speed. We have a mixture of all classes and they have worked very hard in off season conditioning. The seniors have played together since they were 10-year-olds and they each know what to expect from themselves and each other. With the addition of our newcomers we feel we have a very balanced lineup. As with everyone we need to find a way to get our bats going and take advantage of our opportunities during a game. This is

a very smart team and they will find ways to win."
WESTLAND JOHN GLENN
Head coach: Pat McGrath, third year.
League affiliation: KLAAs Kensington (South Division).
Last year's overall record: 11-23.
Notable losses to graduation: Danielle Saunders, Cassandra Huren.
Leading returnees: Brittany McGrath, Sr. 2B-3B (All-District); Sam Dupire, Sr. OF; Alexis Lester, Sr. P-1B (All-District); Mackenzie Huren, Soph. P-1B; Bailey Hamill, Jr. 3B-OF; Julia Michalowski, Soph. C-OF.
Promising newcomers: Megan Buford, Fr. 5S; Jasmine Pickens, Jr. C-1B; Chelsea Gilmer, Jr. OF; Sara Barker, Soph. OF; Chyenine Grim, Soph. C-OF; Katherine Throne, Soph. 2B-OF.
McGrath's 2014 outlook: "We are a young, but talented team looking to return to the district finals and win this year."
WAYNE MEMORIAL
Head coach: Mick Nephew, first year.
League affiliation: KLAAs Kensington (South Division).
Last year's overall record: 0-19.
Notable losses to graduation: None.
Leading returnees: Valerie Green, Sr. 3B; Megan McCurry, Jr. 1B; Sharon Carpenter, Soph. LF; Ri'Onna Clements, Soph. CF; Micah Hill, Jr. DP-OF.
Promising newcomers: Nina Smith, Jr. OF; Kyara Watson, Jr. 5S-2B; Hayley Gilbert, Soph. 5S-2B; Jade Walls, Soph. P.
Nephew's 2014 outlook: "Our goal this season is to be competitive. We have a young team with a year of playing in the extremely tough KLAAs South, so we're just looking to improve. Another goal is to get through the season without injuries. Last season the varsity squad was riddled with a lot of injuries, which made it difficult to compete. Last, we want to jell and learn to rely on one another to play as a team. We'll need the whole team effort to be successful."
LIVONIA LADYWOOD
Head coach: Scott Combs, seventh year.
League affiliation: Catholic League (Central Division).
Last year's overall record: 32-9.
Titles won last year: Division 2 district and regional champions; 3 invitational titles.
Notable losses to graduation: Celeste Fidge (Miss Softball, first-team All-Area); Andria Gietl (first-team All-Area).

Leading returnees: Haley Lawrence, Sr. (captain) 5S (first-team All-Area; 402, 6 HRs, 32 RBI; signed with Hillsdale College); Rozlyn Price, Soph. P (second-team All-Area); Erika Selakowski, Soph. 2B (second-team All-Area); Anna Lewis, Jr. C-OF (captain); Christina Meyer, Jr. OF (captain); Haley Garcia, Sr. Inf. (captain); Sara Knapp, Jr. P (captain); Michaela Warner, Soph. C; Rachel Hendricks, Soph. OF.
Promising newcomers: Morgan Larkin, Jr. 1B-3B (transfer from Livonia Franklin); Lauren Holdsworth, Fr. Inf.; Cecelia Werner, Fr. Inf.
Combs' 2014 outlook: "We compete in a very difficult league. We play almost exclusively, Division 1 teams, and we have a very tough schedule, purposefully. We have two goals - compete for the Catholic League title and make the state Final Four. With hard work, the players we have can accomplish these goals. We pride ourselves in developing players - we have had the last two Miss Softballs - Briana Combs, 2012; and Celeste Fidge, 2013."
LIVONIA CLAIREVILLE
Head coach: Joe DeCaire, 16th year.
League affiliation: Western Wayne Athletic Conference (Blue Division).
Last year's overall record: 10-13.
Notable losses to graduation: Jodi Ankiel (All-WWAC Blue); Justine and Jaki Bateman (All-WWAC Blue); Erica Katz, Sr. 1B; Nicole Kurdzial, Sr. C; Logan Sade, Sr. Inf.-OF; Emily Schwartz, Jr. P (All-WWAC Blue); Ariel Osborne, Jr. Inf.-OF; Lindsey Cairns, Jr. OF; Morgan Cairns, Jr. Inf.-OF; Mia Sampson, Jr. Inf.-OF; Kylee Hammond, Soph. Inf.; Nicole Scott, Soph. OF; Sarah Meil, Soph. OF; Clara Miller, Soph. OF.
Promising newcomers: Monica Longoria, Jr. Inf.-OF; Alese Bankowski, Soph. Inf.-OF; Allison Zsostak, Soph. Inf.-OF; Michaela Nesler, Soph. Inf.-OF; Kristine Sidon, Fr. Inf.-OF; Claudia Moore, Fr. Inf.-OF; Janie Waggoner, Fr. Inf.-OF.
DeCaire's 2014 outlook: "The starting lineup we place on the field this season will be very competitive and they know how to play the game at a high level against anyone. Our senior leadership with Kurdzial, Katz, Kieling and Sade will be immeasurable and will be demonstrated on an everyday basis on how the game should be played. I think that our core will play well this season. If we stay healthy, make adjustments and most importantly play defense, I think we will be tough to beat in the Blue Division this season. We have the pitcher, the seniors, and the core to be a highly competitive team."

LUTHERAN WESTLAND
Head coach: Paul Gusé, 11th year.
League affiliation: Michigan Independent Athletic Conference (Blue Division).
Last year's overall record: 11-13.
Notable losses to graduation: Chandler Javenport (second-team All-Area); Aldreanna Fikes, Sam Roberts, Shannon Abbott, Shelby Abbott.
Leading returnees: Emily Hahn, Jr. P-5S (.350 batting; 546 on-base); Lindsey Earnst, Sr. P-2B (.367 batting; 491 on-base); Madison Conley, Sr. CF; Rachel Andzejewski, Jr. 1B; Zoe Januszkowski, Jr. 3B-2B; Vivian Quitmeyer, Jr. OF; Olivia Ray, Soph. OF; Becca Veltz, Soph. 3B-C.
Promising newcomers: Abby Marzinski, Jr. 1B-OF; Tyler Peetz, Fr. C-3B-5S.
Gusé's 2014 outlook: "With only 11 players, depth will certainly be an issue this year. With only two seniors, we have some girls playing new positions this year, so we will have to make some adjustments along the way. The good news is that both of pitchers are back, Lindsey Earnst and Emily Hahn. Both of them had five wins last year. Both are experienced veterans."
HURON VALLEY LUTHERAN
Head coach: Eric Ruth, 17th season.
League affiliation: MIAC (Blue Division).
Last year's overall record: 19-6.
Titles won last year: Division 4 district champions.
Notable losses to graduation: Lauren Jones.
Leading returnees: Brooke Kuehn, Sr. 5S (All-MIAC Blue; second-team All-Area); Ashley Hever, Sr. 1B; Sarah Setian, Sr. CF; Dayna Schroeder, Sr. RF; Jessie Strauch, Jr. 3B (All-MIAC Blue); Anne St. John, Jr. LF; Bethany Schaffer, Jr. 2B; Madison Ott, Soph. C; Nikki Alcini, Jr. OF.
Promising newcomers: Samantha Golchuk, Fr. Inf.; Rosie Runstadler, Fr. Utility; Andra Lefevre, Fr. Utility.
Ruth's 2014 outlook: "We bring back all our starters from last year, so our expectations are very high. We have some very good competition in practice to push ourselves to be more disciplined, which will hopefully carry over into our games. Our goals are to improve on our finish from last year."

BLAZERS
 Continued from Page B1
 dywood and UM-Dearborn) I talked to up front. I said, 'I want to do this.' They were both extremely good. Actually the college season ends right at the end of April. It doesn't overlap as much as people think. We already played 24 games in Florida and Arizona."
 With the inclement weather, Combs is able to juggle both teams out of the back of his law office at the K Zone/Compuware in Plymouth, a 19,000-square foot facility he built equipped with batting cages and artificial turf.
 And although Ladywood has yet to play a game, he's been pleasantly surprised so far with UM-Dearborn's play. "They're great kids," Combs said. "I didn't know how I'd like coaching 18-to-22 year-old young ladies, but I tell you what ... it's been a real

treat. We had a great two-week trip. They only won seven of 44 games last year. They were really bad, and we're 11-13 now."
 Meanwhile, Ladywood should be a strong contender once again in Division 2.
 The Blazers have kept their lineup virtually intact with the exception of two key players who graduated - Miss Softball Celeste Fidge, now playing at the University of Toledo, and first baseman Andria Gietl, who at Northwood.
 Sophomore Rozlyn Price, who went 24-9 with a 1.81 earned run average and 185 strikeouts last season, returns to toe the mound for the Blazers, who are coming off a 32-9 season which included three invitational titles, district and regional crowns.
 "She's great," Combs said of the right-hander. "She

stayed healthy from basketball and has worked really hard. She's throwing very well."
 Senior shortstop Haley Lawrence, who has signed with Hillsdale College, is a first-team All-Stater who hit .422 with six homers and 32 RBI. She returns to form a potent double-play combination with sophomore second baseman Erika Selakowski, an honorable mention All-Stater who hit .378 with 23 RBI and 22 runs scored.
 Sophomore catcher Michael Warner and junior infielder Morgan Larkin, a transfer from Livonia Franklin, should also provide more pop at the plate.
 "Warner is a big-time hitter," Combs said. "We got plenty of offense. In fact, there's going to be some very, very good offensive players sitting on the bench. It's really going to be the test to get the top 11 into the lineup. We also have a couple of a really, really good freshman."

When Combs does have a conflict, he'll lean on Ladywood assistant coach Ron Reinhart along with Jim Gietl.
 "We do not have a JV team this year because we had a bunch of injuries and two or three seniors decided they didn't want to play," Combs said. "We got 18 girls and all are on varsity."
 When Ladywood and other area teams might actually start to play is anyone's guess. UM-Dearborn is also using Ladywood's field when the weather does decide to break.
 "Once it starts getting warmer it turns to four or five inches of mud, so it will be awhile," Combs said. "I can't see anybody with real fields playing for the next eight to 10 days. The problem is that you're going to running into (Easter) break and add another seven days (off). We could be another two-and-a-half weeks before we actually get going with an active schedule."
 See capsule outlook of area



As a freshman, Ladywood pitcher Rozlyn Price went 24-9 with a 1.81 earned run average for the Division 2 state semifinals. BILL BRESLER | STAFF PHOTOGRAPHER

girls softball teams.
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COLLEGE SOFTBALL

Crusader bats yield twinbill sweep

MU women belt 4 HRs against Albion
 The aluminum bats had sweet tone to them Friday afternoon as the host Madonna University women's softball team swept a non-conference double-header from Albion College, 8-0 and 12-4.
 Morgan Kaiser went 2-for-3,

including a homer and two RBI as MU won the opener in five innings.
 Erin Mayes also belted a 2-run homer, her third of the season as the Crusaders scored four in the bottom of the fifth.
 Kristin Drabeck also had

two hits, while Karleigh Creighton (North Farmington) also knocked in two runs.
 Winning pitcher Bree Crampton (7-3) allowed just one hit, struck out 10 and walked three.
 Albion starter Sarah Bucholz, who gave up five earned runs on 10 hits, took the loss.
 Kaitlyn Downey had the Brit-

ons' lone hit.
 In Game Two, winning pitcher Erin Combs (6-2) helped her own cause going 2-for-4 with a homer and three RBI as MU collected 17 total hits to win in six innings.
 Combs scattered seven hits, walked one and struck out seven.
 Kayla Rebain (Plymouth)

GIRLS SOCCER

Blazers boot stingy Falcons squad, 2-0

Livonia Ladywood got just enough offense and a lot of solid defense to earn a 2-0 girls soccer victory Friday at Farmington High.
 The Blazers, who improved to 2-0 overall, got a goal from Sam Riga in the 33rd minute off an assist from Emily Huddleston followed by Conner Huggins' goal from Kennedy Bullard in the 57 minute.
 Freshman goalkeeper Holly Cusick, billing on for starter Whitney Bauriedl, who was out sick, made three saves to post the shutout.
 "Our back line was solid

today," Ladywood coach Ken Shingledecker said. "They knew they had an inexperienced goalie in the net today and did a nice job limiting the Farmington attack."
 Molly Markiewicz had four saves for the Falcons (0-1), including two critical stops to end the first half to keep it a one-score match.
 "Farmington really impressed me," said Shingledecker, whose team outshot the Falcons, 11-5. "They were able to keep us out of their 18-yard box and their goalie was excellent."

Blazers fall in lacrosse, 13-12

Senior Jess Snyder tallied six goals and two assists Friday, but host Livonia Ladywood came up short in its 2014 girls lacrosse season opener against Flint Powers Catholic, 13-12.
 The Blazers, coming off a Division 2 state runner-up finish from a year ago, also received offensive contributions from seniors Megan Leon (three goals, one assist), Rachel Donabedian (two goals) and Theresa Micallef (one goal).
 Senior Sabine Hutter made 13 saves in her varsity debut in goal for the Blazers, who were tied 5-5 at intermission and led 9-7 during the second half..

Net gains



Lawrence Tech University men's and women's tennis coach Steve Behmlander recently signed three area players to NAIA letters-of-intent including (from left) Livonia Churchill's Rylie Fallu, Livonia Franklin's Carolyn McCullen and Livonia Stevenson's Chad Northey.

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HAPPILY EVER AFTER

Greenmead marries modern reception with vintage gowns

By Sharon Dargay
Staff Writer

Greenmead, Livonia's historical village, threw a wedding reception last week that came complete with a towering cake, hors d'oeuvres, and a champagne toast.

Its historic Newburg Church was decked out in flowers and filled with the sounds of familiar love songs played on the organ.

