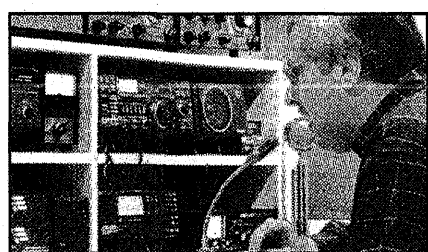


## HAMS AT HEART

### Amateur radio club hits the airwaves - Hometownlife, C1



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Please see item on page C3 for details



# PLYMOUTH Observer

SUNDAY  
February 3, 2008

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## Off the bench

### Retiring Ryan honored for filling leadership void

BY TONY BRUSCATO  
STAFF WRITER

When Plymouth-Canton Schools Superintendent Jim Ryan was a basketball player at Eastern Michigan University, he helped his team win 88 games over four years by coming off the bench.

When the PCCS school board went looking for an interim superintendent after Kathleen Booher resigned in July 2002, Ryan — then deputy superintendent — again came off the bench to help the district through tumultuous times. In December of that year, the board shed the "interim" tag and gave Ryan the title of superintendent.

Thursday night at Discovery Middle School, a bit more than five years later, several hundred people gathered to honor Ryan, who retires Feb. 28.

"These have been flourishing years for our district ... two successful bond issues, four new schools built on time and under budget and vast improvements in academic achievement," said board President Judy Mardigian. "Jim treats everyone with respect and he's a very good listener. We've never met anyone who is as well-liked as Jim."

When Ryan took over as superintendent, he sought out Canton Township Supervisor Tom Yack, a one-time school board trustee.

"Jim went about gaining support and respect throughout the school community by being himself," Yack said. "He's affable, approachable, ego-less and above all committed to the youth of the community and the process of public education. Under Jim's leadership, the Plymouth-Canton school district continues to be a desirable destination for parents seeking good schools."

At times Ryan — who several times during the evening choked back tears — seemed uncom-



Dodson Elementary teachers Julie Smith and Jennifer Seidel greet retiring Superintendent Jim Ryan and his wife, Kathy Ryan.

For more photos of the event, go to [www.hometownlife.com](http://www.hometownlife.com)

fortable with all the accolades.

"It's awkward accepting credit for something I was able to do in partnership with my board, my team and my staff," said Ryan, who has 17 years as a superintendent in Reed City, Lansing Waverly and Plymouth-Canton. "How many people do you know who can say they did what they loved for 37 years?"

Alice Chrenko, a first-grade teacher at Bentley Elementary, has worked for a number of superintendents in her 35 years of teaching in the district.

"He's genuine and approachable, and cares about teachers and the needs of the kids," Chrenko said. "He's the best we've ever had. I just don't think he could ever be replaced."

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Dr. Jim Ryan gets a hug from his wife, Kathy, after the celebration.

## Township will hire more firefighters

BY BRAD KADRICH  
STAFF WRITER

Plymouth Township officials have decided not to wait until what could be mid-summer approval of a federal grant and will instead proceed with the hiring of new firefighters.

The township's Board of Trustees made the decision to move forward on the hiring at last week's meeting, following a presentation from Firefighter Local 1496 Secretary Pete Bukis.

Board members said they'd been waiting to hear whether the township would get a federal Staffing for Adequate Fire and Emergency Response grant before moving on the hires. But a delay, possibly until mid-summer, in the SAFER grant receipt, coupled with prodding from firefighters, convinced the board to move.

"I think we need to move on this," township Treasurer Ron Edwards said. "We need to proceed and try to get three guys on staff."

While the Plymouth Community Fire Department is budgeted for 27 firefighters, it's been operating with 24, a staffing level that has dropped to 21 with retirements and injuries, according to Bukis.

With fire department runs increasing — 3,384 in 2007, compared to 3,072 two years earlier — and with perhaps as many as two firefighters preparing for family leave due to childbirth, staffing levels were, according to Bukis, dangerously low. Under that staffing, two of the township's three stations were down to six healthy personnel per day, a level Bukis characterized as "the bare minimum."

However, he said, three new hires would bring it back up to a manageable level.

"I'm very happy with the way the board reacted at the board meeting," Bukis said. "They gave the chief authorization to hire three firefighters, and that's a good milestone. To be fully staffed we'd have to be at 27, but I'm excited. I don't want to get too excited until the day (new firefighters) start. When they start, we'll know they have the manpower."

Plymouth Township Supervisor Richard Reaume said Friday the township had received a list of potential hires from the Civil Service Commission and had contacted the nine people listed. Initial interviews are scheduled some time next week, and then background checks will have to be conducted.

Reaume didn't say how long the hiring process might take.

"You have to do the background checks, and that takes a little effort," Reaume said. "It can take a little time."

Reaume said the township had been holding out for the SAFER grant because it represents some \$100,000 spread over five years.

"That's more than pocket change," he said. "But sometimes we can't wait for the government. There's no guarantee we'd get the SAFER grant, and we've got to move forward."

## United Way tops goal of \$1.3 million

BY TONY BRUSCATO  
STAFF WRITER

During the current economic times in Michigan, when the unemployment rate in Michigan leads the nation and more and more people are seeking assistance, it has become increasingly difficult for non-profit agencies to meet fund-raising goals to help those seeking assistance.

However, the Plymouth Community United Way became a bit of an anomaly when officials announced at the annual

meeting Friday it exceeded — albeit by a hair — its \$1.3 million goal by \$283.

"It was a very challenging year, the most challenging we've had in the years I've been at United Way," said President Marie Morrow, who has been with the PCUW since 1983, all but four as president.

The PCUW's top contributor is Johnson Controls of Plymouth Township, followed by Automotive Components Holdings, DTE Energy, General Motors, Shiloh Industries, UAW Local 845, Unisys, United Parcel Service and Visteon Corp.

Other major contributors include Community Financial, Federal Mogul Technical Center, Freudenberg-Nok General Partnership and Metaldyne.

Board chairman Greg Foster said it's a struggle meeting the increasing needs of the community.

"The disaster caused by the Michigan economic downturn is every bit as devastating as any natural disaster, yet there is no federal aid to help cushion it," Foster said.

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United Way campaign honorary chair Chuck Gaidica of Channel 4 hands an award to Destiny Eadie of Belleville during the group's annual meeting.

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Number 48



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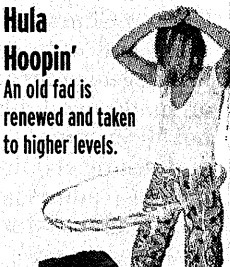
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Coming Thursday in filter



Wearing red

The Plymouth Downtown Development Authority hosts a Heart Health Open House 11 a.m. to 2 p.m. Friday, Feb. 8, with guest speaker Lisa McDowell, Chief Clinical Nutritionist with St. Joseph Mercy Hospital, at 12:30 p.m., at the DDA office in downtown Plymouth.

It's part of a promotion called "Go Red for Women," an American Heart Association event promoting good heart health and supporting the fight against heart disease in women. Participants are encouraged to shop downtown stores wearing red as businesses compete to be "Plymouth's Reddest Business" and provide opportunities to support the AHA.

The open house will include heart healthy snacks, activities and an opportunity to check out your own heart health. McDowell will introduce heart health tips and ideas for healthy meals everyone can make.

Call the Plymouth DDA at (734)455-1453 for more information.

Civitan essays

The Plymouth-Canton Civitan Club sponsors its annual essay contest with first-, second- and third-place winners winning \$500, \$300 and \$200, respectively.

Any student under 21 who is enrolled as a full-time student in any high school - public, private or parochial - in the Plymouth-Canton School District can compete.

The topic this year is: "Today, there are 6.7 billion people living on the planet

Earth. Over 300 million live in the United States alone. In such a crowded world, do the actions of one individual matter? Can the one have an impact on the many - for good or for bad? Is there any point in policing our own actions when there are so many other people counteracting our gains? If it's possible to make a significant change, how could one person go about doing it?"

The deadline for submission is noon Wednesday, March 5. For more information on rules, judging and how to submit, contact Mrs. Miller in room 2134 at Salem High School or Kathy Turnquist of the Civitans at (734) 459-1896.

Tiny Tots Preschool

The Salvation Army Tiny Tots Preschool hosts a parent-only informational meeting for fall classes 7 p.m. Tuesday, Feb. 25, at The Salvation Army building, 9451 S. Main St. in Plymouth.

Registration is \$35 and will be accepted that night. Tiny Tots is a Christian-based preschool program for children ages 3-5.

For more information, call (734) 453-5464.

Global warming

Ecologist Dr. Kathryn Savoie will share her thoughts about global warming 7 p.m. Tuesday, Feb. 5, at the Plymouth District Library.

Trained by The Climate Project, Savoie joins 1,000 other volunteer presenters and former Vice-President Al Gore in sharing findings from Gore's documentary, "An Inconvenient Truth."

Savoie will share her obser-



Carving champs

Amanda Yu and Cori White of the University of Michigan were all smiles after winning the college team ice carving competition at the 2008 Plymouth International Ice Sculpture Spectacular. Clinton Rich (not pictured) of Oakland Community College, was the individual college winner.

vations of this area and the State of Michigan and will offer suggestions to improve the environment. Registration is required for this free program - call the Library's Reader's Advisory Desk at (734) 453-0750, Ext. 4.

Fall festival

The Plymouth Fall Festival is accepting applications for its Craft Show that takes place during the Fall Festival, scheduled for Sept. 5-7. Ten-by-ten foot spots will be \$75 per day or \$200 for the three-day weekend.

Applications are available to download at www.plymouthfallfestival.com or for

more information call Colleen Brown at (734) 455-1614.

Businesses interested in participating in the Plymouth Fall Festival Sept. 5-7 may sponsor the entertainment venues, or have a booth downtown during the festival. Sponsorships can include ads in the Fall Festival Guide, banners on the stage, and many other great ways to get exposure for your business.

Visit www.plymouthfallfestival.com for application forms or call Colleen Brown at (734) 455-1614.

School of music

The Plymouth Salvation Army's School of Music begins its spring session Feb. 26.

The sessions are one-hour group lessons, ages 7-adult, piano and guitar and run 6:30-7:30 p.m. Session costs, including materials, are \$75 for piano students, \$50 for guitar students (students must provide the guitar). Group sizes are small, keyboards are provided, headphones allow time for practice, the piano session will be for 14 weeks, with a piano recital June 3. The guitar session runs nine weeks ending April 30.

For more information and to register, call (734) 453-5464.

Great things

Village Voices, an ensemble chosen from the Beckridge Chorale, is proud to present an incredible evening of song, *He's Doing Great Things*.

Taking the best of contemporary Christian and Southern Gospel, in the hopes that all who hear will be touched and uplifted, this performance will be presented at Plymouth First United Methodist Church 4 p.m. Sunday, March 9.

Tickets are on sale now. To order tickets or for more information visit our web site, www.beckridgechorale.com or call (734) 416-9885.

Thursday classics

The Penn Theatre's "Thursday Classics" series continues with February's theme, "British Invasion."

Sponsored by the Plymouth Downtown Development Authority, the schedule for the Thursday movies, all of which start at 7 p.m. is: Feb. 7, "Monty Python and the Holy Grail," 7 p.m.; Feb. 14, "A Brief Encounter" (also a 1 p.m. show); Feb. 28, "Hard Day's Night."

All seats are \$3. Free tickets are available at Michigan Made & More, Plymouth Coffee Bean and Hands On Leather.

For more information visit the theater's Web site at www.penntheatre.com or call (734) 453-0870.

PCAC dinner auction

You'll want to be there when the '60's descend on the Plymouth Community Arts Council for its 18th-annual dinner auction, "An Artful Affair: Mod."

Attendees will be able to bid in live and silent auctions with proceeds going to benefit programs and classes at the Council. Unique artwork, vacation packages, autographed sports memorabilia, dinner packages and tickets to museums, sports events and zoos are just some examples of items that will be up for bid.

The event is set for Friday, March 7, at Laurel Manor in Livonia (39000 Schoolcraft). Tickets are \$85 each, \$45 of which is tax-deductible. For more information and tickets, call the PCAC, (734) 416-4278. Volunteers and auction dona-

tions are needed for the event. Anyone interested in volunteering, making a tax-deductible donation or have any questions, contact Sheila Paton at spaton@hotmail.com

Senior spelling bee

The Charter County of Wayne will host the second-annual Spelling Bee for Seniors 11 a.m. to 2 p.m. Wednesday, Feb. 20, at the Plymouth Manor, 345 N. Main Street, Plymouth.

Complimentary luncheon and prizes will be available. There will be an official spelling bee contest, an unscramble word contest or you could just come out to observe and enjoy the lunch.

For more information, call (734) 727-5872.

Food service

A new food service for the elderly is now available.

There will be an enrollment event Monday, Feb. 11 at the Romulus Towers, 36500 Bibbins, Romulus.

This service is available to all seniors in Wayne County, no forms to fill out, just a few questions and they will do the rest. Call (877) 664-2233 to schedule an appointment.

McCotter staff hours

The staff of Congressman Thaddeus McCotter (Michigan District 11) will hold office hours in several locations. This time is set aside so that the citizens served by the congressman have the opportunity to speak with a staff member one on one regarding any federal issue that they might have.

McCotter's staff will be available Tuesday, Feb. 5, 9-10 a.m. at the Canton Summit Senior Center, 11 a.m.-noon at the Northville Senior Center and 1-2 p.m. at the Plymouth District Library.

On Thursday, Feb. 7, McCotter's staff will be at the Livonia Civic Park Senior Center (9-10 a.m.), the Redford Community Center (10:30-11:30 a.m.) and the Garden City Maplewood Center (1-2 p.m.).

McCotter has two offices in the district to serve his constituents. The Livonia office can be reached by calling (734) 632-0314 or the Milford office is available at (248) 685-9495.

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CORRECTIONS The map accompanying Thursday's story about the possible NorthRidge Church parking expansion showed the church on the northeast corner of the intersection of North Territorial and Ridge roads. The church is actually located on the southwest corner.

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Got 4 minutes a day? The Busy People's Workout Muscle/pain therapist, Parker Whitaker, says that's all it'll take to increase your metabolism and burn more fat. Whitaker should know, having served as a "test" client for the range-of-motion (ROM) machine, he was blown away. "I heard about ROM and thought it was too good to be true. I was training 10 hrs/wk when the opportunity to test ROM arose. It was truly a life-changing experience." Whitaker used the machine 4 minutes a day, continued his typical nutrition plan, and cut his body fat 3% in 2 weeks. By 9 months, he'd added 12 lbs. of muscle. Not everyone may see these results, but Whitaker says all his clients feel energized within 7 days. So what's different? With ROM, you stretch, get resistance and work out anaerobically. Those 4 minutes are so intense, your body's metabolism spikes for 20 hours (compared to a measly 2 hours after only cardio). Barbara Wells tried ROM only to prove it was a waste of time. "The idea of working out 4 minutes/day and obtaining any fitness benefit seemed ridiculous. But, my first ROM workout was so humbling that I went back for more. I'm now able to endure longer stints of interval and cross-training. I love it!" Sceptical? Try it for a week, FREE in Downtown Plymouth ROM FITNESS STUDIO 585 Forest Avenue • Suite 1 • Plymouth www.romfitness.com 734-254-0201

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Central Middle School Principal Joyce Johnson gets a hug from D'Lorian Miller after teacher Bryan Boyd's eighth-grade students presented her with a card in honor of her retirement.

