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WAYNE-WESTLAND OBSERVER

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Council appointments won't be reviewed

LeAnne Rogers
Staff Writer

The recent appointments of two Wayne council members won't be reviewed.

Resident Ron Roberts sent the council a lengthy letter critical of the process used to appoint Ryan Gabriel and

Richard Sutton IV to fill vacancies on the council. Roberts conceded the council had not violated the city charter or state law, but he called on the council to review the appointments.

"There is no process in the city charter, except appointing someone within 30 days,"

Wayne Mayor Susan Rowe said. "The process was followed. There were no questions at the table. We have two new council members."

The council interviewed seven candidates, and the five council members were each asked to list their top three choices. Gabriel was listed by

all council members and appointed unanimously.

In his letter, Roberts focused on the appointment of Sutton who, along with Michael Smith, was a top choice by three council members. A motion was made to appoint Sutton, and it was approved with opposing votes by coun-

cilmen Tom Porter and John Rhaesa.

Roberts argued that appointing Smith, an official at UAW Local 900 at the Ford Assembly Plant, should also have been voted on. No motion was offered at the meet-

See **COUNCIL**, Page A2



Fire station demolition underway

Demolition of Westland's former fire station one is underway.

LEANNE ROGERS

LeAnne Rogers
Staff Writer

Demolition of the former Westland Fire Station number one is underway — the first of the buildings to be removed from the municipal property on Ford at Carlson.

"The building is about halfway down. The site should be wrapped up in a week or two," Westland Mayor William Wild said.

Along with the fire station demolition, the Michigan Motor Exchange building on the southeast corner of Ford and Carlson is also coming down. The city acquired the property through the Downtown



Long a fixture on Ford Road, Westland's old fire station one is being demolished.

LEANNE ROGERS

See **DEMOLITION**, Page A2

Anderson tapped to fill balance of county commission term

Julie Brown
Staff Writer

Glenn Anderson has been tapped for a Wayne County Commission vacancy, filling the seat of Richard LeBlanc, who became Westland's city clerk. The commission district includes Garden City, Inkster and part of Westland.

"I look forward to serving," said Anderson following his appointment. "It certainly is a challenge. I think the county's on the right track now."

Anderson, a Westland resident, will serve through the end of 2016, the balance of LeBlanc's term. Anderson confirmed Friday morning he

plans to run in the August primary and November general election for the permanent seat, a two-year term.

He previously served eight years in the state Senate, six years in the state House of Representatives and, before that, nine years on the Westland City Council.

"I think we just have to

look for every way to reduce unnecessary expenses, really do more with less," Anderson said. "We have to get our financial house in order."

He's concerned with county contracts let out, some by the county executive on his own, "commissioners not

"The collision caused that vehicle that was hit to overturn," Swope said. The vehicle landed near the southeast corner of Wayne Road and Cowan — it's Central City Parkway on the west side of the intersection and Cowan on the east.

The driver of the rolled vehicle received minor in-

See **ANDERSON**, Page A2

See **DEATH**, Page A2



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INDEX

Community Life.....	B5	Homes.....	C4	Services.....	C4
Crossword Puzzle.....	C2	Jobs.....	C1	Sports.....	B1
Education.....	A4	Obituaries.....	B6	Wheels.....	C3

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DEMOLITION

Continued from Page A1

Development Authority, which is also funding the demolitions. The new fire station one, named in honor of late chief Ralph Savini, is located on Central City Parkway north of Warren Road. The new station, also named to honor Savini, officially opened in February 2015. That leaves the former Westland City Hall and the closed Bailey Recreation Center left

to be demolished on the 14-acre municipal site. "City hall (demolition) is ready to roll. At the Bailey Center, we are still working with DTE to move the electric line," Wild said. The difficulty is that the electric service for the adjoining parking lot to the west and the H2O Zone in Tattan Park to the east both run through the Bailey Center. "I expect an update soon. As long as the winter stays mild, the contractor will be able to work there," Wild

"I expect an update soon. As long as the winter stays mild, the contractor will be able to work there. It would be nice to have the demolitions done by spring."

WILLIAM WILD
Westland mayor

said. "It would be nice to have the demolitions done by spring." Westland is hoping to recoup as much as \$500,000 in costs related to the demolition of vacant municipal buildings having established a Brownfield

District. The city would likely be able to be reimbursed for handling asbestos and hazardous material, demolition of the existing buildings, DDA administrative expenses, preparation of the

brownfield plan and due care activities. The other part of the Brownfield plan includes the 22 acres of restricted use land in Central City Park — the western section south to Marquette and the currently fenced

off pond. The eastern section of the park along Carlson underwent extensive remediation to address the lead and other contamination that resulted in the park closing for several years. It was cost-prohibitive to remediate the 22-acre section to west, which like the rest of the park was turned over to the city by Wayne County.

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DEATH

Continued from Page A1

juries in the crash. Assigned to station one on Central City Parkway, the EMS vehicle received damage to the front driver's side cor-

ner, including the suspension, fender and grill, Wayne-Westland Fire Battalion Chief Andrew Buck said.

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ANDERSON

Continued from Page A1

taking the oversight they could over the years." The Wayne County jail construction is the major example of problems arising, he said. "I think the county commission has a responsibility. We control the purse strings of the county," Anderson said. A recommendation on the over-budget jail is due by the end of the

month to address if work should proceed, he said. "They have to make a determination of the condition of everything." He believes construction control was ceded to the county Building Authority on the jail. "There was just not the oversight there should have been. The county commission has a responsibility in that process. It will continue to be controversial until it's open and working," Anderson added of the jail. He recalled former

County Executive Robert Ficano having personal drivers, and noted the commission "is interested in exploring what kind of limits we can place on any contracts," looking in detail at spending. He anticipates a good relationship with current County Executive Warren Evans. "I hope to. We haven't worked closely together. I'm very anxious to work with anyone who wants to make good decisions." Commissioners also

need to determine which programs are essential, Anderson said, which will require "tough decisions." He touted his legislative experience as well as his 28 years at Ford Motor Co., the last six in quality control. Anderson noted his UAW committee work as instructive to him.

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COUNCIL

Continued from Page A1

ing. There is "a lot of controversy" over the appointments, according to Roberts, who went on to criticize Rowe and the council for not acting on his letter. "For years and years, I listened to most of you talk about how you didn't like how things were done and how you would do it differently," Roberts said. "I hoped the council would start on a good foot. I can't force you to act. I don't think the process was right."

Later in the meeting, Councilman Christopher

Sanders commented that he had called Roberts about his letter. Sanders offered a motion to ask the Michigan Attorney General for an opinion regarding Roberts' concerns. The motion failed for lack of support. Sanders added that he thought the council had done nothing wrong. "The city attorney has reviewed it. We followed the city charter and the law," Rowe said. The city charter provides little specifics regarding a council appointment, except for requiring a majority vote of council, City Attorney Paul Bohn said. "Requesting an Attorney General opinion

on state law doesn't address this," Bohn said. "The question is addressing laws passed by the city. You could improve the process yourselves. I'm not sure requesting the Attorney General to review it will get the answers you are looking for." Rhasea commented that the council needed more time to think about the appointments, adding there was only about five minutes before votes were taken. "There was not enough time. The nominees shouldn't be in the same room, so people can speak freely," Rhasea said. "You don't stay in the room when you have interviewed for a job."

Saying he agreed with some items mentioned by Roberts, Rhasea said the council didn't really have a procedure for the second candidate which wasn't listed by all. It was the first time council was filling two vacancies at one time. "I'm sorry you didn't like the process. It is what it is. We made two fine choices and need to work together as a team," Rowe said. "We can't have dissension and game playing. Next time, we'll work on the policies and procedures."

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Stevenson seniors direct evening of one-act plays

Brad Kadrich
Staff Writer

Olivia Tosolt loves horror movies, especially pretty much anything with ghosts.

So, when Stevenson High School drama teacher Michael Corliss provided opportunities for his most-involved seniors to suggest one-act plays to put on this winter — as he does every year — Tosolt took the chance one step farther.

She wrote her own ghost story, leaving behind some of the more obvious ghost-centric traits of most horror movies.

The 18-year-old senior will direct *I've Got 99 Problems, and They're All Ghosts* when Stevenson puts on its one-act festival next weekend. Performances are Jan. 14-15 in the Stevenson High School auditorium.

"I wanted to play with the stereotype," said Tosolt, who was an assistant director on last year's production of *Inherit the Wind*. "Horror movies have the exact same scary things. I wanted to take what people are expecting from ghosts and give them something different."

Ghosts will be one of five plays Stevenson actors present starting Thursday night. All five plays will be directed by seniors, as Corliss hands the reins to his actors to give them a little real-time experience at running a production.

Seniors submitted suggestions to Corliss, who green-lighted the five being presented next weekend. His only requirements: The play has to be "appropriate for our audience," and it must be of a quality which would make it something Corliss himself would put on.

"This is a unique experience for them to find

NIGHT OF ONE-ACT PLAYS

What: Five one-act plays put on by Stevenson High School's drama department, directed by members of the senior class.

When: 7 p.m. Thursday and Friday, Jan. 14-15

Where: Stevenson High School Auditorium, 33500 Six Mile Road in Livonia.

Tickets: \$5 at the door

out all that goes into producing a play," Corliss said. "Every aspect becomes part of their experience."

Senior Allison Cale, an assistant director for last spring's production of *Wizard of Oz*, sits down in the director's chair for *Wanted: One Groom*, a play about a couple who met through a classified ad and try the same method to find a husband for their daughter.

Cale said while directing has "been stressful," she said she's also learning a lot about her own acting by watching her cast go through its paces.

"It's a very different experience from acting," Cale said. "(But) I'm learning stuff about acting from my directing. What I notice (about actors) in auditions that I liked or didn't like, I can transfer that when I audition."

It's all part of the lesson, and something Corliss believes the seniors will take away from the experience.

"They have the satisfaction, the pride, of learning to produce the play from start to finish," Corliss said.

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BILL BRESLER | STAFF PHOTOGRAPHER

Directors of the one acts are Allison Cale (*Wanted: One Groom*), Jillian Tosolt (*I've got 99 Problems and They're All Ghosts*), Stephen Wallace (*S.P.A.R.*), Brendan King (*Variations on the Death of Trotsky*), and Veronica Nehasil (*Artistic Inspiration*).



BILL BRESLER | STAFF PHOTOGRAPHER

S.P.A.R. (Steve's Play About Renata) is about Steve, at right, (Ryan Burk) who writes a play about his friends without their knowledge. At left is Renata (Olivia Tosolt). In the background are from left front, Paul 2 (Zach Brough), Maria 1 (Allison Shearer), Renato (Kyle Shannahan), Maria 2 (Sophia Belletini), Paul 1 (Jaylen Flowers). The audience, back row, are Caitlin King, Will Cleaveland, and Erin Steele.



