

SHRED

Continued from Page A1

steady flow to traffic throughout the day. "We usually get a few hundred cars, and it's getting bigger," Marcum said. That doesn't mean there wasn't a lineup. Vehicles were waiting on Newburgh to pull in and drop off items that were dumped into a truck equipped with a shredder. Samantha Baker, a Westland Youth Assistance case worker, was there with several teens helping to unload and dump the documents into wheeled carts. "They were lined up before the shredder showed up," she said. The drug disposal was based in Marcum's office. Pills were dumped in one bin and liquids and creams in another. A third bin was to recycle bottles. Medications that were unopened and not



SUE MASON
Lakeyra Thomas empties a bag of documents into the bin destined to be dumped in the shredder.

expired were set aside to donate to World Medical Relief to go to Third World countries. Marcum admits that she wouldn't put information in the trash with people going through garbage and diving into dumpsters. "I tell seniors not to shop online because of the damage that can be done," she said. "Any precaution they can take

to protect their information, especially if the precaution is free, they need to take advantage of it."

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PROPERTY

Continued from Page A1

itself has been vandalized repeatedly, had a fire and has become an eyesore. House of Faith senior pastor the Rev. David Kwame Mensah commented that about nine acres of the city property is buildable. The church, however, is proposing to tear down a shed but renovate the main building. "Our assessor found the building was structurally sound," said Francis, who added that selling the building to the church would address ongoing vandalism and blight. The city earlier received a proposal for an art center at the former

Hawthorne Valley. City officials required the art center backers to submit a financial plan and be able to fund liability insurance for the plan. "This needs to go to our property disposition committee for a recommendation either way. We had an assessment of the building and it was a total loss," Council President James Godbout said. "There was the damp and based on the age of the building, there is probably asbestos." The church was offering \$40,000 cash for other property. Godbout noted the appraisal obtained from the city set the fair market price at nearly \$516,000 minus the cost of demolition building. He said the value was set at \$35,000 per acre.

"We've done a lot of homework and watched this property for four years. We've been meeting with the community, so we feel welcome," Mensah said. "All of us and many of our members, would be willing to move to Westland. We chose Westland with the mayor's Compassionate City (initiative). We want to work with the city." When asked about a time frame, Godbout said the property disposition committee would likely have a recommendation regarding the property in about 30 days. The city also has the option to demolish the buildings and retain ownership at this time.

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GRANT

Continued from Page A1

Godbout, Westland Community Development Director Joanne Campbell and Henry Johnson, president of the Norwayne Community Citizens Council. "I want to thank you, thank you," Johnson said to Kosowski. "This \$175,000 will address recreation needs in Norwayne but also the city of Westland." The Community Development Department relocated from the Dorsey Center just over a week ago to the renovated Jefferson Barns building, a closed elementary school leased by the city for \$1 per year from Wayne-Westland Community Schools. The current swing sets on the property will be relocated to make way for the basketball court, which will be located on the front of the property, Campbell said. In recent years, Westland has invested heavily in Norwayne with

an aim of making it a community of choice. That has included removal of blighted buildings and often selling vacated land to adjoining property owners and the new community center. "It's an absolutely beautiful facility," Johnson said. Volunteers are establishing and operating a library inside Jefferson Barns, also home to the Norwayne Boxing Gym, the Wayne Metropolitan Community Action Agency and later this year, the Nankin Transit bus service. Community volunteers also have set up and run a community garden and organized a variety of programs for families. Norwayne is a designated historic community recognizing its history of originally being constructed as housing for Willow Run bomber plant workers, part of America's Arsenal of Democracy during World War II.



WLND
Westland Council President James Godbout (from left), Norwayne Community Citizens Council President Henry Johnson, State Rep. Robert Kosowski, D-Westland, and Westland Community Development Director Joanne Campbell pose with an oversized check representing a state grant to develop recreation uses at Jefferson Barns Community Vitality Center.

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STANKE

Continued from Page A1

"This has been a great experience and I will miss everyone. I have mixed feelings, but I am looking forward to learn-

ing new things," Stanke said. During her time working with Schoof, Stanke said she appreciated all that she had learned. "Tina will be definitely missed, both professionally and personally.

She will be very hard to replace," Schoof said. "I consider her a very close friend. We were never boss-employee, we were partners. Whatever her next job, she will play an important role in whatever she does." Wayne County Com-

missioner Richard LeBlanc, D-Westland, will take on Jody Rice-White in the Nov. 3 general election to fill the four-year term as city clerk.

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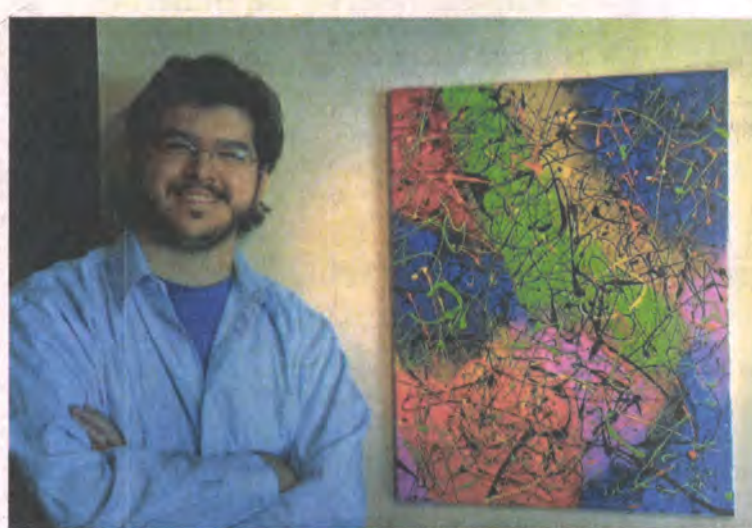
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Livonia Library, City Hall display local artists' work

The Livonia Arts Commission is featuring the work of Livonia artist Michael Coppa during the month of August in the Civic Center Gallery on the second floor of the Livonia Civic Center Library, 32777 Five Mile Road, Livonia.

Coppa is a self-taught artist who creates work in several different mediums, including acrylic paint, photography, drawing and mixed media/digital art. He's been creating art since childhood; however, he has been focusing on creating more elaborate work for about five years now.

Over the past three years Coppa has a solo exhibition annually at the Livonia Fine Arts Gallery. He has also shown at the Detroit Artist Market for a charity event, holiday show, and other shows. In addition, he's shown work at the Northville Art house, Ypsilanti,



SUBMITTED
Livonia artist Michael Coppa has 55-60 pieces of artwork, mostly mixed media, on display this month at the Civic Center Gallery on the second floor of the Livonia Civic Center Library, 32777 Five Mile Road, Livonia.



SUBMITTED
This is one of about 60 pieces by Livonia artist Michael Coppa on display this month in the Civic Center Gallery on the second floor of the Livonia Civic Center Library, 32777 Five Mile Road, Livonia.

as well as the University of Michigan Dearborn.

This month he will be displaying 55-60 pieces, mostly new pieces that have been created using mixed media. He created collages from cutouts and then digitized them to create different effects. Other pieces include acrylic abstract

expressionism on canvas.

In the Gallery at Livonia City Hall, 33000 Civic Center Drive, the Livonia City Arts Commission is featuring Joan Boerger and Dorothy Amberger's mixed media exhibit during the month of August.

Boerger and Amberger have been lifelong

friends. They both retired the same year from teaching and decided to take a few art classes together. They eventually found their way to the Visual Arts Association of Livonia where they both are currently active. Boerger's emphasis is in watercolor while Amberger's interest is in

pastel.

A Livonia resident, Amberger loves the intense colors of pastels and their forgiving quality in application. She has participated in several juried exhibits and is on the VAAL board, doing publicity for VAAL. For Amberger, art is a passion that she will pursue

for the rest of her life.

Boerger has served as a trained docent for the Detroit Institute for Art for the past 16 years. She also has exhibited paintings in various juried exhibitions.

Exhibit hours coincide with library and city hall hours.

Christmas in July winners announced

Congratulations to 22 winners of the *Observer & Eccentric* Christmas in July 2015 contest.

The following contestants were selected in a random drawing of all correct entries.

More than 450 entries were received by deadline and 169 entrants found all of the hidden icons.

The winners and their prizes are:

Holly Scott of Highland, lifetime membership to Witch's Hat Brewing; **Loretta Wallace** of Redford Township, \$50 gift certificate to Tenny Furniture; **Jane Bryan** of Novi, \$50 gift certificate for consultation at Nina McClemore; **Judyy Skolarus** of South Lyon, \$50 gift certificate to Scrooge and Barley;



Linda Wagner of Northville Auto Day at the Spa from Bill Brown Ford; **A. R. Wilson** of

Garden City, \$50 gift certificate to Polish Pottery; **Norman Williamson** of South Lyon, massage and facial at Massage LuXe; **Patricia March** of Livonia, massage and facial at Massage LuXe.

Other winners included **Pat Shelton** of Farmington Hills, gift of jewelry from Larson's Jewelry; **Sheryl Hoover** of Westland, salad mates from Cutco; **Annette Gzyb** of Westland, **Belle Etoile** Galaxy pendant from Motif Jewelers and

Karla Walkley of Canton, gift certificate for hair styling services at Modello 227.

Ten others won two tickets to Riviera Cinema in Farmington Hills and a free four-square Buddy's Pizza. They are **Sandra Davis** of Livonia, **Pat Greenless** of Milford, **David Kaczor** of Redford Township, **Mary Galasso** of Livonia, **Fran Niemiec** of Westland, **Pat Christiansen** of Livonia, **Randy Brown** of Plymouth, **Lynn Bricker** of Canton, **Susan Randall** of Birmingham and **Maria Wardell** of Southfield.

Icons appeared on the following pages: 1 (cover), 4, 8, 14, 16, 17, 18, 24, 30, 32, 35, 38.

The icons most often missed were on pages 1, 4, 16 and 38.



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12 graduates receive Westland Foundation scholarships

The Westland Community Foundation has awarded 12 college scholarships for \$1,000 to recent graduates of Wayne-Westland Community Schools and Livonia Public Schools as part of the Foundation's charitable causes.

The Foundation is made up of community and business leaders. The foundation has raised over \$1,125,000 dollars to support the college scholarship program, donations of food, toys and winter coats to families in need, Salvation Army Summer Day Camp for children, Inspire Theatre group located in Westland, Camp Liberty, Warm Hearts and many other programs in Westland.

This year's scholarship recipients are:

Ashlee B. Alexander, who attended John Glenn High School. She plans to attend Eastern Michigan University and pursue a career as a pediatrician. She was the class treasurer at William D. Ford Career Technical Center, K.O.M. mentor and volunteer and participant in the Teen Advisory Board at the William P. Faust Public Library.

Rya M. Bark, who attended Wayne Memorial High School. She plans to attend Schoolcraft College and pursue a career in welding. She participated in softball and a charity organization called J.O.E in the J.O.E.



Alexander



Bark



Farhan



Felix



Hill



Hille



Johnson



Sypher



Testorelli



Totten



Wise

holding offices inside and outside guard, trustee, treasurer, secretary, conductor, chaplain and vice-president. In June, she became the president.

Farhan T. Chaudray, who attended Wayne Memorial High School. He plans to attend Eastern Michigan University to become a physical therapist or wildlife biologist. He received an Academic Letter and did community service for the William P. Faust Public Library.

Francess C. Felix, who attended John Glenn High School. She plans to attend College for Creative Studies to pursue a career in entertainment arts. She received an Academic Award for four

years, was inducted into the National Technical Honor Society and had perfect attendance.

Emanuel T. Hill II, who attended John Glenn High School. He plans to attend Schoolcraft College and study criminal justice with a minor in art. He is a member of the National Technical Honor Society, received an Academic Letter Award and was on the Honor Roll.

Madison M. Hille, who attended Livonia Franklin High School. She plans to attend Cedarville University to study graphic design. She has been on the Honor Roll and Student of the Month, has volunteered at the Rescue Mission, done missions trip,

born to study computer engineering. She was captain of the Robotics team and president of I-Save Team.

Brandon P. Testorelli, who attended Wayne Memorial High School. He plans to attend the William D. Ford Career Technical Center to study Auto Body Repair. While in high school, he had perfect attendance two years straight.

Shana Totten, who attended John Glenn High School. She plans to attend Lawrence Technological University to study robotic engineering with a minor in alternative energies. She received the Michigan Department of Education Breaking Traditions Award and was a member of the National Technical Honor Society. She also was a Build captain, Safety captain and public relations captain on FRC team 313 the Bionic Zebras robotics team, volunteered at First Step, mentored a robotics team at Stevenson Middle School and started a robotics team at John Glenn.

Juan R. Wise II, who attended Wayne Memorial High School. He will attend Adrian College to become an athletic trainer and play in the NFL or NBA. He was president of Wayne Memorial's Gentlemen of Distinction men's group, Varsity football captain and conducted a canned food drive for his church and Gleaners.

Vickee V. Le, who attended Churchill High School. She plans to attend Schoolcraft College to study in the medical field to become a nurse or physician's assistant. She was a member of French Honor Society and president of French Club. She also assembled gift baskets for the less fortunate and raised money for Saving the Children.

Kealani K. Sypher, who attended John Glenn High School. She plans to attend the University of Michigan-Dear-

Wayne students receive scholarships

Two Wayne Memorial High School students have been awarded the annual Wayne Police Department scholarships.

Kaitlyn Kuder and Nikki Tolentino will each receive \$500 scholarships from the police department. They were presented certificates at a recent Wayne City Council meeting.

Started in 2001 the scholarship is to assist Wayne Memorial High School students

interested in pursuing higher education in the field of criminal justice.

Applicants must have strong personal character, academic achievement and community involvement.

Kuder aspires to be a forensic pathologist and has applied to several schools.

Tolentino plans to become a forensic psychologist and attend Madonna University or Eastern Michigan University.



CITY OF WAYNE
 Wayne Police Chief Alan Maciag (left) with Wayne Police Department 2015 scholarship recipients Kaitlyn Kuder and Nikki Tolentino and Mayor Pro Tem Skip Monit.

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Livonia-based H.E.A.T. warns of summertime car thieves

This may not be Michigan's warmest summer on record, but it's perfect weather for car thieves, according to Livonia-based H.E.A.T. (Help Eliminate Auto Thefts), Michigan's statewide auto theft prevention program. And while the number of auto thefts is dropping, it's still important to stay vigilant.

"August tends to be one of the hottest months for auto thefts as well," said Terri Miller, executive director of H.E.A.T. "We like to relax and enjoy the weather, but we want to remind you to remain alert, even on vacation. You don't want to be an easy target. Make sure you roll up your windows when you aren't in the car, and never leave it running to keep it cool — even for a minute. Most importantly, take your keys; far too many reported car thefts

Miller said it's also important to think about your car's parts and accessories, like electronics and tires and rims. "Auto theft being down is great news, but unfortunately stealing parts is on the rise."

are because owners left the keys inside the vehicle."

Keeping valuables out of sight is another way to protect yourself and your car. For three days earlier this summer, the Center for Urban Studies put together teams of volunteers to issue "courtesy tickets," meant to help identify high-risk situations in cars parked in the popular Corktown area.

Nearly 80 vehicles received the tickets. In those vehicles (40 percent with out-of-state plates) items were left in the open that would

quickly entice thieves, including purses, computers, GPS systems and golf clubs. A few of the cars even had keys in plain sight.

"We've been seeing everything from keys to laptops and phones. Working together we could really reduce larcenies if people take or hide their valuables before arriving at their location. Thieves are watching for opportunities," said Alanna Woolley, research assistant at Center for Urban Studies. "We can make Corktown, and all communities, safer when we take

responsibility for the personal items within our reach. Don't make it easy for them to get your stuff."

Miller said it's also important to think about your car's parts and accessories, like electronics and tires and rims. "Auto theft being down is great news, but unfortunately stealing parts is on the rise," she said, noting that tires and rims are particularly desirable and marketable.

