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THE GREATEST GENERATION



World War II veteran Bill Blevins (left) of Westland looks over medals and other memories from his Marine days with son Bob Blevins.

BRAD KADRICH

World War II vet 'loved being a Marine'

Brad Kadrich
Staff Writer

Bill Blevins didn't let being too young to serve stop him from joining the U.S. Marine Corps when he was 17.

Armed with his mother's permission, Blevins fulfilled his wish on Dec. 7, 1942, exactly a year after the Japanese bombed Pearl Harbor.

And he loved it so much he did it again — this time without a note from his mom — shortly after his first stretch ended.

And Blevins, now 90 and a Westland resident, got to serve in two different wars for his efforts.

"I'm glad I went," Blevins said recently. "I loved being a Marine."

He'd been living away from home, working for a paper mill in Maryland when he decided to visit his parents. Someone said to him, "Don't you know there's a war on?"

Upon arriving home, he talked it over with his mother — "I told her I might as well join," he recalled — and then asked the postmaster where the recruiting station was. He joined that day and was on his way to Charleston, S.C., the same night.

Blevins was an avionics specialist, trained to re-arm Corsair aircraft for their missions. He was aboard an aircraft carrier bound for Pearl Harbor — a little more than a year after the Japanese bombed it — when his ship was struck by another boat and suffered a puncture in the side.

Blevins said he was the first of some 1,500 people aboard the ship to hit the deck, and was quickly handed an military police armband.

"They put an MP band on me and told me to 'keep law and order until we find out what's going on,'" Blevins recalled.

He also remembered a boat trip to the Marshall Islands, located just west of the International Dateline, that took



Bill Blevins of Westland needed his mother's permission to join the Marines at 17.

BRAD KADRICH



Bill Blevins of Westland joined the U.S. Marines in December 1942.

SUBMITTED

"I didn't have a car, I'd quit my job and left there on a Thursday. By Monday, I figured (reenlisting) was the thing to do."

BILL BLEVINS

World War II and Korean War veteran

place around the Thanksgiving holiday in 1944. He remembers it for the food — turkey, gravy, all the trimmings — and told a kitchen staffer, "I could go for this every day."

"The swabby says to me, 'Hang around tomorrow and you will,'" said Blevins, who said the ship then crossed the dateline. "Next day, we did."

Blevins did his first bit and got out in April 1946, then returned to seek work in the West Virginia coal mines. When he couldn't get a job, he said, he re-enlisted. This time, he stayed until 1964.

"I didn't have a car, I'd quit my job and left there on a Thursday," Blevins said. "By Monday, I figured (reenlisting) was the thing to do."

Blevins also saw duty with a machine gun unit in the Korean War, and even had to take over control of his platoon when its lieutenant was killed in action. He said he remembers the Koreans "probing" them about once a week.

"It was all trench warfare," Blevins recalled. "Everybody is scared in combat. When you first get in, the first few minutes are scary. Then you become numb."

After his second tour ended in 1964, Blevins said, he went to work for Chrysler, where he worked 19 years until his retirement. He lives in Westland now, with his wife, Margaret,

See GREATEST, Page A2

Veterans groups battle declining membership

James Mitchell
Correspondent

Membership in veterans organizations has declined in recent years and generations, although the needs and services remain as pressing as ever. Those who'd served during times of peak defense numbers — World War II and Vietnam — make for an aging membership with a high mortality rate.

"As a whole, the general population hasn't served as much as they used to," said Cmdr. Rich Cherf of Milford's American Legion Post 216. "It's not what it used to be. Our average age is 72."

Cherf said the post has more than 400 members, along with about 200 in the Legion's companion groups, the Auxiliary and Sons of the American Legion. A far cry from peak times for the Legion, Veterans of Foreign Wars

and other groups.

At 54, Cherf reflects a typical story of Legion participation. He'd stepped away from military life after 20 years in the U.S. Air Force and retiring as a master sergeant. It was watching the Milford Memorial Day parade eight years ago that sparked his interest in the group's efforts. He first joined the 'cycle-centric Legion Riders before

See DECLINE, Page A2

Humane Society pets would love to live with you

Julie Brown
Staff Writer

The Michigan Humane Society's Westland shelter has "get acquainted" rooms for pet-lovers mulling adoption. On a recent wintry day, Katie, 4, a rat terrier mix, entered such a room.

"She's very sweet," said Ryan McTigue, spokesman for the MHS, which has shelters in Westland, Detroit and Rochester Hills. Katie is ranked on the MHS five-point system for dogs' energy level as "just-right orange."

Katie would be OK for a first-time owner, explained McTigue, a Royal Oak resident. Also visiting that day was Moo, 2, a female pit bull mix.

"She is very sweet, loves attention," he said of Moo, ranked as "up for it blue." Moo has more energy than some other dogs the MHS adopts out.

"Her tail just does not stop," McTigue said of Moo. He agreed many pit bulls make excellent pets based on their owners: "There are plenty of great ones."

Ginger, 1, a coon hound mix, is ranked at "orange" on the system. "It takes her a little while to warm up," McTigue said of Ginger, who was shy that day and hung back a bit.

It used to be MHS officials recommended against pre-Christmas adoptions, due to hectic homes. McTigue said research has shown such pets are no more frequently given back to the MHS.

A separate area of the Westland shelter, on Newburgh at Marquette, south of Ford, houses cats. Toronto, 5, a male cat, was glad to leave his cage for a photo, as was female Cali, 8.

"We certainly try to match them up with what they're looking for," McTigue said of MHS pet adoptions. "We love to make sure we make those perfect matches with people."

The MHS also has for adoption other animals such as rabbits.

The Michigan Humane Society is online at www.michiganhumane.org.



Katie, 4, is at the MHS Westland shelter, shown with spokesman Ryan McTigue. She's a rat terrier mix.

JULIE BROWN



Friendly feline Cali, 8, visits with the Ryan McTigue at the MHS Westland shelter.

JULIE BROWN



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GREATEST

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whom he married in 1956. They're near his son, Bob, who also lives in Westland.

Bob Blevins, who has given Bill his three grandchildren and a great-grandchild, was a Young Marine at one point, but didn't enter the service himself. He said it wasn't that odd for kids his age.

"I graduate in 1982, and out of all my friends, I think only one joined (the Navy)," Bob Blevins said. "It was a different time than when (Bill) was growing up."

Bob Blevins remembers hearing his dad's

war stories all the time growing up, but said he's gained a greater appreciation for what his father accomplished. He said it's important others of his generation, and younger, do the same.

"I heard the stories so many times, I could recite them for him," Bob said with a chuckle. "As I've gotten older, I appreciate what he did. There's going to be a day pretty soon when (World War II vets) aren't going to be here. People my age are starting to appreciate what they did."

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JOHN HEIDER | STAFF PHOTOGRAPHER
Beginning in spring 2016, this will be a rare sight on I-275 through the Northville, Novi, Livonia and Farmington areas: smooth and fast-moving traffic. MDOT will commence an \$80 million renovation of the highway between Five Mile and I-696, which will close one direction to traffic at a time, per drivers' requests. The work should wrap up within a year of its start.

WESTLAND OBSERVER

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DECLINE

Continued from Page A1

taking a leadership position.

"I was so impressed," Cherf said, having since learned of the Legion's various causes, including Boys and Girls State. "I've been involved ever since."

Cherf also represents a fading breed. Veterans groups struggle against declining eligibility that began with the switch to an all-volunteer military at the end of the Vietnam War. Eligibility for the Legion requires service during a period of conflict and welcomes veterans, supporters and relatives from all branches and eras to its Legion Auxiliary and Sons of the American Legion.

Still, the numbers don't add up to increased participation. "It'll be challenging in years to come," Cherf said. "The key is trying to welcome a younger generation."

That generation has given new names to the same struggles and issues that veterans have

always dealt with, yet those who have recently been discharged from the military are less inclined to seek out groups to join — or services they may need.

"We understand what they're going through," Sr. Vice Cmdr. Anthony Mallia of Farmington's American Legion Post 346 said of the younger veterans. "We accept them and will assist them, no matter what."

Mallia, 65, said that recently-discharged veterans have families to raise and careers to forge or may simply be trying to forget the military. Many suffer from the same post-traumatic issues that Mallia had dealt with after a three-year tour in Vietnam that began in 1970.

"It's like a repeat; we're seeing the same issues from Iraq veterans," Mallia said. "We've been through Korea and Vietnam and they're going through the same thing."

Membership in the Legion has declined during Mallia's 10 years with the organization, from about 400 to just more than 300 current mem-

bers. Older members from World War II are fading and Vietnam veterans — thanks in no small part to elevated dangers, including Agent Orange — are dying in greater numbers.

"We're losing more than normal," Mallia said. "We lost 14 members since July. That's a lot."

He has himself struggled with "trying to forget the war. I didn't want to get involved with veterans." That had been a mistake, he said, which motivates him to reach out to those who need it most. While the nation has in recent years shown greater appreciation and support for the men and women veterans of wars in Iraq and Afghanistan, true understanding of their struggles likely lies with those who can better relate to their experiences.

"You need your comrades who understand and can guide you to the right location," Mallia said. Organizations such as AmVets and Disabled American Veterans can provide assistance with benefit applications, medical coverage and

even funeral arrangements.

"If you're a veteran, regardless of your age, you may feel you don't qualify for benefits," said Joe Neussendorfer, a 13-year American Legion member and officer with the Livonia branch of Disabled American Veterans. "But you may very well. If you don't apply, you don't know if you're eligible."

Neussendorfer had served in the air force for four years in the early 1960s and said he was surprised to learn he'd qualified for benefits as a Cold War-era veteran. Like many, Mallia had kept the military at a distance after discharge, but has gained in the years since an understanding of his relationship with an extended family of veterans.

"Several years ago, I just stopped in as a curiosity," he said of an impromptu visit to a Disabled American Veterans office he'd discovered in his Livonia neighborhood. "I'm a veteran and just wanted to know what they were all about. Everyone was real friendly and I just joined."



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Pet owners find furr-ever friends at MHS in Westland

Julie Brown
Staff Writer

Ryan McTigue's home has five dogs — and a 9-month-old baby.

"We've got a busy household," said McTigue, spokesman for the Michigan Humane Society. "Luckily, our dogs are older. We run the gamut of breeds."

The family has two labs, the other dogs mixes, plus a couple of cats who now stay with other family elsewhere.

McTigue is among many animal-loving staffers and volunteers at the Michigan Humane Society, which has shelters in Westland, Detroit and Rochester Hills. He talked just after Christmas about what it takes to be a good pet

owner.

"Having compassion for animals. I think that sets you off on the right foot," he said. "You certainly want to be aware of your time commitment."

Puppies and kittens take more time and care. McTigue noted veterinary care costs such as yearly vaccinations.

"Things sneak up on you and that's going to be a financial consideration," said McTigue, a Royal Oak resident who's been with the MHS three years said.

MHS adoption counselors cover what you'll need to know and offer handouts on such topics as what to do while you're away at work in the day.

"We want to make sure people leave very comfortable

with the pet they're bringing home," he said. A couch potato pet owner, for example, would be best with a dog rated by the MHS as "easygoing green." That five-point system for dogs goes up to "high-octane purple."

"Sometimes once you get them home, it ends up being a perfect fit," he said. The MHS has a 60-day adoption guarantee in which you can get your fee back or another, more suitable pet.

"We want to make sure we're making perfect matches," he said. Some pet owners feel bad returning an animal within the 60 days; McTigue noted they shouldn't and that that gives the MHS more information for adopting out the pet elsewhere.

The color coding for energy levels in cats is being tried now in Rochester Hills only. He noted cats behave differently in a shelter: "If they're in a home environment, you get a better idea of what they're like."

He and others at the Michigan Humane Society see the impact of the local economy on pet owners. "When times are tough, people make a tough decision," he said, and may need to give up a pet.

The MHS helps with a free pet food bank for low-income pet owners, as well as low-cost vaccinations and micro-chipping assistance. Free straw is available for doghouses. The MHS doesn't recommend pets be outdoors in winter, but aims to help those who are.

All MHS cats adopted out come micro-chipped, with a discount offered for dog micro-chipping. When animals are turned in to the MHS as missing or strays, a chip check is done immediately to try to find the owner.

"People seem to be more focused on adoptions these days. We're very thankful for that," McTigue said.

In the lobby of the adoption part of the Westland shelter is a large cutout of Detroit Lions player Golden Tate on an indoor window. Tate and his fiancée foster MHS dogs and are among area athletes who support the organization, McTigue said.

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Teens learn of homelessness by spending night outdoors by church

Julie Brown
Staff Writer

For more than 20 years, high school students who attend Geneva Presbyterian Church in Canton have learned about homelessness each Boxing Day, the day after Christmas. The teens spend the night outdoors in the church parking lot.

"The first thing is to raise awareness in the community about homelessness," said Jeff Doering, youth elder at Geneva. Teens also learn what homeless people experience, he said, as well as what their blessings in life are.

"They did fine," Canton resident Doering said of this year's 14 participants. "They toughed it out."

This year's event included, for the first time, four teens from First United Methodist Church of Plymouth. Doering, a Ford Motor Co. staffer, said the United Methodist outreach went well and will be repeated next December.

Drew Degener, 17, a Plymouth High School senior, said, "This is my fourth. I thought that this was one of the hardest years," due to heavy rainfall rather than snow.

"I just think we don't even realize the things we get to use



Participating in the Boxing Night event are (back row, from left) Nathan Pohl, Scott Freeland, Brendan Smith, Stephen Rowley, Alex Marchand, Caitlin Marchand and Luke Pohl and (front row, from left) Brenna Degener, Erica Freeland, Louis Stark, Jessica Krone, Drew Degener, and Josh Doering. Nick Krone also participated.

in everyday life," said Degener, a Canton resident, citing electricity, home heat and dry blankets. "We just take that for granted," Degener said, adding of getting through the cold night, "Talking to other people helped the most. I think that having a bigger group is always better."

"I'm glad I did it. I know it's making a difference. It makes me feel glad for doing it," added Degener, who cited both the related clothing drive and the Methodist teens' presence.

That came about due to a former Geneva youth ministry staffer, Josh Skelly, who has the Methodist congregation as

his home church. "This is a continuation of that," Doering said.