BILL BRESLER | STAFF PHOTOGRAPHER

"Variations on the Death of Trotsky" asks who killed the Marxist revolutionary. At right, Ramon (Zachary Mendenhall) explains to Trotsky (Daniel Brabow) how he was killed with a mountaineer's ice-axe. At left, Mrs. Trotsky (Tatiana Smyk).

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Citizen task force to examine Wayne revenues

LeAnne Rogers
Staff Writer

After receiving a clean audit report — indicating city records accurately reflect Wayne's finances — plans were approved to establish a financial task force to help address the city's money problems.

The task force would consist of no more than 17 citizens, and would include each council member providing names of two members.

"This would be citizens only — no council members. They would

work with the city manager and finance department," Wayne Mayor Susan Rowe said. "This would pick up where our visioning left off. People would serve two years maximum. They would suggest areas for more revenue for the city."

Earlier in the meeting, the council received the audit report presented by Brian Camiller of Plante Moran, which also serves as the city finance department. Last month, Camiller asked what Wayne residents would be willing to do to ad-

dress city's deficit.

"We have no good news to report. You have an unmodified audit report — it's like an 'A' on your report card," Camiller said. "The financial statements are materially correct — they can be relied on. But I'm not telling you that you're in good financial shape."

The report was effectively a repeat of an earlier financial report presented by Camiller and Tim McCurley. The city's general fund continues to operate at a loss — the 2016 deficit is set at \$2.25

million.

"You don't have \$2.25 million to balance the budget. You are bleeding a couple hundred thousand dollars per month," Camiller said. "You'll be out of money by Labor Day 2017."

As part of its streamlining of the Wayne budget, Plante Moran closed 14 funds and returned the fund to the appropriate remaining funds. As Camiller noted, that closed various pots of money that the city had been relying on to balance the budget when

faced with issues, including a more than 40 percent drop in property tax revenues.

The growing deficit doesn't include nearly \$82 million in unfunded pension and retiree medical legacy costs. "That number should scare you," Camiller said.

The city's water fund has only \$528,000 after current liabilities — that would only pay for three weeks of operations.

"You should have 90 days (funding) on hand as a general rule, plus a year of debt payments and

what I call an 'Oops, something broke' fund," Camiller said. "It is very likely that additional water/sewer rate increases will be needed annually."

The upcoming city-wide water meter replacement program is funded largely though a 2007 bond program and is not a factor in the ongoing rate increases.

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BRIEFS

Colbeck hours

State Sen. Patrick Colbeck, R-Canton, will hold office hours in Canton and Livonia this month.

Canton office hours are 6-7 p.m. Monday, Jan. 11, in Canton Township Hall Room A, 1150 S. Canton Center Road.

Livonia hours are 11 a.m. to noon Friday, Jan. 15, at the Livonia Civic Park Senior Center, 15218 Farmington Road.

Colbeck will answer questions and respond to concerns any residents of his district may have. No appointment is necessary.

"I encourage anyone who needs help, has questions or wants to express a viewpoint to stop by," said Colbeck, R-Canton. "I'm looking forward to continuing a regular series of office hours throughout the district and hearing directly from constituents about state and pocketbook issues."

Colbeck represents the 7th Senate District, which encompasses the cities of Livonia, Northville, Plymouth and Wayne, as well as the townships of Canton, Northville and Plymouth.

For more information or to contact Colbeck, visit www.Sena

torPatrickColbeck.com or call 517-373-5713.

MSU Extension

Michigan State University Extension Nutrition Program offers free classes that teach healthy eating and cooking techniques at the Jefferson Barns Community Vitality Center. These classes will run for six consecutive weeks. The first class is at 11 a.m. Monday, Jan. 11. This is an opportunity to be active and healthy with this fun, interactive cooking course from Michigan State. The JBCVC is located at 32150 Dorsey.

Annual auction

Concordia Lutheran School hosts its annual auction, "With One Heart," at 4 p.m. Sunday, Feb. 14, at the Hellenic Cultural Center, 36375 Joy Road in Westland. Tickets are \$30 (\$270 for a table of 10) and must be ordered by Feb. 8. Ticket includes appetizers, dinner, dessert and drinks.

For more information, call 248-474-2488 or 313-937-2233.

Celiac support

The next Tri-County Celiac Support Group general meeting takes place at 7 p.m. Monday, Jan. 11, at The First

Presbyterian Church, 26165 Farmington Road, Farmington. The doors open at 6:30 p.m. and the meeting begins at 7 p.m. The speaker will be Virginia T. Ladd, R.T., President, Executive Director and Founder of American Autoimmune Related Diseases Association Inc. (AARDA). The title of her presentation is "What is Autoimmunity?"

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 from 6-6:55 p.m. (cost is \$50 for adults; \$25 for children under 8). The adult intermediate and advanced classes run from 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, call 248-547-3109 or email franprice@wowway.com

Canton couple welcomes Wayne's first baby of 2016



TONY SIMLER

Gurpreet Singh and Gagandeep Boparai of Canton hold their newborn daughter Inaya Sidhu.

Canton couple Gurpreet Singh and Gagandeep Boparai welcomed the city of Wayne's first newborn of 2016 in the

early morning hours of New Year's Day. Inaya Sidhu was born at 2:34 a.m. Jan. 1, 2016 at Beaumont Hospital-

Wayne, weighing 6 pounds, 10 ounces and measuring 19½ inches long.

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Fundraiser aims to help feed the homeless

Brad Kadrich
Staff Writer

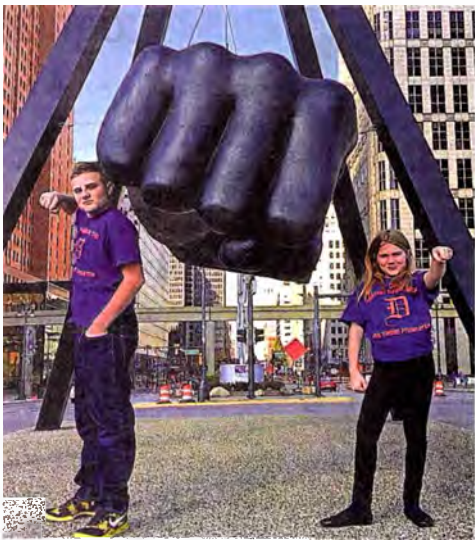
Four years ago, Robby Eimers accompanied his grandmother and a friend on a trip to provide blankets to the homeless in downtown Detroit.

As a 9-year-old boy, Robby had no idea of the scope of a problem as vast as "homelessness." He knew there were such people, but at 9 had no clue how widespread it was.

He does now. And he's doing something about it.

Robby has founded The Eimers Foundation, a charitable organization dedicated to easing the problem for the homeless. It started small, by doing what he calls "Sharing" and going down to feed homeless people and give them anything he can — hats, coats, gloves, socks and the like — to make their lives a little easier.

For more than four years now, he and his sister, Emma (now 10) have gone down to the shelter in downtown Detroit to feed the people. And later this month, he's hoping a fundraiser will help him achieve his goal — getting an actual food truck so he can expand his reach — attainable.



Robby Eimers, with his sister Emma at the Joe Louis fist in downtown Detroit, started The Eimers Foundation to help the homeless.

"When I went down there (the first time) there were, like, 30 homeless people," Robby recalled. "Going down and seeing so many made a big impact on me. I just felt like I had to do something."

The folks at Andiamo's restaurant took Robby under their collective wing, helping with a food truck and teaching him

how to run one. Now Robby wants to buy his own food truck (his uncle would drive it) so he can help even more people (the homeless group he feeds now reaches between 100 and 300 people, depending on the weekend).

Why the truck? "Not all of the homeless people are in front of the shelter," Robby said



Robby and Emma Eimers have gone downtown to help feed the homeless every weekend for the last four-plus years.

simply. "I want to get to more places."

Toward that end, The Eimers Foundation is sponsoring a food and wine tasting event, "Fighting Hunger in the D," from 6-8:30 p.m. Thursday, Jan. 21, at the Great Lakes Culinary Center, 24101 W. Nine Mile in Southfield.

The event will feature food-wine tasting tables

from some 20 organizations — among them Schoolcraft College's culinary arts program, Ironwood Grill, Treat Dreams, Scotty O'Hotty and others — along with a silent auction, raffle and entertainment from the band, Power Play Detroit.

Tickets are \$75, and organizers would prefer they be purchased in advance at the event

website "www.fighting-hungerintheD." That will allow them to plan for the evening. There's also a link on the website for those who can't make the event, but wish to donate.

Heather Moore, a Plymouth resident and a teacher at Schoolcraft, is helping the foundation plan and market the event. She got involved after her parents saw Robby Eimers in the news and on-line talking about his efforts.

After telling herself repeatedly she "wanted" to do something to help, she decided it was time actually to help.

"I care because they're amazing kids," Moore said of Robby and Emma. "I wish I had been that good when I was their age, but I wasn't. At 10 and 13 (years old), they inspire me."

Rachel Eimers is, naturally, a proud mother, but she's not necessarily surprised. After all, she knows her son's heart.

"It's just in his heart," Rachel said. "He saw how people are struggling. He'd never seen it before, and he wanted to help."

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POLICE BRIEFS

Package stolen from residence

A resident who lives in the 9500 block of Stark came to the police station Wednesday evening to report a package stolen from her residence.

She said a package was supposed to be delivered to her home Dec. 22, but she was home all day and didn't see the package get delivered.

A suspect believed to be responsible for steal-

ing packages off the front porches of homes in Redford and Livonia, including near Stark Road, was arrested before Christmas.

Scanner, iPod taken from vehicle

A resident of the 20100 block of Maplewood called police to his home Thursday morning on the report of items being taken from his vehicle.

He said he parked his vehicle overnight at his

home and came out the next morning to find the vehicle had been rummaged through. He said a computer scanner and iPod were missing from the car. He said he believed he locked the vehicle overnight, but was unsure. The vehicle's windows remained intact.

Larceny from auto reported

A resident came into the Livonia police station

Thursday morning to report a larceny from an auto at her residence in the 19800 block of Parkville.

She said several items were missing from the vehicle, which was parked in the driveway. She said some change and part of the center console piece was missing from the vehicle.

Nothing else was missing and no damage was seen, indicating the vehicle may have been unlocked

at the time of the incident.

Catalytic converter stolen

A resident who lives in the 11000 block of Melrose came into the police station Tuesday afternoon to report the theft of a catalytic converter.

He said he was recently out of town for a few days and came back to find his vehicle was making noise when he started it up, as well as the muff-

fler hanging.

He said he checked and found the catalytic converter missing from the back of his vehicle.

— Compiled by David Veselenak from reports filed with the Livonia Police Department. Download our free apps for iPhone, iPad or Android!

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Webb holding office hours in Redford

Wayne County Commissioner Diane Webb, D-Redford, will hold office hours from 10-11 a.m. Monday at the Redford Community Center, 12121 Hemingway.

