

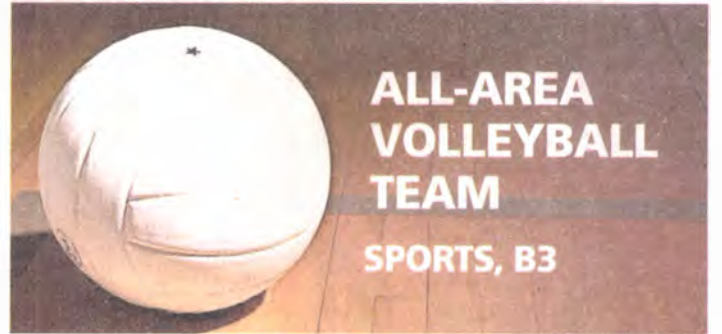


MAKE PROTEIN AT BREAKFAST THIS YEAR'S RESOLUTION FOOD, B8

WAYNE-WESTLAND OBSERVER

A GANNETT COMPANY

THURSDAY, DECEMBER 31, 2015 • hometownlife.com



ALL-AREA VOLLEYBALL TEAM SPORTS, B3

Wayne court users happy with services

For the third year consecutive year, court users say they are satisfied with their experiences in the Wayne 29th District Court.

Using a survey that was administered in courts statewide, the 29th District Court asked court users questions about their level of satisfaction with court services. Across the board, court users said that the 29th District Court was accessible, timely, fair and that they



Mack

efficiency of our court operations," Chief Judge Laura Mack said. "Getting high marks for three years in a row

were treated with courtesy and respect.

"The public's input and perception of the court is vitally important because it helps us improve the efficiency of our court operations," Chief Judge Laura Mack said. "Getting high marks for three years in a row

shows how hard our staff is working at the 29th District Court."

Highlights from the survey include:

» 94 percent of court users said they were treated with courtesy and respect by court staff.

» 82 percent of court users said the way the judge or magistrate handled their case was fair.

» 91 percent of court users

said they understood what happened in their case before leaving the court.

Developed with input from judges and court administrators statewide and tabulated by the State Court Administrative Office, the survey enables courts to identify strengths, provide positive feedback to employees and target areas for improvement. The survey was completed by a range of court users, includ-

ing parties to cases, attorneys, jurors and others.

The public satisfaction survey is part of a statewide initiative of the Michigan Supreme Court and the State Court Administrative Office to measure and report on court performance. In 2013 and 2014, a total of nearly 50,000 surveys were completed in courts throughout Michigan.

For more information, visit www.courts.mi.gov.



Little Stars with seniors at Waltonwood at Carriage Park Independent Living in Canton.



Anna Sun and other Little Stars distributed red fleece blankets to seniors at Four Season Nursing Center in Westland.

SHARING THE JOY

Little Stars spread holiday cheer to seniors

Before Christmas 2006, three siblings — Amy, 13, Alan, 8, and Anna Sun, 5 — from Canton walked into a nursing home, the Four Season Nursing Center in Westland, for the first time to perform violin music for the seniors.

They noticed that most seniors were in wheelchairs and could not move easily without help. Many of them were waiting in the hallway next to their room, hoping someone would visit them. The Sun siblings realized that the holidays are not just about

families feeling joyful and exchanging gifts, but they are also about sharing and caring for others, including those who are less fortunate.

A year later, the siblings founded the Little Stars and they've invited friends to visit local nursing homes and senior centers with free concerts ever since.

"While many lucky children and their relatives think of the holidays as a warm, happy time, countless others around the world are struggling to cope with illness, loneliness or

other serious difficulties," said Alan Sun, director of the Little Stars Foundation.

This year marked their 10th year to visit the seniors. This year before Christmas, the group visited six nursing homes and senior centers and performed seven holiday concerts. Centers visited included Hope Health Care Center in Westland, Four Season Nursing Center in Westland, Waltonwood at Carriage Park Assisted Living in Canton, Walton-

See SHARING, Page A2

Wayne-Westland elementaries become Leader in Me schools

Several elementary schools in Wayne-Westland have become Leader in Me schools.

According to district officials, the Leader in Me is part of Franklin Covey's 7 Habits of Happy Kids program. The program teaches 21st century leadership and life skills to students and shows them that every student can be a leader.

David Hicks, Schweitzer and Wildwood elementary schools recently held their annual Leadership days. They

invited parents, district staff and community members to their schools.

Students planned and executed Leadership Days from greeting guests and giving building tours, to giving presentations and answering questions about The Leader in Me.

"To prepare for Leadership Day, students applied for specific roles, wrote speeches, planned the day out, wrote letters to each guest, participated in fundraisers, made

goodie bags, participated in classroom projects, created folders for each guest and emailed each guest to welcome them to our Leadership Day," said Jennifer Chambers, principal at Schweitzer Elementary.

Most of the preparation for a Leadership Day is what teachers do with the students every day. The only special preparations are the perfor-

See LEADER, Page A2



Fourth-grade students at David Hicks Elementary School welcome guests to Leadership Day.

WAYNE-WESTLAND SCHOOLS



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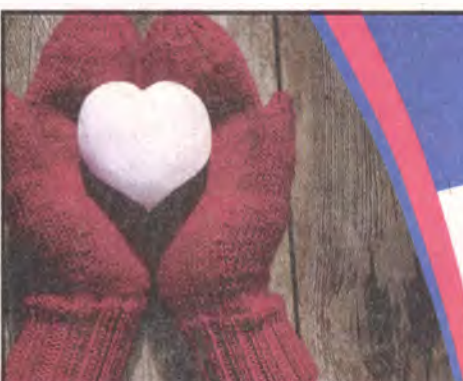
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LEADER

Continued from Page A1

mances and some of the speeches. Other than that, any student in the building is prepared to speak about the 7 Habits on a daily basis.

"Everyone always enjoys Leadership Day," said Andy Rosinski, principal at David Hicks Elementary. "It's a special day to highlight what we do every day. The purpose is to celebrate the work we do on a regular basis to bring out the potential of every child and adult in the building."

Students also shared the 7 Habits they have learned (from the Leader in Me website):

» **Habit 1 — Be Proactive.** You're in Charge. "I am a responsible person. I take the initiative. I choose my actions, attitudes and moods. I do not blame others for my



Wayne-Westland Schools
First-graders at Schweitzer Elementary School sing about the 7 Habits of Happy Kids.



Wayne-Westland Schools
Westland Mayor Bill Wild (from left), Wayne-Westland Superintendent Michele Harmala, board Trustee Melandie Hines and Principal Jenna Mullins enjoyed the student presentations at Wildwood Elementary School's Leadership Day.

wrong actions. I do the right thing without being asked, even when no one is looking."

» **Habit 2 — Begin with the End in Mind; Have a Plan.** "I plan ahead and set goals. I do things that have meaning and make a difference. I am an important part of

my classroom and contribute to my school's mission and vision. I look for ways to be a good citizen."

» **Habit 3 — Put First Things First. Work First, Then Play.** "I spend my time on things that are most important. I say no to things I know I should not do. I set priorities, make a schedule and follow my plan. I am disciplined and organized."

» **Habit 4 — Think Win-Win. Everyone Can**

Win. "I balance courage for getting what I want with consideration for what others want. I make deposits in others' Emotional Bank Accounts. When conflicts arise, I look for third alternatives."

» **Habit 5 — Seek First to Understand, Then to Be Understood. Listen Before You Talk.** "I listen to other people's ideas and feelings. I try to see things from their viewpoints. I listen to others without interrupting. I

am confident in voicing my ideas. I look people in the eyes when talking."

» **Habit 6 — Synergize. Together Is Better.** "I value other people's strengths and learn from them. I get along well with others, even people who are different than me. I work well in groups. I seek out other people's ideas to solve problems because I know that by teaming with other people, we can create better solutions than anyone of us can alone. I am humble."

» **Habit 7 — Sharpen The Saw. Balance Feels Best.** "I take care of my body by eating right, exercising and getting sleep. I spend time with family and friends. I learn in lots of ways and lots of places, not just at school. I find meaningful ways to help others."

Wayne-Westland officials said a nationwide assessment by principals of Leader in Me found that it "has positively impacted school culture and student leadership skills."

WESTLAND OBSERVER

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Little Stars brought Christmas music to Four Season Nursing Center in Westland.

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Alan Sun and Little Stars distributed fuzzy socks at Waltonwood at Carriage Park Assisted Living in Canton.

SHARING

Continued from Page A1

wood at Carriage Park Independent Living in Canton, Halsted Place Senior Residences in Farmington Hills and Fleischman Resident in West Bloomfield.

They raised the funds through fundraiser activities and brought fleece blankets and fuzzy socks to the seniors as this year's Christmas gifts.

"The Little Stars' visits continue to bring joy to hundreds of local seniors during this holiday season," Sun said. "Many residents have expressed their wishes for the young musicians to come back soon."

CORRECTION

Schoolcraft men's hockey coach Rob Lindsay never was hockey coach at Trenton High School, as noted in an article in the Thursday, Dec. 24, *Observer*. He is a teacher at Trenton. The longtime Trenton coach was Bob Turner.

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CITY OF LIVONIA, MICHIGAN STREET SWEEPING

Sealed bids will be received at the Livonia City Hall, 33000 Civic Center Drive, Livonia, Michigan 48154 until 2:00 P.M., local time on Tuesday, January 19th, 2016 at which time the RFB's will be secured by the City Clerk. Each bid shall be recorded together with the name of the vendor. Bids shall be in accordance with the requirements of this notice in order to be deemed "responsive." Late bids will be returned unopened.

Instructions 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. Each response to the bid must be provided to the City of Livonia electronically in Adobe (PDF) format. Faxed bids in response to this request will not be accepted.

All bids shall be sealed in envelopes, plainly marked with: **CITY OF LIVONIA, MICHIGAN STREET SWEEPING, name of vendor** and shall be addressed to the **City Clerk, City of Livonia, 33000 Civic Center Drive, Livonia, Michigan 48154.**

No vendor may withdraw their bid 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 bids in whole or in part and waive any irregularities therein. Acceptance of any bid does not constitute a binding agreement until a written Contract is signed by both parties.

Douglas L. Moore
Superintendent, Public Works
Published: December 31, 2015

Dennis Wright
Mayor

LQ-000287852 3x4

BRINGING PAST INTO PRESENT

Retired teacher turns 1970s colonial into 'gem'

Laura Colvin
Staff Writer

Sharon Drochak knew she wanted to downsize and she knew what she wanted.

She also knew what she didn't want. She didn't want the dim rooms and worn green-and-white linoleum she found inside the 1970s colonial on Knight Street, and she hated the room — used as a den by the home's previous owners — with its one small north-facing window, brown walls and brown carpet.

