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## Canton ranks third in state on national list

Shopping, dining, schools among best

By Darrell Clem  
Staff Writer

National real estate blog Movoto has ranked Canton the third-best Michigan community for its amenities such as shopping, dining and entertainment, its cost of living, low crime rate, schools, employment and home values.

Canton placed behind top-ranked Midland and second-place Novi, which are both cities, making Canton the highest-rated Michigan township.

The publication *Michigan Township Focus* mentioned the rankings in its March edition based on rankings listed on [www.movoto.com](http://www.movoto.com).

Rounding out the top 10 were Portage, Ann Arbor, Grand Blanc Township, Royal Oak, East Lansing, Farmington Hills, Troy and West Bloomfield Township. The last two communities tied for



IKEA, situated in the bustling Ford Road shopping district, draws shoppers to Canton from other states and Canada. BILL BRESLER

10th place.

Canton Township Supervisor Phil Laloy said he wasn't surprised by Canton's ranking, citing its residents, the workforce, the comparatively low crime rate, Plymouth-Canton Community Schools, the library and the business community as reasons.

"You look around and we've got it," he said. "I can't say enough about the teamwork we have here in Canton. I think the whole goal is to try to provide superior service every day."

Movoto noted that Canton Township is named after the

See CANTON, Page A2

## District launches academy with aim to help parents

By Brad Kadrich  
Staff Writer

Plymouth-Canton Community Schools officials are hoping to hone the relationships between the district, its students and their parents with the launch of the P-CCS Parent Academy.

Parent Academy is designed to create a "true parents-as-partners" relationship," according to Kate Dietrich, the district's director of communications, community engagement and marketing, by presenting free, informative and interactive workshops on a variety of education topics at schools and community centers in the Plymouth-Canton area.

Parent Academy's focus, Dietrich said, is to help parents learn, share and connect.

"The goal is to offer parents the chance to attend sessions on a host of different topics — from tech support/training by the P-CCS tech dept and college financing to gaming addiction and workshops on how to talk to your kids about sex and healthy relationships," Dietrich wrote in an email to the *Observer*.

The academy is designed to help parents learn the best ways to advocate for their children, share parenting experiences with other parents and guardians and connect with educators, administrators and content experts.

Canton resident Kate Borninski, who's already had one child graduate from Plymouth High School and has a high school junior and a seventh-grader still in the district, was one of the first parents to sign up for the committee trying to get the academy off the ground.

"I think it's something our district has been lacking and I'm excited about it," Borninski said. "Being in meetings with other parents, I find there are common questions that come up and there are things parents need help with in order to help their kids. The academy can help by giving parents information and, in some cases, training on how to do that."

The program kicks off with

### TALKING EARLY

What: "Talk Early &amp; Talk Often"

When: 5 p.m. Monday, May 5  
Where: Discovery Middle School, 45083 Hanford, Canton

Why: A Parent Academy workshop designed to help parents of middle and high school youth talk with their children about abstinence and sexuality

Details: Find out more on the district website at [www.pccs.k12.mi.us](http://www.pccs.k12.mi.us)

the "Talk Early & Talk Often" workshop at 6 p.m. Monday, May 5, at Discovery Middle School. According to information posted on the district website, "Talk Early & Talk Often" is a nationally recognized parent workshop aimed at helping parents of middle and high school youth talk with their children about abstinence and sexuality.

The workshop helps parents recognize and use opportunities to open the door for conversation, listen and respond with greater confidence and skill and to feel comfortable seeking outside sources of information. The workshop is free; however, space is limited and participants must register. Registration can be accomplished on the district's website ([www.pccs.k12.mi.us](http://www.pccs.k12.mi.us)).

On May 19 and May 22, 7-8:30 p.m., the district collaborates with the Canton Public Library to host Parent Academy seminars to help parents learn about how they can best support their children in the upcoming 1:1 computer program. District officials are encouraging parents to attend those programs, "particularly if they will have kindergarten, first-grade, sixth-grade, or ninth-grade students next year."

Borninski said those tech programs could really benefit parents, especially those who aren't used to using tools such

See ACADEMY, Page A2

## Man charged with accosting women at retail stores

By Darrell Clem  
Staff Writer

A Romulus man accused of sexually accosting two women at retail stores along Canton's bustling Ford Road shopping district is facing a court hearing April 25 on charges of fourth-degree criminal sexual conduct, police say.

Christopher Neil Knight, the 20-year-old suspect, was arraigned Wednesday amid



Knight

allegations he accosted one woman inside the JC Penney store on Ford east of Sheldon and then

another outside the Kohl's shop just west of Sheldon, Canton Deputy Police Chief Debra Newsome said.