Constituents can meet with Webb to discuss matters of concern within the community.

"In the new year, I look forward to the opportunity to meet with

my constituents from Redford and listen closely to their concerns and assist them in any way that I can," Webb said. "This type of setting provides a unique opportunity for constituents to meet face-to-face with their elected officials and have some input in the operation of county government."

If residents cannot attend the monthly office meetings in Redford, they can contact Webb's office at 313-224-

9930 during normal business hours or email her at dwebb1@waynecounty.com. Messages will be returned the next business day.

General county information or contact information to other county offices can be found on the county at www.waynecounty.com.

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Livonia police seek bank robbery suspect

David Veselenak
Staff Writer

Livonia police are asking for the public's help locating a suspect who they say robbed the Parkside Credit Union on Monday afternoon.

Police say the suspect entered the credit union, located at 36525 Plymouth west of Levan, at about 3:30 p.m. Monday and approached one of the tellers. He passed a note to the employee demanding cash. The

employee then provided the suspect with an undisclosed amount of cash.

Police say no weapon was seen during the incident and no injuries were reported. The suspect was last seen leaving the area of the credit union on a bicycle.

The suspect is described as a white male, approximately 40 years of age and unshaven. He was last seen wearing a black V-neck pullover with red and white

stripes down the sleeves and the words "Hockey 08" written on the front, a dark-colored winter knit cap, black gloves and sunglasses.

Anyone who recognizes the suspect or has additional information is asked to contact Livonia police by calling 734-466-2470.

dveselenak@hometownlife.com | 734-678-6728 | Download our free apps for iPhone, iPad or Android!



Livonia police are searching for this man, accused of robbing the Parkside Credit Union in Livonia Monday.

Young Inventors finalists being recognized this week

David Veselenak
Staff Writer

Thirteen students representing all four of Livonia's middle schools will be recognized for their submissions in the Young Inventors contest during an awards banquet at Schoolcraft College.

The entries were judged by a panel of community members that included some in the manufacturing industry, city educators from Livonia Public Schools and Schoolcraft College, the Livonia Chamber of Commerce and the *Observer and Eccentric*, among others. The top winners will be announced during the banquet, which begins at 6 p.m. Wednesday in the VisTaTech Center at Schoolcraft College.

The contest asked students to come up with a problem that they see and conceptualize a solution. It could be as simple as designing an item for locker security, all the way to issues such as converting humidity into drinking water for those in need.

"The recognition becomes encouragement to continue to look at things differently," said Bob Stewart, president of Innovative Manufacturing Engineering in Livonia.

The contest was open to students from Emerson, Frost, Holmes and Clarenceville middle schools. It kicked off in November, with students at several schools getting to see a race car at school during the announcement event. Around 500 entries were submitted by students in the contest.

Those entries were narrowed down until a group of 13 finalists emerged.

Gene Keyes, an instructor of manufacturing at Schoolcraft College, said all the students who participated used the contest as a focused way to express their creativity by putting ideas down on paper.

He said the ideas the students come up with are "unbelievable" each year he helps with the contest. "I just think this gives them an opportunity to expand their creativity in their minds," he said. "That's what I feel is most important: giving them an avenue."

Editor's note: Staff writer David Veselenak participated as a judge for the contest.

dveselenak@hometownlife.com | 734-678-6728 | Twitter: @DavidVeselenak | Download our free apps for iPhone, iPad or Android!



Jefferson Barns Community Vitality Center in Westland is offering programs on physical and financial health.

Tips on health, finances offered

Programs aimed at better health — physically and financially — are being offered at Westland's Jefferson Barns Community Vitality Center.

» Eat Smart Live Strong is a six-week program that kicks off at 11 a.m. Monday. The

Michigan State University Extension Nutrition Program teaches healthy eating and cooking techniques. There will be interactive cooking instruction.

Call Ann Hartunian at 734-476-3358 to register or get more information. There is also a sign-up

sheet at Jefferson Barns.

» For tips on better financial health, there is Show Me the Money Day from 10 a.m. to 4 p.m. Wednesday, Feb. 3.

The Wayne Metropolitan Community Action Agency is hosting the event, which is aimed at

encouraging people not to spend their entire income tax refund. There will be tax preparation help available and snacks.

Jefferson Barns is located at 32150 Dorsey.

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FILE PHOTO Frost Middle School shop/drafting teacher Jim Rumon climbs out of the tight driver's seat during the Young Inventors kickoff event in November.

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Townsend Street gallery features celebrity works

Jay Grossman
Staff Writer

Welcome to the Robert Kidd Gallery, where classic art meets classic rock.

Located on Townsend Street in downtown Birmingham, the gallery has been a staple in town since 1976, featuring contemporary artwork from a number of Michigan-based artists and Cranbrook graduates.

Under new ownership, it has begun selling paintings, sculptures and limited reproductions by John Lennon, Paul McCartney, Steven Tyler, David Bowie, Mick Fleetwood and other celebrities.

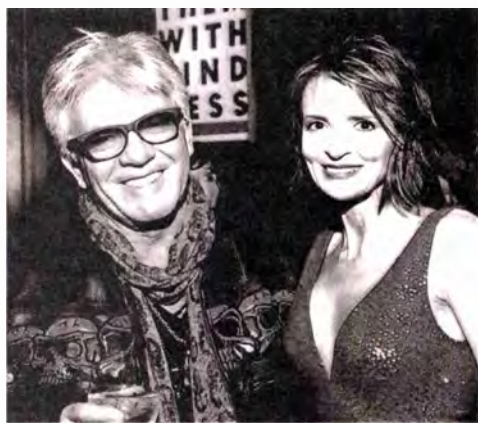
Intimate photos of Jimmy Page and Robert Plant stand alongside artistically-rendered mug shots of Frank Sinatra, Tupac Shakur and Jimi Hendrix. A giant photo of Michael Jackson hangs in the staircase. Another photo captures Sid Vicious eating a hot dog.

The gallery carries framed record covers that are autographed by Cream, the Rolling Stones and other iconic bands. Bob Dylan is captured in his youth. George Harrison shares a wall with Springsteen.

Marilyn Monroe is just about everywhere.

"In addition to our traditional clients, we've developed another group who are younger — people in their 30s and 40s," gallery director Gerard Marti said. "A lot of these original paintings this gallery has been showing for years are by brilliant and renowned artists, but they cost thousands of dollars and they're not for everybody. So I decided to bring in some artwork that is very interesting, but more affordable for a younger buyer."

Enter Jerry Garcia — or the Sex Pistols.



Gerard Marti and Jennifer Vinklerek, the two partners behind the Robert Kidd Gallery in Birmingham, are bringing in celebrity artwork to mix with some of the more contemporary pieces.

"A lot of older clients come in and they look at photos of Sid Vicious and they say, 'Who is that guy?' But I also have a lot of clients who go, 'Wow, that's Sid Vicious.' So the market is there," he said.

His business partner, Jennifer Vinklerek, purchased the gallery in late 2014. He runs the day-to-day operations, while Vinklerek, a marketing whiz and former runway model, resides in Texas.

Paint it black

Marti, 60, was born and raised in Marseille, France. After attending art school in Paris, he took a job as a recording engineer in 1975 with EMI Records. He married in 1991 and moved to Hawaii, where he opened an art gallery called Celebrities.

"My ex-wife is from Maui," he said. "So that's how I ended up there."

The concept behind Celebrities was to showcase artwork by celebrities. His first big client was Ronnie Wood of the Rolling Stones.

"He was doing an art show in San Francisco in

1991," Marti said. "I went to his show and convinced him to display some of his artwork at my gallery. I then signed Jerry Garcia ... it's a very small industry — everybody knows everybody — so when you do well with one guy, you talk to the other guy. Soon after I signed Paul Stanley, Ringo Starr, Tony Bennett, Paul McCartney and other entertainers."

Sweet emotion

Marti said his friendship with Tyler dates back almost 20 years, as the lead singer for Aerosmith owns property in Maui and vacations there often.

"Six or seven years ago, he came to Hawaii with a cast on his foot because he broke his toe or something on stage," Marti said. "Steven is one of those people that is always moving around, running, swimming, bike riding — he can't sit still. We're talking one day and he's telling me that he's bored silly because he can't go in the water, so I tell him to try some painting."



Ringo Starr signs some of his prints.

Marti said he showed up at Tyler's house the next day with art supplies. A few days later, he got a request for some more canvas.

"I was blown away when I saw what he painted," Marti said. "There was color splashed all over the place, skulls and guitars ... it was really good stuff and I encouraged him to keep going."

Before Tyler packed up to return to Boston, the two made a deal to create some limited prints of the artwork and make it available to the public.

"He's happy, because he found a new outlet for his creativity," Marti said. "I did the same thing with Kim Basinger. She bought some art at my store and before she left to go back home, I gave her a water color supply for Christmas ... a few months later, she told me she was painting, but I haven't seen any of it yet."

Meet the Beatles

"The only one I never met was John Lennon," Marti said. "And it's funny, because I carried his artwork first."

He met Harrison twice, both times at his gallery.

"He first came into the gallery in 1994," Marti said. "He looked at a Bob Dylan drawing and

then he started walking around, until he arrived in the area where I had some Beatles stuff. One of the things I had on the wall was a framed 45 record signed by him that also had his photo from his mop-top days. So he's looking at the signature and I'm thinking he's going to turn around and say that's not his signature."

Instead, Harrison asked where the picture came from and the asking price.

"You could tell from his conversation that he wanted to distance himself from the Beatles," Marti said. "He said it was only 10 years of his life and I could feel he was having a hard time being approached by people all the time for being with the Beatles — he was more interested in what he did after."

Marti said McCartney and Lennon are probably the most accomplished artists of the Beatles and that some of their prints in Hawaii sold for as much as \$65,000.

"I met (McCartney) in New York when we signed a deal to carry his artwork," Marti said. "He only released some of his work as limited editions that were signed and that's how I started working with him. All the money went to a charity foundation."

As for Starr, the world's most famous drummer does his artwork on a computer.

"He told me when he goes on tour with his All-Star Band he likes to draw on his laptop, so that's the kind of art he does," Marti said. "His art is whimsical and fun, just like his character. There is no masterpiece in there, but it's signed by Ringo ... and he's very fun to be around."

Marti was one of the few art dealers in the world given exclusive

rights by Yoko Ono to sell artwork by Lennon. The two became partners in the early 1990s more or less through a handshake deal at the Dakota Building in New York City.

"It's a funny story," he said. "I was waiting in the lobby with a guy working for a rug company who was willing to pay Yoko a million dollars to make rugs with John Lennon's artwork. He was very excited when he went in to see her ... but a few minutes later, he walked out disappointed and I asked him what happened."

Ono reportedly told the guy that she didn't like the idea of people walking on John's face, so she turned down the deal.