"This place was really ugly," said Drochak, 64, who bought the home in Milford earlier this year after retiring from a long teaching career. "It was hideous."

But, while ugly flooring in gloomy rooms weren't on the list of things she was looking for, a home in the Village of Milford was Drochak's one iron clad-must have.

So, with few other options available, she signed the papers.

"Downtown Milford is where everything happens and where everyone goes," she said. "I knew I would be bored to death in a condo, so when saw this home, I thought, 'I can do this.'"

Today, she calls it a gem.

Past and present

Drochak's decision to downsize came as she retired from a 30-year career at Farmington Public Schools, where she worked as a life skills teacher at North Farmington High School, and seven years after her husband, Cliff Drochak, died when his experimental plane crashed in Mt. Morris Township.

Married 34 years, the couple had lived in a 4,000-square-foot home in Highland's Axford Acres community.

"I took care of it on my own for seven years," she said. "I wanted a place where, when I want to leave, I can just shut the door and go."

But she had no intention of shutting the door on the past.

After taking ownership of the 1,600-square-foot home in the Village of Milford in March, the energetic Drochak rolled up her sleeves and got to work, starting each morning at 7 a.m. with a two-mile run, followed by a half-mile swim to "clear her head and release great endorphins."

Then she'd spend the day working on the Milford home, ripping up floors and — after consulting with a structural engineer — knocking down walls before returning to take care of things at her home and acre-and-a-half property in highland.

As things evolved, Drochak made sure to bring pieces of the past along with her, including not only the handcrafted furniture her husband had made over the years, and other pieces handed down from her parents, but also wood from the barn at her home in Axford Acres.

"I took my past with me," she said. "The move would have been way too hard emotionally if I'd



Sharon Drochak's kitchen as it is now.

JOHN HEIDER | STAFF PHOTOGRAPHER



JOHN HEIDER | STAFF PHOTOGRAPHER Sharon Drochak displays a photo on her tablet computer that shows how her kitchen looked at the beginning of the renovation.

left it all behind."

Drochak worked on the home every day from March until September.

New home

Professionals came in to reroute duct work, move studs and hang drywall to create a wide-open floor plan on the main floor. By the time the project was finished, Drochak and the contractors had reconfigured the bay window, added a gas fireplace, built-in book cases and new windows in the living room, had natural maple flooring installed throughout and replaced all the dark moulding with the wood from her barn.

"Things evolved in my head as I went along," she said. "I'm a visionary, is what I am. I'm an idea girl. I'm not afraid to make decisions because I always do a lot of thinking first."

The new galley kitchen features natural cherry cabinets, a Jenn-Air range built into a large island and sliding doors that hide the washer and dryer from view.

In the former den — Drochak called it "the dark room" or "the dungeon" — a new door wall floods the room with natural light and leads to a new, no-maintenance deck outside. Today, the space serves as her dining room.

"I used every inch to utilize the space I had,"

she said.

Upstairs, the master bedroom gained some extra square footage when it claimed the space of a former linen closet. Behind a set of swinging doors, a sprawling walk in closet leads to a master bath with a repurposed bureau to serve as a vanity. There's also a multi-head shower.

Drochak rounded the whole project off with some practicalities: a new furnace and a new roof, and when the renovations were finally finished, she moved in.

"It was a work of love, and lots and lots of fun," she said. "It didn't feel like I was moving into a strange new home, because I'd brought so much of my past with me, and put so much of myself into it."

The project's biggest challenge?

"Making sure I didn't run out of money," she said, noting that while she didn't skimp on quality, she did look for sales — like when she happened to walk into Iverson's Lumber one day and found the deck material for half off.

All in all, the renovations cost about \$65,000.

"I think I did a heck of a lot of stuff for that kind of money," she said.

lcolvin@hometownlife.com
248-390-7396
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Senator, friends sing carols at Westland rehab center

State Sen. Patrick Colbeck and friends decided to bring a little Christmas cheer to the residents at Westland Nursing and Rehabilitation Centre. They took to the halls of the Westland facility Sunday, Dec. 20, belting out Christmas Carols for all to enjoy. From "Joy to the World" to "Silent Night" to "The 12 Days of Christmas," Colbeck and friends delighted the residents with numerous jingles.

Colbeck's grandmother was a previous resident of Westland Nursing & Rehabilitation Centre. He was extremely pleased with the care she received while at the facility and loves to come back each year and bring Christmas cheer to the current residents.

"Westland took really good care of my grandmother," said Colbeck, a Canton Republican who serves Michigan's 7th



SUBMITTED

State Sen. Patrick Colbeck and friends decided to bring a little Christmas cheer to the residents at Westland Nursing and Rehabilitation Centre.

State Senate District. "We're thankful to have the opportunity to come here each year and bring joy to the residents."

Westland Nursing & Rehabilitation Centre is located in Westland and provides short-term rehabilitation and nursing care for its resi-

dents. They are one of six facilities owned and operated by Olympia Group. For more information on Westland Nursing & Rehabilitation Centre and also Olympia Group and its partner facilities, please visit www.WestlandCC.com and www.OlympiaGrouppllc.com.

State police urge caution in storm's wake

The Michigan State Police, Emergency Management and Homeland Security Division (MSP/EMHSD) is asking Michiganders to continue to make safety a priority.

"Everyone should be mindful of any fallen debris or power lines caused by this storm," said Capt. Chris A. Kelenke, deputy state director of Emergency Management and Homeland Security and commander of the MSP/EMHSD. "Trees and limbs may become unstable due to the ice and strong wind gusts.

Whether you're removing fallen debris or using a generator due to a power outage, please be

extremely careful."

As of Tuesday morning, more than 67,000 customers are without power across the state of Michigan. There are currently no local emergency declarations or major road closures.

To be smart and safe during the storm:

» Stay at least 25 feet away from any downed lines and assume that every line is "live" and dangerous.

» Make certain any fallen tree debris is not in contact with a power line before clearing. Trees and branches can conduct electricity and electrocute you on contact.

» Report life-threatening downed power

lines to 9-1-1; however, don't call 9-1-1 to ask about a power outage. Report power outages to your utility company.

» Never run a generator indoors. Ensure it is outside and far away from windows or any other area where exhaust can vent back into a living area. Carbon monoxide can cause injury or death.

» Never use grills, camp stoves or other gasoline or charcoal burning devices inside of homes, basements, garages or near a window.

» Never use a cooktop or oven to heat your home. These appliances are not designed for heating purposes.



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Praveena

Praveena Vellanki sensed something was wrong but she didn't say anything - it was too difficult to open up about such a private matter. She held in her fears and silently worried. In time, she was diagnosed with breast cancer and quickly began treatment at St. Mary Mercy Livonia. Four years later, after eight cycles of chemotherapy, surgery and radiation - a treatment plan spanning 16 months - Praveena is cancer-free. She is once again volunteering at her Temple and cooking for family and friends. She credits the care team who stood by her during her toughest days.

Be a survivor.
Be Remarkable.

Be Remarkable.

stmarymercy.org

CITY OF WESTLAND SYNOPSIS OF MINUTES MTG. 24 12/21/15

Presiding: President Godbout
Present: Bryant, Coleman, Hammons, Johnson, Kehrer, Reeves
192: Appr. minutes of regular meeting held 12/7/15.
- Appr. minutes of special meeting held 12/7/15.
- Appr. 2016 "Relay for Life" event 6/4-5/16 @ Central City Park.
- Appr. 1 yr. agrmnt. w/Nocerini Strategy Group, LLC for consulting services, \$6,000/month.
- Appr. Agrmnt. w/Three Cities Art Club to display art in City Hall.
- Adopt Budget Amendment 2016-02, 1st Quarter.
- Intro Manpower Budget Amendment 2016-03, Fire Dept. - increase manpower by 13.
- Declare emergency to intro. & adopt at same meeting Manpower Budget Amendment 2016-03, Fire Dept. - increase manpower by 13.
- Adopt Manpower Budget Amendment 2016-03, Fire Dept. - increase manpower by 13.
- Adopted Prep. Res. approving State of Michigan Annual Permit for work within MDOT Right-of-Way within the City of Westland.
193: Appr. 2015-2019 WLSA CBA.
194: Appr. LOU w/WLSA re. reduction in command staff.
195: Appr. prop. Land Division, PID #060-99-0003-000, 35900 Palmer Rd. w/contingencies.
196: Appr. checklist: \$ 9,167,135.19.
Mtg. adj. at 8:41 p.m.
Minutes available in the Clerk's Office.

James Godbout
Council President
Published: December 31, 2015

Eileen DeHart-Schoof, CMC
City Clerk

LO-0000267853 3x3.5

Salvation Army bell-ringing appeals to Wayne Memorial teens

On Saturday, Dec. 19, members of Wayne Memorial High School Shameless Christian Club rang the bell for Salvation Army at the Westland Kmart.

Wrote Juanita Francis in an email to the *Observer*, "I am a former Westland Civitan and I thought it would be nice to ask the students to serve and give back to their community. They were excited and eager to serve."

"Despite the brutal cold temperature that

day, the students managed to commit two hours of singing, dancing and playing their instrument. It was an awesome experience for the students as many stood around and gave donations to a worthy cause," Francis wrote. "I was so proud to see this level of commitment and wanted to share their story."

The Shameless Christian Club president is A.J. Garcia and its sponsored teacher is Amy Murray.



Members of the Wayne Memorial High School Shameless Christian Club do their part to make Christmas brighter through the Wayne-Westland Salvation Army.



Cherry Hill Theater in Canton will host StageLab24.

TLC Productions continues StageLab24

TLC Productions, known for originating and showcasing new plays and musicals, is continuing its experimental theater production called StageLab24, with two new elements for 2016.

Taking place overnight Jan. 8-9, 2016, StageLab24 is TLC's version of the 24-hour theater project. This is an around-the-clock collaboration during which ideas go from page to stage in 24 hours at The Village Theater at Cherry Hill in Canton.

During that time, a group of authors write several one-act scripts, directors audition and cast, actors rehearse and, at the end of that 24-hour period, the performances are staged for the public. This is an intense, theatrical experience.

The public is invited to drop in at any time during the 24-hour period to see this orchestration in motion. Up to six one-act (10-minute) plays will be performed to an audience at 8 p.m. Saturday, Jan. 9, on the Main Stage of The Village Theater with a \$15

ticket price. StageLab24 will need about 24 actors and actresses to fill the roles of the shows being written Friday night into Saturday morning during the January dates.

"Acting in StageLab24 is only a 12-hour commitment, which is ideal for individuals who cannot commit to months of rehearsals for a typical show," said Christopher Tremblay, co-founder of TLC Productions.