### Downtown eatery expands 'Tea' time

Tea time is about to change in downtown Plymouth. Beginning Thursday, Feb. 7, the Sweet Afton Tea Room & Restaurant - already known for its wide variety of teas, authentic British tea service and décor, and delicious, hand-made entrees and desserts - expands its offerings into the dinner hour on Thursdays, Fridays and Saturdays. "Sweet Afton is already a really great place, but it's kind of like a secret," said restaurant manager Elizabeth King. "It's a really cool secret, but we want to let it out."

The theme of the new dinner menu will be "A Taste of the British Isles," inspired by authentic British and Irish cooking - all for a reasonable price, according to King. "You can go out to one of the chain restaurants and get a processed, formerly frozen meal for about \$15," King says. "At Sweet Afton you can find dinner that tastes better and is made entirely from scratch for the same price or less."

Menu items will include such classics as Shepard's Pie, Beef Wellington and Chicken Pot Pie. They already sought-after desserts, such as traditional British trifles and tarts will also be available during their expanded dinner hours, but, as King said, "with an evening twist."

Sweet Afton, located at 450 Forest Ave., expands its hours on Thursdays, Fridays and Saturdays from 11 a.m. to 8 p.m. beginning Feb. 7. The restaurant will remain open on Tuesdays and Wednesdays at its regular times, from 11 a.m. to 3 p.m. Sundays are reserved for showers and private parties, and the tea room is closed on Mondays. King strongly recommends calling ahead for reservations, though they are not required. For more information or reservations, call (734) 454-0777.

### Property tax seminar

David Nykanen, shareholder of Steinhardt Pesick & Cohen, P.C., a Michigan law firm specializing in eminent domain, condemnation, land use, zoning, property taxation, and real estate law, is slated to speak on strategies for property tax assessment appeals in a series of seminars in February, including one Feb. 28 at Fox Hills Golf & Banquet Center in Plymouth. Property values have

### BUSINESS BRIEFS



decreased, but property taxes keep increasing. Thousands of property owners have successfully fought their property taxes and won. Nykanen will be teaching property owners about the procedures to appeal their property taxes. Fox Hills is located at 8768 N. Territorial in Plymouth. Registration is at 6:30 p.m., and the seminar starts at 7:30 p.m. The cost is \$89 at the door or \$79 in advance and for seniors. A portion of the proceeds will go to the American Cancer Society. To register, call (800) 716-8773.

### Child center opening

The Learning Experience Child Development Center will soon be opening a new child care center at 6 Mile and Ridge in Northville. For more than 25 years, The Learning Experience® has provided quality child care and pre-school education to children from 6 weeks to 5 years old. The center focuses on state-of-the-art sanitary infant care, clean and well equipped facilities, high tech security, our early reading program, Fun With Phonics® and maintaining a loving, nurturing environment. For more information, call (888) 865-7775 or visit www.thelearningexperience.com.

# Retirement beckons

## Central Middle School principal decides, 'It's time'

BY TONY BRUSCATO  
STAFF WRITER

After Joyce Johnson interviewed with then-principal Marcia Porterfield for the assistant principal's job at Central Middle School, she expected to go home and wait a day or two for a telephone call that would tell her whether she did, or didn't, get the job.

"I remember Marcia liked what I had to say and then asked when I could start," said Johnson of her October 1999 meeting. "When I asked how soon she needed me to start, she said 'tomorrow.'"

"I took a deep breath and said I'd be there bright and early," recalled Johnson.

Three years later, Johnson succeeded Porterfield as principal of Central. After five years at the helm of one of Plymouth-Canton's five middle schools - and a total of 40 years in education - Johnson retired last week after saying good-bye to students and staff.

"I'm a strong believer in God's word and I've always said for me to step out, let me know," said Johnson, whose husband, Rev. Alfred E. Johnson, is the pastor of Bethel AME church in Detroit. "I think that last year I heard Him speak to my heart and say 'this is your time.'"

"It may also have something to do with my two new grandbabies," she said. "Maybe I'll be able to visit them more in Arkansas."

Make no mistake, though, Johnson said leaving her staff and students wasn't easy. "I'm going to miss Central,"



Principal Joyce Johnson gets lots of good wishes from Central students.

said Johnson, who lives in Plymouth Township. "I'll come back and do some volunteer work here."

Teachers at Central remember Johnson fondly and said they'll miss their former principal.

"I think she was a great person," said Ann-Marie Konyha, an eighth-grade language arts teacher. "She was always very supportive and she definitely loved the kids."

Geri Biggs, a Central social worker, said everything Johnson did was to benefit students.

"She always kept us in focus that the kids are who we were here for," said Biggs. "She didn't always make us happy, but she'd put her point across and you respected her for it because you knew her heart and head were in the right place."

Johnson admitted taking the assistant principal's job in 1999 was a bit unnerving, considering she taught for 14 years in Benton Harbor and was in administration for another 11, all at the elementary level.

"Elementary kids find learning new and exciting," Johnson said. "Middle school kids are still trying to find themselves, there's a lot of peer pressure and they're very emotional. So, it's a little more of a challenge to get them to made education their number-one priority."

"I'm a compassionate person and I praise kids a lot when they do well, and I encourage them when they're struggling," she said. "When I hire teachers I want to know their compassion for kids. The staff here has been nothing but tremendously wonderful."

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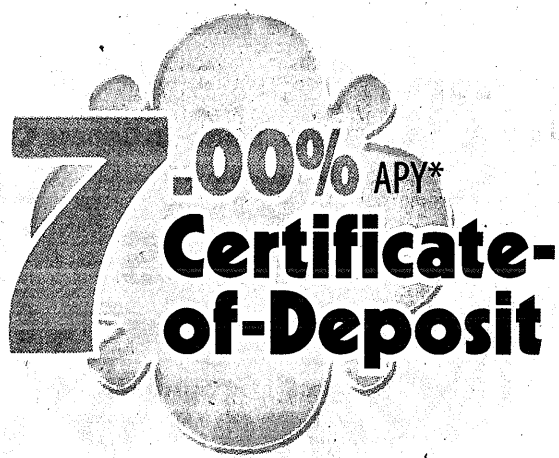
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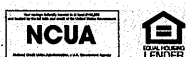


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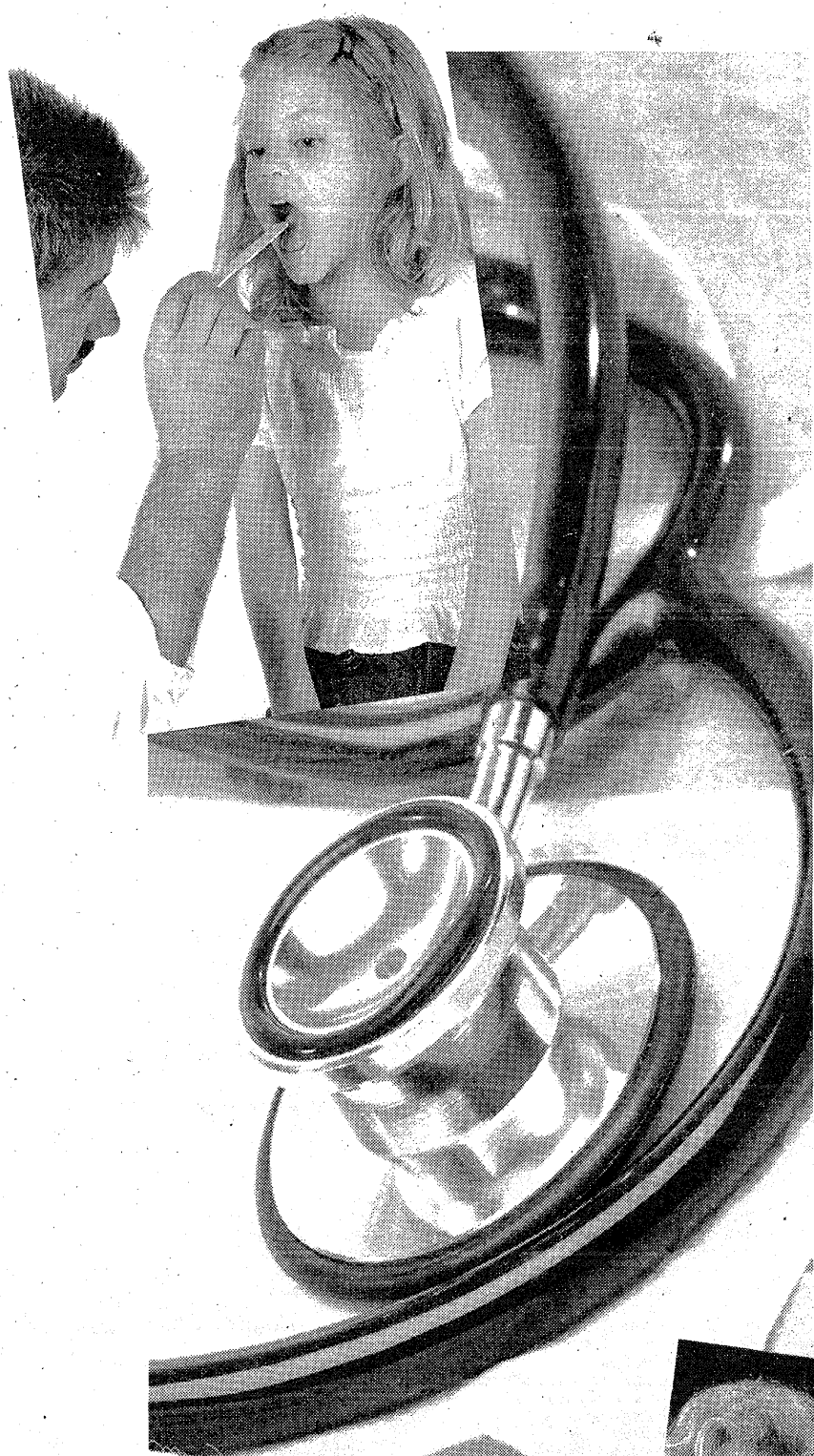
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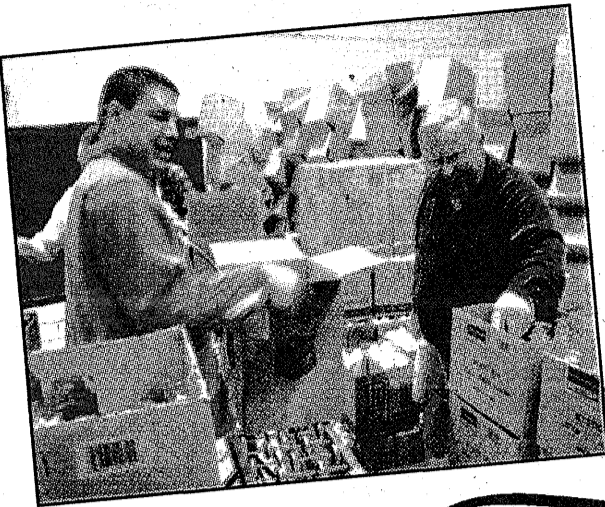
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# IRS rule allows waiver of tax on certain debts

**Dear Rick:** Last year I lost my job and had to sell my home. I did a short sale and sold it for less than I owed. The mortgage company forgave the balance of my mortgage but a friend said I have to pay taxes on that amount. Please tell me my friend was wrong. I have no clue how I would come up with the money to pay the taxes.



**Money Matters**  
Rick Bloom

mortgage debt forgiveness in 2007 are going to receive 1099s from their mortgage companies. If they are not more than the exclusion amount then there will be no taxable income. I am not sure on how the IRS wants them reported but I recommend you include those items on your Form 1040. You can attach a statement to the return explaining that forgiveness of debt was on your principal home and so no income is reported. Consult IRS Publication 544 before you file your return, especially if you prepare your own tax return.

The new rules apply only to debt forgiveness on your personal residence. If you did a short sale or had some debt forgiven on a second home, the entire amount of the forgiveness is considered taxable income and you are liable for taxes.

For taxpayers who had some sort of debt forgiveness on a secondary home the tax liability will be substantial. My advice is to file your return and pay what you can on the liability. If you cannot afford to pay the taxes, contact the IRS at (800) 829-1040 to work out a payment plan or file Form 9465 (installment agreement request) with your return.

Many taxpayers who run into tax difficulties choose not to file because they cannot pay their tax. You are better off to file a timely return because it can help in avoiding penalties.

Rick Bloom is a fee-only financial adviser. Observer & Eccentric readers can submit questions at [moneymatters@hometownlife.com](mailto:moneymatters@hometownlife.com). For more information, visit Rick's Web site at [www.bloomassetmanagement.com](http://www.bloomassetmanagement.com).

I have good news. The IRS recently announced new rules that will allow you to be forgiven for the amount of the debt. Prior to these new rules your friend would have been correct.

Under the new rules for tax years 2007-09, taxpayers can exclude up to \$2 million of debt that has been forgiven as long as it is on your principal residence. For single individuals or for married couples filing separately, the amount is \$1 million. The rules apply to short sales as well as mortgages reduced because of a restructuring by the mortgage company.

The rules are new and many taxpayers who went through a short sale or some sort of

# Distractions lead to dangerous kitchen fires

The cell phone rings, and it is quickly answered. The problem is, the cooking that was taking place prior to the phone call is now unattended. The resulting fire is one of the over 100,000 fires

in the U.S. that start in the kitchen.

There is another side of this statistic that paints an even grimmer picture - there are another 12 million kitchen fires that go unreported each year. Many of those unreported fires are extinguished by homeowners, and they feel they do not need to report the fire. If there is any question about whether or not the fire is out, call us. If you plan on turning in a claim to your insurance company, call us.

The main reason for kitchen fires is leaving cooking food unattended. We often become comfortable with cooking, so we feel a "short" time away from cooking is fine. We've done it before, right?

Often, the ensuing fire will take people by surprise. They think quickly (and incorrectly) that water is effective at putting out fires. Cooking fires are quite different, and water usually spreads the fire. The best thing to do when cooking is to take out the lid that properly fits the pan you plan to cook in. If an unwanted fire breaks out, cover the pan with the lid. This takes away the oxygen and stops the fire. Turn the heat off to the burner and let the pan cool. If the fire is in an over, keep the oven door closed and shut off the oven.

Another great thing to have on hand for that cooking fire is the container of baking soda. Baking soda can extinguish many fires in the kitchen, so keep it in a handy location. All kitchens should be ready for a larger fire, and an A-B-C rated fire extinguisher should be located nearby.

Make sure everyone knows where the fire extinguisher is kept, and that they all know

how to use it. By using the acronym "PASS", you can remember how to use it. The "P" stands for "Pull". This is where you pull the pin or tape out of the way of the operating mechanism. The "A" stands for "Aim", as you aim the nozzle at the base of the flames. When within about 8 to 10 feet, the first "S" stands for "Squeeze", as you squeeze the handles together or squeeze the button down. The final "S" stands for "Sweep", as you move the fire nozzle from side to side.

Tom Kiurski is a Livonia firefighter.



Tom Kiurski

## HOT HOCKEY COOL GIVEAWAYS

**Wings vs Ducks**  
Sunday, Feb. 10, 3:30 pm  
Pavel Datsyuk Player T-shirt to the first 5,000 kids courtesy of Chevrolet.