Enjoy the Michigan summer remaining, but remember to be cautious. H.E.A.T. reminds drivers to be aware of the following trends in auto theft-related crimes, including:

■ Tire and Rim Thefts: H.E.A.T. recommends that drivers consider investing in locking lug nuts, and park in a garage whenever possible or in a parking lot

with an attendant.

■ "Push" Steals: Since thieves need keys to steal newer vehicles, they get around it by using a second vehicle to push your vehicle away after forcing entry to release the gears. H.E.A.T. recommends arming your vehicle with extra security to help prevent criminals from "pushing" your car. Try to park in a driveway or lot rather than on the street and turn your wheels toward the curb to prevent theft.

■ Older Vehicle Component theft: As technology in newer vehicles improves, criminals are turning to older models and stripping the vehicles for their parts.

H.E.A.T. recommends increasing security options with visual and physical deterrents such as steering wheel locks, steering column collars

or kill switches meant to disable the starter.

H.E.A.T. works with Michigan law enforcement agencies to follow-up on tips. Tipsters are awarded up to \$1,000 if the tip leads to the arrest of a suspected car thief or a person suspected of auto theft-related insurance fraud. H.E.A.T. pays \$2,000 for information leading to the issuance of a warrant for a carjacking suspect. Rewards of up to \$10,000 are issued if a tip results in the arrest and binding over for trial of suspected theft ring or chop shop operators. The H.E.A.T. tip line is monitored by the Michigan State Police and funded by Michigan's auto insurance companies.

If you have information on an auto theft-related crime, call H.E.A.T.'s 24/7 tip line at 1-800-242-HEAT or visit www.1800242HEAT.com.

Settlement reached in death of ref

By Elisha Anderson
Michigan.com

A settlement has been reached in the wrongful death lawsuit involving a soccer referee who was punched during a soccer match in Livonia last year and died two days later.

John Bieniewicz's widow, Kristen Bieniewicz, appeared in Wayne County Circuit Court today during a hearing in the case. The amount of the settlement in the civil case was not made public, and there is a confidentiality agreement in place.

In April, a lawsuit seeking \$51 million was filed. It named Bassel Saad, who has been convicted of involuntary manslaughter in the death of Bieniewicz, the manager of the Bintjbeil Stars, Saad's soccer team, and the Michigan United

Soccer League, the organization that sanctioned the game, as defendants.

"The case has been resolved and the family is satisfied with the result and happy to put this matter behind them," said James Acho, the family attorney and John Bieniewicz's friend of more than 30 years.

Bieniewicz, 44, of Westland had two young sons, now ages 10 and 14.

The settlement will help provide "future financial benefit to John's sons," according to court documents. It still needs final approval from the court.

The Michigan United Soccer League was the only defendant repre-



FAMILY PHOTO
Bieniewicz

sented during today's hearing before Wayne County Circuit Judge Kathleen Macdonald, but the settlement ends litigation against all defendants in the case.

Witnesses said Saad was complaining about a call and was about to be ejected from the game when he punched Bieniewicz on June 29, 2014. The blow immediately knocked Bieniewicz unconscious.

Bieniewicz was in "fantastic physical condition" and the amount initially sought was \$1 million per year for the 51 additional years he could have lived, the lawsuit said. He was healthy and his doctor said he should have been expected to live to 95, it said.

Elisha Anderson writes for the Detroit Free Press.

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With her cape, Super Librarian Laura Flaherty talks to youngsters at the ice cream social.

Summer Reading ends on a fun note at Westland library

More than 400 children and adults recently celebrated the end of the Youth Summer Reading Program at the William P. Faust Library of Westland with ice cream, games and musical guest.

By all accounts, everyone had a great time, said Andy Schuck, head of Youth Services.

"Patrons loved this Summer Reading Program and staff loved putting on tonight's and many other hero-themed events as part of our Summer Reading Program," Schuck said.

The Youth Department wanted to try something different this year to celebrate their summertime readers: an ice cream social.

"We wanted to make use of this great outdoor space we have in our children's garden," Schuck said. "We've had movies, concerts and circus programs there, why not an ice cream social?"

All children and their families who participated in the hero-themed Summer Reading Program could choose from an ice cream bar or a Popsicle, while racing through an obstacle course, testing their accuracy with a superhero-themed beanbag toss, superhero-themed parachute games, Pass the Kryptonite, and musical fun and zaniness by Ms. Carissa.

There was even a special appearance by reading program nemesis, Dr. Anti-Read. The doctor changed his anti-reading ways after picking up a



Emma Mood (left) with siblings Adelina and Alexander enjoy their treats at an ice cream social to celebrate the end of the Summer Reading Program at William P. Faust Library.

copy of Harry Potter and the Chamber of Secrets, recommended to him by Super Librarian Laura Flaherty.

And the great part? "Summer reading is not over," Schuck said. "We run our Youth Non-Fiction Challenge throughout August, and kids can earn coupons and prizes for that, too. Not to mention, our Teen and Adult Summer Reading Programs which let everyone get involved in the fun."

For more information about the Youth Non-Fiction Challenge and the Adult and Teen Summer Reading Programs, call the library at 734-326-6123, visit westlandlibrary.org or stop by the library at 6123 Central City Parkway in Westland.

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4:00 p.m. - Broken Arrow
6:00 p.m. - Boa Constrictors
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Events celebrate 70th anniversary of WWII's end

The Yankee Air Museum is hosting a celebration in honor of the 70th anniversary of the victory in World War II. The celebration includes historical displays, Big Band music and swing dancing as well as a classic car show.

One important piece is missing: the generation of Americans who achieved that victory.

YAM is looking for all those who participated in the war effort - as a soldier or as someone who worked in a factory that supported the war - to come and be celebrated as guests of honor. Guests will get to swap stories with fellow veterans and pinpoint on a map where they served to show the far reaches of Michigan's service men and women.

This celebration is one of many events taking place during the HomeFront Victory Celebration. The celebration also

includes:

» Rosie the Riveter: Revisited at the Michigan Theater in Ann Arbor on Thursday, Aug. 13. The lecture will explore the real-life travails and triumphs of the women working for victory on the home front. Strong ties to Ypsilanti. Free small popcorn and soda is included.

» Ypsilanti Street Festival at Library Plaza in downtown Ypsilanti on Friday, Aug. 14. There will be live music, great food, giveaways and free vintage car parking.

» Ypsilanti Township Community Parade beginning at Holmes Elementary School in Ypsilanti Township on Saturday, Aug. 15. The also will be art, food, a raffle and vintage baseball

» HomeFront Victory Celebration at the Yankee Air Museum on Sunday, Aug. 16, will be the grand finale of the weekend. This weekend will be

more successful if those who lived and served during WWII can attend and share experiences not found in a textbook.

The HomeFront Victory Celebration is a partnership of the Norwayne Community Citizens Council, Ann Arbor/Ypsilanti Regional Chamber, Ann Arbor Area Convention and Visitors Bureau, Belleville Area Museum, City of Ypsilanti, Cruisin' on the Bayou, Growing Hope, Keep the Spirit of '45 Alive, Michigan Aerospace Foundation, Ypsilanti Area Convention and Visitors Bureau, Ypsilanti Township, and Yankee Air Museum.

Yankee Air Museum is a non-profit organization dedicated to "honoring aviation history and its participants through a living, flying museum."

The museum is located at Willow Run Airport, 47884 D St., Belleville. For more information, call 734-483-4030.



Representatives from the Camaro Superfest 2015 presented a check to Livonia-based Angela Hospice on Monday, Aug. 3.

Camaro Superfest raises \$12,000 for Angela Hospice

Representatives from the Camaro Superfest 2015 presented a check to Livonia-based Angela Hospice on Monday, Aug. 3.

Proceeds from the 24th annual Camaro Superfest, which took

place over the July Fourth weekend, exceeded last year's totals, raising more than \$12,000 to support Angela Hospice's patient care and grief support services.

The check presenta-

tion was held at Lou LaRiche Chevrolet in Plymouth, one of Camaro Superfest's main sponsors, and included members of the Eastern Michigan Camaro Club who put on the event.

Brownfield board seeks new members

Westland is seeking qualified individuals interested in serving on the city's Brownfield Authority Board.

The Brownfield Authority Board is comprised of 11 members appointed by the mayor and subject to confirmation by city council. The board is a requirement for compliance with state and federal regulations governing sites designated as Brownfields, typically property whose expansion, redevelopment or reuse may be complicated due to the presence or potential presence of hazardous pollutants or contaminants.

Brownfields may qualify for certain tax credits

or other economic assistance to ensure the property is cleaned up and a reinvestment is made that protects the environment, reduces blight and reduces the demand for using other greenspaces or undeveloped land.

The Brownfield Authority Board meets following the submission of a Brownfield Redevelopment Plan by a business or property owner within the city. The authority facilitates the individuals in redeveloping designated Brownfield sites throughout Westland.

In the past, the brownfield board has approved developments such as the MJR Theatre, a \$15 million project, and the new

Tim Hortons at the corner of Ford and Wayne Road.

Interested individuals with a background in land use, environmental sciences or economic development or similar experience are preferred, although any resident with an interest in the well-being of Westland is encouraged to apply.

Interested individuals are asked to submit a resume and letter of interest to Mayor William Wild, City of Westland, 36300 Warren Road, Westland, MI 48185.

Members serve without remuneration. Appointments are for varying terms of up to three years in duration.

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Children line up for Touch a Truck program

By Darrell Clem
Staff Writer

Ericka Thornton, a Canton mother of three, doesn't want her daughters to grow up fearing police officers and fire-fighters.

So she brought 5-year-old twins Brianna and Vivianna and youngest daughter Gabrielle, 4, to a place where they could get close to a police car and fire engine and see the first responders who drive them.

"I want my daughters not to be afraid of the people who are here in our community to help us," Thornton said.

She got her chance Wednesday as a fire engine, police car, backhoe, dump truck and sewer-cleaning Vactor rig were parked outside the Canton Public Library for a program called Touch a Truck.

"I like fire trucks," Vivianna said, smiling.

Not far away, children huddled around David Arnold, a Canton public works equipment operator, as he explained in simple terms how the Vactor truck, weighing 50,000 pounds when filled with water, can be used to unclog a sewer line.

"This is like a giant vacuum cleaner," he said.

Another equipment operator, Curt Foster, told how a huge Caterpillar backhoe is used to dig up dirt to repair water main breaks or unearth soil so new homes can be connected to the municipal water system.

Across the parking lot, a long line formed as Canton Police Officer Patty Esselink greeted children who got to peek into and sit inside a patrol car.

Farmington mother Carol Norris brought daughters Gabriella, 3½, Jessica, 2½, and son Joshua, 1.

"I like the police cars," Gabriella said. "They light up



BILL BRESLER | STAFF PHOTOGRAPHER
Eighteen-month-old Braxton Hailes, held by dad Loren Hailes, already has an eye for heavy equipment like a backhoe.



BILL BRESLER | STAFF PHOTOGRAPHER
Two-year-old twins Leah and Molly Matthews look at one of the public works rigs.

when someone has an accident."

Esselink handed out plastic police badges, crime-prevention coloring books and police department pencils.

Nearby, Canton Firefighter Ryan Molina drew a big crowd as he told how the fire engine he was driving holds 500 gallons of water and has 200-foot-long hoses to fight fires.

Children watched in awe as Molina stood in front of the big red rig and explained the job of a firefighter.

Touch a Truck had the benefit of a picture-perfect August day. Amelia Yunker, information services librarian, said the program was organized to give children "a hands-on opportunity to get up close to the trucks they admire."

And they did. Megan Hakala of Garden City – a library circulation assistant – brought a 2-year-old Canton boy, Jake O'Neal, she was babysitting. They came to visit the library, but then saw the flashy trucks and cars.

"This was a big bonus," Hakala said.

dcllem@hometownlife.com
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BILL BRESLER | STAFF PHOTOGRAPHER
Jackson Ryan finds a comfortable seat on a backhoe wheel.



BILL BRESLER | STAFF PHOTOGRAPHER
Vic McGuire gives 18-month-old grandson Hayden Thomas Drotar a good look at the trucks and cars. BILL BRESLER | STAFF PHOTOGRAPHER
Hudson Bogart, 3, and Ella Garavaglia, 2, pose for pictures next to a backhoe.

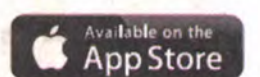


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Volunteers needed for annual Hines Drive cruise

By Sue Mason
Staff Writer

Don Nicholson is hesitant to estimate how many cruisers will descend on Hines Park on Aug. 23, but he believes the number will top the nearly 60,000 classics and hot rods that showed up last year.

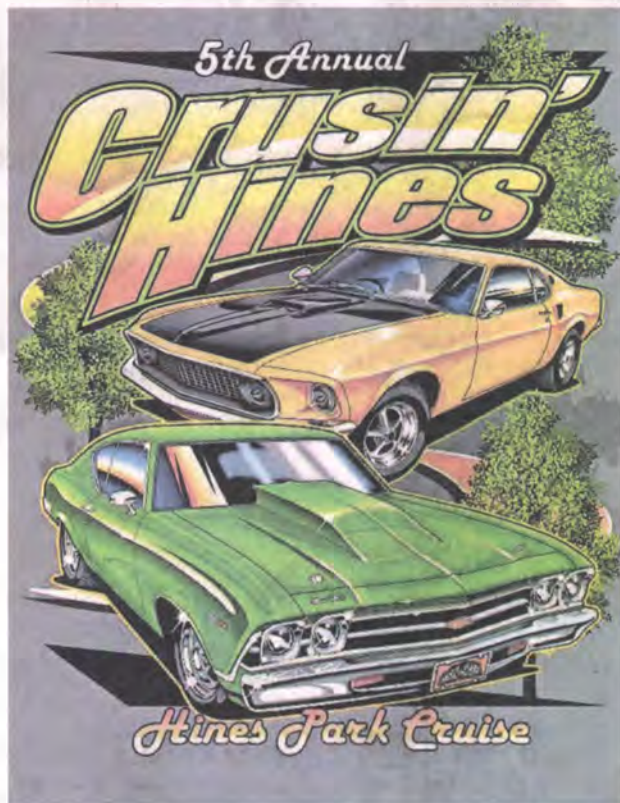
"This has grown so much in the last five years, I'm afraid to guess how many," the Westland resident said.

With two weeks to go until Cruisin' Hines kicks off, Nicholson is looking for more volunteers to help with the event that stretches from Ann Arbor Trail in Westland to Outer Drive in Dearborn. Many of last year's volunteers are coming back, but Nicholson would like to add another 15-20 people.

Volunteers help put up banners and mark areas for car clubs and vendors and work at the spectator entrances and main gate. Shifts start as early as 1 a.m. One area Nicholson is looking to improve is having more people delivering food and water to volunteers throughout the day.

"Our volunteers did a great job, but we failed to get them food and water in a timely fashion," he said. "We had someone doing that, but we didn't figure in the traffic jams and taking 45 minutes to do the loop. I want to add two people so we have three making deliveries to volunteers."

Nicholson will hold a volunteer meeting before the cruise. Anyone interested in being involved can contact him at Don@DonNicholson.net.



DON NICHOLSON

Classics will be featured on T-shirts being sold at the fifth annual Cruisin' Hines Sunday, Aug. 23.

Cruisin' Hines is quickly becoming the Wayne County counterpart to the Woodward Dream Cruise. Hines Drive will be closed to regular vehicular traffic Aug. 23, and Nicholson is once again using the long approach to Hines Drive as the staging area for cruisers. Spectators will still be able to access the park at Ann Arbor Trail, Merriam and the Warrendale entrance near Telegraph.

The popularity of the cruise is due in part to its inclusion in the Autopalooza lineup, which promotes car cruises around the world.