To audition, actors/actresses are recommended to register online in advance at tclproductions.org. Auditions will begin at 9:30 a.m. Saturday, Jan. 9, and will continue until 11 a.m. Auditions will take place at The Village Theater at Cherry Hill, 50400 Cherry Hill Road.

Individuals planning to audition should enter through the backstage door. Actors/actresses are required to pay a \$10 participation fee if cast. The \$10 fee covers lunch, snacks and dinner. Rehearsals will take place from 11 a.m. to 7 p.m.

Wherever you are — never let your guard down

Back in March 1911, many young women worked for the Triangle Shirtwaist Co. in New York City. This company operated out of the top three floors of a 10-story building, where women worked on sewing machines for nine hours a day, five days a week, plus seven hours each Saturday.

Women faced each other down long rows of sewing machines and their job was to make shirts, blouses, aprons and other clothing items. Good products were placed behind them in one pile, fabric scraps were placed in another. Men walked down the rows, oiling and repairing machines as needed. Oily benches and plenty of lightweight fabric material would be a problem. This would not be the best working conditions, but were similar to other businesses at that time.

Further complicating the issue was the fact that one supervisor oversaw all of the operations. He would unlock the door to the floor he was going



Shadd Whitehead
GUEST COLUMNIST

to oversee, while the other floors were locked behind him so that no one could leave the workplace while he wasn't looking. Windows were barred from the outside so that no one could step out onto the fire escape for a brief break during the work day.

A fire broke one Saturday, close to the end of the work day. It started on the eighth floor, in a scrap bin. The fire grew and spread quickly, due to the high fuel load of lightweight fabrics and oily surfaces. Frantic workers were able to force a door that lead to an elevator, which was able to take several carloads of workers to safety before it became unusable. Other workers had forced some of the steel bars from the building, so hundreds of workers poured out the windows onto the fire escape. The overloaded fire escape

lasted only several minutes under the weight before it pulled from the side of the building, spilling its victims onto the street below.

Another problem was the fact that the fire department's tallest ladder truck could only reach the sixth floor, so all efforts were put into climbing up the stairs with heavy hoses to fight the blaze, now covering the top three floors of the building. Some workers did manage to get to the roof, where people from a neighboring building placed a ladder from one roof, over the street, to the roof of the building on fire. Many made that perilous journey across and survived.

By the end of the day, the fire had claimed 146 victims. The consistent mixture of plenty of combustibles and many ways to generate heat (sewing machines, smoking, etc.) finally came together to create this catastrophe. The owners were paid more from their insurance company than they paid out to the families of the deceased.

Shortly after the fire, the owners started up business again and they were fined \$20 for locking exit doors with employees inside.

One of the girls rescued from that horrific fire, Anna Rosen, moved from New York City to the quiet town of McKeesport, Pa., with her family. While she slept, a gas line was leaking within the home. When her sister entered the home and struck a match to light a candle, the explosion tragically killed Anna.

Constantly strive to be as prepared as possible. Whether at work, shopping at the mall or out to dinner, be aware of your surroundings, know your exits and how to use them. Always have plenty of working smoke and carbon monoxide alarms in your home, which gives you the early warning you need to survive a fire.

Shadd Whitehead is fire chief for the Livonia Fire Department.

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LIVONIA LOVE AFFAIR

BILL BRESLER | STAFF PHOTOGRAPHER

Livonia Mayor Jack Kirksey (with scissors) was a frequent ribbon-cutter for grand-opening ceremonies. Here he's cutting the ribbon that officially puts the Awery bakery back in business. Also on hand were (from left) city council member Brandon Kritzman, bakery business partner Ron Beebe and business partner Jim McColgan.

Outgoing Mayor Jack Kirksey reflects on long public service career

David Veselenak
Staff Writer

Livonia Mayor Jack Kirksey always seems to be able to find the humor in most situations.

Be it a grand opening of a Livonia business, a city council meeting or the annual State of the City address, Kirksey's humor is one aspect most Livonians can recognize.

"I think if you can interlace it, salt in a little humor, people seem to enjoy it," said Kirksey, 87. "When I do the State of the City or whatever it is, I try to put some humor in it."

Kirksey, the city's mayor for 16 of the last 20 years, will have more time for practicing comedic material beginning this week: His time as mayor wraps up Thursday, the last day of his most recent four-year term. He'll vacate the mayor's office in city hall this week for city Treasurer Dennis Wright, who won the mayor's race earlier this fall.

Even if he could have run again — the city charter doesn't allow for mayors to serve a third consecutive term — Kirksey said he wouldn't have been out campaigning for another four years.

"Even if there hadn't been term limits at this end of the last two four-year (terms), I would be leaving. I have no plans to come back," he said. "I thought 16 years was a good amount of time to do the job as best you could."

And it doesn't only wrap up his time as mayor, but as a Livonia public servant. Kirksey and his wife Patt moved to their current Livonia home more than 50 years ago. During that time, he's served in a plethora of positions, including director of probation at the 16th District Court, an elementary school principal, a state representative in Lansing and a trustee at Schoolcraft College. He also served in the U.S. Air Force, both in active duty and as a reservist.

Kirksey grew up on Detroit's east side and attended Wayne State University, where he met his now-wife of more than 60 years. He said his leadership style developed at an early age, after he began working as an aquatics director at the YMCA and as a lifeguard on Belle Isle during the summer.

He said when the island used to house docks for swimming, he and other lifeguards would have dozens of rescues during the summer because of the strong current of the Detroit River.

"The time at Belle Isle probably had the greatest influence in terms of giving me experience in how to manage personnel and how to manage logistics and crowd control," he said. "I did that for eight summers."

That wide range of experience comes through during typical days in city hall, said Dave Varga, director of administrative services who works closely with Kirksey. Varga began working in the mayor's office in his first term back and has seen Kirksey face several challenges, bringing a unique take on

LIVONIA'S MAYORS

- Jesse Ziegler, 1950-54
- Elbert M. Hartom, 1954-56
- William W. Brashear, 1956-61
- Harvey W. Moelke, 1962-70
- Edward H. McNamara, 1970-86
- Robert McCann, 1986-87
- Robert D. Bennett, 1988-95
- Jack E. Kirksey, 1996-2003
- Jack Engebretson, 2004-07
- Jack E. Kirksey, 2008-15
- *Dennis Wright, 2016-
- *Will take office Friday



BILL BRESLER | STAFF PHOTOGRAPHER

Mayor Jack Kirksey got some help from the kids from Jackson Center in opening his annual State of the City address one year.



BILL BRESLER | STAFF PHOTOGRAPHER

Jack Kirksey has put in a lot of miles campaigning through the streets of Livonia in his long career.



BILL BRESLER | STAFF PHOTOGRAPHER

U.S. Army Col. Miles Davis and Mayor Jack Kirksey place a wreath at the memorial in Nehasil Park, which Kirksey helped get built as a monument to first responders.



FILE PHOTO

Jack and Patt Kirksey have raised their children, grandchildren and even a great-grandson in Livonia.

them. "He brings a perspective from so many different walks of life and careers," Varga said. "It's been an education, because there are things I would look at from one perspective. He's got so many years of experience to fall back on."

Family influence

One of the most influential people in Kirksey's life was his brother, Robert Kirksey, a vice admiral who served in the U.S. Navy for more than 30 years. The two were extremely close, even trying to coordinate leave so they could marry their fiances at the same ceremony, a plan that didn't work out, Kirksey said. They would fly together and Kirksey would go out and visit him at various locations, including the Pentagon, where his brother's office was later in his military career.

He still talks fondly of the stories the two of them shared, including several times he and his family would visit his brother aboard the ships Robert was on. Kirksey recalled traveling to Pearl Harbor to meet with his brother and ride back on the USS Kitty Hawk, the carrier his brother was commanding at the time.

"That was a great adventure," Kirksey said. "I had great admiration for him."

Robert died in 2006 and is buried at Arlington National Cemetery. A plaque bearing Robert Kirksey's picture hung in Kirksey's office on the back wall.

Family has been key to Kirksey's life. After retiring, he and Patt plan on traveling west to visit their sons and their families, who live in Colorado and Utah. He anticipates there will be some home improvement projects he'll help

them with on the first trip there post-retirement. Kirksey has spent a great deal of his free time working on his family's and his children's homes over the years.

"There could be," he joked. "I don't want to suggest anything to them."

And after all those years of hard work and many days and nights away from home, spending more time with his wife is on the top of his list.

"I obviously do everything a husband is supposed to do. It's hard for people to believe," he said. "We still have a good laugh at the dinner table, just the two of us."

'Hard to fill his shoes'

Lots has changed in Livonia since Kirksey was first elected as mayor in 1995. Since then, the city has taken down two malls and built large shopping centers in their place. I-96 has been reconstructed, the Middlebelt corridor has transformed into a major retail destination, Nehasil Park was built to honor the city's fallen first responders and the Livonia Community Recreation Center was built on the site of the former Bentley High School.

That rec center will soon bear his name, as the Livonia City Council recently approved a name change for the building in honor of the work Kirksey has done. He shared a story after it was built of a woman who approached him and his wife at the rec center after it was built.

"She said, 'You know, when you were getting ready and doing the big push to get the rec center started, I voted against it,' she said. 'I thought, 'Here comes the lecture,'" he said. "She said, 'You were right and I was wrong.' I thought it was like a magic moment."

Having that knowledge of what to do, sometimes in a pinch, will be one of the qualities former city Councilman Jim McCann said will be missed about Kirksey.

McCann, a longtime friend of Kirksey's, referenced the development along Middlebelt south of Schoolcraft, which has boomed in the last two years. He said the addition of Menards catalyzed the development in that whole area and it was something that came together quick. Menards originally planned on coming to Canton, but decided to meet with Livonia that day. Shortly after, a deal was struck to bring Menards to Livonia.

"That happened in four hours," he said. "That's the dynamic part of Jack that's going to be hard to fill his shoes."

The drive to try to do projects that the community backs has been something, Kirksey said, he's kept in the forefront. He's proud of his city and plans on staying in town after retirement, though just as a regular citizen.

He said it's important to respect what the community desires, something that shows through the city's low tax rate.

"I think if you say to the citizens, 'Here's how it will change your life, here's what you get when you put your dollars on the table' and that promise is fulfilled, it's a system that works extremely well," he said.

"I truly love Livonia. I'm very proud of this city."

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LIVONIA CHRYSLER JEEP

The ribbon is cut for the grand reopening at Livonia Chrysler Jeep on Plymouth Road in Livonia earlier this month. The dealership reopened earlier this fall after a lengthy legal battle.

Livonia Chrysler Jeep celebrates grand reopening

It's back to selling Chrysler and Jeep vehicles at 30777 Plymouth in Livonia.