**Wings vs Blue Jackets**  
Friday, Feb. 15, 7:30 pm  
Nick Lidstrom Growth Poster to the first 5,000 kids courtesy of the DMC.  
[DMC.org](http://DMC.org)

**Wings vs Sharks**  
Friday, Feb. 29, 7:30 pm  
Travel Coffee Mug to all fans courtesy of Blue Cross Blue Shield.

Dates and times subject to change.

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**vs. PORTLAND**  
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Sunday, 2/10 • 6 pm

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Rock Financial PRESENTS

# Lem Barney tells fathers mix discipline with love

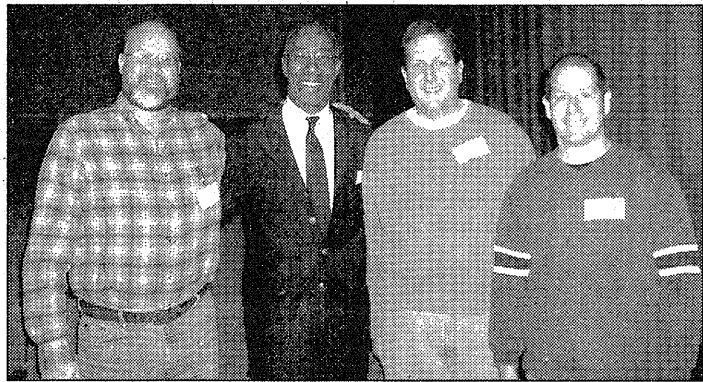
BY DIANE GALE ANDREASSI  
CORRESPONDENT

Being a father isn't about raising children, but training them, explained Lions football legend Lem Barney at last Saturday's eighth annual Midwest Fathers Conference at North Farmington High School.

The cornerback drafted by the Lions in 1967 and selected to the Pro Football Hall of Fame in 1992 told the 250 men, mostly from Wayne and Oakland counties with children from newborns to adults, that they need to teach by example.

"Take time in becoming disciplined in being a father," Barney said. "It's not going to happen unless you make it happen. You learn to take the time."

Above all, Barney said, parents can't give up trying to help their children no matter how difficult it sometimes seems. Training a child, he said, is like writing a distress message in the snow while it's



Raymond Krause, of Livonia (from left), talks with Lem Barney along with fellow fathers, Matt Friedman and Mark Lemperc, both West Bloomfield residents.

still snowing. You have to keep on writing for the message to get across.

"We have to set great examples for our children," says Barney, an ordained minister since 1975. Born in the South, Barney spoke with a fervor and passion that excited the crowd and drew a standing ovation when he left the stage.

Praising his parents for the love and discipline they showed him throughout his childhood, Barney said, he

learned to run so fast by trying to escape his father's belt.

"If you spare the rod, the Word says, you will spoil the child," Barney said.

He added, however, that his father made the mistake of repeating the popular adage of the time, 'Don't do what I do, but do what I say.'

"We can't crisscross our children like that," Barney added. "We have to give them, 'Do what I do.' Kids don't always listen to what we say, but they always watch what we do."

Dads who commit to being a father and being disciplined as a father will end up being great fathers, added Barney. To make his point he often used acronyms, like BIBLE, for Basic Instructions Before Leaving Earth, HOLY, for He Only Leads You and

CODS for Commitment, Obedience, Discipline and Sticktoitiveness.

## GETTING JOB DONE

"You have to say, 'I never, ever will give up until I see this job completed,'" Barney said. "Stay with it. You can't give up on being the best dad on the planet."

Everything you do for your child has to be born of love and the greatest expression of love is time, he said.

"Tomorrow is too late," Barney said. "You have to show the love now. You have to make sure you're doing what is right for those children right now whether it's tender love or tough love. You have to train them in love. They want it. No matter how much they resist, they want love."

One father told Barney he and his adult son are estranged and that he longed to reunite.

Barney suggested he find something his son enjoys doing and do it together.

"A father is not just a dad," Barney said. "Being a father, as well as a dad, is an ominous job. It's an awesome job. You have to take all the pride in the world of fostering them on earth and training them in the right way to become productive, responsible citizens. If we train them everything is going to be OK."

# Dads come to hear some good ideas on parenting

BY DIANE GALE ANDREASSI  
CORRESPONDENT

"I'm here to get a couple of good ideas to help deal with my children in middle school and high school and to get some insight," said Gary Young, a Farmington Hills father of a 12-, 15- and 17-year-old.

He was among an auditorium full of men gathered at the eighth annual Midwest Fathers Conferences looking for tips and road maps that might help them navigate their journey as fathers.

"If I get one or two ideas I'll be happy," Young said shortly before a powerful talk from football legend turned preacher Lem Barney.

Barney gave the attendees rules to follow as outlined in the Bible and from his own experience. The more than 250 men also chose from workshops offered through the afternoon targeting such topics as "Parenting with Purpose," "The Wonder of Boys," "Fathering in Blended Families," "The Only Three Discipline Strategies You'll

Ever Need," "Navigating the Legal System" for noncustodial dads and Internet safety.

Erich Mau, a Farmington Hills dad, has attended the father's conference before and he was amazed at the value of what fathers could learn for tickets that sold for \$29 pre-sale and \$40 at the door. Any help in raising his daughters, he said, is appreciated.

Raymond Krause of Livonia brought one of his two grown sons. Krause said it gave him time to bond with his son who could also learn skills in parenting his children.

"I was a single custody parent when they were 5 and 7," Krause said.

For the first time, the father's conference hosted a Kids Panel that included children, ranging in age from 8 to 50, "because all of us are someone's children," said Chris Edwards, co-founder of Partnership for Dads, the nonprofit group that organized the event.

For more information, visit [partnershipfordads.org](http://partnershipfordads.org) or call (248) 646-1445.

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ACCESS TO PUBLIC MEETINGS**

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David Medley, ADA Coordinator  
Charter Township of Canton, 1150 S. Canton Center Road  
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(734) 394-5260

Publish: February 3 & 7, 2008

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**PLANNING COMMISSION  
CHARTER TOWNSHIP OF CANTON  
NOTICE OF PUBLIC HEARING**

NOTICE IS HEREBY GIVEN pursuant to Michigan Public Act 110 of 2006, of the State of Michigan, as amended, and pursuant to the Zoning Ordinance of the Charter Township of Canton that the Planning Commission of the Charter Township of Canton will hold a Public Hearing on Monday, February 18, 2008 in the **First Floor Meeting Room of the Canton Township Administration Building, 1150 S. Canton Center Road at 7:00 p.m.** on the following proposed special land uses request as provided in Section 27.03 of the Canton Township Zoning Ordinance:

**KIRCO BUSINESS PARK SPECIAL LAND USE - CONSIDER REQUEST FOR SPECIAL LAND USE APPROVAL FOR A MEDICAL OFFICE AS REQUIRED IN SECTION 21.02B.3 FOR PARCEL NO. 047-01-0002-000 (6200 HAGGERTY N). Property is located east of Haggerty and north of Ford Road.**

Written comments addressed to the Planning Commission should be received at the Canton Township Administration Building, 1150 Canton Center S. prior to Thursday, February 14, 2008 in order to be included in the materials submitted for review.

VIC GUSTAFSON  
Chairman

Publish: February 3, 2008

**NOTICE OF PUBLIC HEARING  
CHARTER TOWNSHIP OF PLYMOUTH  
PLANNING COMMISSION**

**PROPOSED ACTION:** Request Approval to Amend the Contract and Approved Plans For Plymouth Village Planned Unit Development

**DATE OF HEARING:** Wednesday, February 20, 2008  
**TIME OF HEARING:** 7:00 P.M.  
**PLACE OF HEARING:** Plymouth Township Hall, 9955 North Haggerty Road

**NOTICE IS HEREBY GIVEN** that the Planning Commission of Plymouth Charter Township has received an application requesting to **Amend the Contract and Approved Plans For Plymouth Village Planned Unit Development**, on Tax ID R78-059-04-0001-000 thru R-78-059-04-0080-000, pursuant to Zoning Ordinance No. 99, Section 23.12-2. The property is located on the south side of Ann Arbor Road, between Marlowe and Northern Avenues.

**Application 1980/0108. Applicant, Leo Soave**

**LEGAL DESCRIPTION:** for parcel description, see tax records based on Tax ID No. R-78-059-04-0001-000 thru R-78-059-04-0080-000.

The application may be examined at the Plymouth Township Division of Public Services, Community Development Department, during regular business hours from 8:00 AM to 4:30 PM. Written comments will be received prior to the meeting and may be mailed to 9955 N. Haggerty Rd., Plymouth, MI 48170 or call 734-354-3270, ext. 6. The meeting will be held in the Meeting Room at Township Hall which is located at 9955 N. Haggerty Rd., Plymouth Township, MI 48170.

**PLEASE TAKE NOTE:** The Charter Township of Plymouth will provide necessary auxiliary aids and services, such as signers for the hearing impaired and audio tapes of printed materials being considered at all Township meetings to individuals with disabilities at the meetings/hearings upon one week notice to the Charter Township of Plymouth by writing or calling the Supervisor's Office, 9955 N. Haggerty Rd., Plymouth, MI 48170. Phone 734-354-3201. TDD users: 800-849-3777 (Michigan Relay Service).

KENDRA BARBERENA, Secretary  
Planning Commission

Publish: February 3, 2008

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# Red Cross speaker: Prepare for emergency – and know where to go

BY JULIE BROWN  
STAFF WRITER

If you had just five minutes to get out of your house in an emergency, would you know what to take?

That was the question Jessie Gonyea of the American Red Cross posed at the Westland Rotary Club Thursday, Jan. 17. "All these things take a level of preparation," said Gonyea, community liaison for the Red Cross and a Monroe resident.

She urged her audience to have a three-day supply of all prescription medication, noting she carries her husband's heart medication. Gonyea, who had lunch goers list what they'd take, reminded them to consider pets who will need shelter in an emergency.

Her family's close to the Fermi nuclear facility, and they're prepared to head south to Toledo where there's a school/shelter that accepts

pets (not all do). Gonyea noted you should pay attention to wind direction for chemical emergencies, and have alternate routes of travel.

She agreed that identification, credit cards and other essential documents are needed.

Your cell phone's a vital item, but in a widespread disaster you'll need contacts outside the state. "It does affect the satellite," Gonyea said. "Remember that power outage we had a couple years ago? You have to have a contact out of state."

Other must-haves include one gallon per person per day of water, along with food and water for your pet and something to carry the pet in. In her example emergency bag, Gonyea had emergency food rations good for several days.

"It's not the best-tasting thing but if you're hungry it's not bad," she said.

Other highlights:

- Gonyea carries in her car a change of clothes, along with flip-flops and rubber boots for each member of her four-person family.

- "Ponchos are really important. We have a lot of rain around here."

- She carries a flashlight, with separate batteries so power doesn't drain. A "glow stick" can help you see enough to put batteries in.

- Don't forget toilet paper.

- A "survival wrap" that's folded but large enough to cover several people will maintain body temperature.

- Waterproof matches come in handy, as does a whistle.

"You will always hear a whistle above everything else," said Gonyea, noting the sharp whistles heard over the crowd at Detroit's annual Thanksgiving parade. At her house, they have different numbers of blasts to identify who's outside in case of a fire.

She also recommended a small first aid kit. "The NOAA radio is wonderful" for emergency information, she added of that crank-up item.

Additional emergency information can be found on the Red Cross local Web site, [www.semredcross.org](http://www.semredcross.org). Gonyea concluded by reminding Rotarians to make sure generators are used only in a well-ventilated area.

She also covered work done by disaster action teams, such as food/clothing vouchers for fire victims who often stay in a hotel briefly. Victims are referred to other agencies for long-term needs including furniture replacement.

Westland Rotary President Lou Toarmina is a Red Cross volunteer, responding to fires. "We're lucky to have the American Red Cross with us today," Toarmina said of the agency's role. "That is some of the most rewarding work you're ever going to do."



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## OUR VIEWS

### Board should have kept tape rolling

Plymouth-Canton Board of Education President Judy Mardigian consistently promised the search for a new superintendent would be transparent, with discussions and interviews of candidates televised on public service cable TV for those who couldn't attend the open interviews.

Even as late as Jan. 22, when Trustee Dianne Gonzalez suggested board discussion of each candidate's strengths and weaknesses be off-camera, Mardigian insisted everything would be open and on tape.

The school board this week conducted three interviews and, as promised, all were taped. After the third interview Tuesday, however, the board took a short break and then resumed discussion of the strengths and weaknesses of each candidate before choosing which, if any, would be invited back.

However, conspicuously missing was the glare of the bright lights that generally accompanies taping of the meeting. When asked if the board's discussion was being taped, a district official said the board decided "a couple of days ago" not to tape because "they didn't want any negative things ... about the candidates to end up on the Internet."

So much for an open process. Trustees are elected by voters to represent them, and the stakeholders deserve to hear what they have to say on all topics — good or bad. Selecting a new superintendent is one of the board's biggest decisions, and constituents should be able to not only view the candidate interviews, but also hear trustees' thoughts on their merits.

Trying to keep "bad things" off the Internet is no reason to go back on the promise of openness. It creates a slippery slope, for what might be next? Turning off the cameras when a tough decision needs to be made about busing? Or during budget discussions when the tough academic cuts need to be made? Who makes the decision to pick and choose what constituents should — or need to — know?

To be fair, it's true the board could have gone into closed session to discuss the candidates, but only if the candidates themselves requested it. It's to the board's credit they discussed the issue in open session. Still, they didn't follow through on Mardigian's promise.

Voters elect candidates because they heard and liked what they stood for during the campaigns. They also want to hear those voices afterward. They deserve to see how board members represent them, including hearing their decision-making processes, to determine whether the candidates for whom they voted kept their promises.

Or does politics trump the public's right to know?

**Trying to keep "bad things" off the Internet is no reason to go back on the promise of openness. It creates a slippery slope, for what might be next?**

## FISH tale

Thank you for the wonderful article ("FISH swims along in 35th year," Jan. 15). My mother, Sally Baumgartner, who is now deceased, was involved with FISH for years.

I remember many times mom said she needed to stay home because she was Fish of the Day! We liked to tease her about it, but we were really very proud of her volunteer work with this organization. It also was not unusual for her drive a senior to the doctor, wait with the patient in the doctor's office and then take the person home.

Thanks for reminding me of some wonderful memories of my mom and I'm so glad that FISH is still going strong.

**Shirley Robinson**  
Orange City, Fla.

## More false hope

War without end — Amen.

I first need to say that I have always wanted to write about this crazy line that comes into my head. It bothers me a lot, because it is a thing that always pops into my head every time I see Bush Jr. as he is giving his annual speech to the nation.

You see, I grew up going to the Methodist church. Yes, there was a method to each service, because the preacher man (and most often it was our in-law, the minister at the church we went to) would always say this in his benediction: "World without end ... amen." The "we are strong in our resolve," or we are "making progress" statements always have a way of forcing this goofy statement back into my head.

It's as if Bush was this fictitious preacher, trying to collect money on some TV revival show on some obscure local TV channel.

The reality is that we are spending \$12 billion a month on a war we frankly we aren't winning. Is that fiscally conservative? I think not.

Are the spoils of this war in Iraq coming back to you and me? Do we feel safer? If you answered yes to either question, then you should send your money to the nearest TV preacher of your choice, because you like false hope.