The Best Western Hotel in Livonia is the main hotel for the cruise, and based on

information he's received, Nicholson said "we have people coming from 18 different states for the event and that's more than we ever had."

"We have someone coming from Washington state," he added.

The cruise is supported by local business sponsors. In addition to Wayne County Parks and Gateway Classics, the list includes WOMC, My Mechanix Place, Scrap Busters, Parts Galore, MotorCities National Heritage Area and UAW Region 1A.

For more information about the cruise, visit cruisinhines.com.

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3 citizen initiatives receive approval for signatures

By Kathleen Gray
Michigan.com

2016 is shaping up to be a big year for ballot proposals.

Last week, the state Board of Canvassers approved the form of three more citizen-driven initiatives that could appear on the November 2016 ballot. With the three new petitions, there could be a total of eight groups in the field collecting signatures for ballot proposals.

The three latest proposals are:

» **The Earned Sick Time Act** would require employers to allow employees to earn sick time to deal with health, personal or family issues. Employees of small businesses could earn an hour for every 30 worked up to 40 hours of paid sick leave a year. All other employees would earn 1 hour for every 30 worked up to 72 hours in a year.

The Legislature passed a law this year that prohibits communities from passing ordinances that dictate wages and benefits, such as paid sick leave, for employers in their towns. The citizen-initiated proposal is the response to that law.

» **The Corporate Fair Share Taxes Act** would increase the state's corporate income tax from 6 percent to 11 percent and earmark that money toward fixing Michigan's roads.

After voters defeated a proposal May 5 that would have raised the sales tax, in part, to fix Michigan's roads, the Legislature has been unable to come up with a solution for the state's crumbling infrastructure. Democrats in the House have proposed raising the corporate income tax from 6 percent to 9 percent to raise

money for roads, but Republicans have said that proposal is a non-starter. Senate Republicans have proposed raising the gas tax by 15 cents a gallon over three years to raise money for roads, but the House hasn't taken a vote on the proposal yet.

» **Let's Vote, Michigan** would amend the state constitution to establish voting by mail for all Michigan elections. Three states — Oregon, Colorado and Washington — have vote-by-mail options.

In the first two proposals, groups organizing the petition drives would have to gather at least 252,523 valid signatures to put the issue to the Legislature, which could either vote to approve the initiative and it would immediately become law, or the Legislature could offer an alternative or do nothing and the matters would go to the statewide ballot for voters to decide. The vote-by-mail initiative is a constitutional amendment, that requires at least 315,654 valid signatures and would go straight to the ballot.

The business tax hike for roads is the most controversial and attracted a big crowd to the canvassers meeting. The initiative is being led by unions representing carpenters, laborers and operating engineers.

Tom Lutz, a carpenters' union official and spokesman for Citizen for Fair Taxes, said people will be out in the field quickly to begin gathering signatures. And it will go forward no matter what the Legislature does with trying to find a solution for roads.

"It really doesn't matter what they do. This would be the fairest way that we've provided," he

said. "This gives back approximately half of the \$2 billion tax break that corporations got."

But Tricia Kinley, of the Michigan Chamber of Commerce, said the proposal was dangerous and reckless.

"These would have devastating consequences to Michigan's job providers and economy," she said. "And the irony is that these union carpenters and engineers — the people who actually employ them would suffer huge consequences by doubling their taxes."

The Coalition Against Higher Taxes, which fought the May 5 ballot proposal that would raise the sales tax, in part, for roads, is continuing its advocacy against the business tax hike for roads proposal.

"Anyone who believes a 5 percent increase in the corporate income tax isn't going to be passed along to the middle class and consumers is fooling themselves," said Randall Thompson, spokesman for the coalition.

The Board of Canvassers has already approved the form of five other citizen initiatives that would have to go the Legislature first if the 252,523 valid signatures are approved.

Those initiatives include: two proposals that would legalize and regulate the use, manufacture and sale of marijuana for both medical and recreational use; a measure that would ban the use of horizontal hydraulic fracking in the state; a repeal of Michigan's prevailing wage laws, which require that union-scale wages be paid on public construction projects; and a proposal to prohibit health providers from charging different prices for the same services or medical goods.



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Registration opens for W-W Distinguished Young Woman

For Wayne-Westland high school junior and senior women, now is the time to get involved in the Distinguished Young Women of Wayne-Westland, a scholarship program formerly known as America's Junior Miss.

There are a few changes this year with the 2016 and 2017 program years being combined to award two titles: a junior title of Distinguished Young Woman of Wayne-Westland 2017 and the senior title of Distinguished Young Woman of Wayne-Westland 2016.



Hailey Dottor is the 2014 Distinguished Young Woman of W-W.

Orientation will take place at 7 p.m. Monday, Sept. 21, at 37955 Glenwood, Wayne. Practice and program dates will be discussed along with additional details regarding Distinguished Young Women. For more information, visit www.distinguishedydw.org.

Distinguished Young Women is a national scholarship program that inspires high school girls to develop their full, individual potential through a fun, transformative experience that culminates in a celebratory showcase of their accomplishments.

The program has provided life-changing experiences for more than 730,000 young women and more than \$100 million in cash scholarships have been awarded at the local, state and national levels combined.

Distinguished Young Women is a national scholarship program that inspires high school girls to develop their full, individual potential through a fun, transformative experience that culminates in a celebratory showcase of their accomplishments.

Livonia church to give free backpacks to kids in need

Christ Our Savior Lutheran in Livonia will give free backpacks with basic school supplies to anyone in need from 10 a.m. to noon Saturday, Aug. 22.

Limited quantities are available.

The church's Backpack Blessings program is members' way of sharing the love of Jesus in a tangible way.

Christ Our Savior Lutheran Church is at 14175 Farmington Road, Livonia. For more information, call 734-522-6830 or visit christoursavior.org



Many exhibitors will be on-site to display and sell authentic Indian apparel, costumes, arts and crafts, home furnishings and jewelry Aug. 15 during India Day.

India Day expected to draw more than 25,000 to Novi

More than 25,000 visitors will gather at the Suburban Collection Showplace in Novi to experience the tastes, sights, sounds and culture of India for the 13th annual India Day from 10 a.m. to 8 p.m. Saturday, Aug. 15. With a record number of attendees expected, this year's celebration will be the largest in the event's history.

"We want to meet our neighbors. We want to remember our culture and customs. And we want to have a fun time," said Ramesh Gudapuri, event chairman. "India Day offers a chance for all of that to happen, during one day and under one roof. Indian American people live, work and play where you do, and we want you to experience the Indian culture. There is something for everyone."

Come hungry and ready to soak in the dazzling culture - enjoy more than 100 vendors, classical dance and Bollywood performances from more than 300 children and adult performers, clothing vendors and more. Attendees also will

have the opportunity to enjoy a selection of authentic Indian food provided by a number of local restaurants. In addition to the food and entertainment performances, many exhibitors will be on-site to display and sell authentic Indian apparel, costumes, arts and crafts, home furnishings and jewelry.

"India Day attracts people from all over Michigan, neighboring states and Canada.... the India League of America - Michigan is pleased to provide a free, family-friendly event to celebrate Indian culture,"

Gudapuri said. The festival is held each year to celebrate Indian Independence Day. Twenty-eight states in India will be represented, offering different cultures, food, dialects and more. The day will kick-off with a parade, followed by the opening lamp lighting ceremony, singing of the U.S. and India national anthems, and welcoming of this year's chief guest, Milkha Singh.

Singh, better known as Flying Sikh, is a former Indian track and field sprinter, famed for being the first Indian male

athlete to win gold at the Commonwealth Games. He recently regained notoriety for being the man behind 2013's highest grossing Bollywood sports film, *Bhaag Milkha Bhaag*, which told the story of his life.

Invited dignitaries include Dr. Partha Nandi M.D., F.A.C.P. who is known locally as the chief health editor at WXYZ

ABC Detroit. India Day is sponsored by title sponsor Automotive Quality Logistics, as well as Chrysler Group LLC, Consumers Energy, DTE Energy, DTW desi, Ford Motor Company, General Motors, Global Marble and Granite, HCL Global, McDonalds, Meade Lexus, Mercedes-Benz Financial Services USA LLC and Yupp TV.

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1803 Alita Scott	3314 Nicholas Crawford
2019 Michelle Carter	3316 Nicholas Crawford
2120 Matthew Price	3515 Devon Croff
2304 Cortez Dugger	3522 Steven Taylor
2306 Cortez Dugger	3538 Sheila Peck
2401 Jonathan Taylor	3607 Delanea Jones
2405 Sibyl Bryson	3721 Andre Akram
2524 Gary Washington	3826 Gladys Huddleston
2527 Starletta Banks	3901 Starletta Banks
2538 Jennifer Appling	4330 Clifford White

Goods are to be sold to satisfy landlord lien. All goods will be sold to highest bidder for cash. 1-800-Mini Storage reserves the right to reject any bids and reserves the right to bid on unsold units. Contents include but are not limited to furniture, appliances, household goods, clothing, boxes & more.
Published: August 2 & 9, 2015 LO-00025224 2x4

ADVERTISEMENT FOR REQUEST FOR PROPOSALS
CITY OF LIVONIA, MICHIGAN
POLICE DEPARTMENT LOBBY RENOVATION

Sealed proposals will be received at the Livonia City Hall, 33000 Civic Center Drive, Livonia, Michigan 48154 until **2:00 P.M., local time on Tuesday, September 1st, 2015** at which time the RFP's will be secured by the City Clerk. Each bid shall be recorded together with the name of the bidder. Bids shall be in accordance with the requirements of this notice in order to be deemed "responsive." Late bids will be returned unopened.

The mandatory pre-bid conference for the project will be held on **Tuesday, August 18th, 2015 at 10:00 a.m.** Bidders are required to attend the pre-bid conference at Livonia Police Department 15050 Farmington Road Livonia, Michigan 48154. Sub-bidders, potential suppliers, and other interested persons may attend. Parties interested in inspecting the existing project conditions will have the opportunity to do so following the pre-bid conference.

Instructions to bidders and specifications may be obtained by registering with the Michigan Inter-Governmental Trade Network (MITN) at www.mitn.info

All Addendums will be posted on the MITN website. Any information not obtained from the MITN website should not be relied upon. Proposals must be submitted on the Forms section found on the MITN website. Each response to the proposal must be provided to the City of Livonia electronically in Adobe (PDF) format. Faxed proposals in response to this request will not be accepted.

All proposals shall be sealed in envelopes, plainly marked with: **CITY OF LIVONIA, MICHIGAN LPD - LOBBY RENOVATION**, name of bidder and shall be addressed to the City Clerk, City of Livonia, 33000 Civic Center Drive, Livonia, Michigan 48154.

No bidder may withdraw his proposal within 120 calendar days after the date set for opening thereof.

The City of Livonia reserves the right to reject or accept any or all proposals in whole or in part and waive any irregularities therein. Acceptance of any proposal does not constitute a binding agreement until a written Contract is signed by both parties.

Ben McDermott
Deputy Police Chief

Jack E. Kirksey
Mayor

Published: August 9, 2015 LO-000252186 2x5

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What to do with a maturing CD

Q: Dear Rick: My wife and I can't agree on what to do with a maturing CD. We are in our early 50s and are very conservative investors. Our only investments are a variety of CDs. We both have pensions that will more than cover our retirement needs. We just had a \$100,000 CD mature and the issue is whether we buy another five-year CD or use the money to pay off our home. Currently, we owe about \$75,000 on our home and the interest rate is six percent. We have looked into refinancing but it didn't make sense. We both work and are in a 28 percent tax bracket. Should we pay off the mortgage or go into another five-year CD? The rate we were quoted on a five-year CD is about 2 1/2 percent.



Rick Bloom
MONEY MATTERS

A: I have no problem with you investing in CDs. Although that may not be the portfolio I would recommend, I believe it is important that investors are comfortable with their investments.

In deciding what to do with your maturing CD, look at the after-tax cost of your mortgage versus your after tax return in a CD. I assume that you are itemizing your deductions, so your six percent mortgage is costing you approximately four percent.

The return on your CD after taxes is approximately 1 1/2 percent. Not only do you have to pay federal taxes on the interest you earn, but in

addition you have to pay state taxes.

It seems like a slam dunk to me that you should use the proceeds from the CD to pay off your mortgage. By doing so you are getting a four percent after tax return on your money, which is more than double the after-tax return on your CD.

Do I recommend that everyone use their investment dollars to pay off their mortgage? No.

Those investing in the market over the long run will receive a much better rate of return than the after tax cost of the mortgage.

However, for conservative investors with CDs and U.S. treasuries, paying off a mortgage is generally a positive fiscal move.

Rick Bloom is a fee-only financial advisor. His website is bloomassetmanagement.com.



John Horton (seated, from left), Rosalind Denning and Lucretia Gauden meet with NSO Board Chair Ray Johnson.

Wayne resident joins NSO board

A Wayne resident is among three people named to the board of directors of the Neighborhood Service Organization. The announcement was made by Sheila P. Clay, president and CEO of the nonprofit human services agency.

Named to the board were John Horton, an advocate for others at Wayne Health and Rehabilitation in Wayne, Rosalind Denning and Lucretia Gauden.

"I am pleased to welcome Rosalind, Lucretia and John to our board of directors," Clay said. "As NSO celebrates its 60th anniversary this year, having each of these individuals join us and share their unique gifts and expertise will help

our organization continue to effectively provide innovative human services to the residents of this community."

Horton is a consumer of NSO's Older Adult Services. As president of the Resident Council, he offers compassion, support and advocacy to the nursing home administration on behalf of fellow residents, especially those who are less likely to speak for themselves.

Horton also leads church services and bible study and assists in running the nursing home general store.

A Detroit resident, Rosalind Denning is president of READ Consulting Service, where she previously provided

educational services as a school improvement facilitator for MIExcel and SIG Schools, as well as worked as process mentor and data coach for Wayne RESA.

Prior to READ, she served in several positions with Detroit Public Schools in the Office of Career and Technical Education, as well as at Redford High School and Golightly Career and Technical Center.

Gauden has been a resident of several positions with the NSO Bell Building for three years, where she has worked diligently to reintroduce herself to society by participating in numerous activities, including serving as a member of the Speaker's Bureau and Tenant Council and taking part in last year's Photo Voice exhibit. She has volunteered with Goodwill Industries, as well as at the Bell Building.

NSO offers mental health services, addiction treatment, early childhood education, youth programs, crisis intervention and suicide prevention to individuals and families in Wayne and Oakland counties.

Since 1955, Neighborhood Service Organization has been reaching out to people across metropolitan Detroit by strengthening and empowering neighborhoods, supporting families and helping people in need. For more information on NSO, visit www.nso-mi.org.

CITY OF LIVONIA PUBLIC NOTICE

AGENDA Zoning Board of Appeals

August 25, 2015 - 7:00 p.m.
Livonia City Hall - Auditorium (1st Floor)
33000 Civic Center Drive
Livonia, MI
(734) 466 2259

APPEAL CASE 2015-06-34 (Rescheduled from June 30, 2015): Joseph and Cindy Rivet, west side of Ellen, (15619) between Edgewood and Roycroft, seeking to erect a five (5) foot tall open picket aluminum and six (6) foot tall privacy fence(s) upon a corner lot, resulting in the picket fence being excess one (1) foot in height. Non-sight obscuring fences cannot exceed four (4) feet tall. The six (6) foot privacy fence, on the corner side street, cannot exceed five (5) feet in height, making it excess one (1) foot in height. This fence also partially blocks the view of the sidewalk from the private drive leading onto Edgewood Street, which is not allowed. Also, this fence would not align with any fence on the adjoining property to the west.

APPEAL CASE 2015-08-41: Charles Jacobs, west side of Fairfield, (11451) between Orangelawn and Plymouth, seeking to maintain a six (6) foot tall privacy fence on a corner lot, along the side street, resulting in excess height and the fence being located in the side yard, which is not allowed. Privacy fences cannot be beyond the rear line of the home approaching the street. Also, within the front yard is a landscape fence, which is excess in height and length.