Livonia Chrysler Jeep reopened earlier this fall after nearly a six-year legal battle that kept the dealership shuttered as a part of the Chrysler bankruptcy reorganization. After the U.S. Court of Appeals ruled in its favor earlier this year, the U.S. Supreme Court declined to hear the case, paving the way for the dealership to reopen.

Since the former Mitsubishi dealership closed on the lots several months ago, owners Colleen and Dave McDonald spent weeks preparing the site, doing renovations and getting vehicles on the lot. The



LIVONIA CHRYSLER JEEP

Livonia treasurer and Mayor-elect Dennis Wright (left), with outgoing Mayor Jack Kirksey at Livonia Chrysler Jeep. The dealership held a grand reopening event earlier this month.

showroom was redone and other improvements were made to the lot.

A ribbon-cutting took

place earlier this month, complete with local officials and other dignitaries.

Masco Foundation grant a boon to service personnel

A new Freedom Center Military Lounge, located adjacent to Gate D-17 in the Detroit Metropolitan Airport's North Terminal, opened Dec. 17 for the benefit of traveling members of the military, their families and veterans. The lounge was made possible by a \$100,000 grant from the Masco Foundation, combined with the continued financial support of corporations, including Meritor, Delta Air Lines and many other area companies.

"Since we envisioned establishing a permanent, world-class military lounge in this great airport, we have been blessed with outstanding support of area corporations, a wonderful team of volunteers and support of many, many citizens of the area," said Kenneth S. Pratt, president of the Michigan Armed Forces Hospitality Center, Inc., the non-profit organization which operates the Freedom Center Military Lounges. "In just four years, our lounge in the McNamara Terminal, plus our lounges at the military processing stations in Troy and Lansing, have assisted over 200,000 members of our military and their families. We are proud today to open our fourth facility in the heart of DTW's North Terminal in time for the busy holiday travel season. Thank you all for making this possible."

Pratt went on to acknowledge the contributions of the Masco Foundation for its \$100,000 grant that made the lounge possible, plus the support of others.

"The Masco Foundation, along with Meritor, Delta Air Lines and others, have made our second Freedom Center airport lounge possible,"

Pratt said. "They are great partners and continue to enlist the support of other community members. Everyone was 'all in' for building out this lounge. The airport authority gave us the space, but we needed to complete the space within budget. With the generous support from the project managers TPC (The Petersen Companies), their partners JGA, their contractors and many, many others, we today have another world-class lounge for our military. Our thanks to everyone who made this happen."

"At Masco, we value the service and sacrifice of our veterans, U.S. military troops and their families," said Richard Manoogian, chairman emeritus of Masco Corp. "We are extremely honored to partner with the Michigan Armed Forces Hospitality Center and support the second Freedom Center at Detroit Metro Airport. The creation of a Freedom Center at the North Terminal will ensure that the special needs of all military travelers connecting through Detroit will be met. We are proud to be a part of this project and have this opportunity to serve those who have served us."

The new Freedom Center lounge is an 800-square-foot facility located adjacent D-17 near the center of DTW's North Terminal. Its design features one wall composed of bricks donated by the Michigan Aerospace Foundation and its Yankee Air Museum located at the bomber plant at the Willow Run Airport in Ypsilanti. Open to all who are currently serving in the armed forces, as well as all veterans, amenities include comfortable

seating, free Internet access, a large-screen TV, as well as free beverages and snacks. TPC of Wixom was general contractor and designer of the new lounge and JGA of Southfield was project manager. TPC enlisted the support of numerous suppliers and subcontractors to keep build-out costs to a minimum.

"We are deeply honored to have been a part of the Freedom Center project," said Arvid Petersen, chairman of TPC. "We are proud and pleased to be able to give back to the service men and women and their families for the constant sacrifice they have made for us and for their vigilance in keeping us safe."

"The team at the Michigan Armed Forces Hospitality Center at Detroit Metropolitan Airport performs an outstanding service," Airport Authority CEO Thomas Naughton said. "We are proud to support their expansion into the airport's North Terminal, which will now enable access to their comfortable lounge amenities to all our traveling military personnel and families."

The first Freedom Center lounge, located at Gate A-43 in DTW's McNamara Terminal, was dedicated on Veterans Day in 2011. Since that time, more than 200,000 individuals have been hosted by volunteers at the Freedom Center lounges operated by the Michigan Armed Forces Hospital Center, Inc. The nonprofit corporation also has satellite lounges in Troy and Lansing to benefit enlistees and their families during the enlistment and swearing-in process. Additional information is available at MIFreedomCenter.org.

ADVERTISEMENT FOR REQUEST FOR BIDS

CITY OF LIVONIA, MICHIGAN AGGREGATES

Sealed bids will be received at the Livonia City Hall, 33000 Civic Center Drive, Livonia, Michigan 48154 until 2:00 P.M., local time on Tuesday, January 19th, 2016 at which time the RFB's will be secured by the City Clerk. Each bid shall be recorded together with the name of the vendor. Bids shall be in accordance with the requirements of this notice in order to be deemed "responsive." Late bids will be returned unopened.

Instructions 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. Each response to the bid must be provided to the City of Livonia electronically in Adobe (PDF) format. Faxed bids in response to this request will not be accepted.

All bids shall be sealed in envelopes, plainly marked with: CITY OF LIVONIA, MICHIGAN AGGREGATES, name of vendor and shall be addressed to the City Clerk, City of Livonia, 33000 Civic Center Drive, Livonia, Michigan 48154.

No vendor may withdraw their bid 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 bids in whole or in part and waive any irregularities therein. Acceptance of any bid does not constitute a binding agreement until a written Contract is signed by both parties.

Douglas L. Moore
Superintendent, Public Works

Dennis Wright
Mayor

Published: December 31, 2015

LO-0006287849 3x4

CITY OF GARDEN CITY NOTICE OF ADOPTION

Please take notice that at its regular meeting of Monday, December 21, 2015, the City Council of the City of Garden City did adopt the following schedule. All regular meetings of the City Council begin at 7:00 pm in the Civic Center Council Chambers, 6000 Middlebelt Road, Garden City, Michigan 48135, (734) 793-1660, unless otherwise noticed.

2016 - SCHEDULE OF REGULAR COUNCIL MEETINGS

Monday	January 11, 2016	Council Meeting
Monday	January 25, 2016	Council Meeting
Monday	February 8, 2016	Council Meeting
Monday	February 22, 2016	Council Meeting
Monday	March 7, 2016	Council Meeting
Monday	March 21, 2016	Council Meeting
Monday	April 4, 2016	Council Meeting
Monday	April 18, 2016	Council Meeting
Monday	May 2, 2016	Council Meeting
Monday	May 16, 2016	Council Meeting
Monday	June 6, 2016	Council Meeting
Monday	June 20, 2016	Council Meeting
Monday	July 11, 2016	Council Meeting
Monday	July 25, 2016	Council Meeting
Monday	August 15, 2016	Council Meeting
Monday	August 29, 2016	Council Meeting
Monday	September 12, 2016	Council Meeting
Monday	September 26, 2016	Council Meeting
Monday	October 10, 2016	Council Meeting
Monday	October 24, 2016	Council Meeting
Monday	November 7, 2016	Council Meeting
Monday	November 21, 2016	Council Meeting
Monday	December 5, 2016	Council Meeting
Monday	December 19, 2016	Council Meeting

Adopted: 12/21/2015
Posted: 12/23/2015
Published: December 31, 2015

LO-0006287854 3x5

Grand time to open expanded Livonia chamber office



Dan West

GUEST COLUMNIST

We had an amazing turnout Dec. 17 to formally acknowledge the opening of our new office for the Livonia Chamber of Commerce.

Our staff and ambassadors have participated in hundreds of ribbon-cuttings and groundbreaking ceremonies to celebrate new and expanded businesses here in Livonia through the years, but it was strange to organize a grand opening for the Livonia Chamber.

We like to make each grand opening a unique celebration of the risk, work and determination of the business owner. But when it comes to a chamber of commerce, particularly in a community-minded place like Livonia, it is truly an acknowledgment of a healthy business community.

It was a good year-end occasion to acknowledge two significant accomplishments for the chamber in 2015. First, we surpassed 900 members for the first time in more than 20 years. This is a tribute to the resilience and growth of the business community in and around Livonia.

This growth enabled us to move into a nice facility at the Civic Center Office Plaza - with double the space - that allows us to better serve our members and promote the Livonia business community.

In an amazing coincidence, our new office



Livonia Mayor Jack Kirksey helps cut the ribbon on the Livonia Chamber of Commerce's new office.

"For the past dozen years, the Livonia Chamber worked out of an office on the city's Civic Center campus."

was formerly occupied by the Brashear and Tangora law firm, co-founded by William Brashear, Livonia's first city attorney and third mayor. He was one of the nine original members of the Livonia Chamber of Commerce Board of Directors when it first met in February 1950. This law firm is now known as Crieighton, McLean and Shea, the chamber's longest-sustained member.

The Livonia Chamber's first headquarters was in the Six Mile-Meriman area at the home of Eddie Edgar, a legendary sports writer and Livonia advocate. In the early 1960s, the chamber office moved to a location on Farmington Road, just north of Five Mile, which is currently occu-

piated by a State Farm Insurance office.

For the past dozen years, the Livonia Chamber worked out of an office on the city's Civic Center campus. It was a challenging time for the chamber when it moved into this space in 2003, so city leaders made affordable arrangements for the Livonia Chamber to re-organize, endure the economic downturn of the last decade, develop better ways to serve the business community and position our organization for the growth we've seen so far this decade.

Our move this fall into a bigger space enables us to provide a better clubhouse feel and meeting spaces for our members. Our 21-member board and staff are grateful for the continued support of our organization, which comes from so many people who are fully engaged in the unique community spirit that brings us all together here in Livonia.

Dan West is president and CEO of the Livonia Chamber of Commerce. He can be reached at dwest@livonia.org.

OUR VIEW

Newspaper staffer hopes for 2016 run gamut

Staffers of this newspaper put in long hours in the communities and have great insight on what goes on. Here's a few thoughts their hopes for the communities, as well as our region, for 2016.

Garden City:

Continued success for the on-the-grow Garden City Business Alliance, which in late November hosted its first Business Expo and has held several other successful events. GCBA leaders have stepped up when the community's former chamber of commerce became dormant, and are a growing voice for business in Garden City.

Many more years for the annual Santaland Parade, which held its 55th annual event the Saturday after Thanksgiving this year. The parade is fun and a source of great civic pride.

Farmington-Farmington Hills:

That Farmington Public Schools officials continue their focus on fiscal responsibility and increases in

student achievement.