"They definitely get a perspective on how fortunate we are and how challenging it can be if you don't have a place to stay," Doering said.

The young people also are carrying on a church clothing drive for the Open Door program of Fort Street Presbyterian Church in downtown Detroit.

Doering noted that by 3:30 a.m. the teens' cardboard boxes were rain-soaked, despite tarps and sheeting. They'd gone outdoors for the night at 8 p.m. and came back inside 7 a.m. the next day.

Donations of new or gently used warm winter clothing, winter outerwear, blankets, sleeping bags and toiletries will be accepted through Jan. 8. No furniture, appliances, toys or household items should be given, organizers note.

Donations may be brought to the Canton church during office hours, 9 a.m. to 5 p.m. Monday through Friday, or left in the drop boxes outside the church entrance. The clothes will be delivered Saturday, Jan. 9, to Fort Street Presbyterian Church in Detroit for its Open Door program. Geneva Presby-

terian Church is on the west side of Sheldon, north of Ford Road.

Jessica Krone, 17, a senior at Canton High School, participated for her fourth year. "I thought it was a great experience, another reminder of what homeless people go through," she said. "It makes me grateful for everything I have."

"The rain definitely made it difficult. I didn't sleep at all," said Krone, a Canton resident, noting that standing by the fire in a barrel was the only option. "Definitely a rewarding experience. We're raising awareness for people."

When Krone tells her friends, they say, "I never realized all homeless people go through." She noted how hard it was to sleep outside on a cold, rainy night.

"I just realized you're so exhausted doing that. It's so easy for us to say, 'Go get a job.' It is really hard to be motivated. They do (that) every night of their lives," Krone said.

Boxing Day has its origins in the United Kingdom, a day when clothing no longer needed was boxed up for the needy the day after Christmas.

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Special Observer & Eccentric Reader Offer 2016 Should Be Your Last Year with Back Pain and Sciatica

By: Sam Potter
Health Correspondent



IF YOU suffer from low back pain and sciatica, you are one of over 20 million adults in the USA with this often crippling spinal condition.

Shooting, stabbing and burning pains from the low back, sometimes with additional pain through the buttocks and down the legs are all symptoms of a pinched nerves often called "sciatica".

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Patient Sister Marie from Dearborn says,

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You can even call on the weekend and leave a message on their answer machine to secure your spot as they promise to return all calls; and during the week they are very busy, so if they don't pick up straight away do leave a message.

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Sciatica Relief Expert Greg Kramer, says: In 20 years of practice, I've never seen a treatment as effective as Non-Surgical Re-Constructive Spinal Care for patients with sciatica or lower back pain.

Student council shares holiday cheer with young students

Student council members from John Glenn and Wayne Memorial High School brought Christmas cheer to elementary students just before the holiday break.

Wayne Memorial High School students visited Roosevelt-McGrath Elementary School armed with a present for every K-4 grade student.

John Glenn High School students did the same at Elliott Elementary School.

In addition to passing out presents to the elementary students, the high school student council members helped with holiday crafts and activities and spent time reading to and talking to the elementary students.



COURTESY WAYNE-WESTLAND SCHOOLS
This kindergartener at Roosevelt-McGrath was eager to open her gift from the Wayne Memorial student council.



COURTESY WAYNE-WESTLAND SCHOOLS
John Glenn high school students also helped fourth-grade students with holiday crafts.



COURTESY WAYNE-WESTLAND SCHOOLS
Kindergarten students at Roosevelt-McGrath were thrilled with their presents from the Wayne Memorial High School students.



COURTESY WAYNE-WESTLAND SCHOOLS
John Glenn High School student council members read to first- and second-grade students at Elliott Elementary School.

Library kicks off new reading program

The Westland library hosts a kick-off event for its new kids' reading resource, Beanstack, on Saturday, Jan. 9, from 11 a.m. to 1 p.m.

Each week, Beanstack (westland.beanstack.org) will send an email with one book recommendation and learning tip personalized for each registered child. The recommendation and tip are linked straight to the library catalog so parents and caregivers can easily request the book.

When families sign up, they indicate their child's age, interests, background, and reading level. Families will receive email recommendations shortly after. Families can keep it simple and just use the emails, or can sign in to your child's profile to participate in the library's 1000 Books Before Kindergarten program (ages 0-4), Winter Reading Program (ages 5-12), or other Learning Tracks. Like everything the library

does, it's free and your family's information is confidential.

"This is a super resource for today's family who want books for their children but aren't sure what to get," said Andy Schuck, Head of the library's Youth Department. "Couple that with a solid weekly learning tip and one online stop for other great reading programs like 1000 Books and our new Winter Reading Program and you

start to understand what makes this resource so valuable."

The Westland Youth department is busy selecting books that they recommend to children in the Westland community. That work is supported by experts across the country who catalog the books with themes like "say hello to the zoo" or "superheroes" or "real princesses." These themes and books get used to match each child's interests

and select a great book for their family.

Stop by the library's Youth Department during open hours to learn more about Beanstack (westland.beanstack.org) or join them for the kick-off event Saturday, Jan. 9, to sign-up, learn more, and participate in fun, bean-related crafts and activities.

For more information, call the Public Library of Westland Youth Department at 734-326-6123, press 4.

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Madonna business students lead nation

Madonna University's business students lead the nation in knowledge and real-world applications, and they now have the test scores to prove it.

Madonna business students scored well above the national average on the Educational Testing Service Major Field Test for the Bachelor's Degree in Business. The 16 students in the Business Capstone class, required of all accounting and business majors their last year at Madonna, earned a mean score of 164.625 on the test. The national average for both students and institutions is 152.

This ranked them in the 82nd percentile as a class, against the 64,000 students who have taken the test over the past three years, and in the 98th percentile against 563 colleges and universities across the nation who administer the test.

"Madonna University can go on record as a leading provider of undergraduate business education in the United States," said Cleamon Moorer, Jr., D.B.A., dean of the School of Business. "This cohort's performance validates and confirms the quality of Madonna University business education. We

are preparing our business students to help rebuild Metropolitan Detroit and contribute to society by providing them a world-class learning experience rooted in ethics and excellence."

The ETS Major Field Test for the Bachelor's Degree in Business (www.ets.org), which Moorer called "intentionally challenging and difficult," contains 120 multiple-choice questions designed to measure a student's subject knowledge and the ability to apply facts, concepts, theories and analytical methods. The questions represent a wide range of difficulty and cover

depth and breadth in assessing students' achievement levels.

Moorer explained that students take the test for School of Business accreditation purposes and to ensure students are fulfilling learning goal No. 1, an interdisciplinary knowledge of business.

Madonna University students scored above the national average in all areas of the test: Accounting, Economics, Management, Quantitative Business Analytics, Finance, Marketing, Legal and Social Environment, Information Systems, and International Issues.



COURTESY MADONNA UNIVERSITY

Pictured here are the Madonna business students who scored in the 98th percentile on the Educational Testing Service Major Field Test for Bachelor's Degree in Business: Sharon Freeman, Charles Kee, Eric Hill, Keith Daniels, Nikki Pampreen, Dave Edwardson, Nick Peper, Melissa Sidor, Nicholi LaRocca, Dale Ripley, Taylor Mikels, Marcel Schmid, Maria Lupher, Jeffrey Bugeja, Crystal Parke and Mo Yang.

COMMUNITY EVENTS

Tail Waggers drive

Tail Waggers is calling all animal lovers to participate in its Winter Fund Drive. The group's goal is to raise \$25,000 between Jan. 1 and March 31 so that it can continue to provide wellness services at an affordable rate. Here's how your donation can impact an animal's life:

» \$10: Will supply a bag of pet food for our Pantry 4 Paws Pet Food Assistance Program

» \$25: Will vaccinate a cat with our Feline Indoor Package

» \$50: Will vaccinate a dog with our Canine Core Package or 3 individual vaccinations

» \$100: Will spay and/or neuter, and microchip a dog or cat or provide financial assistance for owners with multiple pets.

Donations will help the group continue to carry out its mission of "Helping People Help Animals." Financial contributions can be made by mail to: 28402 Five Mile Rd., Livonia, MI 48154; online at <http://www.tailwaggers1990.org/donate.html>; or by phone at

734-855-4077.

Hula classes

Times/Dates: Wednesdays, starting Jan. 20 (10-week winter session)

Details: Instructor Fran Price offers a Hawaiian "Hula" dance class in which students will enjoy exercising and having fun while learning the culture of the Hawaiian Islands. The beginner/family class runs 6-6:55 p.m. (cost is \$50 for adults; \$25 for children under 8). The adult intermediate and advanced classes run 7-8:30 p.m., at a cost of \$75. There is a material fee of \$5.

All classes are conducted at the Livonia Civic Park Senior Center, 15218 Farmington Road in Livonia. For more information and to register, call 248-547-3109 or email fran-price@wowway.com

Widowed Friends

The Friends of Widowed Men and Women present the following events:

» Celebrate New Year's Eve at the Joy Manor Banquet Center, from 6 p.m. to 1 a.m.

Wednesday, Dec. 31. Cost is \$55 pre-paid includes Premium Buffet - Open bar, Champagne Toast at midnight. Doors open at 7 p.m. with dinner at 8 p.m. Dancing to Dr. Pocket. RSVP with check and get email by calling Marie Nagy at 734-728-6967 by Dec. 5.

» New Year's Eve Dinner/Dancing \$33 pre-paid includes appetizers, plated dinner, dessert, tax and tip. Cash bar. Music/Dancing by the Showcasemen. RSVP with check by Dec. 21 and get mailing address by calling Carol Olsen at 313-562-3080.

Livonia Town Club

Time/Date: 11:30 a.m. to approximately 2 p.m. on the fourth Thursday of each month from September through May.

Details: December's program features David Passalacqua, musician/accordion player. It's a nonprofit women's organization bringing together women for social interaction. Enjoy informative speakers, bingo, a fashion show, music and more. Contact Vicki at 734-591-3254 for more information.

Beaumont names cancer center director

Beaumont Cancer Center - Farmington Hills has a new director.

Laurel Jackson of West Bloomfield has served in health care administrative management positions for more than 20 years. Her experience is in operations, contract and financial management, hiring and developing talent, and grant writing. Most recently, Jackson was director of Group Practice Operations at Henry Ford Health System, Department of Surgery. Before that, she served as practice manager of Grand Valley State University's Family Health Center in Grand Rapids.



Jackson

As director of Beaumont Cancer Center - Farmington Hills, Jackson leads a facility

offering advanced diagnostic and cancer treatment technology. The center gives patients access to leading-edge research and clinical trials, offers the convenience of a smaller facility closer to home, assists patient access to financial assistance programs and payment options, and supports patients on-site with a nurse navigator,

Gilda's Club and American Cancer Society programs.

Jackson holds an undergraduate degree from Oakland University and graduate degrees in health administration and public administration from Grand Valley State University.

Beaumont Health is a not-for-profit organization formed by Beaumont Health System, Botsford Health Care and Oakwood Healthcare in 2014 to provide patients with the benefit of greater access to the highest quality, compassionate care, no matter where they live in Southeast Michigan.

Grant helps with health insurance enrollment

Professionally trained HealthCare.gov specialists will host two health insurance enrollment events to help people enroll in affordable health plans.

There are a lot of choices when it comes to selecting a health insurance plan, organizers note. They are organizing

this event to provide people with an opportunity to get their questions answered. At the event, individuals and families can meet for free with trained enrollment specialists to review coverage options.

There will be a session from 10 a.m. to 2 p.m. Saturday, Jan. 9, at Ma-

plewood Community Center, 31735 Maplewood St., Garden City (734-793-1849).

A session will also be held from 10 a.m. to 2 p.m. Saturday, Jan. 9, at the Jefferson Barns Community Vitality Center, 32150 Dorsey Road, Westland (734-

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Livonia Campus, Jeffress Center, Room 128

COMPUTER CLASSES
FREE Information Session on Tuesday, January 12th @ 10 a.m and 6 p.m.
Livonia Campus, Jeffress Center, Room 113

DEMENTIA CARE
FREE Information Session on Monday, January 11th @ 11 a.m.
Livonia Campus, Biomedical Technology Center, Room 100

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COURTESY OF VARSITY LINCOLN

Celebrate the New Year with a new Lincoln from Varsity Lincoln in Novi!

Get the Varsity Advantage! Varsity Lincoln of Novi is gearing up for the new year with a HUGE Certified Pre-Owned vehicle sales event.

Visit Varsity Lincoln for the 3-day event during the following dates and times:

- » 8:30 a.m. to 9 p.m. Monday, Jan. 4
- » 8:30 a.m. to 6 p.m. Tuesday, Jan. 5
- » 8:30 a.m. to 6 p.m. Wednesday, Jan. 6

Right now, Varsity Lincoln is also offering a Complimentary Maintenance Plan for Certified Pre-Owned Lincoln vehicles. This includes an oil change, tire rotation and multi-point inspection every 7,500 miles for 1 year/15,000 miles.*

In addition to service specials, more than 100 Certified Pre-Owned vehicles are on-site and ready to go. Certified Pre-Owned Lincoln vehicles are available for as little as \$7,995.*

Varsity Lincoln is number one in pre-owned sales glob-

ally. Come find out why. An astounding 540 Certified Pre-Owned vehicles were delivered in 2014 at Varsity Lincoln.

The dealership has held the honor of highest volume sales dealer globally since 1997.** Varsity offers a newly remodeled showroom, indoor delivery area and service reception aisle. Varsity Lincoln works to make their customers feel number one.

Varsity Lincoln recently celebrated their 20th anniversary and won six prestigious automotive awards. They encompass the Triple Crown Award, Lincoln Leaders of Excellence, President's Award, Ford One Hundred Club, CPO Sales Leadership and Premier Club.

"Certified Pre-Owned has a wonderful warranty...it goes up to 100,000 miles on the warranty," said long-time Varsity customer John Kilby.

Certified Pre-Owned Lincoln vehicles come with many

benefits including:

- » A meticulous, 200-point inspection by factory-trained technicians
- » 6-year/100,000-mile comprehensive warranty coverage
- » Complimentary 24/7 roadside assistance

"To get a Certified Pre-Owned that comes with warranty, definitely get quality checked, that's important, especially with two girls in college," said five-time customer Julie Wilk.