"She has always been a very easy person to work with," Marti said. "The first thing she wanted to know was my astrology sign. I told her I was a Sagittarius and she told me good, that we could do business together."

Rock star gallery

Vinklerek credits Marti with first spotting the business opportunity. He happened to be in Michigan when he came across the Robert Kidd Gallery. He went inside and quickly discovered it was for sale.

The two partners first met years earlier at Marti's gallery in Hawaii and were looking for some type of business venture.

"He called and told me he was in this little town called Birmingham ... and that he discovered this incredible gallery that he thought we should buy," she said. "It was very serendipitous ... we pounced on the deal, signed the negotiations and everything came together very quickly."

She believes the chemistry is there on Townsend Street to create a "social triangle" between the gallery, the Italian restaurant Bella Piatti that's a few doors down and the Townsend Hotel directly across the street.

"It took me about two or three visits before I realized Birmingham is one of the coolest towns around," she said. "It's a lot more hip than some people might think and I really believe this is the perfect location for our gallery."

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CITY OF WESTLAND ZONING BOARD OF APPEALS PUBLIC NOTICE

The following appeal will be heard at a public hearing to be held in the Council Chambers of Westland City Hall, 36300 Warren Road, Westland, MI on Wednesday, January 20, 2016 at 5:30 p.m. at which time comments may be directed to the Board during audience participation. If you wish to reply by mail, send your comments to the above address. All property owners whose names appear in our tax rolls located within 300' of this property are being notified pursuant to this statute.

Petition #2831-S. Sinani-38338 Surrey Heights
Req. for a 4' side yd. setback variance & a 8.2' separation variance from Ord. 248 to construct a 19.5' x 20' attached carport addition 5' from the north side of the home resulting in the sum of the 2 side yds. equaling 11' and a 6.8' separation between homes at the north side of the lot; whereas Sec. 7.4.2(a) requires a minimum of 15' of side yd. setback for the sum of the two yds. and a minimum of 15' of separation between homes.

Petition #2832-W. Pachota-7352 Cardwell
Req. for a non-conforming structure variance from Ord. 248 to construct a 12'4" x 26'5" addition to the south side of the non-conforming home (the subject home is located 3.89' from the north side lot line; whereas Sec. 7.4.2 requires a minimum 5' setback on the nearest side of the home to the lot line); whereas Sec. 5.23 states that a non-conforming structure cannot be enlarged to any extent without a variance from the zoning Board of Appeals.

Published: January 10, 2016 LO 000028304 3x3 5

U.N. intern says education aided global perspective

Julie Brown
Staff Writer

Patrick Slavens, 27, of Canton thinks his education has served him well.

"I think the Plymouth-Canton schools did a really good job with my writing skills," the 2007 Plymouth High School graduate said. He recently wrapped up an internship at the United Nations in New York City, and found attending the large Plymouth-Canton Educational Park prepared him to meet people from all over the world.

At the U.N., Slavens had co-workers from the Philippines, Greece, Japan and Israel. "You're getting completely different perspectives," he said of working on a common mission. "You all come together and get the work done."

Slavens graduated in 2011 from Albion College with a B.A. in international studies. He earned a master's degree in public policy from California's Pepperdine University, which required an internship.

He's worked three tempor-

ary stints at the U.N., this one from August to December 2015. "I was with the News and Media Division," he said. "We collect information for what's going on in the General Assembly, the Security Council."

Journalists worldwide

He and co-workers collected documents and statements for media, including foreign press such as the British Broadcasting Corporation and Al Jazeera.

Slavens noted older journalists would pick up printed material, while younger ones used email and especially Twitter "for certain documents. It would be for Security Council resolutions, or any reports for agencies."

The U.N. has a number of agencies that issue reports, he explained, and those are often tweeted. "Members of the media could get them a lot easier," he said.

He agreed being young and growing up with social media helped in his work. "I was able to take hold of that, absolutely."



Patrick Slavens (right) of Canton visits with Secretary-General of the United Nations Ban Ki-moon. Slavens credits his Plymouth-Canton Educational Park experience at a large high school setting with helping him meet people from all over the world as an adult intern at the U.N.

Of the General Assembly, often shown on television news broadcasts, "That was a really impressive place to see," he said.

He liked to eat lunch in the U.N. cafeteria, which handles dietary restrictions for people from around the globe. "You would see people literally from all over the world. So I really liked that," he said.

He would pick up documents from the General Assembly, where the 192 member

states make resolutions. "I always felt that was an impressive room to go into," Slavens said.

He saw U.S. President Barack Obama as well as the prince of Japan. Slavens also entered the Security Council for documents.

"I felt that was a very solemn place," he said. He heard of ISIS, as well as the crisis in Syria and other humanitarian crises. "I felt everyone was taking their job very seriously

which I respected," Slavens said.

He had done Model United Nations work in high school, and always had that great interest. His goal is a permanent position at the United Nations.

"We'll see what happens," he said, agreeing it's competitive. "You just have to really work at it."

In New York City, he was working six-seven days a week. "With News and Media, it never ends. I was able to go out a little bit. It was good food and good transportation," he said.

Housing is expensive in New York City and apartments go quickly, but Slavens managed although not in palatial digs. "I'm still young," he said with a laugh on his living quarters in the Big Apple.

"A lot of times, they're difficult to achieve," he said of his goals, noting work is worth the effort.

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Good things to know about required minimum distributions

Q: I was born July 4, 1945, which means in the first week in January, I will turn 70½. I met you a few years ago at the Observer & Eccentric expo and you told me that in my situation it would make sense to do Roth conversions every year. I have done that and it's worked great. I have the bulk of my IRA now in my Roth IRA and I paid very little in taxes on it; thank you. I have a couple of different questions regarding my minimum required distribution that I hope you can help me with. First, I want to confirm that I do not have to take a distribution from my Roth IRA. Second, in regard to the remaining money in my IRA, I know that I have to take a distribution this year. I was told that at the end of 2015 they passed a new law which allows you to gift your required minimum dis-



Rick Bloom
MONEY MATTERS

tribution and avoid paying taxes on the money. I want to gift my required minimum distribution this year to my grandchildren. My question is dealing with the mechanics. Is there a limit on how much I can gift to them and do they have to pay taxes on the money?

A: I believe a Roth conversion is a great tool that more investors ought to use. Not only do you have the benefit of turning tax-deferred money into tax-free money, you also get greater flexibility with your money in the fact that the 70½ rules do not apply to a Roth IRA. Therefore, in the situation at hand, you are not required to take a dis-

tribution from your Roth IRA. You can leave that money to grow on a tax-free basis for as long as you choose. In fact, if you end up dying and still have money in the Roth IRA, your loved ones would not have to pay income tax on that money. Therefore, converting to a Roth IRA was a very good move and it gives you a great amount of flexibility into the future.

With regards to the new law, unfortunately, you've been told wrong. The new law does not allow you to give your required minimum distribution to an individual, but addresses the issue of donating your required minimum distribution to a qualified charity.

For the last number of years, taxpayers who are required to take a minimum distribution from the IRA have been allowed to donate that distribution to a charity.

Because of the dysfunction in Washington, the law that allowed this had to be renewed every year. As a result, the law usually did not get renewed until the end of December. What has changed is that part of the law is now permanent. However, the law only deals with qualified charities, not gifts to individuals. Therefore, if you decide that you do not need your required minimum distribution and you want to give that to your grandchildren, what you need to do is to take the distribution, pay the income taxes on it and then gift the money to the grandchildren. The grandchildren would not pay any taxes on the gift.

If you decide you are going to donate your required minimum distribution to a charity, you need to work out the mechanics with your IRA custodian. The key to the transaction is that the money must

be transferred directly from the IRA custodian to the charity. In other words, they can't write you a check and then you turn around and give that money to the charity. The money must go directly from the IRA custodian to the charity.

For those who do decide to donate your required minimum distribution to a charity, you no longer have to wait until the end of the year; you can do it whenever you choose. However, do keep in mind that when you do this you are not entitled to a charitable contribution. The offset is that you're not taxed on the required minimum distribution, which for many people can be a significant savings, particularly for those who do not itemize their deductions.

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

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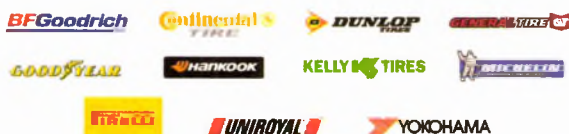
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KLAA HOCKEY



Attacking the net like they did most of the night, Churchill's Nolan Cioch (left) watched his shot sail just wide of Franklin goalie Jake Penny's blocker Wednesday night. Churchill's Josh Friend was also part of the two-man rush. ED WRIGHT

Clarenceville wrestling

Livonia Clarenceville's wrestling team split a pair of Western Wayne Athletic Conference dual meets Wednesday, defeating Romulus 48-30 and losing to Dearborn Edsel Ford 45-30.

The host Trojans had five wrestlers with two wins apiece - Jacob Weiss (103), Jonathon Sanchez (112), Dylak Hunter (119), Zack Richards (152) and James Ascott (215).

Clarenceville's dual-meet records are 3-1 in the conference and 9-4 overall.

Pre-regional hockey

Livonia rivals Churchill and Franklin will face off for the second consecutive year in a Division 2 MHSAA hockey pre-regional opener, Monday, Feb. 29 at 7 p.m. at Eddie Edgar Arena.

The winner of the Chargers-Patriots encounter will advance to the pre-regional final on March 2 at 6 p.m. against Livonia Stevenson. This game will be played at Eddie Edgar.

The winner of the pre-regional will advance to the regional final set for Friday, March 4 at 7:30 p.m. at the Plymouth Cultural Center.

The regional champion will play in a quarterfinal game against the Chelsea-hosted regional winner on March 8 at Yost Arena, which is located on the University of Michigan campus.

GCYAA general membership meeting

The Garden City Youth Athletic Association will host a general membership meeting on Tuesday, Jan. 19, at 7 p.m. in the Garden City Cambridge High School building, which is located at 28901 Cambridge.

A meet-and-greet will commence at 6:30 p.m. followed by the official meeting at 7 p.m.

Residents are urged to attend and chat with the GCYAA board members.

Pizza will be served. Attendees are encouraged to park in the Garden City High School parking lot by the gym, and enter Cambridge at the south door facing west.

GCYAA registration

Walk-in registration will be posted on the association's website in mid-January. Online registration will run from Feb. 1-26.

GROWING UP FAST

Young Churchill squad checks Patriots to improve to 9-2

Ed Wright
Staff Writer

Like most young-ish programs coming off a modest .500 season, Livonia Churchill's hockey team skated under the radar during the early portion of its 2015-16 schedule.

But if the 9-2 Chargers continue to play like they did Wednesday night against Livonia Franklin, they won't appear as a blip on the radar, they'll look more like a 747.

