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Marriott plans to build two new hotels in the Ford-Haggerty area of township

By Darrell Clem
Staff Writer

Two new four-story hotels will be built on Canton's east side by a company that plans to demolish the aging America's Best Value Inn & Suites, a place police say has witnessed an uptick in crime.

Canton Marriott Hotels hopes to open the new hotels, with a combined 178 rooms,

possibly by late next year on the America's Best site northeast of Ford and Haggerty roads.

"Canton is a community that deserves to have an upscale feel to it," said Mike Abdulnoor, regional manager for A&M Hospitality, a hotel management and ownership group. "This could make Canton more of a destination."

Canton Marriott Hotels

intends to demolish the six-building, 107-room America's Best to build the new hotels to accommodate business travelers, out-of-town shoppers and crowds that pack the community for events such as the Canton Cup soccer tournament.

The new hotels will be located near Michigan's only IKEA store and just west of a proposed outlet mall that could

open by summer 2016 southwest of Ford and Lotz roads. Baltimore-based Paragon Outlet Partners has indicated it hopes to house as many as 100 stores on the 357,000-square-foot site.

Plans by Canton Marriott Hotels gained momentum Tuesday evening as the Canton Township Board of Trustees approved a site plan for the new lodging.

Project architect Victor Saroki said one of the new hotels, Towne Place Suites, will have 87 rooms, many of them targeted for extended-stay patrons such as business executives. The other, Fairfield Inn & Suites, would offer 91 rooms for shorter-term use.

The new hotels would complement two other A&M-man-

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Red Wings marketing team member Jim Biewer shoots pucks into the crowd during an assembly at Dodson Elementary School Tuesday.

BOBB VERGIELS

HEALTHY CHOICES

Red Wings urge kids to get more exercise

By Brad Kadrich
Staff Writer

April Quasarano and the staff at Dodson Elementary School spend a lot of time encouraging students to make healthy lifestyle decisions.

On Tuesday, they got some high-powered help stressing the message.

A marketing team from

the Detroit Red Wings brought the team's School Assembly Program to Dodson that afternoon, after a similar assembly at Farland Elementary the same morning.

The Red Wings partner with Kroger and take the assembly to about 115 schools every year. The program is a street- and floor-hockey initiative to introduce kids to the sport of hockey and encourage an

See EXERCISE, Page A2



BOBB VERGIELS

Dodson Elementary School paraprofessionals Julie Laurette (left) and Laura Caravallah showed their Red Wings colors at Tuesday's assembly.

Clerk clears up absentee ballot issue

By Darrell Clem
Staff Writer

A mailing by the Michigan Democratic Party intended to ratchet up absentee voting in the Nov. 4 election has spurred "quite a few calls" from Canton voters confused by who's paying the postage tab, township Clerk Terry Bennett said.

"We want the voters to understand that Canton taxpayer dollars are not paying for the postage on that piece of mail," she said, adding the Michigan Democratic Party is paying the cost of its own mailing.



Bennett

Lon Johnson, MDP chairman, said the party has compiled a list of targeted voters to receive postage-paid absentee ballot applications by mail, making it easier for them to send their ballot requests to local clerks' offices.

Johnson said by telephone Thursday the effort is intended to increase voter participation for people who cannot make it to polling places Nov. 4 due to legally approved reasons such as being over 60 years old, out of town or physically unable.

"We want to make it easier for them (to vote)," he said.

Bennett said some residents have called her office, mistakenly believing Canton is paying the postage for the absentee ballot applications.

"We are not," she said.

Earlier this month, Johnson sent a letter to Bennett ex-

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Colbeck endorsements cause stir in Plymouth-Canton school board race

By Brad Kadrich
Staff Writer

A longtime Plymouth-Canton employee who now works locally for the Michigan Education Association called out the sitting state senator and two Board of Education trust-

ees for "politicizing" the upcoming non-partisan school board race.

Canton resident Charles Portelli, who has worked in various capacities in the district for 35 years, complained about an endorsement issued on Facebook by Republican

state Sen. Patrick Colbeck of Canton.

Colbeck, who is himself seeking re-election in the Nov. 4 general election, said he supports political newcomers Estelle Oliansky of Plymouth

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BILL BRESLER | STAFF PHOTOGRAPHER
State Sen. Patrick Colbeck, R-Canton, caused a stir in the Plymouth-Canton school board race by endorsing three candidates.



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Canton police seeking credit card fraud suspect

The Canton Police Department is asking for the public's help identifying a male suspect sought for fraudulent credit card purchases were made at a local retailer.

Police released the suspect's photo, taken from a surveillance camera.

Anyone who recognizes the suspect is asked to call the Canton Police Department at 734-394-5400. Police say callers may remain anonymous.



CANTON POLICE
Canton police are asking for help identifying this suspect.



BILL BRESLER | STAFF PHOTOGRAPHER

America's Best Value Inn will be razed and two new hotels will be built on the site.

HOTELS

Continued from Page A1

aged properties, also northeast of Ford and Haggerty, that already have a combined 183 rooms. Those include Comfort Suites and Fairfield Inn & Suites; the latter would get a new name as Fairfield is passed on to one of the new buildings.

Saroki said the new hotels are planned because company officials believe the Canton community needs more lodging due to its array of businesses, shops and its proximity to I-275 and Detroit Metropolitan Airport.

Canton Municipal

Services Director Tim Faas said the aim also is to have new hotels to improve what is now the America's Best site.

"These two hotels will certainly accomplish that," he said.

Canton police, in an analysis of crime trends, have said they have made an inordinate number of runs to America's Best for situations involving crimes such as gun possession and fights. Abdulnoor said A&M Hospitality plans to demolish the complex amid plans to build more upscale lodging and reduce such behavior.

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Canton Farmers Market ends season, will return for Thanksgiving

By Darrell Clem
Staff Writer

The Canton Farmers Market ends its eighth season Sunday, marking attendance levels similar to last year despite cooler weather early on that delayed some crops, market Manager Tina Lloyd said.

"It was a tough year for farmers this year," she said. "The season was a little later this year for things like tomatoes due to the weather, but it was a stellar apple crop."

The market ends its regular season 9 a.m. to 1 p.m. Sunday at Preservation Park, off Ridge Road north of Cherry Hill, on Canton's west side.

"We had quite a few new vendors this year," Lloyd said, "so that was exciting."

The market plays a role helping farmers and delivering healthy foods to local consumers, she said.

"We're offering all these great local goods and promoting our Michigan agriculture," Lloyd said. "The market is a community event where people can come and have access to healthy foods."



CANTON FARMERS MARKET

Canton Farmers Market ends its regular season this Sunday, but returns for a pre-Thanksgiving harvest

Although the market's regular season is ending, it returns 9 a.m. to 1 p.m. Sunday, Nov. 23, for a pre-Thanksgiving Harvest Market in and around the historic Cady-Boyer Barn.

"The Harvest Market is an opportunity to select local items for your Thanksgiving table, as well as all your market favorites," Lloyd said.

Featured vendors at the Harvest Market include Agricola, Bobilini Honey, Cakes by Penny, Cellar Door Soap, Clasique Bakes and Gifts, Farmington Soap Works,

Good Times Kettle Corn, Grace Savory & Sweet, Intu Specialty Tea, Jen's Gourmet Dressings, Kapnick Orchards, Lula Bre's Sweet Eats, Parran's Greenhouse & Farm, Paw-la's Pantry, Prochaska Farm, Pure Pastures, Qais Truck, Sansonetti Sauces and Steinhauser Farm.

Harvest Market lunch will be provided by Qais Truck, known as Detroit's first farm-to-table food truck using all locally sourced ingredients. The company offers Mediterranean versions of favorite dishes. Chef Paul Pen-

ney will be cooking a fall recipe using seasonal produce.

Shoppers going to this Sunday's market can order turkeys and a variety of desserts to be picked up at the Harvest Market. Market vendor Pure Pastures offers turkeys from Garno Farms in Blissfield. Thanksgiving desserts also can be ordered at Sunday's market.

Also this Sunday: » The Canton Historical Society has historic farming displays at the pole barn and Bartlett-Travis historic home tours.

» Children can participate in crafts, making mummies and owls, or join in the I Spy scavenger hunt.

» Returning vendors include Terracotta Paste (natural personal care goods), Crunch Granola, Cakes by Penny, Woolsey's Wonders (girls accessories), SP Woodworking and Steinhauser Farm. New is Eileen's English Toffee, also with toffee brownies and cookies.

» An abundance of produce and other foods also will be available.

EXERCISE

Continued from Page A1

active and healthy lifestyle. During the hour-long assembly, Red Wings representatives present a lesson on exercise and healthy eating tips.

The program is designed to teach kids to

make healthy lifestyle decisions, including getting at least an hour of exercise every day.

After that, they set up six-person teams of teachers and students, who face off in a shoot-out style competition against each other.

"I hope the kids take away the importance of living a healthy lifestyle," said Zach Konnie,

event marketing coordinator for the Red Wings.

For the record, the students won the shoot-out. At the end of the assembly, the Red Wings donated the two sets of goalie equipment and about a dozen plastic hockey sticks to the school.

Quasarano said the Red Wings' message of

dedication, education and goal-setting fits well with what Dodson staffers try to teach their students.

"I wanted to support the message we try to instill in our kids every day," Quasarano said. "The teachers liked it, too."

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COLBECK

Continued from Page A1

and Don Turner and Don Kelly of Canton for three seats on the Board of Education.

Oliansky and Turner are seeking the two six-year terms; Kelly is challenging incumbent Kim Crouch for the four-year term.

"If you are a Plymouth or Canton resident, you will have the opportunity to add three high quality members to the PCCS school board to join two individuals that I hold in the highest esteem for their exceptional service, Mike Maloney and Mark Horvath," Colbeck posted. "Please help Mike and Mark restore professionalism and a renewed focus on

what is best for our kids."

No politics

Portelli acknowledged his union does make recommendations based on "questions we ask, their beliefs and education and their experience working within the system." He said those recommendations are mailed to MEA members, who are then "free to vote for anyone of their choice. ... This is their right."

But Portelli questioned the involvement of Colbeck, who was treasurer for the Canton Charter Academy before entering the state Senate rate in 2010.

"What I find surprising for the first time in my career is that a standing state senator ... has stepped up to make

recommendations solely on somebody's political beliefs. He clearly recommended three candidates over the other five," Portelli said at Tuesday's board meeting. "Why would a sitting state senator step into a local school board election? Is there a connection somehow between Canton Charter Academy and Plymouth-Canton schools that he feels a need to step forward and recommend three of the eight who are running? Or is this a calculated move on his part to elect like-minded people who agree with his politics?"

Colbeck said his position in the state Senate doesn't trump his right to express his opinion. He also said his endorsement didn't necessarily question the character of the other board mem-

bers. Neither Horvath nor Maloney felt Portelli was right in calling for an apology from them.

"It sounds like (Portelli) didn't like what (Colbeck) had to say," Horvath said. "I don't know why I would owe anyone an apology. Those weren't my words. For (Portelli) to say politics haven't been involved (in school board elections) ... that's just silly."

Maloney also believes politics have always been a part of school board races, even though they're technically non-partisan. For instance, Maloney said, he could think of "half a dozen" elected officials who've put up lawn signs for him.

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BALLOT

Continued from Page A1

plaining the MDP's strategy.

"The Michigan Democratic Party is committed to maximizing the number of Michigan citizens who exercise their right to vote and we know that you share that commit-

ment," Johnson wrote. "To accomplish our goal of enhancing access to the ballot, we have launched some innovative programs to make it easier for qualified voters to vote absentee in the 2014 general election."

He cited the direct mail outreach effort as one strategy.

"We worked with the

(Michigan) Bureau of Elections to develop a mail-in AV (absentee voter) ballot application that meets the requirements of the election code," Johnson wrote.

Johnson urged Bennett - and other clerks across Michigan - to contact the MDP's legal counsel with any questions.

Johnson declined to

say how many absentee ballot applications had been sent to voters across Michigan. The effort is one of several strategies political parties are using to try to boost voter participation in the November general election.

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BILL BRESLER | STAFF PHOTOGRAPHER

Don Soenen has been honored with the Arts Patron Award from the Wayne County Council for the Arts, History and Humanities.

Orchestra president wins county Arts Patron Award

The Michigan Philharmonic announced Don Soenen, ex-officio board president, has been honored with the Arts Patron Award by the Wayne County Council for the Arts, History and Humanities.

Citing Soenen's work with the Michigan Philharmonic, the Village Theater in Canton, the Penn Theatre in downtown Plymouth and his work on the Plymouth Arts & Recreation Center, the council acknowledged the significant support for the arts Soenen has demonstrated for more than 20 years.

"We admire Don Soenen and thank him for his support of the arts in western Wayne County," said Stella Greene, a

former Plymouth mayor who chairs the council. "Don was behind the drive to build the Village Theater, preserve the Penn in Plymouth when it was threatened with demolition, move the Michigan Philharmonic into the forefront of regional orchestras and is currently working on the PARC project in Plymouth, which would bring much needed arts and recreation space to the area."

The Wayne County Council for the Arts, History and Humanities is a council of the Wayne County government. Its purpose is to promote education and appreciation for the arts, history and humanities in Wayne County.

Workshop looks at cost of college

A free workshop on funding a child's college education will be held 7-8:30 p.m. Tuesday, Oct. 21, at Stevenson High School in Livonia.

Robert Hoger, certified College Planning Specialist with Michigan College Funding in Novi, will be discussing such topics as how to send your kids to the school of their dreams without going broke; how to increase your eligibility for aid; how to find scholarships; and grants you've never even heard of.

Additional topics include how to help your student decide on which colleges to ap-

ply to, how to pick the colleges that may give you the most amount of money, how to help maximize your student's potential to receive scholarships and grants, several strategies to help you afford the school of your dreams, what to do right now if your child is in high school and why procrastination may cost a family thousands of dollars.

The school is at 33500 Six Mile, west of Merriman. Admission is free, but seating is limited by the size of the room, so call 248-662-1300 to reserve a seat.

Heise 'proud' as Snyder signs human trafficking bills

Michigan residents will have less to fear from criminals who coerce Michigan's children into sex slavery and forced labor, thanks to new laws signed Thursday by Gov. Rick Snyder.

This legislative package strengthens Michigan's human trafficking laws while providing victims with the support and services they need. State Rep. Kurt Heise has been working on the issue of eradicating human trafficking in Michigan for several years and has made passage of these new laws a priority.

Heise, who chairs the House Criminal Justice Committee and co-chaired the Michigan Commission on Human Trafficking, said the legislation is a comprehensive approach that will train law enforcement, educate the public and, most importantly, protect innocent victims.

"Human trafficking is a horrific crime that exploits women and children for sexual abuse and financial gain and the criminals involved in this barbaric form of modern-day slavery must be brought to justice," said Heise, R-Plymouth Township. "As a lawyer and a father of two teenage daughters, the thought of any child being abused makes me sick. There is no greater crime than exploiting our most vulnerable citizens and it must be stopped."

Included in the laws signed by the governor are Public Act 325 of 2014, previously House Bill 5158, sponsored by Heise. The law creates a permanent Human Trafficking Commission in the attorney general's office, which will work to make sure the commission's report is fully implemented.



HOUSE MAJORITY COMMUNICATIONS

State Rep. Kurt Heise, R-Plymouth Township, speaks at the signing of a number of bills which strengthen punishments for human trafficking while also providing support for the victims of this crime in Michigan.

"These new laws create tougher penalties for those who buy our children for sex and forced labor, educate law enforcement and the public on how to identify victims and their traffickers and make sure we create a safe and nurturing environment for the children who have become victims in trafficking," Heise said. "I am honored to stand with so many diverse groups from law enforcement and prosecutors

to victim services and announce the signing of these laws. Although much more work needs to be done to fully eradicate trafficking in Michigan, I am extremely proud of the work everyone has put into getting this done."

The legislative package signed into law included bills strengthening punishments for human trafficking offenders, as well as providing support for victims.

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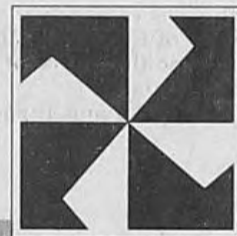
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GOING HIGH-TECH WITH SHINY NEW GADGETS

District completes first phase of technology rollout

By Brad Kadrich
 Staff Writer

Rania Hammoud noticed her daughter got up about 20 minutes earlier than normal Wednesday morning and she was pretty sure she knew why.

Her daughter, Sarah Khreizat, was one of the West Middle School sixth-graders getting her new Chromebook, courtesy of the Plymouth-Canton Community Schools' 1:1 technology rollout.

The final group of electronic tools – between 5,000 and 6,000, worth some \$3.5 million – was handed out Wednesday as district officials completed the first phase of the rollout, being paid for from proceeds from the 2013 bond approved by voters.

"I am truly excited," said Hammoud, assistant principal at West. "Sarah was excited to get to



BOBB VERGIELS

West Middle School sixth-graders Riddhi Patel (left) and Isabella Lopez are excited to dig into their Chromebooks.



BOBB VERGIELS

West Middle School student Tyson Humphries has to sign for his Chromebook before he can explore with it.

school levels students wanted to create content, which requires a keyboard," Liu said. "So they needed something that was more like a laptop."

The rollout went to kindergartners and first-, sixth- and ninth-graders this year. The second phase continues in the 2015-16 year, adding second-, third-, seventh- and 10th-graders.

By 2017-18, the 1:1 will be K-12.

Hammoud got a unique perspective on the rollout, being an administrator changed with handling it and a parent charged with helping her daughter learn it.

"As an assistant principal, it was such a delight to see the excitement on their faces getting off the buses," Hammoud said.

"We had kids who were so quiet in the halls, because the kids were just sitting with their Chromebooks and exploring this cool new tool they have."

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school and get her hands on her new Chromebook."

Elsou Liu, the district's director of integrated technology systems, said Wednesday's was "the last large-scale rollout" for the 2014-15 school year.

Except for a few hiccups with things like late registration from parents, Liu said the first phase of the rollout has gone well.

"For the most part, it's gone smoothly," Liu said. "It's brand new for everyone, but we've been working hard to communicate with everyone. I think there's some excitement in the buildings, among the students in particular, as they're taking these devices and using them for their learning."

This was the first of the three-year rollout of the district's 1:1 technol-

ogy upgrade, which will see every K-12 student in the district get either an iPad Mini (grades K-5) or a Chromebook (grades 6-12) by the 2016-17 school year.

Liu said the iPad Minis will stay in the classroom, though there will be devices dedicated to each student. The iPad Minis were chosen for the K-5 kids because "there are a lot of apps for the iPad

that are helpful for younger students." It helps, he said, that many elementary teachers already had experience with the iPads.

Chromebooks, Liu said, are better for the older students because of their laptop-like uses and ability to search the Internet and "do anything on the web."

"There was a sense at the middle and high

Tonda Elementary School staff, students celebrate 20th anniversary

For much of her adult life, Flossie Tonda asked a simple question: "Is it good for the kids?"

That kid-first philosophy forms the basis of an anniversary celebration 20 years in the making, when the folks at Tonda Elementary School in Canton celebrate the school's 20th anniversary.

The celebration takes place at 6:30 p.m. Friday, Oct. 24, at the school named for Flossie Tonda.

The school is located at 46504 Warren in Canton. Building tours run 6:30-7

p.m. and the anniversary presentation and birthday-cake cutting take place 7-7:30 p.m. in the cafeteria.

All past and current Tonda Timberwolves – staff, students and families – are invited to the celebration.

"The celebration is an opportunity to excite our current Timberwolves while reminiscing the past, reconnecting old friends and honoring Tonda Timberwolves who began it all," current Tonda Principal Tara Botosan said. "Once a Timberwolf, always a Timberwolf."



PLYMOUTH-CANTON SCHOOLS

The first staff members opened Tonda Elementary School in the 1994-95 school year.

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PLYMOUTH-CANTON COMMUNITY CALENDAR



PLYMOUTH SCHOLARS

Battling bullies

Former Michigan State University basketball player Anthony Ianni brought his anti-bullying message to Plymouth Scholars Charter Academy last week. Ianni, an anti-bullying public awareness advocate for the Autism Alliance of Michigan, visited with first- through eighth-grade students. Ianni's presentation came as students were learning about respect as part of their Moral Focus curriculum.

ARTS AND CRAFTS

Date/Time: Saturday, Oct. 25, 10 a.m. to 5 p.m.

Location: Quality Inn & Suites, 30375 Plymouth Road, Livonia

Details: Visitors can jump-start their holiday shopping, see free workshop demonstrations, win raffle prizes and get refreshments at the O&E Media Arts and Crafts Show. Among the participants are Clearly You; LaBijouterie by Soko; Deborah Dunn Draper; Sassy Designs for You; Sharron's Girls; Valganics Handcrafted Soap; Baum and Baum LLC; Katrinket's Kloset LLC; Antique Sled Couture Creations; Paint & Picnic; Arbonne; Scentsy; Reach for a Rainbow; Janice

Smith; Dr. G's Soy Candles; Mittens Essentials; LostLemonade; Painted Petalz; HTO Designs; Annie's Girls; Beach Treasures; City Girls Soap; Brackney Chiropractor and Health Center PLLC.

Contact: For more information, call 248-926-2203 or email cbjordan@hometownlife.com with the subject line Arts & Crafts Show.

GRIEF SUPPORT

Date/Time: First and third Thursdays, 10-11:30 a.m.

Location: Plymouth Coffee Bean, 884 Penniman, Plymouth
Details: Compassionate Coffee Club is an open and ongoing

grief support group offering support and socialization for widows and widowers moving beyond the first year of loss. The program is sponsored by Compassionate Care Hospice and is free of charge, although a drink purchase is required for use of the space.

Contact: For more information, contact Ann Christensen, Compassionate Care Hospice bereavement coordinator, at 888-983-9050 or email achristensen@cchnet.net.

WALK IN THE WOODS

Dates/Times: Sunday, Oct. 19 and 26, 2-4 p.m.

Location: Miller Woods (meet at entrance to woods on Powell

Road, between Beck and Ridge), Plymouth Township

Details: Join the Friends of Miller Woods for a fall tour of Miller Woods nature preserve. The walks are with tour guides, last about an hour, and are free. No dogs or strollers allowed in the woods.

Contact: For directions also at www.millerwoods.org or call 734-459-7666.

CRAFT BAZAAR

Date: Saturday, Dec. 6.

Location: Plymouth Historical Museum, 155 S. Main, Plymouth

Details: The Plymouth Historical Museum is accepting applications for its annual Juried Craft Bazaar. Applicants are required to submit three or four photos of craft items for judges to select participants as there is a limit of crafters to five per category. Table rentals are \$30 each and most are eight feet wide, although there are some space variations available. The museum is offering free admission that day for both museum patrons and Craft Bazaar shoppers. Crafters are requested to donate an item for the museum's raffle. The application is available at www.plymouthhistory.org/cm/dpl/downloads/events/

117/craft_show.pdf.

BAREFOOT AUDITIONS

Dates/Times: Monday and Tuesday, Oct. 20-21, 7-9 p.m.

Location: Barefoot Productions Theater, 240 N. Main, Plymouth

Details: Barefoot Productions announces auditions for *The Desk Set*, a comedy by William Marchant. Roles for eight women and six men. The role ages vary from mid-20s to mid-50s. There are several roles with limited speaking parts, just perfect for someone who wants to get their feet wet in the theater. The time is 1956. The characters all work in a busy Reference Department of a large radio and television broadcasting company. *The Desk Set* is the comedy that inspired the hit movie starring Katherine Hepburn and Spencer Tracy.

Contact: For more information, call Craig at 734-276-9075.

JAZZ @ THE ELKS

Date/Time: Tuesday, Oct. 28, 7-10 p.m.

Location: Plymouth-Ann Arbor Elks Lodge No. 325, 41700 Ann Arbor Road, Plymouth

Details: Jazz @ The Elks features the Cliff Monear Trio, with Barbara on vocals (in her first

appearance at the Elks), Cliff Monear on keyboard, Jeff Pedraz on bass and Jim Ryan on drums. Cost is a \$10 donation at the door, which includes hors d'oeuvres.

Contact: For more information call 734-453-1780 or visit www.plymouthelks1780.com

CHURCH CONCERT

Date/Time: Sunday, Oct. 19, 4 p.m.

Location: First United Methodist Church of Plymouth, 45201 N. Territorial, Plymouth

Details: The First United Methodist Church of Plymouth presents tenor Lonnie Reed in a recital that will include works by Handel, Schumann and spirituals. Reed is pursuing a master's degree in vocal performance at the University of Michigan. Prior to the concert and at the intermission, students from the Music@First Fine Arts Academy, which is part of the music ministry at First United Methodist Church, will perform. Admission is free; a free-will offering will be received to benefit the Music@First scholarship fund and the CROP Walk.

Contact: Call Marcia Van Oyen at 734-453-5280 or email marcia@pfumc.org

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Compassionate Care Hospice volunteer coordinator Justine Galat (left) with Volunteer of the Year Pat Theisen.

Hospice agency honors Volunteer of the Year

Compassionate Care Hospice has chosen Pat Theisen from a field of 37 candidates as the agency's Volunteer of the Year.

Volunteer coordinator Justine Galat said Theisen has been a patient visitor with Compassionate Care Hospice for almost two years and has visited up to four patients at once, treating them as if they are her own loved ones.

"She brushes their hair, advocates for them at their facilities and communicates concerns to the hospice team," Galat said.

One example of what makes Theisen special, according to Galat, came when a patient's daugh-

ter was scheduled for major surgery. Theisen assured her extra visits each week until the daughter was well enough to resume visiting her mom.

"The daughter was able to focus on her recovery for several weeks, knowing that Pat had her mom covered," Galat said.

"Pat is genuine, fun to be around and enhances the quality of life of many patients."

Galat and Theisen recently attended the annual Volunteer Symposium put on by the Hospice and Palliative Care Association of Michigan and the Michigan Hospice Volunteer Coordinator's Association in

Bay City, where Theisen was awarded a certificate for her nomination. They attended educational workshops on topics such as professional boundaries.

Compassionate Care Hospice's service area includes the counties of Oakland, Monroe, Wayne, Washtenaw and Livingston. It is a community-based hospice organization committed to the highest quality of hospice care for patients, their families and other loved ones.