The first incident happened about 12:30 p.m. last Sunday, when a man grabbed a wom-

an's buttocks in the JC Penney store and pushed her before he fled the store, Newsome said.

Within an hour, the same man is believed to have accosted another woman as she walked to her vehicle in the Kohl's parking lot, Newsome said.

Canton police made an arrest after the same man apparently returned to the JC Penney store, where he was spotted

by employees who quickly notified authorities. Newsome indicated the suspect struggled with workers outside the shop before his arrest.

Knight was arraigned Wednesday by 35th District Judge James Plakas on two counts of fourth-degree criminal sexual conduct and jailed with a \$75,000/10-percent bond, Newsome said. Knight would have to post \$7,500 to leave jail.

A not-guilty plea has been placed in his court file as he awaits a preliminary examination April 25 that will determine whether he should stand trial in Wayne County Circuit Court.

If convicted, he could face penalties ranging up to two years in prison.

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## Local Hindu Temple gears up for health fair's second phase

Annual free event attracts almost 250

By Darrell Clem  
Staff Writer

After drawing nearly 250 people to the first round of its community health fair, the Hindu Temple of Canton is rallying support for the second — and final — phase.

The Hindu Temple, on Cherry Hill Road east of Canton Center, is offering its 12th annual free health fair to help area residents who

often can't afford medical care, placing them at greater risk of undetected health threats and diseases.

Jatin Desai, a health fair organizer, said nearly 250 people attended the three-hour April 6 event sponsored with Oakwood Hospital-Wayne and the Michigan Association of Physicians of Indian Origin, or MAPIO. He said patients got their blood drawn for tests such as a complete blood count, cholesterol, prostate health and blood sugar levels.

"We were happy with the

turnout," Desai said.

About 50 volunteers from the Hindu Temple, Oakwood Hospital-Wayne and MAPIO worked with patients age 18 and over during round one.

Those patients are urged to return from 9 a.m. to noon Sunday, April 27, to discuss their results with doctors and receive medical advice — for free. Desai has said the goal is to help patients "learn how they can change their lifestyle" to become healthier.



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During a previous health fair, a crowd lines up for the event sponsored by the Hindu Temple of Canton. SUMAN RAVAL



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# Canton Public Library honors top volunteers

The tasks of service volunteers at Canton Public Library involve cutting scrap paper, dusting library shelves, watering plants, shelving books and processing library materials. Year after year, service volunteers perform tasks from the mundane to the unusual, making a valuable contribution to the library.

In 2013, library volunteers contributed a total of 8,128 hours of service, with 28 earning the President's Volunteer Service Award from the President's Council on Service and Civic Participation.

At a luncheon to honor volunteers, Canton Public Library trustee Kim Schulz presented the

award to the 28 individuals along with a certificate of the honor, a letter signed by President Obama and a service star based on the amount of hours earned.

» Gold star: Shirley Kelley

» Silver star: Surmeet Gill, Davis Richardson, Judy Richardson, Ilene Saunders and Maha Zahid

» Bronze star: Barb Backes, Nancy Camp, Chris Dancy, Quinn Ebner, Tammy Farley, Linda Garrett, Dorothy Ham, Joyce Hoeschele, Charlie Hou, Loretta Keller, Lisa Kluka, Max Kuang, Linda Luke, Diane Miner, Loretta Olson, Nihar Pandya, Ghanshyam Patel, Gene Scharf, Kathy Son-

nanstine, Carolyn Sumner, Jody Trame and Vibha Venkatesha

The President's Volunteer Service Award represents each volunteer's commitment to civic participation not only with the library, but also with other organizations. The President's Council on Service and Civic Participation was established in 2003 to recognize the valuable contributions volunteers make in communities. The President's Volunteer Service Award program was created by the council as a way to thank and honor Americans who, by their demonstrated commitment and example, inspire others to participate in volunteer service.



The Canton Library recently honored volunteers who contributed a total of 8,128 hours of service in 2013.

## St. Joseph Mercy event kicks off healthy summer effort

St. Joseph Mercy Health System partners with IHA, Canton Leisures Services, WSDP-FM (88.1) and the Canton Observer to offer the third annual Healthy Summer Kick-Off from 11 a.m. to 2 p.m. Saturday, May 3.

"As the largest health care provider in Canton, we're committed to helping the community kick off their summer activities in a fun and healthy environment," said Kathy Kasperck-Korelis, executive director of ambulatory services at SJMHS.