"There are numerous benefits of purchasing a Certified Pre-Owned, including the outstanding warranty that comes with the vehicles," said Jere Law, Varsity Lincoln's General Sales Manager and Pre-Owned Director. "The 100,000-mile free bumper to bumper warranty that comes alongside all Certified Pre-Owned purchases is better than a new car warranty! Additionally, any time the vehicle is in for a service visit, you can receive a loaner for no cost exclusive-

ly at Varsity Lincoln!"

"The warranty is key. With Certified Pre-Owned, you get the best from Varsity Lincoln," Law said. Certified Pre-Owned financing is available for as low as 0.9% APR.***

"Leasing or buying from the number one dealer in the country gives you the best selection, price and service," Law said. "Our dealership is ready to assist customers with anything, whether it is special financing or a specific request. We can handle every unique situation."

"Loaded with features, a Lincoln will satisfy any customer," Law explained. "Certified Pre-Owned vehicles not only provide peace of mind on the road, but also provide a combination of sportiness and luxury," Law said. "Drivers will also enjoy peace of mind from knowing that Lincoln vehicles will hold their value," Law said. "Any depreciation has already been taken on by the previous owner. Plus, ad-

vanced styling and dependability add to a Lincoln vehicle's value."

This dealership provides The Varsity Lincoln Advantage. Varsity Lincoln team members are selected based upon their unwavering focus on customer care and satisfaction.

"Our customers speak for themselves and how their experience is. When you read the reviews our customers write online, you can see how happy they are, before, during and after the sale," Law concluded.

* Subject to availability. See Varsity Lincoln for details.

** Based on 11/2015 Total Certified Pre-Owned Lincoln Sales Report.

*** As low as 0.9% APR for up to 36 months on select vehicles for qualified customers with Tier 0-1 approval through preferred finance source. Offer subject to change at any time. See Varsity Lincoln for details.

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A journey of discovery to the mystical Thailand

My first impression of Bangkok, the capital and largest city in Thailand, was of a sprawling, modern city, complete with skyscrapers, expressways, mass transit systems and most of the other accoutrements common to world class cities. But a walk outside our hotel the day after our late night arrival revealed another complex world throbbing with activity; where daily life is lived on the streets and sidewalks. We were bombarded by strange sights, sounds and smells of an Asian city whose inhabitants eat, drink, socialize and conduct business outdoors throughout the year given the average temperature ranges from a high of 100 degrees fahrenheit to a low of 66.

This was our eighth trip with Overseas Adventure Travel and the starting point of a month-long journey to Thailand and Vietnam.

Thailand, formerly known as Siam (made famous as the setting for the movie, *The King and I*), is about the size of Spain with 66 million inhabitants. It is located in the center of the Indochinese peninsula and is currently governed by a military junta that took power in a coup in 2014. Its monarchy is headed by King Bhumibol Adulyadej, whose image is everywhere throughout the country. He has reigned since 1946 and is the world's longest-serving head of state. The primary religion is Theravada Buddhism, which is practiced by about 95 percent of the population, the highest percentage in the world.

Our journey of discovery began with a walk to a local flower market where long stemmed plants are transformed into beautiful floral garlands to be offered at the many Buddhist temples. Bangkok, once known as the Venice of the east, is intersected by numerous klongs or canals and we became part of the city's lifeblood aboard one of its famous long boats. While on our water-borne tour, we stopped to see the Royal Barge Museum where a fleet of ornate teak and gold vessels, once reserved for royal processions and grand ceremonies along the Chao Phraya River, are preserved.

Also along the banks of the river is the Grand Palace, a sprawling compound of ceremonial halls, gilded spires and ornate buildings. The city's defining landmark since 1782, the focal point of the palace is the Emer-



Jay Young
GUEST COLUMNIST

ald Buddha. Carved out of jade and adorned with gold, it is the most revered image of the Buddha in Thailand.

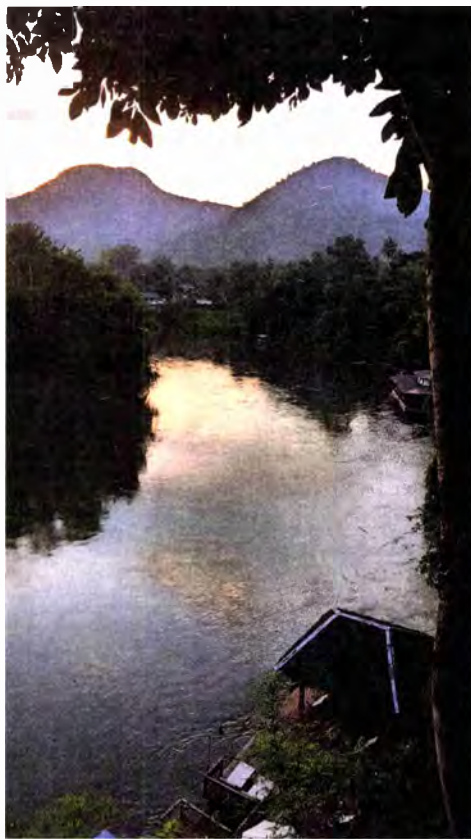
The next day we journeyed north to a floating market where vendors sell everything from cooked food, fruits and vegetables, even clothing from narrow wooden boats along a crowded canal. Continuing north we entered Kanchanaburi Province, a green region where the riverside scenery belies its dramatic history portrayed in the film, *The Bridge on the River Kwai*. It was here during World War II that about 60,000 Allied POW's and 200,000 Asian conscripts were forced to build a 260-mile railway following the River Kwai through Thailand to Burma. Working under abominable conditions, it is estimated that 38 POW's perished for every half-mile of track laid.

We stayed for two nights at Hintok River Camp, a tented compound built on the site of a former POW encampment. While there, we visited Hellfire Pass so named because many prisoners lost their lives here struggling to build one of the most difficult sections of the River Kwai Railway.

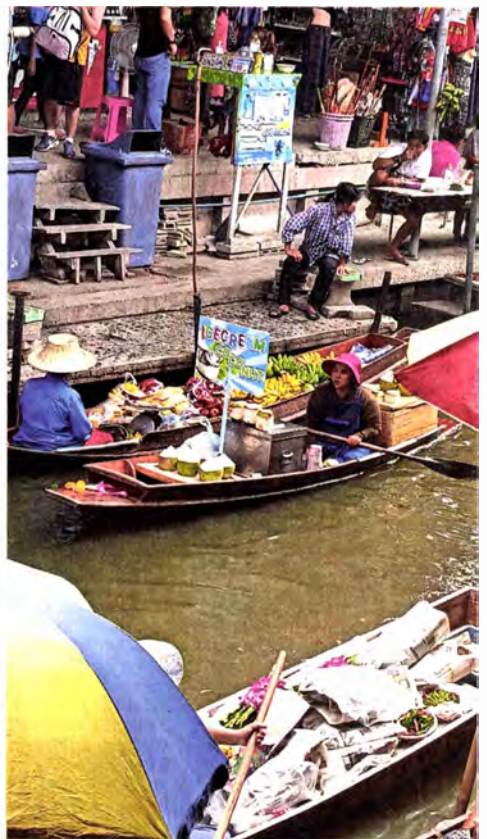
Continuing north we visited kindergarten students at a local school; prepared our own lunch with villagers at a farm cooperative; boarded a large traditional rice barge sailing past farmers tending their small fish farms from their floating raft houses and even sampled barbecued rat, a local delicacy.

At our next stop we explored the 13th century Sukhothai (Dawn of Happiness) ruins, the kingdom's largest cache of historic shrines, temples and palaces and the geographic and spiritual center of the country. It was here its most famous king is credited with inventing the beautiful Thai script, as well as helping spread Buddhism and developing relations with China.

Heading northward we arrived at Chiang Rai, the gateway to the infamous Golden Triangle, once the domain of opium warlords. After the government introduced more viable crops, tourism has become a preferable alternative to drug smuggling and the local people now seek to preserve their own unique



A view of the River Kwai from the Hintok River camp. It is peaceful now, but was the site of brutal conditions for Allied prisoners of war forced to build a 260-mile long railway by the Japanese during World War II.



A scene at the floating market of Damnoen Saduak north of Bangkok, Thailand.



Women of the Karen tribe of northern Thailand pose with Jay and Linnea Young. The women gradually elongate their necks with brass rings by compressing their collar bones as they age as a sign of beauty. A mature woman can have up to 25 rings, which may never be removed.

customs, the most famous being the Karen tribe. Called the "long necks," the women wear golden rings on their necks that push down their collar bones making their necks elongated. Perceived as a mark of beauty, this peaceful tribe lives in compact huts, wears traditional clothing and practices a way of life that has changed little over the centuries.

Our journey ends at Chiang Mai, the principal city of the north and a major cultural and premier craft center. The city's medieval walls

encircle some 36 temples. While in Chiang Mai we spent a day visiting the Mae Taman Elephant camp. The elephant is Thailand's national symbol and is often seen on banners or flags. Although there were 100,000 domesticated elephants in Thailand in 1850, the population has dropped to an estimated 2,000, and there are now more elephants in captivity than in the wild. We trekked through the jungle on the backs of these gentle giants followed by a float downstream on small bamboo rafts.

Our last day in north-

ern Thailand was spent visiting the most magnificent of the city's temples high atop a mountain overlooking the city. Reached by climbing 306 stairs, flanked by snarling naga serpents whose tails coil up to the temple, the complex is a scene of intricately carved and gilded stupas or votive cone-shaped monuments.

Our visit to this amazing country was truly enlightening and magical in so many ways. But perhaps the most telling indication of the gentleness and peaceful nature of this Buddhist-infused

culture was the wai, or traditional Thai greeting, whereby hands are pressed together, fingertips pointing upwards as the head is bowed, with the greeting sawatdi khrap (men) or sawatdi kha (women). That gesture says it all; a sign of respect and reverence for one another, even curious western tourists.

Canton resident Jay Young is the former director of community relations for the Livonia Public Schools. Retired in 2007, he likes to travel and do volunteer work in various places in this country and around the world.

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A view of the Sukhothai ruins, Thailand's largest collection of remarkably preserved columns, shrines, temples and palaces. It is the place where the Thai nation was born and home to its most famous king.

Trekking down a jungle river on the backs of domesticated elephants near the Mae Taman Elephant Camp in northern Thailand.

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A world of places right here in Michigan

Did you know that you can travel to London, Milan, Moscow, and Paris in the same day without leaving Michigan?

That's because these are places in our state with the same names as their better known counterparts. And, there are many more — Dublin, Frankfort, Gibraltar, Holland, Norway, Vienna, to name just a few.

They are among Michigan's more than 5,000 towns of the past and present, many of which share their names with famous places. Approximately 3,000 of these cities or villages remain, some with barely a handful of people.

London is in Monroe County, but not much is left of this virtual ghost town that began in 1832 and started to die after 1905. Only a few homes off Ostrander Road remain. Its township, also named London, has 3,000 residents.

Seven miles north is Milan, on the Monroe-Washtenaw county border at U.S. 23, south of Ann Arbor. It includes nearly 6,000 people plus Milan Dragway, a federal prison and some neat historic homes. Named after the Milan in New York, it began in the 1830s and has had several earlier names, incorporating as a village in 1836 and a city in 1967.

Yes, comrades, Michigan even has a Moscow. It was named by early settlers in 1834 after Moscow, N.Y. Located on US-12, the former Chicago Road (aka Sauk Trail), Moscow is in Hillsdale County. It's a small community of less than 200 and part of Moscow Township (population 1,400). Moscow's train depot, part of the New York Central system until 1930, has been the township hall since 1933.

Ah yes, we also have a Paris — up in Mecosta County east of US-131 and north of Big Rapids. It was named after its founder, John Parish, who helped establish this logging town in 1865. Its main attraction is Paris Park, with a much smaller Eiffel Tower replica. Paris has about 240 residents. An earlier Paris in Kent county is long gone.

Let's look at some more of Michigan's world towns:



Gene Scott

GUEST COLUMNIST

» Athens started in the 1830s, an early village of Calhoun county. It was named not after the city of Athens in Greece, but after Athens, New York from where its first settlers came. A village since 1895, it now has a population of 1,100. It's on M-66 south of Battle Creek.

» Baltic, in Houghton County in the upper peninsula, was a copper mining town. The mine and town took their names from the area of Europe from which its settlers came. Baltic's heyday was in the early 1900s when the town had six mines, its own railroad and a bowling alley. The Baltic Mine closed New Year's Eve, 1931. Located on old M-45 south of Houghton, Baltic today has less than 200 residents.

» Dublin, in Manistee County, is nearly a ghost town. In the early 1900s, Dublin had a brief fling as a lumber camp on the former Chicago and Western Michigan Railroad. Even had a few Irish lumberjacks from the old sod. Since then, it is just a wee bit of place south of Wellston and M-55.

» Frankfort started before the Civil War when Benzie was still part of Leelanau County. It was so named because it reminded a resident of Frankfort, Germany. A city since 1935, Frankfort has a population of 1,500. It's on the Lake Michigan shore at M-22 and M-115, south of Sleeping Bear Dunes.

» Gibraltar, on the Detroit river in southern Wayne County, was first settled in 1811, and went into decline after 1910. Named after the Rock of Gibraltar peninsula, it had a post-World War II housing boom and became a city in 1961. Gibraltar's population exceeds 4,300.

» Havana is nearly a ghost town in Saginaw County, east of M-52 and south of Chesanig. Havana began as the village of Oakley in 1842, but no one was passing out Cuban



PURE MICHIGAN
Small replica of the Eiffel Tower in Paris, Mich.

cigars when the Oakley folks moved to their new village two miles west in 1868.

» Holland, southwest of Grand Rapids, straddles the border of Allegan and Ottawa counties. It was settled by Dutch immigrants in 1846 and incorporated as city in 1867. Holland, with a population of 35,000 today, is noted for its annual Tulip Festival, light-house park on Lake Michigan, and the DeZwaan, an old Dutch windmill imported from the Netherlands 50 years ago.

» Johannesburg in Otsego County was not named after the Johannesburg in South Africa but after Johanna Hanson, sister of one of the town's lumber mill owners. It is now a community of 200 on M-32, south of Gaylord. Johannesburg lost its prized historic building when a car crashed into the Old Depot Restaurant in 2001, killing two patrons. A new Depot restaurant was built nearby.