Anyone interested in inquiring about hospice for themselves or a loved one is welcome to contact Compassionate Care Hospice at 888-983-9050.

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Oct. 22: **Bladder Dysfunction
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Camino Italian Market II
15550 Haggerty Rd.
Plymouth

Nov. 20: **Pelvic Prolapse**
Meadowbrook Country Club
40941 W. 8 Mile Rd., Northville

5:45 p.m. - Check-in
6 p.m. - Presentation

Dr. Makela is a member of St. Mary Mercy Medical Group. A group of primary care and specialty physicians who provide comprehensive medical care, health maintenance and preventative services to help you and your family stay healthy.

stmarymercy.org

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REMARKABLE MEDICINE.
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Know the risks when investing money in small business

Q: Dear Rick: A few years ago, I was approached by a friend about investing in a new business he was starting. He described it as "can't miss" but, unfortunately, the business never took off. This year, he went out of business and my \$50,000 investment is now worthless. What I can do with the losses? I was thinking of a Roth conversion and using the losses to offset the taxes. I have about \$60,000 in my IRA, so I figure that I would only have to pay taxes on about \$10,000. My other option is to use the losses to offset my income. Which one would be more beneficial? I am in a 28-percent tax bracket.

A: I hate to be the bearer of bad news but, unfortunately, neither alternative will work. The loss you incurred by investing in your friend's business is known as a capital loss. Income from your wages, along with the money that you would convert from your Roth IRA, is ordinary income. Our tax laws do not allow you to offset capital losses with ordinary income.

When you have a capital loss, you can offset capital gains dollar for dollar. For example, if you had a \$50,000 capital gain, you can use all your \$50,000 of capital losses to offset that gain.



Rick Bloom
MONEY MATTERS

However, if you don't have capital gains or your capital gains do not offset the entire amount of the capital loss, the only thing you would be allowed to deduct would be \$3,000. For example, if you had no capital gains, the only amount you would be able to deduct from the \$50,000 is \$3,000 a year. You can carry over your unused losses into the future until the losses are totally used up.

Your friend's company is not a publicly listed company. It is important that you have some documentation that you retain in your tax files in case the IRS contacts you. Just your friend telling you the company is broke and out of business is not sufficient. Always remember, if you ever get contacted by the IRS, having the proper documentation will make life easier.

As we get closer to the end of the year and people start talking about year-end tax planning strategies, one of the strategies is to sell losses. The theory is that you can write off those losses. In some situations, that make sense; in others, it does not. However, even in the situation where it may make sense, it is important to recognize

that unless you have gains, you may not be able to write off all your losses.

I don't subscribe to the theory that at the end of the year you should sell your losses. My philosophy is, never let the tax tail wag the dog. I don't like to do anything for tax reasons alone. I prefer to make decisions based upon economics. If I have an investment that no longer fits my portfolio because my goals and objectives have changed or the investment is under performing for a significant period of time, those are the investments I want to sell.

A reminder to investors: There is no such thing as a sure thing when it comes to investments. Every investment has risks—particularly for a new business. The majority of new businesses fail. That doesn't mean you should not show support to a family or friend by investing.

However, as an investor, you have to be prepared in small business to take substantial risks. Go into an investment with eyes wide open and understand the risks.

Good luck.

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

Red Cross asks donors to give blood before holiday season

The American Red Cross has put out a call to eligible donors to make a point of giving blood before the busy holiday season arrives.

Blood donations often decline between Thanksgiving and New Year's Day as people become busy with holiday festivities. Donors are needed in the weeks leading up to the winter holidays to help prevent these seasonal declines.

Donors of all blood types, and especially those with types O negative, A negative and B negative, are needed now to help maintain a stable blood supply.

Blood donation appointments can be made through the Red Cross Blood Donor App, a faster, more convenient way to schedule and manage donation appointments, especially for donors on

the go. The app also allows users to track donation histories, earn rewards and invite others to join them on a lifesaving team. The app is free and available for download in app stores.

Donors can also visit redcrossblood.org or call 800-RED CROSS (800-733-2767) to learn more about the donation process and to make an appointment.

Upcoming blood donation opportunities include:

» St. Raphael School, 31500 Beechwood, Garden City, 8 a.m. to 1:45 p.m. Nov. 9.

» The Livonia Blood Donation Center, 36650 Five Mile, 8 a.m. to 1:45 p.m. Nov. 1, 8 and 15, 1-6:45 p.m. Nov. 3-6 and 10-13 and 9 a.m. to 2:45 p.m. Nov. 7.

» St. Priscilla Catholic Church, 19120 Purling-

brook, Livonia, 1-6:45 p.m. Nov. 10.

» Rosedale Gardens Presbyterian Church, 9601 Hubbard, Livonia, 9 a.m. to 2:45 p.m. Nov. 15.

» Ward Evangelical Presbyterian Church, 40000 Six Mile, Northville, 1:30-7:15 p.m. Nov. 4.

» St. Kenneth Catholic Church, 14951 Haggerty, Plymouth, 7:30 a.m. to 1:15 p.m. Nov. 9.

» St. Valentine Catholic Church, 25881 Dow, Redford, 8 a.m. to 1:45 p.m. Nov. 2.

» Lutheran High School Westland, 33300 Cowan, Westland, 8 a.m. to 1:45 p.m. Nov. 4.

» John Glenn High School, 36105 Marquette, Westland, 7:45 a.m. to 1:30 p.m. Nov. 12.

For more information, visit redcross.org or visit it on Twitter at @RedCross.



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3450 West Thirteen Mile Road
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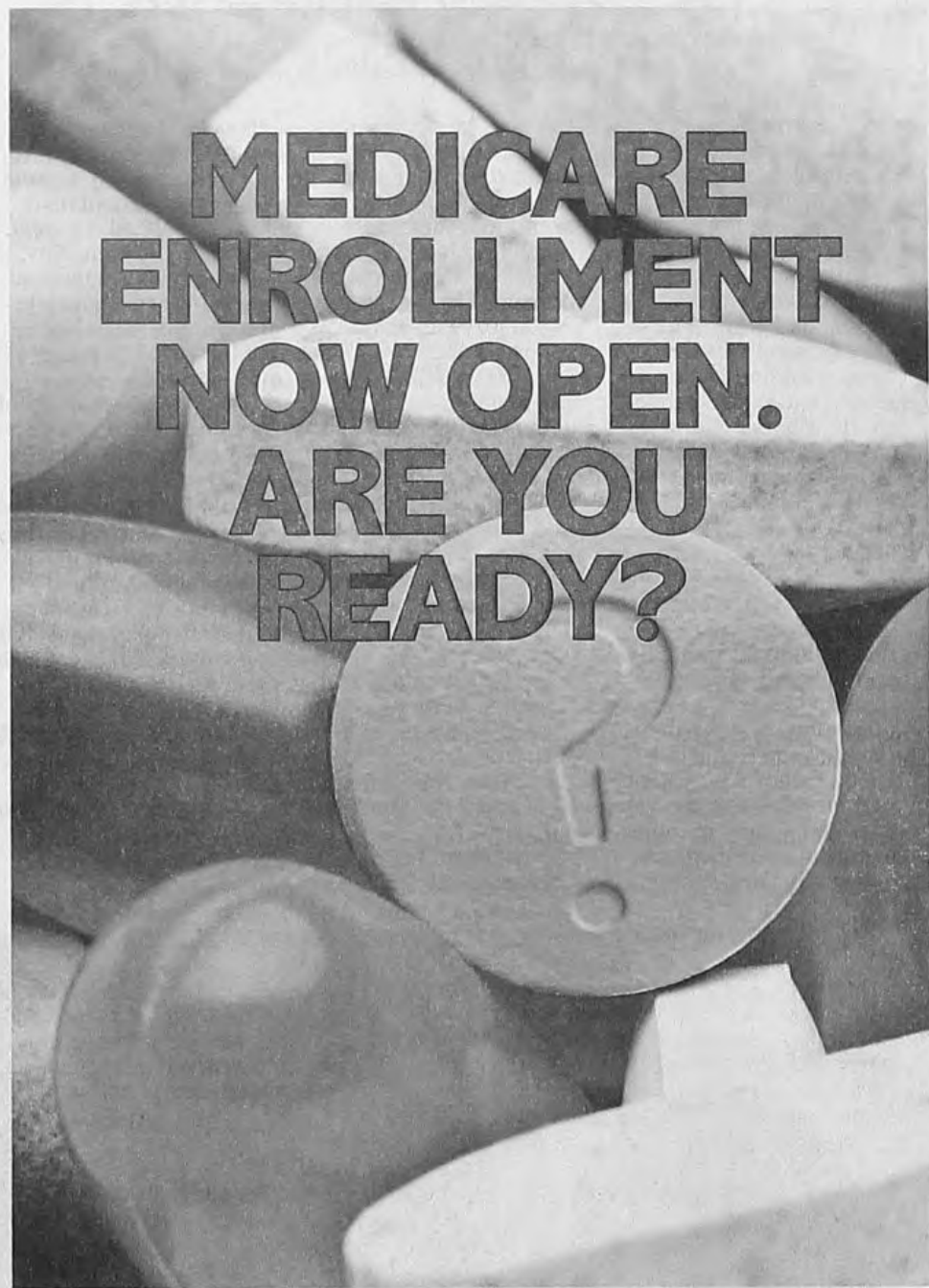
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MEDICARE ENROLLMENT NOW OPEN. ARE YOU READY?

Doing homework now could save you surprises in the long run

By Robin Erb
Gannett Michigan

Medicare can be an alphabet soup of confusion. Have you signed up for Parts A and B? Does your Part C coverage cover drugs, or should you look into a Part D plan, too? If you're eyeballing a Medigap policy, which type — A through N — is best for you?

Medicare's open enrollment started Wednesday and runs through Dec. 7. "I always say 'When they issue your Medicare card, they should issue you an advocate,'" said Jo Murphy, the long-time head of the Lansing-based Medicare Medicaid Assistance Program, a federally funded program that helps consumers sift through their options. Even returning enrollees need to do some homework. Failing to do so could mean sticker shock in 2015. The average number of covered drugs in standalone drug plans across the U.S. shrank slightly from an average of 1,456 drugs covered per plan to 1,418, according to an analysis by consumer watchdog HealthPocket.

That means consumers might have to pay for prescriptions drugs that have been covered in the past. It could have easily happened to Alfred Dingle. At 66, the Belleville man is on nearly a dozen medications for a heart condition and diabetes. He joined a popular prescription drug plan last year, but this year the premium jumped from \$16.10 to \$29.80. Plus it added a \$320 deductible when there was none before and its formulary — the list of drugs it covers — changed. For someone whose prescription drug can run into thousands of dollars, that can wipe out a bank account quickly. Dingle will be changing his plan. "Our expenses aren't that high, but they're getting higher," he said. Consumers don't realize that insurers tweak their policies from year to year — from plan premiums and out-of-pocket costs to what they cover and don't, advocates said. "Seniors hear 'drug coverage' and they think 'Great, my drugs are covered,'" said Key Coleman, who heads research at HealthPocket, a California-based consumer watchdog group that offers a free online tool in which consumers can compare coverage options. "What they don't understand is that all drugs aren't covered and, even if they're covered, there are drug restrictions," Coleman said. Some plans restrict the quantity of a drug or require prior authorization from the insurer, for example, he said. Drug coverage isn't the only thing that may shift. Plans may tweak dental, hearing and vision benefits, for example. And as insurers try to more tightly manage seniors' care and reign in costs, it might mean smaller provider networks. Some consumers might feel like that's limiting their choice of doctors. But keeping a patient in a smaller group of providers provides better, tighter communication about care, which in turn, means seniors' medical needs don't slip by unnoticed, said Betsy Geis, director of Medicare government programs of Blue Care Network of Michigan. To that end, some Blue Care and Blue Cross Blue Shield of Michigan policies, for example, are adding more services for seniors to make sure they're keeping appointments — such as transportation to and from doctors' visits. That's the kind of measure that fits into growing pressure from the U.S. Centers for Medicare and Medicaid Services, which wants hospitals and other providers to improve patient care. That pressure — and the money that

goes with it from baby boomers streaming into the Medicare age bracket — are forcing big changes in hospitals and other providers, said Dr. William Berk, chief of staff at Detroit Receiving Hospital. In November, the hospital opens a new senior emergency department that will replace the chaos and bright lights of a traditional ER with more private, quieter rooms. Social workers and geriatricians will be on hand as well. Many of those patients will have Medicare cards with them. "Yeah, there is a marketing element to it, that's true on one hand," Berk said. "On the other hand, this is clearly needed. Having an older person in a disoriented emergency department is not a good thing for their health. Do I as an emergency physician feel this is addressing a real need? Absolutely." Bottom line: It takes some effort, but digging deep into the policies you're considering — or even the one you already have — may pay off in the end. That means finding out which hospitals are in your network, what doctors you can see, and what drugs and tests will be covered. There are some basics to keep in mind this year: » Costs for Original Medicare — also known as Parts A and B — remain largely unchanged. Most Americans will get Part A for free. Part A covers most hospital care. Also for most Americans, premiums for Part B, which covers doctor visits, remain unchanged this year — \$104.90 a month. » Michigan residents this year can choose from 31 drug prescription plans — the so-called Part D. These plans offer the drug coverage that Parts A and B from Original Medicare do not. » Medigap also remains a good option for many consumers, advocates say. These plans, offered by private insurers, often cost more than the Advantage managed care plans. But in return, consumers aren't confined to a network and there may be fewer out-of-pocket costs. Eight insurers offer more than two dozen options this year. Nearly 1.8 million Michiganders had a Medicare plan of some kind in 2012, according to the most recent data from the Centers for Medicare & Medicaid Services. But it's coverage that's a comfort to seniors such as Annie Robinson, 70, of Detroit, who has heart problems, arthritis and other health concerns. "I'm in there (doctor's office) so much, I think they must think I work there," she said, chuckling. The thought of not having Medicare is just scary, she said: "I don't even want to ... think about it."

Medigap versus Advantage? It depends on your priorities

By Robin Erb
Gannett Michigan

Choosing the Medicare coverage that's right for you means balancing cost against access and convenience. And the first choice may be whether — and if so, how — to supplement Original Medicare, the tax-funded Part A Medicare program that covers hospitalizations and the Part B Medicare that is funded by individual premiums and generally covers outpatient services. Beneficiaries can choose from Advantage plans and Medigap plans to help with out-of-pocket costs that aren't covered by A and B. And they might want to add a drug plan, too.

Medicare Advantage plans are provided by private insurers and they add to coverage by Original Medicare Plans A and B. Most in Michigan operate as managed care networks, such as a health maintenance organization. A limited network might bother some. Others — especially those with complex or chronic medical conditions — might find comfort knowing their care is, at least in theory, better communicated and coordinated among a smaller group of providers. "Advantage is really designed to help coordinate the members' care," said Wayne Wilson, vice president of senior products for Grand Rapids-based Priority Health, which this year offers five Medicare Advantage plans and five Medigap plans. Seeking care outside of your Advantage network, except in emergencies, can cost a whole lot more under an Advantage plan, however. Medigap plans have benefits, too. Generally, there are no network limitations. Also known as Supplemental Plans, Medigap plans, like Advantage plans, are offered by private insurers. While premiums vary widely among both Medigap and Advantage plans, Medigap costs tend to be more expensive than Advantage plans. But Medigap helps cover co-pays

MEDICARE PLAN OPTIONS Each year you can choose between Original Medicare and Medicare Advantage Plan.

STEP 1: CHOOSE A MEDICARE PLAN THAT'S RIGHT FOR YOU

<p>ORIGINAL MEDICARE In these government plans, prescriptions not included.</p> <p>PART A Hospital care No premium for most.</p> <p>PART B Doctor visits \$104.90 monthly standard premium in 2015 for most.</p>	<p>MEDICARE ADVANTAGE PLAN You sign up for private network coverage. (Like an HMO or PPO) Cost varies.</p> <p>PART C Combines Part A, Part B and usually prescription drug coverage</p>
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STEP 2, DECIDE IF YOU NEED PRESCRIPTION DRUG COVERAGE

<p>PART D Prescription drug coverage. Premiums vary.</p>	<p>PART D Prescription drug coverage Part D may be added to Advantage plans that do not cover prescriptions. Premiums vary.</p>
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STEP 3, DECIDE IF YOU NEED SUPPLEMENTAL COVERAGE (Medigap)

MEDIGAP
This policy from a private provider generally picks up costs not covered by Parts A and B. Premiums vary.

NOTE: If you join a Medicare Advantage Plan, you can't be sold a Medicare Supplemental Insurance (Medigap) policy.

SOURCE: U.S. Centers for Medicare & Medicaid Services
MARTHA THIERRY/DETROIT FREE PRESS

that can add up quickly, especially for consumers who frequently are in the hospital or doctor offices. Medigap may work well for "the member who is willing to pay more (in premiums), but essentially has no out-of-pocket costs and no network limit," Wilson said. Consumers have a one-time, six-month Medigap open enrollment period that starts the first month the consumer turns 65 and is enrolled in Part B. After that enrollment period, the cost can be much higher depending on health issues and age. Again, plans vary significantly, so it's important to check out all the options, Wilson said. When it comes to prescription drug coverage, it's usually included in Advantage plans, but make sure you check. And Medigap doesn't cover prescription drugs. Consumers might consider purchasing Part D coverage, as well. More than two dozen plans are available in Michigan this year. Consumers who buy an Advantage plan can't be sold a Medigap plan.

MEDIGAP POLICIES

- Medigap policies supplement Original Medicare Parts A and B and can help cover deductibles, copays and coinsurance as do Advantage plans. But Medigap coverage doesn't limit consumers to provider networks — a certain list of doctors or hospitals, for example — like the managed care model of Advantage plans. You can purchase Medigap only if you have Parts A and B. You should also consider prescription drug coverage through Medicare Part D. The following insurers offer Medigap policies in Michigan in 2015.
- American Continental**
1-800-264-4000
www.aetnaseniorproducts.com
 - Blue Cross Blue Shield of Michigan**
1-877-469-2583
www.bcbsmi.com
 - Continental General Insurance Company**
1-866-459-4272
www.continentalgeneral.com
 - Priority Health**
1-800-852-9780
www.prioritymedicare.com
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1-800-811-1670
www.wpsic.com
 - United Healthcare Insurance Company/AARP**
1-800-523-5800
www.aarphealthcare.org

New to Medicare? Your doc wants to talk

By Robin Erb
Gannett Michigan

Blow out the birthday candles and dial up your doctor.

New beneficiaries to Medicare — usually those around their 65th birthday — are offered a free Welcome to Medicare visit in addition to their annual wellness visit.



Berry

The welcome visit can be key to your long-term health, said Dr. Neesha Berry, an internal medicine doctor at St. Mary Mercy Primary Care in Farmington Hills.

That's because it's not just a physical exam. It's also a lengthy conversation about your family health history, your lifestyle and anything else that might give your provider clues about your medical risks. "The goal is to develop a conversation initially. A lot of times, this is the first time you have seen the patient," Berry said. "You're building a relationship and finding out what their needs are."

The welcome visit is available only within the first 12 months of Medicare's Part B coverage. A personalized written health care plan, including information about which screenings, shots, and other preventive services you should consider, will be given after the visit. What else to expect: » Height, weight and blood pressure measurements. » A calculation of your body mass index. » A simple vision test. » A review of your potential risk for depression and your level of safety. » An offer to talk with you about creating advance directives.

Online resources, Medicare counselors available

Medicare enrollment began Wednesday and runs through Dec. 7.

It's crucial to understand your plan — and to watch for any changes — to avoid sticker shock at the doctor's office or the pharmacy next year.

Coverage can shift from year to year. The AARP suggests considering the four C's:

Cost: What are the monthly premiums, annual deductibles, co-pays and co-insurance for each of the plans you're considering?

Coverage: Do each of the plans cover your doctors and pharmacies? What about prescription drugs and other services you need?

Convenience: How close are the doctors, pharmacies and services in the plans you're considering?

Customer Service: Check out the quality ratings. Those ratings offer insight to customers' past experience. You can also find them at www.medicare.gov/find-a-plan.

AARP, at www.aarp.org (search for "Medicare") can answer many other Medicare questions. It also provides consumer tips and discusses topics such as Medicare fraud.

For other help:

» The Michigan Medicare/Medicaid Assistance Program is a federally funded network that helps beneficiaries size up



Mo Singapore, a volunteer Medicare Medicaid Assistance Program (MMAP) counselor, right, advises Medicaid beneficiary Marianne Szalega, 60, of Redford Township at his Wayne office Monday.

DETROIT FREE PRESS

their options and enroll in their choice.

About 450 counselors throughout the state are trained to guide seniors through prescription drug plans, known as Medicare Part D, and can answer other Medicare questions, as well.

Under the federal law that establishes MMAP, counselors cannot pressure seniors to

choose certain plans and cannot be licensed to sell insurance.

To find a MMAP counselor, call 800-803-7174.

You also can go to www.mmappinc.org.

» The site www.medicare.gov (go to "find health & drug plans") allows consumers to narrow their choices by using their ZIP code, medications and even preferred pharmacy. The

site also rates many of the Michigan Medicare plans.

Those who need individual help can call the 24-hour Medicare hot line at 800-633-4227. A counselor can help search for options over the phone and will mail you a summary of what was discussed. Many counselors are bilingual or multilingual. Beneficiaries should have

received a 150-page booklet, Medicare and You, in the mail. It might seem thick and daunting, but it explains the different parts of Medicare and helps consumers understand their choices.

» The Eldercare Locator, a public service of the U.S. Administration on Aging, available at www.eldercare.gov or by calling 800-677-1116, helps consumers find nearby senior resources and caregiver support services.

» Throughout Michigan, Area Agencies on Aging and retiree groups for large workforces, insurers and others may hold informational and enrollment sessions for Medicare.

Always be aware that some seminars, especially those held by non-governmental agencies, may focus on big plans that agents sell for a few companies, or they may heavily pitch Medicare Advantage products rather than less-expensive Medigap policies with fewer benefits.

Advocates say the best policy for one consumer may not be the best for another; beneficiaries should explore all options.

» Many pharmacies such as Rite Aid, CVS or Walgreens offer in-person or online information about drug plans and other Medicare benefits.

Need help sorting out Medicare?

Medicare can be a barely palatable alphabet soup of confusion, but it's critical to understand your plan — and to watch for any changes — to avoid sticker shock at the doctor's office or the pharmacy next year.

The time to start shopping is now. Enrollment began Wednesday and runs through Dec. 7.

Below is a list of places where you can get help. Returning beneficiaries should make sure doctors, pharmacies and drugs are still covered at the same level if they plan on staying with the same plan. New Medi-

care enrollees need to make big decisions, such as Which one works better for me — Advantage, a Medigap plan, or something else altogether?

Where to get help

The Detroit Area Agency on Aging has scheduled the following meetings. Walk-ins are welcome, but calling first will help organizers make sure there are enough counselors on hand to serve everyone. Call 800-803-7174.

Western Wayne County
10 a.m. to 4 p.m.
Monday, Oct. 20
Westland Senior Cen-



DETROIT FREE PRESS

Bettie Hughes, an advocate for consumers navigating the complexities of Medicare, gives a presentation at Berwyn Senior Center in Dearborn.

ter
1119 N. Newburgh,
Westland
9:30 a.m. to 2:30 p.m.
Friday, Oct. 31
Our Lady of Victory
132 Orchard, Northville
9-11:30 a.m. **Wednesday, Nov. 5**
Redford Senior Center

12121 Hemingway,
Redford
1-4 p.m., **Wednesday, Nov. 5**
Northville Senior Center
303 W. Main St., Northville
10 a.m. to 3 p.m.
Monday, Nov. 10
Canton Senior Center
46000 Summit Parkway, Canton
10 a.m. to 3 p.m.
Tuesday, Nov. 18
Maplewood Senior Center
31735 Maplewood, Garden City
10 a.m. to 5 p.m. **Friday, Nov. 21**
Livonia Senior Center
15218 Farmington Rd., Livonia
10 a.m. to 2 p.m.
Monday, Dec. 1
Plymouth Cultural Center
525 Farmer St., Ply-

mouth
10 a.m. to 4 p.m.
Thursday, Dec. 4
Westland Senior Center
1119 N. Newburgh Rd., Westland
10 a.m. to 2 p.m. **Friday, Dec. 5**
St. Michael's Lutheran Church
7000 N. Sheldon, Canton
The Area Agency on Aging 1B Medicare/Medicaid Assistance Program has scheduled the following information meetings. Appointments are required at 800-803-7174 unless otherwise noted.
Oakland County
10 a.m. to 4 p.m.
Tuesday, Oct. 28
Farmington Public Library
32737 W. 12 Mile, Farmington Hills
10 a.m. to 4 p.m.

Tuesday, Nov. 4
Area Agency on Aging 1-B
29100 Northwestern Highway, Southfield
10 a.m. to 3 p.m.
Tuesday, Nov. 11
Jon Grant Community Center
29260 Grand River, Farmington Hills
10 a.m. to 4 p.m. **Friday, Nov. 14**
Birmingham Area Senior Citizens Center
2121 Midvale, Birmingham
10 a.m. to 4 p.m.
Thursday, Nov. 20
Farmington Public Library
32737 W. 12 Mile, Farmington Hills
10 a.m. to 3 p.m.
Monday, Nov. 24
Salem-South Lyon District Library
9800 Pontiac Trail, South Lyon

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*Source 2015 ConnectedCare Network Report

DP-091814C

BCN AdvantageSM HMO



Blue Care Network of Michigan

Medicare and more

Leader Dog Patrick helps Debbie navigate in her sightless world

By Sue Buck
Staff Writer

Westland resident Debbie Dayton doesn't miss a beat or a step with Patrick at her side.

And Patrick, her golden retriever Leader Dog, seems to know he has some big responsibilities to fill. This is Dayton's second Leader Dog. Her first was Josh, who died.

Patrick seems to know Dayton is the center of his life.

Dayton, who lost her sight more than 10 years ago, realizes how easy it is to take sight for granted. She has diabetic retinopathy in one eye and a form of glaucoma in her right eye, which led to her loss of independence.

"It's like looking through a dense fog," Dayton said. "With Patrick's help, I can move around with confidence."