There was no bride and no groom, unless you count the cake toppers on display, but photographs of just-married couples were everywhere — grouped into collections, exhibited next to vintage gowns in the Alexander Blue House, and even hung on the walls in the church restroom.

"It's my personal goal to make wallpaper out of old wedding photos," joked Maureen Casey, recreation supervisor, as she addressed guests seated inside the church. "Part of our photo display is downstairs in the restroom."

The fourth annual "Happily Ever After" program drew approximately 80 supporters, mostly women, to view the village's collection of wedding artifacts, photos and gowns in a setting that mirrored a real wedding reception.

"It was an idea we kicked around ... it evolved and snowballed," Casey said. "It's kind of a ladies' evening out. And some gentlemen come. We love it."

Dresses, accessories

Some of the 18 gowns on display were on loan from Greenmead staff members, including Casey, and volunteers, such as Linda Trewin, a Livonia Historical Commission member.

"We try to get at least one from each decade," said Trewin, adding that approximately 70 percent of the dress exhibit is different each year. Some



Joanne Camiller, a Greenmead volunteer, holds a photograph of herself while standing next to her wedding gown. PHOTOS BY JOHN STORMZAND | STAFF PHOTOGRAPHER



Photographs show weddings through the years.



Pat Bastine, (left) of Livonia and Sally Bettes of Northville admire a wedding gown.

See MARRIES, Page B7

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Opera supporters celebrate Easter with concert in Novi

By Sharon Dargay
Staff Writer

Enrica Piccirilli Di Vico will carry on a family tradition when Friends of the Opera of Michigan presents "Easter Celebration in Music Resurrection" April 6 at St. James Catholic Church in Novi.

"We like to do free concerts in the churches. We do them at Christmas and Easter," said Piccirilli, who co-founded Friends with her husband, Quinto Milito, a baritone.

"We formed the group in honor of my father, Fausto Di Vico. He wasn't a singer. He just loved music and he was a member of a group in Italy that was bringing concerts to the town he lived in. Once he passed, we decided to form a

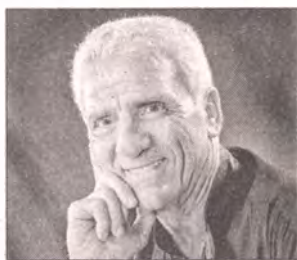


Amy Blevins, soprano, will sing in the Easter Celebration in Music Resurrection at St. James Catholic Church, Novi.

group here."

The Livonia couple founded the organization in 1988 and it has presented annual concerts ever since.

Some are ticketed events, like *The Most Happy Fella*, which Milito produced in 2012 at the Ford Community and Performing Arts Center in Dearborn. In April 2013, the organization



Quinto Milito, baritone, is one of the founding members of Friends of the Opera of Michigan, in Livonia.

teamed up with the Oakland Choral Society, and the Jackson Chorale to present Verdi's *Requiem* and Milito's composition, *Kyrie*.

The upcoming concert is free, although donations will be accepted. It starts at 4 p.m. at the church, 46325 10 Mile. A show also will be held at 4 p.m. April 27 at St. Barbara's Parish, 13534



Pianist Jeanne Marie Laframboise of Livonia will accompany singers at Friends of the Opera of Michigan's Easter concert.

Colson in Dearborn.

Both will feature Milito and soprano Amy Blevins of Waterford singing music by Handel, Rossini and Schubert, among others. Jeanne Marie LaFramboise of Livonia will accompany on piano.

Conservatory graduates

Piccirilli and Milito graduated from the

Gioacchino Rossini Conservatory of Music in Italy. She is a soprano, but traded a singing career for family life, raising the couple's four children. He was a two-time winner of the Metropolitan Opera Regional Audition, and made his debut at the Spoleto Festival in Italy. Milito, who is the artistic director of Friends of the Opera in Michigan, has sung in Europe and throughout the United States, including with the Detroit Symphony Orchestra. He also performed and recorded live in The Three Tenors, at Orchestra Hall in Detroit.

Blevins, a graduate of Oakland University, has appeared with members of the Detroit Symphony Orchestra, Detroit Chamber Winds and Strings, Cantata Academy Cho-

rale, Oakland Symphony Orchestra, and Birmingham-Bloomfield Symphony Orchestra. She teaches private voice lessons and is a member of the National Association of Teachers of Singing.

"My husband loves to sing *Ave Maria*. It's going to be many different styles of music," Piccirilli described the concert in Novi. "Easter is the greatest Christian feast. So I know a lot of people will celebrate and go to church, and we want to bring music to it. There are so many beautiful pieces of music to be sung for this time of year. I think people will enjoy it."

For more about the Friends of the Opera of Michigan, visit its Facebook page. Or email twmi@twmi.rr.com.

Rescues offer comedy show, feral cat info

Laugh with the Angels

Just a few days are left to get tickets in advance for Guardian Angel Animal Rescue's comedy show at Joey's Comedy Club. Seating will begin at 7:30 p.m., with the show starting at 8 p.m. Thursday, April 3, at the club, 36071 Plymouth Road, Livonia.

Advance tickets are \$15 or pay \$20 at the door.

Matt McClowry is the headline act. He was diagnosed at an early age with Asperger's syndrome, a mild form of autism characterized by intense, unrelenting focus. McClowry channels that focus into his act by constantly building on his repertoire of material. According to Joey's website, he's a "wordsmith with a perceptive eye" and a "refreshingly honest and brutally fun-

ny" show.

Get tickets from Sandy at 734-788-6857 or Pete at 734-716-8743. All proceeds benefit GAAR, a no-kill, foster-based, volunteer-run animal rescue in Livonia.

Feral cat workshop

The Michigan Humane Society will hold a feral cat workshop for individuals who want to help reduce the number of homeless cats and give feral cats the care they need, 9:30-11:30 a.m.

Saturday, April 5, at the MHS Berman Center for Animal Care, 900 N. Newburgh, Westland.

The workshop is required for those interested in becoming a feral cat colony caretaker. Individuals will learn how to humanely trap feral cats, before bringing them to the Michigan Humane Society for veterinary care. Caretakers release the cats back to their habitat.

To register online or for more information,

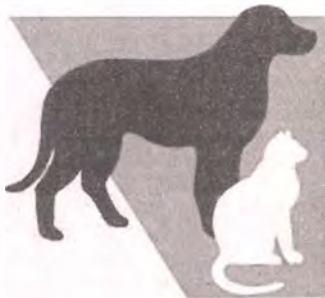
visit www.michiganhumane.org/feral or call 248-283-1000, Ext. 127. Space is limited and an RSVP is required.

Be prepared

The Farmington Hills/Farmington Emergency Preparedness Commission will present a free seminar on Preparing Your Pets for Emergencies and Disasters, 6:30 p.m. Wednesday, April 23, at the Costick Center, 28600 11 Mile.

Local veterinarian Christian Ast will talk about how pets have fared in recent disasters and will identify the steps that pet owners can take to increase their furry friend's chances of survival.

The program is free. For more information, call Tim Tutak at 248-417-0930 or email tutak@live.com.



PET PROJECTS

GARDEN & NATURE CALENDAR

Send material for the Garden & Nature Calendar to Sharon Dargay, *Observer & Eccentric*, sdargay@hometownlife.com.

Livonia Garden Club

Larry Turowski, retired general manager of the floral division at English Gardens, will give tips on flower arranging and will create several floral arrangements at the next meeting of the Livonia Garden Club, 7 p.m. April 1, at the Civic Park Senior Center, 15218 Farmington Road, Livonia. For more information, call Ruth Moline at 734-525 3167 or visit livoniagardenclub.org.

Maple sugar

Maybury Farm in Northville holds its Maple Sugar Experience at 1 p.m., 2 p.m. and 3 p.m. Saturday and Sunday



A youngster checks out a maple tree at Maybury Farm in Northville.

through April 13. Participants take a hayride to the sugar bush to see how trees are tapped and then watch it turn into syrup in the sugar shack. Michigan maple syrup will be sold in the welcome center. Admission for the tour is \$6 per person; children 2 and under are

See GARDEN, Page B8

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Carol Brichford of Farmington Hills shows off a Victorian wedding purse. JOHN STORMZAND | STAFF PHOTOGRAPHER

MARRIES

Continued from Page B5

gowns come complete with accessories. Some accessories are displayed with photographs or other items.

"My neighbor got married in 1940 and she found her veil. She said, can you use this. I said absolutely. I got a picture, got her handwritten invitation and got her veil," Trewin said. "You'll see it on display."

Trewin's original wedding photo was exhibited with her gown, which she said she'll donate to Greenmead in the future. Trewin was married in the village's historical Newburg church and the photo was a reminder to guests that both the church and Alexander Blue House are available for rental.

"We do weddings. We've done baptisms and memorial services," Casey noted. "It's truly an intimate setting."

Brides-to-be

Soon-to-be sisters-in-law, Alena Krone of Livonia and Miriam Walrath of Plymouth posed next to a 1940s gown while Krone's

WEDDING TRADITIONS

Carol Brichford, a Farmington Hills resident and a member of the Frederick M. Warner Questers, kicked off Happily Ever After, with a talk about wedding traditions. A few of her observations:

» "The wedding cake goes back to Roman times. It wasn't that soft white cake we're familiar with. It was more like a cracker. They broke it over the bride's head. The crumbs were picked up by the guests as souvenirs of the wedding."

» "The filmy veil started with Nelly Custis, who was engaged to be married to Gen. George Washington's aide. He came to see her one day before they were married and she was looking out the window through a lacy curtain. He said, 'you look beautiful behind that curtain.' She decided that for her wedding, she would wear a filmy veil over her face and that's where we get the veil."

» "The traditional, white wedding gown came about through Queen Victoria. She was a real trend-setter throughout the 19th century. The white has a significance of its own: purity, joyous celebration and it wards off evil spirits."

» "The engagement ring. It's a diamond. The diamond is the hardest material. It's not going to crack or break. It lasts forever and it's indicative of love."

mother, Suzette, snapped their photo.

Krone plans to marry Walrath's brother, Joel, in May. Walrath's wedding to Jeff Brooks of Flint is set for mid-August, with a reception planned at the Alexander Blue House.

"This is another way to check (the venue) out," Walrath said, explaining why she attend-

ed Happily Ever After.

For Robin Nyeste of Livonia and her daughter, Shea, 24, Happily Ever After was a fun way to spend time together.

"Since she has been Pinteresting wedding stuff, I thought it would be fun for her," Robin Nyeste said.



Farmington Hills residents Lori and Bob Blumenfeld, CFO of The Children's Center in Detroit, enjoy FAR Conservatory's karaoke fundraiser. Bob was one of the karaoke singers at the event.



FAR Conservatory of Therapeutic and Performing Arts music therapists Patty Karle of Clarkston (left) and Kelsey Juett of Farmington Hills.



Farmington Hills residents Jim and Linda Kidder. PHOTOS BY JULIE YOLLES



FAR Conservatory of Therapeutic and Performing Arts music therapists Steve Fideler of Plymouth and Kirsten Kyle of Madison Heights.

Listen up: Karaoke fundraiser ends on high note

"Sing out, Louise," Mama Rose, the classic stage mom, would yell out to her daughter in the musical, Gypsy.

If there was any yelling going on at the FAR Conservatory of Therapeutic and Performing Arts' "Sing Out 4 Kids" fundraiser at the Emagine Theatre in Royal Oak, it was for more songs and higher bids of auction items.

Radio personality Jay Towers from 100.3 FM emceed a fun night of local celebrities — including Fox 2's Monica Gayle, former Detroit Tiger

Scott Lusader and his daughter, Alexa, folk singer Josh White Jr., and others — who took the Emagine stage to sing out.

Also in the audience was Hockey Hall of Famer Ted Lindsay who is a huge supporter of FAR as well as the Founder of the Ted Lindsay Foundation for Autism.

The sold-out event raised more than \$300,000 for FAR, based in Birmingham, and will go toward providing art, music, dance, recreation and sports therapy to children with special needs. Go to www.farconservatory.org for more information.

Email Julie Yolles, Social Scene columnist, at socialscenejulie@gmail.com.