» Manchester, Washtenaw County, was started in the 1830s with the Manchester Milling Company. It was named after the township in New York from where its early



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Main street in Frankfort, Mich.
HILLSDALE HISTORICAL SOCIETY
The Moscow, Mich., Train Depot, now the township hall.



settlers came. A village since 1867, it's on M-52 and has a population of 2,100.

» Norway is in Dickinson County, youngest (1891) of Michigan's counties. The village, however, was established earlier, in 1877, with the opening of the Norway Iron Mine and then was known as Ingalsdorf. Its early families had the town renamed after their homeland. Norway is a village of nearly 3,000 on US-2 east of Iron Mountain.

Unlike its buried namesake in Italy, Pompeii in Gratiot County has been hanging tough since its heyday of 1890-1920. Started before the Civil War as a stage coach stop, this little town of 150 souls has a reputation for foiling would-be bank robbers. Folks there insist that you pronounce their village name with three syllables: "Pom-pee-eye," not "Pom-pay". Pompeii is just off M-57, seven miles south of Ithaca.

These are just some of the towns in Michigan that have the names of major places and cities in the world. There's even a tiny town, in Branch county, named Towns. Many

others have come and gone over the years. Here are just some of these places of the past:

Africa, Bagdad, Belgrade, Bengal, Berlin (2 towns), Bombay, Brazil, Canada, China, Denmark, Egypt (2), Galilee, Geneva (2), Jericho, Liverpool, Montreal, Morocco, Naples, Palestine, Peru, Rome, Singapore, Venice, Warsaw (3), and Zion. We never had a Bethlehem, but there is still a Nazareth, eight miles north of Kalamazoo.

In addition to these, our state also has or has had many places named after major cities in the United States. Atlanta and Albany, Bangor and Boston, Chicago and Dallas, and at least two dozen other major cities and states. Michigan even has a Hollywood and a California.

There's certainly a world of places to see right here in Michigan. Consider a trip. It just might drive your GPS off the dashboard.

Gene Scott has been a Livonia Historical Society member for about 12 years. He is a retired editor and teacher who has published four books.

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New Kroger to serve as model

Joanne Maliszewski
Staff Writer

For months, residents and passersby saw construction crews at the former Hiller's on Center Street. When the new Kroger opened in its place Sunday, it was like, well, a holiday gift of sorts.

The grand opening at 8 a.m. Sunday, Dec. 6, drew Northville community officials and crowds of shoppers, leaving many to drive around the area looking for a parking spot. That didn't seem to bother shoppers, who wanted to get in and see the new store.

After all, unlike many former Hiller's markets that were reopened as Kroger stores, the Northville site took a bit longer. "The store was in need of extensive remodeling and structural repair," said Ken McClure, Kroger consumer communications manager. "We had decided to close it immediately (in June) and give it a full-scale remodel."

In May, Kroger Co. of Michigan purchased the seven popular Hiller's stores, which were known for their ethnic foods and other hard-to-get products. The Hiller's on Center Street closed - to a public collective sigh of dismay - June 25.

But the new Kroger is what company leaders call a model for what future new stores will be like. Even as the smallest Kroger store at 36,000 square feet, the location boasts Murray's Cheese Shop and a world-class wine cellar that features beverage steward Kaila Boggs. A Starbucks, one of the first to offer its breakfast sandwiches, is also a big draw.

The store includes All Things Cheese, where shoppers can take a rest and order a meal. "As you order it, they are making it," McClure said.



Kroger Co. of Michigan president Jayne Homco presents a \$5,000 check to Northville Public Schools Superintendent Mary Kay Gallagher.



The new walk-in wine cellar inside the downtown Kroger store is expected to be a big draw for customers.



Kroger Co. of Michigan's Jimme Mares, one of only five certified cheese professionals in Michigan, helps a customer at Murray's Cheese Shop, inside the new Kroger store.

A Boar's Head Sandwich Stop is also a new feature. "They have a hot

Italian sandwich that will knock your socks off," he said.

Kroger will continue and expand on the Hiller's offerings of ethnic foods. Indian, Asian, Middle Eastern and Med-

iterranean offerings will be available, including a fresh salad bar. "In fact, other of our Michigan stores have

also expanded ethnic food selections, depending on the area," McClure said.

The grand opening was celebrated in style, with Kroger of Michigan president Jayne Homco presenting a \$5,000 check to Northville Public Schools Superintendent Mary Kay Gallagher.

"In all the communities we operate in, we try to be involved in community projects," McClure said. "(School officials and Gallagher) were very gracious to come in at 8 a.m. on a Sunday."

The donation was made, McClure said, with Northville High School in mind. "It is like the epicenter," he said. "We know how important the school is in the community."

Shoppers may or may not notice it, but the store features top-notch energy saving technology for refrigeration and air handling. "We are using this as a case study to use across our enterprise," McClure said.


Shoppers will, however, recognize the Kroger manager - Rick Sherman, who served as manager of the former Hiller's. "We retained the vast majority of Hiller's employees and management," McClure said.

Also familiar to local shoppers is George Jordan, in charge of the seafood department, as he was in the Hiller's store.


The store also boasts a totally new decor that includes a gallery of black and white photographs of special Northville-area landmarks.

"It is an entirely new environment," McClure said.

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**CORRECTED NOTICE
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REQUEST FOR PROPOSALS**

**CITY OF LIVONIA, MICHIGAN
ARCHITECTURAL SERVICES FOR PROPOSED BUILDING ADDITION TO FIRE
APPARATUS MAINTENANCE GARAGE**

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 January 26th, 2016** 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.

A mandatory pre-bid meeting will be held in the Mechanics Garage at the Fire Station 6, 37876 Plymouth Road, Michigan (734) 466-2357 at **10:00 A.M. on Tuesday, January 12th, 2016. Proposals will not be accepted from those firms who do not attend.**

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. 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 ARCHITECTURAL SERVICES FOR PROPOSED BUILDING ADDITION TO FIRE APPARATUS MAINTENANCE GARAGE, 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.

Michael Kelly
Captain, Livonia Fire Department

Jack E. Kirksey
Mayor

Published: January 3, 2016 LC-0000288010 3/8

**ADVERTISEMENT FOR
REQUEST FOR BIDS**

**CITY OF LIVONIA, MICHIGAN
2016 CLEMENT CIRCLE PARK POOL
RECONSTRUCTION PROJECT**

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 RFP'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.

A mandatory pre-bid meeting will be held in the Conference Room at the Livonia Community Recreation Center (LCRC), 15100 Hubbard Road, Livonia, Michigan (734) 466-2900 promptly at **10:00 am on Friday, January 8, 2016. Bids will not be accepted from those firms who do not attend.**

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 2016 Clement Circle Park Pool Reconstruction Project, 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.

Edward Davis
Superintendent of Parks and Recreation

Dennis Wright
Mayor

Published: January 3, 2016 LC-0000287880 3/8

COLLEGE WRESTLING

Atienza tasting success at CMU

Former Franklin mat star goes 6-2 at Reno tourney

Ed Wright
Staff Writer



Atienza

Using the full-throttled, always-on-the-attack formula that earned him phenomenal success at Livonia Franklin, Central Michigan University

sophomore wrestler Jordan Atienza is finding his groove at the collegiate ranks.

On Dec. 20 at the Reno Tournament of Champions in Reno, Nev., Atienza placed fourth in the 165-pound weight

class with a one-day record of 6-2.

With a 12-4 mark, the former Patriot has already surpassed his freshman-season win total (11).

"I'm doing a lot of the little things this season that I didn't do last year," said Atienza, when asked about his sophomore-season success rate. Every wrestler you face in

college was very good in high school, so you have to be mentally prepared before every match if you want to succeed.

"My style is the same as it's always been. I'm always on the attack. If I'm not scoring, I'm getting scored against, so I stay aggressive."

Along with the relentless

See ATIENZA, Page B2

Panthers tumble

Redford Union's boys basketball team dropped to 0-3 following a non-conference 69-40 loss to River Rouge.

"We struggled to score the ball and were dominated on the boards," RU head coach Randall Taylor said.

The Panthers were led in scoring by Eric McCarter, who poured in 17 points. Kevin Hogains also played well for the Panthers, scoring 11.

HIGH SCHOOL HOLIDAY HOOPS

SURGING START FOR CHIEFS



ED WRIGHT

Canton senior guard Hamoudy Turfe pushes the ball up court during Tuesday night's victory over Orchard Lake St. Mary's.

Canton improves to 5-0 with road win against Eagles

Ed Wright
Staff Writer

Canton's basketball team went through a denial phase during the final three quarters of Tuesday night's holiday-break showdown at Orchard Lake St. Mary's.

More often than not, when the Eagles attacked the cylinder, they were denied by the Chiefs' don't-give-an-inch defense, which proved to be the catalyst during Canton's 42-37 victory.

After OLSM came out hotter than Steph Curry in the opening quarter, swishing five of seven shots while taking a 10-5 lead, the Chiefs' defense got down to business, holding

the Eagles to 9-of-35 shooting the rest of the night.

Canton's triumph — which came eight days after its most-recent game and a week before its next one (a Jan. 5 match-up against Grosse Pointe South) — improved its record to 5-0.

"We started slow in the first quarter; I don't know if we were rusty because we hadn't played for eight days, but we turned the ball over way too much," said Canton head coach Jimmy Reddy. "But our defense kept us in it with solid on-the-ball defense and really good help defense."

Senior guard Obi Okoli fur-

See HOOPS, Page B2



ED WRIGHT
Orchard Lake St. Mary's guard CJ Wilson finds his path to the basket blocked by Canton players Obi Okoli (left) and Logan Ryan.

MU women's cagers edged

The Madonna University women's basketball team dropped a 104-45 decision to visiting Eastern Michigan University in a late-December non-conference contest hosted by the Crusaders.

The loss dropped MU to 3-8, while the Eagles improved to 7-2.

Lindsey Hernden led the Crusaders with 22 points, while Shara Long contributed 10.

Seven EMU players scored in double-figures, led by Janae Morton's 16 points.

Becca Sabol led all rebounders with 11 boards.

MU was sluggish from the get-go, scoring just three points during the first four minutes of play. Eastern's defensive pressure fueled a strong offensive start as the Eagles rolled to an early 10-3 lead.

Following a media timeout midway through the quarter, EMU extended its lead to 15-3. Sabol and Kacy Robinson hit a few shots late in the opening quarter but the Eagles controlled the game, 26-9, through 10 minutes of play.

The second quarter played out much like the first as the Eagles' defense forced the Crusaders into nine turnovers to take a 62-19 lead at half-time.

Hernden hit a three to open the half, but a 13-2 run by the Eagles extended their lead to 77-24, with five minutes to play in the third quarter.

The Crusaders saved their best for last with 21 points in the final quarter. Hernden found a rhythm and hit four 3-pointers and Chris Harper scored five points.

Madonna is idle until the new year, when it travels to Lourdes (Ohio) University.

Dochenez shines for UM-Dearborn

Former Livonia Stevenson basketball standout Arryn Dochenez is continuing to excel at the collegiate level.

A freshman guard for the University of Michigan-Dearborn, Dochenez has made a smooth transition from the high school game as she scored 14 points and blocked two shots in the Wolves' 88-47 loss to Albion College in a game played Dec. 20 at Crisler Arena on the campus of the University of Michigan.

Dochenez was the only UM-D player to hit double digits in scoring.

USA HOCKEY

NTDP U-18 squad puts 5-2 dent in Steel

Tim Smith
Staff Writer

After the Chicago Steel opened Tuesday night's scoring at USA Hockey Arena, it was the National Team Development Program Under-18 squad that showed a steely resolve — scoring three unanswered goals and cruising to a 5-2 victory.

Leading the offensive surge for the U18s before 1,246 fans was defenseman Adam Fox, who scored two goals.

Stopping 21 of 23 Chicago shots was U18 netminder Jake Oettinger, helping the NTDP improve to 10-11-1 in the United States Hockey League.

Chicago (10-15-2) got off to a 1-0 lead at 11:50 of the opening period, when Mitch Lewandow-

ski beat Oettinger. Assisting were Max Zimmer and Jake Jaremko.

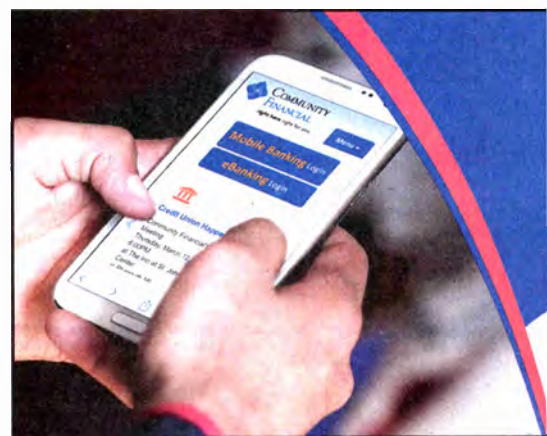
But less than five minutes later, Team USA evened the score at 1-1 when winger Joey Anderson took a pass from linemate Clayton Keller and ripped a shot past Chicago goalie John Lethemon (32 saves).

In the final minute of the

opening period, Fox, the game's No. 1 star, scored a power-play goal. Drawing assists were defenseman Matthew Hellickson and forward Kieffer Bellows.

Keller and Bellows each figured in the scoring in their first game at USA Hockey Arena since being cut from

See USA HOCKEY, Page B2



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BOYS SWIMMING PREVIEW

Wildcats have ingredients for sweet success

Tim Smith
Staff Writer

Whatever formula Kenn Forbes cooked up last season for Plymouth's varsity boys swimming and diving team, he plans on adding a couple tasty ingredients to make 2015-16 even sweeter.

The 2014-15 Wildcats were a coach's dream, finishing 5-0 in the Kensington Lakes Activities Association South Division to win the title. There also were numerous standouts throughout the lineup, with several of those athletes back this year.

Forbes also can't wait to mix in some promising newcomers as Plymouth prepares for what should be another successful season.

"This year the Plymouth boys are looking to improve off of their successes last year, last year being one of the best this program has had," Forbes said. "We lost a few very talented seniors who filled a lot of roster depth but luckily we have 40 boys who are ready to step up and fill those holes."