APPEAL CASE 2015-08-42: Robert Krueger, east side of Idaho, (9166) between Maine and Delaware, seeking to erect a carport, which will attach a detached garage to the existing dwelling, resulting in deficient north side yard setback and combined side yard setbacks.

APPEAL CASE 2015-08-43: William Peterman, east side of Hanlon, (9080) between Ann Arbor Trail and Grandon, seeking to erect an accessory building in the rear yard, resulting in excess area.

APPEAL CASE 2015-08-44: Bernetta Murphy-Ellul, west side of Westmore, (14133) between Summers and Grennada, seeking to maintain a six (6) foot tall chain link fence surrounding the rear yard, resulting in excess height.

Public Comments may be sent to the Zoning Board of Appeals Office at 33000 Civic Center Drive, Livonia, MI 48154 - all comments must include name, address and signature.

Published: August 9, 2015

LO-00025247 3x5

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PUBLIC NOTICE: Cello Partnership and its controlled affiliates doing business as Verizon Wireless (Verizon Wireless) proposes to build a 137-foot Monopole Communications Tower. Anticipated lighting application is medium intensity dual red/white strobes. The Site location is Newburgh Road, Livonia, Wayne County, MI 48150, Lat: [42-21-31.6], Long: [-83-24-34.6]. The Federal Communications Commission (FCC) Antenna Structure Registration (ASR, Form 854) filing number is A0976605.

ENVIRONMENTAL EFFECTS - Interested persons may review the application (www.fcc.gov/asr/applications) by entering the filing number. Environmental concerns may be raised by filing a Request for Environmental Review (www.fcc.gov/asr/environmentalrequest) and online filings are strongly encouraged. The mailing address to file a paper copy is: FCC Requests for Environmental Review, Attn: Ramon Williams, 445 12th Street SW, Washington, DC 20554. **HISTORIC PROPERTIES EFFECTS** - Public comments regarding potential effects on historic properties may be submitted within 30 days from the date of this publication to: Trileaf Corp, Erika, e.diak@trileaf.com, 10845 Olive Blvd, Suite 260, St. Louis, MO 63141, 314-997-6111.

Published: August 6, 2015

LO-000025778 3x5

ADVERTISEMENT FOR BIDS

The Board of Education will receive sealed bids for:

GENERAL CONSTRUCTION OF

GARDEN CITY HIGH SCHOOL PARTIAL PAVEMENT REPLACEMENT

Bid Proposals will be received until the time and the place, as follows, where and when the opening of bid proposals will be conducted by the Owner in public:

Date: August 27, 2015

Time: 1:30 p.m.

Place: Board of Education
Garden City Public Schools
1333 Radcliff
Garden City, MI 48135

Attn: Drew McMechan, Chief Financial Officer

Bidding Documents will be available for examination and distribution on or after August 4, 2015.

Examination may be made at the Office of the Architect, TMP ARCHITECTURE, INC., 1191 West Square Lake Road, Bloomfield Hills, Michigan 48302; or the CONSTRUCTION ASSOCIATION OF MICHIGAN, Bloomfield Hills, Michigan.

Qualified Bidders may obtain bidding documents from the Office of the Architect, consisting of one (1) set of Drawings and Specifications.

Return Bidding Documents to the Architect within ten (10) days after opening receipt of proposals. Documents are to be complete, in clean and reusable condition and free of marks or other defacement.

A sworn and notarized statement disclosing any familial relationship existing between the bidder and any member of the school board, school superintendents, or chief executive must accompany each bid. The Iran Economic Sanctions Act Compliance Form must be included as well. A board shall not accept a bid that does not include both of these statements, which are included on the proposal execution form.

Bid Proposals shall be on forms furnished by the Architect, accompanied by a satisfactory Bid Bond or Certified Check for five percent (5%) of the Base Bid Sum maximum possible proposal amount.

Bidder shall agree not to withdraw Bid Proposal for a period of sixty (60) days after date for receipt of bids.

Accepted Bidder shall be required to furnish satisfactory Performance Bond and Labor and Material Payment Bond in accordance with the Instructions to Bidders.

The right to reject any or all Bid Proposals, either in whole or in part, or to waive any informalities therein is reserved by the Owner.

This project is to comply with the Michigan Prevailing Wage Rate for Wayne County.

****END OF SECTION****

Published: August 9, 2015

LO-000253190 3x5.5

Livonia resident named Salvation Army commander

The Salvation Army Eastern Michigan Division has appointed Major Russ Sjögren of Livonia as general secretary and metro Detroit area commander.

The faith-based nonprofit also announced officer assignments for the metro Detroit area.

Sjögren previously served as the division's secretary for business administration. His wife, Major Jan Sjögren, will continue to

serve as divisional secretary for vision and strategic planning and will assist in conceiving and implementing strategic fundraising and long-term plans for the Eastern Michigan Division.

Prior to working in the Eastern Michigan Division, Russ Sjögren was commander for the Lake County Indiana Metropolitan Division and Jan Sjögren was corps officer in the

Hammond-Munster, Ind., area. They have served as Salvation Army officers for 40 and 38 years, respectively, and reside in Livonia.

Majors Jim and Pat Irvine of Livonia were appointed to The Salvation Army Dearborn Heights Citadel. In their new role, they will serve as pastors and oversee business operations of the corps. Previously, the majors were officers

of The Salvation Lafayette Corps in Indiana. They both have been officers with The Salvation Army for 23 years. They have been married for 38 years and have three adult sons.

Major Jim McDowell of Southfield was named divisional secretary for business administration and will oversee such departments at The Salvation Army Eastern Michigan Division Headquarters as ac-

counting, finance, audits, property management, IT and legal. Major Valerie McDowell has been named women's ministries secretary. Previously, the majors served as officers at the Fulton Heights Corps in Grand Rapids. They have served as Salvation Army officers for 34 years.

Lieutenants John and Judith Fetzer of Waterford were appointed

officers of The Salvation Army Pontiac Corps. In their new role, they will serve as pastors and oversee business operations of the corps. Previously, John served as the officer for congregational life and Judith oversaw youth development at The Salvation Army Kroc Center in Omaha, Nebraska. They both have been officers with The Salvation Army for three years.

Wish you were here



SUBMITTED Jason, David and Luke Jaroszewicz of Livonia went to Cincinnati for the 2015 All Star game. Of course, they took along their Livonia Observer.

Wouldn't it be nice to wake up with your face on?

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Grand River Academy to let kids try kindergarten for a day

Future kindergarten students can enjoy a fun-filled day camp hosted by Grand River Academy from 9 a.m. to 1 p.m. Monday, Aug. 10.

KinderCamp is a chance for any kindergarten-aged students to spend a day experiencing kindergarten. Teachers will

introduce basic kindergarten skills and give children a feel for how a normal school day will proceed. Children do not have to be enrolled in Grand River to attend. The camp is for any child entering kindergarten in the fall.

Grand River Acad-

emy is a free public charter school serving students in kindergarten through sixth grade for the 2015-2016 school year. It will add one grade per year until a full K-8 school is established.

The school is located at 28111 Eight Mile Road, Livonia.

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Thursday, August 13 6:00pm
Plymouth Historical Museum
155 S. Main Street
Plymouth, MI 48170

Tuesday, August 18 4:30pm or 6:30pm
Redford Township Public Library
25320 W. Six Mile Rd
Redford, MI 48240

Thursday, August 20 6:00PM
Allen Park Public Library
8100 Allen Rd
Allen Park, MI 48101

Tuesday, August 25 5:00pm or 7:00pm
Westland City Hall
36300 Warren Rd
Westland, MI 48185

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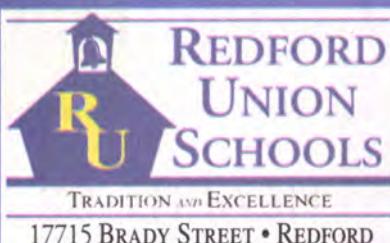
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INSIDE: COMMUNITY LIFE, B4-5 • OBITUARIES, B6 • HEALTH, B8

SECTION B (WGRL)
SUNDAY, AUGUST 9, 2015
OBSERVER & ECCENTRIC MEDIA
HOMETOWNLIFE.COM

SPORTS

ED WRIGHT, EDITOR
EWRIGHT@HOMETOWNLIFE.COM
734-578-2767

PORT HURON-TO-MACKINAC RACE

Sailboat skipper wins trophy again



On a picture-perfect afternoon, the sailboat Shape and its crew get underway in the annual Port Huron-to-Mackinac race.

Plymouth's Chris Benedict and crew capture third straight victory in annual race on Lake Huron

Dan O'Meara
Staff Writer

For a time early in the Bell's Beer Bayview Mackinac Race, it appeared Chris Benedict's incredible record of success was in jeopardy.

But the captain, a Plymouth resident, and veteran crew of the sailboat Shape managed to overcome a sizable deficit last month and win their class for the third consecutive year.

Benedict and boat co-owner Win Cooper III have led their team to victory in four of the last five Port Huron-to-Mackinac races on Lake Huron. They were runners-up in 2012.

"In the end, we did have a pretty good margin of victory, but it was not always that way," Benedict said. "We had a slow start and some poor wind, and it seemed to be getting the better of us than it did the rest of the fleet."

The Shape found itself six miles behind the leaders in the Shore Course Class N - Racing Class several hours into the annual event Saturday, July 18.

See **BENEDICT**, Page B2



Winning the Blue Water Trophy has become an annual event for Plymouth's Chris Benedict.

Women post pair of aces

» After 30 years of playing golf, Dori Godin of Farmington Hills achieved her first hole-in-one in late May.

The 73-year-old Dorin used a hybrid 5-iron to ace the 97-yard 13th hole at Farmington Hills Golf Club.

» Sara Rudy of Ann Arbor used a sand wedge to ace the No. 5 hole July 29 at Farmington Hills GC.

It was the first hole-in-one for the 55-year-old Rudy, who has been a golfer for 35 years and shot 38 for the nine-hole round. Rudy hit the ball 81 yards from the women's tee.

Old-style game

The 13th annual World Tournament of Historic Base Ball continues Sunday, Aug. 9, at Greenfield Village in Dearborn.

The Lah-De-Dahs and the Nationals of Greenfield Village will take on vintage clubs from Michigan, Indiana, New York and Ohio.

Games are played according to 1867 rules. Gloves are optional, no overhand pitching is allowed, gentlemanly play is always expected and spitting is highly discouraged.

The event is free with membership or admission to Greenfield Village. Ticket prices range from \$18.75 to \$25 depending on age. Children 4 and under are admitted free. Call 313-982-6001 or go to henryford.org.

Preps to start

The first practices of the 2015-16 school year provide an opportunity for reminders on the importance of athletes remaining refreshed during the hottest days of training.

Practices begin for approximately 110,000 student-athletes taking part in eight sports in which the MHSAA sponsors postseason tournaments this week.

Football practice can begin Monday, followed by all other fall sports Wednesday.

The MHSAA helps member schools prepare for hot weather practice and game conditions.

Those resources are available on the MHSAA.com Health & Safety web page at www.mhsaa.com.

This will be the second season for football practice changes to promote heat acclimatization and limit helmet-to-helmet contact.

"There's been a lot of attention focused on football regarding head safety, but the fact is all school sports need attention to the safety of student-athletes," MHSAA Executive Director Jack Roberts said. "We're addressing all sports at all levels. We're trying to communicate to the public that school sports really are safer than ever."

NFL FOOTBALL

Lions treat area crowd to fun-filled night



BILL BRESLER | STAFF PHOTOGRAPHER
Southfield native and Lions running back George Winn stretches prior to the Wednesday evening practice at Novi High School.

Team's practice draws huge turnout at Novi High; crowd estimated at 7,500

By Brad Emons
Staff Writer

For many, it was the closest glimpse they'll ever get watching their beloved Detroit Lions.

Novi Wildcat Stadium was the happening place Wednesday night as more than 7,500 fans screamed for their favorite Lions players as they went

through their normal training camp practice paces, which included one-on-one drills, individual drills, seven-on-seven, 11-on-11 and special teams work.

Lions head coach Jim Caldwell addressed the crowd prior to the start of the 7:30 p.m. practice, which was open to the public, by saying, "Thanks for allowing the Lions to invade Wildcat Country."

Caldwell then cut practice short just after 9 p.m. on a

See **LIONS**, Page B2



BILL BRESLER | STAFF PHOTOGRAPHER
Detroit Lions head coach Jim Caldwell welcomes the crowd.



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LIONS

Continued from Page B1

very pleasant evening. "It was a great atmosphere, obviously the fans were tremendous, outstanding turnout and great facilities," he said afterward. "We got in every single rep that we intended to give. It moved at a real good pace and did a nice job."

Caldwell also addressed the Novi football squad in the high school field house prior to the start of practice.

"He talked about staying humble and making sure you take care of your academics and studying," Novi varsity coach Jeff Burnside said. "He talked to the kids about when you get to the pro level, you get a book this thick every week that you've got to know inside-and-out and you guys need to get used to that stuff now."

"He talked about having motivation, the intrinsic motivation to do your stuff every single day. And finally, play with a lot of passion. Play this game with passion. It was good and he did a really nice job tying some things together."

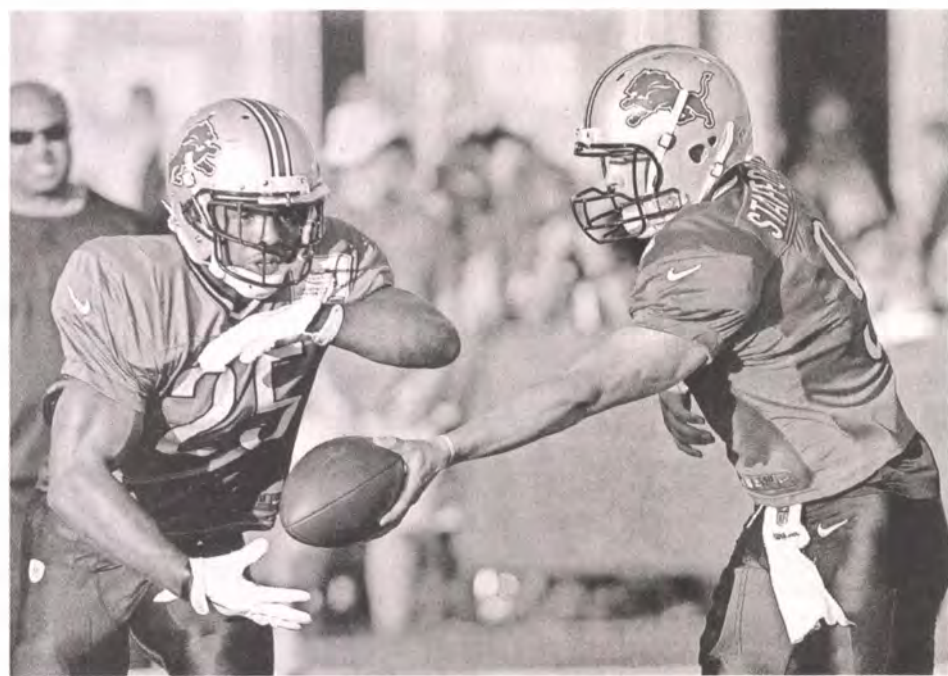
Former area preps

The Novi training camp practice was also a homecoming of sorts for two rookie free agents with local ties - kicker/punter Kyle Brindza via Plymouth High School and Notre Dame and running back Desmond Martin, who starred at Redford Thurston High and Wayne State.

Brindza brings versatility to camp.

Known for having a big leg, the 6-foot, 239-pound Brindza punted, kicked field goals and handled kickoff duties for Notre Dame the last two seasons. Last season, he was 20-of-24 kicking field goals and averaged 41.5 yards per punt.