Participants can join TV health personality

Lila Lazarus for this interactive, family-friendly event being held at St. Joseph Mercy Canton, 1600 S. Canton Center Road. Radio station 88.1 The Park will be on hand with music, games and prizes. Free yoga sessions will be taking place throughout the day, courtesy of The Summit, as well as free chair massages from Indigo Salon, Spa & Boutique of Canton's Cherry Hill Village. Register to win Tigers baseball tickets, a three-month pass to The Summit and an iPad mini.

Free children's bike helmets and fittings will be given out starting at noon to the first 200 kids in attendance, courtesy of IHA. IHA pediatricians and family medicine physicians will provide mini fitness checks to kids.

St. Joseph Mercy-Canton will be offering a number of free health screenings, including blood pressure testing, body mass index and skin cancer screenings — which is timely, as May is National Skin Cancer Awareness Month.

"With the weather warming up, people will be starting to get out more in the sun and skin cancer concerns will be

more important than ever," said Ann LaFond, a dermatologist at SJMHS.

The popular Health Exploration Station at St. Joseph Mercy-Canton will be open for tours and play and the Urgent Care will host a teddy bear clinic, so don't forget to bring your favorite stuffed animal to be mended.

Arctic Edge will be on hand with pick-up hockey activities and information on hockey safety.

St. Joe's "Farmer Dan" will be handing out seedlings and information about The Farm at St. Joe's housed at St. Joseph Mercy-Ann Arbor.

bor, the only hospital-based farm in the country.

Refreshments will be provided and all activities are free.

At Summit on the Park, 4600 Summit Parkway, the pool will be open at no cost 1:30-5:30 p.m. to participants of the event, featuring its ever-popular lazy river.

"One of our department priorities is to promote an active and healthy community," Canton Leisures Services director Debbie Birely-Honswetz said.

"This terrific partnership with St. Joseph Mercy-Canton provides an opportunity

for families to take advantage of some wonderful health initiatives right in their own backyard."

A SK Wellness Walk and Fun Run to promote wellness will also take place, emceed by Larus. Start time is 10:30 a.m. Cost for the SK is \$15 adults, \$10 for those 12 and under, and includes a T-shirt. Registration is required at [www.stjoeshealth.org/sjmhs5k](http://www.stjoeshealth.org/sjmhs5k) or at the day of the event.

For more information, call St. Joseph Mercy-Ann Arbor at 734-712-7207 or visit [stjoeshealth.org/kickoff](http://stjoeshealth.org/kickoff).

## CANTON

Continued from Page A1

city of Canton in China. According to the blog, local home values are nearly 91 percent higher than the Michigan average, while its crime rate is 39 percent lower. The website cited Canton's unemployment rate of 2.5 percent, coupled with a median income of \$85,444.

"There are so many amenities here that the community offers," Canton Chamber of Commerce President Thomas Paden said. "More than anything in Canton, I think it's just

the people that are here, from the business owners to the local government to the residents. We are working for a common goal. We want Canton to be the very best it can be."

Paden called Canton a place where people "work, play and stay" and its image also is boosted by nonprofit groups that work to make it better.

"The backbone of the community is its people," he said. "It's a great group of people who work here and live here."

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## ACADEMY

Continued from Page A1

as Chromebook or Google Documents.

"I've used Google docs a bit, but it's different than using Microsoft Word or Office," Borinski said. "I think the parents do need a little help."

Among other possible Parent Academy topics:

» Texting/Internet Addiction

» Pathways to Prosperity: Are you college or career ready? (with students)

» "Drugs 101"

» Anti-Bullying/Cy-

ber Bullying

» Financial Awareness

» The Common Core — what does it mean to you?

» Love and Logic

» Parenting the Strong-Willed Child

Dietrich said possible partners for the Parent Academy include local businesses, health care organizations, law enforcement, school administration and teachers and other local experts.

"We are interested in partners and sponsors to support this initiative," she said.

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## FAIR

Continued from Page A1

No prior registration is necessary for the April 27 session. Desai said anyone is welcome

to attend and get their blood pressure and hearing tested. Visitors will be able to speak with primary care physicians and specialists in cardiology, urology, obstetrics and gynecology, rheumatology,

dentistry, gastroenterology, podiatry, endocrinology, nutrition, orthopedic surgery, ophthalmology, physical therapy and internal medicine.

Visitors are asked to bring their current prescriptions and any medical records they might have. Information booths also are planned with pharmacists and recommendations for nutrition and lifestyle improvements.

Desai said the Hindu Temple of Canton hopes to draw a diverse crowd of people from "all walks of life, regardless of faith."