**Mark Barringer**  
Farmington Hills

## Amendment needed

We need to send a message to the politi-

## LETTERS

cians in Lansing that they were elected to serve their constituents. For the last two years, I have tried to have the Michigan Vehicle Code amended. The Michigan State Police traffic division feels the amendment has merit, but is unwilling to introduce it. Westland legislators are unwilling to introduce it. Even if it was introduced, it probably would not get out of committee.

So what can voters do? Petition the Legislature to act seems the only alternative.

Please organize a petition drive to put the issue on the ballot and let voters decide. Hopefully, the amendment would allow traffic engineers to decide traffic issues and not the police or the courts. In regard to speeding violations, the gist of the amendment is already in the code — see section 5 — but conveniently ignored.

This campaign could help the paper's circulation and establish a new community role.

**Walter Stroyan**  
Westland

## Down on digital

Appreciating that it's inevitable, I applaud any lawful measure that delays the arrival of digital-format TV. At age 63, I remember when a TV set was a piece of furniture, its little screen mounted in an elegant wooden cabinet. I remember the NBC peacock's feathers fanning out to herald the advent of color. And color was welcome because it not only enriched the picture by an order of magnitude, but did not impair viewing on a black-and-white set.

But digital format, even supporting high-definition, does not promise the qualitative leap of color. Thus on local cable, I don't foresee comprehending a city commission meeting any better because I can count the threads in the mayor's tie. And while watching a network drama or sitcom, I might prefer not to appreciate the pores on an actor's face.

Yet someone somewhere has decided that I need this dubious improvement so badly that I must buy new equipment or adapter boxes, extend cable elsewhere in the house and accept that a couple of smaller TVs, perfectly serviceable up to now, are destined for the Dumpster. Multiplying these consequences by millions of households reveals the extent of the waste.

My main concern, though, is not economic, but cultural. The fixation on

digital format suggests that the viewing experience has surpassed content quality in the expectations of the audience — at least as manipulated by the industry and its marketers. The technology may point forward, but its impact is distinctly retrograde, paralleling the film industry's computer-enabled abandonment of dialogue in favor of morphing monsters.

**Paul M. Seibold**  
Birmingham

## Honking disturbs peace

Honking automobile horns for anything other than safety is a disturbance of the peace.

Consider the shops or homes that are next to the site where drivers are being asked to honk.

One person's right to free speech does not allow them to disturb another person's right to not be subjected to honking horns.

I am shocked that allowing horns to be honked during a vigil is even being considered.

So, during a school board election a honking vigil could be held in a neighborhood?

If honking is OK, what times of day would it be allowed, etc.?

While driving I find seeing someone standing silently with a sign effective enough.

P.S. No accidents have happened — yet.

**Ann McBride**  
Berkley

## No reparations for slavery

Bill Clinton apologized for slavery on behalf of the American people, though I gave him no such authorization and despite the fact that my family was not here early enough to inflict it on anyone or benefit from it in any way.

We need to ask if Obama or Hillary Clinton will push for reparations for slavery. Will the cost of the near mythical 40 acres and a mule be borne by my generation?

Whatever happened to the law's position that the sins of the father shall not be put upon the children? I want them to promise to discourage talk of reparations and pledge to vote against any future such schemes to plunder the American treasury and make us all suffer.

**E. Alfred Johnson Jr.**  
Royal Oak



Heart of a Woman  
LECTURE SERIES



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**Wednesday, February 13**  
**6:15 - 9 p.m.**

- 6:15 p.m. — Registration (Select Exercise Session)
- 7 p.m. — Lectures
- 8:30 p.m. — Interactive Exercise Session

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Dr. Barbara Kong discusses the importance of exercise and how it relates to your cardiovascular system. Amy Lockmond, MS in Exercise Science and Julie Burt, certified aquatics instructor from Canton Leisure Services will be on hand to discuss and demonstrate exercise options and techniques to help you get started on an exercise program that's right for you! Join us for either yoga, tai chi or resistance band session.

**PRE-REGISTRATION IS REQUIRED**

Cost is **FREE** ▪ Light refreshments ▪ Door prizes  
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- Parochial & Home Schooled Students & Parents
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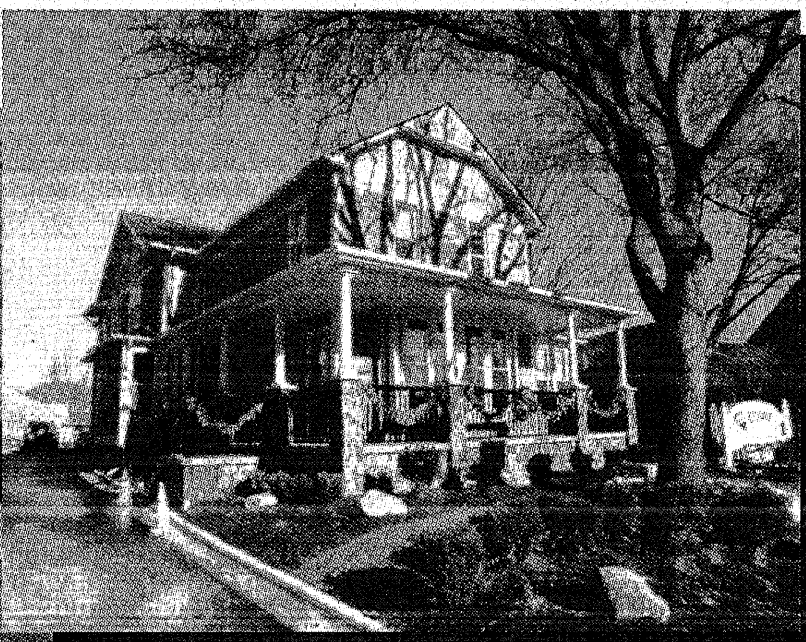
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# SPORTS

# B

(CP)

Sunday, February 3, 2008

The Observer & Eccentric Newspapers

Ed Wright, editor . (734) 953-2108 . [ewright@hometownlife.com](mailto:ewright@hometownlife.com)

[www.hometownlife.com](http://www.hometownlife.com)

## A few ideas to help fill empty seats in gyms

I debated whether to dedicate this column to curing the global-warming crisis or solving the problem of diminishing crowds at local high school sporting events.

Since it was 15 degrees out and snowing heavily when I left my house for the office, I decided global warming could wait.

*(By the way, if the globe is warming, why isn't my heating bill shrinking?)*

Being the huge high school sports fan that I am, it's troubling to walk into a gym or an arena a few minutes before a high school

game tips off and see attendance struggling to hit triple-figures.

The dwindling-attendance issue isn't an every-night, every-game thing, but one small crowd is one too many in my book.

And if it's disheartening to me, just think what it must be like for the players.

*(If an 18-foot jump shot hits nothing but net, but no one is there to hear it, does it make a sound?)*

I grew up during an era in mid-70s Lansing when high school hoop games had to be moved to Michigan State's Jenison Fieldhouse so that all of the fans could be accommodated — so I've seen the packed-gym end of the spectrum.

With all the competition for people's attention these days — MySpace, YouTube, texting, PlayStation, 100-plus cable TV channels, etc. — it's unrealistic to think the night-after-night overflow-crowd scenario will ever occur in these parts.

But it certainly would be nice to at least move the Fan-O-Meter dial a little bit from the near-empty-gym end of the spectrum to the one I was used to growing up.

### Step 1: Start doubling-up

The fastest way to generate bigger crowds and more enthusiasm at high school basketball games is to institute

Please see **WRIGHT, B2**



PHOTOS BY BILL BRESLER | STAFF PHOTOGRAPHER

Canton defensemen Ryan May (left) and Mark Barath (right) put the squeeze on Plymouth's Colin Rolfe during Friday night's cross-campus contest played at the Arctic Edge. Canton won, 3-1.

## Canton icers outlast 'Cats, 3-1

BY ED WRIGHT  
STAFF WRITER



Canton goalie Zane Birchler shined between the pipes Friday night against Plymouth. The junior missed a shutout by just five seconds.

Friday morning's snowstorm wiped out all but one of Friday night's P-CEP scheduled sporting events, but the single game that was played turned out to be a doozy.

In a Western Lakes Activities Association Western Division hockey game played at the Arctic Edge, Canton extended its mid-season unbeaten streak to seven by outlasting cross-campus rival Plymouth, 3-1.

The Chiefs, who are 6-0-1 since a Jan. 8 loss to Plymouth, improved to 11-8-1 overall and 3-2-1 in the division. The loss dropped the Wildcats to 10-8-1 and 2-3-1, respectively.

"We've been able to pull out some close games lately thanks to great leadership," said Canton coach Dan Abraham. "I'm proud of how hard everybody is working and how everybody is pulling together."

The Chiefs have an opportunity to draw a little closer to division-leading Northville on Wednesday when the two teams meet at 8 p.m. at the Arctic Edge.

Canton led 1-0 after two periods thanks to a Cory Sosnowski net-finder that was assisted by

Please see **HOCKEY, B2**

## Whalers' two comebacks not enough against Ottawa

Jason Bailey's power play goal snapped a 3-3 tie and the Ottawa 67's defeated the Plymouth Whalers, 7-3, in an Ontario Hockey League game played Friday night at Compuware Arena.

Plymouth is now 26-19-2-2, good for 56 points and fourth place in the OHL West. Ottawa improved to 23-23-2-2, good for 50 points and third place in the OHL's East Division.

The Whalers battled back from deficits of 2-0 and 3-2, but Ottawa scored the game's final four goals, including the final

three in a span of 1:40 late in the third period to pull away.

Ottawa got goals from seven different players — Ryan Martindale (6th), Mike Latta (10th), Julian Demers (5th), Bailey (8th), Thomas Kiriakou (14th), Jamie McGinn (22nd) and Adam Zamec (13th).

Ottawa rookie goaltender Chris Perugini emerged as the first star of the game after stopping 39-of-42 Plymouth shots.

Ryan Hayes scored twice for Plymouth and now has six goals in 10 games

since coming over from Boston College. Whalers rookie Tyler J. Brown (Westland) added his fourth goal of the year for Plymouth.

After Ottawa led 2-0 on first-period goals by Martindale at 5:04 and Latta at 11:35, the Whalers tied the game at 2-2 in the second period on goals by Hayes at 3:10 (one-timer from the lower rim of the left circle) and Brown at 6:02 (rebound through traffic on the right side of the Ottawa goal).

Demers gave Ottawa a 3-2 lead at 19:06

of when he scored from the left boards.

But Hayes tied the game for Plymouth at 3-3 at 1:38 of the third period with a shot from the hashmarks past Perugini.

Bailey scored the game-winner when Demers' point shot caromed off the back board behind the Plymouth goal and bounced to Bailey on the left lip of the crease at 6:42. Kiriakou (18:16), McGinn (empty net at 18:45) and Zamec (power play at 19:56) salted the game away for Ottawa.

Plymouth outshot Ottawa, 42-33.

## 'Mitch' leads Rocks to hoop prominence

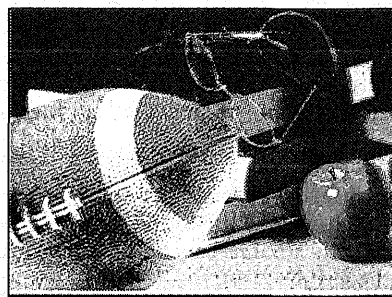
BY ED WRIGHT  
STAFF WRITER

She's smooth, savvy and smart — everything a coach could want in a senior point guard.

She can shoot, distribute and defend — everything you'd expect from a three-year starter.

She is Salem's Alaya Mitchell — No. 5 in your program and No. 1 on the list of reasons the Rocks are among the most successful girls basketball teams in the state this season.

"Mitch" is the best player in our league this year and one of the best in the area," said Salem coach Fred Thomann, whose team will take a 14-2 record and No. 1 seed into next week's Western Lakes Activities Association conference tournament. "She did a great job during the off-season of getting herself in



**Prep Profile**

outstanding shape and she's been on a roll since our first game.

"We asked Alaya to switch roles this season — from being our top assist player to a scorer, and she's handled it well. We basically told her, 'Go out there and do your thing,' and she's had an outstanding senior season so far."

Please see **MITCHELL, B3**



BILL BRESLER | STAFF PHOTOGRAPHER

Salem senior basketball captain Alaya Mitchell has several reasons to smile. She's led the Rocks to a 14-2 record and first place in the WLA's Lakes Division along with earning a full-ride scholarship to Marshall University.

## GCYBSA sign-ups are in full swing

Registration for the Greater Canton Youth Baseball & Softball Association's (GCYBSA) 2008 season is in full swing.

Area baseball and softball players between the ages of 4 and 18 who reside in Plymouth or Canton, or attend any school in the Plymouth-Canton School District are eligible to participate.

To register online, visit [www.gcybsa.com](http://www.gcybsa.com).

Walk-in registration is also available at the Canton Sports Center, located at 46555 W. Michigan Ave., daily from 8:30 a.m. to 5 p.m. Visit the Summit on the Park, located at 46000 Summit Parkway, to pick up a registration form.

Last year, 2,600 players competed in GCYBSA leagues.

## Sidelines

### Rescheduled hoop games

Friday night's girls and boys basketball games that were postponed due to heavy snow will be played Monday at 7 p.m.

In girls action, Salem will host Livonia Stevenson, Canton will host Walled Lake Western and Plymouth will host Wayne Memorial.

In boys action, the Rocks will travel to Stevenson, the Chiefs will travel to Western and the Wildcats will hit the road to take on the Zebras. Monday's regularly scheduled boys games — Northville at Salem, Stevenson at Canton and Plymouth and Churchill — had not yet been rescheduled as of Friday night.

The Western Lakes Activities Association tournament will commence Tuesday night at 7 p.m. First-round match-ups won't be solidified until Monday night's make-up games are complete.

### PCS girls lacrosse meeting

An informational meeting for prospective Plymouth-Canton-Salem high school girls lacrosse players and their parents is set for Thursday at 6:30 p.m. in the Canton High School library. The meeting, which is expected to last one hour, is important for new and returning players and their parents.

For more information, visit [www.pcs-ladywarriors.com](http://www.pcs-ladywarriors.com).

### Indoor baseball

The Velocity Baseball Academy in Canton is offering a Spring Training Camp for kids 12 and older on Feb. 13-15.

Two different camps will be offered: a \$140 hitting and pitching camp from 10 a.m. to noon; and a hitting, pitching and strength and conditioning camp, which will run from 1-3:30 p.m.