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<p>Help Wanted - General</p> <p>ADULT FOSTER CARE WORKERS NEEDED FOR New Hudson Manor. Adult foster care for up to 6 women Afternoons (4pm-12) Mornings (12-8am). Shannon: 248-240-3202 Margie: 248-240-3274</p>	<p>Help Wanted - General</p> <p>Auto SERVICE ADVISOR</p> <p>Mercedes Benz dealer needs SERVICE ADVISOR for our service department. Need automotive technical knowledge to write up customers. Contact Mercedes Benz of Bloomfield Hills 36600 Woodward Ave. Bloomfield Hills, MI 48304 248-644-8400 polk@mbbloomfield.com</p>	<p>Help Wanted - General</p> <p>Holland</p> <p>Drivers - Holland's Detroit, MI terminal is looking to hire diesel mechanics. Successful candidates should have experience in general maintenance repairs of fleet equipment, including tractors, trailers and forklifts. Must be able to trouble shoot diesel engines, air brakes systems, steering suspension and electrical. Knowledge of DOT laws. Self motivated. CDL preferred but not required. Holiday and Vacation Pay, Company paid Health after probation, Pension benefits & Shift differential paid in some locations. Open mechanic positions can be located under "Equipment Services" www.holland/regional.com/careers</p>	<p>Help Wanted - General</p> <p>Engineer SR. PRODUCT ENGINEER</p> <p>(Engines) for Linamar/McLaren Engines location who will be responsible for the design, development and validation of engine timing gears, balance shafts and related base engine components. Leading figure in the product design process; Support the procurement activities in pre-production phases of projects; Familiar manufacturing processes; casting forging, gear machining and heat treat. Must have MSME or equivalent in Mechanical Engineering & 5-7 yrs. experience working with base engines; Equivalent must be based upon credentials only as determined by an accredited credentials evaluator.</p> <p>Please send cover letter and resume to: A. Provenzano (#843111) at 32233 Eight Mile Rd. Livonia, MI 48152</p>	<p>Help Wanted - General</p> <p>MANUFACTURING ENGINEERING TECHNICIAN</p> <p>Neapco Drivelines, LLC Full-time position responsible for support of troubleshooting, corrective action & maintenance of equipment & fixtures. Experience with SPC, root cause, and prevent recurrence analysis. Experience with friction, GMAW, & MAB welding processes preferred. Knowledge of high speed balancing operations a plus. Excellent technical and interpersonal skills for interfacing with customers and internal team members is required. Bachelor of Science in Engineering preferred, combination of education & experience will be considered.</p> <p>Submit resume to: pcaylor@neapco.com</p>	<p>Help Wanted - Dental</p> <p>ORTHO TREATMENT COORDINATOR</p> <p>Wayne County Great pay, benefits, FT hours. Ortho experience and success in previous sales position required. www.greatexpressions.com</p>	<p>Help Wanted - Medical</p> <p>Front Desk Receptionist for busy office in Healthcare & Wellness in Plymouth. Email resume to: resumesforhealth@gmail.com</p>	<p>CASH IN with O&E Media's CLASSIFIEDS 800-579-SELL</p>	<p>RECYCLE THIS NEWSPAPER</p>							
<p>Appointment Setter</p> <p>Local Accounting firm is looking for cold calling appointment setters. This job includes light paper work, & minimal computer skills. Applicant must be able to work, at minimum, 3 days a week. No experience is necessary. Compensation includes hourly rate, plus commission. Looking to hire immediately. Please bring resumes to the office on Friday (4/4) for an interview, anytime between 8:00 AM & 11:00 AM. Please call 734-464-3660 with any questions, ask for Ryan.</p>	<p>AUTO TECHNICIAN</p> <p>Mercedes Benz of Novi is looking for a state certified Technician. Full-Time, excellent benefits. In house & Mercedes factory training provided. Fax or email resume: (248) 426-8886 or Email: tony@novibenz.com</p>	<p>DRIVERS - Owner Operators - Livonia, MI to Chicago, IL Home Daily Dedicated Run, Great Pay, Fuel Surcharge, Apply: mstrans.com 800-748-0192</p>	<p>DRIVER-WRECKER</p> <p>Afternoons & Nights. Experience not necessary. Call Mon-Fri, 9-5pm. (734) 591-0456</p>	<p>LINAMAR</p> <p>Only qualified applicants will be contacted.</p>	<p>PAINTERS</p> <p>Full & Part-Time. Experienced. Call: (734) 679-7229</p>	<p>Help Wanted - Medical</p> <p>MEDICAL BILLING SPECIALIST</p> <p>Needed with 2 yrs. minimum experience in coding & billing. Immediate Start. Livonia area. Resume only: skb35ts@yahoo.com</p>	<p>APPOINTMENT SETTER</p> <p>Make your own Schedule! Work from Home FT or FTI Schedule pick-ups for Purple Heart. Call Mon-Fri, 9-5: 734-728-4572 or email: phoneworkinfo@aol.com</p>	<p>DISTRIBUTION ANALYST</p> <p>Neapco Drivelines, LLC Full-time position responsible for scheduling outbound freight, ensuring all shipping documents are completed accurately and on time. Excellent communication skills, judgment & decision-making ability required. Proficiency in a variety of software packages including Microsoft Office, as well as a sound understanding of MRP flows. Bachelors Degree with Supply Chain focus required.</p> <p>Submit resume to: pcaylor@neapco.com</p>	<p>PROPERTY MANAGER</p> <p>Grand Sakwa Management a premier commercial property management company in SE Michigan is offering a unique Property Management position for a graduate to manage commercial retail developments with potential for significant growth. Excellent salary and benefits package include, health, dental, vision, 401k. Candidate Requirements: Minimum Bachelor's Degree in business, finance or accounting. Email your resume to: hwilliams@grandsakwa.com</p>	<p>MEDICAL RECEPTIONIST/ ADMINISTRATIVE ASSISTANT</p> <p>Doctor's office in Novi, 25+ hrs/wk. Insurance knowledge & verification REQUIRED. Multitasking is required. Attention to detail expected. Word, Excel, Outlook necessary. Resume to: faughnans@aol.com</p>	<p>Medical Receptionist</p> <p>An Ann Arbor area medical office committed to the highest standard of care is seeking a full time Medical Receptionist. Excellent pay & benefits for individual with experience. Must have medical insurance knowledge and strong computer skills.</p> <p>Email or Fax Resume to: a2derm@aol.com (734) 996-8767</p>	<p>Medical Receptionist</p> <p>Needed with 2 yrs. minimum experience in coding & billing. Immediate Start. Livonia area. Resume only: skb35ts@yahoo.com</p>	<p>Medical Receptionist</p> <p>PEARLE COVISION Pearle Vision of Canton on Ford Rd. 734-981-8111 Fax resume: 734-981-2327</p>	<p>Medical Receptionist</p> <p>PEARLE COVISION Pearle Vision of Canton on Ford Rd. 734-981-8111 Fax resume: 734-981-2327</p>	<p>Medical Receptionist</p> <p>PEARLE COVISION Pearle Vision of Canton on Ford Rd. 734-981-8111 Fax resume: 734-981-2327</p>
<p>AUTOMOTIVE PARTS SALES</p> <p>Full & Part-Time. Must have a positive attitude & be available to work nights & weekends. Hry, plus commission. Please fax resume: 734-397-4883 Alt Mgmt or Email: jfein@pdpink.com Or fill out application at counter. You can visit us at: nationalpartsdept.com</p>	<p>AUTO PARTS SORTING & INSPECTING</p> <p>Established Co. in Brighton is seeking quick learners. No exp. necessary. Paid training provided. Must have own transportation. Please call Mon-Fri, btwn. 9-3pm. 810-229-6053</p>	<p>DRIVERS - ACPM All Miles+ Bonuses! Excellent Benefits! CDL "A" Great Home Time! NEW LANES Call MCS 855-252-0616</p>	<p>ENGINEERING SPECIALIST-BEARINGS</p> <p>For Linamar/McLaren Engines location to provide technical direction of the design and development of bearings to product teams, advanced & plant manufacturing. Specify, size & analyze bearings & systems; define test plans. Lead/Support resolution of critical issues related to bearings. Conduct technical bearing studies. Define and maintain design best practices for commodity. Must have MSME or equivalent in Mechanical Engineering & 8 yrs. exp. mechanical engineering design & analysis of bearings; Equivalent must be based upon credentials only as determined by an accredited credentials evaluator.</p> <p>Please send cover letter and resume to: A. Provenzano (#843467) at 32233 Eight Mile Rd. Livonia, MI 48152</p>	<p>LANDSCAPE LABORERS EXP'D. Must be hard working & reliable. Resume to: emenser@lawntigers.com</p>	<p>POOL TILE REPAIR ASSISTANT</p> <p>Apr-Sept Tile exp. Non smoker. 248-207-5239</p>	<p>Medical Receptionist</p> <p>PEARLE COVISION Pearle Vision of Canton on Ford Rd. 734-981-8111 Fax resume: 734-981-2327</p>	<p>Medical Receptionist</p> <p>PEARLE COVISION Pearle Vision of Canton on Ford Rd. 734-981-8111 Fax resume: 734-981-2327</p>	<p>Medical Receptionist</p> <p>PEARLE COVISION Pearle Vision of Canton on Ford Rd. 734-981-8111 Fax resume: 734-981-2327</p>							
<p>AUTO PORTER</p> <p>Sellers Buick GMC has immediate opening Used Vehicle Detail Shop Auto Porter position Good driving record mandatory Apply in person to: Ken Moore from 9am - 5pm Mon-Fri. 24755 Hathaway Street Farmington Hills, MI 48335</p>	<p>DRIVER - Owner Operators - Livonia, MI to Chicago, IL Home Daily Dedicated Run, Great Pay, Fuel Surcharge, Apply: mstrans.com 800-748-0192</p>	<p>DRIVERS - ACPM All Miles+ Bonuses! Excellent Benefits! CDL "A" Great Home Time! NEW LANES Call MCS 855-252-0616</p>	<p>LANDSCAPE LABORERS EXP'D. Must be hard working & reliable. Resume to: emenser@lawntigers.com</p>	<p>LANDSCAPE LABORERS EXP'D. Must be hard working & reliable. Resume to: emenser@lawntigers.com</p>	<p>PAINTERS</p> <p>Full & Part-Time. Experienced. Call: (734) 679-7229</p>	<p>Medical Receptionist</p> <p>PEARLE COVISION Pearle Vision of Canton on Ford Rd. 734-981-8111 Fax resume: 734-981-2327</p>	<p>Medical Receptionist</p> <p>PEARLE COVISION Pearle Vision of Canton on Ford Rd. 734-981-8111 Fax resume: 734-981-2327</p>	<p>Medical Receptionist</p> <p>PEARLE COVISION Pearle Vision of Canton on Ford Rd. 734-981-8111 Fax resume: 734-981-2327</p>							
<p>JOE'S PRODUCE GOURMET MARKET HAS OPENINGS!</p> <p>We are currently taking applications for energetic:</p> <ul style="list-style-type: none"> • DELI COUNTER • CAFE COUNTER • MEAT COUNTER • CASHIERS • FRUIT PREP <p>Experience preferred. Please apply in person at: 33152 W. 7 Mile Rd., Livonia</p>	<p>DRIVERS w/CDL-A LANDSCAPE CREW MEMBER</p> <p>Responsible for driving to job & working with Crew. Apply within to: Plymouth Nursery 9900 Ann Arbor Rd. W. 734-453-5500</p>	<p>DRIVERS - ACPM All Miles+ Bonuses! Excellent Benefits! CDL "A" Great Home Time! NEW LANES Call MCS 855-252-0616</p>	<p>LANDSCAPE LABORERS EXP'D. Must be hard working & reliable. Resume to: emenser@lawntigers.com</p>	<p>LANDSCAPE LABORERS EXP'D. Must be hard working & reliable. Resume to: emenser@lawntigers.com</p>	<p>PAINTERS</p> <p>Full & Part-Time. Experienced. Call: (734) 679-7229</p>	<p>Medical Receptionist</p> <p>PEARLE COVISION Pearle Vision of Canton on Ford Rd. 734-981-8111 Fax resume: 734-981-2327</p>	<p>Medical Receptionist</p> <p>PEARLE COVISION Pearle Vision of Canton on Ford Rd. 734-981-8111 Fax resume: 734-981-2327</p>	<p>Medical Receptionist</p> <p>PEARLE COVISION Pearle Vision of Canton on Ford Rd. 734-981-8111 Fax resume: 734-981-2327</p>							
<p>Need to Rent That House or Apartment?</p> <p>Place an ad with Observer & Eccentric Media, and have it rented in no time! 800-579-7355</p>	<p>DRIVERS - ACPM All Miles+ Bonuses! Excellent Benefits! CDL "A" Great Home Time! NEW LANES Call MCS 855-252-0616</p>	<p>DRIVERS - ACPM All Miles+ Bonuses! Excellent Benefits! CDL "A" Great Home Time! NEW LANES Call MCS 855-252-0616</p>	<p>LANDSCAPE LABORERS EXP'D. Must be hard working & reliable. Resume to: emenser@lawntigers.com</p>	<p>LANDSCAPE LABORERS EXP'D. Must be hard working & reliable. Resume to: emenser@lawntigers.com</p>	<p>PAINTERS</p> <p>Full & Part-Time. Experienced. Call: (734) 679-7229</p>	<p>Medical Receptionist</p> <p>PEARLE COVISION Pearle Vision of Canton on Ford Rd. 734-981-8111 Fax resume: 734-981-2327</p>	<p>Medical Receptionist</p> <p>PEARLE COVISION Pearle Vision of Canton on Ford Rd. 734-981-8111 Fax resume: 734-981-2327</p>	<p>Medical Receptionist</p> <p>PEARLE COVISION Pearle Vision of Canton on Ford Rd. 734-981-8111 Fax resume: 734-981-2327</p>							

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MILESTONES

GEICK-BOYER

Amy Geick and Andrew Boyer announce their engagement.

The bride-to-be is the daughter of Paul and Trish Geick of Canton. Amy graduated from Western Michigan University with a degree in early childhood education and then completed her master of arts degree in teaching with a focus on autism spectrum disorders from Madonna University. Amy is a special education teacher in the Plymouth-Canton district.

Her fiancé is the son of Howard and Sue Boyer, also of Canton.



Andrew Boyer and Amy Geick

Andrew graduated from Michigan State University with a degree in applied engineering. He

works as a technical sales manager.

They plan a July 2014 wedding in Grand Haven.

ROTHERT-HAGERMAN

Joseph Rothert and Daniel Hagerman of Los Angeles, Calif., along with their family and friends are pleased to announce their engagement.

Joseph, the son of Gary Rothert of Dearborn and Barbara Rothert of Plymouth, is a 2005 graduate of Salem High School. In 2009, Joseph received a bachelor's degree in advertising with a specialization in public relations from Michigan State University.



Joe Rothert (left) and Daniel Hagerman

He currently is pursuing a career in film.

Daniel, the son of Angela Hagerman of Grayling, is a 2005 graduate of Grayling High School. In 2008, Daniel received a bachelor's degree in accounting from Michigan Technological University. In 2010, he received a master's degree in taxation from Wayne State University. He is employed by Deloitte Tax, LLP nationally as a senior tax consultant.

The couple plans a fall 2015 wedding in southeastern Michigan.

GEHRKE-BAKER

Heather Gehrke and Gregory Baker were married Sept. 1, 2013, at Antioch Lutheran Church, Farmington Hills. The Rev. David Vinciguerra officiated.

The bride, daughter of Arlin and Judy Gehrke of Farmington Hills, is a graduate of North Farmington High School. She received a B.S. degree in nursing from the University of Michigan and graduated from Michigan State University's nurse anesthetist master's degree program. She is employed as a certified registered nurse anesthetist at ProMedica Toledo Hospital.