Fueled by the first hat trick of the season from Jordan Venegoni and a series of defense-anchoring contributions from junior goalie Drew Broyles, the Chargers bumped off the Patriots, 7-3, in a game played in an electric atmosphere at Eddie Edgar Arena.

The result left both teams with a 3-2 record in the KLAA South Division — just one point behind 3-2-1 Salem.



Franklin's Brendan Whitney (left) steers the puck up the ice as Churchill's Matt Gibbonny shadows him. ED WRIGHT

Franklin's overall mark following the contest stood at 7-3.

After Churchill built a 3-2

lead after two periods, head coach Jason Reynolds emphasized defense during the second intermission.

"The most important message we told them was to lock down defensively," said Reynolds, whose team did just that. "We made a few adjustments with our fore-checking, but overall we just tried to stress the importance of not giving up any odd-man rushes. If we could get a couple goals, great, but we didn't want to overdo it."

The Chargers exploded out of the second intermission with flames shooting from the blades of their skates, netting three consecutive goals to ramp their advantage up to 6-2. Franklin cut its deficit to 6-3 on a Trevor Lassaline goal with just over three minutes left, but the Chargers answered with an empty-netter from Nolan Cioch.

As far as playing the role of David compared to Goliath — at least early on — Rey-

See HOCKEY, Page B3

KLAA HOCKEY

Stevenson shakes off slow start in 4-1 win

Ed Wright
Staff Writer

Once it shook off the holiday-break rust, Livonia Stevenson's hockey team played like stainless steel Wednesday night against visiting Plymouth.

The Wildcats struck first when Jake Silvester lit the lamp from Ricky Covault and Kyle Kolzer, but from that point on it was all Spartans, who out-skated their Kensington Lakes Activities Association foes, 4-1.

"It took us a bit to get going

after the layoff, but I think in the second period we seemed to hit our stride a bit," Stevenson head coach David Mitchell said. "Now it's about getting better every day, because our schedule doesn't let up."


Stevenson owned a commanding 3-1 lead after two periods before tacking on an insurance goal in the final period.

The victory improved the Spartans' record to 7-3-1 overall, according to the Michigan

See STEVENSON, Page B3




Stevenson's Joe Alcantara watches his one-timer sail past Plymouth goalie Trevor McManus and settle into the net. SCOTT LEONARD



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WWAC BASKETBALL

Bakerian's late heroics lift Garden City to OT victory

Cougars overcome 13-point second-half hole

Ed Wright
Staff Writer

The most dynamic play to unfold during the latter stages of Friday night's exhilarating overtime thriller between Redford Union and Garden City wasn't practiced a million times in practice by the Cougars — it just looked like it had been.

After RU's Eric McCarter calmly drained a pair of free throws with 6.5 seconds left in regulation, the Panthers held a 48-45 lead.

"I was thinking about calling a time-out," GC head coach Ron Pummill reflected, "but decided not to because I didn't want (RU) to be able to set up."

It turned out to be a good call by Pummill, who watched senior guard Robbie Moyers zip the ensuing inbound pass to Jacob Sadowski, who delivered a half-court laser to Vinnie Bakerian, who swished a three-point shot as the buzzer sounded, tying the game at 48-48.

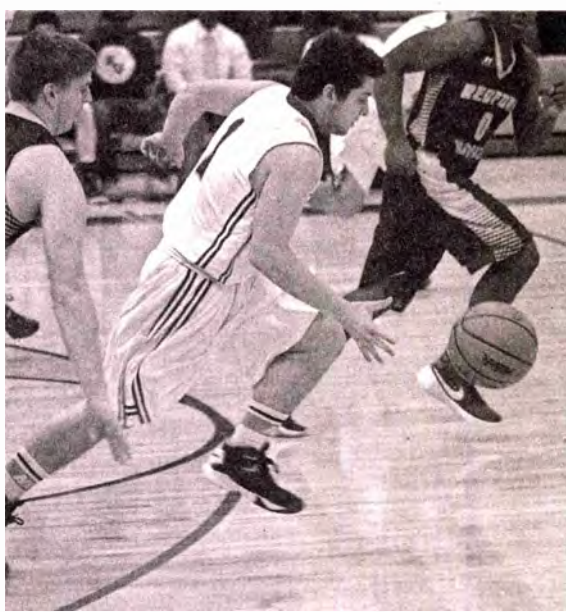
Fueled by the adrenaline rush from Bakerian's shot, the Cougars secured a 62-57 victory to even their overall record at 3-3 while improving their Western Wayne Athletic Conference Red Division mark to 1-1.

"I hit two buzzer-beaters when I played JV, but those didn't compare to this," said Bakerian, who was swarmed by his teammates following his last-second heroics. "We really never worked on that play in practice. Coach drew it up during our last time-out and we ran it perfectly."

Despite playing with fire and poise for most of the night, the Panthers were unable to chalk up their first win of the season, slipping to 0-6.

RU appeared well on its way to not just winning, but winning comfortably when it built up a 34-21 lead with just 70 seconds remaining in the third quarter.

But the Cougars hit the comeback trail with 1.8 ticks left in the third stanza when Bakerian buried his first of



Garden City senior guard Vinnie Bakerian pushes the ball up court during the second half of Friday night's game against Redford Union.

three triples on the night to cut the hosts' deficit to 34-24 with eight minutes to play.

A fast-break layup by RU's Levon Hudson with 5:43 left put the Panthers up 40-30, but GC reeled off a 10-1 spurt to claw back to within 41-40. The rally was bolstered by threes from Cameron Walter and Moyers, which were sandwiched around a put-back by Denzel Tinsely and a steal-and-layup by Jacob Sadowski.

After RU's Kevin Hogain connected on a pull-up jumper to give his team a 43-40 lead with 3:20 left, Bakerian filled the net with a three seconds later to deadlock the game at 43-43.

GC's first lead of the second half (45-44) came on a left-handed layup by the right-handed Moyers with 57 ticks on the clock. However, McCarter responded with a twisting drive for two followed by his two free throws with 6.5 seconds left.

After Moyers knocked down two free throws during the opening second of overtime, GC never trailed. Tin-

sley was huge in the extra session, scoring three points and forcing two RU turnovers.

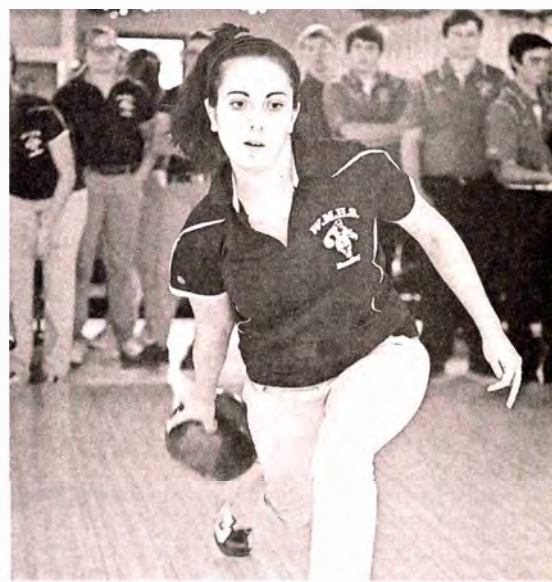
Moyers led the winners' balanced scoring attack with 16 points. Bakerian added 15 and Tinsely scored 13. Walter made his presence felt all night, registering seven points, eight rebounds, two steals and three blocked shots.

Sadowski chipped with six points, four boards and three steals.

Hogain was "The Man" for RU, netting 25 points and six rebounds. McCarter and Caleb Moore both scored eight points; Moore also yanked down a game-high nine rebounds.

Free throws were problematic for the Cougars, who canned just 12 of 27 15-foot freebies. RU was a little better, going 14-for-26 from the stripe.

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Wayne Memorial's Christina O'Harris bowled well in the Zebras' loss to Plymouth.

HIGH SCHOOL BOWLING

Plymouth topples Zebra girls

Ed Wright
Staff Writer

The Wayne Memorial girls bowling team suffered its first setback of the season Tuesday against Plymouth.

Zebras Miranda Holmes and Shaelyn Wojewski did what they could to propel their team to victory, winning points during individual match-ups.

Wayne could never shake

off a rough start in the Baker games, both of which were won by the Wildcats.

Plymouth's Ashley Bressler was a thorn in the Zebras' side, as she rolled a stellar 224 game.

The Zebras improved markedly as the match went on, winning the second team game from the Wildcats, but it proved to be too little, too late.

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Churchill's Tyler Haydu converted this breakaway opportunity into a goal despite the all-out effort of Trevor Lassaline.

HOCKEY

Continued from Page B1

nolds said he liked the role.

"I really don't mind being the dark horse in Livonia hockey," said Reynolds, whose team has scored 15 goals over its past two games. "We're going to have to earn our credibility and props the old-fashioned way."

"We came into the season as a very young team and we're still young. We're still in a rebuilding phase, so we'll let the attention and rankings we get take care of themselves."

A Patriot for his freshman season of high school hockey, Broyles stonewalled his former teammates most of the night with an array of solid and jaw-dropping saves.

"Last year, the first time we played Franklin, I told Drew not to panic because he was playing against his former team," Reynolds said. "He said, 'Coach, these are my buddies, so I'm just going to go out there and try to have fun.' He's very focused and settled in out there. He's been a rock for us."

Franklin snatched a 1-0

lead early in Wednesday's clash, scoring off an assist from linemate Chase Wallis.

However, Churchill carried a 2-1 lead into the first break thanks to goals from Venegoni (from Haydu) and Friend (from Spencer Kovacs and Conor Burnette).

Venegoni scored the second of his three goals early in the middle period, thanks to assists from Doyle and captain Joe Wozniak, to extend his team's lead to 3-1.

Franklin's Max McCrory countered quickly, however, with a goal from Brendan Nutting and Jack Engel.

The final 15 minutes, 37 seconds of the second period were scoreless, but it proved to be the calm before the Chargers' third-period storm.

Haydu made it 4-2 3:14 into the final period off a pass from Sam Spayd. Three minutes later, Venegoni completed his hat trick (from Doyle and Wozniak) to give Churchill a three-goal cushion.

When Cioch found the net to make it 6-2, the outcome was all but decided.

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BOYS BASKETBALL ROUNDUP

Churchill shoots down Rockets

Chargers chalk up road win at John Glenn

Ed Wright
Staff Writer

Senior guards Joan Andoni (24 points) and Jon Hovermale (16) formed a potent one-two combination for Livonia Churchill's boys basketball team during its 68-49 victory over host Westland John Glenn.

The triumph boosted the Chargers' record to 5-1 overall and 1-0 in the division.

Junior guard Myron Burnette also played a hand in the win, tossing in 11 points.

John Glenn, which slipped to 2-4, was paced by freshman Joe Moon IV, who scored 11 points. Christian Agnew contributed nine points to the Rockets' cause.

Churchill was never threatened after building a 33-24 halftime advantage.

The Chargers nailed 7 of 14 free throws. John Glenn was 4-for-9 from the charity stripe.