Dayton was on hand Oct. 11 at the Garden City Fire Department's Open House promote the Lions Club.

Pairing dogs with people

The goal of Leader Dogs is to match dogs with people and the environment in which they live. The organization takes into account rural versus city needs.

"I love golden retrievers," Dayton said. "They have an easygoing personality."

Other breeds are also trained. The dogs, devoted to their owners, ad-



Debbie Dayton, a Westland resident, and Patrick her Leader Dog help promote Lions Clubs and a better understanding about blindness to sighted people.

just to such things as cats in the home.

Patrick has learned to guide Dayton at Westland Shopping Center. Ever since she tapped the first time on the entry glass at the Macy's store and told Patrick, "Macy's," he has guided her through the mall to

that entrance.

Patrick helps Dayton be an equal opportunity shopper. She has told him, "This is Kohl's. This is Penney's"

His amazing talents have included helping Dayton locate her hotel room at conventions. "I have one of my

sighted friends show him one time where my room is," Dayton said.

When she tells Patrick to take her back to her room, he is able to lead her back from the parking lot or banquet room area.

"He walks right up to the room," Dayton said.

Patrick just needs the first instruction to "find the door" or "find my car," when her husband is waiting for her. They have become a team.

Valuable training

It's not unusual for individuals like Dayton to receive multiple Leader Dogs during their lifetimes and that can be costly. The estimated cost to train a Leader Dog is about \$40,000. A dog's working life is eight to 10 years, depending on their health.

Training a Leader Dog takes about six months after they return from living for one year with a puppy raiser. One of the most important traits a dog must have is willingness to work, plus a low distraction threshold. Dogs are taught to stop at every curb, avoid obstacles, pay attention to traffic and, if necessary, use intelligent disobedience if it's unsafe to cross the street.

Founded in 1939, Leader Dogs for the Blind has provided almost 14,000 dogs to visually impaired people.

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Twitter: @SueBuck



At the reunion last week was Sue Nabozny of Grass Lake (from left), Rob Staffig-Piotter, Ken Evans and Denise Finta of Shelby Township.

Reunion ends search for biological family

By Sue Mason
Staff Writer

A Casper, Wyo., man has declared his search at an end.

For 30 years, Rob Staffig-Piotter has been searching for the members of his biologically family - his mother Darlene Diane Staffig, who lived in Garden City, his brother Don David Corman and his father Robert William Evans.

He met his mother and reconnected with his brother, but the closest he could get to his father, who died in 1994, were several cousins whom he met at a reunion in Shelby Township last week-end.

"I've found everything I can find, I've found all my living relatives," Piotter said. "I've pretty much got all my answers."

The final connection was made through ancestry.com. In 2013, Piotter did a free trial account and created a small family tree. This March, he went looking for more

information on the website and discovered a March 2013 email from Mike Finta, who told him, "I have some information for you. My wife may be your second cousin."

Finta does a lot of family tree work and had set up one on the website. Ancestry's green leaf ended up linking the two trees. Through the connection, Piotter met his second cousins Denise Finta of Shelby Township and her sister Sue Nabozny of Grass Lake, as well as first cousin Ken Evans of Dearborn Heights, whose father Don was Robert Evans' brother.

"When I met them, we looked at each other and then I took my glasses off," Piotter said. "They said, 'Oh, my God, that's Uncle Bob.' They had met my father as kids."

First contact

Piotter first contacted the *Observer* about his search in 2008, when he was looking for information about his brother. His mother had never married Robert Evans, but did marry Don Corman. The marriage ended in a divorce. His mother couldn't care for the boys so, in 1967, they were separated and put up for adoption.

Piotter's adoptive parents were always open about the adoption and gave him what information they had. It was very little and the adoption records were sealed. But in looking through his folks' paperwork, he found information about his last foster family.

They were able to provide him with information about his baptism and a kindergarten picture with his birth name on the back of it. He also uncovered his mother's and father's names. Through a baptismal certificate from St. Peter Evangelical Lutheran Church in Plymouth, he was able to hook up with his godmother, Diane Paquin, who provided him with baby photos of himself and his mother. He eventually found his mother, who died of cancer in 2006.

The circle was fully connected last Monday, when Piotter and his wife Vivian visited his father's alma mater, Fordson High School in Dearborn.

"We found his picture on the wall," Piotter said. "It was neat to walk the same halls that he did."

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TH. 10/23 7:00 PM

• THE BEST OF ME (PG-13)
11:05, 1:40, 4:20, 6:55, 9:30
 • THE BOOK OF LIFE (PG)
11:55, 2:15, 6:50
 • THE BOOK OF LIFE (PG)
\$2.50 PREMIUM PER 30 TICKET 4:30, 9:05
 • THE JUDGE (R)
11:15, 2:45, 6:20, 9:25, FRI/SAT LS 11-20
 • ALEXANDER AND THE TERRIBLE, HORRIBLE, NO GOOD, VERY BAD DAY (PG)
11:30, 1:55, 4:10, 6:40, 9:00
 • DRACULA UNTOLD (PG-13)
12:05, 2:25, 4:40, 7:15, 9:40
 FRI/SAT LS 12:00
 ANNABELLE (R)
 FRI/SAT LS 12:15, 2:35, 4:55, 7:25, 9:45
 SAT 4:55, 7:25, 9:45
 MON 12:15, 2:35, 4:55 WED 12:15, 2:35
 GONE GIRL (R)
11:45, 3:00, 6:10, 9:15 FRI/SAT LS 11:00

'Happy Days' actors share tales from show during Town Hall

By David Veselenak
Staff Writer

Bloomfield Hills resident Debbie Haffey started writing her question for *Happy Days* stars Anson Williams and Don Most as soon as their talk was over Wednesday.

Growing up watching the show, she said the opportunity to hear more of the back story of the making of the 1950s-themed television was a treat.

"I would say if you don't know the show and if you're of a generation that didn't understand the show, you probably wouldn't get a lot out of it," she said. "We were; we watched every single week."

Haffey was one of many Wednesday morning that filled the banquet hall at St. Mary's Cultural Center in Livonia to see Williams, best known as Potsie and Most, best known as Ralph from the ABC hit show based on life in the 1950s.

The two were in town as the first speakers for this year's Livonia Town Hall series, now in its 51st year.

They shared stories from their time on set while filming *Happy Days*, which ran from 1974-84.

Williams said he had no idea how the show was being perceived early on; it wasn't until several cast members went on a promotional tour across the country that the show's popularity sank in.

He said the first stop in Texas he and others made had all the signs of fame, including the thousands of fans that awaited the group at its first stop at an amphitheater during a fashion show. Henry Winkler, known as Fonzie on the show and arguably one of the most popular characters, said his trademark "Ay-y-y!" to the crowd, which melted.

"There's nothing more scary than thousands of teenagers running at your car. It was out-of-body," Williams said. "That was the first indication that we were popular."

Show origins

Most, who originally auditioned for the role of Potsie before the character of Ralph was created for him, said he had been working and trying to



The Town Hall audience listens to stories of "Happy Days."

BILL BRESLER | STAFF PHOTOGRAPHER



Anson "Potsie" Williams (right) and Don "Ralph" Most talking about "Happy Days."

BILL BRESLER | STAFF PHOTOGRAPHER

break into an acting career in California after moving from New York. He shot the pilot and was at Thanksgiving dinner with a friend a few weeks later, since neither of them had much family in California. Coming home after dinner, he found out the show had been picked up after a knock on his door from someone he didn't expect: a neighbor in his apartment complex.

"He said, 'Congratulations!' I said, 'What, what are you talking about?'" he said. "He said, 'I just saw it on the news.' I wasn't sure if he was just joking with me or what. So I had a really long night to find out whether this was true or

not." Williams also talked about the development of Fonzie, who was originally a supporting character. Through Winkler's work portraying him, he became a fan favorite and a lasting legacy of the show.

"That character had like four lines in the pilot," he said. "It was semi-regular. Just a real stereotypical biker guy. Nothing great, just some comic relief."

"That man created that character." Linda Pudlik said Winkler's role in *Happy Days* is one that still clicks today. Seeing Winkler on television now in different shows, Pudlik says only one character comes



BILL BRESLER | STAFF PHOTOGRAPHER
A still photo from the early days of the show includes Don Most, Henry Winkler, Anson Williams and Ron Howard.

to mind. "He's still the Fonz," the Farmington Hills resident said. The Town Hall series

continues Nov. 19 with Chef Darren McGrady, a former royal chef for Queen Elizabeth and Princess Diana.

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**CHARTER TOWNSHIP OF PLYMOUTH
LEGAL NOTICE**

**PUBLIC TEST OF THE M-100 OPTIC SCAN VOTING SYSTEM
FOR THE STATE GENERAL ELECTION
TUESDAY, NOVEMBER 4, 2014**

A public accuracy test of the M-100 Optic Scan Voting System will take place at 4:00 p.m. on October 30, 2014, at the Charter Township of Plymouth Clerk's Office, 9955 N. Haggerty Road, Plymouth, MI 48170, for the November 4, 2014 State General Election. The Public Accuracy Test is conducted to demonstrate that the computer program used to tabulate the votes cast at the election meets the requirements of law. For further information contact the Clerk's Office at (734) 354-3224.

Nancy Conzelman
Township Clerk

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**ZONING BOARD OF APPEALS
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CITY OF PLYMOUTH, MICHIGAN
(734) 453-1234**

A regular meeting of the Zoning Board of Appeals will be held on Thursday, November 6, 2014 at 7:00 P.M. in the Commission Chambers of the City Hall, 201 S. Main Street, Plymouth, MI, to consider the following:

1. Z 14-12 253 S. Union
Non-Use Variance Requested
Allowing twelve rooms within the condominium complex
in lieu of ten total rooms.
Zoned: RM-1, Multiple-Family Residential
Applicant: Constantine George Pappas

All interested persons are invited to attend.

In compliance with the Americans with Disabilities Act, the City of Plymouth will provide necessary reasonable auxiliary aids and services, such as signers for the hearing impaired and audiotapes of printed materials being considered at the meeting/hearing, to individuals with disabilities. Requests for auxiliary aids or services may be made by writing or calling the following:

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JOHN HEIDER | STAFF PHOTOGRAPHER

Parmenter's manager Rob Nelson checks some half-gallons of cider in the Northville mill's refrigerator locker. Parmenter's usually makes its cider with a blend of at least two and sometimes as many as four different apple varieties.

Parmenter's Cider Mill is a seasonal tradition

By Lonnie Huhman
Staff Writer

It's mid-season at Parmenter's Northville Cider Mill and the doughnuts and cider couldn't taste any better.

A trip to this historical cider mill is a tradition for many in the Detroit area.

"One of the nice things about the changing of the seasons from summer to fall is we get to welcome people who have been coming here for generations, as well as newcomers from all over. It's a fun time," Parmenter's co-owner/manager Rob Nelson said.

Touted as "the oldest continuously operating business in the city of Northville," the cider mill opened for the season in late August and will stay open until Nov. 23. This leaves plenty of time to get over there for the doughnuts, which are made daily with fresh ingredients, and cider, which is being pressed at least twice a week.

There are also caramel apples, apple butter, pumpkin butter, maple syrup and a lot more for sale. A bumper crop of tasty apples is the highlight this year. The cider is also great as the team of pressers and makers is in full swing with its work.

There's also the winery/brewery, which has a growing array of selections since it opened.

This part of Parmenter's has also become popular since it was opened by Nelson and his wife Carina. They started making their own wine more than five years ago and they have been expanding ever since, including adding a microbrewery this past year.

"All of our grapes and apples are brought in from the west side of Michigan. We then do all the pressing in the cider mill and fermenting and bottling in the winery building. Every bottle is filled and labeled by hand," Nelson said.

The beer is also brewed, bottled and sold on-site as well.

Parmenter's opened in 1873 and things are done in much the same as they have been over the years, with updates and modernization coming every now and then to assure the same great taste of its products and the fun that goes along with each visit.

The cider mill is located at 630 Baseline Road in Northville and can be reached by phone at 248-349-3181.

lhuhman@hometownlife.com
517-294-4215
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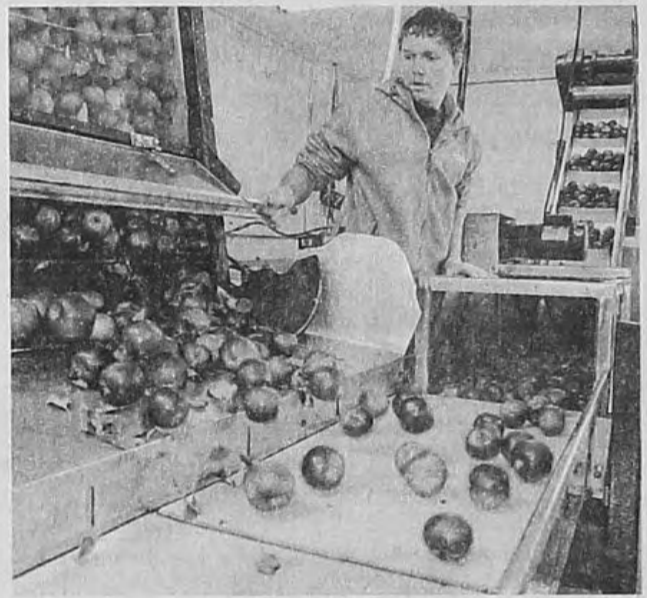
JOHN HEIDER | STAFF PHOTOGRAPHER

Parmenter's employee Melva Jones puts together a pack of apples for some customers Oct. 7. Parmenter's visitors are enjoying the fruits of a bumper crop of apples this year. Most of the Northville cider mill's apples come from the Grand Rapids area.



JOHN HEIDER | STAFF PHOTOGRAPHER

Employee Barbara Williams tosses the freshly fried doughnuts into a sweet spice mixture during a production run. Williams has been a Parmenter's employee for a bit more than 20 years.



JOHN HEIDER | STAFF PHOTOGRAPHER

Parmenter's employee Justin Congdon runs the washing station in the production line as a batch of cider is pressed. Thousands of apples will pass in front of Congdon and he makes sure they're clean enough and removes any excess leaves they still have on their stems before they're crushed further down the line.



JOHN HEIDER | STAFF PHOTOGRAPHER

Parmenter's is a member of the Michigan Cider Makers' Guild.

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EXPERIENCE

With good reason, patients consider experience a good attribute in choosing a physician.

In the medical field experience means the physician is likely to ask the right questions in seeking a diagnosis, listens better than an inexperienced physician to the patient's answers, performs an operation or a procedure in a more efficient manner than a doctor who has done fewer operations or procedures.

A doctor with years of seeing patients is more likely than a newly minted physician to make the patient comfortable, to fit into the manner that the patient speaks and acts, and to appreciate the patient's background. The older physician brings a wide variety of ways to provide an explanation of what needs to be done, has a better understanding of where the patient needs help and education than a doctor with lesser background in these matters.

The doctor with experience is likely to make a good judgment, based on his years of seeing similar patients, as to when more medicine or less therapy is appropriate for the elderly or impaired individual.

But there is a downside to experience. The older physician may be rigid in his outlook, he may not have kept up with the latest information on diagnosis and treatment, he may not be aware of recent discoveries on old conditions or be up to date on new ways of diagnosis such as the role of "microarrays" or new concepts such as "bone marrow edema."

The medical community has not as yet developed a set of criteria that patients can use to find their physician. No one can say whether experience or freshness is preferable; the attributes of a physician that are best for the patient are still discovered by a patient seeing physicians and sensing the fit.

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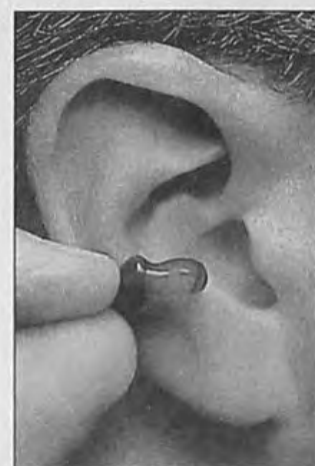
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Lions' defense stymies Chiefs

By Jeff Theisen
Staff Writer

Friday's KLAA Conference title game was a battle of the defenses, with South Lyon proving a little better than Canton for a 17-7 victory at home.

"It's euphoric, actually," South Lyon coach Mark Thomas said. "It's a great run. I'm real happy for the kids and I'm real happy for South Lyon High School and community. I'm very proud of all those guys."

Canton rolled up 151 yards rushing in the first half, but was held to just seven points. The Chiefs would only gain 6 yards on the ground in the second half and the passing game was limited to 3-of-9 for 36 yards and two interceptions for the game.

"We're not used to scoring seven points, I'll tell you that much," Canton head coach Tim Baechler said.

South Lyon had its troubles on the ground in the first half, being held to 33 yards, but the passing game was working for 96 yards on 7-of-11 attempts. The Lions finished with 96 yards rushing and 177 passing.

Canton (6-2) appeared ready to take an early lead, working the opening drive of the game 67 yards on 12 plays to get inside the South Lyon 1. A sneak on fourth down was denied and South Lyon seized the momentum from there, starting a drive that ate up more than seven minutes of clock before coming up empty.

"Not scoring on that quarterback sneak was not a good call by me ... momentum-changer," Baechler said. "We didn't coach well, I'm just going to say that."

"Both defenses obviously played their butts off. We could not pop the big one."

The first quarter ended scoreless, but South Lyon got on the board early in the second.

Quarterback Anton Skupin (11-of-18 passing, 177 yards) hit Daniel Miller in the corner of the end zone for a 19-yard touchdown with 9:51 to play in the half.

Canton fired back late in the quarter, with Brian Newton taking it in from the 5. The big play was a 58-yard run from Marcus Sanders to start the drive.

A last-second field-goal attempt by South Lyon's Vince Candella had the distance on at 47 yards, but it sailed wide.

The teams went through the third quarter deadlocked at 7-7.

See CHIEFS, Page B4



JOHN KEMSKI | EXPRESS PHOTO
Canton's Carter Schenk (center) directs the ball Friday toward Livonia Churchill goalkeeper Nathan Guzowski. At left for the Chargers is Kyle Benedict.

WINNING'S A BREEZE

With assist to wind, Canton dominates Churchill 4-0 for first district championship in three years

By Tim Smith
Staff Writer

Entering Friday night's Division 1 boys district soccer final between Canton and Livonia Churchill, the visiting Chargers knew the odds were stacked against them.

And then there was the wind that swirled all over the varsity soccer stadium at Plymouth-Canton Educational Park, wreaking havoc on Churchill senior goalkeeper Nathan Guzowski on one of the early turning points.

The No. 2-ranked Chiefs went up 1-0 just 13 minutes into the contest on a nifty header by junior forward Sam DeLoy. But midway through the opening half, Canton senior defender Andrew Murphy floated a shot from about 30 yards away that seemed to drift over the helpless, outstretched arms of Guzowski and find its way into the upper part of the goal.

With that 2-0 lead in the bank, the Chiefs just kept the pressure on and tacked on two more goals in the second half for good measure to earn a 4-0 victory — wrapping up the team's first district title since 2011.

Canton now moves on to the Westland John Glenn-hosted regional, playing at 7 p.m. Tuesday against an opponent to be determined.

"It was fluky, but the good thing is if we keep the pressure on and keep the ball down there, sometimes things like that happen," Canton head coach Mark Zemanski said. "We did definitely talk about the wind. We knew the wind



JOHN KEMSKI | EXPRESS PHOTO
Trying to split Churchill players Daniel Bessesen (left) and Tyler Guzowski is Canton's Hunter Olson.

See SOCCER, Page B4

PCA spikers turn up the heat

Eagles fly high in victory over Oakland Christian; clinch share of division

By Tim Smith
Staff Writer

Plymouth Christian Academy varsity volleyball coach Katie Decker reminded her players before Thursday's conference clash against Oakland Christian to keep the intensity level ramped up.

"When we play our best, we're playing intense," Decker

said. "They get that intensity level where we're just going after everything, it doesn't matter how impossible it might look."

"If the other team can't get the ball to hit the floor, we're going to score points eventually. So we just keep working and working until we can put the ball away."

The visiting Lancers found that out for themselves Thursday as the Eagles won three straight sets after dropping the opener to not only win the MIAC Blue Division contest, but clinch a share of the title.

PCA lost 25-23 in the opener before roaring back for 25-21, 25-17 and 25-20 wins, improving

to 28-4 overall and 8-1 in the division.

A win next Thursday against Huron Valley Lutheran would clinch the division outright.


"This was a very important game," Decker said. "We struggled on Tuesday (a loss to Rochester Hills Lutheran Northwest) and we worked hard to refocus."

"I think we kind of overlooked Tuesday in anticipation of this because everyone was so excited and so hungry and so intense over this game, which we should have been because this game clinched the (MIAC Blue co-title)."

See EAGLES, Page B3




BILL BRESLER | STAFF PHOTOGRAPHER
Plymouth Christian players Divna Roi (left) and Grace Kellogg perform during a game earlier this season. Both excelled during Thursday's win over Oakland Christian.



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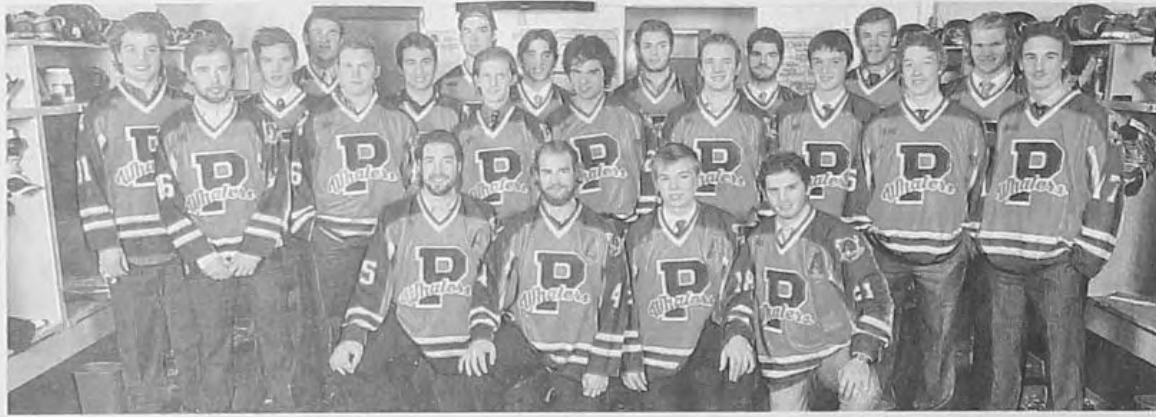


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RENA LAVERTY | PLYMOUTH WHALERS

The 2013-14 Plymouth Whalers display their uniform before last season's Pink Out game.

Whalers gear up for annual Pink Out game

By Pete Krupsky
Correspondent

People fortunate enough to meet the players for the Ontario Hockey League's Plymouth Whalers discover they are polite in nature and cheerfully helpful in disposition.

To that end, the Whalers are gearing up for their seventh annual Pink Out game for Breast Cancer Awareness Month at 7 p.m. Saturday, Nov. 1, at Compuware Arena against the Kingston Frontenacs.

The Whalers will be wearing specially designed, limited-edition pink jerseys for the game. The jerseys will be part of a silent auction, with the proceeds donated to the Karmanos Cancer Institute.

The ice surface for the game at Compuware Arena will be pink, courtesy of Plymouth Whalers corporate sponsor Hines-Park Lincoln. That's a first for the arena, which

opened in 1996, and a first for the Pink Out game, which started in 2008.

The annual Pink Out game has grown into a week-long event. It starts with the Whalers players all getting their hair dyed pink.

This year's team group-pinking happens at 10:30 a.m. Monday, Oct. 27, at Indigo Spa, Salon and Boutique, 50545 Cherry Hill Road, in Canton. The players report in two shifts, with older players going in the morning and younger players in the afternoon after practice.

In the pink

Wherever they go the rest of the week, the Whalers will have pink hair as a not-so-subtle reminder to show their support toward breast cancer awareness. The subsequent reaction of nearly everyone seeing the Whalers in pink hair wherever they go during Pink

Out week is one of support toward a cause that affects everyone.

The Whalers visit the Karmanos Cancer Institute at 10 a.m. Tuesday, Oct. 28. Players — in their pink hair and the special-edition jerseys — will be visiting patients of all ages in a gesture of support and goodwill.

On Thursday, Oct. 30, at Erie, the Whalers will wear their road-blue jerseys for the game, but hair will remain pink.

During the Pink Out game Saturday, Nov. 1, fans will have the opportunity to sign a Banner of Hope, courtesy of Blue Cross-Blue Shield of Michigan.

Plymouth and Kingston played in last year's game, with the Frontenacs winning 3-2.

The heartfelt emotion of the Whalers annual Pink Out effort goes much further than a 60-minute game on a Saturday night in November.

PREP VOLLEYBALL

Salem spikers win Howell Invitational

By Tim Smith
Staff Writer

There's nothing like the rush of winning a tournament to infuse a volleyball team with plenty of confidence as the season winds down.

Such is the case with the Salem Rocks, champions of last weekend's Howell Invitational.

Salem defeated Lincoln Park (25-14, 25-14), Swartz Creek (25-16, 25-16), Goodrich (26-24, 25-10) and Howell (25-23, 25-19) in pool play before pinning a 27-25, 25-19 loss on Goodrich in the finals.

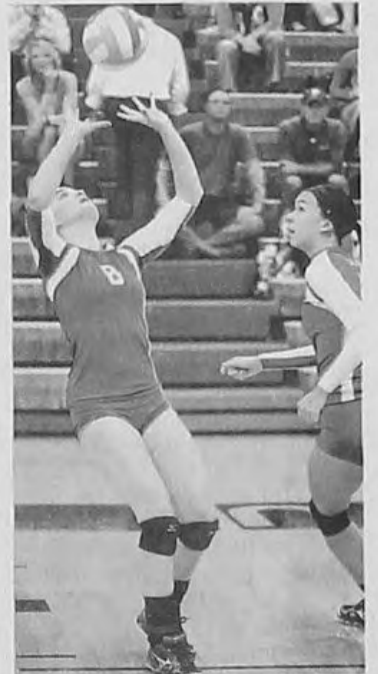
"We played well and everyone got to play which makes for a great day," Salem head coach Amanda Nies said. "We did not lose one game and it is a great confidence-booster going into postseason."