Livonia:

The pool reopening at Clements Circle Park. Livonia's population seeing an estimated increase, compared to the recent years of population loss.

Northville:

Continued success in Northville's downtown and commercial and business centers in the city and township.

Ahead in 2016

Other staff hopes are more regional: People taking the time to really become informed about the presidential candidates before casting their votes in the primary and general elections.

That we have meaningful local races for leaders of our township, school, county and state governments. While most of the attention will be placed on the U.S. presidential election, it's the decisions made at the lo-

cal level that have the greatest impact on the taxes we pay and our property values. Qualified candidates means that those seeking office have to address the issues we face, as well how they plan to address the issues facing us on the local level. And hopefully the candidates will focus on real solutions instead of sound-bites focused on generic talking points.

That our legislators in Lansing will begin to focus less on the 'R' or 'D' next to someone's name and focus solely on issues that make the lives of Michigan residents better. Gone are the days when members of different political parties work together to craft compromises so everyone can benefit from decisions. That cooperation has given way to absolutism, which simply disenfranchises citizens.

That bullies in school are truly held accountable. A greater respect for people dealing with mental illness, as well as physical and cognitive challenges. Hope for those who've lost hope. Regionally, we need our roads repaired ASAP. Continued and growing support of local media.

Wayne County Commission addresses 'inaccurate' reports

You may have read or heard some nasty things about the Wayne County Commission recently. Most of it is greatly exaggerated or entirely untrue.

Inaccuracies in a few Detroit News opinion columns were repeated and reported as if they were fact. The editorials stoked the fire, which got the attention of TV and radio news, which helped it spread to social media and, suddenly, it started to catch fire.

It was the most misunderstood and misrepresented story in town at that moment.

There are two truths



Gary Woronchak
GUEST COLUMNIST

about news reporting. One, information is sometimes inaccurate and, more often, incomplete. Two, people largely believe what they read, especially if it makes them angry, and once they have a negative impression, the impression sticks.

Here's an example of the latter: Oakland County Executive L. Brooks Patterson, on a local Sunday morning talk

show, said some people like Donald Trump because they're fed up with government. Fair enough, but then to make his point, he adds, "Even locally, the Wayne County Commission, they just gave themselves a big raise when everyone else is cutting back."

That could be something to be fed up about, except it isn't true. County elected officials' pay, which is set by ordinance, was last increased 14 years ago. In fact, it was reduced by 10 percent in 2009.

So Patterson heard something negative, translated what he read into something that was totally unrelated and pure fiction, then said it on TV, where people heard it, would have no reason not to believe it and the negative impression is spread.

It's my job to push back against the negative, inaccurate reports with facts and explana-

tion. There are two main chapters to the story that has sputtered along the past few weeks.

First, it was said the Wayne County Commission had enriched itself at the expense of workers, by "voting itself lifetime health care after ending health care for retirees."

Many county retirees who had been receiving health care benefits have been switched to a program that pays them monthly stipends to put toward insurance they buy on their own. Current county employees are no longer eligible for retirement health care, though some may still qualify for the stipend program.

The commission did not end health care for retirees.

Just as commissioners did not end retiree health care, neither have we voted ourselves lifetime health benefits.

The benefit that caused all the fuss was one that offered post-employment health care to county employees who held specific elected or appointed positions for a certain period of time. It did, at one time, include all county elected officials. Note the phrase, "did, at one time."

Despite the attempts to portray it as something more than it is, this benefit is not something we just now created for ourselves. It was created more than 20 years ago and is a benefit that the commission actually ended four years ago for anyone coming to the county after October 2011.

What the commission did to this benefit — which the administration did not have any legal basis to revoke on its own — was to say the small, closed-off and shrinking group, less than 100, who were legally entitled to it would still get it, but at a

lower level than they had been — the same as the 1,100 or so retirees who still receive the same health care as existing employees, because it was contained in their union contracts when they retired in the last eight years.

After the initial attack, an editorial writer decided to keep stirring anger toward the commission by talking about commissioner compensation and workload. It's an old, cheap trick, claiming the commission is a part-time job because of its meeting schedule, as if the number of meetings are the sum total of our work. Commission meetings are just a small measure of the work commissioners perform.

Gary Woronchak represents Dearborn and Allen Park on the Wayne County Commission and is a former newspaper editor and state legislator. He can be contacted at gworonch@waynecounty.com.

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EDUCATION

Canton foundation continues scholarship tradition

By Brad Kadrich

When Canton Community Foundation officials announced they would award \$100,000 in scholarships to 200 students in the next few weeks, they were celebrating a quarter-century of the program. The foundation will award a total of \$100,000 in scholarships to 200 students in the next few weeks. The program has been a source of pride for the community since its inception in 1991. The foundation has awarded more than \$10 million in scholarships to over 2,000 students at various levels of education. The program is a testament to the community's commitment to education and the future of its youth.

ON CAMPUS

Canton students will be able to take advantage of the foundation's scholarship program. The program is a testament to the community's commitment to education and the future of its youth.

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OF RESIDENTS IN SMALL COMMUNITIES READ LOCAL NEWSPAPERS

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HOLIDAY HOOPS

Short-handed Harrison comes up big

Minus three players, Hawks topple JRLA

Ed Wright
Staff Writer

On the day after Christmas, Farmington Hills Harrison's boys basketball team brought some "presence" to the Detroit Motor City Roundball Classic. Despite playing without

three players who were out of state on holiday trips, the Hawks delivered a 66-52 win over the Jalen Rose Leadership Academy in a game at Harper Woods High School.

At 3-2, Harrison is now just one win away from equaling its victory total for the 2014-15 season.

Leading the Hawks in the scoring ledger were senior guard Adrian Pattah (24

points), senior forward Trevon Dixon (15 points) and senior center Tommy Williams (14 points).

Dixon contributed across the stat sheet, chipping in six rebounds and six assists.

"I was very impressed with how we hung in there and played 32 minutes," Harrison head coach Stefon Wilson said. "Trevon played well at both ends of the court, but this was

a team win.

"We shared the ball well. We turned down good shots for great shots. Hopefully, we can carry this over to our next game, against North Farmington."

The Hawks led from the opening tip, racing to a 16-11 lead after one quarter before stretching their halftime advantage to 33-19. JRLA made a mini-run in the third quarter,

closing the gap to 45-35, but Harrison finished strong with a 21-point fourth quarter.

Harrison wasn't great from the free-throw line, knocking down 13-of-23 attempts, but it was good enough.

Anthony Giovanni dished out six assists for the winners, while Williams yanked down four rebounds.

ewright@hometownlife.com

THE ART OF GIVING BACK



Members of the Livonia Churchill girls basketball team helped throw a party for several Wayne County autistic residents Dec. 23 at the Twelve Oaks Macy's.

ED WRIGHT

MAKING (S) WISHES COME TRUE

Churchill basketball players spend quality time with autistic individuals

Ed Wright
Staff Writer

The afternoon of Dec. 23, just a long 3-point shot away from the chaos and stress that last-minute holiday shopping creates, a calming, heart-felt gathering was unfolding in an away-from-the-madness banquet room in the Twelve Oaks mall.

At the center of the festi-

ties — which included games of Holiday Pictionary, karaoke sing-alongs and a visit from Santa Claus (a.k.a. Livonia Churchill girls basketball coach K'Len Morris) — were members of the Chargers varsity girls basketball team, who set aside a few hours of their holiday break to spend time with several Livonia-area individuals who live with autism and other related conditions.

Throughout most of the laughter-coated event, it was hard to tell who was having more fun — the volunteers or the non-volunteers.

One of Morris' priorities when he was hired to guide the

Chargers earlier this year was to make sure his players entrenched themselves in community-enhancing programs.

In addition to the holiday banquet at Macy's (which donated the room free of charge), Churchill players played games with patients at the Ann Arbor Veterans Administration Hospital one day earlier.

"This is a great experience for us because, along with having fun, we're learning how appreciative we should be and how different everyone's lives are," Churchill senior Molly Pummill said. "We've also played basketball with them a couple of times, which they

really love doing."

"You can see it in their eyes — and in the eyes of their parents — how special this is for them," Churchill junior guard Lily Allen said. "It brings me and my teammates a lot of joy as well. We're going to try to do something with them once a month."

While the autistic individuals were enjoying the string of fun activities, their parents were given the opportunity to shop at the mall or just relax without having to worry about their children.

Helping to orchestrate the event was Mari MacFarland, an employee of the Livonia

Public Schools whose many responsibilities include organizing peer programs for special-needs students.

"The autistic students and the students with social-skills deficits really enjoy programs like this," MacFarland said. "Their parents tell me they talk about these events well in advance."

"We are working at trying to increase involvement between students with autism and those without, because these meetings can be beneficial for everyone. For these girls to volunteer their time is really

See PLAYERS, Page B2

COLLEGE SPORTS

MSU swim roster includes former Stingrays

The Farmington Family YMCA Stingray swim team has a long history of producing college swimmers.

Currently, there are three FFYS Stingrays on the Michigan State University swim team — senior Marina Borri, sophomore Nick Leshok and freshman Emily Brunett.

Borri, the MSU record holder in the 200 breaststroke, and Brunett are graduates of Harrison High School. Leshok

swam for North Farmington High School.

It is uncommon for three swimmers from one club team to reunite on an NCAA Division I college program, especially since the majority of the MSU roster lists hometowns outside of Michigan.

Other FFYS alumni swimming at the collegiate level include Mallory Buha, University of Buffalo; Maranda Buha, IUPUI; Mikayla Doepker,

Kalamazoo College, Keith Erichsen, Case Western University; Lauren Folkert, University of Rhode Island; Christopher Szymczyk, Wheaton College; and Jake Wasko, Kalamazoo College.

The most famous FFYS swim team alumna is Katya Bachrouche, who swam for Lebanon in the 2012 London Olympics.



The Farmington Hills trio of (from left) Marina Borri, Nick Leshok and Emily Brunett are members of the Michigan State swim program.

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USA HOCKEY

NTDP's Krys makes World Juniors roster

Teammates Bellows, Keller miss cut for tournament; two ex-Whalers on team

Tim Smith
Staff Writer

Defenseman Chad Krys is the lone man standing out of three USA Hockey National Team Development Program players who sought a chance to play in the World Juniors.

Two weeks ago, Krys and NTDP Under-18 teammates Kieffer Bellows and Clayton Keller went to Boston for the first phase of USA Hockey's selection camp. Bellows was cut from consideration for Team USA on Dec. 23 and Keller was sent back to Plymouth following round two, which was Dec. 19-23 in Vierumaki, Finland.

When Team USA suited up Dec. 26 against Canada in the team's first game of the 2016 Ice Hockey World Championship, an Under-20 tournament in Finland, only Krys was on the roster.