"We raised the bar high last year and plan to continue to push ourselves to great heights."

Strong captains

Of course, any team with the kind of senior captains Plymouth has — namely Garrett Beauprez, Bronson Knowles, Aniketh Visai and Chris Vos — is destined to be a winner. Just how far the Wildcats go in the KLAAs and postseason is the only question.

The captains "are leading the charge and motivating their team every day," Forbes emphasized. "Beauprez, Visai and Knowles are extremely versatile and can be placed in each and every event (except diving)."



BILL BRESLER | STAFF PHOTOGRAPHER

Senior co-captain Aniketh Visai is one of the key returnees for Plymouth's varsity boys swimming and diving team.

"The goal is to get bigger, faster and stronger while maintaining this close knit supportive group of student-athletes."

KENN FORBES
Plymouth varsity boys swim coach

Meanwhile, Vos "looks to improve his times from last year and is one of the strongest influences and motivators of hard work for the new guys on the team."

Senior Keegan Kendall isn't a co-captain, but he will be among other key contributors. "Keegan is also ready to roll this year and getting off to a great start in his time trials

showing more speed and power in all strokes as well," Forbes added.

Juniors Michael Wischer and Matt Weiner "have repeatedly shown what it takes to be with the 'elite' group and make it to states, generally following the path of sprint freestyle and butterfly."

Others looking to contribute include juniors Tyler Gala, Nathan Chimka and Brian Cowell.

"Gala, Chimka, Cowell and the others have also stepped up in filling in roster depth," continued Forbes, a former coach at Redford Union. "They have played a crucial role in the programs success the last few seasons in their support roles. They certainly aren't the only ones either."

Forbes was referring to James Lauer, Lucas Kapala, Brady McWilliams, Sawyer Knowles and sophomore Logan Kendall, the latter "looking to fill the distance slots when Garrett (Beauprez) graduates."

Bright future

Also making Forbes feel good about the future is the 1-2 punch of sophomores Ethan Byrnes (sprint events) and Adam Stepek.

"(Byrnes) is following in the sprinters groups," Forbes continued. "I feel he will be capable of other strokes and events at a high level too."

"Ethan is a very determined and hard working kid. This fall he boasted one of the fastest times in the state for a sophomore and went to Nationals for Cross Country. Now it's a matter of getting him back into swim shape, and he's doing just fine with that."

One of Byrnes' cross country teammates, Stepek, is working hard to learn a brand new sport.

"Though still finding his

own, he (Stepek) looks to be on the right track to become a valuable asset to this program in the next few years," the coach added.

One of the key losses to graduation was Ben Yang, but his younger brother — freshman Laurence Yang — has a chance to make a similar impact on the Plymouth swim program.

"Like his brother, he (Laurence Yang) is a talented flyer and backstroker," Forbes said. "However, he would consider breaststroke to be his best and he is more than suited for freestyle."

Diving in

Perhaps an unsung reason for Plymouth's success last year is the team's divers. Forbes is confident the trend will continue.

Last season, Jordan Groves nearly made states in his rookie year and nearly broke Plymouth diving records.

Not far behind was Calvin Rogers "and he is already looking in competitive form."

And freshman diver Ben Kirchoff "is looking to have an outstanding season (and is) already showing a lot of talent and potential."

"Last year we went into prelims with a good position," Forbes concluded. "Unfortunately with some not so great swims and a crazy finals day, we slipped."

"The goal is to get bigger, faster and stronger while maintaining this close knit supportive group of student-athletes."

"I have had some good teams in the past, I would say this may be one of the best."

tsmith@hometownlife.com
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Westland's Bantam Blazers earn title



The Westland Hockey Association's Bantam Blazers were crowned champions in the Capital Cup, which was held the weekend of Nov. 20 in Lansing. Pictured are (back row from left) Austin Kieleyka, Coach Hunter Sellers, Griffin Braunruther, (third row from left) coach Tim Sellers, Donovan Vesey, John Novak, Zack Junttenon, Brad Lefevre, Vinny Burton, Tyler Wozniak, Jack Rankin, Andrew Kosowski, coach Jeremy Kieleyka, Brendan Puckett, Jaydon Miller, coach Scott Wozniak, (second row from left) Gage Sellers, Nate Benton, Luke Burton, Brendan Mitera, and (front row) Shane Winkles.



RENA LAVERTY | USA HOCKEY

Converging in the corner Tuesday night at USA Hockey Arena are NTDP Under-18 winger Nick Pastujov (right) and Chicago Steel forward Marc Johnstone.

ATIENZA

Continued from Page B1

string of top-notch opponents Atienza has to face, he has also had to adjust to seven-minute matches in college (the first of the three periods is three minutes in duration, not two like in high school).

While an extra 60 seconds of action may not seem like much, it's comparable to a marathon runner being asked to run an extra five miles.

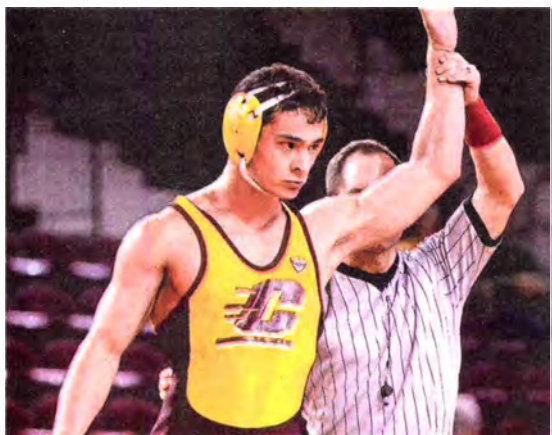
"Your stamina has to be a lot better at this level," he said. "I feel like I'm in the best shape I've ever been in."

At Franklin, Atienza was a

victory machine, chalking up an overall record of 223-19, which earned him a spot among the top 20 all-time winners in Michigan high school wrestling history.

Atienza and fellow sophomore Jordan Ellingwood both drew high praise from CMU head coach Tom Borrelli following their stellar showings in Reno, which helped CMU earn a No. 17 national ranking.

"Those are two guys that are real important to this team," Borrelli said. "We're still trying to sort some stuff out in those weight classes with injuries and things so having guys like that is a real important."



CENTRAL MICHIGAN UNIVERSITY ATHLETICS

Former Livonia Franklin wrestling standout Jordan Atienza is enjoying a breakout sophomore season at Central Michigan University. Following his fourth-place finish in a tournament at Reno, Nev., the 165-pounder is now 12-4 overall.

USA HOCKEY

Continued from Page B1

consideration for the U.S. World Juniors roster. Defenseman Chad Krysz did make the tournament squad.

The NTDP lead grew to 3-1 at 6:17 of the second period, when forward Nick Pastujov lit the lamp. Earning assists were left wing Keenan Suthers

and defenseman Ryan Lindgren (two assists).

Bouncing back with a goal just 40 seconds later was Chicago's Brandon Duhaime, an unassisted effort.

Restoring the two-goal cushion at 13:57 of the second was center Trent Frederic, from Lindgren and defenseman J.D. Greenway.

Closing out the scoring for the evening was Fox, with an empty-netter at 18:26 of the

third period. Collecting the assist was Frederic.

NTDP UNDER-17 TEAM 7, MUSKOGON 4: After spotting the visiting Lumberjacks three first-period goals Wednesday afternoon, the USA Hockey NTDP Under-17 team roared back behind a four-goal performance by defenseman Quinn Hughes.

Chipping in with two goals in the United States Hockey League contest was forward Scott Reedy and goalie Dylan St. Cyr (Northville) made 30 saves for the victory. The win upped the NTDP's USHL record to 11-11-1.

Scoring one of the Muskegon goals was Livonia native Max Humitz.

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HOOPS

Continued from Page B1

ther solidified himself as the Chiefs' early-season go-to guy against OLSM as he registered a game-high 19 points, including 8 of 11 free throws, six rebounds, two blocked shots and three steals.

"Obi is a tough match-up for a lot of teams," said Reddy. "I think teams overlook him a little bit because he didn't have a great junior season, but he's really coming on."

"I thought Colin Troup did a really nice job, too, guarding their No. 11 (CJ Wilson), who is a very good player. Colin gave us a lot of energy off the bench."

After watching from the bench during the entire first half, Canton senior forward Logan Ryan established himself at both ends during the final 16 minutes, netting 11 points, grabbing five rebounds and blocking two shots.

Ryan's presence in the paint down the stretch also made life difficult for OLSM's Wilson,

who slashed and attacked his way to 11 first-half points (without Ryan on the court) before getting held to five in the final two quarters.

Junior guard Cooper Abrams was the Eagles' next-highest scorer with six points, the result of two long treys that nearly sparked a dramatic rally.

The teams were on opposite ends of the spectrum at the free-throw line, where Canton knocked down 19 of 27 freebies while the hosts found twine on just 7 of 20 attempts.

It was OLSM's defense that ruled early on as the Eagles held the Chiefs scoreless until the 3:18 mark of the first quarter when freshman guard B. Artis White drained a left-wing triple.

Okoli then injected the Chiefs with a dose of energy when he blocked a driving lay-up by Jack Carroll, then lunged beyond the baseline to direct the ball off of Carroll's leg, giving the Chiefs another possession.

Canton's first lead of the night didn't arrive until 87 seconds remained in the first

half when and and-one by Okoli gave his team a 13-11 advantage.

The Chiefs pushed their lead to 29-21 late in the third quarter when Jalen Cochran threaded a bounce pass to a cutting Ryan to complete a textbook give-and-go play.

The Eagles' closed the quarter with a flair when with just six seconds left 6-foot-3 junior center Donovan Saine threw down an emphatic dunk to put an exclamation point on a fast-break.

Saine's theatrics seemed to revive the Eagles, who closed to within 32-30 with 3:40 to play on the second of Abrams' back-to-back threes.

However, Canton countered with a 9-1 run to grab a 41-31 lead before repelling a late Eaglet comeback attempt.

Although he missed all nine of his field-goal attempts, Cochran was a force for the Chiefs on the glass, snagging 10 rebounds.

Hamoudy Turfe went 4-for-4 from the line (along with grabbing five rebounds) for the winners in addition to providing steady ball-handling skills.

COLLEGE FOOTBALL

Burbridge does his part to help Spartans

By Dan O'Meara
Staff Writer

Michigan State University's football team has risen to national prominence and it's players like wide receiver Aaron Burbridge of Farmington Hills who have helped to make it happen.

"That's the reason all of us come to Michigan State," Burbridge said. "We expect to win here; we expect to go to big bowl games. It's just an honor to be a part of this and what's going on."



Burbridge

Though he might be considered a role player, Burbridge, a former all-stater at Harrison High School, has made a solid contribution to the MSU program.

He played as a true freshman in 2012, has appeared in 35 games and made 10 starts. Burbridge has 76 career receptions for 859 yards and three touchdowns.

The 6-foot-1, 201-pound junior is third on the team this year with 25 catches for 301 yards and one score. He caught a season-high five passes for 48 yards against Indiana.

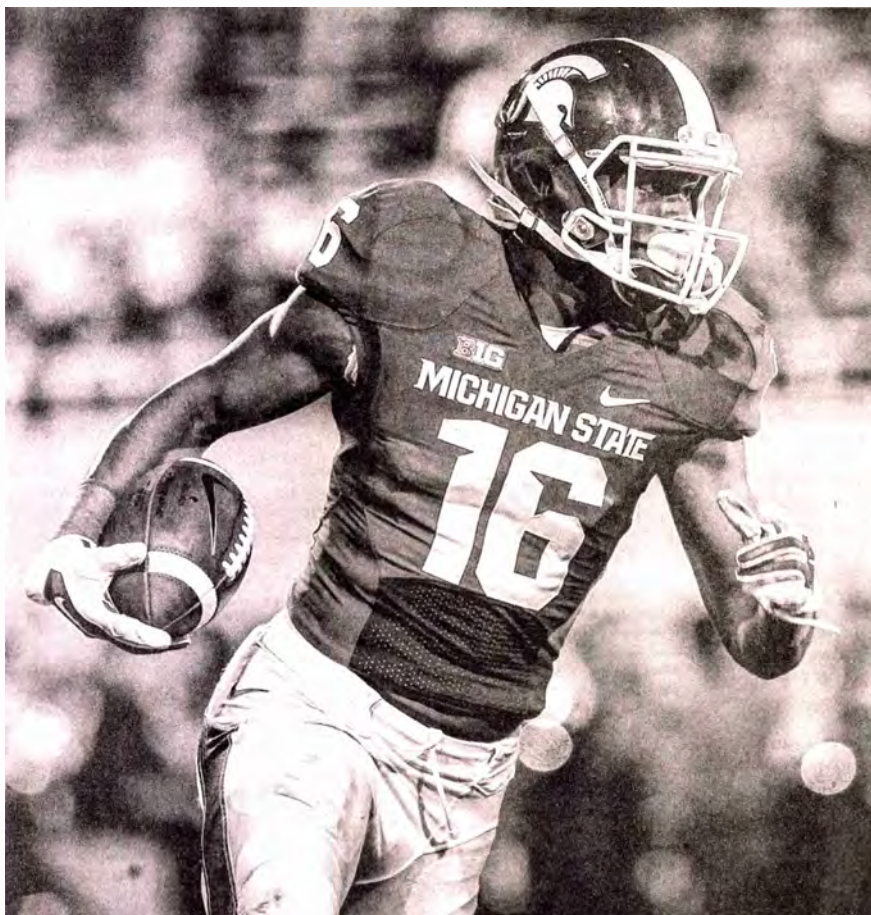
"I'm very happy with my production," Burbridge said. "I feel like I developed a lot this year. I learned more about the game, and it has helped me to become the receiver I am today."

Senior Tony Lippett is the leading receiver with 60 receptions for 1,124 yards and 11 touchdowns. Burbridge is one of four others who follow Lippett with 22 to 26 catches.

"We do have a lot of weapons on offense," Burbridge said. "(Quarterback) Connor (Cook) does a great job of getting all of us the ball every game."

"We just try to do what we can to help him out and keep the offense moving and progressing every week."

Burbridge also had his ca-



Aaron Burbridge looks for room to run against Jacksonville State.