Prior to the first round, Don Hazart, director of Michigan Consumers for Health care, a coalition of health-related organizations, commended the Hindu Temple for its efforts.

"While there's plenty of good news on the health care front, programs like this are important and should be embraced by their communities," Hazart said.

For more information, go to [www.thehindu temple.org](http://www.thehindu temple.org).

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# Teen challenges classmates to raise money for Burger

By Sue Mason  
Staff Writer

Jonathan Wyman saw a need and decided to do something about it.

So the 14-year-old Canton resident stood before his fellow students at South Pointe Scholars Charter Academy and did a presentation about autism and the Burger School for Students with Autism. His goal was to educate his classmates about autism and Burger and to raise money to allow students at the Garden City school to go on field trips.

It wasn't an easy task for Jonathan. He has autism.

"I want to help raise money for Burger, a school that works with people like me. I hope to raise \$757, so they can go on field trips with that money," Jonathan wrote in an email. "April is Autism Awareness Month and I think people should know that we are people with feelings."

"Every year, Jonathan has done a presentation on autism. This year, he focused on the problem of helping the kids at Burger get to go on field trips,"

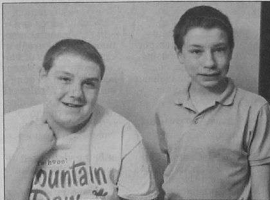
his mother Paulette said. "He realizes autism makes him different, but not that different than other students."

Founded in 1978, Burger School for Students with Autism is operated by Garden City Public Schools. The school, which serves 32 school districts in Wayne County, is the largest public school in America to serve children with autism.

Burger students range in age from preschool to 26, at three locations. Garden City's Lathers Early Childhood and Preschool Center houses preschool children, while Burger West has students through 10th grade and Burger East is home to students ages 17-26.

## His challenge

Jonathan's challenge at South Pointe was to raise \$757 — \$1 for every student who attends the academy — that will be divided between Burger East and Burger West. He armed himself with plenty of facts and figures about autism and even visited Burger and interviewed eight staff members in preparing



Jonathan Wyman and his brother Zachary are both autistic. Jonathan, who attends South Pointe Scholars Academy, has created Burger Bucks to raise money for the Burger School for Students with Autism in Garden City, where his brother goes to school.

for his presentation.

"I learned about this special school and how they help educate students that are very much like me and students very much not like me," he said in his presentation. "See, people with autism are very different. Mr. Joe Valdivia, principal of Burger East, said this quote: 'When you have met a person with autism, you have met only one person with autism.' That means when someone has autism, they are different

than someone else who has autism."

His message to South Pointe students was that he's different, they're different, everyone is different. In the case of autism, "we see the world a little differently," he said.

He pointed out that while he doesn't like to say the word bananas, others are fine with it. While visiting Burger, he met a student who needed to turn off the light three times before leaving a

room and another student who had a gift for memorizing just about anything.

In researching his presentation, Jonathan asked if it costs a lot of money to run a school for students with autism. He found out that it does. That's when he decided he wanted to do something nice for the school that "has been helping kids like me and not so much like me for a long time."

"Since, April is Autism Awareness Month, I think this is a good time to show support for Burger," he said. "I want to challenge everyone at South Pointe to bring \$1 to school, so Burger can buy some technology stuff or let some of the students go on a field trip. I learned that sometimes kids with autism do not get to go places. Many of them go to school and then back home. They do not go anywhere else. Sometimes people in the community do not like people with autism, because we are not like them."

"I am calling this Burger Bucks. I want you to make the kids at Burger very happy to get to go some-

where other than school and home," he added.

## Caring kids

Paulette Wyman said it's second nature for students at South Pointe to donate and the response to her son's Burger Bucks campaign has been wonderful.

"I had a little girl run up to me and give me \$5 and tell me it was for Jonathan and Burger," she said. "There are so many at South Pointe who want to come to Burger's Autos for Autism show and make Rainbow bracelets to sell for Burger."

While Jonathan has challenged South Pointe students to raise money for Burger, he also is accepting donations from the community. People interested in helping can their donations — checks should be made payable to the Lyman Foundation — and mail them to Jonathan at 41690 Metaline Drive, Canton, MI 48187. The Lyman Foundation is a nonprofit organization that is dedicated to raising funds for Burger School for Students with Autism.

smason@hometownlife.com

## Fundraiser helps victim's family

By Brad Kadrich  
Staff Writer

Emily Taylor's school family, still reeling in the aftermath of the accident that claimed her life too soon, is now turning its attention to helping her immediate family cope with the loss.