The groom, son of Hugh and Monica Baker of New Boston, graduated from Huron High School in New Boston. He received a B.S. degree in informatics from the University of Michigan, where he is employed by the IT Department in the College of Engineering.

The maid of honor was Lauren Sundquist. Bridesmaids were Amanda Gehrke Ryder, sister of the bride; and LeeAnn Baker, sister of the groom.

The best man was Kevin Dumont. Groomsmen were Luke Gehrke, brother of the bride; and Steven Baker, brother of the groom.



Gregory Baker and Heather Gehrke on their wedding day

A reception was held at Arnaldo's Banquet Center in Riverview.

The couple took an Alaskan cruise for their honeymoon. They live in New Boston.

CELEBRATING 50 YEARS

Bob and Nancy (Bar-nun) Langeneckert of Canton marked their 50th wedding anniversary on March 28. The couple married in 1964 at First Baptist Church, Ypsilanti.

They met at Eastern Michigan University where both were studying to become teachers.

Bob and Nancy have two daughters, Sandra Upham (Brad) of Chicago, Ill., and Sharon Mafara (Alan) of Chandler, Ariz., and three grandchildren.

The couple lived in Westland for 23 years before moving to Canton 23 years ago.

Bob taught chemistry at Cherry Hill High School for 19 years. After Cherry Hill merged with Wayne-Westland, he moved to John Glenn High School where he



Nancy and Bob Langeneckert of Canton

taught science and later became a guidance counselor. He retired in 2001 after 34 years in education.

Nancy stayed home with their daughters for 10 years. She substitute taught and then taught elementary school in Wayne-Westland, retiring in 1999.

Nancy has attended the same fitness class for "older adults" in Ann Arbor for nearly eight

years. Both love the outdoors and vacationing in the West, with repeat trips to Colorado, Arizona and California. They also enjoy visiting with friends and family and are active at their church, Friends of Unity in Plymouth.

They celebrated their anniversary with a two-week trip to Hawaii last month. They also had a dinner party with a few lifelong friends.

Passages

Obituaries, Memories & Remembrances

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BATTEY, PAUL MAXWELL

Age 54, of Madison Heights, MI passed away unexpectedly on Sunday, March 24th, 2014. Paul loved his parents Eva Pauline Maxwell Battey and Leslie James Battey, Jr., who both preceded him in death. He was a devoted helper to both of them in their later years, visiting his mother in Florida at her condominium and living with his father when he was widowed. Paul was the loving brother of five siblings Barbara Curtis, Jim Battey, Karen (Alan) Machcinski, Alice (Kevin) Yash, and David (Aleksandra Yudina) Battey. Paul was a devoted stepson of Rose Marie Thomadsen Battey and loving step-brother to Kaarli (John Welsh) Thomadsen-Welsh, Kimberly (Evan) Kleber and Kristin (Laurence) Grey. Most importantly of all, Paul was the adored zany uncle of 18 nieces and nephews and 5 great nieces and nephews. Paul was born July 21st, 1959 in Richland, Washington. In his youth, Paul was an active Boy Scout. He was a graduate of Bloomfield Hills Andover High School and Northern Michigan University. He enjoyed skiing while living in the Upper Peninsula. He loved nature, wilderness camping and rock climbing. He was an avid rock hound, an interest shared with his mother. He was a salt water aquarium enthusiast and maintained a beautiful one for years. Paul was also active in serving his community. He frequently donated his time at soup kitchens and local pet shelters. He had a long career in the food service industry and worked for a while as a financial advisor while doing graduate studies in Business at Oakland University. He found his true calling when he began working for Checkers/Rally's restaurants. His favorite part of his job was training employees and mentoring them as they built their careers in the business. Paul found this work fulfilling and his team at work was truly his second family. Services will be held Saturday, April 5th, 6:30 p.m. at the Birmingham Unitarian Church, 38651 Woodward Avenue, Bloomfield Hills, MI 48304 with a reception afterwards at the church. There will be an Open House at home on Sunday, April 6th from 11:00 a.m. to 5:00 p.m. Madison Heights; contact the family for further details.

JORGENSEN KATHRYN (BIRRELL)

Kathryn "Kathi," 56, passed away unexpectedly at her home in Palmdale, CA, on Sunday, March 23, 2014. Kathi was born on June 2, 1957 in Garden City, Michigan and was the second of five children born to James and Dorothea Birrell. She married David Jorgensen of Detroit, Michigan on May 16, 1981. Kathi and David moved to Norwalk, CA in 1981, and then resided in La Mirada, CA from 1987 until 2004. Her life was dedicated to raising their two children, Shannon Jorgensen (30) and Shaun Jorgensen (27). In 2004, Kathi moved with her husband, David, to Palmdale, CA as part of his 33 years of employment with Northrop Grumman Corporation. Kathi is a graduate of Antelope Valley Community College and has been employed for 6 years as an accountant for the Palmdale School District, Child Nutrition Department. During the last 25 years, she was actively involved with the Los Angeles Public School System, first by dedicating her time volunteering for the PTA and numerous assignments with the Norwalk-La Mirada School District and continuing with her employment with the Palmdale School District. Over the last 10 years she has enjoyed watching her children grow into adulthood and celebrated their many accomplishments. In July 2012, she was blessed by the birth of her granddaughter, Sofia. It has been a great joy to her, in recent years, to have her children and granddaughter close to her in Palmdale. Since 2006, Kathi has been an avid supporter of members of the United States Armed Forces and has volunteered and participated in many activities of the Antelope Valley Blue Star Moms and the United Services Organization, Inc. (USO). She enjoyed camping, reading, and most of all spending time with her friends and family. She is also survived by two sisters, Kelly Benson of Lakewood, CA and Karen Shaffer of Wayne, MI as well as her brother Kenneth Birrell of Westland, MI. She is preceded in death by her cherished mother and father, Dorothea Birrell and James Birrell; and her beloved older brother, Kevin Birrell. She leaves behind numerous nieces, nephews, aunts, uncles and cousins, as well as many close family friends. Live well, laugh often, and love much were the hallmarks of Kathi's life. She will be missed by many. Visitation will be Wednesday, April 2nd beginning at 3:00 pm for family and open to the public from 4:00 - 8:00 pm at Joshua Memorial Park & Mortuary at 808 E. Lancaster Blvd, Lancaster, CA 93535. Funeral Services will be held at 2:00 pm on Thursday, April 3rd at the Joshua Memorial Park & Mortuary. For additional information and to share your personal thoughts please visit the Digital Guestbook for Kathryn Jorgensen at www.joshuamortuary.com. Donations can be made in Kathi's honor to the United Services Organization (USO) through their website at www.uso.org/donate.

KAYFES, CAROL J., PLYMOUTH, MI

Age 80, passed away Saturday, March 22, 2014, with her loving husband by her side. She was born March 26, 1933, to William and Bessie Goldsworthy, and grew up in Lake Linden. On June 23, 1951, she married Thomas Kayfes of Ahmeek. She was known for her kindness to others, including sharing her faith in the Bible's promises. She was a member of the Plymouth Congregation of Jehovah's Witnesses. She also is survived by her daughters, Judy (David) Bonga, Gloria (Alan) Arndt, and Donna (Robert) Reimer; six grandchildren, three great-grandchildren, and five nephews. A Memorial Service will be held on Saturday, April 5, at 5:30 p.m. at the Kingdom Hall, 47343 W. Ann Arbor Trail, Plymouth, MI.

SPUNG, SHEILA MARIE (MCGINNIS)

Age 80, wife of Albert H. Spung of Mt. Pleasant, South Carolina, died March 17, 2014. The family and friends of Sheila Spung are invited to a service at 11:00 a.m. on April 3, 2014 at J. HENRY STUHR, INC., MOUNT PLEASANT CHAPEL. Sheila was born September 3, 1933 in Cleveland, Ohio, daughter of Francis J. McGinnis and Mary Coyle McGinnis. She grew up and lived most of her life in Birmingham, Michigan. Sheila graduated from Northwestern University with a degree in elementary education and was a member of Gamma Phi Beta sorority. She was also employed as a personnel consultant and worked as a corporate recruiter for Verizon. Sheila and Albert retired to Mt. Pleasant in 1996 & made many wonderful friends and memories here. Sheila will always be remembered for her warm smile, sincere kindness, ready wit and humor. She is dearly missed. Sheila is survived by: her husband Albert; two sons Peter A. Spung and wife Lisa of Wilton, Connecticut; John L. Spung and wife Valerie of Park City, Utah; daughter Mimi Bradley and husband Donald Bradley of Hinsdale, Illinois; and four grandchildren Jessica and Laura Spung, Leah and Cullen Bradley. She is also survived by three sisters: Mrs. Fred Eckhout of Cheboygan, Michigan; Mrs. Vincent Hayes and Mrs. Maureen Cook of Birmingham, Michigan and her brother FJ McGinnis of San Diego, California. In lieu of flowers memorials may be made to Roper St. Francis Hospice of Charleston, SC. 843-402-3260. A memorial message may be sent to the family by visiting our website at www.jhenrystuhr.com

May peace be with you in this time of sorrow.



May you find comfort in family and friends

RELIGION CALENDAR

MARCH CONCERT

Time/Date: 3:30 p.m. Sunday, March 30

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

Details: Detroit Lutheran Singers perform works by Bach, along with *Create in Me*, by K. Lee Scott, which was commissioned by the Singers in honor of retired director, Eric Freidgman. Tickets are \$15 general admission and \$10 for seniors and students, 12 and over. Children under 12 free

Contact: detroitlutheransingers.com

LENTEN VESPERS

Time/Date: 6 p.m. Sunday, March 30

Location: St. Nicholas Greek Orthodox Church, 760 W. Wattles, Troy

Details: The Very Rev. Roman Star, pastor of St. Innocent of Irkutsk Orthodox Church, Redford, will preside at this fourth of five Lenten services.

Coming up: The remaining vespers service will be held at 6 p.m. Sunday, April 6 at Holy Trinity Orthodox Church, Detroit, 2407 Carpenter, Detroit

Contact: 734-422-0278; pascha-books@sbglobal.net

APRIL ANOINTING OF THE SICK

Time/Date: 11 a.m. Tuesday, April 1

Location: St. Simon and Jude Catholic Community, 32500 Palmer, Westland

Details: Anointing of the Sick is a sacrament of healing and is not only for the seriously ill, but also for the elderly, infirm, the mentally ill, or for those facing surgery. A light lunch will be served after the service. RSVP to the church office

Contact: 734-722-1343

EASTER FUN DAY

Time/Date: 10 a.m. to noon, Saturday, April 12

Location: St. Paul's Presbyterian Church, located on Five Mile one block west of Inkster Road, Livonia

Details: Crafts, stories, an Easter egg hunt, games and more for children, 3-12. The church also seeks donations of white socks, Chapstick, chewing gum, individually-wrapped hand wipes, snack bars, pocket Bibles and pocket-sized tissue packs for Comfort Kits for the homeless.

Contact: 734-422-1470

EGG HUNT

Time/Date: 10:30 a.m., Saturday, April 19

Location: First Church of the Nazarene, 21260 Haggerty, north of 8 Mile, Northville

Details: Children hunt for more than 15,000 eggs in five different age groups. Hot dogs, chips, cookies and drinks will be

served; pictures available with the Easter Bunny; games, prizes, music and "eggcellent experiments" with Madam Scientist. Bring an Easter basket to collect eggs. Get a gift for bringing a friend. Registration is required at dfcnazarene.org. Closes after 600 children sign up or on April 16, whichever comes first

Contact: 248-348-7600

EGG HUNT

Time/Date: 11 a.m. to 1 p.m. Saturday, April 19

Location: Plumb Line Community Church, 9435 Henry Ruff, Livonia

Details: Games, crafts, face painting, prizes, lunch and photos with the Easter Bunny; for ages 12 and under

Contact: Shirley Stephan at 734-522-7916

FAMILY EASTER CELEBRATION

Time/Date: Register at 12:45 p.m. Saturday, April 12

Location: Faith Community Wesleyan Church, 14560 Merri-man, Livonia

Details: Family Easter celebration includes an egg hunt, games and crafts for children, 10 and under, along with the Easter story. Bring a basket to collect eggs

Contact: Melissa at 734-466-8694

GARDEN

Continued from Page B6

free. The farm is at 50165 Eight Mile, west of Beck.

Plymouth Nursery

Grow an Easter Centerpiece, a children's workshop, will be held 1-1:30 p.m. Saturday, April 5, at Plymouth Nursery, 9900 Ann Arbor Road, Plymouth. Fee is \$5. Aimed at kids 4-12. They'll grow a wheat-grass centerpiece and will have a snack. 734-453-5500

Farmington Garden Club

Learn how to use colorful pot-painting techniques at a pot painting therapy workshop, April 7, at the Spicer House in Farmington Road between 10 Mile and 11 Mile in Farmington Hills. Bring a pot, sponges, rags and an apron. The

meeting starts at noon; workshop is at 1 p.m. For more information, call Pat at 248-943-6026.

Tree and shrub sale

ReLeaf Michigan, a nonprofit organization with a mission to educate the public on the value of trees and the need to properly select, plant, and maintain them, is taking orders for trees, specialty trees, shrubs and evergreens. Orders must be placed by April 11 at www.ReLeafMichigan.org. Pickup is from 9 a.m. to 2 p.m. Saturday, April 26, at a variety of locations in southeastern Michigan, including Handy Park, 26650 Capitol Ave., Redford Township. For more information, call 800-642-7353 or email info@releafmichigan.org.

Heritage Park

Explore Nature Day, 11 a.m. to 1 p.m. Wednesday, April 9, is for all ages and will include a

guided hike, art projects and nature games. Cost is \$5 per child or \$10 per family.

Register for the programs at http://re-creg.fhgov.com. Heritage Park is located on Farmington Road between 10 Mile and 11 Mile in Farmington Hills. Call 248-477-1135 or email asmith@fhgov.com for more information.