Also making the cut are goaltender Alex Ne-



International hockey is coming Feb. 9-13 to USA Hockey Arena in Plymouth. Tickets for the Five Nations Tournament are on sale.

deljkovic and forward Sonny Milano, both formerly of the Ontario Hockey League's Plymouth Whalers (a team sold to a Flint ownership group following the 2014-15 season). On the coaching staff is U18 head coach Danton Cole.

During an interview before leaving USA Hockey Arena for the Boston training camp, Krys said going through the demanding rigors of the NTDP would be a plus in the bid to make Team USA.

"I think so ... we've gotten college games in," Krys said. "We've played against some of that older competition that these guys are used to playing in all the time."

"We've been on the ice since the end of August, unlike some of the college teams that aren't practicing as a team as



Defenseman Chad Krys of the NTDP U18s made the World Juniors roster, along with former Plymouth Whalers Alex Nedeljkovic and Sonny Milano.

long, so I think that's an advantage for us."

Five Nations tickets

Come to the USA Hockey Arena box office to get tickets for the 2016 Under-17 Five Nations Tournament, which will take place Feb. 9-13.

Teams in the tournament include the U.S. National Under-17 team, as well as squads from the Czech Republic, Finland, Russia and Sweden.

Each team will skate in four games, with points awarded as follows: regulation win,

three; overtime win, two; overtime loss, one.

Tournament passes, including tickets to all 10 games, are \$65 for center ice and \$55 for executive reserved.

Single-day tickets also are on sale, including access to two games.

Those are \$18 (center ice) and \$15 (executive reserved).

To buy tickets, go to USAHockeyArena.com or call the box office at 734-453-6400.

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YAGER CHOOSES UDM



TAMMY MILLER

On hand for Elizabeth Yager's signing ceremony were family members (standing, from left) dad Eric; brother Matthew; mom Kelli; and brother Joe.

SHE'LL KEEP TRADITION ALIVE

Canton senior will be fourth Yager to go to University of Detroit

Tim Smith
Staff Writer

Family tradition is big with the Yagers.

So it makes perfect sense why Canton senior outfielder Elizabeth Yager decided to become a Titan — signing her national letter of intent to play Division I softball at the University of Detroit Mercy.

Yager didn't have to think too long about deciding UDM was the best place for her to sign. Her grandfather (N. Joseph Yager) went to the University of Detroit in the 1950s and her dad (Eric) followed suit in the 1970s.

And older brother Joe Yager currently is a student at UDM, in the nursing program that Elizabeth intends on enrolling in.

"I'm really excited to do so," Elizabeth Yager said. "It wasn't necessarily a push from my family to do that. It was more a choice on my own. But it's pretty cool that I'm getting to do

that.

"They're really excited for me, especially Joseph. He's excited to have me on campus with him."

But the 18-year-old Canton resident — who batted .542 with 38 stolen bases in 2015 for the Chiefs — will be starting her own tradition, playing D-I softball for the Titans.

"I am willing to play wherever I can get on the field," Yager said. "I know they've been looking for outfielders and that's obviously where I'd love to be."

"Center field is not the only spot I would play over there. I'm fine with anything as long as I'm on the field."

Although Yager is not getting a full-ride scholarship, a combination of academic (she carries a 4.1 grade-point average) and athletic scholarships will put a major dent in her tuition costs.

Priorities count

Yager emphasized that the family lure wasn't the biggest factor in her decision to sign with Detroit Mercy.

It was how UDM softball coach John Conway and his program places the main empha-

sis on academics for his players.

With that, Yager knew she could go all-in on studies for a nursing degree without worry there might be repercussions from the softball side.

"Most Division I schools, softball comes first and softball is over school," Yager said during a recent telephone interview. "And if you miss your nursing classes or you miss a clinical, that's just how it is."

"(UDM) runs it a little bit different, especially with their nursing program. Their clinical placements, they give athletes priority and they help athletes out with the nursing program. And then the coach himself stresses academics. It's important to him and it's important to his team."

UDM's softball team has been among the Horizon League leaders in grade-point average in recent years.

"And the work ethic of the girls on the team also drew me in," Yager said. "The girls that missed a practice because of their academic program, they went on their own time and set something else up with

that coach.

"The girls worked so hard and the coach is willing to work with you at any time of day."

That kind of work ethic is evident with her high school team as she looks to close out a successful prep career in 2016.

Childhood dream

Meanwhile, Yager can't wait to have the best of both worlds at UDM. Not only does she get to play softball, she'll go to work on becoming a nurse. It's the path she first envisioned taking when just a little girl.

And it doesn't matter that Joe Yager, a 2014 Canton graduate, already is in the Mercy nursing program.

"Actually, I wanted to go into nursing before he did," Elizabeth Yager said. "I have wanted to go into nursing since I was maybe in second or third grade."

"I can't wait. I know he's going to specialize in something a little different, so I won't have to compete with him for a job. But I cannot wait to be at the same school as him."

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GIRLS BASKETBALL

Powerful Rockets take down the Titans, 45-33

Woodard, Robinson form potent tandem

Ed Wright
Staff Writer

Sophomore Sharon Woodard and senior Taylor Robinson formed a productive inside-outside combination for the Westland John Glenn girls basketball team Saturday afternoon against host Southgate Anderson.

Woodard, one of the

most accurate long-range shooters in the area, netted a career-best 14 points, while Robinson was hard to handle in the paint, registering 10 points and 13 rebounds, in the Rockets' 45-33 victory over the Titans.

Also playing well for the winners were Kimah Stribling (seven points), Sierra Moseley (six points) and Carly Loving (six points).

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BOYS BASKETBALL



NANCY ERVIN

Franklin's Denzel Adams prepares to attack the rim during last week's holiday tournament.

Franklin walks the plank against Pirates

Ed Wright
Staff Writer

Hampered by three game-ending injuries and a rugged trapping defense, Livonia Franklin dropped the consolation game of its own holiday tournament Dec. 23 to Pinckney, 59-33.

"Pinckney plays a tough, trapping defense and an up-tempo offense," Franklin head coach Jeremy Rheault said. "Pinckney jumped out to an early lead, but I'm proud of our first-half comeback and team defense."

The Pirates led 16-12 after one quarter and 28-23 at the half. The visitors eliminated any drama from the final quarter by outscoring the

Patriots 10-2 in the third before thrashing the Patriots, 21-8, over the final eight minutes.

Senior captain Joe Chinavare was a bright spot for the Patriots, scoring a team-high 11 points to go along with three steals. Chinavare was on the mark on 4-of-7 free-throw attempts.

Sophomore Mark Mettie also had his moments against Pinckney, registering eight points, seven rebounds and a blocked shot.

Jax Gasaway added two assists and three rebounds for Franklin, which shot 36 percent from the field and 2-of-6 from beyond the 3-point arc.

Pinckney made 20-of-28 free throws.

petition.

"K'Len has done a great job of creating an awareness among his players about special-needs individuals like they're connecting with today," MacFarland said.

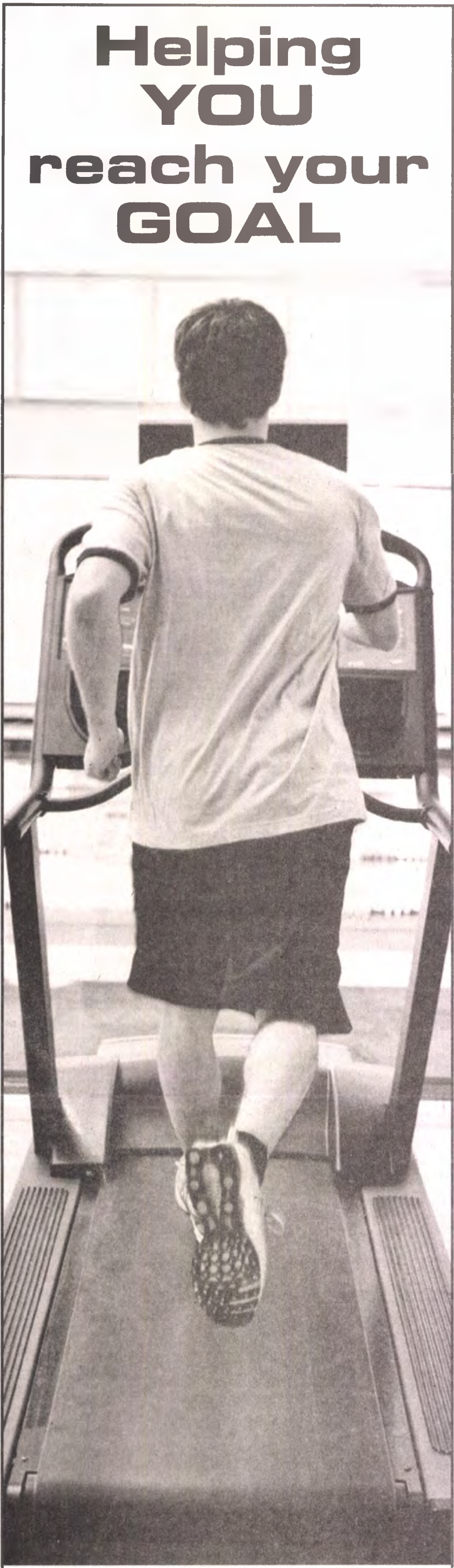
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PLAYERS

Continued from Page B1

something special."