Officials at Eriksson Elementary School in Canton are conducting a fundraiser aimed at helping the family of Emily Starr Taylor, the 9-year-old Eriksson sec-



Emily Taylor

ond-grader killed in a tragic car accident at the school Monday morning.

Eriksson officials hope to raise enough money to help the family with medical bills, funeral costs and other expenses.

The school is partnering with PNC Bank to collect donations aimed at helping the family as

much as possible.

Donations can be dropped off at Eriksson Elementary School, 1275 Haggerty, or at any PNC Bank branch. Online donations can also be made at [www.gofundme.com/emilytaylor](http://www.gofundme.com/emilytaylor) memorial. Checks should be made to Emily Taylor Memorial Fund.

For more information, call Eriksson at 734-981-5560.

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Twitter: @bkadrich

## P-CEP station takes part in Radio Day

High school radio station WSDP-FM (88.1) will participate in Wednesday, April 23, High School Radio Day, when high school radio stations in the United States will come together for a one-day celebration.

Since there are so few high schools with radio stations, organizers hope that High School Radio Day will raise a greater awareness of the ones that are still broadcasting after so many have

been shut down due to school district budget cuts.

High School Radio Day founder Pete Bowers (the station manager at WBFH-FM, also 88.1, in Bloomfield Hills) launched High School Radio Day in 2012. Bowers estimates that there are only about 200 high schools in the nation with either an over-the-air non-commercial educational radio station or an Internet-only radio station.

"And that number is dropping," Bowers said. "That's why we need to unite on High School Radio Day and make the public aware of what we do, how we do it and the service we provide our communities."

The Park has been serving the community for 42 years. The station signed on the air Feb. 14, 1972, and is staffed by students at Canton, Plymouth and Salem high schools. More information is at [881thepark.com](http://881thepark.com).

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# Bowling event raises funds for First Step

New Canton Community Foundation President Michelle Malamis believes First Step, the western Wayne County organization serving victims of domestic abuse and sexual assault, is a "gem of an agency."

That's why Malamis was happy when the inaugural bowling fundraiser the foundation recently hosted turned out to be such a success. More than 200 bowlers turned out to help raise some \$3,000 for First Step's assault response program.

"This was a great family-friendly opportunity to have fun together, raise awareness and much-needed funds to help First Step serve survivors of violence in our community," First Step CEO Amy Youngquist said. "We are thrilled that so many

people signed up for this event and are thankful to the Canton Community Foundation and everyone who helped to make this event a success."

## Relevant mission

Malamis said First Step's mission is particularly relevant now, since April is National Child Abuse Prevention Month. She said it's a time to acknowledge the importance of families and communities working together to prevent child abuse and neglect and to promote the social and emotional well-being of children and families.

During the month of April and throughout the year, she said, communities are encouraged to share child abuse and neglect prevention awareness strategies and activities and promote prevention across the

country. This year marks the 40th anniversary of the Child Abuse Prevention and Treatment Act.

"In this community, we have a gem of an agency in First Step," Malamis said. "Their services include temporary emergency housing, 24-hour help line, counseling, domestic violence and sexual assault advocacy programs."

## Programs provided

The sponsors for the bowling event included Sam's Club Canton, Community Financial Credit Union, Jack Demmer Ford, Containers Limited, Canton Firefighters Charity Foundation, Ensign Theatre, Specialty Pet, Partnership for the Arts and Humanity, Signarama and Sweet Bikes.

"First Step provides free and confidential

programs designed to help survivors of violence overcome the lack of intervention and support, the feelings of powerlessness, isolation, physical danger and fear and the financial, emotional and cultural barriers that victims of violence often face when seeking help," Youngquist said. "We also offer counseling for children to help overcome the effects of witnessing violence in the home and, in some cases, the effects of being victimized directly by physical or sexual abuse."

First Step's 24-hour helpline is 734-722-6800 or toll-free 888-453-5900. For more information about the Canton Community Foundation, contact Malamis at 734-495-1200 or mmalamis@cantonfoundation.org. For more information about



Michelle Malamis, Canton Community Foundation president, with First Step CEO Amy Youngquist and First Step President Jennifer Hartke.

First Step, visit its website at [www.firststepmi.org](http://www.firststepmi.org) or contact The-

resa Bizoe at 734-656-0730 or [tbizoe@firststepmi.org](mailto:tbizoe@firststepmi.org).

## Lions Club hosts membership drive

Canton Lions Club officials point out the club is made up of a diverse membership—and they're looking for more.