"They're looking at me for all three," Brindza said. "It's going very



Running back Theo Riddick (left) takes the hand-off from quarterback Matthew Stafford.

well. It's a great experience for me. Transition was pretty easy for me from Notre Dame to here just because of the maturity and the professional atmosphere. And it was great to be able to make my dreams come true."

Brindza hopeful

Although it may be tough to unseat veteran kicker Matt Prater, a nine-year vet and Pro Bowl player who in the off-season signed a three-year, \$9 million contract, along with third-year punter Sam Martin, Brindza hopes to make other NFL teams take notice.

"It's just being consistent and understanding it's a business, because any day you can be cut," Brindza said. "Just keep doing what you're doing and being consistent with it."

In 2010, when Plymouth made its run to the MHSAA Division I state championship game at Ford Field, Brindza remembers when his team edged host Novi, 25-22, on a last-second field goal during a regular-season game.

"I played here once when I was a senior when we went to the state

championship," Brindza said. "I actually had a 37-yarder, right hash (mark). I remember it vividly for a game-winner."

One of eight backs

The 6-0, 221-pound Martin is also a longshot among eight running backs in camp. Second-round pick Ameer Abdullah (Nebraska) got the lion's share of the carries Wednesday night.

During his senior year at Wayne State, Martin rushed for a team-best 1,640 yards (143.5 per game) on 287 carries. He scored 16 touchdowns and averaged 5.7 per carry, second in school history behind Lions running back Joique Bell, another Wayne State product who is currently on the PUP (physically unable to perform) list.

During his WSU career, Martin rushed for 1,853 yards and 32 touchdowns.

Martin has picked Bell's brain more than a few times during the early stages of training camp.

"Coming in, he told me, 'You're going to go through some things, especially because you're

undrafted,'" Martin said of Bell. "It's about fighting through that, your attitude and your work ethic and just how you go about your business."

"That's mainly what he told me because he said, 'Everything you're going through, I went through my rookie year. Don't get discouraged because if you do those first two things, the other things will come around for you.'"

Game gets faster

The free agent running back has had to adapt quickly. There was one big eye-opener for Martin, who was born in Portsmouth, Va., before moving to Buffalo and eventually to Detroit as a 16-year-old.

"It's the speed of the game, really. Everything picks up from college," Martin said. "The athletes are better, bigger, faster, stronger. And with that being said, you got to see things faster, you got to move a lot faster."

"Other than that, it's the learning curve, learning the plays and the terminology. But other than that, it's still football."

The size of the training camp practice crowd



The crowd watches Lions players stretch before practice.



Lions players take the field, welcomed by the Bobcats.

at Novi was also an eye-opener.

"It's something definitely I'm not used to," he said. "The last time I saw this big a crowd was the (NCAA Division II) championship game in 2011."

"It's kind of exciting seeing a lot of the fans and seeing first-hand how many people root for the city. And actually being in a position where they're rooting for you, is pretty impressive."

Lions engage fans

After Caldwell blew his whistle to signal the end of practice, Lions players grouped at mid-field and then dispersed around the Novi Stadium field to sign autographs.

Naturally, players like Calvin Johnson, Matthew Stafford and Golden Tate III got the most attention.

Even though the Lions don't play their first regular season game until Sunday, Sept. 13 in

San Diego, everybody was a winner Wednesday night in Novi.

"This was awesome," Lions tight end Jordan Thompson said. "To see the stands full, to have all the people engaged. They were energetic, they were loud. Great atmosphere for a practice in the evening."

Whether the Lions can duplicate or even surpass last year's 11-5 season and playoff berth is anybody's guess. But Thompson likes the direction the team is headed so far.

"Training camp is good," the second-year tight end from Ohio University said. "We're so far ahead of where we were last year. Second year in the system, the comfort level in the offense and comfort level with my teammates. We're jelling right now and it's a lot of fun to see."

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BENEDICT

Continued from Page B1

"By mid-afternoon, a few boats began to do a horizon job on us," Benedict said, adding he and his team were starting to lose sight of the front-runners. "You wonder, 'Geez, how are we ever going to catch them? We're so far behind.'"

"They had sailed around the curve of the Earth. We just didn't get to the breeze enough. They shot up the lake and got a substantial lead."

They own the night

Only a veteran group of sailors could overcome that, and the Shape's crew did. It was still a long way to Mackinac Island, so Benedict's team put its experience to work.

Shape had made some gains by late afternoon, but much of the catching up was done that night because of the crew's ability to sail well in the dark.

"Historically, we have put in a strong effort of night sailing," Benedict said. "We're always working hard, but we know it's more of a challenge for everybody at night."

"If we sail our best during the night, we know the chance of gaining is better, because some people don't sail well at night. The one thing that keeps us on our toes and going fast is being able to see the competition and react to them."

"At night, it's easy to lose track of people and not sail your best speeds. We put a lot of effort into making the night a good sail."

Shape takes lead

By mid-day Sunday, Shape had closed the gap and caught the other boats in its class. The race was on now.

It was a huge mental victory, according to Benedict, since every sailor with a cellphone



Members of the crew received their championship flag and celebrated their victory at the July 21 awards ceremony on Mackinac Island. Crew members are (from left) Ed Ely, Rick Birdsall, Cameron Benedict, Chris Benedict, Win Cooper III, Win Cooper, Steve Bradley and Dale McNabb.

was following the race on the Yellow Brick website.

"They were able to see we were catching up," he said. "When you do catch up, I think it has to be a

little demoralizing for them that we came from so far behind to catch them."

Shape had opened a lead by the time it reached Alpena, but the second-place boat had pulled alongside Sunday evening. It was a dogfight to finish, according to Benedict.

"We went to work from 8 p.m. to midnight and had a real good shift," he said. "We were able to establish a two-mile lead and hold it for the next four hours - and all was well."

Riding the waves

In addition to harnessing the wind and maintaining boat speed, another important factor is handling waves properly since they can stall a boat, Benedict said.

"If you're heading into them head-on, it's like a brick wall," he said. "You have to feather your way over them. Cutting them at an angle prevents you from losing

a lot of boat speed.

"Some have a tendency to trim the sails too hard. In rough conditions, if you ease the sail just a bit, it puts more horsepower into the sail and helps you pound through the waves better."

"We must have been doing that better than other teams. We pulled away pretty quickly. When the wind went light, it wasn't such a concern, because (the closest boat) was two miles behind us now."

"When the wind re-established itself from a different direction, we were able to get the spinnaker (main sail) up and it was a fast ride to the finish, about 30 miles."

In Class N - Racing Class, all the boats are similar in design and have the same performance handicap, making the competition a true test of sailing.

Benedict's boat finished in 39 hours, 46 minutes, 25 seconds. It reached Mackinac Island at just past 4:17 a.m. Monday, nearly 51 minutes ahead of the next boat.

Experienced sailors

In addition to Shape's co-owners, the crew included Benedict's son Cameron, Cooper's father Win Cooper Sr., Ed Ely, Northville's Rick Bird-

sall, Steve Bradley and Dale McNabb.

The team has been together since 2010, and most of the men have sailed an average of 25 Mackinac races. This was the elder Benedict's 29th; his son started in 2005 at the age of 12.

The crew works in four-man, four-hour shifts. A lot more goes into a successful race than just sailing the boat, however.

"We're super-disciplined in terms of sleeping when we're off shift," Benedict said. "We're eating frequently and hydrating all the time. If you don't have those three elements, you're going to run into trouble, even in calm conditions."

"A lot of crews get very excited and motivated on Saturday, so they stay up and don't sleep. They're out in the sun the whole time and not hydrating. By the second night, they're toast."

"We consume tons of calories because your core is always balancing you and eating up calories, and you don't even know it. We continue to feed and hydrate ourselves, and those are huge details for success."

When it comes to operating the boat and doing all the right things, every man knows his role and



Crew members Steve Bradley (left) and Dale McNabb have a moment to relax Saturday evening as the sun sets over Lake Huron.

responsibilities, too.

"A whole lot of things get done without even saying a word," Benedict said. "We do communicate a lot, but you don't have to say a lot for things to get done. Experience is a valuable characteristic for doing well."

Fine time on lake

Except for a brief squall the first afternoon, the weather was good and the experience enjoyable, other than some anxious moments early in the race.

"It was almost boring, strategically," Benedict said. "There was a great deal of consistency."

"We ended up sailing the rhumb line - the shortest distance from Port Huron, hugging the shore at Alpena and around the top of the mitten."

"There was nothing real significant. On the last night, we had some wave action we had to bust through, but they were only a couple feet tall. Just enough to be a nuisance."

"The nights were

beautiful with clear skies. As you can imagine, it's very dark out there. There were all kinds of shooting stars. It was just fantastic to see."

'Still a great run'

Overall, this was Benedict's 11th Mackinac victory in class. Shape also finished first in the entire Division II Shore Course last year. It was 15th this year.

"If we didn't have the light wind at the start, we probably would have been close to the top again," Benedict said. "With that said, we still had a great run and were in the hunt again for the overall thing."

If the winds had been more favorable early in the race, Shape might have led from start to finish and won by 10 miles, he added.

"I'd like to put myself in that position next time, so I can relax a little more and enjoy the sail to the finish," Benedict said.

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GIRLS BASKETBALL

Harrison hoops star chooses SIU Salukis

By Dan O'Meara Staff Writer

From the time Kristen Nelson entered Harrison High School as a heralded freshman basketball player, everyone knew she would eventually play at the next level.

Nelson made it known Wednesday exactly where that will be, announcing her decision to accept a scholarship offer from Southern Illinois University.

The 5-foot-9 point guard has been one of the top players in Oakland County for three seasons and a perennial selection to the all-Observer girls team.

Nelson chose Southern Illinois, an NCAA Division I institution in Carbondale, Ill., over Eastern Michigan, Detroit Mercy and Illinois-Chicago.

"I got to spend time with the team and hang out with them on my official visit," Nelson said. "That sealed the deal for me, because I got to know the players I'll be playing with and got to talk with some seniors from this year."

"They gave me a lot of comments about SIU and the coaching staff and how much of a family-oriented university Southern Illinois is."

Coaching staff

One of the coaches who recruited Nelson is associate head coach Andrea Gorski, the former coach at Livonia Ladywood High School and Concordia University in Ann Arbor.

SIU head coach Cindy Stein's personality played a major role in winning Nelson over to the Salukis, too.

"She's a very fiery coach, but she also allows the team to joke around and be themselves," Nelson said. "She got on the players when she needed to and also found time to have fun with them, too."

Nelson has pondered the question of which school to choose for quite



FILE PHOTO

Harrison senior Kristen Nelson will play college basketball at Southern Illinois.

some time. She described the recruiting and decision-making process as grueling.

"I had a good relationship with all the schools and coaching staffs," she said. "Just choosing one school and losing out on aspects of other schools made it a bit tougher."

"I had a lot of fun during the process and built a lot of relationships, but I can say I'm happy it's over."

"It's a big relief. Now, I can focus on my senior year and finishing out my education at Harrison."

Unanimous choice

Nelson has enjoyed strong support from her parents, Shaun and Kimberly Nelson, throughout her basketball career and the task of choosing a college. All agreed SIU was a good place for her.

"They've been recruiting me for a while," Nelson said of the Salukis.

"My parents and I decided SIU would be OK for them, because it's such a great program. They trust the coaching staff and it's a safe environment."

"My dad has had conversations with the coaches. 'Would they be willing to play some games closer?' They said it's definitely a possibility, and they're looking into scheduling games with teams in the (Mid-American Confer-

The Salukis are members of the Missouri Valley Conference, which has an outstanding reputation for the quality of basketball it plays.

"They're a run-and-gun type team," Nelson said. "They like to get up and down the court as quickly as possible. I think I'll do really well in that system, and that's a system I enjoy, too."

A talented player

Though she's a point guard, Nelson does much more than just distribute the ball. Because of her height and all-round ability, she can do it all on the court.

She averaged 14.4 points, five assists, four rebounds, three steals and two blocks per game as a junior last season.

Nelson led the Hawks in total points, free throws made, free-throw percentage, assists, steals and blocks. She was second in rebounds.

She also has the school record for career assists and is second in career steals. She ranks seventh in career points and fourth in career blocks.

"Coach Stein told me they definitely want me to be a point guard, but they also want me to play some two guard and play off the ball sometimes," Nelson said. "She told me they like my ability to shoot and get to the rim and also my court vision."

SIU's current point guard, Rishonda Napier, has two seasons of eligibility remaining. The Salukis list no other point guards on their 2015-16 roster.

"Coach Stein told me I'm a program changer, the type of player she's looking to build the program around," Nelson said.

"She said she has no problem with playing freshmen. Basically, I should be looking to play a lot if I work hard and be aggressive."

domeara@hometownlife.com

TRAVEL BASEBALL



Members of the 13-and-under South Farmington Blues baseball team are (front row, from left) Cal Fournier, Jake Kelbert, Tommy Walsh, Eric Johnson, C.J. Banks and Nick Pearen and (back row, from left) Ben Ward, Parker Kent, Nolan Mohr, Greg Wiacek, Gunnar Lombard and Kyle Goodling. Also on the team are manager Chris Kelbert and coaches Jim Pearen and Eric Johnson.

Blues end successful season on high note

The South Farmington Blues enjoyed another successful season on the travel baseball circuit, winning a pair of Kensington Valley Baseball & Softball Association championships and numerous tournaments.

In their inaugural season, the 9U Blues won the KVBSA Community Division with a 19-1 record and finished 31-4-1 overall.

They won the FAAST Early Bird Tournament at Eastern Michigan University in April and the New Lothrop Diamond Days Tournament in July.

Another champion

The 13U Blues won their fourth consecutive championship in the KVBSA Advanced West Division with an 18-2 record. Overall, they were 29-9.

Their season featured a first-place finish

in the Blues USSSA Invitational in June and a runner-up finish in the USSSA Spring Warm-Up in April.

The 13U Blues also were semifinalists in the USSSA Global Sports Baseball World Series in Rockford.

Near-miss for 11U

The 11U Blues missed winning their third straight title in the KVBSA Open Division by a half-game, finishing with a 12-6 record.

The Blues did win championships in June at the Hoosier Baseball Classic in Fort Wayne, Ind., and the Blues USSA Invitational at Founders Sports Park.

Despite a rocky 6-10 start, the 12U Blues turned their season around and finished with a 24-15 record.

Along the way, the 12U Blues won three

tournaments - Slug It Out of the Yard in Waterford, Southfield May Showdown and Wolves Summer Blast in Farmington Hills.

The 12U Blues also competed last week in the nationally recognized Cooperstown Dreamspark Tournament in New York.

Other highlights

The 10U Blues won their age group in the Slug It Out of the Yard tourney in March and were runners-up in the mid-May Rebels Spring Warm-Up in Rockford.

In June tournament play, the 15U Blues finished second in the Tawas Sunrise Summer Slam and won the Cavalier Diamond Classic.

More information about the Blues teams, managers and tryouts can be found at www.sfbasesball.com.

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Expert on walking brings health message to Plymouth

By Sharon Dargay
Staff Writer

Robert Sweetgall has walked across the United States seven times.

The former chemical engineer hiked all 50 states in less than a year during the mid-1980s, ran marathons and logged thousands of miles on foot following the country's perimeter.

"Back in the day, running marathons was punishment and I needed days of rest. When I did the walks across America I was in my 30s. I'm older

and wiser," said Sweetgall, 67, who leads wellness programs through his company, Creative Walking, Inc. "I do some type of physical activity every day. I don't take days off. I don't do things that punish the body.

"You don't have to get extreme with this stuff. Just moving adds lots of benefit."

The Idaho-based walking guru will bring his prescription for better health to Plymouth on Wednesday, Aug. 19.