"The girls had fun and played with a lot of energy, considering the gym was freezing."

Tess Ganich led a superb cast, registering 56 kills, 68 digs and nine aces for the day.

She had plenty of help, though. Setting up Ganich much of the afternoon were Sara Soltis and Lauren Wylie, who tallied 60 and 47 assists, respectively.

Also strong on the attack were Kendall Gillen, Emma Mergington and Audrey



JOHN KEMSKI | EXPRESS PHOTO

Salem's Lauren Wylie (left) and Michelle Dierker compete during a recent volleyball contest.

Boike, who each chipped in with 10 kills.

Libero Kelly Idzbarski was stellar on defense, with 65 digs, while Hannah Moote helped the cause with 24 digs along with nine aces.

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BOYS CROSS COUNTRY

SETTING THE PACE

Jeffress taking the lead at front of the pack for hard-running Rocks

By Tim Smith
Staff Writer

Chaz Jeffress could be charging uphill into 100 mph winds and he'd be smiling. The Salem junior doesn't mind whatever hand he's dealt, as long as he keeps doing what he loves the most — running in high-stakes competition.

After all, he chose the varsity boys cross country route over football after his sophomore season. And this season, he has plenty of dual meet and invitational medals to support that decision.

"For me, I like breaking records," Jeffress said after his first-place finish Oct. 4 at the Wayne County Invitational at Willow Metropark in New Boston. "I realize I have a talent in this."

"And I go out and try my hardest, it's what I do."

Veteran Salem coach Steve Aspinall marveled at what Jeffress accomplished on that cool, windy day. Jeffress finished in 15:56, breaking the meet record for Salem juniors (previously 15:59).

"He looked effortless today," Aspinall said. "I know he worked hard, but he looks like he can run another 20-30 seconds faster."

Jeffress also looked like a young man on a mission.

"Coach Aspinall told me I was predicted to win and he said go out there and try to win," Jeffress said. "So that's what I did."

Will to win

Although the 17-year-old Jeffress credits his teammates for helping push him to excel, Aspinall doesn't think he requires extra motivation.



Salem junior Chaz Jeffress celebrates finishing first overall at the recent Wayne County boys cross country meet. He also won Thursday's conference meet.

"He, more than anybody else I have on my team, he competes," Aspinall said. "Everything he does, he wants to be the best. That's a great, great quality to have."

"You got guys who go through the motions sometimes and maybe they can't get fired up. He never needs a motivational talk, he's ready to roll. Whether that's a workout, whether that's a race, he always wants to go out and he wants to win. That's started to carry over now."

One key to Jeffress' strong season — which continued with Thursday's first-place showing at the KLAAs Kensington Conference meet (15:37) — was his decision to drop football and concentrate on cross country.

"Last couple years, he did football and cross country and now he's got a full season of training," Aspinall said. "And he looks like he's got a full season of training."

According to Jeffress, the fact this is his first season doing just cross country might be why he hasn't been besieged by college recruiters — yet.

"Part of the reason I

haven't gotten many is because this is my first year doing just cross," Jeffress said. "I did football and cross at the same time, so like my times weren't as good as they could have been."

"But this is my first year fully committing to cross, so we'll see what happens."

Jeffress likes to gear up for a meet wearing headphones, to stretch, listen to tunes and focus on the task at hand.

Yet he also is happy to be part of a team that enjoys to be together, working toward collective achievements.

"My team pushes me and everything during practice and everything like that," Jeffress said. "It's what we do ... you've got people to practice with."

"It's hard running by yourself, but when you got a strong team, people that run with you at practice, it really pushes you and it's a lot easier."

They'll be doing just that with the Division 1 regional around the corner, Oct. 25 at Willow Metropark.

"I think we could do something special," Jeffress said.

Mustangs run to fifth straight conference title

By Brad Emons
Staff Writer

The outcome may have been a little too close for comfort as far as Northville boys cross country coach Chris Cronin was concerned.

But the Mustangs still managed to capture their fifth consecutive KLAAs Kensington Conference title by a comfortable 24-point margin over rival Novi, 49-73, in a meet held at Huron Meadows Metropark in Brighton.

In the 12-school field, Canton placed third with 123 points, while Salem finished fourth thanks to the first-place showing of junior Chaz Jeffress, who tied the Rocks school record with a time of 15 minutes, 37 seconds (5,000 meters).

Northville, meanwhile, got a runner-up finish from junior Conor Naughton (15:50). Senior teammates Nick Noles (15:58) and Jason Ferrante

(16:14) took seventh and eight, respectively.

"We knew Novi had some talented runners after racing them a week ago Tuesday," Cronin said. "And (coach) Bob (Smith) always peaks his guys perfectly, so we weren't surprised today. I thought we looked a little flat coming off basically 10 days of not racing because the guys had been accustomed to racing every seven days."

The Mustangs' other two scorers included sophomore Ben Cracraft (10th, 16:41) and junior Kenny Goolsby (18th, 16:45).

Although six runners broke 16 minutes, including Livonia Franklin's Tony Floyd (15:51) and Plymouth's Matthew Pahl (15:58), times were somewhat slower overall on the Huron Meadows course.

One runner who wasn't fazed by the conditions was Jeffress, a converted wide receiver and safety who jugged

two sports during his freshman and sophomore seasons.

As a freshman, Jeffress finished 85th in the Division 1 state finals (16:22.5), but didn't qualify as a sophomore.

Jeffress, who won by 13 seconds over Naughton, tied Nick Allen's school record of 15:37 set in 1998.

"I wasn't trying to lead the first mile, I just wanted to keep it easy and then pick it up around the third mile and see what I could do," Jeffress said. "Northville, Novi, some of my own teammates ... it's good competition for you."

Meanwhile, the Division 1 boys regional will start at 11:30 a.m. Saturday at Willow Metropark in New Boston.

Northville, Novi and Novi Detroit Catholic Central will be the three favorites to advance to the state finals Saturday, Nov. 1, at Michigan International Speedway in Brooklyn.

GIRLS CROSS COUNTRY

Rocks behind Mustangs at conference meet

By Brad Emons
Staff Writer

The names may change, but the result remains the same when it comes to the outcome of the KLAAs Kensington Conference girls cross country meet.

Led by sophomore standout Cayla Eckenroth, Northville reigned as conference champion for the fifth consecutive year Thursday after the Mustangs placed four in the top 10 to score 33 points.

Salem and Livonia Churchill finished second and third in the 12-team field, with 66 and 78, respectively, while Novi and Livonia Franklin were next with 105 and 110.

Eckenroth, who helped the Mustangs to a Division 1 state title a year ago, is the new queen of the Kensington Conference trails as she clocked a career-best 18 minutes, 16 seconds on the Huron Meadows Course in Brighton.

Eckenroth jumped out to the lead from the start and never wavered, winning by 28 seconds over Novi senior Hannah Loneragan, who was runner-up in 18:44.

"It was great, I got my PR today and I beat my PR from last year, so it's been really good," Eckenroth said. "I just wanted to run fast, have confidence, just know I could keep going and not get tired. I like to go out fast."

Not to be outdone were three other Mustangs girls who also ran career bests: juniors Emma Herrmann (third, 18:55) and Hailey Harris (fourth, 19:03) and freshman Rachel Zimmer (eighth, 19:37). Northville's fifth scorer was sophomore Emma Smith, who took 17th (20:15).

"She (Zimmer) really stepped up and we needed a

performance," Northville coach Nancy Smith said. "She did an amazing job as a freshman, best performance of the year, I think, by 45 seconds."

"We knew Salem would be a challenge coming into it, so we knew we had to have at least three in the top five in order to overcome them. And with Rachel stepping up, she was our fourth, because our normal four or five (runners) kind of dropped back a little today."

Salem was led by freshman Shea Wilson (10th, 19:41) along with seniors Shekinah Johnson (11th, 19:49) and Lauren Arquette (12th, 19:54).

Senior Anya Cho (15th, 20:02) and junior Kayla Hughes (18th, 20:18) were the Rocks' other two scorers.

"Obviously, Northville was the team to beat coming in," Salem coach Dave Gerlach said. "Everybody knew that, that was nothing new. We had some good races and then we just had some races that didn't happen for us today. I thought we were pretty aggressive early. We were in good position, then fell apart a little bit."

"Shea Wilson, as a freshman, really stepped up and put the team as a ninth-grader on her back. I was real happy with her performance today. Shekinah Johnson, a sprinter turned distance runner, had a great race today and obviously helped us out."

Also earning top 10 finishes were Plymouth sophomore Annie Bonds (seventh, 19:35) and Novi sophomore Jacalyn Schubring (ninth, 19:40).

The Division 1 regional, which starts at noon Saturday, Oct. 25, at Willow Metropark in New Boston, will feature nine Kensington Conference teams, including Northville, Salem and Churchill.

KENSINGTON CONFERENCE CROSS COUNTRY MEET

Oct. 16 at Huron Meadows

BOYS TEAM STANDINGS: 1. Northville, 49 points; 2. Novi, 73; 3. Canton, 123; 4. Salem, 133; 5. Wayne Memorial, 136; 6. Plymouth, 142; 7. Livonia Stevenson, 150; 8. Livonia Franklin, 165; 165; 9. Livonia Churchill, 210; 10. South Lyon, 266; 11. South Lyon East, 296; 12. Westland John Glenn, 348.

Individual winner: Chaz Jeffress (Salem), 15 minutes, 37 seconds (5,000 meters).

TEAM SCORING

Northville (49): 2. Conor Naughton, 15:50; 6. Nick Noles, 15:58; 7. Jason Ferrante, 16:14; 16. Ben Cracraft, 16:41; 18. Kenny Goolsby, 16:45; 22. Sam Kremke, 17:01; 23. Sean Flanagan, 17:02.

Novi (73): 3. Joost Plaetnick, 15:50; 12. Sahisnu Malapati, 16:36; 14. Scott McPherson, 16:37; 15. John Landy, 16:40; 29. Cameron Misko, 17:07; 30. Aric Landy, 17:09; 59. Collin Thomas, 18:14.

Canton (123): 19. Billy Toth, 16:52; 20. Mike Roberts, 16:55; 25. Zac Clark, 17:05; 28. Ammar Chishty, 17:07; 31. Shane Andrews, 17:10; 38. Nick Socha, 17:23; 53. Sean Carey, 17:59.

Salem (133): 1. Chaz Jeffress, 17:37; 17. Noah Engerer, 16:41; 35. Nabil Ahmed, 17:17; 39. Jacob Kubinski, 17:29; 41. Jason Rogers, 17:30; 43. Griffin Skaff, 17:35; 65. Ethan Sarfilippo, 18:26.

Wayne (136): 8. Devin Gibson, 16:20; 9. Malik Jordan, 16:22; 32. Uriel Figueroa, 17:13; 36. Michael Gibson, 17:17; 51. Jamie Carranz, 17:55; 75. John Gatton, 18:58; 80. Matthew Fischer, 19:54.

Plymouth (142): 5. Matthew Pahl, 15:56; 21. Ethan Byrnes, 16:56; 24. Jonny Dalton, 17:03; 26. Matt Dottavio, 17:05; 66. Joey Maciag, 18:28; 70. Alex Zoltowski, 18:39; 71. Nick Schweichart, 18:45.

Stevenson (150): 11. Erika Grisa, 16:29; 13. Luke Green, 16:36; 33. Nathan Ward, 17:14; 45. Ben Griffith, 17:40; 48. Alex Mikonczyk, 17:47; 55. Jacob Bieganski, 18:02; 64. Trevor Tillman, 18:23.

Franklin (165): 4. Tony Floyd, 15:51; 10. Keenan Jones, 16:25; 49. Alex Perelli, 17:54; 50. Grant Rupp, 17:55; 52. Nathan McCall, 17:57; 54. Matt Lepper, 18:01; 77. Gage Wheeler, 19:01.

Churchill (210): 37. Jon Allesandrini, 17:22; 40. Josh Mussen, 17:29; 42. Jon Hovemale, 17:33; 44. John Sas, 17:37; 47. Matt Cohen, 17:42; 60. Alex Piper, 18:17; 74. Noah Hagood, 18:57.

South Lyon (266): 27. Bryce VanAsselt, 17:06; 46. Jordan Okdie, 17:41; 58. Brent Peruski, 18:07; 67. Brandon Wenner, 18:29; 68. David Szawala, 18:30; 69. Marshall Thelen, 18:35; 73. Jonathan Allen, 18:52.

South Lyon East (296): 34. Adam Caruso, 17:15; 61. Jon Kesler, 18:17; 62. Joshua Clark, 18:18; 63. Charles Marchand, 18:21; 76. Carter Reeds, 23:00; 78. Aaron Hoorn, 19:05; 79. Alexander Cronin, 19:08.

John Glenn (348): 56. Austin Hickeson, 18:03; 57. Ben Biber, 18:04; 72. Zeke Thompson, 18:48; 81. Justin Hadyniak, 19:57; 82. Kenyatta Mason, 20:12;

83. Cory Routen, 20:38; 84. Jeff Busick, 20:57.

GIRLS TEAM STANDINGS: 1. Northville, 33 points; 2. Salem, 66; 3. Livonia Churchill, 78; 4. Novi, 105; 5. Livonia Franklin, 110; 6. Plymouth, 185; 7. South Lyon, 185; 8. Canton, 209; 9. Livonia Stevenson, 245; 10. Westland John Glenn, 263; 11. South Lyon East, 275; 12. Wayne Memorial, 380.

Individual winner: Cayla Eckenroth (Northville), 18:16 (5,000 meters).

TEAM SCORING

Northville (33): 1. Cayla Eckenroth, 18:16; 3. Emma Herrmann, 18:55; 4. Hailey Harris, 19:03; 9. Rachel Zimmer, 19:37; 17. Emma Smith, 20:15; 28. Mirai Kobayashi, 20:53; 47. Taylor Gattoni, 21:51.

Salem (66): 10. Shea Wilson, 19:41; 11. Shekinah Johnson, 19:49; 12. Lauren Arquette, 19:54; 15. Anya Cho, 20:02; 18. Kayla Hughes, 20:18; 23. Sierra Bowden, 20:33; 37. Elizabeth Tripp, 21:18.

Churchill (78): 4. Addison Mussen, 19:17; 5. Kathleen George, 19:29; 19. Caroline George, 20:18; 22. Lauren Bernhardt, 20:29; 26. Hailey Pampreen, 20:43; 40. Gabrielle Swider, 21:29; 44. Christina Murphy, 21:48.

Novi (105): 2. Hannah Loneragan, 18:44; 9. Jacalyn Schubring, 19:40; 20. Jessica Lycka, 20:23; 35. Hadley Peterson, 21:10; 39. Heather Blair, 21:28; 41. Yash Patel, 21:35; 54. Shailey Fozdar, 22:03.

Franklin (110): 13. Natalie Douglas, 19:55; 12. Eliary Marano, 19:56; 16. Amanda Pokyrky, 20:10; 31. Camryn Zurawski, 20:58; 36. Riley Shine, 21:14; 38. Natalie Martinez, 21:25; 59. Julie Wonch, 22:28.

Plymouth (185): 7. Annie Bonds, 19:35; 32. Hailey Foster, 20:58; 42. Charlotte Clark, 21:49; Marianne DeBrito, 21:52; 55. Emma Radke, 22:07; 60. Marina Malone, 22:36; 71. Allison Morren, 23:00.

South Lyon (185): 21. Madison Swaitkowski, 20:27; 25. Emily Hudgens, 20:39; 34. Maju Oksanen, 21:05; 48. Mackenzie Flannery, 21:51; 57. Maria Banks, 22:18; 65. Jessica Cummings, 22:46; 76. Anna Boyle, 23:48.

Canton (209): 29. Samantha McGrath, 20:54; 30. Katie Cotham, 20:54; 46. Paige Calvert, 21:50; 51. Rosie Rufe, 21:55; 53. Samantha Rohrbach, 22:02; 58. Allison Putz, 22:18; 72. Anika Patel, 23:01.

Stevenson (245): 33. Julia Cercone, 21:03; 43. Kennedy Thurlow, 21:39; 50. Emily Lauzon, 21:54; 56. Kaylee McCarthy, 22:18; 63. Megan Verant, 22:40; 70. Diana Graham, 22:58; 79. Emily Chapski, 24:54.

John Glenn (263): 27. Caroline Mahalak, 20:50; 45. Shian Profitt, 21:49; 61. Erica Robinson, 22:57; 62. Mary Luckhardt, 22:39; 68. Jackie Mueller, 22:54; 78. Asia Gardner, 24:36; 81. Bryanne Campbell, 26:06.

South Lyon East (275): 24. Erin O'Donnel, 20:39; 52. Jessica LaVoie, 22:00; 64. Kayla Zielinski, 22:46; 66. Mackenzie Wolschlegler, 22:47; 69. Olivia McKeever, 22:55; 73. Lea Fields, 23:37; 75. Melissa Coomer, 23:45.

Wayne (380): 67. Nikita Bhangu, 22:50; 74. Jessica Leigh, 23:36; 77. Victoria Boyd, 24:10; 80. Melaina Cimer, 25:11; 82. Kendelle Hood, 27:07; 83. Allison Jones, 29:34; 84. Gabrielle Niemiec, 31:56.

EAGLES

Continued from Page B1

Bringing it

That intensity level manifested itself in several ways, including:

» Every time senior middle hitter Abby Wyman (15 kills, three blocks) hammered away at the ball.

» Or whenever sophomore outside hitter Olivia Mady (12 kills, 19 digs) drew a bead on another perfect pass by sophomore setter Jessica Paulson (36 assists, 13 digs) — pummeling the ball hard enough where the Lancers had trouble keeping it from hitting the floor.

» Plus sprawling dives to keep volleys going by the likes of freshman defensive specialist Grace Kellogg (22 digs, eight kills, four aces) and sophomore libero Divna Roi (10 digs).

All night long, fans watched the Paulson-to-Mady combination work to perfection.

"She is such a great setter, I love hitting her sets," Mady said about Paulson. "She puts them at the perfect height. She

does a great job. We just know each other so well."

Paulson noted that hard work in practice is helping her get into the setting groove with Mady and all of the PCA hitters.

"I feel I've improved a lot and in practices just working really hard and getting it done," Paulson said. "Even if I don't set them a good ball, they still get a kill off it and that's really encouraging."

Decker praised Paulson's efforts, adding that the youngster is quickly filling the void left by graduated Jennifer Malcolm (last season's setter).

"Jessie was awesome tonight; those two click," Decker said. "You always kind of worry when you lose someone like Jen Malcolm from last year who was our setter, because her and Liv also had that great connection."

"When you lose that, you aren't really looking for that fit. Tonight that fit between Jessie and Olivia was definitely there."

Also helping the PCA cause was sophomore middle hitter Aliyah Pries, who tallied seven kills along with two digs.

"I feel like everyone con-



Getting set to serve Thursday is Plymouth Christian sophomore Jessica Paulson, who had a big night for the Eagles.

tributed. All of our hitters contributed," Decker said.

Strong at stripe

PCA shook off the opening set loss with the help of a four-point service run by Wyman to close it out. Two of those points came courtesy of Paulson-to-Mady.

In the third set, it was Roi's turn to shine from the stripe. She helped open up a 21-14 edge thanks to a string of four service points.

Within that stretch was a particularly lengthy volley that finally ended when Paulson set the ball to Wyman, who picked an open spot deep in the Oakland Christian zone.

The Eagles kept the mojo going in the clinching set, with outstanding serving by Kellogg putting PCA in front to stay.

It was a 10-9 Lancers lead when she began a run that featured four aces in five points to help PCA build a 15-11 advantage.

Kellogg served the ball so hard that, on one occasion, it glanced off the hands of an Oakland Christian player into the bleachers.

That dominant run helped her to overcome a few hitting miscues earlier on.

"I really wanted to not go

easy, I wanted to give all I've got," Kellogg said. "So I wasn't trying to be careful, I was just trying to win."

"I had a few in the net, I was really mad. But then I was like 'OK, try not to think about it.' And so then I just kept going."

That's exactly what Decker likes to see out of her team as the Eagles look to close out the MIAC Blue title and then have success in the Division 4 state tourney.

EAGLES WIN GOLD: At last weekend's University of Michigan-Dearborn tournament, PCA went 6-0 and captured first place in the gold bracket.

After going 4-0 in pool play, the Eagles were the top seed entering bracket play. PCA then defeated Woodhaven in two sets before rallying against Division 1 Plymouth.

"We found ourselves down by a few points before fighting back to tie the game at 21," Decker said.

"Strong serves by libero Divna Roi helped us close out that set, along with kills from Olivia Mady and a huge game ending block by Danielle Witkowski and Abby Wyman."

"The second set proved to play out the same as the first, with us finding ourselves down by five in the middle of the set. After a timeout, the girls were able to side out and fight back to tie the game. Grace Kellogg delivered huge for PCA late in the match with outstanding digs and a game-ending kill."

Wyman (42 kills, 10 aces), Mady (33 kills, 10 aces), Grace Kellogg (34 kills, 19 digs), Roi (16 digs) and setter Jessica Paulson (82 assists, 13 digs) were among many standouts.

"The girls played with heart and hustle throughout the day," Decker said. "They proved they could be mentally tough and fight back when they are down in a game. It was a great day of volleyball and we had contributions from all players throughout the day."

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PREP FOOTBALL

'Cats' ground attack powers victory

By Brad Emons
Staff Writer

Fundamental football was the recipe for success Friday night for the Plymouth football team.

The Wildcats rushed for a total of 422 yards and punched their playoff ticket in the process with a resounding 42-17 win over host Northville in a battle of 5-2 teams at Tom Holzer Field.

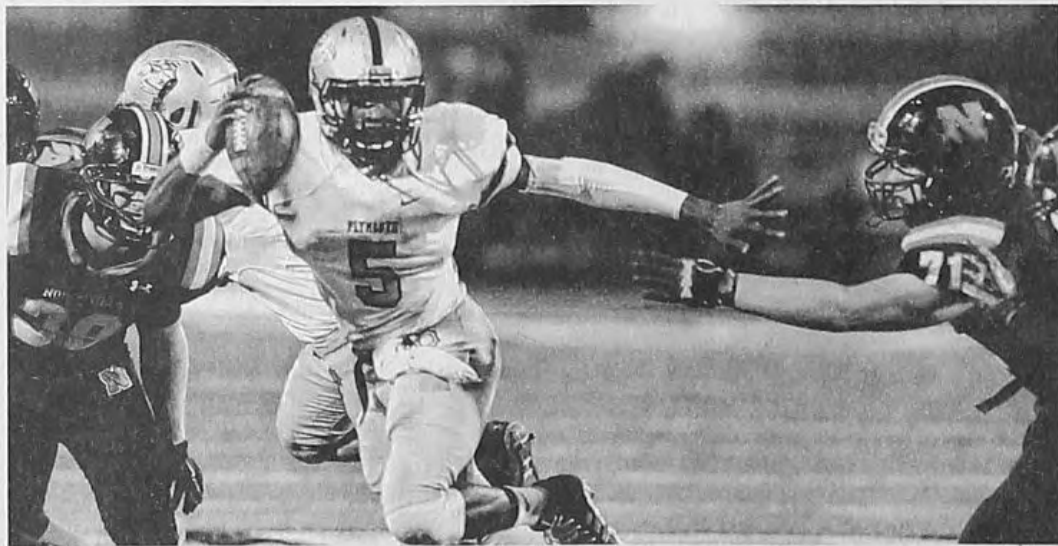
Plymouth got game-best 241 rushing and three touchdowns on just 18 carries from junior Cameron Stella, while 6-foot, 195-pound senior Anthony Kenney added 122 yards on 16 attempts and two TDs to improve to 6-2 overall and earn its seventh playoff berth in the past eight years.

"Last week, we tried to do too much on offense," Plymouth coach Mike Sawchuk said of a 30-20 loss to Canton. "And we tried to put too much in control of the quarterback's hands. We made a lot of mistakes. This week, on both sides of the ball, we just went back to basics, tried to get a hat on a hat, get tough again and not try and finesse people. It paid off and it's a good football team we just played."

Meanwhile, the loss dropped Northville to 5-3 overall and the Mustangs now must go on the road Friday to get that sixth win at Grand Blanc.

Northville was limited to 257 total yards offense and committed two costly turnovers which led to first-half scores.

"We didn't execute well in any aspect of the game and it's very disappointing outcome," Northville coach Matt Ladach said. "They had some huge holes. They won the line of scrimmage on



Plymouth quarterback Deji Adebisi tries to elude the pressure of Northville tackler Matt Komorous during Friday's Kensington Conference crossover.

JOHN HEIDER | STAFF PHOTOGRAPHER

offense and on defense. There's no doubt about it that we lost the battle in the trenches tonight."

The Wildcats scored twice in the opening quarter to go up 14-0. Stella ran 29 yards for a TD with 4:29 left, followed by 4-yard keeper by quarterback Deji Adebisi to end the quarter after the Mustangs muffed a snap on a punt in their own end as Plymouth recovered the ball at the 22.

With 9:44 left in the second quarter, Stella made a highlight reel 40-yard TD run, breaking three tackles while keeping his balance on one hand on his way to the end zone for a 21-0 advantage following Van Nguyen's extra point. The score was set up when Hussein Youssef recovered a fumble at the Northville 40.

Although it was all Plymouth for the most part during the first half, Northville showed some life, scoring with 2:35 left in the first half on a 1-yard TD run by

P.J. Schnepf to cut the deficit to 21-7.

After the Northville defense held, the Mustangs got the ball back with only 47 seconds left.

Junior quarterback Justin Zimbo completed a 38-yard pass to Terrell Cunningham down to the Plymouth 22 with only five seconds left. After a timeout, the Wildcats' defense then jumped offside and Kevin Moody came on to boot a 34-yard field goal as time expired to cut the deficit to 21-10 at intermission.

But the Wildcats scored with 6:08 left in the third quarter on a Stella 38-yard run to make it 28-10. And with 2:16 left in the third, upback Anthony Kenney bulled his way in from 5 yards out to increase Plymouth's lead to 35-10.

"Cam Stella and A.K., they're hard workers at practice," Sawchuk said of his running back tandem. "They do everything we ask them to do. Cam is a special

athlete. This was our goal, to get back into playoffs. And this group of seniors, through their freshman and JV years and last year, they've only won five games, so they reached their goal of winning six games."