The Canton Lions are holding a membership drive at 6 p.m. Thursday, May 15, at Palermo Pizzeria & Restaurant. The idea is to gain more members who can help with Lions fundraisers such as euchre tournaments, the Liberty Fest pancake breakfast, the August corn roast or working at various locations collecting money during White Cane Week or selling Candy Canes during the Christmas holidays.

Officials said prospective members can expect:

- » Working with a diverse group of people for one cause.
- » Involvement with organization locally and around the state of Michigan.
- » Assisting young people with guidance and direction.
- » Gain valuable skills.
- » Learn to be a leader and lead a respected organization.
- » Make an impact of people's lives.
- » Network with business

people in the community.

» Become part of Lions International with 1.4 million members.

The Lions assist the blind and hearing-impaired and are called upon to purchase eyeglasses for kids throughout the community. Lions also work with the Packington Center for Blind and multiple handicapped children, Leader Dog School for the Blind and the Michigan Eye Bank, which restores sight to three-plus people per day.

To become a Lions member, you must be of legal age and good moral character. Membership is by invitation, so those interested in joining should contact the Lions or visit one of the club's meetings.

The Canton Lions meet at 7 p.m. the fourth Monday of each month at Rose's Restaurant at the corner of Canton Center and Cherry Hill roads. For more information, call Lions member Bill Van Winkle at 734-254-9404, visit [www.Cantonlions.org](http://www.Cantonlions.org) or email [govbill@wowway.com](mailto:govbill@wowway.com).

## Wayne-Westland district gets state aid for razing former Inkster school

By Sue Mason  
Staff Writer

Three western Wayne County school districts are getting additional assistance from the state in addressing unanticipated expenses related to the dissolution of the Inkster School District last year.

The Wayne-Westland, Romulus and Taylor school districts will get some \$2 million from the state part of a supplemental school aid appropriations bill that was signed by Gov. Rick Snyder last week. It will be used to demolish school buildings that the districts received when the Inkster district was dissolved by the Wayne County RESA Board.

The decision came after state officials determined the district was unable to show that it had money to operate through the end of the 2013-14 school year. It was divided up between Westwood and the

three districts, with the latter three receiving both students and school buildings.

"We're grateful for this," Wayne-Westland Superintendent Greg Baracy said. "We worked diligently with our legislators who realized that this was omitted from the original bill. This was an unanticipated expense."

The largest of the four receiving districts, Wayne-Westland received the smallest portion of the former district—an area on its eastern edge that is bordered by Michigan Avenue on the south, Middlebelt on the east and Avondale on the north. It also included Blanchette Middle School.

The Romulus district received an area bounded by Michigan Avenue on the north, Van Born on the south, Henry Ruff on the west and Middlebelt on the east that included three school buildings and 380 students. The Taylor district received the largest portion—

an area bounded by Van Born, Middlebelt, Michigan Avenue and Inkster Road—that included three school buildings and 376 students.

The money will not come directly to the three districts, but will go to the Wayne County RESA, which was tasked in overseeing the dissolution of the district. According to Baracy, RESA will handle the request for the proposals to demolish the schools, which he described as being in "extremely poor condition."

The supplemental appropriation earmarks about \$1 million each for demolition work in the Taylor and Romulus districts and \$500,000 for Wayne-Westland.

Baracy is pleased that lawmakers agreed that the receiving districts shouldn't be left with the tab for tearing down the schools.

"We lobbied hard for this money," he said. "We're glad it's being made right."



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## More Great Events:

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Sheila Landis is a seven time winner of Detroit Music Award's "Outstanding Jazz Vocalist". Sheila will perform her unique style of jazz, Latin and blues. Join us for great music and refreshments.

RSVP by March 31.

Grand Piano Dedication  
Thursday, April 10  
1:00 p.m.

The Village Joy Singers, IVP's own Resident Choir, under the direction of Charlotte Worthen will dedicate our 100 year old grand piano. Join us as we celebrate this exquisite addition to our community.

Mingle with Marilyn  
Friday, April 25  
1:30 p.m.

Entertainment provided by Marilyn Monroe and Debra Jimmerson, a phenomenal mother/daughter duo. Don't miss this great performance. Refreshments provided.

RSVP by April 23.

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Barefoot Productions of Plymouth stages "Five Women Wearing the Same Dress" beginning Friday, April 25, and running for two weekends, through May 4.

## Barefoot presents 'Five Women'

Officials at Barefoot Productions of Plymouth announced *Five Women Wearing the Same Dress*, the fourth main stage show of the 2013-14 season.

The show opens Friday, April 25, and runs for two weekends, through May 4. Friday and Saturday shows begin at 8 p.m., with Sunday matinees at 2 p.m.