English Gardens

» Garden Party weekend runs April 5-6, with presentations at 10 a.m., 11:30 a.m., 1 p.m., 2:30 p.m., 4 p.m. Saturday and 11 a.m., 12:30 p.m., 2 p.m. and 3:30 p.m. Sunday.

Area stores: 155 N. Maple, Ann Arbor; 734-332-7900; 22650 Ford Road, Dearborn Heights, 313-278-4433; 4901 Coolidge Highway, Royal Oak, 248-280-9500; and 6370 Orchard Lake Road, West Bloomfield; 248-851-7506.

Study: TV watching worse than video games for unhealthy snacking

Middle school kids who watch television for at least two hours daily are more likely to eat junk food and have risk factors for cardiovascular disease than kids who spend equal time on the computer or playing video games, according to research presented at the American College of Cardiology's 63rd annual Scientific Session.

"While too much of both types of screen time encourages sedentary behavior, our study suggests high TV time in particular is associated with poorer food choices and increased cardiovascular risk," said study senior author Dr. Elizabeth Jackson, M.D., and a cardiologist at the University of Michigan Frankel Cardiovascular Center.

Sixth-graders who watch two-six hours of television daily are more likely to have higher body mass index, elevated systolic and diastolic blood pressure and slower recovery heart rate compared with kids who had comparable computer or video game use.

This is the first time researchers have looked at the impact of screen time in relation to snacking habits and physiological measures associated with heart health, according to the study authors.

The study included 1,003 sixth-graders from 24 middle schools participating in Project Healthy Schools across five diverse communities in Southeast Michigan.

The research found that kids who spent more time in

front of a screen — regardless of the type — snack more frequently and are more likely to choose less healthy snacks. Kids who spent two-six hours and computer/video game users both reported eating roughly 3.5 snacks a day — one full snack more than kids who had minimal exposure to these technologies.

But children who watched two to six hours a day of TV were more likely than the high computer/video game group to eat high-fat foods such as french fries and chips.

Mindless snacking

Jackson said that's likely because television commercials bombard viewers and tend to reinforce less healthy foods that often are higher in

sugar, salt and fats. In addition, kids tend to have free hands while watching television, which provides more opportunity for mindless snacking. Earlier studies also have shown that children tend to eat more when they watch TV.

"Snacks are important, and choosing a piece of fruit rather than a bag of chips can make a really big difference for one's health," Jackson said. "Parents need to monitor their kids' activities. Our results offer even more reason to limit the amount of TV time kids have and are right in line with current recommendations."

The American Academy of Pediatrics recommends limiting entertainment screen time to less than one or two hours per day. But children

actually spend seven hours or more on entertainment media each day, four and a half of which are spent watching television. Excessive media use has also been linked to obesity, attention problems, school difficulties and sleep and eating disorders.

"The wealth of studies now show a significant link between being overweight in childhood and continuing that trend into adulthood," Jackson said. "The more we can change behavior early on to promote healthy weight and dietary habits, the more likely we will be able to reduce adult-related problems including heart disease, diabetes and high blood pressure."

MEDICAL DATEBOOK

UPCOMING

Cancer screenings

Henry Ford Health System will offer free head and neck cancer screenings Wednesday, April 23, as a part of Oral, Head and Neck Cancer Awareness Week.

» 9 a.m. to 3 p.m., Henry Ford Hospital, 2799 W. Grand Boulevard, Detroit

» 1-4 p.m., Henry Ford Medical Center-Fairlane, 19401 Hubbard, Dearborn

» 9 a.m. to noon, Henry Ford West Bloomfield Hospital, 6777 W. Maple, West Bloomfield

Head and neck cancer symptoms can be vague, but warning signs include hoarseness, persistent throat and ear pain for more than four weeks, mouth sores that won't heal and a lump in the neck. Make a screening appointment by calling 313-916-3275 or visit www.headandneck.org.

Celiac support

Pam King from The Center for Celiac Research is the speaker at the Tri County Celiac Support Group, 7 p.m. April 7, at The First Presbyterian Church, 26165 Farmington

Road, Farmington Hills. Doors open at 6:30 p.m. tccsg.net

Childbirth education

Learn about the stages of labor, managing methods, the partner's role in labor and delivery, medications and anesthesia, C-section and more in classes that meet 7-9:30 p.m. Thursdays, April 3, 10, 17 and 24 at Botsford Hospital, 28050 Grand River Ave., Farmington Hills. Register at 248-888-2500 or visit www.botsford.org.

Dental care

The University of Michigan School of Dentistry will offer free dental services to the first 100 children, ages 5-14, preferably those without dental insurance, on April 5, at the school, 1011 N. University Ave., Ann Arbor. Registration will start at 8:30 a.m. Services include dental cleaning, X-rays, sealants, fillings and extractions. Visit umgivekidsasmile.org.

Drug series

Dawn Farms-sponsored programs at St. Joseph Mercy Hospital Education Center Auditorium, 5305 Elliott Drive,

Ypsilanti:

» **Teens Using Drugs: What To Know and What To Do** is a two-part series targeted primarily to parents and caretakers of teens. The first part runs 7:30-9 p.m. Tuesday, April 1, and will offer information on understanding substance abuse problems and recognizing when a young person may be involved with drugs or alcohol. Part two, 7:30-9 p.m. Tuesday, April 8, offers suggestions on what to do when a teen substance abuse problem is suspected. Call 734-485-8725 for more information.

Lunch workshop

Learn about nutritionally-balanced lunches in an interactive workshop led by a registered dietitian from Botsford Hospital, 6-7 p.m. Tuesday, April 1, at Busch's Fresh Food Market, 33300 W. 14 Mile, West Bloomfield. Cost is \$5, which includes recipes, samples, nutritional advice, and a \$5 Busch's coupon. Tickets available from Busch's Guest Services Counter or by phoning 248-539-4581. Registration required.

Project Healthy Living

United Health Organization, a nonprofit organization, will offer health screenings, including tests for fitness, obesity, hypertension, vision, hearing, gluten, food and seasonal allergies at locations throughout southeastern Michigan when it kicks off its "Project Healthy Living" program this month. Most basic screenings are free; blood tests are offered for a fee. Local sites are:

» 9 a.m. to 2 p.m., Southfield Municipal Pavilion, 26000 Evergreen, Southfield

» 9 a.m. to 2 p.m. April 4, Costick Activities Center, 28600 11 Mile, Farmington Hills

» 9 a.m. to 1 p.m., Lahser Ambulatory Surgery Center, 27207 Lahser, Southfield

» Noon to 6 p.m. May 10, Northland Shopping Center, 21500 Northwestern Highway, Southfield

For more information, call 313-531-9100 or visit projecthealthyliving.net.

Walk with a Doc

Matteo Valenti, a board-certified internal medicine

specialist, will discuss living longer and aging better, at noon Thursday, April 17, at Heritage Park, located on Farmington Road between 10 Mile and 11 Mile in Farmington Hills. Walks are held rain or shine. Register by calling 877-477-DoC1, option #1.

ONGOING

Aquatic classes

The YMCA of Metropolitan Detroit and the Arthritis Foundation have partnered to offer aquatic classes designed to ease arthritis. Classes are held 11 a.m. to noon Tuesday and Thursday at the Farmington branch and 1-1:45 p.m. Monday and Wednesday at the Livonia branch. To join or for more information, visit www.ymcadowetroit.org.

Breast cancer support

Meets from 6:30-8 p.m. the second Tuesday of each month in the Atrium of Our Lady of Hope Cancer Center, St. Mary Mercy Hospital, 36475 Five Mile (use south entrance off Levan), Livonia. Call 734-655-1100 or visit www.stmarymercy.org.

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Unlike Wine, Memory Does Not Get Better With Age

Ask A Garden City Hospital Health Expert



Dr. Edge
Internal Medicine

Ever find yourself forgetting where you left your keys or where you parked? Don't fret! Mild memory problems are common. Causes for memory loss can range from sleep and nutritional deficiencies to age or stress. Health Expert, Dr. Judith Edge, specializes in internal and geriatric medicine at Garden City Hospital, and is Clinical Director for United Home Health Services. In this article, Dr. Edge provides tips for staying sharp and improving your memory.

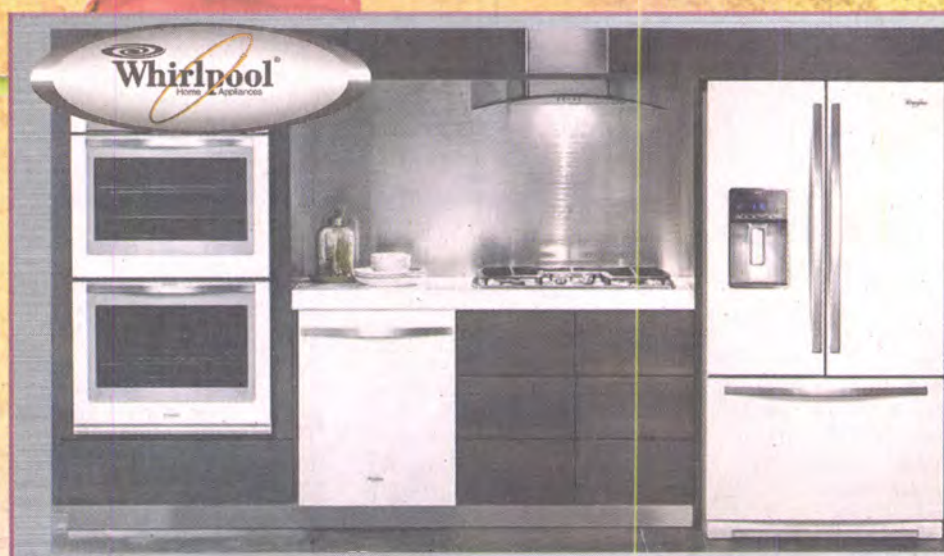
Attention is a major component of memory. In order for information to move from short-term memory into long-term memory, you need to actively pay attention. Distractions, such as television, music and multitasking make retention harder, which leads to mistakes and other issues. A strong memory depends on the health and vitality of your brain. Here are three simple rules to improve yours.

- 1. Get plenty of sleep and exercise.** Just as an athlete relies on sleep to perform his or her best, your ability to remember increases when you nurture your brain with good rest and other healthy habits. Treating your body well can enhance your ability to process and recall information. Physical exertion increases oxygen to your brain and reduces the risk for disorders that lead to memory loss. Exercise also enhances the production of helpful brain chemicals that protect brain cells. When you're sleep deprived, your brain can't operate at full capacity. Creativity, problem-solving abilities, and critical thinking skills are compromised. Whether you're studying, working, or trying to juggle life's many demands, sleep deprivation is a recipe for disaster.
- 2. Eat a brain-boosting diet.** You probably already know that a diet based on fruits, vegetables, whole grains, "healthy" fats (such as olive oil, nuts, fish) and lean protein will provide lots of health benefits, but such a diet can also improve memory. For brain health, it's not just what you eat, it's also what you don't eat. Incorporate plenty of Omega-3s and DHA, along with more fruits and vegetables into your diet, while limiting calories and saturated fat.
- 3. Keep your stress in check.** Stress, along with depression and anxiety, is one of the brain's worst enemies. Over time, if left unchecked, chronic stress destroys brain cells and damages the hippocampus, the region of the brain involved in the formation of new memories and the retrieval of old ones. Meditation can improve many different types of conditions, including depression, anxiety, chronic pain, diabetes, and high blood pressure. Meditation also can improve focus, concentration, creativity, and learning and reasoning skills.

Read more on memory improvement in the upcoming Spring issue of Garden City Hospital's Healthy Generations Magazine.

Join Garden City Hospital on Saturday, May 3 from 11 a.m. - 2 p.m. for "Healthy Aging, Healthy You," a FREE community event featuring board certified physicians discussing what's normal, and what's not as you age. Guests will enjoy health screenings, Q&A, lunch and raffle prizes. Space is limited. Call 734.458.4259 to RSVP.

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8 health-care jobs for people who don't want to be a doctor

Debra Auerbach
CareerBuilder Writer

When you ask children what they want to be when they grow up, a common answer is "doctor." When those children do eventually grow up, their job dreams may have shifted, but for those who still aspire to work in health care, doctor is just one of the many career paths to take.

The population of elderly people in the U.S. is growing, and the health-care field is growing along with it. The Bureau of Labor Statistics reports that the health-care and social assistance sector is projected to gain more jobs than any other sector between 2010 and 2020.

If you're interested in health care and medicine, but becoming a doctor just isn't for you, consider one of these nine health-care occupation alternatives:

1. Cardiovascular technologists and technicians and vascular technologists*

What they do: Cardiovascular technologists perform tests via imaging technology on the heart and vascular system to help physicians detect and diagnose heart and blood-vessel conditions in patients. Most workers who enter this field receive an associate degree. Some technologists and technicians get on-the-job training, but many employers also require professional certification.

Projected job growth between 2010-20: 29 percent (much faster than average)
Median annual pay: \$49,410

2. Clinical and medical laboratory technicians and technologists

What they do: These technicians and technologists perform various tasks in a clinical lab, such as collecting samples

and performing tests to analyze body fluids, tissue and other substances. In 2010, 52 percent of medical laboratory technologists and technicians worked in hospitals.

Projected job growth between 2010-20: 13 percent (about as fast as average)
Median annual pay: \$46,680

3. Dental assistants

What they do: Dental assistants help dentists with patients in a variety of ways. Tasks include making patients comfortable before procedures, sterilizing equipment, teaching patients about proper dental hygiene and scheduling appointments. Almost all dental assistants work in dental offices.

Projected job growth between 2010-20: 31 percent (much faster than average)
Median annual pay: \$33,470

4. Dietitians and nutritionists

What they do: As food and nutrition experts, dietitians and nutritionists advise patients on what to eat in order to lead a healthy lifestyle or reach certain weight goals. Most workers in this field have a bachelor's degree and have participated in supervised on-the-job training. Many states require dietitians and nutritionists to be licensed.