With 8:28 left in the game, Zimbo scored on a 42-yard keeper up the middle as he shed three Plymouth tacklers to cut the deficit to 35-17.

But Kenney answered with another TD when he barreled in on a 9-yard run with 5:31 remaining to make it 42-17.

"Their kids played really hard. I got to give them credit," Ladach said of the Wildcats.

Plymouth limited Schnepf to 91 yards rushing and Zimbo to 66 rushing and only 113 passing.

"Keeping it simple," Sawchuk said. "We literally ran two defensive fronts all night, just keep it simple and not try and do too much. Sometimes that pays off."

CHIEFS

Continued from Page B1

The Lions reclaimed the lead after a shanked punt set up the drive at the Canton 37. Skupin took a keeper to the left, got a block and hit the open field for the touchdown on the first play after the punt.

"We called a keep on that play," Skupin said. "Our receiver was just going to block straight up. I pulled the ball, ran off the tackle's butt, had to make one move on one guy, I cut back on him and just kicked on the jets. It felt amazing."

"Getting this win with my brothers and doing it for coach Thomas and all the other coaches who put in so much time for us, it feels so amazing."

The final three drives for Canton ended in turnovers. The first came when quarterback Greg Williams had leave the field for a play after his helmet came off. The handoff on the play he was out was fumbled, with South Lyon recovering.

Canton weathered that storm, but was intercepted on the next drive off a tipped pass.

South Lyon converted the pick into a 36-yard field goal from Candella with 1:50 to play.

Canton drove to the South Lyon 26, but Tim McGee picked off a ball at the goal line to seal the win and give South Lyon its first KLAAs Kensington Conference title.

Williams finished 3-of-9 passing for 36 yards with two interceptions. Sanders had 92 yards rushing at the half, but finished with 96 yards on 13 carries to lead the Chiefs.

Skupin spread the ball to seven different receivers, with Nico Woods grabbing three screen passes for 25 yards. He also was the main runner with 16 carries for 43 yards. Skupin actually led the Lions with 47 yards on 10 carries.

But the main star for the Lions was the defense, holding Canton to a season-low seven points.

"I'm so proud," South Lyon defensive coordinator Jeff Henson said. "That goal-line stand, that changed the game. They were just bowling us over there to begin the game. But hey, credit to the kids, they executed."

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DISTRICT SOCCER

Wildcats hit wall in district play

By Ed Wright
Staff Writer

His vision obscured by a Plymouth defender, Livonia Churchill's Erlin Guri didn't get to see the biggest goal of his young life roll into the net Wednesday night.

But good news travels fast, so the junior forward's joy was only briefly delayed.

"Honestly, I didn't see it go in, but when I saw my teammates' reaction, I realized what had happened," said Guri, whose low, bouncing, straight-on shot from just inside the 18-yard box sneaked through the five-hole of Plymouth goalkeeper James Gibbs and into the goal in the opening minute of overtime to give the Chargers a 1-0 lead they would never relinquish in a high-intensity Division 1 district semifinal played on the Plymouth-Canton Educational Park's grass pitch.

"I didn't get all of it - maybe 70 percent - but I got enough," Guri said, smiling.

The victory propelled Churchill (11-7-1) into Friday's dis-

trict final against No. 2-ranked Canton, which motored past Wayne Memorial in Wednesday's semifinal nightcap. Plymouth's stellar season ended at 13-4-4.

The Wildcats conquered the Chargers in the two teams' pair of regular-season encounters, but just barely, winning 2-0 Sept. 2 and 1-0 two weeks later.

"Tonight proves that it's hard to beat a team three times in one season, especially as hard as we fought the entire 100 minutes," senior midfielder Tyler Guzowski said.

"Once Erlin scored that goal, it changed the game completely. After that, it was all about getting the ball out of our zone."

"Everybody knew their role tonight and everybody knew they had to work," Churchill senior midfielder Daniel Jones said. "The intensity level on the field in the overtimes - the whole game, really - was amazing."

Guri may have been the smallest player on the field stature-wise Wednesday night,

but his supreme quickness and grittiness made him a towering presence.

"We got a fortunate bounce there at the end, but, hey, we'll take it," Churchill head coach Matt Grodzicki said. "Erlin was facing a lot of one-on-threes and one-on-fours most of the game, so we talked about being aggressive and taking shots. That kid doesn't need much space to make things happen."

Guri's heroics were made possible by an air-tight defensive effort by the Chargers' back line, which was spearheaded by senior goalkeeper Nathan Guzowski and junior defender Kyle Benedict, who shadowed the most dangerous Wildcat - Jayden Huxtable - despite a significant size differential.

Churchill defenders Krishna Midathada, Conner Rash and Andrew Moyer also made more than their share of momentum-shifting plays.

"Kyle did an outstanding job marking Jayden, who I bet outweighs Kyle by close



Plymouth's Bennett Brooks (left) tries to maneuver around Livonia Churchill's Kyle Benedict during Wednesday's district semifinal match.

ED WRIGHT

to 100 pounds," Grodzicki said. "Kyle made him work for everything tonight."

Huxtable was turned away on numerous occasions by Nathan Guzowski, who snatched dangerous balls out of the air like a fearless tight

end going across the middle.

"It's disappointing because we had so many chances that we just couldn't quite convert," Plymouth head coach Jeff Neschich said. "I thought we played well enough to win, but we couldn't score."

SOCCER

Continued from Page B1

would be a factor.

"We knew it would be harder to control the ball. We actually talked about keeping the ball low, keeping it on the ground, passing it more. I think we did a pretty good job of that."

Sharing the shutout for the Chiefs (20-0-3) were senior goalkeepers Dylan DaSilva and Jay Krebs, who each played a half and were barely tested.

Tall task

"You can't spot two early to one of the best teams around and that's what we did," Churchill head coach Matt Grodzicki said. "It was a tall task and we knew that going in. Canton deserves everything they get. They don't really have any weak spots."

"But I'm proud of my guys. This was our goal, to get to the district final, and I hope they learned a lot and had a great experience through this tournament run."

About Murphy's goal.

Grodzicki acknowledged it was an unfortunate one to give up.

"As soon as he hit it, I knew it would be trouble," said Grodzicki, whose team finished 11-8-1. "But you know what? That's one of a few. We had our opportunities and we could have made it a closer game. There was more to that game than that goal right there."

The Chiefs' first goal came off a free kick taken by junior defender Beaumont Hoffman from about 30 yards away. The ball was neatly poached into the middle of the 18-yard box, where DeLoey got up against a Churchill player and managed to flick a header inside the left post.

"We got a free kick because I think part of their strategy might have been to slow us down a little," Zeman said. "Beau Hoffman made a real nice free kick in the box and Sam just had a great head ball and put it in the net."

Canton kept the pressure cranked up following Murphy's wind-aided goal, but Guzowski battled enough to hold the score at 2-0 for the rest of the half.

The keeper dove to get in front of a well-struck drive by junior midfielder Josh Posuniak and later stymied a corner kick by jumping up into a group of Chiefs and coming down with the ball.

In the second half, the Chiefs seemed to have possession of the ball even more than before the intermission.

"We tried to keep it on the ground a lot and we play a lot of possession in practice so we were able to pass around them," DeLoey said. "Near the end of the game, their midfield just slowed down so we could keep the ball a lot."

Tacking on

The Chiefs padded their lead to 3-0 with 25:26 to go, when junior midfielder Jason Ren cut in from the right corner and sent the ball in front to senior forward Carter Schenk for the tap-in.

Finishing the scoring was Canton senior midfielder Ammar Chishti, whose high shot from about 30 yards eluded the Churchill goalie with 16:11 remaining.

Grodzicki credited his team for having an excel-

lent season, with the highlight Wednesday's overtime victory over Plymouth in a district semifinal to make it to Friday's title tilt.

He said senior midfielder Dan Jones and junior defender Kyle Benedict were outstanding for the Chargers, even in defeat.

"All my back line played well," Grodzicki said. "I'm sad to see the senior group go, but hopefully the juniors learned a lot."

Jones said the team knew going into the match-up that beating Canton would be a tough task.

"They're just a great team," team captain Jones said, asked about the Chiefs.

"They make such great decisions on the ball. They never make mistakes, really. I mean, they're just quality players, all of them."

Meanwhile, DeLoey was thrilled about being part of the district champions and going to regionals.

"It's great," DeLoey said. "We got knocked out pretty early last year so it's great to succeed this year, have a good season."

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GIRLS SWIMMING

Salem tankers roll by Northern

Salem's varsity girls swim and dive team continued to shine, with Tuesday's 114-62 victory over Walled Lake Northern.

The Rocks got off to a solid start, with the 200-yard medley relay team of Lisa Zhang, Linda Zhang, Patricia Freitag and Jenna Chen prevailing in 1:56.47.

Keeping the positive momentum going were Stephanie Solterman (first, 200 free, 2:05.99) and Katie Xu (first, 200 IM, 2:14.88) before the Knights placed one-two in the 50 free.

Freitag helped right the ship for the Rocks with her first-place showing in the 100 butterfly (1:02.68).

Solterman followed up with a victory in the 100 free (57.63), while Linda Zhang showed her versatility with a win in the 500 free (5:18.88).

Salem then won the 200 free relay, with the tandem of Xu, Chen, Molly Rowe and Solterman triumphing in 1:48.83.

Rounding out the meet with wins were Xu (100 backstroke, 1:00.69), Miranda Li (100 breaststroke, 1:17.94) and the 400 free relay team of Lisa Zhang, Rowe, Xu and Linda Zhang (3:50.94).

I can see clearly now: Eye health vital

If you're like many Americans, when it comes to your regular health care regimen, your eyes get overlooked. In fact, you may only pay attention to your eye health when something goes wrong. Actually, preventative and routine eye care should be a top priority.

"Too many people fail to grasp the value of routine vision care, only seeking treatment for eye-related problems after they occur," said Stephen Shawler, president of Essilor Vision Foundation. "Although 80 percent of vision problems are preventable, we still have significant work to do to prevent vision problems before they start."

Clear vision is a crucial tool in experiencing life to its fullest potential, but according to Essilor, an estimated 2.5 billion people worldwide see poorly and don't possess adequate access to vision correction.

From an economic perspective, the Vision Impact Institute (VII) estimates as much as \$745 million in productivity is lost every single day as a result of uncorrected vision problems in 33 percent of the world's working population.

Children, elderly

Extensive social consequences are also a risk. According to the VII, some 30 percent of the world's children experience vision problems that have a significant impact on their long-term health, school performance and emotional/social development. Given that 80 percent of children's learning is through visual information processing, poor vision can hinder not only their academic performance, but also how they interact with peers and integrate into society.

Beyond the economic and social consequences, ignoring eye health can also have disastrous outcomes in other areas. For example, elderly individuals with poor vision are seven times more at risk for falls and hip fractures, and poor sight is linked to 59 percent of road



GETTY IMAGES/CULTURA RF

Preventative eye care should be a top health priority.

accidents.

From a medical standpoint, eye exams do more than correct vision problems. They also can help detect conditions such as diabetic retinopathy, multiple sclerosis, strokes, hypertension and eye tumors.

To minimize the risks associated with poor eye sight and achieve better sight for better life, the experts at Essilor offer these tips:

» Adults should have a comprehensive eye exam every year. For kids, don't settle for

the vision screenings at school; schedule a comprehensive annual eye exam with an eye doctor.

» If you wear contact lenses, prevent the risk of bacteria and infection by replacing your lens storage case once every three months.

» Staring at a computer monitor for too long can fatigue the eyes, leading to painful side effects like dry eyes and even headaches. Every 20

minutes, look away for about 20 seconds at a space 20 feet away from you. This simple trick can reduce eye strain and help you safely refocus.

» Age-related macular degeneration is a serious eye condition that affects the elderly, causing visual impairment, damage to the retina and even blindness. Taking high levels of zinc in addition to antioxidant vitamins can reduce your risk by up to 25

percent.

» When selecting sunglasses, find a pair that not only blocks out invisible ultraviolet light, but also blocks up to 90 percent of visible light, as well.

For more information about your eye health follow Essilor USA on Facebook and Twitter or follow the social conversations: #bettersightbetterlife.

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RYAN GARZA | GANNETT MICHIGAN

Students strike a warrior pose during a Vinyasa yoga class at Be Nice Yoga in Detroit. Breathing and meditation help with joint stiffness, experts say.

YOGA'S MIND-BODY CONNECTION

Practice helps build muscle, shrink joint pain and may delay surgery

By Robin Erb
Gannett Michigan

The late-afternoon sun drapes the hardwood floor with subtle shadows and soft music with names like "liquid mind" and "deep peace" drifts in and out of the consciousness.

No one here at Karma Yoga in Bloomfield Township is uttering clinical phrases like "joint health" or "orthopedic replacement." Rather, from yoga instructor Lynn Medow, simply this: "Breathe."

And perhaps that's the magic of yoga.

It's the soothing, slow exhale of the day's stresses for a nearly imperceptible exchange of oxygen-rich blood that is now flowing to these dozen spinal columns stretched on mats. Also being nourished: The accompanying pairs of elbows, knees, hips, ankles and wrists that gently angle, stretch, bend and twist.

Yoga, Medow says later, "is a moving medication."

"You're breathing and moving and you may hear a few words or directions to help prevent injury, but

you do it almost automatically. That's how the body, on a very deep level, begins to release stress and tension," she said.

Released, too? Joint pain.

Experts say yoga, the breathing and meditation practice that dates to ancient India, and similar low-impact activities are the best antidote for pain and stiffness that can be the result of a lifetime's worth of stress, grinding and gravity.

Estimates vary on how many Americans have joint pain, but it's clear that it's a growing problem as we live longer and, for many of us, live more actively both in work and play.

Last year, the U.S. Centers for Disease Control and Prevention found that 22.7 percent of U.S. adults — 52.5 million people — have arthritis, a complex family of musculoskeletal disorders. Among the most common is osteoarthritis, a painful degenerative disease caused by wear and tear on bones and joints.

About 22.7 million of Americans said arthritis

limits their daily activities.

"If we lived on the moon, we wouldn't have arthritis. But with weight, it's like a mortar and pestle on our joints," said David Gilboe, a long-time physical therapist based in St. Clair Shores and a board member of the Arthritis Foundation.

Low-impact activities like yoga, tai chi, and pilates are especially helpful in fighting that aging process, according to a growing body of research.

That's because exercise doesn't just control weight, which, in turn lowers the pounds-per-square-inch pressure on joints.

The oxygen-rich blood throughout the body in exercise also helps slow loss in bone and muscle and cartilage. It strengthens muscles, tendons and ligaments, which, in turn, helps keep joints properly aligned and at less risk for injury.

It also promotes range of motion, a particular problem for those with arthritis.

And specifically with low-impact activities, all this happens "with less offense to damaged joints," Gilboe said.

Plus, deep, controlled

breathing lowers blood pressure and minimizes the production of cortisol, a stress hormone, and promotes the release of feel-good endorphins, he added.

Medow's class this day is nearly evenly split between men and women. There are thin and thick bodies, tall and short, old and young.

In bare feet, the 62-year-old Medow pads between them soundlessly, periodically tapping on a closed-eyes participant to ask permission to help, then gently nudging legs, arms, hips and ankles into proper position.

Unlike a lot of exercise, yoga is for any ability, any age, any size and it doesn't take much for the benefits to start kicking in, she said.

Trained in classical ballet, Medow was about 40 and also had added weight-lifting, aerobics and modern dance to her life. With two children and a job in social work, her life, like so many others, was clogged with meetings and deadlines and other responsibilities.

"I stepped on the yoga mat and felt I'd come home. It just felt right in my body. ... It was strengthening. It was

stretching. It was relaxing," she said.

Over the years, Medow has pulled from different traditions and styles, adapting those to clients who come to her for private sessions. Some are partially paralyzed. Others are wracked with pain.

In a small private room with a body-length mirrors, bottled water, foam balls and other props, Medow and her client begin with breathing.

She moves on to the feet, the "root" of the body, she said, and works her way up to assess skeletal alignment and the body's strengths and vulnerabilities.

"Yoga doesn't deny your pain, but it's about looking at what you can still do," Medow said.

Always, she said, clients leave feeling better. Years of research back her up.

In one study published earlier this year, researchers found that eight weeks of yoga at home "significantly" reduced pain in the 39 participants with osteoarthritis. It also helped participants sleep better.

There are dozens of styles and traditions in yoga.

The trick is knowing which fits you, your interests and your abilities, said Julie Levinson, an instructor at Vita Wellness Center at Henry Ford West Bloomfield Hospital.

Like Medow, Levinson specializes in adaptive yoga, which uses chairs, blocks, bolsters, blankets, straps and towels to modify yoga poses.

"Some people who are hungry for that fast, competitive drill can find that in yoga," she said.

But she and experts say it's important to be cautious, too.

"Not every form of yoga is good" for someone with arthritis, said Eric Matteson, chair of rheumatology at the Minnesota-based Mayo Clinic, which has produced two books on arthritis.

It's crucial to pay attention to the practice's fundamentals, Levinson said: "Yoga encourages those mind-body connections to pay attention to the pain — the thing that got some of us in trouble in that it hurts-so-good, go-for-the-burn, Jane Fonda era."

It's always a good idea to speak with your health provider before any activity, including yoga, she added.



JESSICA J. TREVINO | GANNETT MICHIGAN

Dr. Rachel Rohde, assistant professor of orthopedic surgery at Oakland University William Beaumont School of Medicine, asks her patient Linda Kovan, 57, of Novi to open and close her hand. Kovan had surgery two days prior to this visit for an ulnar nerve decompression and trigger finger release.

Everyday joint damage different for men and women

By Robin Erb
Gannett Michigan

The differences between men and women, we have known for years, are bone-deep.

Dr. Rachel Rohde knows that firsthand. She's one of the few female orthopedic surgeons in the U.S. and a mom.

And when the Beaumont Healthcare doctor isn't reassembling fingers mangled by snow blowers or wrists gnawed

down by sports and jobs, she repairs the everyday wear and tear to joints.

For women, musculoskeletal engineering, hormones, gender differences on a molecular level, even life's activities may contribute to certain injuries that are more pronounced than in men, she said. It's the kind of pain that's ever-present, nagging you out of sleep.

"I slept through the night last night," said Linda Kovan, a 57-year-old Novi saleswoman, who recently came back

to Rohde.

Once a competitive tennis player and a dental hygienist, Kovan has wrist and hand problems typical of many women, Rohde said.

It's why Rohde uses spring-loaded scissors, a one-touch automatic can opener and fat-handled pens: "The best thing we can do is treat our bodies kindly and use the right tools," she said. "It's about protection before it happens."

FIVE INJURIES COMMON IN WOMEN

HAND OSTEOARTHRITIS

Women are more susceptible to osteoarthritis, the results of daily wear and tear that grinds down the lubricated cartilage cushioning the ends of bones.

Best tip: In addition to gadgets that can take pressure off your joints when you're cutting something or opening a can, for example, give your hands a rest from repetitive, forceful actions and try hand exercises. For more information and to see illustrations, go to www.mayo.edu and search "hand exercises."

CARPAL TUNNEL SYNDROME

A common source of numbness and pain in the hand, carpal tunnel syndrome is more common in women than men.

Best tip: Resting your hands from repetitive motions. If you feel pain, try a wrist splint at night to ease symptoms.

DE QUERVAIN'S TENOSYNOVITIS

The tendons on the thumb side of the wrist are squeezed within a small sheath, causing pain at the base of the thumb when turning the wrist, grasping or pinching, or making a fist.

Best tip: A splint may keep the wrist and thumb from moving. It's sometimes called a "thumb spica splint."

PERONEAL TENDONOSIS

The peroneal tendons run on the outside of the ankle just behind the bone.

Best tip: Proper footwear is key. Give the 26 bones and 33 joints in your feet and ankles a rest from footwear such as high heels that subjects them to prolonged, unnatural forces.

BUNIONS AND HAMMER TOES

The bump on the inside of your foot near your big toe is particularly sensitive to pressure caused by pointed and narrow footwear. That force, made greater with heels, can push the big toe into the smaller toes. Likewise, bad shoes that cramp the toes can force joints upward, causing hammer toes.

Best tip: Generally sensible shoes. Reluctant? Consider: If you have surgery to correct either of these problems, your heel-wearing days will be over for good.

Painful joints don't mean giving up sports

By Robin Erb
Gannett Michigan

Nursing aging, achy joints doesn't mean it's time to stop moving.

It might just be time to change up your exercise routine and rethink what challenges you.

Early in his career, Dr. James Carpenter, who heads the new University of Michigan Musculoskeletal Center, advised one patient — a longtime, avid runner — that his knees were shot. No more running, the doctor said.

"He fainted right in the office," the doctor recalled.

The patient returned years later, handing the doctor a newspaper article about himself.

As it turns out, the patient took the doctor's advice, eventually turn-

ing in running shoes for hiking boots, and he challenged himself to climb to the top of the highest point in every state. A newspaper wrote about his efforts.

Carpenter said he no longer tells patients to stop running. The better advice for someone who loves their sport, he and others said, is to mix up those routines so that you're working different parts of your body and reducing overexertion of troubled parts.

"It's about modifying what you do," Dr. Michael Drelles, a pain management specialist with the Wayne State University Physician Group said.

So if you like a gym treadmill, try an elliptical instead, for example.

If you've always been a fan of aerobics, move to

low-impact aerobics, he advises. And if you like to run seven days a week, consider exchanging two or three of those days for a similarly high-aerobic activity, such as swimming.

The U.S. Centers for Disease Control & Prevention recommends the following for those with arthritis:

» 2 hours and 30 minutes of moderate-intensity aerobic activity per week or

» 1 hour 15 minutes of vigorous-intensity aerobic activity per week or

» An equivalent combination of moderate and vigorous activity. As a general rule, one minute of vigorous activity is the same as two minutes of moderate activity.

Additionally, muscle strengthening exercises should be done two or

more days per week, along with balance exercises three times a week if you're at risk of falling.

Very often, those exercises may help you delay — even avoid — surgery, Drelles said.

"Always realize that just because you're going to see a doctor ... you're not destined for surgery," said Drelles.

Rather, it's about talking about your options. That goes for activity, too. Ask your doctor about what sport or recreation might help — and what might aggravate — your pain.

Other ideas from metro Detroit and national doctors and experts

Walking: It not only helps you maintain a healthy weight and

strengthen your bones, it can boost your mood and improve your balance and coordination.

Aquaexercise: The buoyancy of the water takes the weight off the joints, making it a top recommendation for patients with joint pain but who still seek a highly aerobic exercise.

Biking: Pedaling continues to burn plenty of calories and the scenery flies by — but without the constant pounding of running.

Pickle ball: A racquet sport, it uses a lightweight, perforated ball and can be a bit more gentle on the knees and ankles than tennis.

Tai chi, yoga, pilates: These slow-mov-

ing, muscle-building activities stress relaxation and stress relief even as they burn calories, promote flexibility and strengthen muscle and other soft tissue.

Bowling: Those with back or shoulder problems must approach with caution. For others, bowling offers social interaction as well as relatively low-impact, calorie-burning movement.

Golfing: Like bowling, golf must be approached carefully with certain joint problems, like back or shoulder pain. Still, it also can help build muscles that ultimately can alleviate that pain. If you have joint pain, it's important to talk to a health provider before taking it up for the first time.



Trenton Mayor Kyle Stack, 57, right, is a longtime athlete who works out regularly. She has had her hips replaced and hopes to delay or avoid knee surgery. Stack and Roy Vreeland, her personal trainer at Trenton Athletic Club, review the progress she has made.

Joint reasons to lose the pounds: hip and knee pain

It always surprises me that my clients don't associate complaints of bad knees, hip pain and swollen ankles at night with weight gain or obesity.

When I suggest that weight loss may help to alleviate some, if not all of those symptoms — if no permanent damage is present — they're in shock or denial.



LaTasha Lewis

GANNETT MICHIGAN FITNESS WRITER

Osteoarthritis is the most common joint disorder. It's due to aging and wear and tear on a joint. While obesity does not directly cause osteoarthritis, it increases the amount of stress on joints and contributes to wear and tear.

For every 10 pounds of excess weight gained, you increase your chances of joint pain and or osteoarthritis by approximately 40% according to the HealthCentral.com, an online site of health info.

Take a seat, relax those joints and take notes. No Mess!

The load-bearing joints, such as the knees and hips, are typically the most affected, said internist Dr. Kimberly Manning, associate professor of medicine and program director at the Emory University School of Medicine.



Dr. Kimberly Manning

Diet is crucial to any sustained weight loss program, she said. But exercise, including resistance training, is essential to help people improve the functioning of their joints while losing weight.

Ah, you say, "But I can't stand up," or "It hurts to even walk into my house." All is not lost. Water aerobics offers a joint-gentle route to both cardiovascular fitness and strength training.

The buoyancy of the body in water takes the pressure off the hips and knees while the water provides challenging resistance.

The best advice? Keep moving. I discourage motorized chairs or any items that encourage patients not to walk — especially when they can walk.

No question, arthritis hurts but improving joints starts with working through some rehabilitation and strengthening.

Knee, hip replacements are signs of baby boomers' active lifestyles

By Robin Erb
Gannett Michigan

Orthopedic implants — once the dreaded inevitability of our final, fragile years — are now part of the lives of the nation's active baby boomers and their adult children.

Sure, we're living longer and parts wear out. And collectively, we're carrying around more pounds these days — an increased pounds-per-square-inch grinding down on knees and hips.

But then there's this, too: Few of us — to borrow from poet Dylan Thomas — will go gently into retirement.

Instead, we're zig-zagging across tennis courts and knocking out laps at the local pool.

Twisting and wrenching on hockey rinks and chasing glory on the softball diamond.

Pounding out 5Ks and marathons trying to squeeze extra mileage out of joints pounded during the era of high impact, no-pain-no-gain racquetball and home video aerobics.

All of this means millions of Americans are in line for replacement parts in the coming few years. In the meantime, they turn to everything from physical therapy to pain pills to chicken shots made from the combs of roosters.

An estimated 45 million have some level of joint pain, according to the Minnesota-based Mayo Clinic, which has published two consumer-oriented books on managing arthritis pain.