Directed by Barefoot veteran Samantha Lowry, *Five Women* is a raunchy comedy about five reluctant bridesmaids at the wedding reception of a mutual friend. Each one of the ensemble cast of ladies has her own reason to avoid the party and they come together to share jokes, tears and revelations.

"Unlike many shows out there, this production at times doesn't follow a noticeable story arc and is essentially a snapshot of these women's lives," Lowry said. "I think the audience will appreciate all of the comedic aspects, as well as being able to see a bit of themselves in every one of

the characters."

The script by Alan Ball is full of irreverent dialogue and clashing personalities, with a great deal of situational comedy.

"It's a very funny character study of five women who are, for their own reasons, in a wedding and want to avoid a wedding," said Beth Ducey, who plays Georgeanne. "You will definitely be entertained and it makes you think about your own perspective on things."

With a small cast and the Barefoot stage only feet from the audience, *Five Women* has an intimate, personal feel. Jennifer Beitzel, who plays Trisha, said, "I like that it's a smaller cast and it's laid back and really cool, so it's easier to relate to each other and get our characters to feel like real people."

Patrons are encouraged to attend the first Saturday evening of the run, 8 p.m. April 26, when a special afterglow reception will take place following the performance. Au-

### TAKING THE STAGE

**What:** Barefoot Productions' *Five Women Wearing the Same Dress*

**When:** 8 p.m. April 25-26, May 2-3; 2 p.m. April 27 and May 4

**Where:** Barefoot Productions Theatre, 240 N. Main, Plymouth

**Tickets:** \$15 April 25 and 27, May 2-4; \$20 April 26 (includes show admission and afterglow reception catered by Bode's Corned Beef House)

dience members will be treated to the show, appetizers provided by Plymouth's famous Bode's Corned Beef House and a special meet-and-greet with the cast and crew.

*Five Women Wearing the Same Dress* contains adult language, suggested drug and alcohol use and brief nudity, so will not be open to those 18 and under.

## Bookstock returns April 27 to Laurel Park Place mall

Bookstock, metro Detroit's biggest used book and media sale, returns April 27 through May 4 to Livonia's Laurel Park Place mall.

All proceeds benefit literacy and education projects in metropolitan Detroit.

Bookstock's pre-sale will kick off at 8:15 a.m. Sunday, April 27, with a performance by the Larry Callahan and Selected of God Choir, made famous by the Chrysler Super Bowl XLV commercial. There is a \$20 admission charge for the pre-sale only, which runs through 11 a.m. and offers shoppers and collectors first crack at Bookstock's more than 100,000 donated used books, DVDs, CDs, books on tape, magazines and records for sale at bargain basement prices.

The sale will continue through Sunday, May 4, running 11 a.m. to 6 p.m. Sunday and 10 a.m. to 9 p.m. Monday through Saturday.

The sale will feature five days of special sales:

**Monday Madness** - Monday, April 28: One lucky buyer will receive a \$300 gift card and 750 shoppers will receive give-aways.

**Teacher Appreciation Day** - Tuesday, April 29: Bookstock will give 50 percent off to all teachers with a valid ID, 3-9 p.m.

**Bookbustler Special Days** - Wednesday, April 30, and Thursday, May 1: Buy three books and get the fourth book free (the least expensive item), 3-9 p.m. Spend \$25 or more and be entered in a special drawing for a football signed by Detroit Lions quarterback Matthew Stafford.

**Half-Price Finale**, Sunday, May 4: All remaining books and media will be sold for half price.

Marking 12 years of supporting the need to read, Bookstock has generated close to \$1 million for literacy and education projects throughout the Detroit area.

Bookstock is brought to the community by the Jewish Community Relations Council and a consortium of community nonprofit organizations that support education and literacy projects throughout metro Detroit. For more information, call the Bookstock hotline 248-645-7840, ext. 365, or visit bookstockinfo.

Laurel Park Place is on Six Mile, east of I-275.

## Make a difference: United Way still in need of volunteers

Plymouth Community United Way desperately need volunteers Saturday, April 26, to clean yards and do light chores in Plymouth, Plymouth Township and Canton during its Rake-N-Go.

The event helps senior citizens and developmentally disabled adults.

Volunteers can come alone, with their family or as a team of co-workers or friends and enjoy a complimentary breakfast beforehand.

Volunteers are asked to bring rakes, garden tools, hedge trimmers and gloves. PCUW will supply the yard waste bags.

To volunteer, call 734-453-6879, ext. 7, or e-mail randi.williams@pcuw.org.