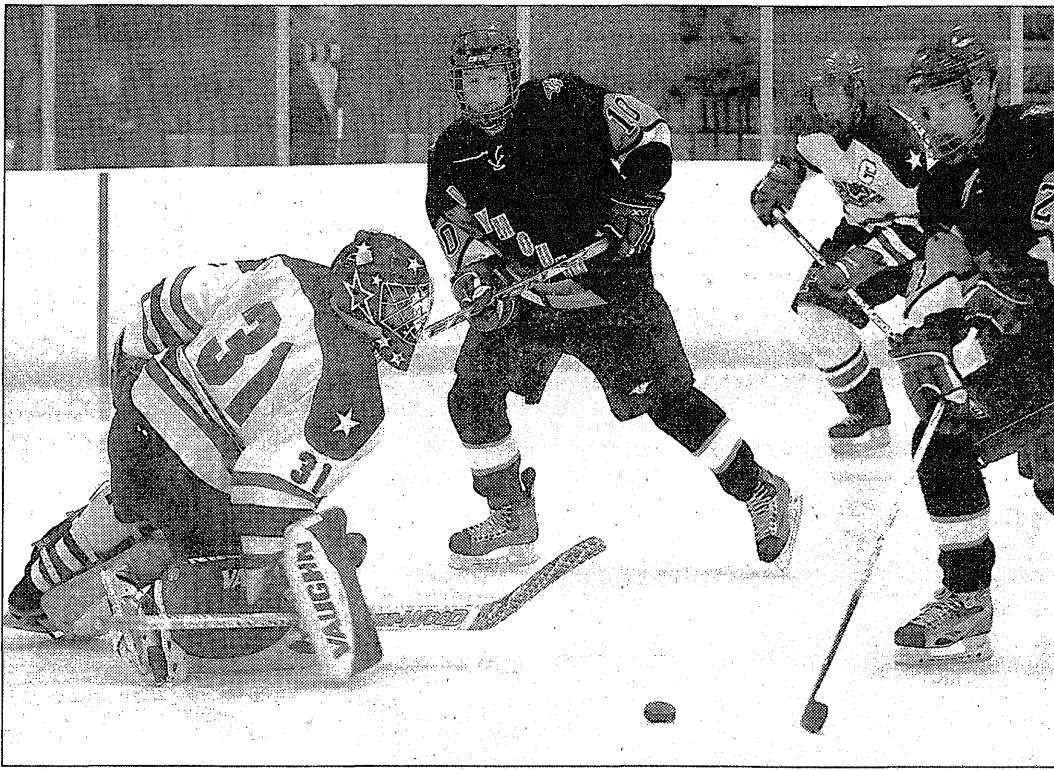
For more information, call (734) 485-2561; or visit [www.velocitysp.com/canton](http://www.velocitysp.com/canton).

Precision Baseball in Canton has hired a certified strength-and-conditioning coach to teach speed and agility training.

Classes start today at 10 a.m. The cost is \$20 per one-hour session or 10 sessions for \$150.

There are also openings for the hitting leagues, which will start Feb. 9 at 9 a.m. There are two age groups for the six-week leagues: 13u and 17u. Hitting machines will be adjusted for the age groups.

For more information, contact Jay Alexander at (734) 459-5921.



TOM HAWLEY | STAFF PHOTOGRAPHER

Plymouth's Erik Olivier scores on Franklin's Austin Mesler during Wednesday night's 5-5 tie.

# Franklin ties Plymouth 5-5

BY BRAD EMONS  
STAFF WRITER

Livonia Franklin first-year hockey coach Scott Wirgau was encouraged by his team's performance Wednesday night in a 5-5 deadlock with Plymouth at Eddie Edgar Arena.

"This team (Plymouth) is on a roll and their goalie (Ryan Schultz) is outstanding," Wirgau said of the Wildcats, who are 10-7-1 overall and 3-2-1 in the Western Division of the Western Lakes Activities Association. "I've been able to make a short list for us as far as some of the things the team has to build upon this year and we've done that. Our kids are starting to believe in themselves and the system."

Four of Franklin's five goals were power-play efforts including Eric Volk's game-tying

score from Jordan Short and Tyler Barnes with 11:42 left in the final period.

The Wildcats took a 5-4 lead just 1:35 earlier in the third on Erik Olivier's power-play goal from Evlan Swieczkowski.

Plymouth jump out to a 2-0 lead just 4:42 into the first period on goals by Justin Gilliam (from Jake Jossy) and Colin Rolfe (from Jossy and Kyle Rochov).

But the Patriots responded on Jordan Chisholm's power-play goal from Derek Davis and Tyler Miler at the 5-minute mark followed by Chisholm's second of the night from Miller at 11:12.

In the second period, Rick Cigile scored from Rolfe and Noel Aspenwall at 4:16 to make it 3-2.

Franklin's Tyler Barnes then answered with a pair of power-

play goals just 30 seconds apart, the first from Robert Beattie and David Muller at the 10-minute mark and the second from Beattie and Ronald Perian.

Jerry Pitts' power-play goal from Conner Dresser with only 37 seconds before the second period ended evened the count at 4-4.

Plymouth outshot the Patriots, 4-3-23, as Franklin netminder Austin Mesler made 38 saves.

Schultz had 18 saves, but none bigger when he blocked Chisholm on a breakaway following a steal off the Plymouth defense with only 1.2 seconds left in the game.

Franklin is now 4-11-2 overall and 0-5-1 in the Western Division.

bemons@oe.hometownlife.com | (734) 953-2123

## HOCKEY

FROM PAGE B1

Dan Bielak.

The Chiefs upped their advantage to 2-0 with seven minutes left in the contest on an unassisted goal from Zac Haar — his first of the campaign.

Canton iced the win when Nick Tomilenko notched an unassisted empty-netter with 1:2 left to play.

The Wildcats' lone goal came with four seconds remaining when senior Ricky Cigile found the back of the net with his eighth lamp-lighter of the season.

"It was a very good game," said Plymouth coach Paul Fassbender. "The story was the power play: We were 0-for-seven and they were two-for-seven."

Both teams' goalies excelled. Canton's Zane Birchler missed a shutout by

just a few seconds and just two shots found their way past Plymouth's Christian Blick.

"Plymouth played very well tonight — they really came at us," Abraham added. "But Birchler made some outstanding saves."

The Chiefs' victory avenged an earlier 7-2 setback to the Wildcats at Compuware Arena.

ewright@hometownlife.com  
(734) 953-2108

# Rock skaters nip Dearborn

Salem's hockey team overcame a sluggish start to upend Dearborn Unified, 5-4, Tuesday night in a game played at the DISC in Dearborn.

The victory improved the Rocks' record to 6-11.

Salem trailed 2-0 after the first period before tallying four unanswered net-finders in the second period.

Dearborn rebounded the knot game at 4-all in the final stanza before Salem's Kurt Driscoll lit the lamp with six minutes left to break the tie.

Driscoll's game-winner was assisted by Joel Cheesman and David Russell.

"We struggled in the first period; we just didn't skate well," said Salem coach Ryan Ossennmacher. "We really

picked it up in the second period then got a nice goal from Kurt to win it late."

Cheesman, Sam Ott, Eddie Marorowicz and Steve Haburne also scored goals for the winners.

Cheesman notched a pair of assists.

Mark Barkoff earned the win between the pipes for the Rocks, stopping 14 shots.

## GYMNASTICS RESULTS

**DUAL MEET RESULTS**  
**FARMINGTON UNITED 143.300**  
**CANTON 138.400**  
Monday at Farmington  
Vault: 1. Kristin Nagle (F), 9.30; 2. Jessie Murray (C), 9.10; 3. Robyn Prowar (C), 9.0; 4. (tie) Amy Ancona (F) and Jill Happaniemi (F), 8.90; 5. Sam Kohl (F), 8.80.  
Uneven bars: 1. Cathy Huang (C), 9.50; 2. Jill Happaniemi (F), 8.95; 3. Elana Cocke (F), 8.80; 4. Jessie Murray (C), 8.60; 5. Kristin Nagle (F), 8.55; 6. Robyn Prowar (C), 8.45.  
Balance beam: 1. Elana Cocke (F), 9.40; 2. Jessie Murray (C), 9.25; 3. Amy Ancona (F), 9.10; 4. Kristin Nagle (F), 8.85; 5. Jill Happaniemi (F), 8.75.  
Floor exercise: 1. Kristin Nagle (F), 9.50; 2. Elana Cocke (F), 9.20; 3. Amy Ancona (F), 9.05; 4. Jessie Murray (C), 9.00; 65. Jill Happaniemi (F), 8.95; 6. Cathy Huang (C), 8.90.  
All-around: 1. Kristin Nagle (F), 36.25; 2. Elana Cocke (F), 36.00; 3. Jill Happaniemi (F), 35.55; 4. Jessie Murray (C), 35.35; 5. Amy Ancona (F), 35.30; 6. Robyn Prowar (C), 35.00.

**LIVONIA BLUE 143.05,**  
**CANTON 137.25**  
Jan. 21 at Canton  
Vault: 1. Emily Quint (Blue), 9.55; 2. (tie) Laura Nomura (Blue), Robyn Prowar (C) and Jessie Murray (C), 9.25 each; 5. Cathy Huang (C), 8.95; 6. Meghan Powers (Blue), 8.8.  
Uneven bars: 1. Quint (Blue), 9.35; 2. Powers (Blue), 9.2; 3. Kelly Tapella (Blue), 9.0; 4. Huang (C), 8.95.  
Balance beam: 1. Murray (C), 9.05; 2. Meredith Albers (Blue), 8.9; 3. Nomura (Blue) and Quint (Blue), 8.85 each; 5. Powers (Blue), 8.65.  
Floor exercise: 1. Murray (C), 9.2; 2. Nomura (Blue), 9.1; 3. Quint (Blue), 9.05; 4. Tapella (Blue), 8.75.  
All-around: 1. Quint (Blue), 36.8; 2. Murray (C), 35.95; 3. Nomura (Blue), 35.7; 4. Powers (Blue), 35.35.

**LIVONIA RED 138.7,**  
**CANTON 137.25**  
Jan. 21 at Canton  
INDIVIDUAL RESULTS  
Vault: 1. Paula Guzik (Red), 9.5; 2. (tie) Jessie Murray (C) and Robyn Prowar (C), 9.25 each.  
Uneven bars: 1. Guzik (Red), 9.3; 2. Cathy Huang (C), 8.95; 3. Prowar (C), 8.9; 4. Alicia DiMauro (Red), 8.65.  
Balance beam: 1. Murray (C), 9.05; 2. Jamie Marighugh (Red), 8.9; 3. Margarita Lazarevska (Red), 8.7; 4. Guzik (Red), 8.65.  
Floor exercise: 1. Murray (C), 9.2; 2. Prowar (C), 8.7; 3. DiMauro (Red), 8.65; 4. Guzik (Red), 8.55.  
All-around: 1. Guzik (Red), 36.0; 2. Murray (C), 35.95; 3. Prowar (C), 35.15; 4. DiMauro (Red), 34.45.  
Livonia Red's dual meet record: 4-2 overall.  
Canton's dual meet record: 3-3 overall.

**FARMINGTON INVITATIONAL GIRLS GYMNASTICS MEET**  
Jan. 19 at Maxfield Training Center  
TEAM STANDINGS: 1. Farmington (A), 144.350 points; 2. Grand Rapids Forest Hills, 142.775; 3. Livonia Blue, 141.200; 4. Northville, 140.800; 5. Canton, 139.675; 6. Livonia Red, 138.800; 7. Salem, 135.575; 8. Freeand, 130.150; 9. Howell, 128.525; 10. Farmington (B), 127.700; 11. Brighton, 126.600; 12. Fraser, 125.000.

**CANTON INDIVIDUAL RESULTS**  
Vault: Robyn Prowar (5th - 9.20); Jessie Murray (6th - 9.15); Cathy Huang (7th - 9.1).  
Uneven bars: Jessie Murray (6th, 9.0).  
Balance beam: Jessie Murray (1st - 9.45).  
Floor exercise: Jessie Murray (1st - 9.525).  
All-around: Jessie Murray (3rd - 37.125); Robyn Prowar (9th - 35.25).

**LIVONIA BLUE INDIVIDUAL RESULTS**  
Vault: Emily Quint, 9.35; Laura Nomura, 9.3; Meghan Powers, 8.65; Kelly Charniga, 8.3.  
Uneven bars: Quint and Kelly Tapella, 9.05 each; Powers, 8.8; Nomura, 8.4.  
Balance beam: Nomura, 9.05; Powers, 8.5; Quint, 8.25; Charniga, 8.05.  
Floor exercise: Quint, 9.5; Powers, 9.4; Tapella, 8.9; Nomura, 8.65.  
All-around: Quint, 36.15; Powers, 35.35; Nomura, 35.40.

**LIVONIA RED INDIVIDUAL RESULTS**  
Vault: Paula Guzik, 9.45; Alicia DiMauro, 9.05; Jamie Marighugh, 8.825; Brittany Swazey, 8.8.  
Uneven bars: Guzik, 9.35; DiMauro, 8.0; Katina St. Pierre, 7.95; Marighugh, 7.9.  
Balance beam: Guzik, 9.35; Margarita Lazarevska, 8.85; St. Pierre, 8.3; DiMauro, 8.15.  
Floor exercise: Guzik, 9.1; DiMauro, 8.75; Swazey, 8.55; Lazarevska, 8.35.  
All-around: Guzik, 37.225; DiMauro, 33.95.

**NORTHVILLE 142.15, CANTON 138.70**  
Jan. 17 at Northville  
Vault: 1. Allison (N), 9.2; 2. (tie) Makenna (N) and Robyn Prowar (C), 9.1; 4. Cassidy (N), 9.0; 5. Jessie Murray (C), 8.9; 6. Cathy Huang (C), 8.8.  
Uneven bars: 1. Cassidy (N), 8.9; 2. Allison (N), 8.85; 3. (tie) Jessie Murray (C) and Makenna (N), 8.75; 5. Amyr (N), 8.6; 6. Robyn Prowar (C), 8.4.  
Balance beam: 1. Jessie Murray (C), 9.5; 2. Allison (N), 9.3; 3. Julie (N), 9.2; 4. Robyn Prowar (C), 9.1; 5. (tie) Makenna (N) and Cassidy (N), 9.0.  
Floor exercise: 1. Jessie Murray (C), 9.2; 2. (tie) Mallory Hudak and Makenna (N), 9.15; 4. Robyn Prowar (C), 8.8; 5. Allison (N), 8.7; 6. Cassidy (N), 8.55.  
All-around: 1. Jessie Murray (C), 36.35; 2. Allison (N), 36.05; 3. Makenna (N), 36.00; 4. Cassidy (N), 35.45; 5. Robyn Prowar (C), 35.4; 6. Julie (N), 34.05.

**BOYS BASKETBALL**  
MONDAY, FEB. 4  
Salem at Stevenson, 7 p.m.  
Canton at W.L. Western, 7 p.m.  
Plymouth at Wayne, 7 p.m.

**TUESDAY, FEB. 5**  
Oakland Christian at PCA, 7 p.m.

**THURSDAY, FEB. 7**  
Salem at Plymouth, 7 p.m.  
W.L. Northern at Canton, 7 p.m.  
Agape at Huron Valley, 7 p.m.

**FRIDAY, FEB. 8**  
Parkway at PCA, 8:30 p.m.  
Agape at Baptist Park, 7:30 p.m.

**GIRLS BASKETBALL**  
MONDAY, FEB. 4  
Stevenson at PCA, 7 p.m.  
Wayne at Plymouth, 7 p.m.  
W.L. Western at Canton, 7 p.m.