Less than a decade ago, 792,449 new hips and knees were put into Americans; by the year 2020, that number is expected to jump to nearly 2.1 million, according to a study published this year in the *Journal of Bone and Joint Surgery*.

Even in the depth of the bum economy between 2009 and 2010, business in the orthopedic operating room was booming, with some major joint replacements showing double-digit

growth. "People anticipate being active in retirement," said Dr. James Carpenter, who heads the University of Michigan's new Comprehensive Musculoskeletal Center, where 250 doctors from nearly a dozen specialties are focused on the complex interplay of muscle and tendon and cartilage.

Among baby boomers, he said, "there's an expectation and a demand that they function longer and function without pain."

Finally, today's technology, including fine-detail imaging equipment and robotic arms, have made orthopedic surgery almost routine in recent years. There's less scarring and quicker recovery time.

At the Detroit Medical Center, Dr. Roland Brandt uses MAKOplasty, a robotic arm that helps doctors resurface only the parts of the knee damaged by osteoarthritis. In December, DMC doctors used the machine for the first time in hip surgery, said the longtime orthopedic surgeon.

"The kind of procedure that used to keep someone in the hospital for two or three days with swelling and discomfort is now an outpatient procedure with an hour and a half of recovery time and you go home," Brandt said.

Patients worry about months of painful recovery, but he said: "I can tell them they'll be back on the golf course in two weeks if things go well."

Bone on bone

Joint pain is often the result of a lifetime of wear-and-tear of cartilage, the tissue that allows for frictionless, painless motion.

Orthopedic surgeon Dr. James Eberhardt sees it when he pulls out an arthritic hip — the loss of cartilage, the inflammation and then bony spurs that build up painfully as bone grinds bone.

Imagine a chicken bone with

that white, shiny stuff at the end, he tells patients.

If you scrape that white stuff off with a knife, the Oakwood Healthcare doctor said, "you've given it arthritis."

Such wear-and-tear can be made worse by decades-old, minor damage — the kind of thing that Rebecca Bartek imagines she sees, as if in slow motion, each time a girl's elbow slams onto the floor of a volleyball court or a knee twists out of whack on a lacrosse field.

For half of her work week, Bartek is an athletic trainer at Academy of the Sacred Heart in Bloomfield Hills. The other half, she's at Henry Ford Health System's Detroit campus teaching "joint preservation" classes to those in their 30s, 40s and 50s seeking relief from joint pain that has grown intolerable.

"I tell the girls: 'I know you want to get back as soon as you can to playing. But you have to take the time, re-educate the muscles, or I'm going to see you when you're 35,'" she said.

Athletes of any age — both competitive and casual — worry about the right foods to eat before the big game and the best workouts for the gym. They ignore those nagging little pains, often the body's message that worse is to come.

The key is listening to your body's pain now — not tomorrow or next week, she and others said.

"Bigger, faster, stronger — everyone wants that. But you have to protect those joints, too."

Kyle Stack, mayor of Trenton, knows.

"I was really involved in sports all my life and I think it's come to bite me in the butt," she said, chuckling.

Tough to exercise

After a lifetime of tennis and ice skating and dancing and softball (a catcher), she has had both hips replaced and her knee is giving her trouble these days. Pain — occasional at first

and then ever-present — made it tougher to exercise. She gained weight, putting more pressure on the joints, a vicious cycle.

In fact, a single pound is equivalent to four pounds on your knee, according to a 2005 study published by the journal *Arthritis & Rheumatism*. Controlling factors like footwear and gait, researchers concluded that shedding just 10 pounds reduces the "compressive load" on the knees by 48,000 pounds each mile.

"I was getting kind of depressed — 'God, am I ever going to get better?'" she said.

That's when officials from Oakwood Healthcare approached her. Oakwood doctors wanted to partner with the city to step up health screenings and health programming — an effort unveiled last month to shrink the city's collective waistline, address chronic health problems and focus residents on healthy living.

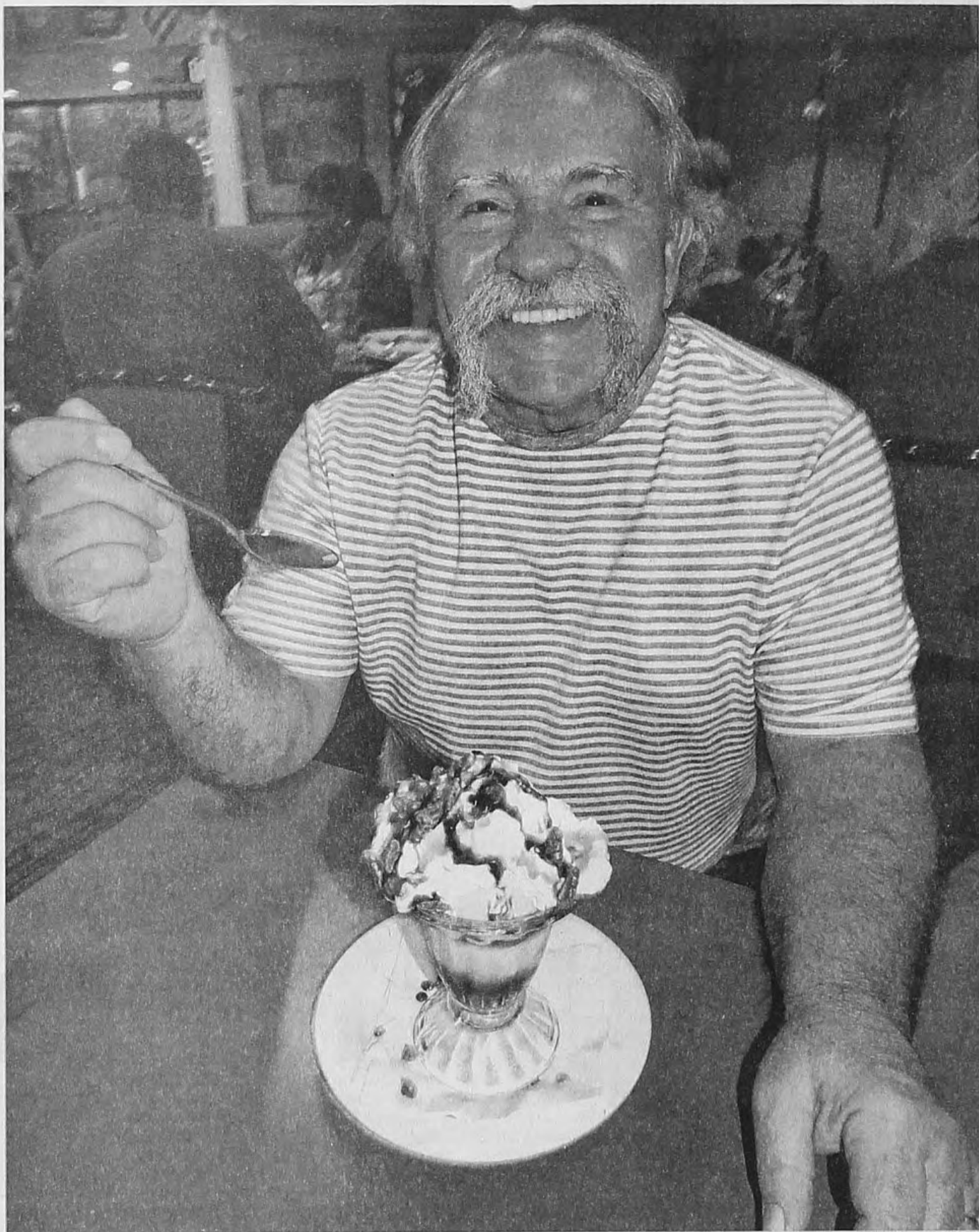
Stack was daunted. But, typical of an athlete perhaps, she also was all in.

Amid the clink of weight machines, Stack and Roy Vreeland, her personal trainer at the Trenton Athletic Club, reviewed the progress she has made: lifting more weight, more reps, fewer inches and, most important, a general return of her energy and confidence.

Vreeland, counting Stack's reps and with a post-workout tuna fish sandwich and a health drink awaiting, says tracking your progress is as simple or as complicated as you want to make it. Done correctly, though, the results are the same.

"It's the muscular system that supports and stabilizes the skeletal system, including the joints," he said. "When you lose the muscle, you lose the structural support around hips, around the knees, around the back, around the neck, around the shoulders.

"It only gets worse as you continue to lose muscle tissue."



Gary Brockway of Livonia celebrates his birthday at Tony's Bar & Grill. The Livonia-based eatery offers a complimentary ice cream sundae to customers who are celebrating a birthday.

MARY QUINLEY

Give yourself a tasty birthday gift this year

Check out this sampling of eateries — and a market — that offer birthday discounts. Unless otherwise noted, coupons from the establishment's website are mandatory to obtain the promotion. Most businesses require the participant to sign up online at least several weeks before their birthday. Be sure to read the fine print on the website.

» Albert's on the Alley: Garden City; free dessert and non-alcoholic beverage; www.albertsonthealley.com

» Alexander the Great: Westland; BOGO for email club members; free dessert for non-club customers; www.alexanderthegreatbbq.com

» Applebee's: Canton, Northville and Westland; free dessert with purchase of entrée; www.applebees.com

» Arby's: Canton, Garden City, Livonia, Plymouth, Redford, Wayne and Westland; free 12-ounce shake with any purchase; www.arbys.com

» Baskin Robbins: Redford and Westland; one free scoop (2.5-ounce) of ice cream; www.baskinrobbins.com

» Buca di Beppo: Livonia, free brownie sundae or dessert of choice; www.bucadibeppo.com

» Buddy's: Livonia; free four-slice cheese pizza; www.buddyspizza.com

» Denny's: Plymouth; free Build Your Own Grand Slam Breakfast; ID required for promotion; www.dennys.com

» Dunkin' Donuts: Westland, Plymouth, Livonia, Redford, Canton and Farmington; free medium drink; www.dunkindonuts.com

» Einstein Bros: Northville and Plymouth; free bagel or breakfast sandwich with purchase of any drink; www.einsteinbros.com

» Famous Dave's: Westland; free ice cream sundae; www.famousdaves.com

» Fleming's Prime Steakhouse & Wine Bar: Livonia; box of truffles; www.flemingssteakhouse.com

» 4 Friends Bar & Grill: Canton; complimentary entrée with photo ID; 734-416-0880

» Frank's Diner: Redford; free meal with valid ID; 313-937-0700

» Garden City Café: Garden City; free dessert; 734-338-6160

» Hungry Howie's Pizza: Canton, Livonia, Farmington, Garden City, Northville, Plymouth, Redford, Wayne and Westland; free medium one-topping pizza with \$5 minimum purchase; www.hungryhowies.com

» Max & Erma's: Livonia and Westland; free cookies for Good Neighbor Rewards' customers; www.maxandermas.com

» Panera Bread: Canton, Farmington, Livonia, Plymouth and Westland; free bakery item; www.panerabread.com

» Papa Vino's: Northville; free dessert with purchase of entrée; www.PapaVinosItalianKitchen.com

» Ruby Tuesday: Canton, Plymouth and Westland; free Birthday Burger with online coupon or complimentary cupcake for patrons without coupon; www.rubytuesday.com

» Starbucks: Redford, Livonia, Westland, Canton, Farmington and Plymouth; purchase a gift card at any Starbucks location and then register online for free menu item; www.starbucks.com

» Station 885: Plymouth; free entrée; www.station885.com

» Steak 'n Shake: Livonia; free Double Cheeseburger with Cheese 'n Fries; www.steaknshake.com

» Sweet Lorraine's: Livonia; free dessert with entrée purchase; www.sweetlorraines.com

» Thomas's: Livonia; complimentary entrée and gourmet cupcake; www.thomassdining.com

» Tony's Bar & Grill: Livonia; free sundae; www.tonyskitchen.net

» Westborn Market: Livonia; free brownie; www.westbornmarket.com

Eateries say 'Happy Birthday' with free dinners, treats galore

By Mary Quinley
Correspondent

On a recent Monday evening, after playing a spirited game of trivia at Tony's Bar & Grill in Livonia, Gary Brockway hung around to celebrate his birthday with his wife, Ellen, and a couple of friends.

"Tony's is a very pleasant place to have a little birthday party," said Brockway of Livonia, as he shared spoonfuls of his complimentary sundae. Glazed-in-house roasted pecans and drizzles of Dutch chocolate and caramel topped the vanilla ice cream treat.

"Birthdays mean a lot to people. I think it's special when customers are willing to share an intimate part of their life with us," said Tony Isa, who co-owns the restaurant with his wife, Desiree.

Many local eateries, like Tony's, offer free or discounted edibles to customers who are celebrating a birthday. Some establishments also

offer anniversary discounts.

At the Canton-based 4 Friends Bar & Grill, birthday celebrants with a photo ID can order almost anything on the menu. Exceptions include the all-you-can-eat-items, filet and full rack of ribs.

"I had steak on my birthday. It was delicious!" said Terry Goehmann of Canton, who celebrated at 4 Friends with her husband, Glenn. Soup and salad were included with the entrée.

Sweet treats

Chef Phil Harrison, from Albert's on the Alley in Garden City, explained the restaurant's birthday promotion.

"We just started our birthday program. We're offering a free dessert." Celebrants may choose a Sanders cream puff, carrot cake or a Toll House sundae cookie. Valid identification is required.

Birthday patrons, who are OK with the wait staff singing a chorus of *Happy Birthday* might consider

Frank's Diner in Redford.

"Your meal is free on your birthday if you show your ID," said owner Pashk Koci. On Sundays, he said, the after-church-crowd frequently shows up with someone in the party who is celebrating a birthday.

One of the best ways to qualify for a freebie or discount is to register for the promotion on an establishment's website.

Some restaurants, like Station 885 in Plymouth, offer birthday and anniversary discounts. "Customers can sign up on our website or in person," said Nora Besk, a manager for the train-themed eatery.

Other dining spots that offer both birthday and anniversary promotions are Papa Vino's in Northville; Hungry Howie's Pizza (all locations); Sweet Lorraine's and Buca di Beppo in Livonia; and, Alexander the Great in Westland. Westborn Market in Livonia also participates in birthday and anniversary promotions.

Knights of Columbus Council in Livonia celebrates 50 years



SUBMITTED PHOTOS

Thomas A. Dooley, Thomas A. Dooley V, and Katie Dooley enjoy the Dr. Thomas A. Dooley Knights of Columbus 50th anniversary celebration in Livonia.



Charter member Walter Jablonski (left) receives a plaque from Grand Knight Jerry Sulak.



Steve Jacek (left), Ed Strach, Jerry Sulak and Mike Malinowski show the 50th anniversary plaque honoring the Dr. Thomas A. Dooley Knights of Columbus.

Dr. Thomas A. Dooley Knights of Columbus Council's yearlong 50th Anniversary Jubilee Celebration wrapped up recently with Mass at Madonna University and a dinner/dance at St. Aidan Church Hall. One hundred thirty-

six Knights, their families and friends attended the event.

Following the invocation by the Rev. Gary Michalik, Grand Knight Jerry Sulak, welcomed attendees. Other speakers included master of ceremonies Norb Gic-

zewski, Michael J. Malinowski, state K of C Immediate past state deputy, and Steve Jacek, state K of C director of membership retention.

Malinowski presented Sulak with a plaque honoring the Council for 50 years of service.

In addition to Malinowski and his wife, Maureen, and Jacek and his wife, Terry, special guests included district deputy Ed Strach and his wife, Lynn, past chaplain the Rev. Henry Roodbeen and the Rev. Mike Loyson. Charter member,

Walter J. Jablonski, past Grand Knights and widows of deceased Council members also were recognized.

Dr. Thomas A. Dooley's nephew, Thomas A. Dooley, his wife, Katie, and his son, Thomas A. Dooley V, also attended

the event.

The evening was capped off with dancing to the music of The Variations.

GARDEN & NATURE CALENDAR

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

Miller Woods

The Friends of Miller Woods will lead tours 2-4 p.m. Sunday, Oct. 19 and 26, through Miller Woods, located at Powell and Ridge Road in Plymouth Township.

Guides will talk about the history of the Miller family and the ecosystem of Michigan forests.

Tours start every half hour, last approximately one hour, and are free. No dogs or strollers are allowed in the woods. www.millerwoods.org; 734-459-7666.

Heritage Park

The park is located on Farmington Road, between 10 Mile and 11 Mile in Farmington Hills. Pre-register for programs online at re-creg.fhgov.com.

» Take a full moon hike 7-8 p.m. Nov. 7. The Friday night hike is for families and children, 5 and up. Cost is \$3 per person payable online or at the door. Meet at the nature center in the park.

» Hay rides run 5:30-7:30 p.m. Friday, through Oct. 24, and Saturday, Nov. 1. Rides are approximately 30 minutes. The fee is \$5 per person. Pre-

register online. A limited number of tickets will be sold at the event. Includes the hay wagon ride, marshmallow roasting over a campfire and apple cider.

English Gardens

» It's not too early to start planning a decorating theme for Christmas. Get tips at 10 a.m. Saturday, Oct. 25. Free.

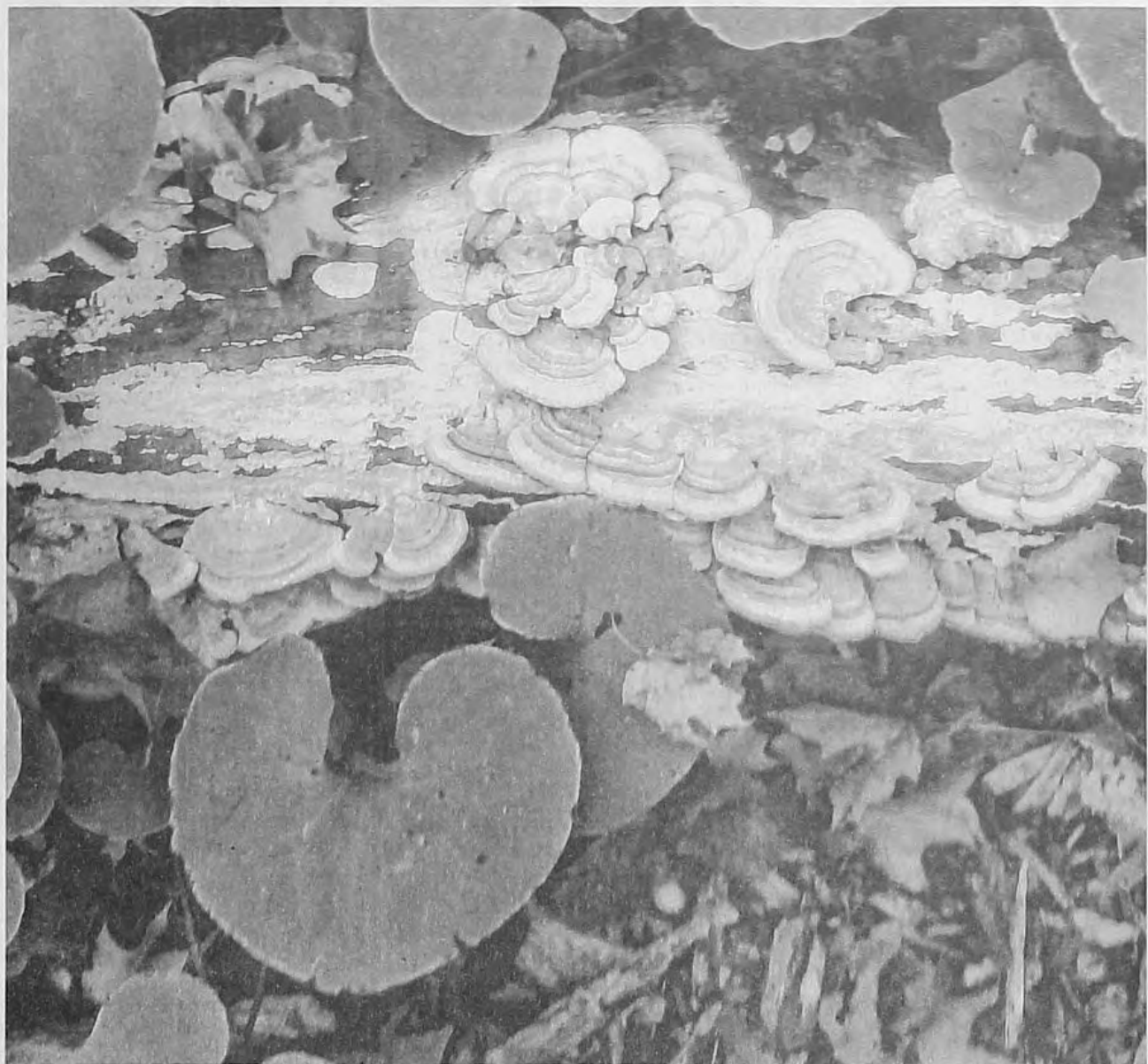
» Kids can dress in their Halloween costumes and bring a pre-decorated pumpkin to the store for judging 11:30 a.m. Saturday, Oct. 25. Free

» See themed Christmas trees, visit with Santa and enjoy free refreshments at a Christmas open house, 10 a.m. Sunday, Nov. 2

» Learn how to make a bow, 10 a.m. Nov. 8 in a workshop; \$5. Register at englishgardens.com.

Classes and events are held at all English Gardens stores.

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



Fungi grows on a log at Miller Woods in Plymouth Township. Take a guided hike through the nature preserve Oct. 19 and 26.

SUBMITTED

REUNIONS

Send school reunion information to Sharon Dargay at sdargay@hometownlife.com.

DEARBORN FORDSON HIGH SCHOOL CLASSES OF 1965

50th reunion is set for Aug. 7, 2015, at the Italian American Banquet Center, 39200 Five Mile,

east of Haggerty, Livonia. Tickets are \$60 each. Deadline is April 11, 2015. Contact Virginia (Mariani) Koch at 734-981-4763, ginny6491@att.net; Rochell May-Bridge at 734-675-2680, wildchild48138@aol.com.

LIVONIA STEVENSON CLASS OF 1974

40-year reunion, planned by Linda Armstrong, Kim Geiger and Jack Karbowski, 7 p.m. to

midnight Nov. 29, Corsi's Restaurant, 27910 Seven Mile, Livonia. Includes dinner, photo booth, disc jockey, pizza. Reservations and payment with Karbowski, 313-530-9634; karblitski@yahoo.com.

OAK PARK HIGH SCHOOL CLASS OF 1975

Save the date, Saturday, July 25, 2015, at Embassy Suites Livonia,

19525 Victor Parkway, Livonia. Classmates may send their contact information to oak-park1975reunion@gmail.com, and to join the Reunion Facebook Page at https://www.facebook.com/events/810805715636204/.

ST. MARY'S OF REDFORD CLASS OF 1969

45th reunion planned for Sat-

urday, Nov. 1, at the Monaghan K of C Hall, 19801 Farmington Road, Livonia. Contact Mark Coulter at 734-453-5423; mcoulter@gr-lakes.com.

WESTLAND JOHN GLENN CLASS OF 1979

35th reunion starts with an informal get-together, 7:30 p.m. to midnight Friday, Oct. 24, at Doc's Sports Retreat, 19265

Victor Parkway, Livonia. The reunion runs 6 p.m. to midnight Saturday, Oct. 25, at Joy Manor, 28999 Joy Road, Westland. Cost of \$65 per person includes dinner, open bar, dancing and disc jockey. Make checks payable to JGHS Class of '79 and send to JGHS Class of 79, 887 Eton Ct., South Lyon, MI 48178.

Guide to Employment

Check out these exciting career opportunities!

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

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

Help Wanted - General

3 KNIFE TRIMMER OPERATOR

For Ann Arbor based book manufacturer. Experience preferred but not necessary. Full-time days, 4-day work week, Monday-Thursday. Benefit package. Apply at 1350 North Main St. Ann Arbor or via email to ljbratton@cutting-malley.com All applications must be received by 10/31/14.

APPOINTMENT SETTER

Make your own Schedule! Work from Home PT or FT. Schedule pick-ups for Purple Heart, call Mon-Fri. 9-5: 734-728-4572 or email: phoneworkinfo@aol.com

Assistant Engineering Manager

Toyota Boshoku America, Novi, Michigan. Manage seat system programs (components & assemblies) from technical standpoint. Lead team of design engineers to develop & launch seat programs. Bachelor's Mechanical Engineering or related w/ 10 yrs exp. Must have supervisory exp & exp w/ design & dylpmt seat system components & assemblies for automotive industry. Proficient Microsoft Word, Excel, Project & PowerPoint & UG NX/Catia 5. Must have ability to travel up to 40% internationally & nationally (majority of travel in U.S.) Must have proof of legal authority to work indefinitely in the U.S. EEO. Mail resume: Liza Day, TBA, 28000 West Park Dr, Novi MI 48377

AUTO BODY TECH

IMMEDIATE OPENING! For very busy Collision Repair Shop in Plymouth. Exp. & Certification needed. Full benefits available. Fax resume Attn: Jeff, c/o Howe Auto Body, 734-451-9917 jmh@howeautobody.comcast.net

AUTO PARTS SORTING & INSPECTING

Established Co. in Brighton is seeking quick learners. \$10/hr. No exp. necessary. Paid training provided. Must have own transportation. Please call Mon-Fri. 8-3pm. 810-229-6053

LABORER

S. Oakland mechanical contractor. No exp. needed. Must be drug free & have clean driving record. Great opportunity to learn a trade & develop multiple skills. Benefit package includes paid holidays & sick pay, health insurance, & 401k. Email: comfor@royalokheating.com

Help Wanted - General

TELLER

Full time position. Previous cash handling experience preferred. Competitive salary and full benefits including medical, dental, vision, life insurance and 401(k). Please reply with resume to: Michigan Educational Credit Union, 1903 Rochester Rd. Royal Oak, MI 48073 Attn: David Foster 248-399-7473 or email: general@mechedu.org

Bilingual (Spanish/English) Customer Service Reps

Livonia, MI - \$11-14/hr. Call MCM Staffing 248-436-8105

CANVASSERS

Michigan's Leading Home Improvement Co. has Immediate Positions Available in our Outside Canvassing Dept. Base Pay + Commission & Bonuses Top Pay Guaranteed. Dave: 734-271-5911 Adam: 734-620-8870

CARING STAFF

to provide community based training and activities during the day for a gentleman with a disability \$11.00 hr. 734-678-9595

CASHIER

Full-time at car dealer. Exp. preferred. Resume to: aresource132@yahoo.com

CITY OF LIVONIA

Building Inspector Clerk-Typist I Firefighter

For complete information visit our website at: www.ci.livonia.mi.us or apply in person at Livonia City Hall, 3rd floor, 33000 Civic Center Dr, Livonia, MI 48154 E.O.E. M/F/H

COLLISION SHOP

In Farmington Hills Accepting Applications for •BODY TECH •HELPER ASSISTANT Hourly + Benefits. 248-471-1448

COUNTER CLERKS

Full or Part-Time Or Students. All locations. Mail Kai Cleaners Call Robin or Steve: 313-537-8050

Help Wanted - General

DIESEL MECHANIC

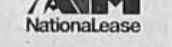
\$1500 Sign-On Bonus!