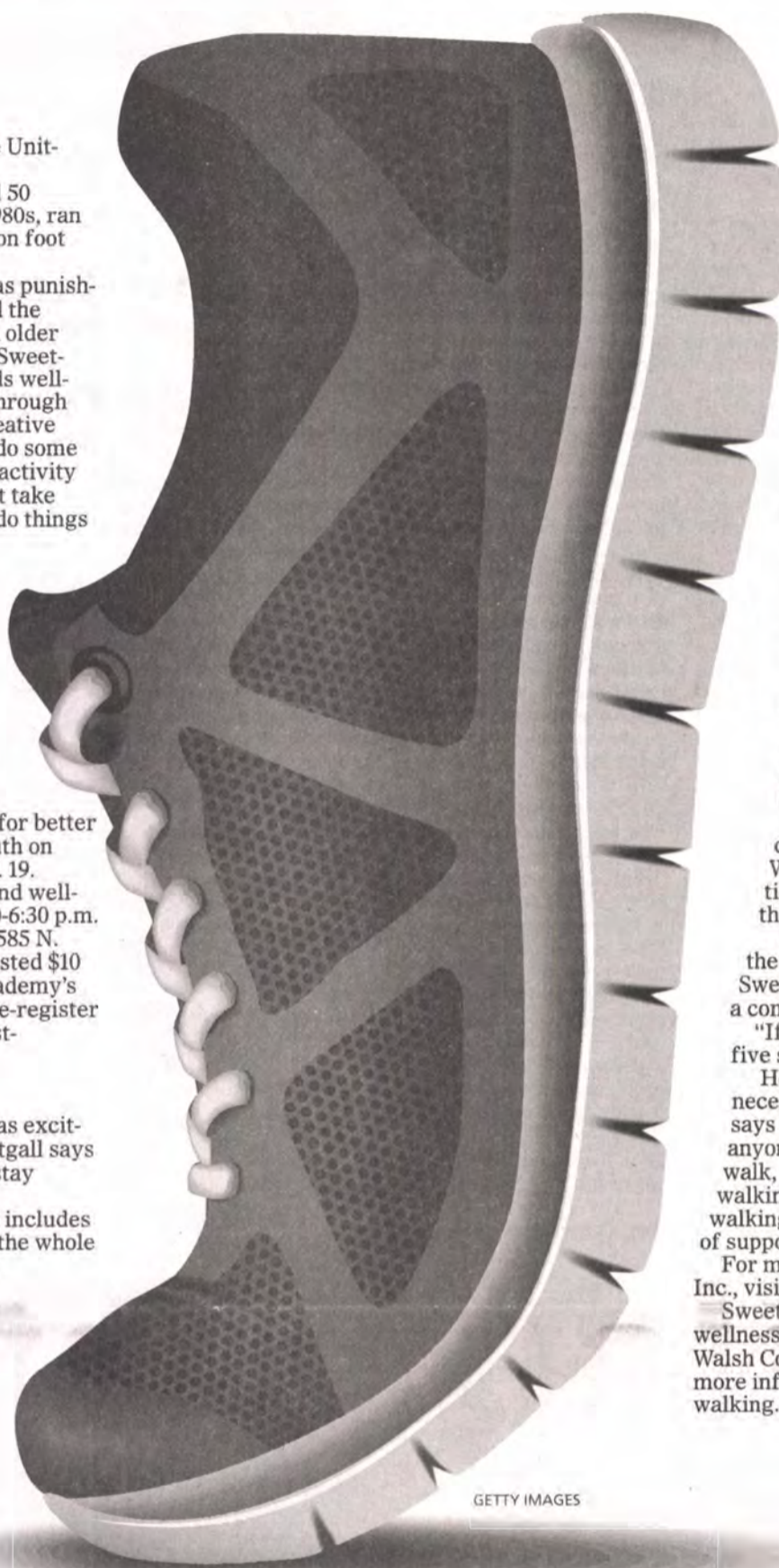
SUBMITTED
Robert Sweetgall will talk about walking Aug. 19 in Plymouth.

Sweetgall, author of 19 books on walking and wellness, will present Motivation to Move, 4:30-6:30 p.m. at Metropolitan Adventist Jr. Academy, 15585 N. Haggerty, Plymouth. Admission is a suggested \$10 donation, with proceeds benefiting the Academy's community health and wellness events. Pre-register by calling 248-446-9176 or email holidaytasting@gmail.com.

Disease prevention

A walk around the block may not seem as exciting as a hike from coast to coast, but Sweetgall says it's exactly what most Americans need to stay healthy.

"We need to get people moving and that includes children, teachers, adults, senior citizens, the whole country," he said. "We have a big problem in this country with health. We think we can solve it with health care reform. You have health insurance so you don't go medically bankrupt. But you'll die from cancer treatment. In every other country, they put the emphasis on preven-



GETTY IMAGES

tion, not on managing disease. America is best on managing disease.

"What we really need is health style reform. The single most important intervention would be for every American to start the day with a simple 10-minute walk."

Sweetgall said that habit should start in classrooms, with teachers modeling the behavior. At home, walking can become a family activity.

"A lot of parents complain about not getting quality communication time with kids. You're not going to get that in the pool or on a bicycle. Doing Zumba isn't exactly oral communication time," he said. "But with walking, you can walk side by side."

Use a pedometer

Sweetgall said Americans simply need a little motivation to make walking a daily habit. He'll offer tips during the workshop that are easy to incorporate into even the busiest schedule. Keeping track of steps starts with a good pedometer.

"You don't have to buy one of those \$200 sophisticated Fitbit things. But you shouldn't use a \$1 hand-out from a health fair, either." He said research shows pedometers encourage most individuals to take an additional 2,000 steps per day.

"It's about adding a little activity day by day to keep yourself energized and healthy. We tend to spout these unrealistic expectations, like 10,000 steps a day and we turn off the people who need this the most."

Another simple technique is to write down the steps or minutes involved in a daily walk. Sweetgall suggests using a log book rather than a computer, which can be more time-consuming. "If you write in a log book, it takes a whole five seconds."

He recommends buying supportive — not necessarily the most expensive — shoes and says Nordic walking poles are important for anyone interested in taking a more intensive walk, similar to cross country skiing. Nordic walking poles also are useful for individuals with walking challenges because they offer four points of support.

For more information about Creative Walking, Inc., visit creativewalking.com.

Sweetgall will present information on work site wellness programs from 8:30-11:30 a.m. Aug. 19 at Walsh College in Troy. Call or email Sweetgall for more information at 888-421-9255, robert@creativewalking.com.

On air with know-how to spare: Radio show a lesson in life

Most of you know about my involvement in radio but you probably haven't heard my ant farm guy story. Or about the woman with her hand in the garbage disposal.

Some 20 years ago when I ventured onto the airwaves of WJR, I was doing my regular Saturday morning show with a longtime engineer at the controls. He is the guy who pushes all the buttons and makes sure that everything is done on a schedule. I had a caller who in-



Joe Gagnon
APPLIANCE
DOCTOR

formed me that he had purchased an ant farm and he kept it in the refrigerator. His problem was that the ants had all frozen because the refrigerator had malfunctioned. I didn't have a clue what an ant farm was but I thought I might be able to help him fix the refrigerator.

Before I could go any further, the caller made

some very rude remark about African Americans and hung up. I sat behind the microphone with a blank look and asked the engineer if that conversation had gone over the air and he replied that it had. He said that he had not pushed the time-delay button and was amazed that someone could be so rude and say such a thing. It was just before the noon broadcast of news so I had a six-minute break during which time the program director called me and told me not to respond to this caller when I came back on the air. Six minutes later, I came back on the air and invited the caller to meet in the lobby of the Fisher Building at 1 p.m. I wanted to discuss his problem in person but he never did show up.

The lady doing the news broadcast that day came rushing into the

studio during break and was worried that he might be carrying a weapon and was concerned for me. Needless to say, I'm still here and I never did get a chance to fill in the caller. The result of all this was that the engineer was let go and I have felt guilt all these years. It is the rule in radio that the delay button should always be on as it provides a way out for the engineer to react when something is said that is unforgiving. The very reason that callers are always told to shut off their radios while they are on hold.

Disposal danger

Then there was the lady who called to tell me her garbage disposer wasn't operating. She was sitting on the kitchen counter and had her hand inside trying to get it to turn but all it did was make a humming sound. I screamed

at her to get her hand out of the disposer as it could start running at any moment and would surely take off a few fingers. That is the reason why most disposers come with an Allen wrench that fits into a slot on the very bottom of the disposer. Should it jam up, that's where a homeowner can start with repairs.

Back to the subject of the U.S. Department of Energy in Washington, which is going a little too far with energy guidelines. This time, it's the dishwasher's water consumption. They want to reduce the typical six gallons per load to 3.1 gallons per load and the manufacturers are objecting quite vehemently. General Electric and Whirlpool are stating that consumers will have to put the dishwasher through two or three cycles to get the same

results as today and that is not going to reduce water consumption and costs. The energy department is allowing more time to pass so further discussion can occur. As far as I am concerned you can talk until you are blue in the face, but it does no good.

The department has made many decisions on appliances that are not enhancing to energy savings. Some women, for example, have told me that they have to fill their new washers with a hose hooked up to a faucet at the laundry room sink. It's all to get hot water, hot enough to kill bacteria into the washing machine.

It won't be long before we revert to an aluminum tub and a scrub board.

Joe Gagnon can be heard at 8 a.m. Saturdays on WAAM 1600. You can email your questions to appldr@twmi.rr.com.

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LYME DISEASE

Summer. Now is the time for walking in the woods and overnight camping; people bring themselves and their children close to nature. A physician might suggest get near to nature but not to close. Remember that summer in the woods brings the risk of Lyme Disease.

Lyme Disease is an infection carried by a tick. The tick has an intricate life cycle in wooded areas that depends on the tick feeding off the blood of a deer. Dropping on and feeding off of a human is a chance event but happens often enough to cause 35,000 cases a year in the U.S., with 170 cases reported in Michigan.

The infection starts with a rash at the site of the tick bite and progresses into a fever of 101 degrees or more for 2-3 days. Then the person feels achy and ill like the flu, but that clears. However, headache and neck ache appear and loss of facial symmetry as happens in a stroke may occur. These changes are the result of the Lyme infection.

Six or seven weeks after the tick bite, the person may find themselves tired easily and short of breath. A heart examination at that time will show the heart is beating too slowly and irregularly. The Lyme infection is the cause of this change in the heart's conduction system. Still later the person will feel aching in the muscles accompanied by knee pain and swelling because of fluid in the knee.

This combination of nerve involvement, heart disturbance and arthritis defines Lyme Disease and leads the doctor to order tests that confirm the diagnosis and to antibiotic treatment that resolves the disease.

Chronic Lyme Disease does not exist.

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GARDEN & NATURE

Butterflies

Carolyn Sohoza, president of the Southeast Michigan Butterfly Association, will show how to put together planters to attract specific butterfly species, 7 p.m. Wednesday, Aug. 19, at the Nankin Mills Nature Center, 33175 Ann Arbor Trail, Westland. Containers will be auctioned. Parking on Hines Drive or Ann Arbor Trail. Cost is \$3 for nonmembers. 734-223-5510 or sembutterfly.org.

Master Gardener

Michigan State University Extension is accepting regis-

tration for the fall session of the Master Gardener program. Classes will meet 6-10 p.m. Monday, Aug. 31 through Dec. 7, in Room 201 at Wayne County Community College, 9555 Haggerty, Belleville. Cost is \$300, which includes a training manual. Registration deadline is Aug. 14 for credit card payment. Visit msue.anr.msu.edu/events/master_gardener_program or call Shawn Turner at 734-729-3632.

Roses

The Huron Valley Rose Society discusses the classic rose, as well as the newest roses, 7:30 p.m.

Aug. 11, at Matthaei Botanical Gardens, 1800 N. Dixboro Road, Ann Arbor. Free; 734-647-7600

English Gardens

» Learn about plants you can use for screening at a free presentation, 10 a.m. Saturday, Aug. 15.

» Kids can make a flower pot bird bath, 10 a.m. Tuesday, Aug. 18. The fee is \$15. All materials provided.

» Get basic information on planning, planting and maintaining flowers and plants in the shade, 10 a.m. Saturday, Aug. 22.

Start planning now for a secure retirement

It was the end of the day when I pulled in the local pharmacy to pick up a prescription.

Eager to get home after a long tiring day, I hurried into the store and headed straight for the pick-up counter. When I turned the corner of the aisle, I stopped short. The line was five-deep ... and growing. What was the hold up? I took my place in line as fidgeting customers ahead of me grumbled impatiently. What was taking so long?

As I stood there, my eyes focused on the small figure at the counter, an elderly woman stooped over the counter speaking quietly with the clerk.

Although low, her unsteady voice could be heard



Paula Swain
GUEST COLUMNIST

faintly over the growing crowd as she looked up with imploring eyes.

"What am I going to do?" she asked. "I need to have those ... is there any way I could just buy enough to get me through until I see my doctor again?"

The clerk picked up a calculator and began working some figures.

The line grew quiet as it became clear that this woman did not have enough money to pay for her prescription. Even worse, it appeared

it was medication that she desperately needed.

I stood staring as the reality of the situation overcame me. The realization hit me that this woman was not alone. I was certain that there were many like her, unable to pay for the basics to survive.

The pharmacy scene stayed with me throughout the evening, replaying endlessly in my head. And over the years it has played again and again — a solid reminder of the reason that I changed the course of my life and began a career as a financial consultant.

Retirement planning now

As owner and president of Swain Financial LLC, my goal

is to provide solutions to individuals, professionals and business owners to help maximize their wealth. My focus is set on helping clients preserve their capital and increase their income, while maintaining their independence in retirement.

After 15 years of helping clients throughout the metro Detroit area, it is clear to me that most people are adept at managing their careers and families and much more, but many are not prepared to manage their own financial future.

Focusing on the here and now; putting out the daily fires in our professional and personal lives leaves little extra time to plan for the future. But, lack of time does

not diminish the importance of learning how to manage your money so that you can potentially retire in comfort.

The key is to start planning now. Learn how to set solid goals and understand how you can improve your financial habits. Good financial planning, decisions and habits build to work towards financial success over time.

My message in life and through this column is aimed directly at you. I am dedicated to walking you through the steps that you need to take control of your financial future and prepare you for retirement.

Paula Swain is a financial consultant at Swain Financial LLC in Plymouth.

REUNIONS

BIRMINGHAM SEAHOLM HIGH SCHOOL

CLASS OF 1965

50-year class reunion is set for 6 p.m. Friday-Saturday, Sept. 18-19, at Auburn Hills Marriott at Centerpoint, Auburn Hills. The main event will include a roving dinner, music and dancing, and fun. The Friday mixer starts at 5 p.m. and some of the junior high and elementary alumni will meet for lunch on Saturday. Check the www.seaholm-classof65.com website for more information.

DETROIT CODY CLASS OF 1965

50-year reunion is scheduled for Sept. 19. January and June 1965 classmates can email codyclassof1965@yahoo.com or call Christine Snopkoski Nashlen at 734-561-3501 for more information.

NOVI HIGH SCHOOL CLASS OF 1995

Seeking classmates for a 20-year reunion Saturday, Aug. 22, at the Embassy Suites in Livonia. For more information, email melissacohn8@gmail.com or visit facebook.com/groups/Noviclassof95/.

Farmington Hills hair salon beauty day supports ChildSafe

The Studio for Hair in Farmington Hills recently raised \$6,300 for ChildSafe Michigan. That brings the Studio's total to over \$70,000 in the seven years that they have been holding the day-long Beauty for a Benefit where all of the hair stylists, manicurists and massage therapists donate their time and talents to raising money for ChildSafe.

ChildSafe Michigan, located in Royal Oak, provides adoption and foster care services in southeastern Michigan. It is dedicated primarily to youth in foster care ages 7-23.