MICHIGAN STATE ATHLETIC COMMUNICATIONS

reer-best game against Indiana in 2012, making eight catches for 134 yards. He hauled in 29 passes for 364 and two scores in his rookie season.

Other area stars

One of Burbridge's buddies on the team is running back Jeremy Langford of Wayne and Westland John Glenn High School.

Langford is MSU's leading

rusher for the second straight season with 1,360 yards and 19 touchdowns on 249 attempts (5.5 average). He averages more than 113 yards per game.

"We're cool, we hang out," Burbridge said. "We like to play video games (when they do). We do the stuff friends do."

Every now and then, Burbridge, who occasionally lined up at tailback in high school,

gets to run the ball, too, mostly on end-around plays.

"I love doing that," he said. "I get to show off my versatility. I used to be a running back when I started playing football. It brings me back to my glory days."

Burbridge, who was the No. 1-rated prep player in the state in 2011, has remained close with former Harrison teammate and Michigan wide re-

ceiver Devin Funchess.

Funchess recently announced his intention to forgo his last year of college ball and enter the NFL draft next year.

"I talk to him almost every day," Burbridge said. "I support him all the way and I'm proud of him. Hopefully, he can make a name for himself in the NFL."

"I'm not really surprised (Funchess is leaving early) with everything going on over there. I support his decision 100 percent."

Eyes NFL, also

Burbridge hopes to be drafted in 2016 and have a chance to play professional ball, too.

"Of course," he said. "I'm just working toward bettering myself as a person and player to get myself ready for the next level."

Burbridge also was an excellent punt and kick returner for the Hawks and would like to do more of that for the Spartans.

"I do play on most special teams; I'm just not returning right now," he said. "Hopefully, I can return a couple kicks. That's what I've been asking. It would be nice to get back there one time."

Burbridge plans to work hard in the off season and do his part to keep the Spartans on a winning track next fall.

He doesn't expect to be the go-to guy necessarily because of all the other talented receivers on the team, but he wants to play a key role again.

"We just have to finish this year strong and come back next year and have the best year," he said. "We'll get together with Connor in the off season, get the chemistry and timing down and come into camp ready to roll."

"My goal was to become a complete receiver this year, and I think I've done that. I know the offense like the back of my hand. I'm doing pretty well going into my senior season."

COLLEGE BASKETBALL

Hooping Crofford brothers face off at the next level

Ed Wright
Staff Writer

With 17:40 remaining in the first half of Wednesday night's men's basketball game between Adrian College and the University of Michigan-Dearborn, a monumental event unfolded.

Monumental, at least, for Redford Township's Crofford family.

During the early-game break in the non-conference encounter between the two modest-sized schools, Bulldogs true freshman forward Isiah Crofford checked into the game — joining his brother Xavier on a college court for the first time.

Xavier Crofford is a smooth-shooting red-shirt freshman guard for the Wolves.

The siblings' match-up drew a larger-than-normal crowd to the Wolves' field house, which was particularly lively when both of the former Redford Thurston stars were

on the court at the same time.

In addition to parents Chavell and Kimyata Crofford, several other family members and former teammates and current friends from Thurston purchased a ticket for the unique family reunion.

Xavier Crofford started the game and was his team's offensive catalyst during the first nine minutes. During one stretch midway through the first half, the older Crofford brother scored 12 straight points to give the Wolves a short-lived 24-22 lead. Adrian ultimately won the game, 76-58, to improve to 6-4.

While the brothers never guarded each other during the first half of Wednesday's game, they did cross paths a few times. Five minutes into the game, Xavier whistled for fouling Isiah, who sank one of the two ensuing free throws.

Both Croffords are instrumental components on their respective teams. Xavier has had a number of double-digit

scoring games already this season. He also delivered a crowd-pleasing pass to teammate Marcus Williams, who finished the play with a rim-shaking dunk.

Isiah Crofford was the first big man off the bench for the Bulldogs. He's started nine of Adrian's first 10 games this season — a rarity for a true freshman, no matter what level you're talking about.

Isiah Crofford is averaging 18 minutes per game this season, scoring four points while grabbing 4.2 rebounds and blocking nearly one shot per game.

The younger Crofford is majoring in communication arts at Adrian, according to the Bulldogs' website.

Third Eagle spotted

In addition to the Crofford brothers, former Thurston standout guard Anthony Barley played well during Wednesday night's game.

Barley, who formerly played for Colby Community



University of Michigan-Dearborn guard Xavier Crofford (foreground) made sure Adrian College forward Isiah Crofford (Xavier's younger brother) didn't get too much room to maneuver during Wednesday's game.

ED WRIGHT

College in Colby, Kan., is a 5-foot-11 senior point guard for the Wolves.

An outstanding perimeter shooter, Barley scored 10 points Dec. 13 in the Wolves'

victory over Siena Heights University.

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WHA midget icers earn crown



The Westland Hockey Association's Midget Blazers recently took first-place honors at the Capital Cup Tournament in Lansing. Team members include (back row, from left) coach Josh Tibbals, coach Paul Yount, Patrick Leny, Gavin McVeigh, coach Mike Polzin, Collin Harvey, Giuseppe Cracchiolo, Sebastian Farnsworth, Jordan Gittins, Miguel Flores, Garret Yount, Joey Burton, Ben Damian and coach Joe Burton and (front row, from left) Logan Neilson, Dylan Alchin, Jackson Moschet, Eric Polzin, Chase Burgess, William Hughes and Chandler Jones. Also on the team are Jay Best and Kameron Richardson.

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MercyElite offers new cross training classes

This exercise session shows participants trying the same exercise, which is modified for their individual fitness level. MercyElite's cross training program will encourage a group workout with exercise modifications.

Sharon Dargay
Staff Writer

A high school athlete and an out-of-shape senior citizen may seem an unlikely fit for the same exercise class.

But there's a place for everyone in MercyElite's new cross training classes starting Jan. 18 in Livonia.

"When they come in, the first 10 to 15 minutes, we'll be taking them through a movement screening. Then based off the results, we'll assign modifications for the exercises. We want to make sure the exercise for your ability is appropriate," said Dan Wolocko, director of physical therapy and sports performance at MercyElite Sports Performance, an outreach program of St. Mary Mercy Hospital Livonia. "For the workout, there might be four or five main exercises, with three or four different modifications."

The modifications enable everyone in class to work on the same exercises with the same intensity, working the same muscle groups, while building strength, flexibility and toning muscles at a fitness level that is appropriate for his or her body type and ability.

"If you're in a group and you're all working out at the same level, it can get monotonous," Wolocko said. Cross training doesn't specialize in just one kind of exercise. It provides a balanced exercise program and can lead to a better understanding of your own body and its capabilities, he noted.

The classes are an hour and will be offered at 6:30 a.m., 7:45 a.m., 9:30 a.m., noon and 7:30 p.m. Monday, Tues-



Individuals work on variations of the pull-up.

day and Thursday, at noon and 7:30 p.m. Wednesday, at 6:30 a.m., 7:45 a.m., 9:30 a.m., and noon Friday at 9 a.m. Saturday at MercyElite, 13245 Newburgh, Livonia. A monthly membership fee of \$75 allows participants to take as many classes as they want each month.

Exercising together

Working out in a group setting is a major component of the program. Each class will average 10-15 individ-

uals.

"We support each other. It's fun and it gives you energy," Wolocko said, adding that the group concept also encourages and supports family participation.

"You could have a high school athlete who plays football and a mom who wants to be fit and healthy and have them doing the exercise program together," he said.

MercyElite's cross training is based in part on the popular CrossFit

model. CrossFit offers fitness workouts with movements performed at high intensity in a group setting, through a worldwide network of gyms and trainers. Participants also train to compete in CrossFit fitness games.

"We wanted to use that model, but be safe," Wolocko said. "They (CrossFit) do it in groups and people love that aspect of it and every time they go to class, they don't know what they are going into. It produces some results."

But Wolocko said MercyElite has seen some patients injured by participating in CrossFit. It may be too extreme for some athletes. Some may want to try it, but aren't sure if they're ready.

"We can modify it and get you to that level," he said.

Part of a team

MercyElite has the advantage of offering a program that was designed by physical therapists, licensed athletic trainers and certified strength and conditioning specialists. It can draw on St. Mary Mercy's entire sports medicine team for consultation.

"What's nice is we can offer services in between classes," Wolocko said. Members can schedule a session for individual attention, if needed.

Classes are for age 16 and above, although Wolocko said a younger teen or child may be admitted as long as they are with a parent.

"We want to encourage families to exercise together. It can be daunting to appeal to such a wide spectrum but, at the same time, there's definitely a need. We're excited about it."

For more information or to register for classes, call 734-655-8240.

MEDICAL DATEBOOK

Breastfeeding clinic

The clinic teaches breastfeeding basics, a three-hour course to help expectant parents get the breastfeeding process off to a strong start, 6:30-9:30 p.m. Jan. 11, at Beaumont Hospital - Farmington Hills, 28050 Grand River Ave., Farmington Hills. It covers the advantages and benefits of breast-feeding, physiology of milk production, basic nursing positions, assessing latch-on, back-to-work issues, how to determine if your baby is getting enough milk, common problems, pumping and storing breast milk and more. The class fee is \$35. Register by calling 248-888-2500 or visit botsford.org.

Childbirth education

Comprehensive Childbirth Education is a four-part class, taught by experienced childbirth nurses, 7-9:30 p.m. Wednesday, Jan. 6, 13, 20, and 27 at Beaumont Hospital - Farmington Hills, 28050 Grand River Ave., Farmington Hills. The class will explain the stages of labor, relaxation and breathing methods, strategies for managing discomfort, the partner's role in labor and delivery, cesarean section deliveries, medications, anesthesia and more. The class fee is \$75. Register online at botsford.org or call 248-888-2500.

Cosmetic services

Learn about St. Mary Mercy Livonia's cosmetic services, 6-8 p.m. Wednesday, Jan. 6, in the hospital's north auditorium, 36475 Five Mile, Livonia. DeLoean Q. Griffin, M.D. will talk about plastic and reconstructive services to enhance appearance, improve well-being and boost self-esteem. Griffin specializes in cosmetic and medical procedures such as body contouring,

breast augmentation, excess skin removal and facial rejuvenation. The free session will include a Botox demonstration, hors d'oeuvres and a raffle. To register, call 734-655-2692.

Hearing loss support

Learn about innovative cochlear implant technology from Advanced Bionics, 6:30-8:30 p.m. Jan. 13, at Garden City Hospital, 6255 Inkster Road, Garden City. For more information call: Tony at 734-644-3297; afreck@comcast.net

Stop smoking class

A smoking cessation program will be held 7-8 p.m. Jan. 6, 13, 20 and 27 in the Our Lady of Hope Cancer Center at St. Mary Mercy, Livonia, located at Five Mile and Newburgh, Livonia. Registration is required and participants must attend all four sessions. Call Michelle Eggenberger at 734-655-2973.

Teens and drugs

"Teens Using Drugs: What To Know and What To Do" is a free, ongoing, two-part education series sponsored by Dawn Farm. Part one, held 7:30-9 p.m. Tuesday, Feb. 2, provides information on understanding substance abuse problems and recognizing when a young person may be involved with alcohol or other drugs. Part two, from 7:30-9 p.m. Tuesday, Feb. 9, focuses on what does and does not help when a teen substance abuse problem is suspected or identified. Both sessions will be held at the St. Joseph Mercy Hospital Education Center, 5305 Elliott Drive, Ypsilanti. Call 734-485-8725 for more information.

Video on recovery

See Kevin McCauley's video, *Memo to Self: Protecting Sobriety with the Science of Safety*, 2 p.m. Wednesday, Jan. 20, at the University of Michigan Rackham Graduate School's 4th floor amphitheater, 815 E. Washington Street, Ann Arbor. McCauley, co-founder of the Institute for Addiction Study, frames addiction as a safety problem and unites the science of mishap prevention with the necessities of relapse prevention. A question and answer session will follow the screening. The screening is free. For more information call Matt Statman at the U/M Collegiate Recovery Program at 734-763-3933.

Wellness Center

St. Mary Mercy Livonia will hold an open house for its Wellness Center 10 a.m.-1:30 p.m. Saturday, Jan. 9, at the Center on the hospital campus, Five Mile at Levan, Livonia. Visitors can sample what's new at the Center. Dress to join in the fun with Zumba, Pilates and yoga demonstrations, a health nutrition seminar, acupuncture seminar and a meditation session. There also will be chair massage, prizes and healthy snacks. The event is free but registration is required. For more information or to register, call 734-655-1320 or visit <http://goo.gl/6c9GXE>.

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.

Amputee support

The Amputee Support Group meets 2-3 p.m. the second Tuesday of every month in Classroom #1 at St. Mary Mercy Hospital, 36475 Five Mile (use south entrance off Levan), Livonia. Call 734-655-2837 for more information.

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.

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.stmary-mercy.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.

Eating disorders

A support group for individuals with anorexia, bulimia, and compulsive and binge eating disorders meets at 6:30 p.m. every Wednesday at the Allan Breakie Medical Office Building, on the Garden City Hospital campus, 6255 Inkster Road, Garden City; 734-324-3089.

Lung cancer support

Thoracic surgeon David Sternberg, M.D. leads a support group for anyone living with cancer and their loved ones, 6-7:30 p.m. the third Monday of the month, at Beaumont Cancer Center - Farmington Hills, 27900 Grand River Ave., Suite 230, Farmington Hills; 248-473-4828.



Sternberg

CHEF GEORGE RAPITIS COOKS FAVORITE GREEK DISHES

Sharon Dargay
Staff Writer

If you want to eat "simple but healthy and filling food," go Greek.

"It's eating a Mediterranean diet, where they have meat mostly at celebrations and their daily meals are things like feta cheese and olives and lemon rice soup," said Chef George Rapitis, who demonstrated several Greek recipes recently at Schoolcraft College in Livonia.

"The unique thing about eating Greek is the love for herbs. Mint and dill. Those are married. They go together. They're used in soups, with fish. Greeks cook with lemons, spinach. These are some of the healthiest foods on the planet."

Rapitis, who trained in culinary arts at Schoolcraft and earned a dietetics degree from Madonna University, teaches a one-night cooking class every semester through Schoolcraft's Continuing Education and Professional Development Department. He demonstrates different recipes each time he offers the Greek foods class, but his philosophy about the cuisine remains the same.