Projected job growth between 2010-20: 20 percent (faster than average)
Median annual pay: \$53,250

5. Dispensing opticians

What they do: Dispensing opticians fit patients with eyeglasses and contact lenses. Opticians typically have a high-school diploma or equivalent and some form of on-the-job training. Training may include technical



instruction and sales and office management practices. Twenty-three states require opticians to be licensed. Depending on the state, opticians may also need to pass a state written exam, a state practical exam and/or certification exams.

Projected job growth between 2010-20: 29 percent (much faster than average)
Median annual pay: \$32,940

6. Health information and medical records technicians

What they do: The responsibilities of health information and medical records technicians include collecting and organizing health data, updating national cancer registries and coding medical bills for insurance reimbursement. The job outlook for this occupation is strong, given that more hospitals are transitioning to electronic health records.

Projected job growth between 2010-20: 21 percent (faster than average)
Median annual pay: \$32,350

7. Home health and personal care aides

What they do: As the elderly population grows, the need for home health and personal care aides increases. These workers special-

ly help elderly, disabled or ill patients who aren't able to care for themselves independently. They help with everything from bathing and dressing to light housekeeping to dispensing medication. While most aides work in a client's home, others may work in group homes or care communities.

Projected job growth between 2010-20: 70 percent (much faster than average)
Median annual pay: \$20,170

8. Pharmacy technicians

What they do: Pharmacy technicians help licensed pharmacists dispense prescription medication. They also perform administrative tasks in pharmacies. While most technicians hold a high-school diploma or equivalent, some states require that they complete a formal training program and pass an exam. These technicians may work either full or part time in grocery or drugstore pharmacies or in hospitals.

Projected job growth between 2010-20: 32 percent (much faster than average)
Median annual pay: \$28,400

*Job descriptions, projected growth and median annual pay from the Bureau of Labor Statistics.



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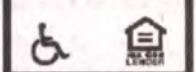
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2 bdrn with large gar., spotless, secure, fresh & super clean, \$400. 313-657-8125

GARDEN CITY: 3 bdrn brick ranch, bsmt, fenced yard, garage, \$975/mo. + sec. dep. No Sec. 8. (248) 661-9062

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31729 James St., S of Warren, W of Merriman. April 4-5, 9-4:30. Liv rm, kitchen appl, misc. household, patio & furniture. Cash only.

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1 Pete Seeger's music
5 DOS runners
8 Earth's star
11 Ms. Dunne
13 Pooh's pal
14 — chi ch'uan
15 Defiant reply
16 Eclipse
18 Art class item
20 Belly dance instrument
21 Require
23 Ad — (improvise)
25 Jazzy refrain
28 Dromedary pit stops
30 Livy's dozen
32 Puckster Bobby —
33 Corp. concern
34 Served, as time
36 Arith. term
38 Three-toed sloth
39 Linen vestment
41 Implore
43 Opens wide
45 Without fat
47 18-wheeler
49 Give the pink slip
50 Beads on grass
52 Feathery
54 Thwarted (hyph.)
57 Grocery section
60 Stein filler
61 Wood ash product
62 Danish toast
63 Carder's demands
64 Mr. Danson
65 Memorial Day race

DOWN
1 Submarine part
2 Copper source
3 Embankments
4 Worked clay
5 Long-winded
6 Male swan
7 Nothing special (hyph.)
8 Rehearsal spot
9 Dory mover
10 Be supine
12 Hesitant sounds
17 Stray dog
19 Chicago Loop train
21 Prickly pear
22 Bogart part in "High Sierra"
24 Cartoonist — Keane
26 Euro casualty
27 Check a suspect
29 Sis or bro
31 Wintry
35 "The," to Wolfgang
37 African garment
40 Merit awards
42 Applied gold leaf
44 Sherlock's friend
46 Safety or mosquito —
48 Foot soldier
51 Flag
53 Neon or freon
54 Yes, in Tokyo
55 Passe
56 Peacock spot
58 Terhune collie
59 Ron of "Tarzan" fame

Answer to Previous Puzzle

E	A	S	Y	B	B	C	W	E	B	S
E	C	H	O	O	R	O	O	P	I	E
L	E	A	D	F	O	O	T	R	A	C
D	W	A	R	F	P	O	D			
	T	O	O	T	S	B	A	M		
S	H	U	E	L	E	S	S	E	N	S
C	A	M	P	A	I	D	C	A	Y	S
A	V	O	C	A	D	O	P	I	N	A
W	E	S	B	O	S	S	A			
	S	U	R	A	N	N	O	Y		
B	L	O	T	T	E	R	S	T	H	A
I	O	L	A	R	E	S	S	I	L	K
D	Y	E	R	S	A	Y	B	O	L	O

1 2 3 4 5 6 7 8 9 10
11 12 13 14
15 16 17
18 19 20
21 22 23 24 25 26 27
28 29 30 31 32
33 34 35 36 37 38
39 40 41 42 43 44
45 46 47 48 49
50 51 52 53
54 55 56 57 58 59
60 61 62
63 64 65

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			5		7				3
							6	2	
				6	9	5			
			4						
1					2			9	7
5	2	7			6				
1			8				7	4	
									9
2	3					8			6

Level: Beginner

Here's How It Works:
Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!

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BUMBLEBEE POLLEN
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DAYTRIP SCENTED
EGGS SEASON
FIELDS SNEEZING
FLOWERS SPRING
GARDENING SUNSHINE
HATCHING SWARM
HATCHLING TREES
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Word Search

H	N	S	T	R	B	R	A	T	E	N	W	Z							
D	U	S	E	I	G	R	L	F	A	N	A	T	U	R	E	A	U	E	
S	P	R	I	N	G	H	O	H	F	B	E	N	I	H	S	N	U	S	U
B	M	T	I	D	N	U	N	L	G	G	L	U	D	A	Y	T	R	I	P
A	T	A	O	O	D	O	O	G	G	P	R	O	Z	D	S	S	W	N	B
B	O	P	K	S	W	N	E	B	K	M	K	O	F	W	M	I	W	E	
I	Z	K	G	A	E	I	N	E	L	L	O	P	I	M	I	B	L	Y	S
E	D	Z	E	R	L	H	U	M	M	I	N	G	B	I	R	D	D	M	C
S	U	S	H	W	C	G	N	I	H	C	T	A	H	N	U	L	I	N	
E	R	G	C	A	M	D	S	D	L	E	I	F	M	E	R	D	I	K	E
C	D	T	T	S	T	C	E	S	N	I	D	Y	N	G	E	F	C	D	
T	A	P	F	C	N	T	L	O	U	T	D	O	O	R	S	T	E	H	B
H	R	A	A	L	L	E	R	B	M	U	G	Z	T	P	K	N	O	I	U
G	H	T	C	B	T	S	E	N	L	A	W	N	M	O	W	E	R	R	M
H	W	P	E	W	A	R	M	I	N	G	E	A	I	R	G	C	W	P	B
N	O	I	T	C	U	D	O	R	P	E	R	I	O	D	A	S	W	I	L
H	O	C	B	E	G	N	I	N	E	D	R	A	G	D	D	W	D	N	E
U	K	N	W	O	R	A	I	N	Y	A	A	D	Z	S	Z	U	S	G	B
N	C	K	I	S	D	E	E	W	T	R	E	S	C	O	I	B	S	E	
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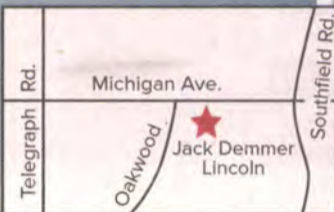


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"I believe in an afterlife"

Faith in the future

I believe there's heaven," says *Heaven Is for Real* actress **Margo Martindale**, 62.

Her film, opening April 16 and based on a 2010 book, chronicles a 3-year-old boy who claims to have visited heaven during a near-death experience. "I read part of the book and wasn't surprised that could happen. Who's to say what that little boy experienced isn't absolute truth?" Martindale's career has plenty of life, with roles in the Oscar-nominated *August: Osage County*, CBS' *The Millers*, FX's *The Americans* and an Emmy-winning turn on the network's *Justified*. "Roles for older women keep getting better," she says. "We're valuing age more than we used to. Life is so much longer now. People go strong into their 80s."

birthday buzz



It's hard to believe that **Colin Powell**, who turns 77 on April 5, worked at a baby furniture store as a teen before serving in the Vietnam War!

3.30 Celine Dion, 46; Piers Morgan, 49. **3.31** Angus Young, 59; Christopher Walken, 71. **4.1** Ali MacGraw, 75. **4.2** Bethany Joy Lenz, 33; Christopher Meloni, 53. **4.3** Amanda Bynes, 28; Leona Lewis, 29. **4.4** Jill Scott, 42; Robert Downey Jr., 49. **4.5** Pharrell Williams, 41; Greg Mathis, 54.

vip.



Leary's new line

I kept waking up and having minor anxiety attacks at 4:30 (thinking), 'Oh my God, my lines' and then I'd go, 'Wait a minute, I don't have lines,'" explains **Denis Leary**, 56, of his transition from actor to writer/executive producer on USA's new comedy *Sirens*. In his latest TV project, Leary, who tackled the world of New York firefighters on FX's *Rescue Me*, goes for the funny this time, with Chicago EMTs. "A lot of the stories are based on real stories; some of the best stuff comes out of the truth," says the Worcester, Mass. native of the many outrageous plot lines gleaned from his EMT friends' lives. "I will not name names. Those kinds of stories you just can't make up." For now, Leary, who stars in *Draft Day* (out April 6), is reveling in his time off screen. "I can just wear sweatpants to the set."

CATCHING UP WITH SAKINA JAFFREY

When Sakina Jaffrey, 52, who plays White House Chief of Staff Linda Vasquez on Netflix's *House of Cards*, wants to know how something might play out in the Oval Office, or what some of those D.C.-centric acronyms stand for, she can simply "roll over in bed and ask" her husband, Francis Wilkinson. He's currently a *Bloomberg View* editor, and was a *Rolling Stone* political correspondent during the '90s. Thanks to her "empowering" experience at an all-girls school, Jaffrey, also a Vassar grad, doesn't have any qualms playing the highest-ranking female in a TV president's inner circle. "We thought we could do anything," Jaffrey says about her time at The Nightingale-Bamford School. And of Vasquez: "She's got the courage of her conviction. Her strength comes from her intellect." Equally exciting to Jaffrey? Her career is finally getting love from her two teens. "I'm on the show — suddenly I'm cool!"



"We thought we could do anything"



who:
Neil Cavuto

Anchor, Fox Business Network

what: The Tisch MS Research Center of New York, dedicated to finding the cause of and cure for Multiple Sclerosis

why: His wife says it was "divine inspiration" that led to Cavuto's on-air disclosure of his own MS while interviewing a pharmaceutical executive. "I don't think I would have adopted my boys (Jeremy, 12, Bradley, 11; he also has a daughter Tara, 28) had I not had the illness. It humanized me. It made me do things I never would have done," says the initially reluctant advocate. "It forced me to focus on things that were important."

when: For March's National MS Education and Awareness Month, Cavuto is involved in a variety of projects, including an essay contest judging kids' views of living with parents with MS. Learn more at TischMS.org.

CONTRIBUTING: Gayle Jo Carter, Nancy Mills, Balbina Herman

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RETIREMENT GAME PLAN?

How to figure out what you want to do the rest of your life **BY Nanci Hellmich**



7 RETIREMENT PATHS:

People who are retiring sometimes just think about getting another job doing the same thing they've done all their lives, says Marie Langworthy, 65, a retired school administrator. But they really need to step back and ask themselves: What do I really want to do? What do I enjoy? What am I good at?

Leisure. Pursue hobbies or passions such as fishing, golfing, gardening.

Volunteerism. It can provide structure, meaning and purpose.

Travel. Stay a while. "Get to know the people, not just see the museums," Duckworth says.

Engaging new work. Try something completely different.

Entrepreneurship. Identify a need and go after it.

Langworthy and Carolee Duckworth, 77, a retired Web design professor, wrote *Shifting Gears to Your Life and Work After Retirement* to help people see themselves in a new way. "Our goal is to help you come up with a mission statement for the rest of your life," says Duckworth, now an author.

Creativity. Art, design, music — or solutions to complex problems.

Learning. Some become students for pleasure; others to become skilled or knowledgeable in an area of interest.

Freeze bread, save dough

Nina Balassone of Castro Valley, Calif., hates to waste bread.

"Being single, I eat less than three slices a day, and a loaf goes bad before I finish it," she writes. "So, I re-bag the whole loaf into sandwich bags with three slices in each. Then I place them back in the original bag and put it in the freezer.

"I remove a sandwich bag of bread as I need it; the remaining bread is fresher tasting and has less chance of freezer burn before it is all finished."



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CONSIDER A DOUBLE DATE

What could be better than being alone to spark passion in your romantic relationship? Consider a double date.

Getting acquainted with a new couple spurs passionate feelings about your own partner, new research shows.

"What's important is that it allows for deep conversation," says Richard Slatcher, assistant professor of psychology at Wayne State University in Detroit.

But don't just go bowling, to a sporting event or to a movie — unless you plan to talk later. "When you and your partner are opening up to this other couple and getting to know them ... the extent to which they respond to you in a way that conveys understanding and is validating increases your feelings of passionate love toward your own



partner," Slatcher says.

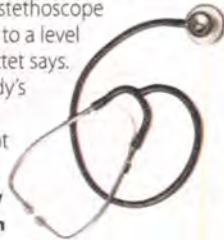
Earlier studies have shown that novelty and new experiences reinvigorate long-term romantic relationships and that sharing time with other couples increases positive mood. This new research, on 150 couples together for at least a year, adds the element of passion to the mix.