"We feel it is so important to help the kids in our community," said Studio co-owner Tasha Schurgin, a Huntington Woods resident.

"We are so blessed to wake up each morning without fear," added Jacki Viro, a stylist for over 35 years and a Southfield resident. "With our annual



Beauty for a Benefit event, we want to help end the terror these innocents live with every day."

Contact Julie Yolles at socialscenejulie@gmail.com or leave a message at 248-642-9465.



Farmington Hills-based Studio for Hair team members Emily Michalik, left, Paige Ecklund, Isabelle Michalik; Studio co-owner Tasha Schurgin; and Chelsea Brissette.

Livonia resident Lindsay Brown, who is the Studio for Hair receptionist, is with her daughter, Madison, at the ChildSafe Beauty for a Benefit fundraiser.

PHOTOS BY JULIE YOLLES

Guide to Employment

To place your ad here contact us at careers@hometownlife.com or call 1-800-579-7355

Check out these exciting career opportunities!

For even more opportunities see our "award winning" classified section!

<p>Help Wanted - General</p> <p>ADMINISTRATIVE ASSISTANT Busy Plymouth real estate company. Looking for energetic person with strong computer and interpersonal skills. Salary request required. Send resume to: pamcaputo@realstateone.com or fax 734-455-3375</p>	<p>Help Wanted - General</p> <p>CLEANING PEOPLE Needed Mon-Fri. 7am-12pm. \$10/hr. Novi area. 586-698-7324</p> <p>Concrete Finishers & Laborers. Canton area. denny@wvowway.com 734-397-9200/734-216-3885</p>	<p>Help Wanted - General</p> <p>FORESTRY ASSET MANAGER The City of Novi's Department of Public Services is seeking a Forestry Asset Manager to join the team to manage budgeting, planning, planting, inspecting, maintaining, and removing forestry assets in line with city standards. For more information and information on how to apply please visit http://cityofnovi.org/City-Services/Human-Resources/Available-Job-postings.aspx or cityofnovi.org/community</p>	<p>Help Wanted - General</p> <p>HVAC Service Technician/Installation Heating and AC Co. in Plymouth looking for a qualified person in service repair and installation. Must have 5 yrs. exp. Please fax resume to: 734-453-4000</p>	<p>Help Wanted - General</p> <p>REAL ESTATE SALES OPPORTUNITY work with Michigan's #1 REALTOR Real Estate One Earn High Commission Income Rapidly Expanding Real Estate Market Start Earning Commissions Right Away</p>	<p>Help Wanted - General</p> <p>SENIOR AUTOMATION ENGINEER To design, implement, and debug code to create Envision PLC Drivers for a range of processors. Organize and control all designated engineering concepts, proposals, layouts, details, and customer reviews. Develop solutions to improve and simplify Envision interface application. Assist proposal department in conceiving and estimating new projects.</p>	<p>Help Wanted - Medical</p> <p>CLINICAL CASE MANAGER (RN): Responsible for oversight of disability claims process. Case Mgmt. exp. in Disability, Medical, WC or Auto. Min 5 yrs clinical exp. Must have unrestricted RN license & CCM cert or ability to qualify. Computer literate, exc written/verbal skills. Novi. Good Benefits. Resume to: humanresource497@yahoo.com</p>	<p>Help Wanted - Medical</p> <p>LPN or Medical Assistant Min 2 yrs experience required; for patient liaison/management position at busy Gastroenterology office. Wages based on experience. Email resume to: mvilarrreal@sogadocs.com</p>	<p>Help Wanted - Domestic</p> <p>HOME MANAGER West Bloomfield professional couple seeks home manager for light cooking, cleaning, laundry, driving of kids (14 & 16), and erranding. Must have clean driving record and be a nonsmoker. References required. 20-30 afternoon hours per week. Pay negotiable. Please fax resume to 248-851-6755 or e-mail to morris518@aol.com</p>
<p>ASSEMBLY DADCO, Inc., the global leader in nitrogen gas spring technology, is growing! We are looking for dependable, bright individuals with a strong work ethic to train for full-time, day-shift, positions. Job responsibilities include part quality inspection, sub and complete product assembly build, final product inspection and order packing. Qualified candidates will be quick learners with a high school diploma, technical aptitude, and strong attention to detail. Come and work with our talented team in our state-of-the-art manufacturing facility. We will offer you training, competitive wages, and benefits; including 401(k), EOE. Email resumes to: plymouthjob@yahoo.com</p>	<p>Driver's: Quality Home time! Earn over \$1250+ per wk. + Monthly Bonuses! Excellent Benefits. No-Touch! CDL-A 1yr exp. 855-454-0392</p>	<p>General Labor The City of Northville is accepting applications for a LABORER POSITION. This entry level, full-time position performs strenuous physical labor on construction, maintenance, and repair projects in the Department of Public Works for the City of Northville. Applicants must have a high school diploma or equivalent and a valid driver's license. Applications, available from: City of Northville 215 W. Main Street Northville, MI 48167 on the City's web site at www.ci.northville.mi.us or by calling (248) 349-1300 are to be submitted to the City of Northville Department of Public Works 215 W. Main Street Northville, MI 48167 no later than August 26, 2015. The City of Northville is an Equal Opportunity Employer.</p>	<p>MACHINE OPERATOR MECHANIC The KOREX COMPANY Growing Manufacturing Co. Contract manufacturer of powdered and liquid laundry & automatic dish detergent, located in Wixom, MI. This individual must have proven experience maintaining high speed packaging equipment, including but not limited to carton formers, conveyors, case-packers, hot melt glue systems, fillers, check-weighter scales and the ability to perform complete packaging line change-over pertaining to mechanical and some electrical needs. The candidate will need to possess a proven ability to train and direct other employees associated with running production on the line. Minor computer skills will be required.</p>	<p>Police Officer The City of Garden City is accepting apps for full-time Police Officers at GCPD until COB, 9-4-2015. Employment App (Police & Fire), the job description and a detailed announcement available at www.gardencitymi.org or by contacting the H.R. Office at 6000 Middlebelt Rd. Garden City, MI, 734-793-1640. All applicants are required to complete a profile and take a test for this position, go to https://www.empco.net/testing/ and follow the instructions.</p>	<p>Real Estate Classifieds Just a quick call away... 800-579-7355</p>	<p>Real Estate Classifieds Just a quick call away... 800-579-7355</p>	<p>CASH IN with O&E Media's CLASSIFIEDS 800-579-SELL</p>	<p>HOUSEKEEPER NEEDED Needed one day a week. Companies need not apply. N Livonia area. 248-939-2224</p>
<p>Auto Parts SORTING & INSPECTING Established Co. in Brighton is seeking quick learners. \$10/hr. No exp. needed. Must have own vehicle. Apply online at: matrixqualityservices.com Or call Mon-Fri. 8am-5pm. 810-229-6053</p>	<p>bright house Excellent Opportunities Door-to-Door Sales Executives Service Technicians Full Time Positions Comprehensive benefit package Paid training program provided</p>	<p>GOLF STARTER Private Country Club Part Time/PM and Weekends Call Bob for an application appointment 248-851-4339</p>	<p>LEAD MAINTENANCE TECH For Milford Apartment Community. Must have exc. customer service, HVAC, plumbing & electrical exp. req. Full-Time with exc. benefits. EOE. Fax or Email Resume: (248) 685-3522 southhill@continentalmgt.com</p>	<p>Warehouse Worker CNC operating exp. helpful but not nec. Full-Time Call Steve: 810-844-0778 steven.hurley@salic.com Illinsgard SECURITY PRODUCTS</p>	<p>O&E Media Classifieds Just a quick call away... 800-579-7355</p>	<p>O&E Media Classifieds Just a quick call away... 800-579-7355</p>	<p>CASH IN with O&E Media's CLASSIFIEDS 800-579-SELL</p>	<p>HOUSEKEEPER NEEDED Needed one day a week. Companies need not apply. N Livonia area. 248-939-2224</p>
<p>City of Livonia Police Officer Police Service Aide School Crossing Guard Seasonal Laborer For complete information visit our website at www.ci.livonia.mi.us or apply in person at Livonia City Hall, 3rd floor, 3300 Civic Center Dr. Livonia, MI 48154 EOE M/F/H</p>	<p>General Work on Mackinaw Island- Make lifelong friends! The Island House Hotel and Ryba's Fudge Shops are seeking help in all areas starting immediately through late October: Front Desk, Bell Staff, Wait Staff, Sales Clerks, Kitchen, Baristas. Housing, bonuses, and discounted meals. (906) 847-7196 www.theislandhouse.com</p>	<p>PRINTING ESTIMATOR Full-Time Commercial printing division. Health benefits and 401K. Days, fast paced environment. Printing Industry exp a must. hr@stylecraftprinting.com</p>	<p>RECYCLE THIS NEWSPAPER</p>	<p>Discover Valuable Treasures In the Observer & Eccentric Classifieds To advertise, call: 800-579-7355</p>	<p>O&E Media Classifieds Just a quick call away... 800-579-7355</p>	<p>O&E Media Classifieds Just a quick call away... 800-579-7355</p>	<p>CASH IN with O&E Media's CLASSIFIEDS 800-579-SELL</p>	<p>HOUSEKEEPER NEEDED Needed one day a week. Companies need not apply. N Livonia area. 248-939-2224</p>
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ANNIVERSARY



SUBMITTED PHOTOS

Mary and Kenneth Marshall of Farmington Hills on their wedding day.

CELEBRATING 65 YEARS

Kenneth G. and Mary A. (Karey) Marshall of Farmington Hills will celebrate their anniversary Aug. 12. They were married in 1950 at Our Lady of Good Counsel by

Monsignor Art Karey and the Rev. Ray Marshall, with several other friends present. Their children are Susan (Pat) Hayes, Kettering, Ohio; Mike (Mercedes) Marshall, Farmington Hills; Sandra A.



Mary and Kenneth Marshall of Farmington Hills

Marshall, Plymouth; Steve Marshall, Warren; Nancy (the late Roy) Williams, Royal Oak; John Marshall, Farmington Hills; Mary Kay (Matt) Stelling, Westminster, Colo.

They have eight grandchildren.

Kenneth worked in the food service industry, beginning his career at A. J. Marshall Co. in Detroit and concluding at Miesel-Sysco Co. in Canton. He has been retired for 20 years.

Mary is an accom-

plished gardener and cherished grandmother.

Ken was an usher at Our Lady of Sorrows Catholic Church in Farmington. Mary was an ecumenical minister at St. Clare of Assisi Catholic Church in Farmington Hills.

The couple plans to celebrate their anniversary at home with family.

BIRTH



SUBMITTED

Ava Michelle Arbini

Ava Michelle Arbini was born July 9, 2015 at St. Mary Mercy Hospital, Livonia.

Proud parents are Anthony and Michelle Arbini of Livonia.

Grandparents are Joseph and Katherine Matusz of Dearborn

Heights, Margaret Arbini of Dearborn Heights, and Joseph Arbini of Northville.

Great-grandparents are Delphine Kosta of Westland, Kathleen Arbini of South Lyon and Donald Muir of Sarasota, Fla.

ENGAGEMENT

Laurence and Christine Marshall of Farmington Hills are pleased to announce the engagement of their daughter, Kendra Lee Marshall, to Michael Newman Singleton, M.D., son of Alan and Jackie Singleton of Floyds Knobs, Ind.

The bride-to-be received a bachelor's degree in both economics and sociology from the University of Michigan. She currently works as a business planner for the CEO of Rakuten Marketing in Salt Lake City, Utah.

The future groom received a bachelor's degree in economics from Vanderbilt University and a medical degree from Indiana University School of Medicine. He is a resident physician in



SUBMITTED

Michael Newman Singleton and Kendra Lee Marshall

anesthesiology at the University of Utah Medical Center in Salt Lake

City, Utah. A November 2015 wedding is planned.

ANNIVERSARY

CELEBRATING 50 YEARS

Richard and Jan (Walters) Raison of Plymouth Township celebrated their 50th wedding anniversary on July 10. The couple was married in 1965.

Friends and relatives, who were in or at the original ceremony, attended the celebration at the couple's home. Guests came from as far away as Oklahoma, California, Texas, Canada and Illinois.

Both born and raised in Detroit, the Raisons have lived in Plymouth Township for more than 40 years. They will cap their celebration with the Michigan Philharmonic's cruise on the Danube.



Richard and Jan (Walters) Raison of Plymouth Township

RELIGION CALENDAR

AUGUST

DEMENTIA SERIES

Time/Date: 6-8:30 p.m. Wednesday, Aug. 26

Location: St. John Neumann Parish, 44800 Warren Road, Canton

Details: Fourth session on dementia in a series of educational meetings sponsored by the Northwest Wayne Vicariate, focuses on ending the social stigma and isolation of someone with dementia

Contact: Sue Massey at 734-455-5910; smassey@sjncanton.org

FREE STUFF

Time/Date: 10 a.m. to 3 p.m. Saturday, Aug. 15

Location: Unity of Livonia, 28660 Five Mile, Livonia

Details: Clothes, home and yard goods, pictures, jewelry, toys and more. Take what you need. No charge

Contact: 734-421-1760

MOTORCYCLE RIDE

Time/Date: Building tours at 9:30 a.m., ride departs at 11 a.m., Saturday, Aug. 22

Location: The Salvation Army Plymouth Corps, 9451 S. Main, Plymouth

Details: Ride for the Red Shield is a motorcycle ride to benefit the Salvation Army of Plymouth and Downriver. The group will depart from Plymouth and ride to the Downriver Corps in

Wyandotte. Cost is \$25 per rider, and \$15 per passenger. Includes a T-shirt

Contact: Sandy Kollinger at 734-453-5464, Ext. 24

OUTDOOR WORSHIP

Time/Date: 11 a.m. Sunday, through Aug. 23

Location: Grounds of the Cherry Hill Village Schoolhouse, at Ridge and Cherry Hill Roads, Canton

Details: St. Michael Lutheran Church holds worship services in a casual, outdoor setting. In case of inclement weather, service will be held at the church, 7000 N. Sheldon Road, Canton

Contact: 734-459-3333

SCHOOL OPEN HOUSE

Time/Date: 5-7 p.m. Wednesday, Aug. 12

Location: Antioch Lutheran Preschool, 33360 W. 13 Mile at Farmington Road, Farmington Hills

Details: Meet the teachers

Contact: antiochpreschool@sbcglobal.net, 248-626-7906 ext: 28; www.antiochELCA.org

SCHOOL OPEN HOUSE

Time/Date: 4-7 p.m. Monday, Aug. 10

Location: St. Genevieve Catholic School, 28933 Jamison, Livonia

Details: The school has openings in preschool 3 and 4 and K-8

Contact: stgenevieve@livonia.com; 734-425-4420

SHABBAT DINNER

Time/Date: Follows 6 p.m. services, Friday, Aug. 28

Location: Congregation Beth Ahm, 5075 W. Maple, West Bloomfield

Details: Havurah-style dinner will be prepared by Beth Ahm volunteers in the Sisterhood's dairy kitchen. Cost is \$10 for adults and \$5 for children, 5-12. Maximum cost per household is \$36. Reservations by Aug. 26

Contact: 248-851-6880; abiau@cbahm.org

VACATION BIBLE SCHOOL

Time/Date: 9 a.m. to noon Aug. 10-14

Location: Faith Community Presbyterian Church, 44400 W. 10 Mile, Novi

Details: Theme is Everest - Conquering Challenges with God's Mighty Power

Contact: 248-349-2345; faith-community-novi.org

ONGOING CLASSES/STUDY

Our Lady of Loretto

Time/Date: 6:30-7:30 p.m. Monday

Location: Six Mile and Beech Daly, Redford Township

Details: Scripture study

Contact: 313-534-9000

View Online www.hometownlife.com

Passages

Obituaries, Memories & Remembrances

How to reach us:
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Deadlines: Friday, 4:00 p.m. for Sunday papers • Tuesday, 4:00 p.m. for Thursday papers
Holiday deadlines are subject to change.