"We really played our butts off tonight," said Churchill head coach Jimmy Solak. "The kids were focused and I'm extremely proud. They really wanted this game and the effort was tremendous."

Spartans victorious

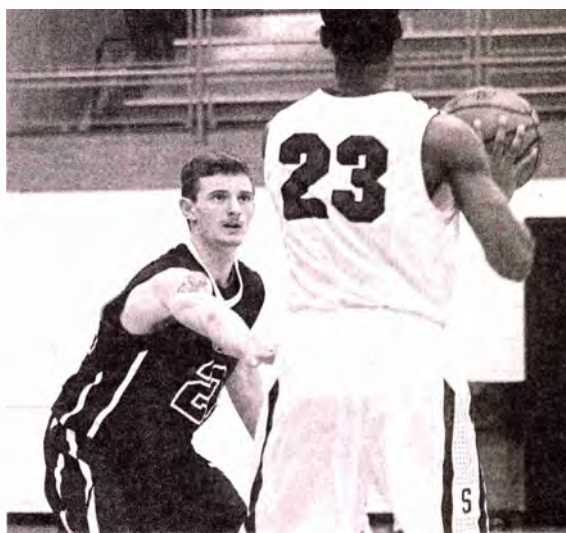
Kyle Malkowski scored 15 points to lead Livonia Stevenson to an 81-38 victory over visiting South Lyon East.

Jeremiah Easton tallied 11 points and Chris Tanderys added 10.

Stevenson, which improved to 4-3 overall and 1-0 in the KLAA Central, led 51-32 at halftime.

Thurston rolls

Senior guard Brandon Marshall did everything except drive the Redford Thurston basketball team's bus to the



Thurston's Caebryn Crabtree, shown playing defense during a game earlier this season, scored 11 points in the Eagles' victory over Fordson.

game Friday night at Dearborn Fordson.

Marshall scored 23 points — 15 of which came from beyond the three-point arc — to go along with five steals and five assists to lead the Eagles to a 66-42 victory over the Tractors.

The win improved Thurston's record to 4-2 overall and 2-0 in the Western Wayne Athletic Conference's Blue Division.

Also putting up solid numbers for the winners were D'eauntae Jackson (12 points, six rebounds) and Caebryn Crabtree, who netted 11 points and a pair of long treys.

Thurston head coach Brian Bates also praised the effort of Trevan Gary, who was playing in his first game of the season after rehabbing an injured knee.

Thurston led 32-22 at the

half before blitzing the Tractors with a 23-7 surge in the third quarter.

"At halftime we talked about defending better and we definitely did that, holding them to just seven points in the third quarter," said Bates.

Warriors triumphant

On Friday night against visiting Bloomfield Hills Roeper, Lutheran Westland improved to 5-0 overall and 1-0 in the Michigan Independent Athletic Conference with a 64-38 victory.

Senior guard Brent Croft led the Warriors with 19 points, hitting three of four three-point shots. Zach Burk added 14 points and seven rebounds for the winners while Luke Smith had 12 points, seven boards and two blocked shots. Randy Pierce scored 10 for Roeper.

STEVENSON

Continued from Page B1

High School Hockey Hub website. Stevenson is 6-1 in the KLAA Central Division.

Plymouth dropped to 4-4-1. Spartan senior goaltender Cullen Barber was sharper than a set of new clippers following Silvester's goal as he blanked the Wildcats down the stretch by turning away 15 shots.

The Spartans, on the other hand, fired a barrage of pucks at Plymouth goalie Trevor McManus, who finished with 30 stops.

Stevenson scored the equalizer 56 seconds into the second period, when Shane Leonard scored from Joe Alcantara and Adam Olson.

The game-winner came just under five minutes later, when Alcantara one-timed a centering pass from Ben Kowalske. Leonard also garnered an assist on the play.

Thirteen seconds later, the Spartans' onslaught continued when Alex Siroky scored from Zach Finzel.

Olson ripped one home from Kowalske and Leonard just over three minutes into the final period.

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Plymouth's Brent Davis keeps a step ahead of Wayne's Terence Williams.

MICHAEL VASILNEK

BOYS BASKETBALL

Plymouth bounces back to win romp

Tim Smith
Staff Writer

The bitter taste from Tuesday's 55-32 loss to campus rival Salem still lingered Friday before Brent Davis and his Plymouth teammates faced Wayne Memorial.

So all Davis did was score early and often against the visiting Zebras, draining a trey from the right flank to put the Wildcats up 3-1.

Moments later, he wowed the spectators with a behind-the-back dribble drive en route to a layup.

Davis — with ample support from sophomore forward Tariq Woody — cut the Zebras to the quick with a 26-point effort as Plymouth rolled to a 58-38 win. "I think really what fueled us tonight was that loss (to Salem)," Davis said. "After losing that game, it made us realize what our potential is."

"We watched the things we did wrong on film and we just wanted to get better. We never wanted to have that feeling again."

He didn't do it alone as Plymouth stopped a four-game skid just in time for the start of KLAA South Division play.

Chipping in with 18 points, many on important put-backs, was Woody, who also tallied seven rebounds.

"We needed to find a second consistent scorer and, hopefully, Tariq can provide those inside points," said Plymouth

head coach Mike Soukup, whose team improved to 3-4 overall and 1-0 in the division. "It was a good bounce-back team win tonight against a very talented Wayne team."

Throwing in some elbow grease and knee burns, as usual, was senior Pete Carravallah. He was in the middle of things with a team-leading nine rebounds, along with five points.

"If there's a scuffle going on, he's probably not far away from it," Soukup said about Carravallah. "He battled their best player and really played him tough."

Leading the Zebras (1-4, 0-1) with eight points each were Trav Woods and Stephan Taylor.

Also registering five points for Plymouth was senior Julian LeDoux.

Needing a quick start after the Salem debacle, the Wildcats came out hot and led 16-4 after one quarter. Scoring all of the Plymouth points in that quarter were Davis and Woody.

It was 12-1 until Isaiah Lewis connected on a triple with less than three minutes left in the first.

Starting off where he left off to open the second quarter was Davis, described as an offensive "stud" by his coach.

Davis missed his initial shot, but followed up with a put-back as there seemed to be nothing but wide-open lanes for him to exploit.

Plymouth continued to maintain a double-digit lead the rest of the way, enjoying a 27-15 halftime lead.

After a bucket by Taylor cut the Wildcats' lead to 33-18 with five minutes to go in the third quarter, Woody scored back-to-back layups — one of them off a beautiful inside dish by Carravallah.

The Zebras had a brief spurt late in the third, scoring three layups in succession (two by Terence Williams) to briefly entertain thoughts of a rally. At that point, Plymouth still was up 39-27.

But Davis did his thing yet again, canning a bucket in the final minute to give the Wildcats a 14-point lead going into the fourth.

In the final three minutes, Davis and Woody put on an offensive show to put an exclamation point on the victory.

After a tip-in by the not-to-be-denied Woody, the crowd roared when Davis threw down a slam with 2:22 left (opening up a 54-35 lead).

On the play, Woody and Davis went in on a fast break. Woody could have taken it all the way to the rack, but decided to flip a short pass to Davis.

A little while later, it was Davis who gave up a basket in order to set up Woody.

CANTON 57, FRANKLIN 32: The host Chiefs remained unbeaten (7-0 overall, 1-0 in the KLAA South) with Friday's victory

MEN'S BASKETBALL

Ocelots moving on from decision

Team still can compete for titles despite forfeiting six wins due to 'clerical error'

Tim Smith
Staff Writer

Schoolcraft College's men's basketball team continues to feel the sting of getting slapped with forfeiting six November and December victories, stemming from a clerical error involving a player who had transferred from an out-of-state college.

With every victory from this point of the season on, that pain will subside — possibly with the Ocelots being able to successfully defend their state championship.

"We can still win our conference, we can still compete for a state championship and we can still go to nationals and compete for a national title," Schoolcraft head coach Abe Mashhour said, adding that the silver lining in the ordeal is that the miscue was uncovered before January, when Michigan Community College Athletic Association games begin.

"Absolutely, it was great that it happened when it did," Mashhour said.

A first-year Schoolcraft player (Mashhour requested his name not be disclosed) had transferred before 2015-16 from an out-of-state college.

Schoolcraft then was subjected to an eligibility audit by the NJCAA, which audits 5 percent of member colleges each year.

Disappointing decision

In the process, it was discovered that the player's Transfer Waiver Form was signed prior to the season, but the other necessary paperwork — the Transfer Tracking Form — was not. The latter was signed Dec. 10; the player in question had played in six Schoolcraft games prior to that date.

The forfeited games include: Nov. 4 vs. Jackson College, Nov. 7 vs. Grand Rapids Community College, Nov. 8 vs. Lorain (Ohio) County Community College, Nov. 11 vs. Lake Michigan College, Nov. 14 vs. Cuyahoga (Ohio) Community College and Dec. 5 vs. Owens (Ohio) Community College.

"He didn't do anything wrong," Mashhour said, referring to his player. "He transferred from one school to another and we got the transfer waiver, which is the more critical of the two documents. And we didn't then get the transfer tracking form."

"It's really kind of silly, it's a new rule that you need both. Because the transfer waiver really gives you all the information you need."

According to a statement from Schoolcraft athletic director Sid Fox, the ruling was a disappointment, but one the college will abide and learn from moving forward.

"I was deeply disappointed at the decision reached by the NJCAA to have the Schoolcraft College men's basketball team forfeit six games for not having a Transfer Tracking Form completed by another college in a timely manner," Fox said.

"Essentially, we were at the mercy of another institution filling out this acknowledgment form of one of our student-athlete's participation there last year required by NJCAA by-laws, in spite of all eligibility documentation being presented as part of the audit response which has been completed and cleared."

Fox went on to note that "rather than dwell on this flawed process that would require legislation to reverse future NJCAA audits, we will follow our ongoing philosophy of adapting to the environment we live in and make a conscious effort to perform even better in the future despite circumstances beyond our control."

Clean slate

Instead of being at the top of the National Junior College Athletic Association Division II rankings, the Ocelots entered 2016 with a 5-8 record because of the forfeited games.

But it's a new year, a clean slate and a real chance for the Ocelots to repeat as state champions and go for national glory.

On Wednesday, Ja'Christian Biles and Tyler Johnson each scored 17 points to spark Schoolcraft to a 79-59 win over visiting Wayne County Community College.

Chipping in 10 points was Canton alum Davon Taylor, with Anthony Wartley-Fritz registering six points and a team-high 10 rebounds as Schoolcraft improved to 7-8 overall and 2-0 in the MCCA.

tsmith@hometownlife.com
Twitter: @TimSmith_Sports



Ja'Christian Biles puts up a jumper during a November game against Lake Michigan, one of six contests Schoolcraft forfeited.