The message is clear, says psychologist Harry Reis, who studies attachment and intimacy at the University of Rochester:

"Make new friends." — Sharon Jayson

Docs' dirty little secrets

Doctors treat such dozens of patients a day and medical standards require them to sanitize after each exam. But what about stethoscopes? A new study in the Mayo Clinic Proceedings suggests the stethoscope should be subject to the same sanitization procedures as doctors' hands. Lead author Didi Pittet, director of the Infection Control Program at the University of Geneva Hospital, says doctors sanitize their hands with alcohol gel or wash but place stethoscopes back in their pockets untreated. The study found that in 71 of 83 exams by three physicians using sterile gloves and sterile stethoscopes, "the stethoscope was highly contaminated to a level close to the fingertips," Pittet says. He says he hopes the study's findings will help make stethoscope sanitation not just a recommendation but a standard. — Mary Bowerman



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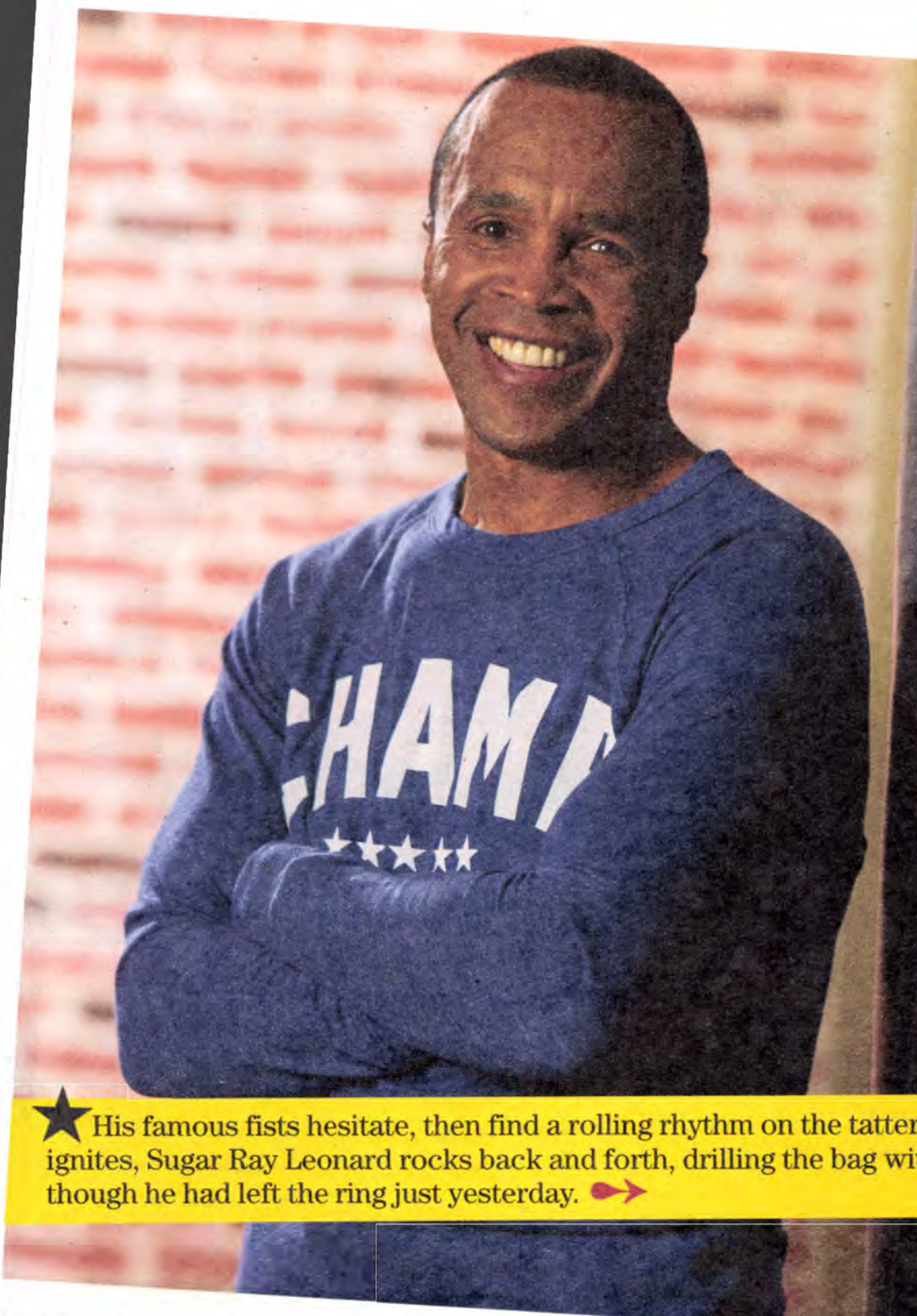
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NEEDS TO EXERCISE
AND EAT LIKE A
CHAMP.

BY MARY HELEN
BERG

★ His famous fists hesitate, then find a rolling rhythm on the tattered speed bag. As his focus ignites, Sugar Ray Leonard rocks back and forth, drilling the bag with lightning precision, as though he had left the ring just yesterday. ➔

➔ **“Muscle memory,”** he says, flashing his megawatt smile.

But muscle memory isn't what keeps the five-time world champion as trim and hale as an athlete half his age. Leonard, 57, says he is both “vain” and still a “disciplined athlete,” a combination that inspires him to exercise and practice moderation in all things. Health and fitness after 50, says the champ, is about attitude, fortitude and being realistic about what your body can do. His advice? “Check your ego at the door” and “use what you can.”

“People say ‘Oh God, I can't do anything,’ as they age, Leonard says. “Also, they try to maintain what they were doing when they were 20 or 30. But you just do enough to sweat.”

As a professional boxer, Leonard's typical workout consisted of a 5-mile run, hundreds of sit-ups and push-ups and hours pounding bags at the gym. Today, he recommends an age-appropriate variation on that intense training: a half-hour on an elliptical machine because it's easier on the knees, combined with bicep curls and 10 to 20 squats, sit-ups and push-ups. He drops to the floor in a perfect plank to demonstrate. “I hate push-ups!” he says. “I mean, really! They hurt so damn bad!”

Apart from a few crinkles that accompany his movie star grin, Leonard's face looks as fresh as when he won Olympic gold in 1976. But back trouble, arthritic knees and a torn rotator cuff signal the wear and tear of aging.

Two years ago, he experienced pain and tingling in his back, arm

and chest. To diagnose the problem, he went online, “which you should never do!” he says now. “I thought, ‘Am I dying, or what?’ I went to the doctor, and he said, ‘Ray, it's your fifth or seventh vertebrae, and what's happening (is) it's pinching there because of all the punching you did for all those years.’”

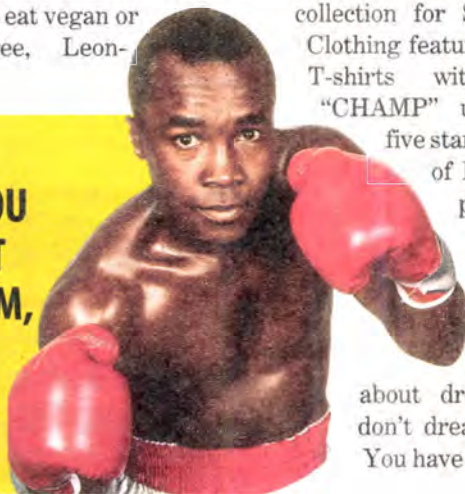
Now Leonard takes glucosamine to ease painful knee joints and started Pilates to address back pain. After decades spent building muscle, Pilates exercises demanded that he stretch. Was it hard?

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“(Bleep) yeah! I said, ‘I can't do this’ — because I turned 50, and I hadn't used those kind of muscles. I'd been a fighter like this for 40 years,” he says as he hunches, his fists raised in a boxer's stance. “So, now I look in the mirror and straighten it up ... and I incorporate all those (exercises) into my training.”

And in an era when everyone seems to eat vegan or gluten-free, Leon-

★
“IF YOU DON'T DREAM, YOU GET OLD!”



ard preaches moderation over any special diet.

“Right away you fail when you say ‘diet,’ ” he says. “I've never really dieted per se. ... I always eat what I want to eat, but it's moderation. If you ate ... a pint of ice cream on Thursday night, what you should do on that Friday and Saturday is eat no desserts.” (Leonard's preferred ice cream is Häagen-Dazs strawberry cheesecake. Other indulgences: fried chicken for dinner and popcorn on movie nights.)

On a recent visit to an old-style gym on L.A.'s Sunset Boulevard, Leonard's knees and back don't seem to bother him. He sips a Red Bull and climbs through the ropes of the sparring ring as if he's walking through his own front door. On the well-worn canvas patched with duct tape, he's home.

Out of the ring, Leonard never stops moving. He travels the world as a motivational speaker, develops TV pilots, and raises money for Juvenile Diabetes through the Sugar Ray Leonard Foundation and other charities. His new men's athletic apparel collection for Starting Lineup Clothing features vintage style T-shirts with the word “CHAMP” underlined with five stars — one for each of Leonard's championship titles.

He coaches peers who want to drink from his fountain of youth: “It's all about dreaming. If you don't dream, you get old. You have to dream.”



**Advice from
“The Doctors” on
staying young**

LIFT WEIGHTS AND EAT LOW-FAT YOGURT. Not at the same time, of course, but both are key to protecting bones, which weaken as you age. According to current estimates, about 52 million adults older than 50 suffer from osteoporosis or low bone mass.

Muscle-strengthening exercises — with weight machines or elastic bands, for example — help slow bone loss. Weight-bearing workouts, such as jogging or hiking, have similar effects. And low-fat yogurt is an excellent source of bone-building calcium (with about 310 mg in 6 ounces); so is milk (300 mg in 8 ounces) and cheese (1 ounce of mozzarella has 210 mg; cheddar, 205 mg). Collard greens, canned sardines (with bones) and fortified products, such as orange juice and some cereals, offer lots of calcium, too.

Women older than 50 should get 1,200 mg of calcium daily (50 and younger need 1,000 mg); for men age 70 and younger, the recommendation is 1,000 mg per day. Your body also needs vitamin D to absorb calcium. It's naturally found in fatty fish and added to milk and other foods. Talk to your doctor before taking supplements.

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DRINK BEFORE YOU'RE THIRSTY.

Your body needs to stay hydrated to function properly, but with age, you actually lose some of your sense of thirst; plus your body doesn't conserve water as well and some of your medications may contribute to dehydration. Sip liquids throughout the day — water is healthiest; unsweetened tea or low-fat or fat-free milk are OK too. Limit sugary soda and sweetened sports beverages; alcohol is also high in calories with few nutrients. If you do drink alcohol, limit it to one drink daily for women, two for men.

"Get quality sleep. ... Aiming for seven to eight hours of sound sleep every night is critical for managing your weight, improving your mood and maintaining a healthy life into later years."

— **Dr. TRAVIS STORK**, emergency medicine physician



**FOR TWO BONUS
TIPS ON HOW TO
STAY YOUNG, VISIT
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ASK BEFORE TAKING ASPIRIN.

We're not talking about popping a pill to ease a headache or relieve pain — an occasional aspirin or two is safe for most adults. But many Baby Boomers self-prescribe daily baby aspirin because they think it's healthy, says Dr. Jim Sears, co-host on *The Doctors*. While it's true that taking regular low-dose aspirin has been shown to reduce the risk of heart attacks or stroke for certain people (and even some cancers, according to recent research), daily aspirin therapy can have serious side effects, such as an increased risk for bleeding problems and other complications.

Be cautious with certain supplements too: A new survey shows more than half of Americans think fish oil supplements can prevent heart disease, but experts at the American Heart Association say only those already diagnosed with coronary heart disease or high levels of triglycerides should consider them (with your doctor's approval). Also, the U.S. Preventive Services Task Force recently recommended healthy adults not take vitamin E or beta carotene supplements to help prevent heart disease or cancer.

PAIN IS THE PRICE OF FAME

[And you keep paying for it long after the crowds are gone]



Ron Jaworski, age 62.
Former NFL
quarterback and current
ESPN analyst.

Ron Jaworski knows from pain.

In the 17 years he was an NFL quarterback, "Jaws" won just about every professional honor there is, including Player of the Year in 1980.

He also broke every bone in his passing hand at least once. To say nothing of the bumps, bruises, sprains and sacks that QBs endure season after season.

Fortunately, after he hung up his cleats Ron tried a new analgesic to ease his aches. And it scored big time with him: "Stopain works. Roll it on and I'm good to go. Don't even have to rub it in—which is a blessing considering the shape my hands are in." Ron liked Stopain so much that he made the to his mother. "Mom

likes the spray. Soothes her arthritis and has helped her stay active—into her 90s."



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GET A SKIN CHECK. You'll go for a mammogram if the doctor suggests it, and you'll willingly give stool samples to screen for colorectal cancer every couple of years, but getting to the dermatologist for an exam somehow lands at the bottom of your to-do list. It really shouldn't — especially if you're over 50, and even more so if you're a man. That's because the risk of developing skin cancer appears to increase significantly around the half-century mark, according to the American Academy of Dermatology; and rates of melanoma — the most serious form of skin cancer — are higher in older men than in women.

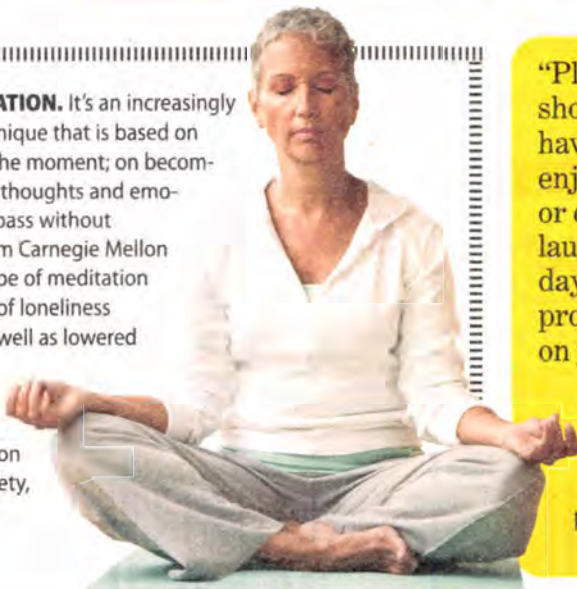
Other risk factors include fair skin, having many or unusual moles, a history of sunburn or excessive UV exposure, or family history of melanoma. The good news: Melanoma is almost always curable when found early. Get a full-body exam; also, become familiar with your own skin so you notice changes.