CHODORKOFF, BERNARD "BERNIE" PhD, MD

Passed away July 28, just 3 days after celebrating his 90th birthday. Beloved by everyone who met him. Exemplary husband and father, leaves Joan his wife of 64 years, daughter Cathi, granddaughters Celia and Marina, late son David. Served honorably in the army in WWII. Graduate of City College NYC, University of Wisconsin, and Wayne State University. Honored psychologist, psychiatrist, professor, researcher, leader for more than 50 years. Generous donor to many charities large and small, particularly the Detroit Institute of Arts, the Detroit Symphony, Florida Atlantic University. Gifted amateur violinist who played once at Carnegie Hall NYC, also played clarinet and saxophone in swing bands in 1940s NYC. Explored all kinds of hobbies, traveled widely. Laid to rest at Adat Shalom Memorial Park.



LESTER, JANICE RUTH

61 years old, died in the early hours of Sunday, August 2nd, 2015, in Farmington Hills, Michigan, after a long journey with early onset Alzheimer's disease. In the afternoon and evening preceding her death, she was surrounded with family and friends she loved and who loved her right back. Jan was born on March 20th, 1954, to the late Edward and Virginia Lester. She was the middle sister of three girls, Denise, and the late Cheryl. After graduating from Wayne Memorial High School in 1972, she eventually made her way through LPN and Registered Nurse's training, spending most of her long career as a pediatric and mother-baby nurse at Annapolis Hospital. She truly loved her coworkers, as well as her calling as a nurse, and frequently went far beyond the job requirements to make life better for one and all. Jan was well known for her sense of humor and love of laughter. She had an infectious smile, and the biggest, kindest heart to match. She knew that love and humor worked hand in hand with medicine to heal, and she was endlessly generous in dispensing both of them. Jan was also the consummate Nana and Aunt, doting on the children she felt blessed to have in her life. There was never a moment that they didn't believe they were the ones who were blessed. Jan also loved to travel, and spent many fun vacations with family members in West Virginia, visiting her big Sister in northern California, and taking an especially memorable cruise through Alaska. Her favorite vacations in Michigan were always up north to Ludington, on Lake Michigan during the autumn colors. Early on, after her diagnosis, she requested that she eventually be taken to that beautiful place, following her cremation. Her surviving family members include: Sister: Denise (Diane Nolan), Son: James (Tiffany) Grandchildren: Quinn and Jamie, Niece and Nephew: Julia and Ian, Aunt: Janice (Dick Copus), Cousins: Debbie Copus Puckett (Craig), Charles Copus Jr. (Dorthea), and Marcie Copus Wright (Brant). Jan had many friends whose lives she touched with her joy, kindness and humor. Carol and Dave Balge of Westland, Michigan were especially steadfast at seeing Jan through her illness. On a beautiful autumn day in early October, Jan's ashes will be taken to Ludington, where we will say our final goodbyes and remember her life. She would have loved knowing that her ever present attributes of kindness and friendship might remind each of us to share those special gifts with others in our daily life.



PAS, DONALD JULIUS

Died peacefully at home with his family in Troy, Michigan at the age of 78 on August 7, 2015. He was the beloved husband of Merry Ann. Loving father and grandfather of Thomas (Cathy) Schmitt and daughters, Angela and Alexandra; John (Brendy) Pas and son, Jack; and Hilary (Stephen) Gallegos and son, Jonathan. Born on October 3, 1936, Don enjoyed the company of his family and friends, dancing with his wife, playing saxophone in the Carl Lawrence Big Band, listening to jazz music, golfing, and spending time with his grandchildren. His life's work was professional photography, working at Sperry Vickers for 22 years, and also photographing happy memories at hundreds of weddings as the owner of Pas Photographic. In lieu of flowers, contributions may be made in Don's name to the Alzheimers Association or Area Agency on Aging I-B. A Celebration of Life event will be planned, please contact a family member for more information.



GETSCHMAN, GEORGE C.

Of Bingham Farms. July 31, 2015. Age 89. Leaving behind his beloved wife of 64 years, Annie, two children, Catherine (Sean) Neall, George R. (Kristen) Getschman, DDS and five grandchildren: Brendan (Amanda) Neall, Meghan (Mark) Biery, Matthew Neall, Emily and Bill Getschman. George served in the U.S. Army in World War II, received his B.S. and M.B.A. degrees from the University of Michigan and was employed by the Reed Rolled Thread and Die Company. Memorial service August 15, 2015 at 2:00 p.m. at Westminster Church of Detroit - Hubbell and West Outer Drive. Donations to Westminster Church of Detroit or the Leukemia/Lymphoma Society.



TUCHOW, GERALD

Beloved husband, father, grandfather, friend and neighbor was a prominent lawyer in Detroit and the Downriver Community of Flat Rock for over 50 years. He helped the injured and disadvantaged obtain justice in the courtroom. He instilled this passion for social justice in his children. Mr. Tuchow was the rock of the Tuchow family. He and his wife of 58 years, Marilyn, raised five children in Lafayette Park in Detroit and later in an 1830 farmhouse in Oakland County. He graduated from Central High in Detroit and won state-wide awards in interpretive reading of poetry. He graduated from Wayne State University and after his military service earned a Law Degree from the University of Michigan. He was Chairman of the first Ethics Commission of the City of Detroit, Chairman of the Michigan state Teachers Tenure Commission, Chairman of the First Historic Preservation Advisory Commission of Detroit, and was a delegate to Democratic national conventions in the 60's and 70's, and President of the Flat Rock Rotary Club. With his passion for theater, he served as President of the Players Club in Detroit. He and his brother, actor Michael Tolan, set up an annual student award at Wayne State for poetry and theater. Mr. Tuchow is survived by his wife Marilyn Alice Spiro Tuchow, his children, Jonathan Tuchow, Matthew and Nicola Tuchow, Lincoln and Kathy Tuchow, Gabrielle and Montgomery Gillard and Victoria and Leon Muallem, as well as his seven grandchildren: Noah and Jonah Tuchow, Bella and Levi Muallem and Benjamin, Isabelle and Sophia Gillard. In place of flowers, donations can be made to the Gerald Tuchow Fund for Camp Michiganian, the Gerald Tuchow Scholarship Fund at Wayne State University, or to the Players Club Endowment Fund in his name. Funeral services were held at Ira Kaufman Chapel at 11 a.m. on Friday, August 7th.

A full obituary is at: www.irakaufman.com



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Play it smart: Manage your AFib risk for better health

Approximately 1.5 million American women live with atrial fibrillation, a heart disorder commonly known as "AFib" that can lead to deadly or life-improving stroke. For an undiagnosed woman living with AFib, knowing symptoms and risk factors can help mitigate this serious health threat. Women living with AFib can also take steps to manage this condition and their risk for stroke.

AFib is a heart rhythm disorder in which the atria — the two upper chambers of the heart — beat rapidly and irregularly. Women with AFib are more likely than men with AFib to have a stroke. And, after the age of 75, an overwhelming majority of people with AFib — 60 percent — are women.

Diagnosing the condition

Up to a third of women with AFib don't feel symptoms. Others feel tired and experience heart palpitations, which may feel like a fluttering or flopping sensation in the chest or the feeling that the heart is beating too quickly. A woman experiencing AFib may also feel dizzy or short of breath. Some feel chest pain or feel faint.

Certain health and lifestyle risk factors make women more susceptible to AFib. Along with age and an existing heart condition, high blood pressure and obesity are major risk factors. Women who drink more than 10 ounces of alcohol a day are also at risk. Other risk factors include diabetes, overactive thyroid, high blood pressure, sleep apnea, lung disease, smoking, caffeine and stress. With or without elevated



PHOTO BY GETTY IMAGES

Women who have AFib can improve their lives by adopting healthy lifestyle behaviors.

risk factors, a woman experiencing symptoms should schedule a consultation with a doctor to determine if these symptoms are caused by AFib.

Living with AFib

Women living with AFib can manage their condition and associated risk for stroke by adopting healthy lifestyle behaviors. Increasing physical

activity, adopting a diet that is low in fat, sodium and cholesterol, avoiding alcohol, and moderating stress and blood pressure levels are all necessary to manage AFib and avoid more serious health problems. AFib patients should choose caffeine-free coffee and herbal tea over caffeinated drinks. Moderate exercise, such as walking, biking, swimming,

yoga and strength training, combined with good hydration, can significantly improve AFib symptoms and reduce stroke risk.

Isolation is a common feeling for women living with AFib. Resources such as WomenHeart's new Virtual Support Network can help address the need for education and emotional and psychosocial sup-

port for women living with AFib. The Network is free and open to all women living with AFib and their caregivers.

Learn more about WomenHeart's free patient support services for women living with heart disease, including AFib, and register to receive free online heart health information at www.womenheart.org.

Courtesy of Family Features

MEDICAL DATEBOOK

AFib 101

The free class will teach the causes and symptoms of atrial fibrillation, as well as the leading surgical and nonsurgical treatment options available. It runs 6-8:30 a.m. Aug. 20 in the Kalman Auditorium of Beaumont Hospital - Dearborn, 18101 Oakwood Boulevard. Register at oakwood.org or call 800-543-9355.

Aging parents

St. Mary Mercy Hospital-Livonia will partner with local organizations to offer advice on caring for aging parents, 6-8 p.m. Tuesday, Sept. 22-Oct. 13, at the hospital, 36475 Five Mile, Livonia. The program will include information on dementia, keeping parents at home until you can't, handling emotions and finances, and getting the estate in order. To register, call 734-738-6300 or visit <http://bit.ly/ILjrF6Y>.

Back to school

Salah Alenzi, M.D., will talk about good hygiene, head lice, strep throat, flu and other topics during a free program sponsored by Garden City Hospital, 11 a.m. Friday, Aug. 28, at Westland Shopping Center, East Court, 35000 Warren Road, Westland. Includes lunch for parent and kids. Register at 734-458-4259.

Bereavement Camp

Henry Ford SandCastles is accepting registration for its annual Camp Erin - Detroit grief support weekend for children and teens who have experienced the death of someone close to them. The free camp for youth in grades one-12 will be held Aug. 14-16 at Camp Tamarack in Ortonville. The camp will include fun activities combined with grief education and emotional support. A weekend highlight is an evening memorial service on the beach. Grief professionals and trained volunteers from the SandCastles Grief Support Program, part of Hospices of Henry Ford, lead the program. To register for camp or get information on volunteering, call 313-874-6881.

Blood drive

The American Red Cross will hold a blood drive 11 a.m. to 5 p.m. Monday, Aug. 17, at the Westland Public Library, 6123 Central City Parkway,



SUBMITTED

Join a local support group, get a screening, or take a class to improve your health.

Westland. Register at redcrossblood.org, and enter sponsor code: wplccp or call 800-RED-CROSS. Or call the library at 734-326-6123 and ask for Susan.

Celiac support

Tri-County Celiac Support Group will hold a gluten-free picnic, 11 a.m. to 2 p.m. Friday, Aug. 22, at Heritage Park, 24915 Farmington Road, Farmington Hills. Participants will meet at the pavilion. Gluten-free hot dogs, buns and condiments will be provided. Bring your own paper products, drinks, eating utensils and any side dishes you want. \$5 fee per family at the door. RSVP to Ellen Hechler at ellenhec@hotmail.com.

Diabetes prevention

Learn about healthy eating, overcoming stress, physical activity and more through the National Diabetes Prevention Program, 6:30-7:30 p.m. Monday, beginning Sept. 14 at St. Mary Mercy Hospital-Livonia, located at Five Mile and Levan. The 16-week class is for persons who are overweight and at high risk for developing diabetes or overweight and diagnosed with pre-diabetes. A lifestyle coach will facilitate the sessions. Register at 734-655-8947 or stmarymercy.org.

Pink Out tickets

Tickets are available for the fourth annual Pink Out at the Park, the Detroit Tigers vs. Kansas City Royals game, 7:08 p.m. Friday, Sept. 18, at Comerica Park in Detroit. The event raises awareness of breast health and helps raise funds for breast cancer research at the Karmanos Cancer Institute. Ticket packages range from \$28-\$51 and include a free Pink Out at the Park T-shirt. Buy tickets at tigers.com/pinkout. The event will include a pre-game ceremony honoring breast cancer survivors. Survivors who plan to attend the game can visit karmanos.org/pinkoutsurvivors to find out more about being included in the ceremony.

Ongoing

Ab-Anon

Twelve-step program and weekly group to help those suffering with eating disorders such as anorexia, bulimia, and exercise compulsion is held 7-8 p.m. Tuesday, at the Friendship Circle, 6892 W. Maple, West Bloomfield. An Ab-Anon meeting group is available for families and loved ones, 7-8 p.m. Wednesday, also at the Friendship Circle. For more information, contact Mindy at 248-672-9776.

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. Visit www.ymcadetroit.org.

Bipolar support

Depression Bipolar Support Alliance meets 6-7:30 p.m. the second and fourth Tuesday at Lincoln Behavioral Services Center, 14500 Sheldon, Suite 160B, Plymouth. It is accessed through the Plymouth Executive Park driveway north of M-14. Meetings open to families. Call Nancy at 734-536-3457 for directions.

Blood pressure

Garden City Hospital offers free blood pressure testing, lipid panel (\$15) testing, 10 a.m. to noon Sept. 2 and Dec. 2, in the main lobby of the hospital, 6245 Inkster Road, Garden City. No registration is required. For more information, call 734-458-4330.

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.

Choir therapy

The Therapy Choirs of Michigan extend an invitation to individuals with any kind of special needs or disabilities and their able-bodied family and friends, to participate in singing. Call Len McCulloch at 248-474-2763, Ext. 22, or visit www.therapychoirs.org for additional information.

CPAP/BIPAP

The Sleep Disorders Center of Michigan offers a free CPAP/BIPAP mask fitting clinic, 5-6 p.m. each Wednesday at 35600 Central City Parkway, Suite 103, Westland. Most insurances cover new supplies. No appointment needed. For more information, call 734-458-7251.

Health programs, support

The Garden City Hospital Health Enhancement Center offers classes designed to strengthen your heart after a cardiac event. It also offers an array of fitness classes, such as yoga, tai chi, Zumba, hula and Polynesian aerobics to keep you moving or to help you relax. For more information, call 734-458-3242.

GCH Community Education offers classes in CPR (adult and infant), first aid, and diabetes self-management education. The hospital hosts various support groups including Nar-Anon, Alzheimer's, Alcoholics Anonymous, Focus on Living and Diabetes, which are held monthly. For more information, call 734-458-4330.

Low vision support

Meets 1-3 p.m. the first Thursday of each month at the Plymouth District Library, 223 S. Main. For more information, call Ellen Stross at 734-453-0750, Ext. 232.

Lyme support

Meets at 7 p.m. the first Tuesday of each month, except January, July and September, at Northwest Unitarian-Universalist Church, 23925 Northwestern Highway, Southfield; 248-354-4488. For more, visit website, www.mlda.org, or call 888-784-LYME.

Metro Fibromyalgia & CFS support

Meets 1-3 p.m. the second and fourth Thursday of each month at Merriman Road Baptist Church, 2055 Merriman, Garden City. Ruthann at 734-981-2519 or www.MetroFibroGroup.com.

Scleroderma Foundation

The Scleroderma Foundation Michigan Chapter offers support for scleroderma and overlapping autoimmune patients. The Livonia group meets 7-8 p.m. the first Thursday of the month, February-June and September-November, at the Civic Park Senior Center, 15218 Farmington Road, Livonia. A virtual support group meets 1-3 p.m. the third Thursday of the month, February-November. Judy Nichols at kenjudynichols@gmail.com; 231-775-8446.