Competitive Pay

Full-time opportunity

Excellent Full Benefits Starting at \$30 per week

Experience Required CDL a plus but not req



text MECH to 51893 for info 877-977-4804 www.aimnls.com/04

DIRECT CARE:

Staffing Agency seeks caring staff to assist and support individuals to live in their homes as independently as possible by assisting with recreation, daily living needs, transportation and other duties/ services. Positions available in Canton/ Westland Area. Contact: 734-722-4580 Ext #17 or apply on-line www.ahscomserv.com/

DRIVER CDL A

Local Route Home Every Night! Monday - Friday + Hourly Pay Excellent Full Benefits OLYMPIC STEEL Call for Info & Apply Today! 800-873-5059 EXT 134

Drivers

\$3,000 Sign on Bonus regional No-Touch Openings! CDL-A w/2 yrs Experience. Call Penske Logistics Today! 1-855-395-6630

DRIVERS: CDL-A

Immediate Openings! Must have Hazmat. Mon-Fri. Home everyday! New equipment, full benefits. Local company. (734) 722-9581 divcartage@aol.com

Drivers

Do you want more than \$1,000 a Week? Excellent Monthly Bonus Program/Benefits. Weekend Hometown you Deserve! Electronic Logs/Rider Program. 1-855-395-6630

HVAC TECH

For well-established S. Oakland mechanical contractor. Some exp req. Must be drug free and have clean driving record. Benefit package includes paid holidays and sick pay, health insurance, and 401k. Email resume: comfor@royalokheating.com

Help Wanted - General

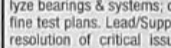
ENGINEERING SPECIALIST-BEARINGS

For Linamar/McLaren Engines location to provide technical direction of the design and development of bearings to product teams, advanced & plant manufacturing; Specify, size & analyze bearings & systems; define test plans. Lead/Support resolution of critical issues related to bearings. Conduct technical bearing studies. Define and maintain design best practices for commodity. Must have MSME or equivalent in Mechanical Engineer & 8 yrs. exp. mechanical engineering design & analysis of bearings. Equivalent must be based upon credentials only as determined by an accredited credentials evaluator.

Excellent Full Benefits

Starting at \$30 per week

Experience Required CDL a plus but not req



text MECH to 51893 for info 877-977-4804 www.aimnls.com/04

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Help Wanted - General

LABORERS, BRICK LAYERS & STONE MASON

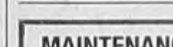
for residential work. Reliable. Full-Time. 248-249-4123. bruceineinger@sbcglobal.net

LIGHT MANUFACTURING

Growing company in New Hudson has full-time positions available. Prior manufacturing experience preferred. Looking for responsible individuals who take pride in their work. Competitive salary & benefits. Interested parties should mail, email, fax their resume or stop by to fill out an application. PERFORMANCE SPRINGS INC 57575 Travis Road New Hudson, MI 48165 Phone: 248-486-3372 Fax: 248-486-3379 Larry@psisprings.com

MAINTENANCE TECHNICIAN

Part-Time



The Wayne Housing Commission is accepting applications for a part-time maintenance position. Basic repair skills and an ability to trouble shoot are a must. General grounds maintenance and snow removal will be required. Starting pay of \$9/hr., 25 hours a week. Applications are being accepted at the Wayne Housing Commission Office, 4001 S. Wayne Rd. Wayne, MI 48184 until October 24, 2014

Maintenance

WANTED!!! Energetic, outgoing, hard-working, full-time Maintenance Tech.!!!

Are you looking for a career where you enjoy coming to work?

Do you want to work in a "fun" environment with friendly people?

Does a job with learning opportunities and advancement options appeal to you?

Would insurance and retirement plans benefit you?

If you answered "yes" to any of these, Canterbury Woods Apartments is just the place for you.

If interested, please submit resume to: manager@canterburywoods-apts.com

57575 Travis Road New Hudson, MI 48165 Phone: 248-486-3372 Fax: 248-486-3379 Larry@psisprings.com

Apply online at: www.canterburywoods-apts.com

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Help Wanted - General

PERSONAL ASSISTANT

For the Ypsilanti, Canton, Plymouth, Ann Arbor, Saline, South Lyon, New Hudson, Milford, Brighton, Wixom, and Novi areas. Rewarding positions available serving persons with special needs in their homes or in group homes. Must be over 18 & have valid MI driver's license. Paid training. Please call to join our team: 734-239-9015, 248-946-4425

Help Wanted - Office Clerical

INBOUND CALL CENTER CUSTOMER SERVICE REP AUBURN HILLS

Part-Time. Must be able to pass a spelling test, standard spelling test & typing test of 40 wpm. Good attendance & strong verbal communication skills. Starting wage \$11/hr. Email resume to: jcascio@missdig.org

RECEPTIONIST, PART-TIME

At car dealer. Administrative duties. Exp. preferred. Email: aresource132@yahoo.com

Help Wanted - Medical

MEDICAL ASSISTANT

25-30 hrs/wk. Excellent Salary and Health Benefits. MEDICAL RECEPTIONIST Experience Preferred Full-Time, Exc. Salary and Health Benefits For West Bloomfield Allergy Office. Cover Letter, Resume & References to: miallergy@comcast.net

Food - Beverage

COOK

Contract Management Services Company has an immediate opening for a PART-TIME COOK at a Detroit College. 2 Years Experience a plus. Must be able to lift a minimum of 30lbs and be able to work evenings and weekends. Friendly, energetic, customer services oriented individuals need only to apply. Please send resume to: kmcmillan@margygrove.com

SERVERS & HOSTS

Needed at Red Olive, Wixom. Stop in & ask for the manager. 49605 Grand River Ave. (248) 924-2621

Medical Assistant

Full-Time. Fast paced Primary Care office in downtown Northville. Open 7am-7pm. Must be able to work shifts. Occasional Sat's. 8-1pm. Need to have experience with injections, blood draws, vitals, spirometry and EKG. Resume: vss003@gmail.com

MEDICAL ASSISTANT/ RN

Full time for busy Holistic Family Practice in Novi. Experience, proficiency in venipuncture, front office exp, good work ethic/ attitude & must interest in holistic health a plus. Only top resumes chosen for interview. holistcma@gmail.com

RR

Part-Time, Afternoons, Geriatric and Assisted Living Exp Req. Email resume to: Rosemarie@matonglanmear.com

MATHESON
ask... The Gas Professionals™

Matheson, a leading manufacturer of industrial, medical & specialty gases, seeks a:

Driver - Hazmat & Tanker
Wixom, MI
\$1,500 SIGN-ON BONUS

This position will be responsible for loading and unloading cryogenic liquids & compressed gases, practice defensive driving techniques on a daily basis while operating vehicles and the prevention of all work-related accidents and injuries, reporting of all accidents and unsafe acts/conditions (near misses) while performing normal duties. Must possess a valid CDL A with HAZMAT, Tanker, and Airbrake endorsements. Minimum of 3 years tractor and semi-trailer experience and provide verification of experience. Past history of safe driving record. Competitive pay, bonus program, medical, dental, vision, 401k, and paid vacation.

Company provides 4-6 weeks of paid training for loading, unloading and handling of product.

Apply online at:
https://mathesongas.silkroad.com/epostings
Req. #2229-131
Or call us at 908-991-9271.

Matheson is an EO employer - M/F/Veteran/Disability

Medical Assistant
Full-Time. Fast paced Primary Care office in downtown Northville. Open 7am-7pm. Must be able to work shifts. Occasional Sat's. 8-1pm. Need to have experience with injections, blood draws, vitals, spirometry and EKG. Resume: vss003@gmail.com

MEDICAL ASSISTANT/ RN
Full time for busy Holistic Family Practice in Novi. Experience, proficiency in venipuncture, front office exp, good work ethic/ attitude & must interest in holistic health a plus. Only top resumes chosen for interview. holistcma@gmail.com

RR
Part-Time, Afternoons, Geriatric and Assisted Living Exp Req. Email resume to: Rosemarie@matonglanmear.com

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RELIGION CALENDAR

OCTOBER BREAKFAST

Time/Date: 8:30-11:30 a.m. Sunday, Oct. 19
Location: St. Theodore Social Hall, 8200 N. Wayne Road, Westland
Details: Pancakes, French toast, sausage, ham, scrambled eggs, applesauce, coffee, tea, milk, juice. Cost is \$3 for adults, \$1.50 for children
Contact: 734-425-4421

CONCERT

Time/Date: 4 p.m. Sunday, Oct. 19
Location: Birmingham Unitarian Church, 38651 Woodward Ave., Bloomfield Hills
Details: Madrigal Chorale performs a benefit concert for Ryan Rocks!!! Outdoor Adventures, a nonprofit that enables children with cancer to go on outdoor wilderness adventures. Works will include *And The Glory* from Handel's *The Messiah*, *Little Tree* with text by E. E. Cummings and music by Eric Whitacre, and *Standing In The Need Of Prayer*, by Moses Hogan. Free will offerings will be collected
Contact: 248-804-1377; madrigalchorale.org

DETROIT LUTHERAN SINGERS

Time/Date: 3:30 p.m. and 7:30 p.m. Sunday, Oct. 19
Location: Early concert at Our Shepherd Lutheran Church, 2235 E. 14 Mile, Birmingham and evening concert at St. Paul Lutheran, 202 E. Fifth, Royal Oak
Details: "Sacred Pairings" concert; general admission \$15, \$10 for students, 12 and up, and seniors
Contact: dlsingers@hotmail.com; detroitluthersingers.com

Eye-glass collection

Time/Date: Daily
Location: Kenwood Church of

Christ, 20200 Merriman, Livonia
Details: A drop box is stationed at the church's main entrance for used eyeglasses which will be sent to Haiti through Haitian Christian Outreach
Contact: 248-476-8222

FALL FESTIVAL

Time/Date: 4-6 p.m. Saturday, Oct. 25
Location: St. Paul's Presbyterian Church, located on Five Mile, one block west of Inkster Road, Livonia
Details: The event, for children through sixth grade, will include crafts, games, refreshments and more. Church members will pass out treats as children trick or treat from car trunk to car trunk. Costumes are encouraged. Parents or guardians must be present. The church also will sponsor a coat exchange for kids. Donate coats for the exchange during business hours at the church. Any remaining coats will go to Redford Interfaith Relief.
Contact: 734-422-1470

FLEA MARKET

Time/Date: 10 a.m. to 4 p.m. Oct. 25
Location: Knights of Columbus Hall, 19801 Farmington Road, Livonia
Details: Arts and crafts, vintage flea market and more; proceeds used to fill Christmas baskets
Contact: Denise at 248-474-4162

PHOTO EXHIBIT

Time/Date: 7-9 p.m. Wednesday and 1-4 p.m. Sunday through Oct. 30
Location: Northwest Unitarian Universalist Church, 23925 Northwestern Hwy, Southfield
Details: "Pioneering Voices" consists of photos and stories of transgender persons
Contact: 248-354-4488; www.northwestuu.org

NOVEMBER CRAFT SHOW

Time/Date: 10 a.m. to 4 p.m.

Saturday, Nov. 8
Location: New Beginnings United Methodist Church, 16175 Delaware, Redford
Details: Seeking crafters; 8-foot tables available for \$25 each
Contact: Sue Makins at 313-516-7249

ONGOING CLASSES/STUDY

Men's Bible study
Time/Date: Breakfast at 7 a.m. and study at 8 a.m.
Location: Kirby's Coney Island, 21200 Haggerty, Northville Township
Contact: John Shulenberg at 734-464-9491

Our Lady of Loretto
Time/Date: 6:30-7:30 p.m. Monday
Location: Six Mile and Beech Daly, Redford Township
Details: Scripture study
Contact: 313-534-9000

CLOTHING BANK
Time/Date: 10 a.m. to 1 p.m. last Saturday of the month
Location: Canton Christian Fellowship, 8775 Ronda Drive, Canton
Details: No documentation needed
Contact: info@cantoncf.org

FAMILY MEAL
Time/Date: 5-6 p.m. every Thursday
Location: Salvation Army, 27500 Shiawassee, Farmington Hills
Details: Free meal
Contact: 248-477-1153, Ext. 12

MOMS
Christ Our Savior Lutheran Church
Time/Date: 9:30-11:30 a.m. second Tuesday, September-May
Location: 14175 Farmington Road, Livonia
Details: Mothers of Preschoolers (MOPS) is aimed at mothers of infants through kindergartners

Contact: Ethanie Defoe at 248-227-6617 and Jody Fleszar at 734-658-2463

Dunning Park Bible Chapel
Time/Date: 9:30-11:30 a.m. first and third Tuesdays
Location: 24800 W. Chicago Road, Redford
Details: MOPS is a place where moms can build friendships, receive mothering support, practical help and spiritual hope.
Contact: Amy at 313-937-3084 or Kristen at 734-542-0767

PET-FRIENDLY SERVICE
Time/Date: 1 p.m. Sunday
Location: Dunk N Dogs, 27911 Five Mile, Livonia
Details: All Creatures ULC sponsors the service, which is conducted in an informal setting. Pet blessings are available after the service.
Contact: 313-563-0162

PRAYER
St. Edith Church
Time/Date: 7 p.m. Thursday
Location: 15089 Newburgh, Livonia. Enter through back.
Details: Music, singing, prayer
Contact: Grace at 734-464-1896, Shirley at 734-464-3656 or Geri at 734-464-8906

St. Michael Lutheran Church
Time/Date: 6-7 a.m. Monday-Friday
Time/Date: 10 a.m. to 2 p.m. Saturday
Location: 7000 N. Sheldon, Canton
Details: Praying silently or aloud together; prayer requests welcomed.
Contact: 734-459-3333 for additional information

SINGLES
Detroit World Outreach
Time/Date: 4-6 p.m. Sunday
Location: 23800 W. Chicago, Redford, Room 304
Details: Divorce Overcomers group is designed for individuals going through divorce, those who are divorced or separated.
Contact: The facilitator at 313-283-8200; lef@dw.org

First Presbyterian Church
Time/Date: 7-7:15 p.m., social time; 7:30 p.m., announcements; 7:30-8:30 p.m., program; 8:30-9 p.m. ice cream social, Thursdays.
Location: 200 E. Main St., Northville
Details: Single Place Ministry; cost is \$5
Contact: 248-349-0911 or visit www.singleplace.org

Steve's Family Restaurant
Time/Date: 9 a.m. second and fourth Thursday
Location: 15800 Middlebelt, 14 mile north of Five Mile, Livonia
Details: Widowed men of all

ages may attend the Widowed Friends Men's breakfast. This is an informal "peer" group where men have an opportunity to meet with others.
Contact: 313-534-0399

SONG CIRCLE

Congregation Beth Ahm
Time/Date: Noon to 12:30 p.m. every Shabbat
Location: 5075 W. Maple, West Bloomfield
Details: Sing zemirot (Shabbat songs) and celebrate Kiddush following morning services. Lyrics are provided in transliteration as well as the original Hebrew.
Contact: 248-737-1931 or email nancyellen879@att.net.

Apostolic Christian Church
Time/Date: 5 a.m. to 11 p.m. daily
Location: 29667 Wentworth, Livonia
Details: Adult day care program at the church's Woodhaven Retirement Community. Funding available from TSA, AAA 1-C Older Americans Act.
Contact: 734-261-9000; www.woodhaven-retirement.com

Connection Church
Time/Date: 7 p.m. Friday
Location: 3855 Sheldon, Canton
Details: Celebrate Recovery is a Christ-centered recovery for all hurts, habits and hang-ups. Child care is available for free
Contact: Jonathan@Connectionchurch.info or 248-787-5009

Detroit World Outreach
Time/Date: 7-8:30 p.m. Tuesday
Location: 23800 W. Chicago, Redford; Room 202
Details: Addiction No More offers support for addictive behavior problems
Contact: 313-255-2222, Ext. 244

Farmington Hills Baptist Church
Time/Date: 7-9 p.m. second Tuesday of the month except January, July and August
Location: 28301 Middlebelt, between 12 Mile and 13 Mile in Farmington Hills
Details: Western Oakland Parkinson Support Group
Contact: 248-433-1011

Merriman Road Baptist Church
Time/Date: 1-3 p.m. second and fourth Thursday
Location: 2055 Merriman, Garden City
Details: Metro Fibromyalgia support group meets; donations
Contact: www.metrofibrogroup.com; or call Ruthann with questions at 734-981-2519

Fireside Church of God
Time/Date: 8 a.m. to 5:30 p.m. Monday-Friday
Location: 11771 Newburgh, Livonia
Details: Fireside Adult Day Ministry/activity-based program for dependent adults, specializing in dementia care. Not a drop-in center
Contact: 734-855-4056 or 734-464-0990; www.firesidechog.org; or email to adm@firesidechog.org

St. Andrew's Episcopal Church
Time/Date: 10 a.m. to noon Saturday
Location: 16360 Hubbard, Livonia
Details: A weekly drop-in Food Cupboard (nonperishable items) is available
Contact: 734-421-8451

St. Thomas a' Becket Church
Time/Date: Weigh-in is 6:15-6:55 p.m.; support group 7 p.m. Thursday
Location: 555 S. Lilley, Canton
Details: Take Off Pounds Sensibly
Contact: Margaret at 734-838-0322

Unity of Livonia
Time/Date: 7 p.m. Thursday
Location: 28660 Five Mile, between Middlebelt and Inkster, Livonia
Details: Overeaters Anonymous
Contact: 248-559-7722; www.oa.org for additional information

Ward Evangelical Presbyterian Church
Time/Date: 6 p.m. dinner (optional); 7 p.m. worship; 8 p.m. small group discussion; 9 p.m. Solid Rock Cafe (optional coffee/desserts)
Location: 40000 Six Mile, Northville Township
Details: Celebrate Recovery helps men and women find freedom from hurts, habits and hangups; child care is free.
Contact: Child care; 248-374-7400; www.celebraterecovery.com and www.wardchurch.org/celebrate

THRIFT STORE
St. James Presbyterian
Location: 25350 W. Six Mile, Redford
Contact: 313-534-7730 for additional information

Way of Life Christian Church
Time/Date: 2-3:30 p.m. third Saturday from October through May
Location: 9401 General Drive, Lilley Executive Plaza, Suite 100, Plymouth
Details: Women's fellowship
Contact: 734-637-7618

Passages
 Obituaries, Memories & Remembrances

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 1-800-579-7355 • fax 313-496-4968 • www.mideathnotices.com

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

BORON, HENRY H.
 Age 66, of Livonia, died October 15, 2014. Loving brother of Mary Phillips; uncle of Lisa Boron, Scott Phillips, and Steven Phillips. Sadly, Henry was preceded in death by his parents Tony and Florence, wife Sophia and brother, Chris (Jean) Boron. Memorial Mass Monday, October 20, 11 a.m. (gathering 10:15 a.m.), at St. Genevieve - St. Maurice Catholic Church, 29015 Jamison St., Livonia, MI 48154. Private inurnment will take place at Holy Sepulchre Cemetery, Southfield.
 heeneysundquist.com
HEENEY-SUNDQUIST FUNERAL HOME



SHALTZ, FRANK M.
 October 15, 2014. Age 74 of Livonia. Beloved husband of Carol. Dear brother of Dorothy (Carl) Manooogian and Frances (the late Donald) O'Connor. Brother-in-law of Alice Santo. Also survived by several nieces, nephews, great-nieces, great-nephews, cousins, and many friends. Services were held Saturday, October 18, 2014, at John Molnar Funeral Home, Southgate Chapel.
www.molnarfuneralhome.com

STERLING, RODNEY M.
 Age 76, of Rome, passed away Monday, October 13, 2014. Mr. Sterling was born on August 10, 1938 in Pontiac, MI. He was preceded in death by his wife, Joyce Wheaton Sterling, and by a daughter, Tamara Behiry and parents Robert and Freda Sterling. Mr. Sterling was a member of Pleasant Valley North Baptist Church and was a Gideon. He worked for General Dynamics as an engineer for many years before retiring. His wisdom and influence will continue to impact our daily lives in a positive way. Survivors include his daughter, Sylvia Caruvana, and her husband, Jon, Rome; a son, Kyran Van Sickle, Springport, MI; seven grandchildren; close friends also survive. Funeral services will be held on Thursday, October 16, 2014, at 1:00 PM in the Chapel at Henderson & Sons Funeral Home, North Chapel and Crematory, with the Rev. Clyde Hampton officiating. Graveside services and interment will follow on Saturday, October 18, 2014, at 11:00 AM in Gresham Cemetery, Chester Township, MI. The family will receive friends at Henderson & Sons Funeral Home, North Chapel, on Thursday from 12 noon until the service hour. In lieu of flowers, the family request donations be made in his memory to Gideon's International or to the Pleasant Valley North Baptist Church, Building Fund, 735 Old Summerville Road, NW, Rome, GA 30165. Henderson & Sons Funeral Home, North Chapel and Crematory, has charge of the funeral arrangements.

Paying tribute to the life of your loved one.

May the memory of your loved one... bring you peace.

DORAN, DAVID A.
 Age 73, of Bonita Springs, Florida, died too soon on October 14, 2014, after an outdoor accident at his home. The son of Esther and Paul Doran, Dave grew up in Grand Haven, Michigan, where he spent nights fishing the piers for dinner. After high school, he enrolled at the University of Michigan, where he received his Bachelor's degree, as well as his MBA and JD. He spent 33 years heading the tax department at Masco, in Metro Detroit. After retiring, he split his time between Florida and Northern Michigan. Throughout his life, Dave was an accomplished golfer—but more than the club trophies, we'll remember him for the way he embraced the physical delicacy and mental rigor it required. We'll remember the boyish smile that overtook his face as he looked out from the first tee at Crystal Downs. His friends and family will cherish all the rounds we got to play with him, and we'll always wish we had just one more. Dave will also be remembered for his generosity. He was always willing to help others, whether it was donating to charities or letting a college golf team (Michigan State's, no less!) take over his house for a week. Most recently, he volunteered his time helping Spanish-speaking residents learn English. A matchless family man, Dave was happiest when he was spending time with his kids. It didn't matter what they were doing together—simply being together was enough. His children were his world, and he was theirs. Those worlds have been disrupted now, but the memories of them never will be. Dave was patient, loving, affable, brilliant, and assiduous. He was the kind of man you aspire to be, the kind of man who infused those around him with a magnanimous strength. His friends are better for knowing him, and his family is better for loving him—and for being loved by him. This, ultimately, was his greatest gift, the lesson he taught us every day: how to act with virtue, how to lead an admirable, exuberant, compassionate life. Dave is survived by his wife, Maureen; his brother, Larry; and his sisters, Paula, Pat, and Kathy. He leaves behind five children, Stefanie, Kim, David, Caitlin, and Megan; and three grandchildren who will always remember their "Papa": Aiden, Parker, and Leal. We will miss you terribly. We will celebrate Dave's life on Thursday, Oct. 23, from 4-8 pm (eulogy at 6 pm) at Western Golf and Country Club, 14600 Kinloch, Redford, MI, 48239. All are welcome. Dave's family has set up a donation collection for the Evans Scholar Foundation in his name. Visit www.wgaesf.org, and click on "Support Us," then "Memorials & Honorariums." Forms will be available at the memorial.

ANNIVERSARY

CELEBRATING 30 YEARS

Benedetto (Ben) and Christiane (Chris) Tiseo of Livonia will celebrate their 30th wedding anniversary Monday, Oct. 20. They were married in 1984.



Chris and Ben Tiseo of Livonia

Chris was born in a small town near Marburg, Germany, and came to Detroit in 1964. Ben was born in a small town near Casino, Italy, and came to Detroit in 1950.

Chris graduated from Henry Ford Community College with a degree in business administration. Before becoming a stay-at-home mom, she worked at several corporations.

Ben served in the U.S. Army and spent 13 months in Korea with the Second Infantry Division near the DMZ. After his honorable discharge he attended night school for 10 years at Lawrence Technological University and graduated in 1978 with a bachelor's degree in architecture. Two years later, he returned as an adjunct instructor and is now approaching his 35-year teaching anniversary at LTU.

Ben and Chris first met while Chris was working in and for the Penobscot Building in Detroit where Ben was the architect on a retail space on the first floor. Thirteen months later, they were married at Christ the King Church in Northwest Detroit. Their honeymoon brought them back to both Germany and Italy to visit and celebrate with family.

They moved to Livonia, from Detroit, in 1994 where they currently live with their son, Dominic, a graduate in biomedical engineering from Lawrence Tech, and their daughter, Gabriella, who is a freshman at Lawrence Tech where she studies civil engineering. Ben has a daughter, Holly, from a previous marriage, who lives in Canton with her husband, Dave Hayes, and sons Anthony and Nicolas.



Chris and Ben Tiseo on their wedding day in 1984

In 1998, Ben moved his architectural practice to Livonia and has been a fixture in the community ever since. His firm, Tiseo Architects Inc., is the architect of the Livonia Veterans Plaza at Five Mile and Farmington Road. Ben is also the architect and developer of his own office building on Farmington Road, and the Eight Mile Place shopping center at the southeast corner of Eight Mile and Farmington Road.