**TUESDAY, FEB. 5**  
PCA at Oakland Christian, 7 p.m.  
First-round WLA Tourney, TBA  
Agape at Huron Valley, 7 p.m.

**THURSDAY, FEB. 7**  
Macomb at PCA, 7 p.m.

**FRIDAY, FEB. 8**  
Agape at Lutheran South, 7:30 p.m.

**PREP HOCKEY**  
WEDNESDAY, FEB. 6  
Northville at Canton, at Arctic Edge, 8 p.m.

**FRIDAY, FEB. 8**  
Franklin at Plymouth at Compuware, 7 p.m.

**SATURDAY, FEB. 9**  
Salem at Plymouth at Plymouth Cultural Center, 7 p.m.

**PREP WRESTLING**  
WEDNESDAY, FEB. 6  
Canton at John Glenn, 6:30 p.m.  
Wayne Memorial at Salem, 6:30 p.m.  
Plymouth at Stevenson, 6:30 p.m.

**SATURDAY, FEB. 9**  
WLA Tourney, 9 a.m. at Canton High School



BILL BRESLER | STAFF PHOTOGRAPHER

## Double-double trouble

Canton Agape's Ayanna Martin (25), pictured above in a game earlier this season, gave United Christian fits in the two teams' Jan. 31 contest. Martin recorded a double-double (15 points and 14 rebounds) in the Wolverines' 48-23 triumph. Brooke Purcell also had a big night for the winners, netting 25 points and 10 boards.

## THE WEEK AHEAD

**BOYS SWIMMING & DIVING**  
TUESDAY, FEB. 5  
Salem at Canton, 7 p.m.

**THURSDAY, FEB. 7**  
Salem at Churchill, 7 p.m.  
Canton at Franklin, 7 p.m.  
Northville at Plymouth at Canton, pool, 7 p.m.

**GYMNASTICS**  
THURSDAY, FEB. 5  
Saline at Canton at Plymouth, 7 p.m.

**WEDNESDAY, FEB. 6**  
Salem at Plymouth, 7 p.m.

**THURSDAY, FEB. 7**  
Brighton at Canton at Plymouth, 7 p.m.

**MEN'S COLLEGE BASKETBALL**  
WEDNESDAY, FEB. 6  
U-M Dearborn at Madonna, 7:30 p.m.  
Schoolcraft at St. Clair CC, 7:30 p.m.

**SATURDAY, FEB. 9**  
Cornerstone at Madonna, 3 p.m.  
Flint Mott CC at Schoolcraft, 3 p.m.

**WOMEN'S COLLEGE BASKETBALL**  
WEDNESDAY, FEB. 6  
UM-Dearborn at Madonna, 5:30 p.m.  
Schoolcraft at St. Clair CC, 5:30 p.m.

**SATURDAY, FEB. 9**  
Madonna at Cornerstone, 1 p.m.  
Flint Mott CC at Schoolcraft, 1 p.m.

**ONTARIO HOCKEY LEAGUE**  
FRIDAY, FEB. 8  
Whalers at Ottawa Generals, 7:05 p.m.

**SATURDAY, FEB. 9**  
Whalers at Belleville Bulls, 7:15 p.m.

**SUNDAY, FEB. 10**  
Whalers at Kingston Frontenacs, 2 p.m.

**MAJOR INDOOR SOCCER LEAGUE**  
THURSDAY, FEB. 7  
Ignition at La Raza de Monterrey, 9:35 p.m.

TBA - time to be announced.

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## WRIGHT

FROM PAGE B1

girls/boys varsity doubleheaders.

The way the Western Lakes Activities Association's schedule works currently is that the boys and girls games are played at the same time in the opposite schools' gyms, which spreads out each school's fan base.

Start the first game at 7 p.m. (you can rotate who plays first — boys one week, girls the next) and the second game at 8:30 p.m. The freshmen and junior-varsity games can start at 4 p.m. and 5:15 at both schools with time limits so the varsity games are not delayed.

Next year's inaugural season of the Kensington Lakes Activities Association would be a perfect time to institute the double-header format.

**Step 2: Seek pros' advice**

Form a committee made up mostly of high school marketing students, a few teachers and maybe an administrator or two, and have them brainstorm with members of the local professional sports franchises' marketing staffs.

I guarantee you the pro teams' marketing stars would be more than willing to

give up a few hours of their time to this cause and offer some ideas to bolster attendance.

And how good would it look on the students' resume to say they actually had some practical experience in sports marketing?

**Step 3: Create 'event' atmosphere**

The most memorable high school games I've attended the past few years are the ones that have been heavily populated with high school students/fans.

Parents' and grandparents' support is great, but the energy the players' peers bring to a game is priceless.

Large student cheering sections not only add some much-needed life to the game, they also create a home-court advantage for the hosts.

How do you attract more students to the games?

Let's start by letting them in for just \$1. Secondly, emulate what the Canton wrestling program is doing by making each home game/match an event. Dim the lights and use a spotlight when introducing players. Pass out thunder sticks. Start a cheering-section club and give each member a shirt.

Students would soon discover what

many fans already know — high school sports action is addictive.

**4. Invite the youths**

I know this has been done to some extent in the past, but the teams and their booster clubs should attempt to form a strong relationship with the junior leagues in their respective sports.

Make every Friday night "CEBL Night" for one of the PCEP home teams and select two teams to play an eight-minute scrimmage at halftime. The young kids would also get a kick out of having the high school players visit a practice or two and hold a mini-clinic.

If the youngsters got to know the high school players even a little bit — maybe even got an autograph or two — they'd probably be more apt to attend some games — and drag their parents along, too.

I realize these steps are easier said than done. In most cases they take time and money — things that seem to be in short supply for most 21st Century Michiganders these days.

If you have any additional ideas regarding attracting bigger crowds to the games, please let me know, and I'll publish them in a future column.

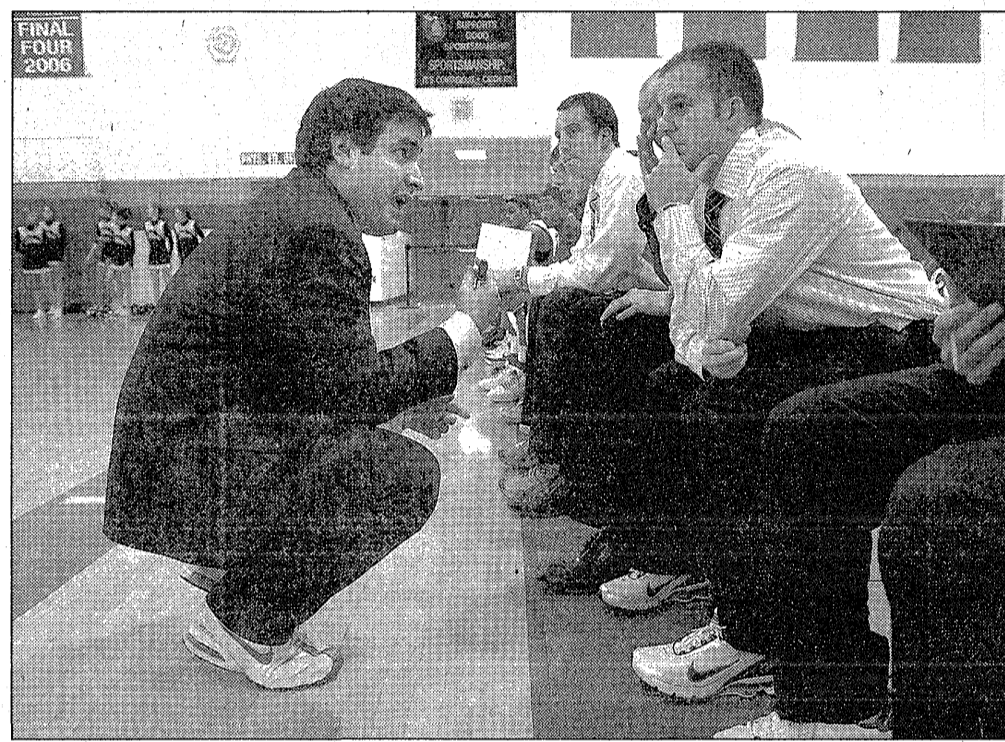
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### Golden Nuggets

The Nuggets captured the Community Education Basketball League's 24-team 7th-8th grade title recently. Pictured are (front row from left) Rishi Patel, Anuj Vyas, Alex Masson, Brian Eggenberger, Josh Heinze, (back row from left) Patrick Murphy (coach), Steven Murphy, David VanDyke, Marcus Oden, Philip Sutfin, Brian Proppe and Mike Heinze (assistant coach).



### Coaches vs. Cancer

Canton basketball coach Dan Colligan (left) joined the rest of his staff and members of the Plymouth coaching staff in wearing gym shoes during Tuesday night's cross-campus game as part of the "Coaches vs. Cancer" fundraiser that was sponsored by the American Cancer Society and the National Association of Basketball Coaches.

## MITCHELL

FROM PAGE B1

### Shooting star

Mitchell has seized the added scoring responsibilities and run with them, having averaged close to 17 points per contest. Along with averaging five rebounds and three assists a game, she's also shooting an eye-popping 44 percent from beyond the three-point arc.

While her numbers are sparkling, the way in which Mitchell has handled her all-important role as the team's lone senior has been equally impressive in Thomann's eyes. "As a captain, Mitch has developed nicely in terms of communicating, talking and getting things done," said Thomann. "I don't hesitate to ask her to help out with things — both off the court and on — because I know she'll get it done."

### Always an athlete

Sports have been a big part of Mitchell's life for as long as she can remember. "I played everything growing up — basketball, softball and soccer," she said. "I even played pick-up football with the boys. Basketball was always my favorite, though. I always had a basketball nearby." After her family moved

from Detroit to Canton eight years ago, Mitchell joined the Western Wayne Wolfpack, an elite-level AAU team that also included several of her future Salem teammates.

The experience of playing against the best of the best in metropolitan Detroit sharpened Mitchell's skills to such an extreme level that she ascended to the Rocks' varsity starting line-up at the outset of her sophomore season. She's cherished the opportunity to play three years for a hall-of-fame coach of Thomann's stature.

"The most important thing I've learned from Fred is teamwork," Mitchell admitted. "Playing on the blacktops like I did growing up, it was all about scoring and doing whatever you felt like doing. Once I got to Salem, I learned how to play more organized basketball — how to find the open player."

### Ultimate highlight

Highlights have been plentiful during Mitchell's two-plus varsity seasons, but the brightest — so far, at least — unfolded early in her sophomore season when she was instrumental in the Rocks' upset victory over eventual Class B champion Detroit Renaissance.

"It was a non-league game, so it didn't count in the stand-

ings, but they were the No. 1 team in the state in Class B, plus I had a good friend who played for them, so it meant a lot to me," Mitchell reflected. "My friend and I talked a lot leading up to the game, going back and forth as to who would win. I ended up making two free throws at the end and we won by two, so that's a game I'll never forget."

Mitchell will take her considerable talents to Marshall University in the fall. She chose the Thundering Herd over a number of other schools that showed interest in her, including Purdue, Notre Dame, University of Detroit-Mercy and the University of Michigan.

"I just loved the atmosphere I did grow up in when I visited there," she said. "All of the people were so nice and cordial. Plus, they have a good women's basketball program."

A solid student with a 3.0 grade-point average, Mitchell has her sights set on majoring in sports medicine at Marshall.

If all goes as planned, however, applying the degree will have to wait a few years.

"I'd love to play in the WNBA or in a women's league overseas after college," she said.

ewright@hometownlife.com | (734) 953-2108

### SPORTS BRIEFS

#### Coaching jobs

■ Canton's baseball program needs assistant coaches for the 2008 season. For more information, contact varsity head coach Mark Blomshield at (734) 652-9772.

■ Plymouth High School currently has coaching positions available for the spring 2008 season: girls varsity tennis, girls junior varsity soccer and girls freshmen soccer.

Interested candidates can obtain a coaching application from the Plymouth athletic office or download the form from the school district Web site at www.pccs.k12.mi.us. Applications can be faxed to (734) 582-5650 or delivered to the PFHS athletic department. For

more information, contact Diane Daves at (734) 582-5702.

#### Salem tennis

A mandatory meeting for members of this spring's Salem's girls tennis team and their parents will be held Monday, Feb. 4, at 7 p.m. in room 1316 of Salem High School.

Necessary forms and schedules for the upcoming season will be handed out at the meeting. Uniforms will also be ordered at this time. Players are encouraged to bring medical information and a check to cover the cost of their uniform.

#### Little League

Registration for the 2008 Plymouth/Canton Little League

is fast approaching. Individuals can now register online, through the mail or at the walk-in registration set for Saturday, Feb. 23 at Plaza Lanes, which is located at 42001 Ann Arbor Rd. The fees for this season's leagues are:

- Minor League — \$110;
- Major League — \$120; and
- Junior League — \$130.

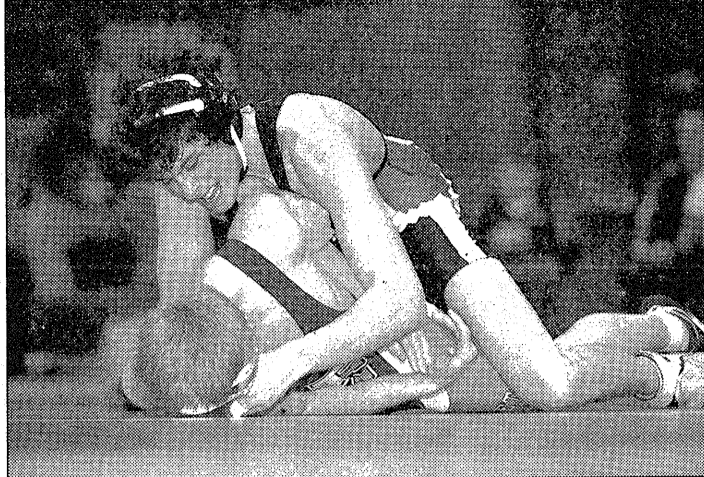
All players will go through an evaluation process for a draft to assure balanced teams. The average number of players on each team is 12. The season runs April through June.

For more information, contact Don Lohrmann at (734) 756-7825 or visit www.plycanll.com

### WRESTLING RESULTS

#### WESTLAND JOHN GLENN 50 SALEM 21

Jan. 31 at John Glenn  
 103 pounds: Steve Wakeford (WJG) pinned Devin Stratton, 1:59;  
 112: Anthony Pavlich (WJG) p. Karl Allen, 0:49;  
 119: Josh Austin (WJG) p. Ian Phillips, 2:19;  
 125: Kevin Bennett (Salem) decisioned Mark Thompson (WJG), 10-4;  
 130: Jeremiah Austin (WJG) won by major dec. over Kevin Hayter, 14-3;  
 135: Alex Kemp (Salem) dec. Mikkel Tipton, 8-5;  
 140: Jared Stephens (WJG) won by technical fall over Johannes Olind, 23-7;  
 145: Dan McCahill (WJG) p. Justin Kane, 0:29;  
 152: Zaid Ammani (WJG) won by tech. fall over Robbie Schultz, 17-2;  
 160: Jeremy Epley (Salem) p. Zach Redden, 1:59;  
 171: Austin Root (Salem) dec. Jeff Adkins, 8-3;  
 189: Blake Abbey (Salem) p. Gerald Powell, 1:58;  
 215: James Kelly (WJG) p. A.J. Smith, 1:48;  
 285: Dustin Gajowiak (WJG) p. Chase Moore, 0:25.  
**Glenn's dual meet record:** 21-6 overall, 5-0 WLA-Lakes Division (clinched title).



ANDY RUBENSTEIN

Salem's Kevin Bennett (top) earned an impressive 10-4 decision over Westland John Glenn's Mark Thompson Thursday night. Despite Bennett's win, the Rocks fell, 50-21, to the Rockets, who clinched the WLA Lakes Division crown.