"It doesn't take a lot of expensive ingredients to make a good Greek dish. It just takes good ingredients."

Rapitis rolled grape leaves, layered phyllo dough and turned humble chickpeas into a tasty, homemade hummus during the recent three-hour session. He also served from-scratch cucumber dip (tzatziki), lemon and mint water, and a no-bake cake that "explodes" with a chemical reaction when its heated ingredients mingle in a pot.

Along the way, he assured students that Greek cooking "is very easy to do." Even the more daunting recipes, such as stuffed grape leaves and spinach pie with its delicate layers of phyllo dough, "just take a little bit of time."

"But it's worth the time," he said. "I always like to make my own hummus. If you're having a party, having friends over, it's such a great dish and it's so easy."

"You've probably had spinach pie in a restaurant. When you make it at home it's much better."

Although none of the students accepted Rapitis' invitation to try rolling grape leaves and oiling phyllo dough in class, some said they would make the recipes at home.

"I love Greek food," said Marilee Anthony of Northville, explaining why she took the class. "I prepare pastitsio, which is a Greek casserole, at home. It's very simple."

Steve Gadzinski of Sterling Heights had taken a variety of culinary classes at Schoolcraft and was eager to try something new.

"When I started here, there were no Greek culinary classes, and now they have it. This one interests me because I'm a diabetic and I want to learn to eat better, more Mediterranean," he said.

Rapitis suggested that students try the recipes at home, "practice a little," and work on getting a feel for the texture of the ingredients.

His next class is The Lighter side of Dark Chocolate, 6-9 p.m. Tuesday, Feb. 2, at Schoolcraft. Cost is \$99, \$79.20 for seniors. Sign up through schoolcraft.edu/cepd/thedish.

Rapitis also teaches healthful cooking seminars and "lunch and learn" sessions throughout southeastern Michigan. Check out videos of his Eat Right By George cooking show on YouTube.

A few of Rapitis' Greek cooking tips:

» He uses olive oil instead of butter with phyllo dough for spinach pie.

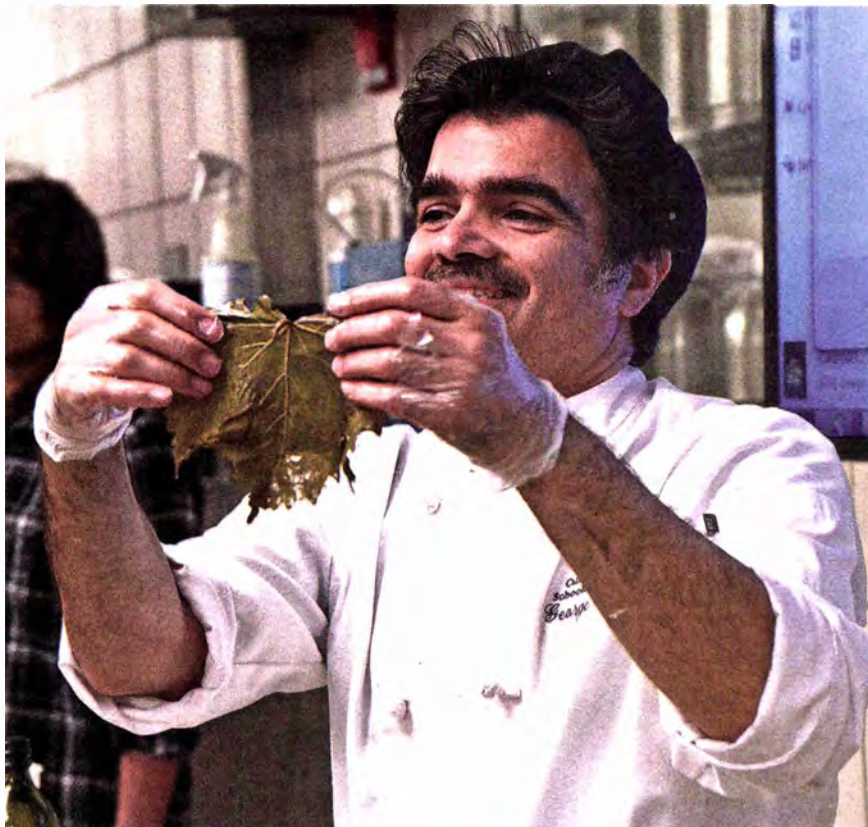
» When using fresh mint and dill, don't use the stems, which may be too chewy.

» Tzatziki can be used on sandwiches and salads, in addition to being used as a dip.

» Make a refreshing drink by allowing slices of lemon and fresh mint to marinate in water. "If you drink that for a day you'll have more energy," Rapitis said.

» To get more juice from a lemon, roll it before cutting it.

» Cut onions in half before attempting to peel them.



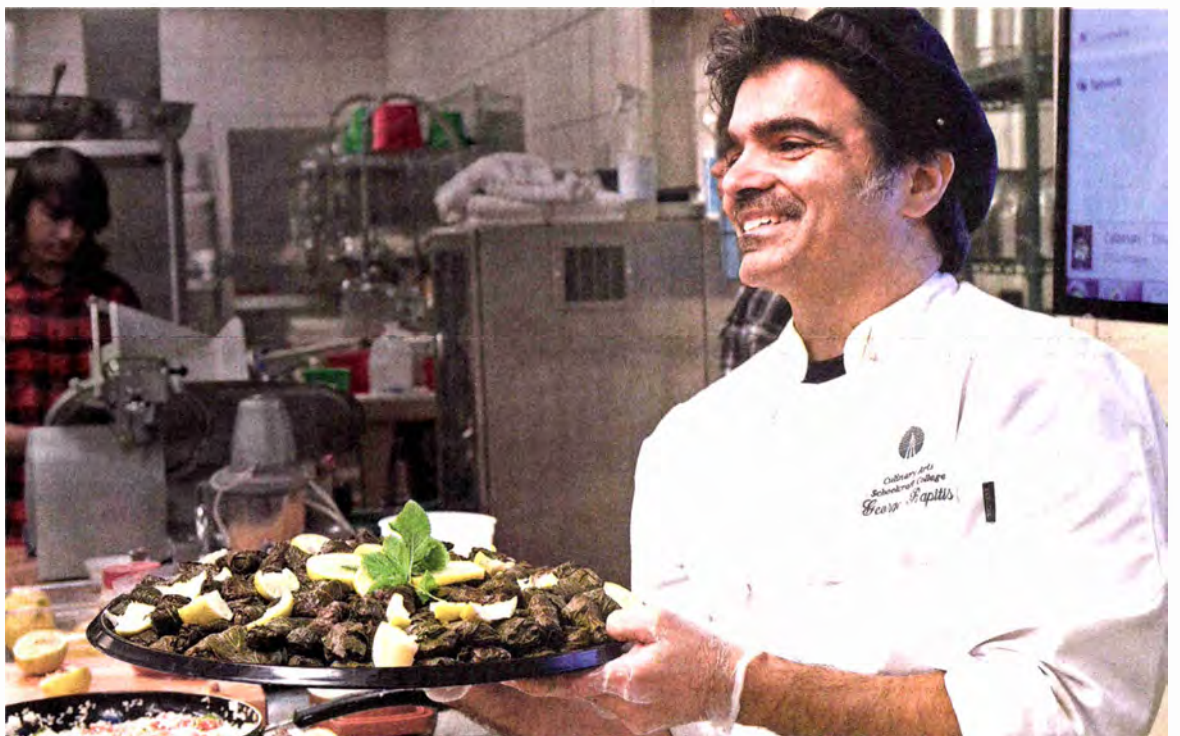
George Rapitis knows his grape leaves.



BILL BRESLER | STAFF PHOTOGRAPHER
George Rapitis adds rice to the mixture for stuffing grape leaves.



BILL BRESLER | STAFF PHOTOGRAPHER
George Rapitis says that you don't need exotic ingredients for Greek recipes, just fresh and simple.



Stuffed grape leaves are ready to eat.

HEALTHY TZATZIKI DIP

Serves: 4, 1/4-cup servings

1 cucumber, cut in half and sliced thin
1 teaspoon fresh lemon juice
1 clove garlic, finely minced
1/4 teaspoon dried dill
1 teaspoon fresh mint, chopped
1/2 cup plain Greek yogurt

Combine all ingredients in a medium bowl and toss thoroughly. Cover and refrigerate until ready to serve.

ROASTED RED PEPPER HUMMUS

Serves 12-18

3 cloves garlic, minced
2 (15-ounce) containers garbanzo beans, drained
1/4 cup tahini
1/2 cup roasted red peppers
1/2 cup olive oil
Dash paprika for garnish

In an electric food processor, combine garlic, garbanzo beans, tahini, and lemon juice. Process until the mixture is smooth. Add roasted peppers and process until the peppers are finely chopped. Transfer hummus to small bowl, cover and chill until ready to serve. Garnish with extra garbanzo beans, paprika, and olive oil.

STUFFED GRAPE LEAVES (DOLMADES)

50-60 grape leaves or 1 jar (16 ounces) brined grape leaves
1 cup olive oil
2 large onions, minced
1 1/2 cups uncooked long grain rice
1 cup diced tomatoes
1/2 cup tomato paste
1/2 cup fresh dill, chopped
2 tablespoons dried mint
Juice of two lemons

In a large skillet, over medium high heat, heat 1/2 cup olive oil. Sauté the onions until translucent, about 5 minutes. Stir in the rice, diced tomatoes, chicken broth, and tomato paste.

Add juice of a lemon, dill, and mint and remove from stove and let cool.

Line the bottom of a heavy saucepan with four grape leaves (Chef George uses broken or torn leaves for this). Place a leaf with the stem towards you on a flat surface and cut out the stem of the leaf. Place a teaspoon of filling in the bottom center of the leaf, just above the stem. Fold the bottom section up to cover the filling. Fold the sides in towards the center. Place the leaves in layers in the saucepan. Be sure to place them with the seam on the bottom. Pour remaining 1/2 cup olive oil over the grape leaves and enough water to cover them by about an inch. Place a heat proof plate on top of the rolls to keep them submerged in the water.

Cover the saucepan and bring to a boil. Lower the heat and simmer over low heat for 45 minutes to an hour or until the leaves are tender and the rice filling is cooked through.

GREEK HALVA CAKE

2 cups of coarse semolina (substitute farina or cream of wheat)
1/4 cup olive oil
1/4 cup walnuts, chopped coarsely
1/4 cup raisins
For the syrup:
4 1/2 cups water
2 1/2 cups sugar
1/2 cup honey
3 small pieces cinnamon stick
3-4 whole cloves
2-inch piece of orange peel
Ground cinnamon for dusting
Strawberries and whipped cream for garnish

Prepare the syrup: To a medium saucepan, add the water, sugar, honey, cinnamon sticks, cloves, and orange peel. Boil for 5 minutes then lower the heat and simmer gently. Remove the cinnamon, clove, and orange peel before pouring. In another larger saucepan, over medium high heat, add the oil and heat until shimmering. Add the coarse semolina and cook, stirring frequently to prevent sticking. Cook the semolina in the oil until the grains begin to toast and turn a deep golden color.

Remove the pot from the heat and carefully add the hot syrup to the semolina mixture. The semolina is going to sizzle, bubble, and spatter, so be careful not to burn yourself. Stir in the walnuts, raisins, and continue to cook until the semolina absorbs all the liquid. Cover the pot tightly and set aside to cool for 10-15 minutes. Spoon the mixture into a pudding mold or into individual ramekins. Allow the pudding to cool to room temperature before serving. To serve, sprinkle with cinnamon, strawberries, and whipped cream.

SPINACH PIE

Serves: 12

1 cup chopped onion
2 pound bag fresh spinach
3 eggs
1 cup crumbled feta
2 cups olive oil
1 pound box phyllo dough sheets
1/2 cup minced mint
1/2 cup minced dill

In large bowl, chop spinach, stir in chopped onion, crumbled feta, and herbs until well mixed. Beat 3 eggs in small bowl and add to mixture. Set spinach mixture aside. Place small bowl of olive oil out, with a basting brush. Preheat oven to 350 degrees.

For the pie crust, lay out five sheets of phyllo at a time, on greased half sheet pan. Baste the fifth sheet lightly with olive oil and spread half of the spinach mixture over the top. Lay out two more sheets basting them lightly and spread the rest of the spinach mixture over. Lay remaining sheets basting each one until finished.

Tuck inner edges and score into 3-by-12 pieces. Place the baking sheet into the oven until golden brown. Bake for approximately 1 1/2 hours.

Note: Can be frozen and baked at a later time.

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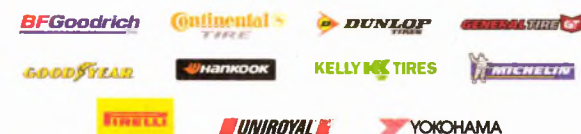
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Juggling 2 jobs takes balance and planning

BY MARY LORENZ
CAREERBUILDER

If you're one of the millions of Americans who works a side job in addition to a full-time job, you probably also struggle to find the time or energy to do anything outside of work.

But carving out time for yourself on even the busiest of days is not only doable, it's essential. Just as it did to Jack Torrance in "The Shining," an "all work and no play" mentality has the potential to make you lose your mind a little bit.

Get tips from career experts and those who have been in your shoes about how to successfully juggle two jobs and a personal life — all while maintaining your sanity.

Identify your goals and priorities.

"When people are balancing multiple commitments, it is important to identify their main goals," says Marie Levey-Pabst, a life-balance consultant. She recommends setting goals and priorities not just for your professional life, but for your personal life as well. This may entail seeing friends twice a week or having a date night with your partner.

Having specific objectives allows you to focus your energy where it's most important, use your time efficiently and



THINKSTOCK

avoid burnout, she says.

Forget work-life balance; think work-life separation.

Trying to hold down two jobs is stressful enough. Adding a work-life balance expectation "seems like another demand that adds to our stress," says Dave Popple, a corporate psychologist and president of Psynet Group. Instead of striving for work-life balance, he suggests starting small with work-life separation. To do this, he advises setting aside five 25-minute sessions each day to focus solely on

work. This means avoiding distractions such as email and silencing your phone. "When you master the ability to be fully focused on your work, you will accomplish more," Popple says. "It will also teach you how to be fully focused on your family, friends, hobbies, etc., when you are not working."