Among the events planned for 2016 are a combination barbecue/free-throw shooting com-



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THURSDAY PUZZLE CORNER

CROSSWORD PUZZLER

- ACROSS**
- 1 — law (computer industry rule)
- 7 WWII prez
- 10 Argus-eyed
- 15 Turn sharply
- 19 Haul in
- 20 Mendacity
- 21 Nerve
- 22 Caucus state
- 23 Luau libation
- 24 Hearth waste
- 25 Slight residue
- 26 Again
- 27 *Ad Council bloodhound
- 31 Et — (plus more)
- 32 Roly-poly
- 33 "I knew it!"
- 34 Good tidbit
- 38 Colleague of Trotsky
- 40 *They don't have qwerty layouts
- 46 Pen's tip
- 48 String after Q
- 49 Have — of hope
- 50 Gp. for fillers and drillers
- 51 *At a short distance
- 56 *Metro section manager
- 59 Deadeye's skill
- 60 TCBY treats
- 61 Bloom holder
- 62 PC pictures
- 63 Fetus feeder
- 65 Kotter of TV
- 66 Juan's "this"
- 68 Henry VIII's third Catherine
- 69 *Tool whose teeth rotate
- 72 Costello and Holtz
- 76 Baseballer
- 78 Brogan part
- 79 Sloping
- 81 Bacon piece
- 84 Gone
- 85 Antsy feeling
- 86 Color tone
- 87 *It may show acidity
- 90 *Divorcee in 1991 news
- 92 Min. segment
- 93 Segment
- 94 Suffix with 114-Down
- 95 Chargers linebacker
- 96 *Yale, e.g.
- 102 Tips, as a cap
- 106 Chilling
- 107 Goller
- Trevino
- 108 Batter
- 110 Taxi readout
- 111 What the double-digit Roman numerals at the starts of the answers to the starred clues add up to
- 118 Mud in a cup
- 121 Haikus, e.g.
- 122 22nd letter
- 123 Goopy camp treats
- 124 All tied up
- 125 Shul scroll
- 126 Be off
- 127 Unseat
- 128 Like paraffin
- 129 Lacking pity
- 130 Negatives
- 131 First phases
- DOWN**
- 1 Fox or ox
- 2 Prophesier
- 3 Derivation
- 4 Teaches new skills
- 5 Biblical twin
- 6 Rigidly formal
- 7 Thin-screen boob tube
- 8 Plate
- 9 Practice
- 10 Giant in train travel
- 11 Petty of film
- 12 Quiz's kin
- 13 Paella base
- 14 Ticked (off)
- 15 Pfizer drug
- 16 Many eras
- 17 She bleats
- 18 Bitingly cold
- 28 In thing
- 29 Chin-wag
- 30 Native Nebraskan
- 35 Sister of Clio
- 36 Rider, e.g.
- 37 Old rulers
- 39 Jenna Bush, to Job
- 41 NBA and NRA, e.g.
- 42 Crusty roll
- 43 Big name in Art Deco
- 44 "We did it!"
- 45 "See you"
- 47 Wild horse
- 51 Cartoonist Al
- 52 Oscar winner Kedrova
- 53 Sharif of "Funny Girl"
- 54 No voters
- 55 On or about
- 56 Coup group
- 57 Morse "E"
- 58 *That's what — service!"
- 61 One paid to park cars
- 64 Sweet filling
- 65 Event invitee (Danish chain)
- 66 Sup at home
- 67 Try to hit, as a fly
- 70 Snow-pure
- 71 Epic story
- 73 Aloha Stadium site
- 74 "One," on a U.S. coin
- 75 Process unit
- 77 Coll. in Lower Manhattan
- 80 Filled up
- 81 Cow of ads
- 82 Kitchen filter
- 83 Burlesque dancer Lili
- 84 Llama locale
- 85 2004 Chevy debut
- 88 Mudbath site
- 89 "If" game
- 90 Feeling bliss
- 91 Vane locales
- 94 Freezes
- 97 Church chant
- 98 "Icky!"
- 99 Full of melting snow
- 100 Fiats
- 101 Spanish plural article
- 103 — Islands (Danish chain)
- 104 Least limited
- 105 Has a feeling
- 109 Botch
- 112 Goes (for)
- 113 Blow a horn
- 114 Saving sort
- 115 Arab nation
- 116 Drusilla
- 118 Shul-goer
- 119 Gardner of "The Bribe"
- 120 Nettle

Crossword puzzle grid with numbers 1 through 131 indicating starting positions for clues.

For assistance or suggestions on the Puzzle Corner, contact Steve McClellan at (517) 702-4247 or smccllellan@michigan.com. Want more puzzles? Check out the "Just Right Crossword Puzzles" books at QuillDriverBooks.com

SUDOKU

9x9 Sudoku grid with some numbers pre-filled in various positions.

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

3x3 grid of numbers 1-9 used for solving the Sudoku puzzle.

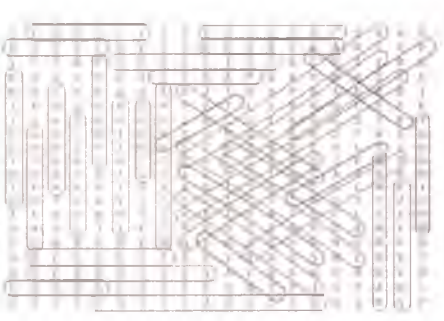
HOLIDAY WORD SEARCH

WORDS

Word search grid containing various holiday-related terms like APPRECIATION, GATHERING, GIFT, etc.

Crossword Answers: MOORES, FDR, ALERT, VEER, ARREST, LIE, MOXIE, IOWA, MAITAI, ASH, TRACE, ANEW, MCGRUFF, THECRIME, DOG, ALIA, FAT, AHA, TREAT, LENIN, DVORAK, KEYBOARDS, NIB, RST, ARAY, ADA, CLOSER, RANGE, CITY, EDITOR, AIM, CONES, VAISE, ICONS, PLACENTA, GABE, ESTA, PARR, CIRCULARS, AW, LOUS, ENOS, HEEL, ATASLAN, HUE, ESSAY, PAST, AGITA, HANT, LITMUS, TEST, IVAN, ANAT, TRUMP, SEC, PART, INE, TEO, IIVYLEAGUES, SCHOOL, DOFFS, EYRIE, LEE, RAM, FARE, T, TWO THOUSAND, SIXTEEN, JAVA, POEMS, VEE, SMORES, EVEN, TORAH, TERR, DEPOSE, WAXY, STONY, NOIS, ONSETS

Word Search Answers



MAKE IT A PUNK NEW YEAR'S EVE WITH THE ZOTZ

Sharon Dargay
Staff Writer

Matthew Moran hopes to bring audience members to their feet when he plays the New Year's Eve show at The Token Lounge in Westland.

"I don't like bars where everyone sits down. I want to get them back up. Get out there and have fun."

Moran of Livonia is bass player for The Zotz, a "fun punk" band founded earlier this year by guitarist, vocalist and songwriter Bobby Noxious and drummer Shawn LeZotz of Dearborn Heights. They'll play a mix of original music and punk cover tunes at the show, which also will feature Screw with "raw power rock" and punk, and Tiger Sex, with "animalistic rock." Doors open at 8 p.m. Dec. 31, at 28949 Joy Road, Westland. Cover charge is \$10. It will include party favors and toast at midnight.

Noxious was singer-songwriter-bassist for The Bomb Pops and Manic's Rage and plays bass with The Farleys. His wife, LeZotz, started playing drums about six years ago and was the lead drummer for a Ramones tribute band before the two formed The Zotz. Moran, who grew up in Livonia and Redford, lived in Colorado until a few years ago. After moving back to Livonia, he played with a downriver cover band, The Disorders. He also occasionally plays with Drunken Circus Monkey.

New band

Moran met Noxious and LeZotz when both The Disorders and The Farleys were playing the same event. LeZotz mentioned that she and her husband planned to create their own band.

"I didn't think much about it then," Moran said. "They were really nice. I'd been at the same events with them before."

Several months ago he found out the pair needed a bass player for their new band. He decided to audition.

"I like the idea of original music. Playing punk covers can only go so far. It's (punk music) simple, fast and why can't you write your own? I wanted to get with someone who would write their own."

"We have a sound that clicked right away. We're loud and fast. I had a friend who asked if we ever play a slow song. We don't. That's why my fingers are sore by the end of the set," Moran said.

Learning bass

Although Moran played "a little" bass as a teenager, he hadn't performed on the instrument while living out of state.

"About two years ago I picked it up and have been playing and never stopped," he said. "I had a good teacher, my father, and I put in the work."

His father is Skid Marx, bass player for the Detroit-area band, The Seatbelts.

The Seatbelts have shared the stage with The Zotz a few times since the trio formed. They'll both play Jan. 8 at PJ's Lager House in Detroit.

In the meantime, Moran is looking forward to New Year's Eve at The Token.

"I've always wanted to play on New Year's eve. I think it will be fun. I'm hoping we get a lot of people in and we'll have a blast."

For more about The Zotz, visit myspace.com/thezotz or visit its Facebook page.



Bobby Noxious and Matt Moran of The Zotz

ERICK BUCHHOLZ

Shawn LeZotz in action with The Zotz

ERICK BUCHHOLZ



The Zotz is Bobby Noxious (left) and Shawn LeZotz of Dearborn Heights and Matt Moran of Livonia. They will perform at a New Year's Eve show at The Token Lounge, Westland.

ERICK BUCHHOLZ

GET OUT! CALENDAR

ANIMALS

DETROIT ZOO

Time/Date: 10 a.m. to 4 p.m. through March 1

Location: I-696 service drive and Woodward, Royal Oak

Details: Admission is \$14 for adults 15-61, \$10 for senior citizens 62 and older, and for children ages 2-14; children under 2 are free. Parking for cars and vans is \$5. Detroit Zoological Society members get free admission and parking

Contact: 248-541-5717

ARTS AND CRAFTS

THREE CITIES ART CLUB

Time/Date: 7 p.m. Jan. 4

Location: Canton Township Hall, 1150 S. Canton Center Road, Canton

Details: Don and Kay Masini will present a PowerPoint program called Art Critics and Surrealism. The event is free

Contact: 313-231-3939; threecitiesartclub.org

VILLAGE THEATER

Time/Date: 10 a.m.-2 p.m. Monday-Friday and during public performances, through Jan. 31

Location: 50400 Cherry Hill Road, Canton

Details: "Dream Creatures" is a mixed media solo exhibition featuring the works of Took Gallagher

Contact: 734/394-5300

FILM

PENN THEATRE

Time/Date: 4 p.m. and 7 p.m. Saturday-Sunday, Jan. 2-3

Run/walk your way to a New Year's Eve party

Sharon Dargay
Staff Writer

First you run or walk. Then you party. If that's how you plan to bid 2015 good-bye, get your walking or running shoes ready and head to Kellogg Park in downtown Plymouth on Dec. 31.

RunDTP, the informal running/walking group that meets three times a week in downtown Plymouth, plans a three-mile course, followed by a family-friendly New Year's Eve gathering at The Post Local Bistro, 844 Penniman Ave., Plymouth.

"It should be fun. We had 250 for our Christmas Eve walk/run. It was well-attended. And we did the big turkey trot on Thanksgiving day," said David Murphy, who founded the group. "There is no registration. The event is free. It's just people coming together who love to exercise."

RunDTP meets at 6 p.m. Tuesday and Thursday and at 8 a.m. Saturday at the park. Participants run or walk three-mile, five-mile or seven-mile courses. If the regular meeting day coincides with a holiday, RunDTP "adjusts the time and does something fun," Murphy said.

He said RunDTP meets regardless of the weather and that about half of the participants run, half walk. Some bring their dogs. Ages range from teens to runners in their 70s.

The group will gather at 4 p.m. at the park and at 5 p.m. at The Post Local Bistro.



SUBMITTED

RunDTP gathers for its recent Christmas Eve walk. Coming up next: a three-mile run/walk on New Year's Eve, starting at Kellogg Park and ending at The Post Local Bistro.