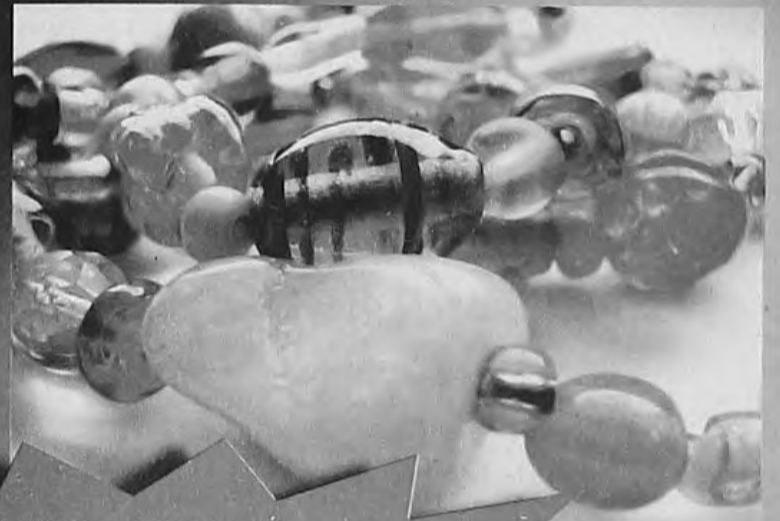
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October 25, 2014 10 a.m - 5 p.m.

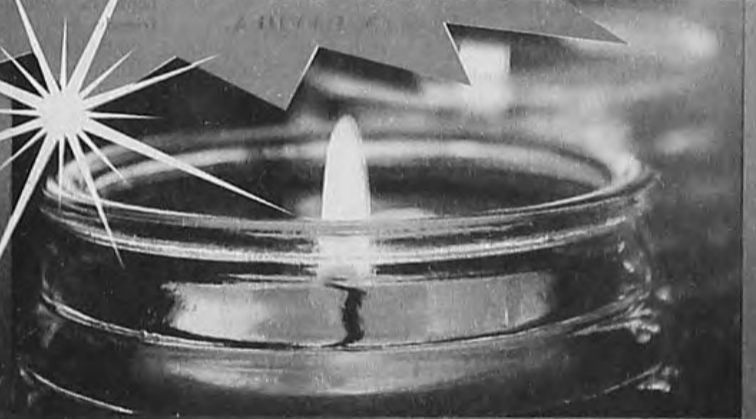
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How to: Make a JOB FAIR worth your while

By Robert Half

Attending a job fair can seem a little like speed dating. You're one of many in a line of candidates who meet with participating employers so quickly there is barely time to shake hands and say hello before being rushed along.

With a little effort, however, you can use this brief time to your advantage. Here's how to stand out at job fairs:

BE CHOOSY

If you treat a job fair as a simple matter of presenting yourself for selection, you're cheating yourself. You should be the one doing the selecting. That begins with being choosy about the events you attend. A job fair that neither fits your specialty nor offers jobs in cities you would consider working in probably won't be worth your time.

Once you've found a suitable

event, don't worry about making an impression on every employer there. Instead, create a list of the three or four that are a great match for your professional goals and interests. Don't overlook less familiar firms, which may have excellent career opportunities while attracting less competition. After you've made contact with each of your top targets, investigate additional companies as time permits.

PREPARE TO STAND OUT

While your time with an employer during the fair may be brief, approach the event as though you were preparing for several conventional job interviews that just happen to be scheduled on the same day. Ask members of your network what they know about the employers you're targeting and research those firms' current priorities. Come up with a few questions

that demonstrate your familiarity with each company.

Dress as you normally would for an interview and prepare a résumé that's customized for each of your top choices. Bring hard copies with you to the fair, even if you submitted your résumé online when you registered.

Don't count on your résumé to buy you extended attention from an employer. Every minute of a company's time at a job fair is precious. Well before the event, practice a pitch that's about the length of a TV commercial. Write it out, memorize it and rehearse it in front of a friend willing to provide a critique. The pitch should establish who you are, what your specialties are and how you can benefit the business.

FOCUS ON LITTLE THINGS

The finer points of job-fair behavior can make the difference between a successful event and a

waste of time. Here are some tips that can lead to better results.

Lose the posse. It can be comforting to attend a big event with a friend or two, but would you bring them along to a conventional job interview? Remember that the idea is to stand out and make new connections.

Use the whole event. When you're standing in line to meet an employer or get lunch, introduce yourself to people around you. Take an interest in them, whether they're on the hiring or job-seek-

ing side, and let them know your own story. It's a low-stakes way to practice your pitch, as well as a chance to build your network.

Swag isn't free. You're here to find work, not to accumulate stuff you'll discover buried deep in a desk drawer the next time you move. Loading up on freebies looks unprofessional.

FOLLOW UP FOR MAXIMUM EFFECT

Keep in mind the job fair isn't over once you head back home. After the event, send your new contacts a brief thank-you email that reiterates what you can offer their companies. Remind them of any distinguishing points you discussed.

It's true that most aspects of a job fair are out of your control. But that doesn't mean it's an entirely random affair. If you approach it as enduring a day of drudgery in exchange for a long-shot chance at a job offer, it's unlikely to do you any good. But if you're selective and assertive about the parts of the process you can control, you'll have good reason to feel optimistic about your chances.

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POTOK 60TH WEDDING ANNIVERSARY
Ted and Jane (Przekota) Potok of Livonia celebrated their 60th wedding anniversary on October 16, 2014. They were married on that day in 1954 at Transfiguration Church in Hamtramck MI. For better, for worse, for richer, for poorer, in sickness and in health, you continue to love and support one another all the days of your lives. We are grateful for all you have done for us. From your loving children (Felicia, Michelle, Tim and Steve) and number one sons/daughters-in-law (Pat, Eric and Andrea) and nine FANTASTIC grandchildren.

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CXL, FWD, ABS, leather/heated seats. \$19,995 **BOB JEANNOTTE BUICK, GMC** 734-453-2500

BUICK ENCLAVE 2012
Cashmere Leather Interior, Crystal Red. Only \$25,995. **BOB JEANNOTTE BUICK, GMC** 734-453-2500

CHEVY EQUINOX LS 2005
Black, Low Miles, 1 Owner, Great Condition \$8995 **BOB JEANNOTTE BUICK, GMC** 734-453-2500

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Black, Low Miles, 1 Owner, Great Condition \$8995 **BOB JEANNOTTE BUICK, GMC** 734-453-2500

Sports Utility

EXPLORER SPORT TRAC 2008
LTD, 4x4, air, ABS, \$24,907 **NORTH BROS.** 855-667-9680

FORD EDGE SEL 2010
5 Pass, One Owner, Loaded! Ford Certified. \$14,988. **NORTH BROS.** 855-667-9680

FORD ESCAPE 2014
4x4, SE, moonroof, only 2700 miles. Ford Certified! 1.9% **NORTH BROS.** 855-667-9680

FORD ESCAPE LIMITED 2005
4x4, lthr, fully loaded, \$7,599 **BOB JEANNOTTE BUICK, GMC** 734-453-2500

FORD EXPLORER XLT 2003
4x4, Black with Graphite cloth interior, \$4,995. **BOB JEANNOTTE BUICK, GMC** 734-453-2500

GMC ACADIA 2010
FWD SLT, leather, Bose stereo system, loaded! \$18,995 **BOB JEANNOTTE BUICK, GMC** 734-453-2500

GMC TERRAIN 2011
FWD, 4 dr., SLE-1, 42K, 1 owner, extra clean! \$17,995 **BOB JEANNOTTE BUICK, GMC** 734-453-2500

GMC YUKON 2011
4WD, 4 Dr., 1500 SLT, Leather, Pwr. Sunroof, 3rd Row Seat. \$29,995. **BOB JEANNOTTE BUICK, GMC** 734-453-2500

JEEP LIBERTY 2012
4x4, 4WD, 4dr Spt.1 owner, 40,000 miles \$17,995 **BOB JEANNOTTE BUICK, GMC** 734-453-2500

MOUNTAINEER 2008
AWD, 4 dr, V6. Loaded! \$13,995 **BOB JEANNOTTE BUICK, GMC** 734-453-2500

Sports & Imported

CHEVY AVALANCHE 2011
4WD, LTZ, leather, back-up camera, remote ignition. \$29,995 **BOB JEANNOTTE BUICK, GMC** 734-453-2500

MAZDA 3 2008 - 5 Door,
Grand Touring, 31K, Miles White pearl, Excel. Cond., 1 owner, garaged, \$10,500 313-706-6425

SCION TC 2009
2 dr. hatchback, power sunroof, 1 owner. \$14,995. **BOB JEANNOTTE BUICK, GMC** 734-453-2500

ALLURE CXL 2006
Auto, Leather, Certified \$11,988 **NORTH BROS.** 855-667-9680

BUICK LACROSSE 2008
36,000 Miles, White Opal, 1 Owner, Fully Loaded, \$12,995 **BOB JEANNOTTE BUICK, GMC** 734-453-2500

BUICK LUCERNE 2011
CXL Premium 4 dr sedan, Fully loaded. A real beauty! Only 50,000 miles. \$17,995 **BOB JEANNOTTE BUICK, GMC** 734-453-2500

LACROSSE 2012
FWD, Touring, Silver, 1 owner, certified, 29,000 miles \$25,995 **BOB JEANNOTTE BUICK, GMC** 734-453-2500

LeSABRE LIMITED 2000
1 Owner, 117,000 Miles, Clean Condition! Only \$5995. **BOB JEANNOTTE BUICK, GMC** 734-453-2500

LUCERNE CXL 2010
43K, leather, heated seats, ABD, traction control. \$15,995. **BOB JEANNOTTE BUICK, GMC** 734-453-2500

REGAL CXL 2011
CXL R1 Russelsheim, 48K, 3rd row seat, 1 owner, \$14,995 **BOB JEANNOTTE BUICK, GMC** 734-453-2500

Cadillac

Cadillac CTS 2010 - Silver.
One owner, 44,000 miles. Great condition. \$15,000. (248) 242-6854.

SRX 2010
2.8L, V6, AWD, only 22K. Turbo Premium Collection \$27,995 **BOB JEANNOTTE BUICK, GMC** 734-453-2500

Chevrolet

CHEVROLET IMPALA 2009
LT, 1LT, leather, sunroof, remote ignition, 58,000 miles \$10,995 **BOB JEANNOTTE BUICK, GMC** 734-453-2500

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Chevrolet

CHEVY MALIBU 1LT 2011
36,000 Miles, Imperial Blue, Auto, Just In! \$13,495. **BOB JEANNOTTE BUICK, GMC** 734-453-2500

CRUIZ 2011
LTZ! Leather, full power. Spotless! \$16,988 **NORTH BROS.** 855-667-9680

MALIBU LT 2009
W/1LT FWD, loaded with extras \$12,988 **NORTH BROS.** 855-667-9680

SONIC 2012
Sedan 2LT, loaded! Summit White, 1 owner, \$12,995 **BOB JEANNOTTE BUICK, GMC** 734-453-2500

PT Cruiser 2010
Under 30k miles, 1 owner, newer all season tires. No accidents, good cond, all pwr. \$8,399/ obo. 248.697.7535

SEBRING TOURING 2008
FWD, air, cruise, heated mirrors. \$8345 **NORTH BROS.** 855-667-9680

Dodge

INTREPID 2012
Loaded! Runs and Looks Great! 244,000 Highway Miles. Asking \$2200. Call Today! (248) 684-9098

Ford

FIESTA SE 2012
FWD, 29K, One Owner, Ford Certified. \$14,988 **NORTH BROS.** 855-667-9680

FIESTA S FWD 2013
Auto, air, 20K, 1 owner, certified, \$15,595 **NORTH BROS.** 855-667-9680

FLEX 2013 LIMITED
V6ra, navigation. Ford Certified! 1.9% \$29,888 **NORTH BROS.** 855-667-9680

Focus

FOCUS 2011 SES heated lthr seats, remote start, tinted wind, sunroof, sync, custom whls/new Michelins, winter tires incl. 1 owner, 29k mi, I can't say it's perfect, but it's close! \$14,000. 734.427.7583

FOCUS 2012 SEL
Lot of options, 20,000 miles \$16,988 **NORTH BROS.** 855-667-9680

FORD FOCUS 2012
White Metallic, 1 owner, 5 dr hatchback. \$14,995. **BOB JEANNOTTE BUICK, GMC** 734-453-2500

FUSION 2010
Sport pkg, AWD, moon. Fully inspected & warranted. \$14,988 **NORTH BROS.** 855-667-9680

MUSTANG 2008
V6, deluxe RWD, Only 23K! Dark Candy Apple Red \$15,988 **NORTH BROS.** 855-667-9680

MUSTANG GT 2009
Premium, RWD, 49K, V8, 1 owner, loaded. \$19,298 **NORTH BROS.** 855-667-9680

GMC 1998 Safari Van AWD
Good cond. - Loaded! 148K mi., no rust, \$3,200/firm CALL ONLY! 248.330.1407

Lexus

LEXUS ES 350 2008
4 dr., Sedan, Leather, Heated Seats, Loaded! \$18,995. **BOB JEANNOTTE BUICK, GMC** 734-453-2500

Lincoln

MKZ 2011
4 dr. sedan, FWD, 58K miles. Leather, sunroof, traction control. \$17,995 **BOB JEANNOTTE BUICK, GMC** 734-453-2500

TOWN CAR 2006
Designer Series, heated leather seats, Auto, Loaded with Luxury! \$10,988 **NORTH BROS.** 855-667-9680

Mazda

MAZDA 5 TOURING 2007
1 Owner, Galaxy Gray \$9685 **NORTH BROS.** 855-667-9680

Mercury

MARINER 2008
Auto, a/c, full power, Alloys. Priced to sell! \$10,988. **NORTH BROS.** 855-667-9680

Mercury Monterey 2006
86K miles; FWD; Leather; AIR; Power Locks/ Windows; Power sliding doors; Newer Tires; DVD Ent. System; CDx6; Roof Rack w Cross Bars; Forward/Reverse sensing; Seats 7; \$6500 OBO (248) 514-7583

Pontiac

PONTIAC G6 2007
2 Dr. Convertible GT 57,000 miles, extra clean! \$13,995 **BOB JEANNOTTE BUICK, GMC** 734-453-2500

PONTIAC G8 GT 2009
White, Low Miles, 1 Owner, Moon Roof, New Arrival \$20,995 **BOB JEANNOTTE BUICK, GMC** 734-453-2500

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Saturn

SATURN VUE REDLINE 2008
Deep Blue, Black Interior, 1 Owner! Only \$11,995. **BOB JEANNOTTE BUICK, GMC** 734-453-2500

Toyota

COROLLA XLE 2009
77,000 miles, gray Automatic \$13,988 **NORTH BROS.** 855-667-9680

Volvo

VOLVO XC90 AWD 2008
Leather Seats, Heated Mirrors, Sun/Moon Roof. \$14,988 **NORTH BROS.** 855-667-9680

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2015 Lincoln MKZ is 'attracting next generation of luxury car buyers'

By Greg Mullin
Staff Writer

The 2015 Lincoln MKZ continues to represent the road ahead for the Ford Motor Co., said Steve Hunsinger, sales manager at Jack Demmer Lincoln in Dearborn.

"With its design, performance and technology, the MKZ is attracting the next generation of luxury car buyers," he said.

Those customers enjoy a wide range of standard features, plus three power train options:

- » The standard 2.0L EcoBoost I-4.

- » The available 3.7L Ti-VCT V6 engine.

- » The Lincoln MKZ Hybrid, which offers the third-generation 2.0L Atkinson-cycle I-4 gas engine.

The 2015 Lincoln MKZ competes head-to-head in the luxury mid-size sedan market with brands like the Acura TL, Cadillac CTS, Infiniti Q50 and Lexus ES 350, while the Lincoln MKZ Hybrid contends with vehicles like the Infiniti Q50 Hybrid and Lexus ES 300h.

"There are many standard features on the MKZ that aren't offered on many of the competitive models," Hunsinger said.

"One of the most intriguing features of the MKZ is the push-button transmission, which is on the dashboard, alleviating the center console shift and offering a more open feel to the cabin of the vehicle," Hunsinger said.

The 2015 MKZ incorporates the new Lincoln design language of "elegant simplicity."

Exterior design features include:

- » Adaptive LED auto headlamps.

SAFETY FEATURES

Safety and security features abound in the MKZ. Among them are:

- » AdvanceTrac electronic stability control.

- » Driver and front-passenger knee airbags.

- » Dual-stage driver and front-passenger airbags.

- » Front-seat side airbags.

- » Side-curtain airbags with roll-fold technology.

- » Emergency trunk release.

- » Inflatable rear safety belts (available as a free-standing option with select or reserve equipment groups).

- » LATCH (Lower Anchors and Tethers for Children).

- » Personal Safety System.

- » Programmable My-Key.

- » Perimeter alarm.

- » Rear-door child-safety locks.

- » Remote keyless entry system.

- » SecuriLock passive anti-theft system.

- » SOS post-crash alert system.

- » SecuriCode invisible keypad.

- » Tire pressure monitoring system.

- » Traction control.

- » Auto high beams.

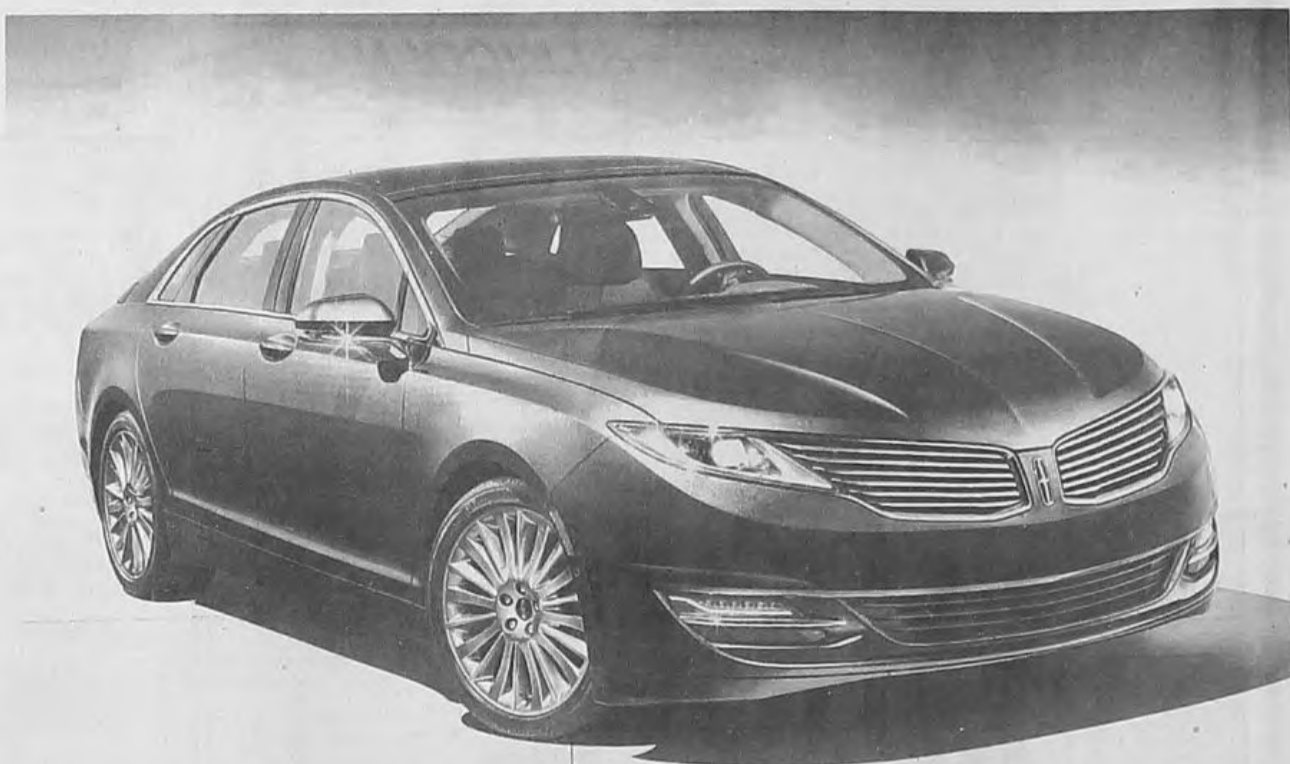
- » Body-color exterior door handles with chrome insert.

- » Configurable daytime running lamps (available with select and reserve equipment groups).

- » LED tail lamps and light-pipe driving lamps.

- » Split-wing grille with chrome surround.

- » Pedestal-mounted heated side-view mirrors



FORD MOTOR CO.

The 2015 MKZ incorporates the new Lincoln design language of "elegant simplicity."

with integrated turn signals, blind spot mirrors and security approach lamps.

- » Power up/down deck lid (available).

- » Rectangular dual exhaust with bright tips.

- » Retractable panoramic roof.

Interior design features include:

- » 10.1-inch LCD instrument cluster.

- » Ambient lighting — customers can choose from seven different colors (select equipment group).

- » Flow-through front console with storage bin, trinket tray and two cup holders.

- » Genuine wood appliques.

- » Illuminated scuff plates.

- » Premium leather seating surfaces (select

and reserve equipment groups).

"The luxury and elegant attributes of the MKZ have not gone unnoticed by today's luxury car buyers," Hunsinger said.

"The MKZ has done very well with current Lincoln owners, but Lincoln is looking at the big picture of attracting the competitive buyers and converting them to Lincoln owners."

In fact, Lincoln predicts that 45 percent of sales will be to past or current Lincoln owners, while 55 percent of sales will come from "conquest" customers, Hunsinger said.

Jack Demmer Lincoln is ready to serve all customers.

"With the integrity and knowledge of our professional sales staff,



FORD MOTOR CO.

The 2015 Lincoln MKZ features a flow-through front console with storage bin, trinket tray and two cup holders and a 10.1-inch LCD instrument cluster.

today has never been a better time to buy from Jack Demmer Lincoln," Hunsinger said. "From the moment a client enters Jack Demmer Lincoln, it becomes very

clear what sets Jack Demmer Lincoln apart from the competition.

"Come in and discover the Jack Demmer difference today."

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2015 LINCOLN MKC

\$250

24mo/21,000 mile lease = \$250 + tax
Per Month, \$2960 Due at Delivery, Plus Tax,
Title, Plates, No Sec Dep.
\$1000 Competitive Conquest Incentive available

Vin #5LFUJ20299



2015 LINCOLN MKZ

\$232

24mo/21,000 mile lease = \$232 + tax
Per Month, \$2962 Due at Delivery, Plus Tax,
Title, Plates, No Sec Dep.
\$1000 Competitive Conquest Incentive available
\$500 RCL Renewal Incentive available

Vin #3LFR606278



2014 LINCOLN MKS

\$314

24mo/21,000 mile lease = \$314 + tax
Per Month, \$2968 Due at Delivery, Plus Tax,
Title, Plates, No Sec Dep.
\$1000 Competitive Conquest Incentive available
\$500 RCL Renewal Incentive available

Vin #1LEG609743



2014 LINCOLN MKX

\$339

24mo/21,000 mile lease = \$339 + tax
Per Month, \$2860 Due at Delivery, Plus Tax,
Title, Plates, No Sec Dep.
\$1000 Competitive Conquest Incentive available
\$750 RCL Renewal Incentive available

Vin #2LEBL02756



2015 LINCOLN MKZ HYBRID

\$246

24mo/21,000 mile lease = \$246 + tax
Per Month, \$2962 Due at Delivery, Plus Tax,
Title, Plates, No Sec Dep.
\$500 RCL Renewal Incentive available

Vin #3LFR602659



2014 LINCOLN NAVIGATOR

\$583

36mo/31,500 mile lease = \$583 + tax
Per Month, \$2916 Due at Delivery, Plus Tax,
Title, Plates, No Sec Dep.
\$500 RCL Renewal Incentive available

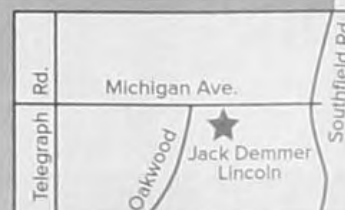
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With the purchase or lease of a new vehicle, 1998 or newer, less than 100,000 miles. All prior sales excluded. Offer expires 10-31-14

All payments are based on A/Z plan, plus tax, title, and plates. All payments include \$1000 Lincoln Owner Loyalty. Please see dealer for details. Expiration date 10-31-14



USA WEEKEND™ MAKE A DIFFERENCE DAY

Join Observer & Eccentric Media
in support of Make a Difference Day
Saturday, October 25th.

For more than 20 years, Gannett Inc. has mobilized millions across the country for this national day of doing good. As part of our commitment to the communities we serve, Observer & Eccentric Media is partnering with your local Goodfellows in

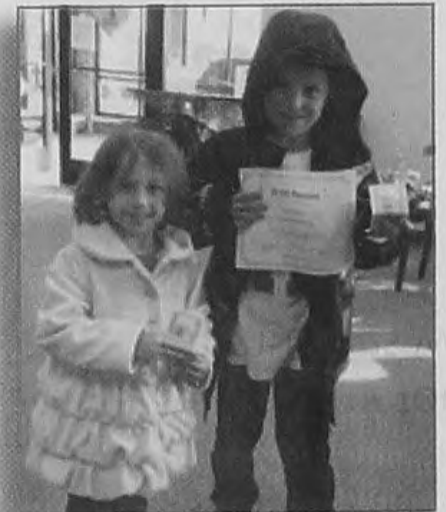
"Pennies from Heaven"

Several area Goodfellows have joined the project as part of their commitment to ensuring

every child has a Christmas.



Our Goal is to collect
one million pennies
See how **YOU** can
make a difference!



Bring your pennies to the following locations on Saturday, Oct. 25th.

Canton:
10 a.m. - Noon
Canton's Summit on the Park
Community Center
46000 Summit Pkwy.

Farmington:
9 a.m. - 1 p.m.
Farmington Hills Fire Dept.
Headquarters
31455 11 Mile Rd.
(southwest corner of 11 Mile and
Orchard Lake, next to city hall)

Novi:
10 a.m. - Noon
Fire Station #1
42975 Grand River Ave.

Redford:
10 a.m. - 2 p.m.
The Marquee - 5145 Beech Daly Rd.
(at the SW corner of Five Mile Rd. and
Beech Daly Rd. behind the Township Hall)

Garden City:
10 a.m. - 2 p.m.
Garden City High School
6500 Middlebelt Rd.

Livonia:
10 a.m. - Noon
Civic Senior Center Lobby
15218 Farmington Rd.

Plymouth:
9 a.m. - Noon
Farmers Market - (In front
of Penn Theatre)
760 Penniman Ave.



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