### SWIMMING RESULTS

PLYMOUTH'S DUAL-MEET RECORD: 5-2 overall, 3-0 in the WLA Western Division.

#### PLYMOUTH 117 LIVONIA FRANKLIN 69

THURSDAY AT PLYMOUTH  
 200-yard medley relay: 1. Franklin (Scott Ansteth, Brandon Larkins, Nick Anthony, Shane Shelton), 1:42.48; 2. Plymouth (Ben Ambrose, Dan Stocsup, Kyle Dull, Peter Nolan), 1:53.59; 3. Plymouth (Alex Ruedger, Tony McLaughlin, Justin Scaparo, Ethan Weiner), 2:01.89.  
 200 freestyle: 1. Nick Anthony (LF), 1:57.29; 2. Chris Wilson (P), 2:00.64; 3. Adam Wing (P), 2:04.22.  
 200 IM: 1. Brandon Larkins (LF), 2:17.79; 2. Shane Shelton (LF), 2:20.30; 3. Jack Gruszczynski (P), 2:24.77.  
 50 freestyle: 1. Mike Conger (P), 23.27; 2. Jack Distel (P), 24.97; 3. Jason Oldani (P), 25.34.  
 1-meter diving: 1. Kyle Wilkenson (P), 163.55 points; 2. Frank Henius (LF), 157.50; 3. Christian Osorio (P), 128.90.  
 100 butterfly: 1. Mike Conger (P), 56.32; 2. Nick Anthony (LF), 58.07; 3. Scott Ansteth (LF), 1:02.50.  
 100 freestyle: 1. Shane Shelton (LF), 53.81; 2. Joe Eudy (P), 54.24; 3. Jack Distel (P), 55.54.  
 500 freestyle: 1. Jason Oldani (P), 5:22.00; 2. Chris Wilson (P), 5:28.61; 3. Scott James (LF), 5:45.45.  
 200 freestyle relay: 1. Plymouth (Mike Conger, Jack Distel, Jason Oldani, Chris Wilson), 1:38.61; 2. Plymouth (Peter Nolan, Ben Ambrose, Joe Eudy, Kyle Dull), 1:39.77; 3. Franklin (Nick Anthony, Shane Shelton, Tyler Lee, Brandon Larkins), 1:40.09.  
 100 backstroke: 1. Scott Ansteth (LF), 1:06.51; 2. Dan Stocsup (P), 1:08.56; 3. Nick Cobane (P), 1:09.27.  
 100 breaststroke: 1. Brandon Larkins (LF), 1:12.36; 2. Kyle Dull (P), 1:13.81; 3. Alex Juney (P), 1:16.52.  
 400 freestyle relay: 1. Plymouth (Mike Conger, Jack Gruszczynski, Ethan Weiner, Jack Distel), 3:43.18; 2. Plymouth (Chris Wilson, Jason Oldani, Tony McLaughlin, Joe Eudy), 3:44.54; 3. Franklin (Tyler Lee, Joe Michniewicz, Scott Ansteth, Scott James), 4:03.37.

#### WALLED LAKE NORTHERN 115 SALEM 71

THURSDAY AT SALEM  
 200-yard medley relay: 1. Northern (Taylor Tannous, Matt Zavislak, Riley Cole, Carsten Walker), 1:48.82; 2. Salem (Matt Collingwood, Stan Chen, Cameron Dunn, Paul Scherewick), 1:52.48; 3. Salem, 1:59.48.  
 200 freestyle: 1. Adam Seroka (S), 1:49.39; 2. Ryan Gerber (WLN), 1:49.72; 3. Brian Carter (WLN), 1:59.04.  
 200 IM: 1. Evan Cole (WLN), 2:13.84; 2. Stan Chen (S), 2:14.36; 3. Reagan Parmentier (WLN), 2:23.91.  
 50 freestyle: 1. Matt Zavislak (WLN), 22.33; 2. Taylor Tannous (WLN), 24.55; 3. Jake Menard (WLN), 26.03.  
 1-meter diving: 1. Charles Boothby (WLN), 165.1 points; 2. Paul Krudny (S), 152.10; 3. Ron Dubois (WLN), 150.15.  
 100 butterfly: 1. Riley Cole (WLN), 56.01; 2. Brian Carter (WLN), 1:02.07; 3. Cameron Dunn (S), 1:04.45.  
 100 freestyle: 1. Adam Seroka (S), 50.5; 2. Evan Cole (WLN), 53.47; 3. Nate Spala (S), 53.81.  
 500 freestyle: 1. Taylor Tannous (WLN), 5:23.71; 2. Max Mills (S), 5:31.39; 3. Joe DeTassanyi (S), 5:43.28.  
 200 freestyle relay: 1. Northern (Evan Cole, Ryan Gerber, Matt Zavislak, Brian Carter), 1:33.74; 2. Salem (Adam Seroka, Cameron Dunn, Casey Olson, Nate Spala), 1:39.16; 3. Northern, 1:45.02.  
 100 backstroke: 1. Matt Zavislak (WLN), 1:00.24; 2. Riley Cole (WLN), 1:01.49; 3. Reagan Parmentier (WLN), 1:03.71.  
 100 breaststroke: 1. Stan Chen (S), 1:08.14; 2. Morgan Hummel (WLN), 1:08.58; 3. Ryan Gerber (WLN), 1:10.40.  
 400 freestyle relay: 1. Northern (Taylor Tannous, Alex Goncher, Evan Cole, Riley Cole), 3:33.29; 2. Salem (Adam Seroka, Matt Collingwood, Nate Spala, Stan Chen), 3:33.90; 3. Salem, 3:56.02.  
**SALEM'S DUAL-MEET RECORD:** 2-5.

#### PLYMOUTH 121 CANTON 65

JAN. 24 AT CANTON  
 200-yard medley relay: 1. Plymouth (Mike Conger, Dan Stocsup, Paul Snyder, Chris Wilson), 1:47.96; 2. Canton (Richard Zhang, Kevin Karlinski, Mike Booker, Patrick Jenner), 1:52.75; 3. Plymouth (Ben Ambrose, Joe Eudy, Kyle Dull, Jack Distel), 1:53.66.  
 200 freestyle: 1. Jason Oldani (P), 1:56.19; 2. Brandon Tolinski (C), 2:00.57; 3. Paul Snyder (P), 2:00.85.  
 200 IM: 1. Mike Conger (P), 2:08.75; 2. Kevin Karlinski (C), 2:13.33; 3. Jack Distel (P), 2:18.24.  
 50 freestyle: 1. Chris Wilson (P), 23.85; 2. Chris McGinnis (C), 24.12; 3. Peter Nolan (P), 24.85.  
 1-meter diving: 1. Kyle Wilkenson (P), 165.40 points; 2. Matt Foglewicz, 156.75; 3. Christian Osorio (P), 131.00.  
 100 butterfly: 1. Jack Distel (P), 1:03.17; 2. Paul Snyder (P), 1:03.23; 3. Brandon Tolinski (C), 1:03.99.  
 100 freestyle: 1. Chris Wilson (P), 52.77; 2. Chris McGinnis (C), 53.30; 3. Jason Oldani (P), 53.63.  
 500 freestyle: 1. Richard Zhang (C), 5:08.43; 2. Adam Wing (P), 5:21.17; 3. Jordan Gorzalski (C), 5:31.45.  
 200 freestyle relay: 1. Plymouth (Peter Nolan, Ben Ambrose, Jason Oldani, Justin Scaparo), 1:38.33; 2. Canton (Patrick Jenner, Chris McGinnis, Chris Marinica, Brandon Tolinski), 1:40.68; 3. Plymouth (Kyle Dull, Ethan Weiner, Tony McLaughlin, Jack Gruszczynski), 1:43.47.  
 100 backstroke: 1. Mike Conger (P), 57.46; 2. Richard Zhang (C), 1:04.11; 3. Ben Ambrose (P), 1:06.07.  
 100 breaststroke: 1. Kevin Karlinski (C), 1:06.60; 2. Dan Stocsup (P), 1:09.56; 3. Tony McLaughlin (P), 1:13.60.  
 400 freestyle relay: Plymouth (Chris Wilson, Paul Snyder, Jason Oldani, Mike Conger), 3:31.84; 2. Canton (Chris McGinnis, Brandon Tolinski, Kevin Karlinski, Richard Zhang), 3:32.34; 3. Plymouth (Justin Scaparo, Adam Wing, Peter Nolan, Ben Ambrose), 3:49.40.

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## Bigger babies may become happier adults

Betty from Royal Oak e-mails that her baby was over nine pounds when he was born. Is he too plump?



Peter's Principles

Peter Nielsen

Betty, having a bigger baby could mean your child will be a happier adult. Researchers studied almost 5,000 babies over 40 years. They found low birth weight babies were more likely to suffer from depression and anxiety later in life. Researchers also found, the bigger the baby, the likelihood of depression and anxiety decreased. Other studies have linked low birth weight to a higher risk of diabetes and heart disease later in life. Experts stress proper nutrition for pregnant women is crucial.

Patrick from Clarkston e-mails, he was told he has high levels of testosterone. Is this bad?

Actually, Patrick, in some cases it could be good. Researchers studied more than 11,000 men who had no cancer or cardiovascular disease. They found those men in the upper 25 percent of natural testosterone had a 41-percent lower risk of dying from heart attack, stroke, other cardiovascular conditions and cancer. Researchers actually believe low testosterone levels could increase a man's risk of cardiovascular death. But, experts warn, men should not begin testosterone supplementation based on this study, since the benefits and risks of hormone therapy for men are unknown.

If you have a health or fitness question you would like answered in the Observer & Eccentric Newspapers, e-mail Peter through his Web site [www.peternielsen.com](http://www.peternielsen.com). Contact him Peter Nielsen's Personal Training Club in West Bloomfield or Nielsen's Town Center Health Club in Southfield.

# Go red for women

## Luncheon raises awareness about heart disease

BY LINDA ANN CHOMIN  
STAFF WRITER

Jo Anne Leslie used to work 80 hours a week, always skipped breakfast and when 5 p.m. rolled around headed for the vending machine so it was no surprise when one weekend in October 2004 she felt especially tired. Instead of seeing her doctor, the Birmingham woman went to work on Monday. When she still wasn't feeling good Tuesday, she drove to the emergency room where she learned she was having a heart attack.

Two stents and three years of cardiac rehab later, Leslie shares her story at the Go Red for Women luncheon Feb. 7, as part of the American Heart Association's campaign to raise awareness about risks such as family history. Leslie ignored the fact her mother died at age 63, her father at 73 from heart disease.

"It made me wake up, to realize what's important in life," said Leslie, a baby boomer with two sons and two grandchildren. "I lost 50 pounds. I did not go on a diet. I changed my eating habits. I stay away from fats almost entirely, stay with fruit and vegetables, salmon and chicken. About five days a week I work out on a treadmill and elliptical machine."

Leslie retired from the accounting department at Providence Hospital in Southfield in 2005 after 28 years and now works as a tax analyst at Henry Ford Hospital four days a week in addition to volunteering at the American Heart Association and serving on a cardiology committee at Providence as a patient. She plans to tell women at the luncheon "to form a good relationship with a physician they can trust and talk openly too, and to insist on going to cardiac rehab" if they have heart disease.

### NEW HABITS

"I hadn't exercised for 30 years, had a sedentary and stressful job," said Leslie. "They teach you about nutrition, medications you're on, get you moving on different apparatus."

Two of this year's Go Red education sessions focus on incorporating fitness and nutrition into busy lives, and the myths and facts surrounding heart health nutrition with Beverly Cameron, a registered dietitian and certified diabetes educator at Providence, speaking about preventing heart disease.

Cameron says people hear in the media about studies showing olive oil is good for the heart but don't realize each teaspoon is 50 calories. She suggests keeping a journal, write down the foods eaten and the amount.

"They need to use a small amount, the same with almonds and walnuts. About 1 ounce, 23



PHOTOS BY SWEARINGEN FINE PORTRAITS | JOHN AND NANCY SWEARINGEN

The American Heart Association is raising awareness about cardiovascular disease in women in a variety of ways. This 2008 calendar is available for a donation of \$15. Standing left to right are AHA employees and volunteers Shelley Rusinek, Vanessa Ogua, TaSheena Young, Courtney Dean and Stacy English. Seated are Barbara Allushuski, Mercer, and Millie Hall, Coalition of Labor Union Women.

### GO RED FOR WOMEN LUNCHEON

**What:** The American Heart Association event begins at 9 a.m. with screenings and registration followed by education sessions, exhibits, Red Dress Fashion Show and lunch. All attendees encouraged to wear red  
**When:** Thursday, Feb. 7  
**Where:** Detroit Marriott at the Renaissance Center, 100 Renaissance Center  
**Tickets:** \$175. Call (248) 936-5825

almonds, is 200 calories," said Cameron, who starts her day with oatmeal made from scratch and adds flax seed. A couple hours later she eats a piece of fruit then for lunch has lean meat on whole grain bread or a salad with garbanzo beans. Cameron recommends eating five or six times a day — a meal, a snack, a meal. For exercise, she suggests using a sports or weighted Hula Hoop for the midsection (sports-hoop.com).

"You can do chair exercises while watching television," said Cameron. "Whenever the commercials come on pick up a can of vegetables in each hand, do leg lifts. Within an hour you've exercised six times, or walk around the dining table 10 times. Dance around the room when no one's looking."

Cameron is especially worried about teens and women ages 17 to 24 who are not concerned about heart disease because they don't have high blood pressure, one of the risk factors that include diabetes. Type 2 diabetes continues on the rise in teenagers who Cameron says "are overweight and sedentary and love \$5 pizzas."

"I've talked to fourth-graders doing the Atkins Diet. What is the message we're giving. We're not giving the message to eat more vegetables and fruits and less portions. It's all you can eat buffets, 99 cent meal deals," said Cameron. "We need to

get people back to foods closer to a natural state. The less processed the food the healthier we are going to be."

### DIET MATTERS

Dr. Pamela Marcovitz says eating fast and processed foods is one of the reasons statistics on heart disease in women have not improved.

"A recent study looking at heart disease deaths since 1980, overall they thought heart disease was on the decline then they looked at women age 35 to 54 and thought it was actually increasing. The authors thought women are gaining weight and getting obese and getting diabetes which is more of a risk factor in women than in men," said Marcovitz, medical chairwoman of the AHA's Metro Detroit Board of Directors and director of the Ministrelli Women's Heart Center at Beaumont Hospital in Royal Oak.

While Marcovitz believes the Go Red campaign has raised awareness about heart disease, many women are more concerned about breast cancer than the No. 1 killer.

"Women are still not of the belief that they can get heart disease. We still hear of women who just don't feel well, exhausted, have indigestion and don't think of heart attack," said Marcovitz. "You need to know your cholesterol, blood pressure, fasting blood glucose and get enough exercise. Women continue to be underdiagnosed. Half of all women who have a heart attack didn't know they have heart disease. One of the messages of the Heart Association is it's imperative for you to be assertive in your health care. Take the first step and get checked if you're unusually short of breath, exhausted, have jaw pain, tightness in the throat, left arm pain, symptoms of indigestion. If you have a history of heart disease in the family, get checked and ask for a stress test."