"The Post is a great place. There is nothing like it in the state," said Murphy, who grabs a beer with fellow runners every week at the Post.

In addition to the RunDTP gathering, the restaurant also will be open to the public for New Year's Eve, 11 a.m. Thursday to 3 a.m. Friday.

"It's business as usual. We have our regular menu and a special surf and turf," said Jennifer Dales, owner. Guests also will get party favors and there will be a toast to ring in 2016.

For more about RunDTP, visit rundtp.com. For more about the Post, visit facebook.com/ThePostLocalBistro.

Location: 760 Penniman, Plymouth

Details: *The Martian*, \$3

Contact: 734-453-0870; www.penntheatre.com

REDFORD THEATRE

Time/Date: 8 p.m. Jan. 8 and 2 p.m. and 8 p.m. Jan. 9

Location: 17360 Lahser, just north of Grand River Avenue in Detroit

Details: *Close Encounters of the Third Kind*, \$5.

Contact: 313-898-1481; redfordtheatre.com

HISTORY

PLYMOUTH HISTORICAL MUSEUM

Time/Date: 1-4 p.m. Wednesday, Friday-Sunday

Location: 155 S. Main, Plymouth

Details: Admission is \$5 for adults, \$2 for ages 6-17

Current exhibit: A Red Ryder Christmas Story draws its inspiration from the popular 1980s movie, *A Christmas Story*, in which the main character, Ralphie, longs for a Red Ryder BB gun for Christmas.

Contact: 734-455-8940

LIGHTS

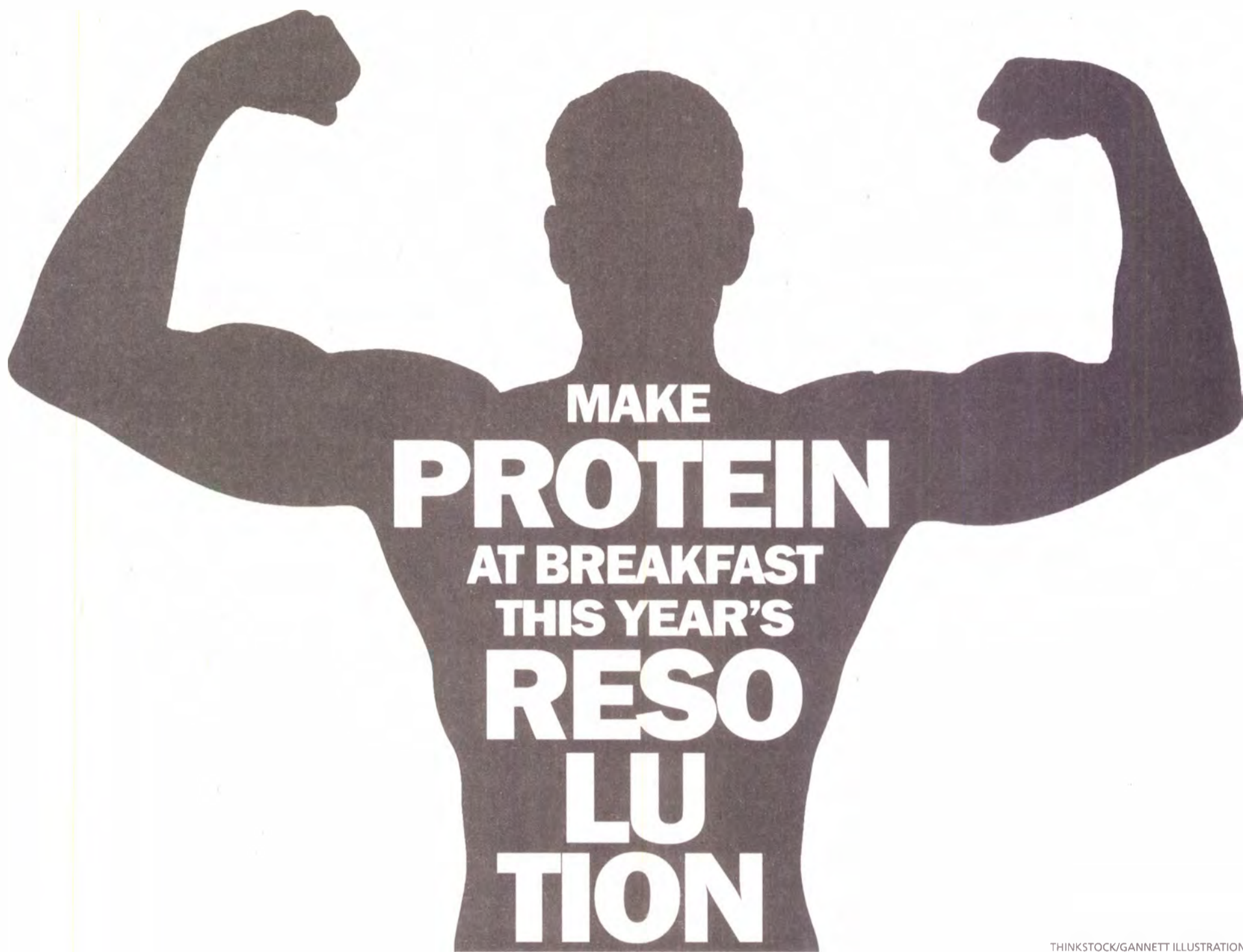
WAYNE COUNTY LIGHTFEST

Time/Date: 7-10 p.m. Tuesday-Thursday through Dec. 31.

Location: Enter at Hines Drive and Merriman in Westland and exit near Telegraph in Dearborn Heights

Details: Drive-through light show features nearly 50 lighted displays. Fee is \$5 per vehicle

Contact: parks.waynecounty.com; 734-261-1990



THINKSTOCK/GANNETT ILLUSTRATION

Tired of the same New Year's resolution? The popular yet undefined and lofty goal to make healthy choices often fails after a few weeks as we get tired of pursuing it. This year, get specific with your goal and commit to making the most of each day by increasing your protein intake at breakfast.

Americans tend to eat most of their protein in the evening, but back-loading protein at dinner can affect how your body uses it. That's why experts recommend spacing out your protein intake throughout the day to make the most of the important nutrition it provides. In fact, many nutrition experts now recommend getting 25-30 grams of protein at each meal for the best daily nutrition, yet Americans only get about 13 grams of protein at breakfast, on average.

Pairing a glass of milk (or chocolate milk) and its high-quality protein with your eggs or favorite overnight oats combination is an easy, delicious way to help get the 25-30 grams of protein recommended before noon. You'll also feel fuller longer so you can focus on the things you want to accomplish.

For more information on how you can fill up your cup with milk to get closer to your morning protein goal, visit MilkLife.com.

Courtesy of Family Features



SAVORY OATMEAL WITH SOFT-COOKED EGG AND BACON

Servings: 1

1 cup low-fat milk
½ cup old-fashioned oats, uncooked
1 pinch sea salt
1 teaspoon cooking oil (or ½-second spray)
1 large egg
1 tablespoon cheddar cheese, shredded
1 slice cooked bacon, coarsely chopped
2 teaspoons green onion, sliced
salt and pepper (optional)

Combine milk, oats and salt and cook according to package instructions. While oats cook, heat small, non-stick skillet over medium heat. Lightly coat with cooking oil. Add egg and cook about 3-4 minutes for runny yolk.

Serve oatmeal topped with cheese, bacon, egg and green onion. If desired, season with salt and pepper.

Serve immediately with 8-ounce glass of milk.

Nutrition information per serving: 540 calories; 23 g fat; 8 g saturated fat; 225 mg cholesterol; 32 g protein; 52 g carbohydrates; 4 g fiber; 800 mg sodium; 605 mg calcium. Nutrition figures based on using low-fat milk and including an 8-ounce glass of milk.



ALMOND BUTTER ENGLISH MUFFIN WITH PEACH-TOPPED COTTAGE CHEESE PAIRED WITH CHOCOLATE MILK

Servings: 1

1 tablespoon almond butter
1 English muffin, toasted and halved
½ cup cottage cheese
¼ cup diced peaches

Spread almond butter on toasted English muffin.

Nutrition information per serving: 230 calories; 10 g fat; 1 g saturated fat; 0 mg cholesterol; 9 g protein; 30 g carbohydrates; 6 g fiber; 280 mg sodium; 229 mg calcium (25% of daily value).

For morning snack: Top cottage cheese with peaches and serve with 8-ounce glass of chocolate milk.

Nutrition information per serving: 270 calories; 3.5 g fat; 2.5 g saturated fat; 10 mg cholesterol; 22 g protein; 38 g carbohydrates; 2 g fiber; 610 mg sodium; 361 mg calcium (35% of daily value). Nutrition figures based on using low-fat chocolate milk and including an 8-ounce glass of chocolate milk.



RICOTTA CHEESE & ASPARAGUS SCRAMBLED EGGS ON TOAST

Recipe by Chrissy Taylor of The Taylor House
Makes: 1 serving

2 large eggs
2 tablespoons part skim ricotta cheese
2 tablespoons milk
½ cup asparagus, diced
½ teaspoon fresh chives, chopped
1 piece whole wheat bread, toasted
Pair each serving with 8-ounce glass of milk

Beat two eggs in a medium bowl. Add the ricotta cheese and 2 tablespoons milk to the eggs and mix well. Stir in the asparagus and chives. Heat a skillet to medium heat. Scramble the egg mixture in a skillet while toasting the bread. Place the piece of toast on a plate and top with the scrambled eggs. Serve with the remaining 8-ounce glass of milk.

Nutritional information per serving: 360 calories; 13 g fat; 5 g saturated fat; 385 mg cholesterol; 30 g protein; 30 g carbohydrates; 3 g fiber; 410 mg sodium; 517 mg calcium. Nutrition figures based on using fat free milk, and include an 8-ounce glass of milk.



PUMPKIN OATMEAL MUG BAKE

Recipe by Kath Younger of Kath Eats Real Food
Makes 1 serving

2 large eggs, beaten
½ cup rolled oats
¼ cup milk
¼ cup canned pumpkin
1 tablespoon chia seeds
¼ teaspoon cinnamon
Pinch kosher salt
Pair each serving with 8-ounce glass of milk

Combine ingredients through salt in a mug and mix well. Microwave mug at 50% power for about 4 minutes, checking center to see that all egg is cooked through. Serve with remaining 8-ounce glass of milk and an optional drizzle of maple syrup.

Nutritional information per serving: 430 calories; 15 g fat; 3.5 g saturated fat; 380 mg cholesterol; 30 g protein; 44 g carbohydrates; 8 g fiber; 520 mg sodium; 530 mg calcium. Nutrition figures based on using fat free milk, and include an 8-ounce glass of milk.