“Stick to a skin-care routine. Protect from the sun with sunscreen and a hat, exfoliate, drink water and eat skin-healthy foods, like cruciferous veggies and fruit — all good ways to keep skin healthy and help you avoid going under ‘my knife!’ ”

— **Dr. ANDREW ORDON**, plastic and reconstructive surgeon

TRY MINDFUL MEDITATION. It's an increasingly popular relaxation technique that is based on being more present in the moment; on becoming more aware of your thoughts and emotions, but letting them pass without judgment. Research from Carnegie Mellon University found this type of meditation helped reduce feelings of loneliness among older adults, as well as lowered unhealthy levels of inflammation. And a new analysis of studies found mindful meditation also helps manage anxiety, depression and pain.



“Play! Studies show that simply having fun, enjoying a hobby or even just laughing every day can have a profound impact on your longevity.

... Plus, it can be great family time!”

— **Dr. JIM SEARS**, pediatrician



WALK. Not at all surprising that it's good for you, but new science gives us more reasons why. In addition to helping you maintain a healthy weight, improving your mood, keeping your mind sharp and reducing your risk of high blood pressure and diabetes, brisk walking may cut a woman's risk of stroke by 20%, according to research presented at this year's American Stroke Association's annual conference; being more active was also found to help offset some of the increased stroke risk linked with postmenopausal hormone therapy.

Data collected from another study suggest that even a little walking every week appears to lower the risk of hip fractures in men older than 50. Shoot for at least 30 minutes every day, suggests co-host Dr. Travis Stork; and invite your spouse, kids or friends along for the walk to help you stay motivated and connected with loved ones. If you're heading out solo, however, a word to the wise: don't walk and text at the same time — researchers in Australia found doing so affects posture and balance, causing people to swerve and walk slower.



STEVE APPS, GETTY IMAGES

Contest blasts off

Win a Fourth of July fireworks spectacular for your hometown!

USA WEEKEND and Destination America have launched our Red, White & You contest to give a fireworks celebration to two communities for the Fourth of July.

As of press time for this issue, about 350 people had nominated their towns for the prize.

Tell us: Why should your town win?

Go to DestinationAmerica.com to submit your short essay on what makes your community worthy of a special celebration.

“We can't wait to go beyond the TV screen and be in person to provide smiles and joy to communities across the nation,” said Marc Etkind, general manager of Destination America, a cable network.

Last year, residents of Union Beach, N.J., and Fayetteville, N.C., penned the winning entries.

Their communities were treated to fireworks, music and special guest appearances by Destination America personalities. ☐

WALKING: IMAGE SOURCE/GETTY IMAGES; POCOA: JOSE LUIS PELAEZ INC/GETTY IMAGES; DRIDON: SEARS: CBS TELEVISION DISTRIBUTION/STAGE 29 PRODUCTIONS.

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food.

'14-Carrot' goodness

As desserts go, The Culinary Institute of America's carrot cake cupcakes are better for you than most — but just as delicious. They're made with whole wheat flour, lots of fruit, little oil and a quart of carrots. The carrot's vibrant color comes from beta carotene, which the body converts to vitamin A, making this a nutritious vegetable that's also an excellent source of fiber. For an added bonus, the frosting is made with non-fat cream cheese to cut back on calories and fat while still allowing you to indulge in the delicious classic flavors.

Great American Meals from

THE CULINARY INSTITUTE OF AMERICA



CARROT CAKE CUPCAKES WITH CREAM CHEESE ICING { YIELD: 16 servings }

- 1 1/3 cups whole wheat flour
- 1 teaspoon baking soda
- 1 teaspoon baking powder
- 1 teaspoon cinnamon
- 1/2 cup vegetable oil
- 1 cup sugar
- 2 eggs
- 3/4 cup diced pineapple
- 4 cups grated carrots
- 2/3 cup raisins
- 2 egg whites

CREAM CHEESE FROSTING

- 3 cups softened low-fat cream cheese
- 4 teaspoons vanilla extract
- 1 1/2 cups sifted powdered sugar

Preheat the oven to 450 degrees F. **Place** paper cupcake inserts inside cupcake pan.

Place the flour, baking soda, baking powder and cinnamon in a large bowl. **Mix** until combined.

Beat the oil, sugar, and whole eggs with a mixer until smooth. **Add** the dry ingredients to the egg mixture and **beat** to blend well. **Stir** in the pineapple, carrots and raisins.

Beat the egg whites in the mixer to medium peaks and **fold** into the batter.

Place 1/3 cup batter in each well of a muffin pan lined with paper muffin cups. The cups should be three-quarters full. **Bake** 10 minutes. Lower the oven to 350 degrees F and continue to bake for an additional 10 to 15 minutes or until toothpick comes out clean. Allow the cupcakes to **cool** to room temperature.

To make the frosting, **beat** the cream cheese and vanilla extract in the bowl of an electric mixer fitted

with the paddle attachment until smooth. **Fold** in the powdered sugar and mix until smooth.

Top each cupcake with icing. **Serve** immediately.

CHEF'S NOTES:

► If you have a Mouli-style rotary grater or grating and shredding disks for your food processor, you can select how coarse or fine you want your grated carrots to be. The more finely you grate your carrots, the finer the texture of the finished cake will be. Coarsely grated carrots remain more visible in the baked cake, for an appealing flecked appearance and a delightfully rustic texture.

► The frosting can also be made in a food processor by combining all of the ingredients and processing until smooth.

PER SERVING: 341 CALORIES, 7 g PROTEIN, 48 g CARBOHYDRATES, 3 g FIBER, 15 g TOTAL FAT (5 g saturated fat), 351 mg SODIUM, 51 mg CHOLESTEROL

sidedish



ORANGE YOU GLAD YOU ASKED?

Carrots are actually a relative of parsley. Besides classic orange, they come in white and reddish purple.



EXPENSIVE TASTE

The vanilla bean is the pod of a delicate vanilla orchid.

CLICK 

Find out how to portion your batter and get your cupcakes to rise perfectly with Chef Bill at usaweekend.com



Potluck

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fun.

STICKDOKU BY TERRY STICKELS

Use your logic to find the correct number for each square. When finished, all nine rows across, all nine columns down and all nine 3-by-3 boxes must contain all nine numbers, 1 through 9, with no repeats.

			5	4		3	2	
3		5						6
		4		3				
7			2					
2				9				5
					4			8
				5		7		
8						6		9
	9	3		1	8			

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FRAME GAMES

BY TERRY STICKELS

Answers below.

- ICE ALL ALL
 ALL ALL
- IPOISEV
- HEAD ACHE
- THING.... ANOTHER
 ANOTHER

ANSWERS:
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STICKDOKU ANSWERS:

1	8	9	5	4	3	2	7
3		5					6
		4		3			
7			2				
2				9			5
					4		8
				5		7	
8						6	9
	9	3		1	8		

- ANSWERS:
FRAME GAMES
STICKDOKU ANSWERS:
1. Justice for all
 2. Poison ivy
 3. Splitting
 4. One thing leads to another

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SCIATICA BACK PAIN?

If you suffer from Sciatica symptoms, such as intense pain in the buttocks and lower back, or pain and numbness in your legs and feet, you are not alone. Over 170 million people suffer from the burning, tingling, numbing, and shooting pains because they are not aware of this proven treatment.

MagniLife® Sciatica Relief combines four active ingredients known to help relieve the debilitating pain of Sciatica. It can be taken along with other medications with no side effects. The tablets dissolve under the tongue and contain Colocynthis, which has shown to relieve the shooting pains and tingling sensations. *"The Sciatica Relief tablets are a miracle solution to the pain of Sciatica."* - Lillie, CA.

MagniLife® Sciatica Relief is available at CVS/pharmacy, Walgreens, and Rite Aid Pharmacy. Order risk free for \$19.99 (\$5.95 S&H) for 125 tablets per bottle. Get a FREE bottle when you order two for \$39.98 (\$9.95 S&H). Send payment to: MagniLife S-U4, PO Box 6789, McKinney, TX 75071 or call 1-800-515-7346. Guaranteed results, or return the bottles within 90 days for a full refund. Order now at www.MagniLife.com.

SHINGLES PAIN OR ITCHING?

If you suffer from shingles outbreaks and experience pain, tingling, or burning on one side of your body followed by a blistering skin rash that often results in long-term pain even after the rash is gone, you should know that help is available. Many people are putting up with the discomfort and itching because they are not aware of this new advancement in shingles care.

MagniLife® Shingles Recovery Cream contains 16 powerful ingredients such as arnica and tea tree oil that help restore the skin and relieve the itching and discomfort. *"I have been using your product for my rash and saw results almost immediately. The MagniLife Shingles Recovery Cream helped soothe the pain, itching and redness. This is the only product I've found that really helps."* - H Reaves, Huntington Beach, CA.

MagniLife® Shingles Recovery Cream is available at CVS/pharmacy Order risk free for \$19.99 (\$5.95 S&H) for a 1.8 oz jar. Get a FREE jar when you order two for \$39.98 (\$9.95 S&H). Send payment to: MagniLife SH-U4, PO Box 6789, McKinney, TX 75071 or call 1-800-532-9177. Guaranteed results, or return the jars within 90 days for a full refund. Order now at www.ShinglesRecovery.com.

NEUROPATHY FOOT PAIN?

If you suffer from neuropathy, or pain in your feet due to nerve damage, you should know that help is available. 20 million Americans suffer from neuropathy and put up with the pain because they are not aware of this proven treatment.

MagniLife® Pain Relieving Foot Cream contains key ingredients, such as eucalyptus oil and yellow jasmine, known to relieve pain, tingling, and numbness, while natural moisturizers restore cracked, damaged, and itchy skin to help protect against infection. Results are so fantastic, long-time sufferers are finally getting relief. *"I tried it on both heels that have been aching me for months. I loved it, both my heels have been happy and so am I. I thank you for this foot cream it works wonders."* - Paulette S., CA.

MagniLife® Pain Relieving Foot Cream is available at CVS/pharmacy, Walgreens, and Rite Aid Pharmacy. Order risk free for \$19.99 (\$5.95 S&H) for a 4 oz jar. Get a FREE jar when you order two for \$39.98 (\$9.95 S&H). Send payment to: MagniLife PC-U4, PO Box 6789, McKinney, TX 75071 or call 1-800-532-9177. Guaranteed results, or return the jars within 90 days for a full refund. Order now at www.PRFootCream.com.

RESTLESS LEGS SYNDROME?

If unpleasant sensations in your legs, accompanied by an irresistible urge to move, are keeping you from falling asleep, you may have Restless Legs Syndrome (RLS). Affecting more than 30 million Americans, RLS causes symptoms such as creepy, crawly, tingling and pulling sensations that urge you to move your legs when resting.

MagniLife® Restless Legs Cream is formulated to allow for the absorption of specific vitamins and minerals that provide relief from those aggravating sensations. Infused with Lavandula Angustifolia and other essential oils for relaxation, so you can get a good night's sleep. *"You can imagine my surprise and delight when my legs kept still that very first night, and now every night since!"* - Dawn, VT.

MagniLife® Restless Legs Cream is available at CVS/pharmacy, Walgreens, and Rite Aid Pharmacy. Order risk free for \$19.99 (\$5.95 S&H) for a 4 oz jar. Get a FREE jar when you order two for \$39.98 (\$9.95 S&H). Send payment to: MagniLife RC-U4, PO Box 6789, McKinney, TX 75071 or call 1-800-532-9177. Satisfaction guaranteed or return the jars within 90 days for a full refund. Order now at www.RLScream.com.

RINGING IN THE EARS?

If you suffer from Tinnitus and experience ringing in the ears, buzzing, hissing, whistling, or other sounds, you should know that help is available. Many people are putting up with irritating noises because they are not aware of this proven treatment.

MagniLife® Tinnitus Relief has already helped thousands find relief when nothing else has worked. It can be taken along with other medications with no side effects. *"This tablet seems to be the only thing I've found that brings relief."* - Bert M., Mt. Pleasant, IA. The tablets dissolve under the tongue and contain Lycopodium, which reduces noises in the ears. *"I would definitely recommend this product to anyone."* - C. Robinson, OH.

MagniLife® Tinnitus Relief is available at CVS/pharmacy, Walgreens, in the pain relievers aisle, and Rite Aid Pharmacy. Order risk free for \$19.99 (\$5.95 S&H) for 125 tablets per bottle. Get a FREE bottle when you order two for \$39.98 (\$9.95 S&H). Send payment to: MagniLife T-U4, PO Box 6789, McKinney, TX 75071 or call 1-800-515-7346. Guaranteed results, or return the bottles within 90 days for a full refund. Order now at www.MagniLife.com.

SEVERE LEG CRAMPS?

If you experience painful and aggravating muscle cramps in your legs, calves, feet, or toes, especially at night, you should know relief is available. Over 100 million people suffer from nighttime leg cramps and are putting up with the pain and loss of sleep because they are not aware of this proven treatment.

MagniLife® Leg Cramp Relief is now helping people get relief for the first time. *"I have had horrible night time calf cramps until I discovered your wonderful Leg Cramp Relief tablets. I have been taking them for about a month or so now, and I haven't had a leg cramp at night."* - Loreen J., MI. Tablets dissolve under the tongue and contain eight active ingredients, such as Magnesia Phosphorica, which reduces cramps and radiating pains that are worse at night.

MagniLife® Leg Cramp Relief is available at CVS/pharmacy and Rite Aid Pharmacy. Order risk free for \$19.99 (\$5.95 S&H) for 125 tablets per bottle. Get a FREE bottle when you order two for \$39.98 (\$9.95 S&H). Send payment to: MagniLife L-U4, PO Box 6789, McKinney, TX 75071 or call 1-800-515-7346. Guaranteed results, or return the bottles within 90 days for a full refund. Order now at www.MagniLife.com.

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