For more information, visit [www.american-heart.org](http://www.american-heart.org) or [www.goredforwomen.org](http://www.goredforwomen.org).

## Turn Fat Tuesday into Fit Tuesday

Fat Tuesday is around the corner and for many Metro Detroiters that involves eating paczkis and leaving behind their healthy New Year resolutions. That's why the Botsford Center for Health Improvement is offering Fit Tuesday. Stop by the Botsford Center for Health Improvement 9 a.m. to 7 p.m. Tuesday, Feb. 5 for free group exercise classes, an ask the dietitian booth with nutrition handouts, recipes and healthy snacks, and use of the facilities exercise equipment, pool and sauna. There is no charge and no reservations necessary.

The morning begins with a Sculpt and Tone group exercise class demo (9 a.m.) which includes a series of upper and lower body workouts that combine dumbbell,

Fitball, resistance bands and your own body weight while also integrating balance, core strength and postural awareness (20-minute session).

At 10 a.m. and 4 p.m. the Gentle Aerobics therapeutic water program increases range of motion, muscle strength and toning which is good for arthritis or other debilitating health conditions including post injury/surgical (one-hour session).

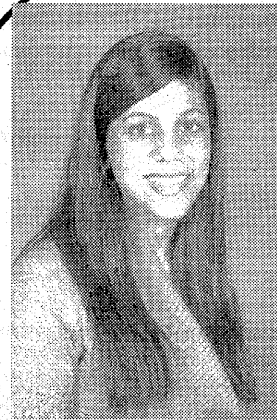
CORE Conditioning increases core strength with floor exercises and power band training at noon. Benefits include ab toning, increased flexibility as well as stability in the lower back (20-minute session).

Zumba Dance, a Latin inspired cardio aerobic dance rhythm that integrates upper and lower body dance aerobic

moves fused with a spice of Latin dance, starts at 1 p.m. and 6 p.m. and lasts 20-minutes.

At 5 p.m. three classes are offered. Spinning incorporates cardiovascular, lower body strength, and intense cardio burning in a fun, motivational setting (one-hour session). Fit Ball improves functional strength, balance and coordination while developing posture and core muscles including abdominal and lower back (one-hour session) Aqua Fit is a high-energy cardiovascular conditioning and strength training class which uses hydro-tone equipment to help tone and strengthen muscles (one-hour session).

For more information, call (248) 473-3100 or visit [www.botsford.org/bchi](http://www.botsford.org/bchi).



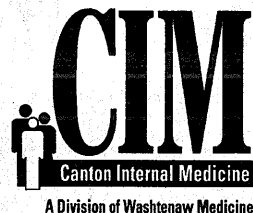
Preeya Mohan, M.D.

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# New Homes

D (\*)

Sunday, February 3, 2008

The Observer &amp; Eccentric Newspapers

Julie Brown, editor . (734) 953-2111 . jcbrown@hometownlife.com

www.hometownlife.com

**BRIEFS****Homebuyer Seminar**

Whether you are a first-time buyer, "Back in the Market" buyer or investor, join the REALTOR RESOURCE TEAM of Max Broock Bloomfield for a Homebuyer Seminar. Learn about new mortgage guidelines, title information, home inspections, nonconventional financing, market value trends. The seminar will be 7 p.m. Wednesday, Feb. 6, or 11 a.m. Saturday, Feb. 9, at Andover High School, 4200 Andover Road, Bloomfield Hills. Call (248) 644-4700 and ask for the REALTOR RESOURCE TEAM.

**Single women buyers**

Free homebuying Seminar for Single Women Wednesday, Feb. 13, at 6:30 p.m. on the third floor of the Livonia Civic Center Library, near Farmington and Five Mile roads. Sponsored by Marcia Hermann of Keller Williams and Steve Scheel of Success Mortgage Partners. Homebuying process and mortgage approval will be discussed. Call (734) 452-1084 to reserve a space.

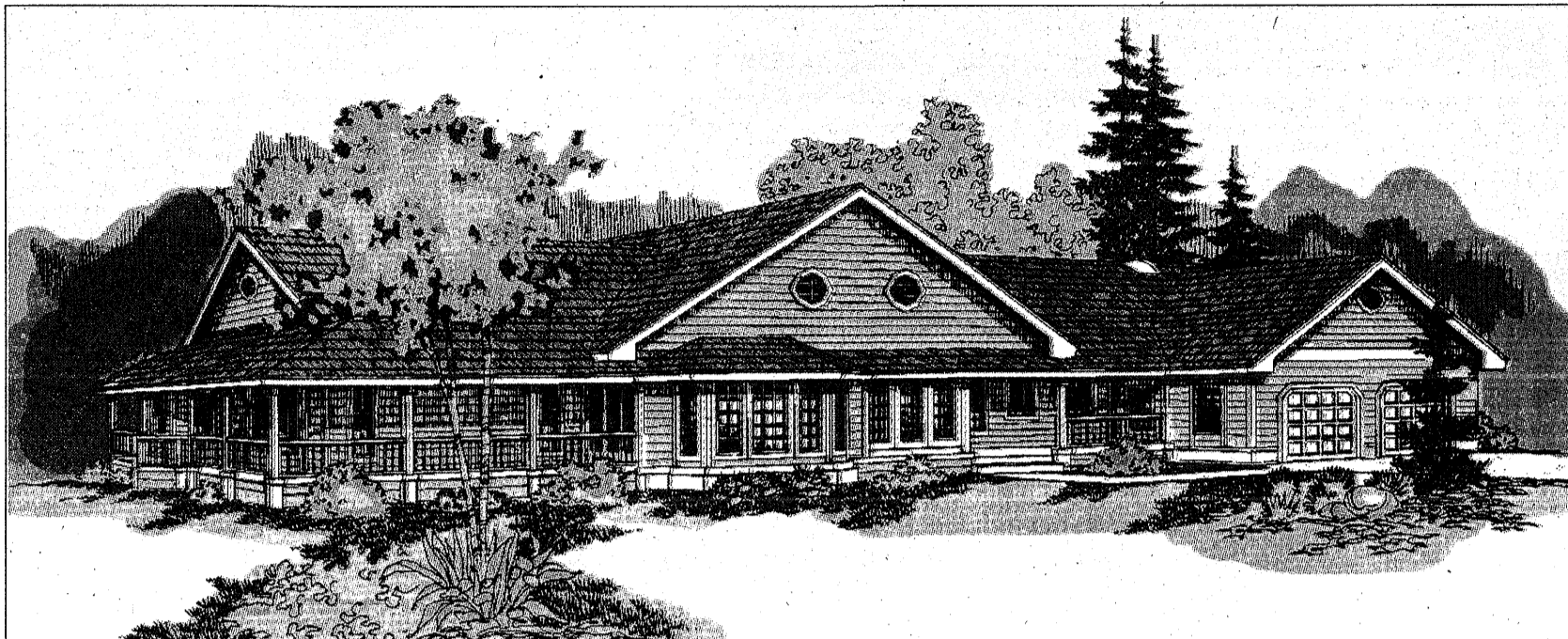
**Investors**

Timothy Low, C.P.A., will discuss the benefits of renting properties and understanding the tax consequences of "find, fix and flip" activity, including forming an entity, bookkeeping systems and maximizing your deductions. The program is sponsored by the Real Estate Investors of Oakland Thursday, Feb. 14; 5:30-9:30 p.m. at MSU Management Education Center, 811 W. Square Lake Road, Troy. Seminar free to members. \$20 nonmembers. Call (800) 747-6742. (www.REIAofOakland.com)

**BIA**

■ Building Industry Association of Southeastern Michigan (BIA) will sponsor a lien law seminar on Tuesday, Feb. 19, from 8 a.m. to 12:30 p.m. at BIA headquarters, 30375 Northwestern Highway, Suite 100, in Farmington Hills. Marty Burnstein, of the Law Offices of Marty Burnstein, will discuss "What's New in Michigan Construction Lien Law and Lien Procedures."

Registration fees are \$75 for BIA members and \$125 for guests. For registration information, call (248) 862-1003.

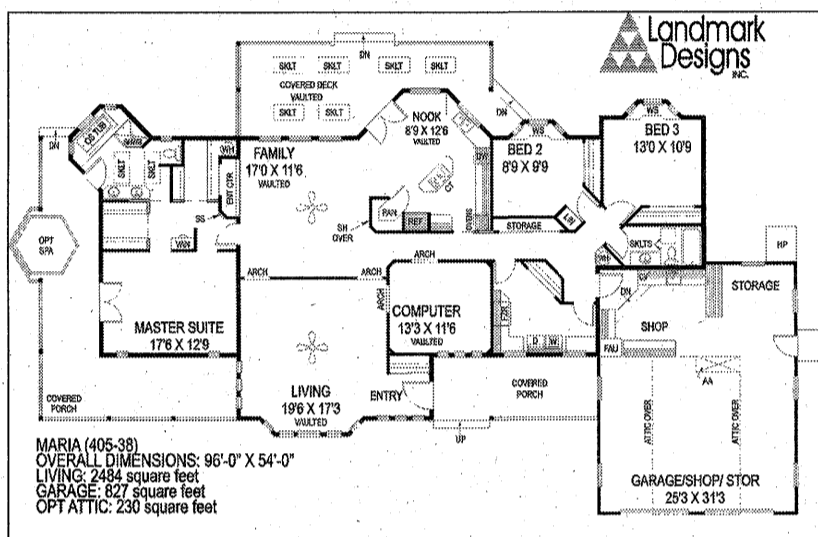


## Maria's ranch design offers open area living

Maria (405-38) is a sprawling ranch-styled home, designed for luxury and comfort. The garage definitely had the busy farmer in mind, with a large two-car garage, a shop with workbenches and a sink, and a huge storage area. Above the garage is also an attic for further storage and safekeeping of important items.

Connected to the garage is a covered porch over the entry to this magnificent home. The living room faces the front and is lined with windows. There is a ceiling fan mounted overhead to help circulate air and keep the room comfortable. In lieu of doors, the living room and the computer room have archways. The computer is centrally located in the home for easy access from any other room.

The family room is large and open, giving an air of the gathering area of past. However, to bring the family closer in this home, there is a large built-in entertainment center, viewable from the family room, the kitchen, and the covered deck beyond. The air is circulated by another large ceiling fan. Adjacent



to the family room, the kitchen nook is vaulted and lighted by a large window. An island cook top, corner ovens, and sink are spaced for a true working ranch home, where there is need to have more than one cook in the kitchen to prepare the meals. The corner pantry is handy for supplies and keeping the shelves stocked.

Pampering begins at home, and Maria's master suite has been designed to make life more wonderful. There are two large walk-in closets, with access to the back of the entertainment center hidden within. The skylit full bath has two sinks, a shower, and a raised tub. A personal spa waits outside on the covered deck.

Completely away from the master suite are the other two bedrooms, another full bath, and the utility room. Each bedroom has a wall closet, along with window seats for daydreaming.

The utility room has two entrances, one from the garage area and one from the hail area. Folding counters, a freezer, and the washer and dryer fit easily into the space allowed. Because of the enormous length of this home, two water heaters have been placed to provide ample hot water throughout the home.

For a study plan of the Maria (405-38), send \$15 to Landmark Designs, 33127 Saginaw Rd. E., Cottage Grove, OR 97424 or call (800) 562-1151. Be sure to specify plan name and number. Compact disks, with search-functions are free of charge, to help you search our portfolio for your dream home (\$5 shipping and handling will apply). Or you may order or search online at www.ldiplans.com. Save 15 percent on construction plans using the code (LOE48) online, mailing, or calling (800) 562-1151.

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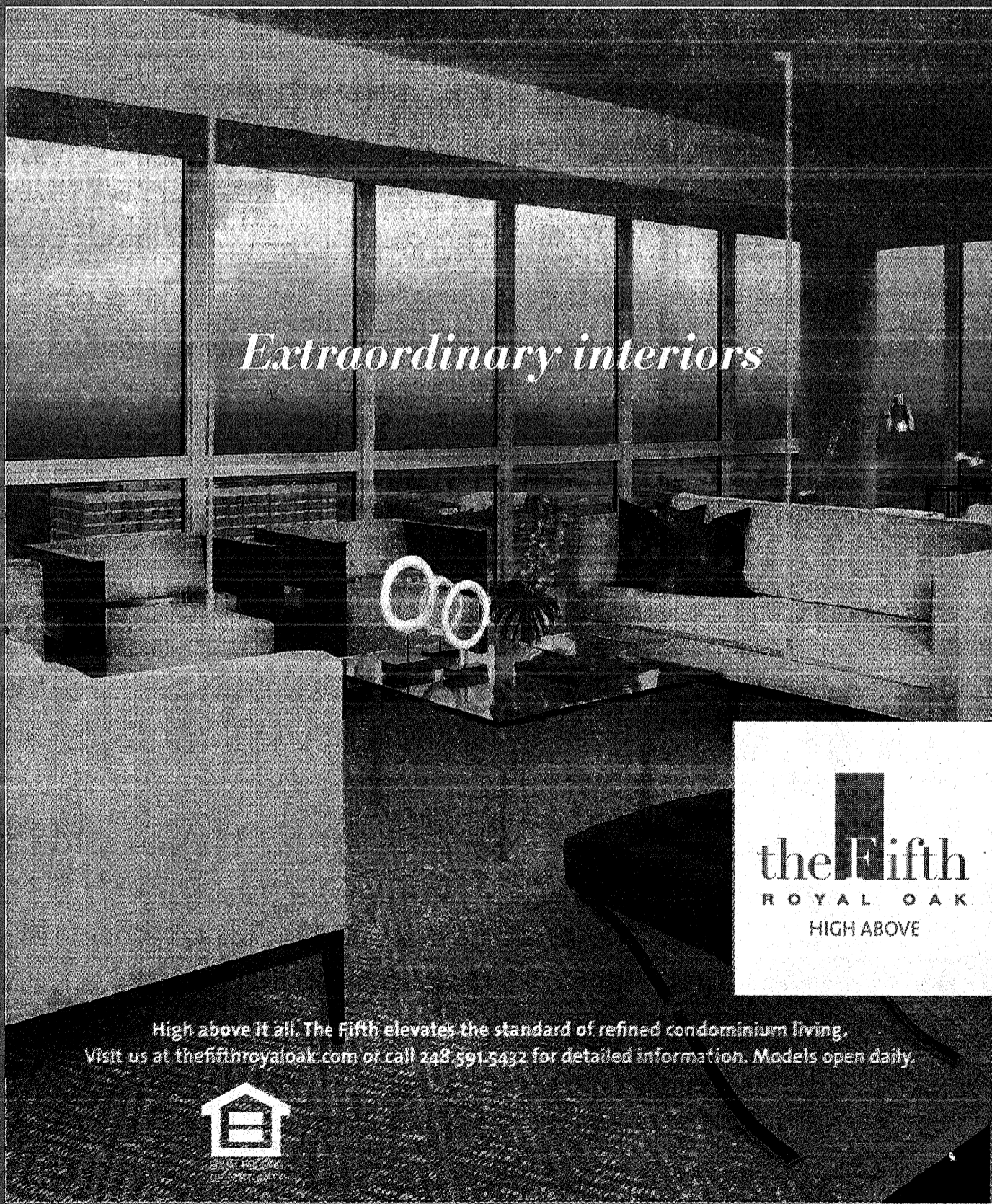
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