Be realistic.

"Often, we allow others to create unrealistic deadlines or expect more from ourselves than we are capable," says Melissa Heisler, author of "From Type A to Type Me: How

to Stop 'Doing' Life and Start Living It." But this mentality of trying to be everything to everyone at all times is not only unrealistic, it's unnecessarily stressful. Instead, manage expectations early on with clients in terms of timelines, availability and scheduling conflicts, Heisler says.

Be proactive.

"Burnout hits us when we spend our days in reactionary mode," Heisler says. "When we are overloaded by the responsibilities of multiple jobs, we can feel constantly behind, making us react unconscious-

ly to every emergency." Take a moment to analyze your to-do list and prioritize each task before jumping in. Then, instead of trying to tackle a week's worth of goals in a day, take it one step at a time. "Create reasonable daily and weekly goals based on company needs and your abilities in the circumstances."

Take care of yourself.

"Maintaining your energy level is crucial if you are going to have two jobs," says Melissa Jirovec, an Ontario-based health and happiness coach. Take care of your physical needs by eating well, exercising and getting enough sleep. Unfortunately, when schedules get hectic, those things are usually the first to go. Keep them front of mind by carving out time for them in your schedule — even if it's only 10 minutes — and stick to it. "Ignoring these needs will only drain you and make it harder for you to get through your days," Jirovec says. "Always make sure you are taking care of you, so you can go out there and kick butt."

Mary Lorenz is a writer for the Advice & Resources section on CareerBuilder.com. She researches and writes about job-search strategy, career management, hiring trends and workplace issues.

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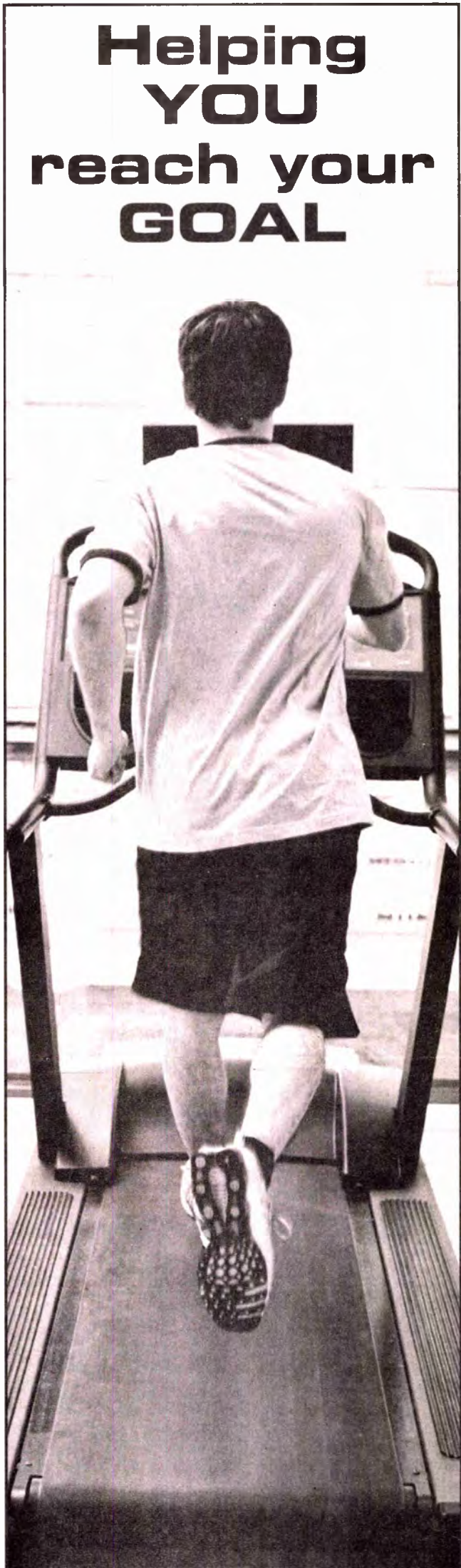
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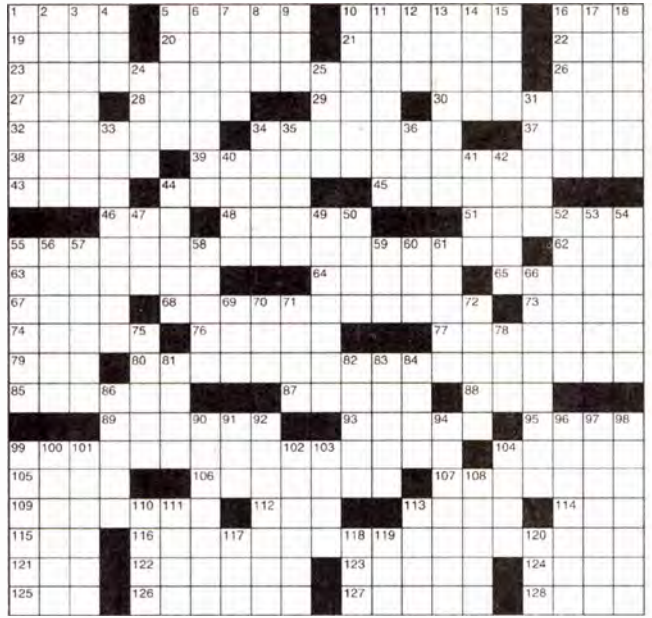
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- ACROSS**
- 1 Flight board figs.
 - 5 Entrap
 - 10 Entrap
 - 16 Lays flat in the ring
 - 19 Diamond with many hits
 - 20 Suffers defeat
 - 21 "Recovery" rapper
 - 22 Gardner of film
 - 23 Women's suffrage leader
 - 26 Kept out of sight
 - 27 Spherical body
 - 28 Swing back and forth
 - 29 Bonzo, e.g.
 - 30 Grappled, rural-style
 - 32 Journal keeper
 - 34 Kind of deodorant
 - 37 Helper
 - 38 Nobody — business
 - 39 Actress who played Marcia in "The Brady Bunch Movie"
 - 43 Like some red hair
 - 44 "— it is!"
 - 45 Core military groups
 - 46 — -jongg (tile game)
 - 48 Force (upon)
 - 51 Glucose, to fructose
 - 55 "We can only do this as a pair"
 - 62 Bullring shout
 - 63 Fender fan bell or fuel line
 - 64 Rice — (boxed food mix)
 - 65 Savory spreads
 - 67 Pianist Gilets
 - 68 Measure of national economic health
 - 73 In — (within a living organism)
 - 74 Tower of —
 - 76 Acting parts
 - 77 More brutal
 - 79 — mode
 - 80 It might include light therapy
 - 85 Alternative to frozen yogurt
 - 87 De-conv
 - 88 Passing vote
 - 89 Composer
 - 93 Some frozen waffles
 - 95 Little-seen
 - 99 Three-point buzzer
 - 104 River in Italy
 - 105 Baseball's Hersher
 - 106 Singer Tony
 - 107 Call before the court
 - 109 Most dismal
 - 112 CBS hit with two spin-offs
 - 113 Jai — (relative of handball)
 - 114 In — time
 - 115 U.S. "Uncle"
 - 116 Their titles are found at the starts of 23-, 39-, 55-, 68-, 80- and 99-Across
 - 121 Feasted on
 - 122 Clandestine
 - 123 Nunavut native
 - 124 As blind as —
 - 125 Get bronze deity
 - 126 See 60-Down
 - 127 Fill in for
 - 128 Amateur
- DOWN**
- 1 Made cryptic
 - 2 With crying
 - 3 Home of military craft
 - 4 Camera type, in brief
 - 5 Oodles
 - 6 Ruling from a plate umpire
 - 7 Washed-out
 - 8 Mens — (criminal intent, in law)
 - 9 Mind-reading skill
 - 10 Infusion vessel
 - 11 More than a little forgetful
 - 12 Actor Cage, to pals
 - 13 Made knotty
 - 14 "— Smile Be Your Umbrella"
 - 15 Rescue crew
 - 16 "The Prophet" author — Gibran
 - 17 Spanish city
 - 18 Less happy
 - 24 Cow-horned deity
 - 25 Earth's neighbor
 - 31 Authority
 - 33 State tree of Rhode Island
 - 34 What "—>" is
 - 35 Letters sung by kids
 - 36 Stop — dime
 - 40 Hold to test the weight of
 - 41 H.S. math
 - 42 Fabie penner
 - 44 Heat: Prefix
 - 47 Abbr. on an FBI poster
 - 49 Emulates a homebody
 - 50 Spelling of "Scream 2"
 - 52 Not fixed in one place
 - 53 Late morning hour
 - 54 Getaway site
 - 55 Cooling pack
 - 56 "Hot" dish
 - 57 Clan-related
 - 58 Mixes up
 - 59 Whole bunch
 - 60 With 126-Across, et cetera
 - 61 Brother's daughter
 - 66 Rosary prayer
 - 69 Upper Midwest's — Canals
 - 70 State tree of North Dakota
 - 71 Contact lens care brand
 - 72 "ER" pictures
 - 75 Ballerina-like
 - 78 Onetime
 - 81 Arapaho foe
 - 82 Dark film
 - 83 SALT I topic
 - 84 Close-fitting
 - 84 — Park (part of Queens)
 - 86 Pertain
 - 90 Clinical scientist, for short
 - 91 Mineral suffix
 - 92 Penny — (slingy sort)
 - 94 Earache, formally
 - 96 Comply with
 - 97 Habitual
 - 98 Mexico's Zedillo
 - 99 Filled in for a pooch owner
 - 100 Pntt goals
 - 101 Sailors
 - 102 First stages
 - 103 No. to Klaus
 - 104 Set of three
 - 108 Spouts off
 - 110 Petrol brand
 - 111 Dele undero
 - 113 "... some kind of —?"
 - 117 —K
 - 118 Sorento and Soul maker
 - 119 U.S. "Lid."
 - 120 Brewpub tub

SUDOKU

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

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!

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

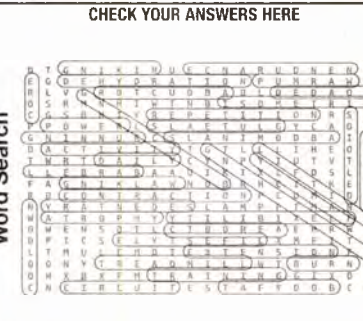
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 S R M N H I W T N B I S O M E T R I C
 G S B H I Y R E P E T I T I O N R S E
 P O W E R L S L A E T U L G Y C A D R
 N I N N U R C S L A N I M O D B A I D
 A C T I V I T Y T G T L L L I H E O U
 W R T D A I L Y C Y N P Y I U T V T M
 L E B R A B A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

WORDS

- ABDOMINALS
- ABDUCTOR
- ACTIVITY
- AEROBIC
- ATROPHY
- BARBELL
- BICYCLING
- BODY FAT
- BURN
- CIRCUIT
- CONTRACTION
- COOL DOWN
- CORE
- DAILY
- DEHYDRATION
- DELTOIDS
- DUMBELL
- ENDURANCE
- EXTENSION
- FAMILY
- FLEXIBILITY
- GLUTEALS
- HIKING
- ISOMETRIC
- LIFESTYLE
- LIFTING
- LOADED
- LOWER
- REPETITION
- RUNNING
- SEDENTARY
- STRETCHING
- TRAINING
- TREADMILL
- WALKING
- WARMUP

Find the words hidden vertically, horizontally & diagonally throughout the puzzle.



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All advertising published in HometownLife O&E Media newspapers is subject to the conditions stated in the applicable rate card(s). Copies are available from the classified advertising department: 6200 Metropolitan Pkwy, Sterling Heights, MI 48312, or call 800-579-7355.

The Newspaper reserves the right not to accept an advertiser's order. The Newspaper reserves the right to edit, refuse, reject, classify or cancel any ad at any time. All ads are subject to approval before publication.

Our sales representatives have no authority to bind this newspaper and only publication of an advertisement shall constitute final acceptance of the advertiser's order. Advertisers are responsible for reading their ads the first time it appears & reporting any errors immediately. When more than one insertion of the same advertisement is ordered, only the first incorrect insertion will be credited. The Newspaper shall not be liable for any loss or expense that results from an error in or omission of an advertisement. No refunds for early cancellation of order.

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Equal Housing Opportunity Statement: We are pledged to the letter & spirit of U.S. policy for the achievement of equal housing opportunity throughout the nation. We encourage & support an affirmative advertising & marketing program in which there are no barriers to obtaining housing because of race, color, religion or national origin.

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WAYNE TAE KEUK VILLAGE
Korean American Community Housing Services Inc.
3712 Williams St. Wayne, MI 48184
Phone: 734-729-7920, 729-3432
Fax: 734-729-0938
TTY: 866-656-9826
TTD: 800-649-3777

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- 1 studio available Jan. 16
- Applicant must be either at least 62 years of age or disabled
- Emergency Medical Call System
- Rent includes Heat, Water and Trash Removal

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Accurate Mortgage Solutions	164511	(800) 593-1912	3.75	0	3	0
AFI Financial	2431	(877) 234-0600	3.75	0	2.99	0
Ameriplus Mortgage Corp.	127931	(248) 740-2323	3.875	0	3	0
CrossCountry Mortgage	3029	(248) 282-1602	4	0	3.25	0
Dearborn Federal Savings Bank	399721	(313) 565-3100	4	0	3.25	0
Fifth Third Bank	403245	(800) 792-8830	4	0.25	3.375	0
Zeal Credit Union	408356	(734) 466-6113	4	0.25	3.25	0

Above information available as of 12/11/15 and subject to change at anytime. Rates are based on a \$200,000 loan with 20% down & credit score of 740 or above. Jumbo rates, specific payment calculation & most current rates available Fridays after 2:00 P.M. at www.rmcreport.com.

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APARTMENT & REAL ESTATE GUIDE

Find the perfect place to call home in the Observer & Eccentric Media classified advertising section. We have apartment and real estate listings every week in the following communities:

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Farmington • Garden City • Huntington Woods
Livonia • Milford • Northville • Novi
Pleasant Ridge • Plymouth • Redford • Royal Oak
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