JOHN KEMSKI | EXPRESS PHOTO

**CITY OF LIVONIA
PLANNING COMMISSION
NOTICE OF PUBLIC HEARING**

In accordance with the provisions set forth in Section 502 of Act 110 of the Public Acts of Michigan of 2006, as amended, and Articles XIX and XXIII of Ordinance #543, the Zoning Ordinance of the City of Livonia, as amended, the City Planning Commission of the City of Livonia will hold a public hearing on Tuesday, January 26, 2016, in the Livonia City Hall, 33000 Civic Center Drive, Livonia, Michigan, beginning at 7:00 p.m. on the following items:

Petition 2015-12-01-13 submitted by Michigan Property Group, L.L.C. pursuant to Section 23.01 of the City of Livonia Zoning Ordinance #543, as amended, requesting to rezone the property at 28900 Schoolcraft Road, located on the north side of Schoolcraft Road between Inkster and Middlebelt Roads in the Southwest ¼ of Section 24, from C-2 (General Business) to M-1 (Light Manufacturing).

Petition 2016-01-01-01 submitted by the City Planning Commission, pursuant to Section 23.01(b) of the City of Livonia Zoning Ordinance #543, as amended, requesting to rezone the west 134.10 feet of 9309 Newburgh Road, located on the west side of Newburgh Road between Joy Road and Ann Arbor Trail in the Southeast ¼ of Section 31, from PL (Public Land) to R-1 (One Family Residential - 60' x 120' Lots).

Petition 2015-12-02-27 submitted by Value Center Market requesting waiver use approval pursuant to Section 11.03(r) of the City of Livonia Zoning Ordinance #543, as amended, to utilize an SDD liquor license (sale of packaged spirits over 21% alcohol) in connection with the grocery store at 27428 Six Mile Road, located on the north side of Six Mile Road between Inkster Road and Dolores Drive in the Southeast ¼ of Section 12.

Request to Amend Petition 2012-04-02-10 and Council Resolution #221-12, adopted May 23, 2012, submitted by Pelagos Enterprises Inc., requesting to extend the use of a Class C liquor license to the new owners and extend the operating hours of the Class C license from 11:00 p.m. to 2:00 a.m. in connection with a full service restaurant at 34110 Plymouth Road, located on the north side of Plymouth Road between Farmington and Stark Roads in the Southeast ¼ of Section 28.

The above-mentioned petitions will be on file in the City Planning Commission office, 33000 Civic Center Drive, Livonia, Michigan during the period of five (5) days immediately preceding the said hearing and may be examined by any and all persons during the normal working hours Monday through Friday.

**R. Lee Morrow, Chairman
CITY PLANNING COMMISSION**

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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, February 2nd, 2016** at which time the RFB's will be secured by the City Clerk. Each bid shall be recorded together with the name of the vendor. Bids shall be in accordance with the requirements of this notice in order to be deemed "responsive." Late bids will be returned unopened.

A mandatory pre-bid meeting will be held in the Jenkin Room, located on the 3rd floor of the Livonia Civic Center Library, 32777 Five Mile Road, Livonia, Michigan (734) 466-2491 at **10:00 A.M. on Tuesday, January 19th, 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 - LIVONIA CIVIC LIBRARY ROOF COOLING TOWER, name of vendor and shall be addressed to the City Clerk, City of Livonia, 33000 Civic Center Drive, Livonia, Michigan 48154.**

No vendor may withdraw their bid within 120 calendar days after the date set for opening thereof.

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

Douglas L. Moore
Superintendent of Public Service

Dennis K. Wright
Mayor

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THERESA FINCK PHOTOGRAPHY

Meadow Brook Hall in Rochester has 39 chimneys, 110 rooms and is modeled on the grand mansions of England. It was completed in 1929.

Check out these five Michigan castles

In the early years of the 20th century, James Oliver Curwood of Owosso got rich writing books, short stories and movie scripts.

So he did what anybody with money to burn might do: built himself a castle.

The pint-sized French chateau now belongs to the city of Owosso and draws visitors throughout the year.

"It's one of the most iconic buildings in Owosso," said Robert Doran, executive director of Owosso's historical commission. That's saying a lot in a city full of classic homes and buildings.

Curwood Castle, which the writer used as a studio, may be the smallest public castle in Michigan.

Meadow Brook Hall is undoubtedly the largest. The English-style mansion on the campus of Oakland University in Rochester has 110 rooms, 39 chimneys and a vast and stunning ballroom that calls to mind a castle's great hall. It was completed in 1929 and has been open to the public since 1971.

Here's a quick look at Curwood Castle, Meadow Brook Hall and other Michigan castles you can visit or tour while dreaming of grandeur.

Meadow Brook Hall

Where: 480 S. Adams Road, Rochester (on the campus of Oakland University)

What: The 88,000-square-foot home is one of the biggest in the United States. It also just was voted No. 5 on the USA Today/10 Best list of the top historic homes to tour in the United States. (No. 1 is the Stan Hywet House and Gardens in Akron, Ohio. Hearst Castle in California and the Biltmore Estate in North Carolina also made the list at Nos. 7 and 4, respectively). The estate hosts 50 to 60 weddings a year and about 50 corporate meetings and community programs.

History: Meadow Brook Hall was built between 1926 and 1929 by Matilda Dodge Wilson, widow of early auto magnate John Dodge, and her second husband, lumberbaron Alfred Wilson. The 110-room home features carved wood and stone details and plaster ceilings and is modeled after the great country estates of England, which they toured on their honeymoon. During construction of the home in 1927, they went on a second architectural tour of England with their architect in tow. The house cost \$4 million to build (more than \$54 million in today's dollars), and the Wilsons hosted a gala housewarming party for 850 people in November 1929.

Matilda died in 1967, bequeathing the estate and \$2 million in seed money to create Oakland University. The house opened to the public in 1971.

Tours and more: Tours are offered at 1:30 p.m. Monday through Friday and at various times on weekends. Reservations are not required. All tours are guided and last 60 to 90 minutes. Cost is \$15 for adults, \$10 for seniors, free for age 12 and younger.

Special events are scheduled throughout the year, including the Downton Abbey-inspired Downton Days beginning in February, a mystery dinner in October and the December Holiday Walk, with the home decorated for Christmas. Learn more at meadowbrookhall.org



HENDERSON CASTLE

Henderson Castle in Kalamazoo offers bed-and-breakfast lodging, spa services, a French restaurant, tours and more.

Henderson Castle

Where: 100 Monroe St., Kalamazoo

What: Bed-and-breakfast, banquet hall and French restaurant

History: In 1890, Kalamazoo businessman Frank Henderson and his wife, Mary, began building their dream home on the western edge of Kalamazoo. By 1895, they had constructed a 25-room Queen Anne-style, 11,000-square-foot masterpiece. The home included seven baths, one with a 13-head shower. It has its own ballroom. The exterior is crafted from Lake Superior sandstone and brick, and interior trims include exotic woods, crystal chandeliers and leaded and stained-glass windows. It was renovated as a bed-and-breakfast and French restaurant in 2011 and now has its own wine label and underground wine cave. It also includes banquet space available for rent.

Tours and more: Four different tours range from the 20-minute "introductory tour" for \$10 to the VIP tour, which takes 90 minutes and costs \$45 (\$60 with wine). To book a tour or learn more call 269-344-1827, email manager@hendersoncastle.com or go to hendersoncastle.com. Tour revenues help pay to preserve and renovate the castle. Upcoming projects include a new roof and fire-suppressing sprinkler system. Learn more about preservation efforts at hendersoncastlefoundation.com

Castle Farms

Where: 5052 M-66 North, Charlevoix

What: A popular wedding spot with spectacular gardens, model railroads and more

History: Built in 1918 by Sears, Roebuck & Co. president Albert Loeb, it was designed by architect Arthur Heun based on stone barns and castles in Normandy. It was a working farm and, in later years, was used as a concert venue, among other things. Cur-



CASTLE FARMS

Castle Farms in Charlevoix was once a working dairy farm and a key employer in the county.

rent owner Linda Mueller renovated it as an event space, and it has been hosting parties and weddings since 2005. It can accommodate weddings from 60 to 350 guests in indoor and outdoor settings.

Tours and more: Castle Farms offers a twilight tour and dinner monthly during the summer. The guided tours are \$50 and includes dinner; reservations are required. Public tours also are offered in July and August at 10 a.m. and 1 p.m. daily. Cost is \$15 adults, \$14 seniors, \$13 for military, \$12 for ages 4 to 12 and toddlers free. Learn more at www.castlefarms.com.

This castle, built as a writing studio for James Oliver Curwood in Owosso, now is a museum.



MICHAEL PAINE FOR CURWOOD CASTLE

This castle, built as a writing studio for James Oliver Curwood in Owosso, now is a museum.

Curwood Castle

Where: 224 Curwood Castle Drive, Owosso

What: A small-scale French Norman chateau that now houses a museum

History: Owosso native James Oliver Curwood was well known for his popular novels in the early part of the 20th century. ("The Courage of Captain Plum" came out in 1908; "Green Timber" was published in 1930; there are a couple dozen in between, including "The Bear," made into a movie in 1988). Curwood was an ardent conservationist who also promoted environmental education. When he decided to build a writing studio, he commissioned this neat

little chateau, where he started working in 1923. It doesn't have a kitchen or dining room, but does include his original desk and other furnishings. Curwood died in 1927, bequeathing the little castle to the city of Owosso.

Tours and more: The castle is closed for the month of January. It reopens in February. Regular hours are 1 to 5 p.m. Tuesday through Sunday. Admission is \$2 for adults, \$1 for kids. Each year the city celebrates Curwood and his legacy to the community with a citywide event. This year's festival is June 2 to 5.

Built as a post office, the building now known as the Castle Museum of Saginaw County History was slated for demolition twice. Public outcry saved it both times.



CASTLE MUSEUM OF SAGINAW COUNTY HISTORY

Built as a post office, the building now known as the Castle Museum of Saginaw County History was slated for demolition twice. Public outcry saved it both times.

Castle Museum of Saginaw County History

Where: 500 Federal Ave., Saginaw

What: It's now the Castle Museum of Saginaw County History.

History: Built as a post office and opened in 1898, the building was designed to reflect French chateau design with touches from the Italian Renaissance and Gothic periods. The building originally had three turrets, but one was removed during an expansion in the 1930s that added wings on both ends of the building, using limestone from the same quarry as the original. The building was almost demolished twice, in the 1930s and the 1970s, said Alexandria Jones, the museum's marketing director. Both times, "the public saved it," she said. It was placed on the National Register of Historic Places in the 1970s. The museum's permanent collection includes exhibits on objects used daily by Chippewa Indians, a model railroad, exhibits on the lumber and automotive histories of Saginaw County and the Saginaw County Sports Hall of Fame.

Tours and more: The museum is open from 10 a.m. to 4:30 p.m. Tuesday through Saturday and 1 p.m. to 4:30 p.m. Sundays. Learn more at www.castlemuseum.org

Power into new year with breakfast, exercise and protein

If the idea of diving into a new year has you feeling more exhausted than invigorated, it may be time to introduce some new strategies to help keep busy days from feeling overwhelming. Proper exercise, balanced nutrition and quality rest can make it easier to adapt when life demands you give a little bit more.

Everyone's life demands are different. Some may be looking to push through a late-night

workout or make it to the office for an early meeting, while others are looking to enjoy an outing to the park with their kids at the end of the day. These tips will help fuel, inspire and accomplish whatever your personal "one more" is.

» **Begin with a bang.** With a busy day ahead, it can be tempting to rush out the door and skip breakfast. However, countless studies have shown this first meal of the day is

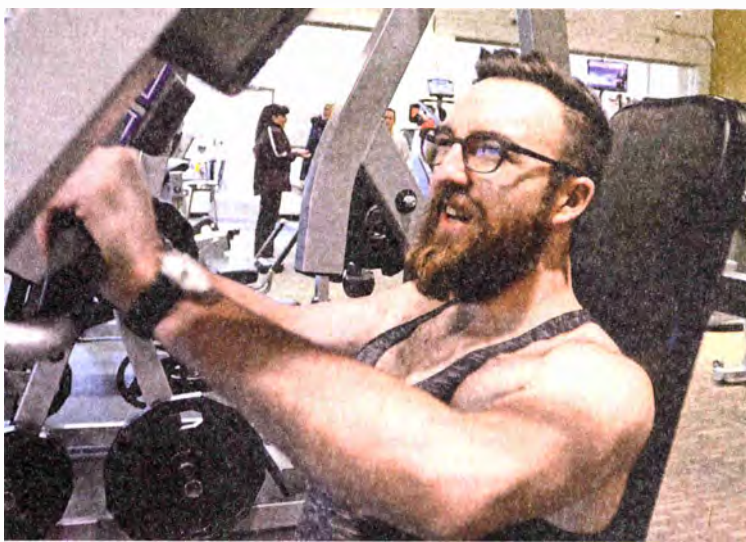
extremely important. Skipping out on a balanced breakfast can drag you down all day, both mentally and physically. Being hungry later in the day may also make you more likely to overeat or nibble on high-calorie snacks. For those mornings when you're crunched for time, grab a protein-rich ready-to-drink shake or sandwich with egg, cheese and lean meat to give yourself sustained energy for the rest of the day.

» **Work in a workout.** In addition to helping ward off disease and manage your weight, regular exercise helps lift your mood by stimulating feel-good chemicals in the brain and boosts energy by helping your body work more efficiently. A combination of aerobic or cardio activity (walking, jogging or running) and muscle-strengthening activity (lifting weights, resistance training or yoga) is the

winning formula, according to the most recent Physical Activity Guidelines for Americans. After your workout, refuel with a rich and creamy Premier Protein Shake, available in Chocolate, Vanilla and Strawberries and Cream, with 30 grams of protein, only 160 calories and just 1 gram of sugar.

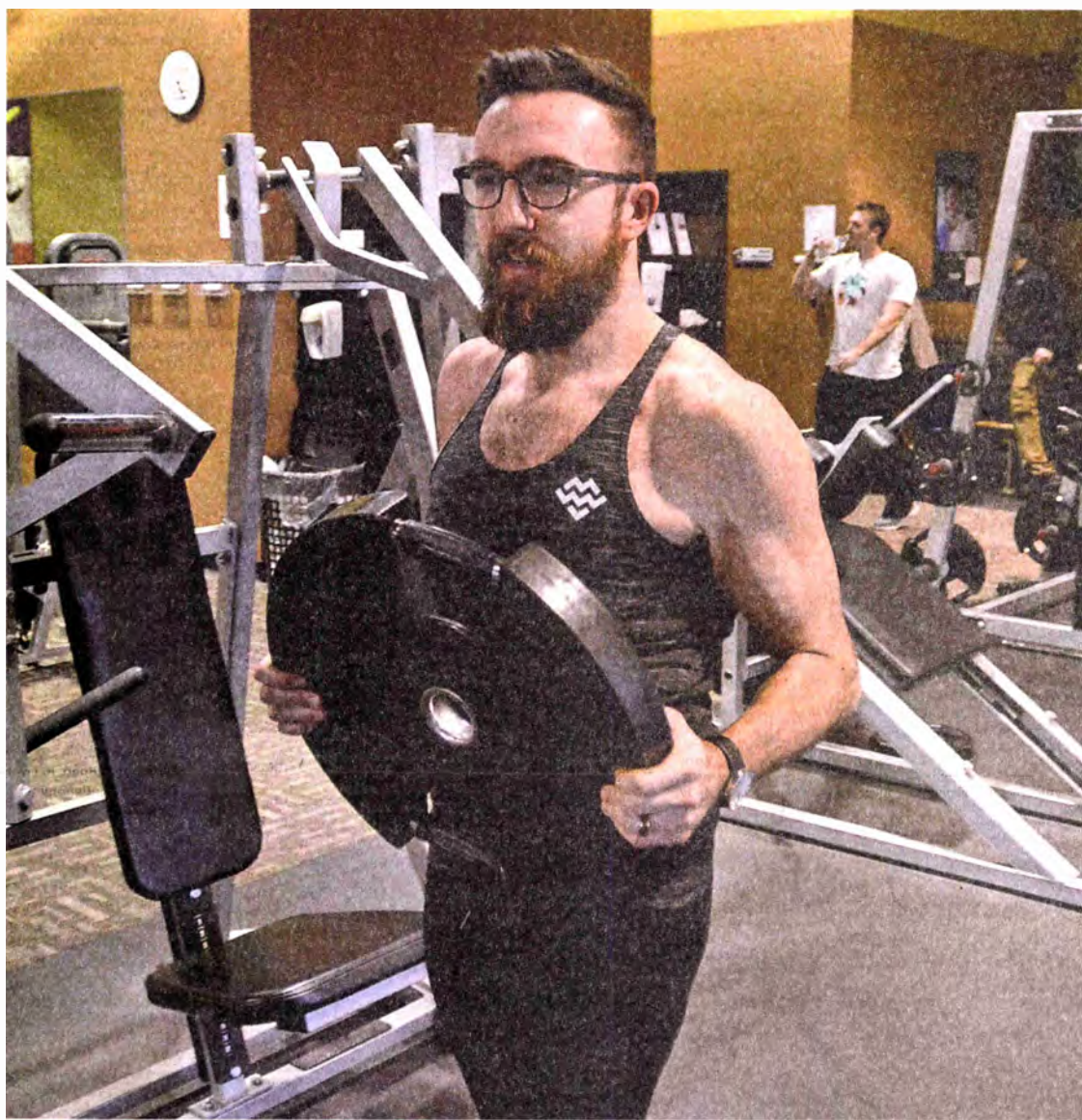
» **Power with protein.** Your body gets energy from three

NEW HUDSON MAN SHEDS 135 POUNDS



JOHN HEIDER | STAFF PHOTOGRAPHER

Josh Fenn is working on building muscle now that he's lost weight.



JOHN HEIDER | STAFF PHOTOGRAPHER

Josh Fenn lost 135 pounds by changing his diet and working out at Anytime Fitness.

Diane Gale Andreassi
Staff Writer

New Hudson resident Josh Fenn didn't like stepping on scales, because he realized he had gained weight. He didn't want to know the embarrassing numbers.

"I've been overweight my whole life — even in elementary school as a kid," said Fenn, 25.

In spring 2011, he was in a Chicago hotel room, he saw a scale and he decided to face facts. He stepped on and the numbers climbed to 315 pounds.

"When you're overweight you don't want to weigh yourself," he said. "Seeing I weighed more than 300 was it for me, and I realized I had to make changes."

Big changes

He started fine-tuning his diet and he began exercising at Anytime Fitness in Howell. After moving to New Hudson in 2013, he started going to the South Lyon facility.

"Slowly, but surely (the weight) came off," Fenn said.

He's lost 135 pounds in nearly four years and he has maintained the loss for about 10 months. He went from 315 pounds to 185 pounds, and he lost 21 inches from his waistline.

There was a lot of trial and error during his weight-loss journey. There were times his exercise consisted of only walking and other times he was going to the gym five or six times weekly.

While exercise is great, Fenn said, diet is essential to

lose weight.

"You can't outrun a bad diet," he said. "A lot of it was focused on diet. Now that I lost the fat, I'm working on muscle, and that's where the gym comes in."

Fenn's weight loss experience caught the attention of Anytime Fitness corporate personnel. The company sponsors a monthly campaign, My Anytime Story, featuring members who have compelling accounts about how exercising affected their lives.

Big winner

Fenn won for November and received a Fitbit Flex, water bottle and drawstring backpack.

"I decided to join Anytime Fitness during my weight loss journey," Josh wrote in his Anytime Fitness Story. "I didn't only want to lose weight, I wanted a happier, healthier life. I wanted to become more fit and work on my strength and replacing some of that fat with muscle!"

"Josh was able to achieve his goals through fitness and watching his food intake," said Paul Cox, South Lyon Anytime Fitness owner, adding that most members of the gym have their own story on why they're there.

Fenn recently started an Instagram account, @beardfatloss, to share his weight loss tips and to provide motivation to others who want to become fit.

dandreassi@hometownlife.com
734-432-5974

Twitter: @HeraldReporter

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.

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 or email aferack@comcast.net

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*, at 2 p.m. Wednesday, Jan. 20, at the University of Michigan Rackham Graduate School's 4th floor amphitheater, 815 E. Washington St., 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.

Ongoing

Ab-Anon

A twelve-step program and weekly group to help those suffering with eating disorders such as anorexia, bulimia and exercise compulsion will be held from 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 from 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 from 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. For more information, visit www.ymcadetroit.org.

PROTEIN

Continued from Page B5

main sources: carbohydrates, fat and protein. Protein plays a major role in repairing damaged cells, tissues and muscle. Good sources of protein include meat, fish, eggs, dairy, nuts and vegetables, but the best sources deliver lots of protein without a lot of fat, carbs and sugar. A protein-based snack is a good way to

recharge during the day. Premier Protein 30-gram bars and Fiber Bars are smart, easy and gluten-free options that are available in an array of flavors to provide sustained energy with fiber, calcium and protein to help curb hunger.

» **Keep up on sleep.** Quality sleep — and an adequate amount of it — is critical to your overall wellbeing. While you're sleeping, your body is hard at work healing and repairing from the day, as well as regulating your hormonal bal-

ance and protecting your immune system. At the same time, your brain is also recharging to help your mental function, including learning aptitude, problem solving and emotional health. Most adults need an average of 7-9 hours of sleep for optimal performance.

Visit premierprotein.com to learn how you can get the sustained energy to help you accomplish "one more" thing each day.

— Courtesy of Family Features



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