Plymouth Community United Way organizes two raking events a year: Make a Difference Day in fall and Rake-N-Go in spring.

Last November, more than 300 volunteers cleaned 67 yards of senior citizens and people with disabilities.

Serving the Plymouth and Canton community since 1944, Plymouth Community United Way addresses human service needs of individuals and families.

For more information, visit [www.plymouthunitedway.org](http://www.plymouthunitedway.org).



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## Bloomfield Hills physician joins 11th congressional race

By Brad Kadrich  
Staff Writer

Dr. Anil Kumar, a native of India who came to the United States 30 years ago from England, has seen life change — particularly for his patients — in three decades practicing medicine here.

And he doesn't necessarily think it's changed for the better.

Kumar, 63, a urologist and women's rights advocate, believes he can help effect a positive change, which is why the Bloomfield Hills Democrat has filed to run for the U.S. congressional seat in the 11th District, currently held by Republican Kerry Benivolito. "I'm at the stage of my life where I could retire and play golf, but my golf game sucks," Kumar said. "Instead I can give back to society. I know health care inside-out. Congress is where I can use my knowledge and experience. If I can make one change, that will be worth it."

Kumar came to the U.S. in 1984, accepting a chance to do research and residency in urology at Wayne State University. In 30 years practicing medicine, he said he's seen changes — not necessarily good ones — for both patients and other medical students.

### Heart-breaking choices

When patients used to ask to avoid generic drugs, he said, now some of his Medicare patients can't even afford those.

"Medicare patients are telling me, 'I can have food or I can have medicine,'" Kumar said. "It's heart-breaking."

And medical students, he said, are now choosing their specialties based on what pays better. When



Kumar

he was deciding the course of his medical career, Kumar said, it was based on something less tangible than money. "I grew up thinking I could cure cancer — I didn't think about what specialty pays me the most money," he said. "That change is disturbing."

Kumar thinks he can affect change best from a seat in Congress.

Though he harbors no illusions about the campaign — "It's going to be an uphill battle," he said — he believes his long-standing practice has given him an edge.

He said he had conversations with mentors who "advised me this race would be a good one (to get into)." His patients, he pointed out, come from all over the 11th District.

"Democrats have a better chance this time," Kumar said. "The middle class is realizing Democratic values are far closer to their own than Republicans'. This district is predominantly middle class. I've served this community with my heart and soul for 30 years and I have the pulse of what's going on."

As a Democrat and a health care professional, Kumar calls the Affordable Care Act — dubbed Obamacare — "one of the best things to ever happen to Americans who didn't have insurance."

### Nothing perfect

However, he knows it isn't perfect.

### THE KUMAR FILE

**Who:** Dr. Anil Kumar  
**What:** Running for U.S. Congress in the 11th District

**Family:** Wife of 27 years, Marjorie; sons Andrew and Nathan  
**Professional:** Vice chief of urology, St. Joseph Hospital-Pontiac; vice chief of surgery, Crittenton Medical Center  
**Education:** Bachelor of medicine, bachelor of surgery, University of Bombay, March 1976; master of surgery, University of Bombay, 1980; American Board of Urology, February 1997.

"No civilized country should have citizens without health care ... no law is perfect," Kumar said. "There are changes to be made. I have the knowledge of health care from a patient's perspective and from a doctor's perspective and I've seen how insurance companies work. From a health care perspective, I would be one of the best candidates."

Kumar and his wife Marjorie, also a physician, have been married for 27 years and raised their two sons, Andrew and Nathan, in Oakland County.

"I'm running for Congress because we need leaders with fresh ideas to get our state and our economy back on track," Kumar said. "People are frustrated because Washington isn't working. Now more than ever, we need to create good-paying jobs, make education affordable, protect Social Security and Medicare and assure health care is accessible to everyone."

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Adults, teens, children and families are invited to participate.

The winner will be selected in part by readers voting at facebook.com/OE Home-town and by O&E Media



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staff. Voting on Facebook begins May 2 and ends May 23. Staff selection will follow May 27.

The winning adult, teen, child or family will be featured on the cover of the O&E Media Christmas in July publication beginning July 24 and receive a \$100 gift card.

Schoolcraft College is at 18600 Haggerty, be-

tween Six Mile and Seven Mile, in Livonia. Enter the VisiTech Center and follow the "Christmas in July Cover Contest" signs.

Contestants must be photographed Tuesday, April 29, at the Spring Expo to be eligible for the contest.

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# Eastern VP: We're doing great things for students

By Julie Brown  
Staff Writer

Eastern Michigan University undergraduates are likely to graduate, noted Leigh Greden, the university's vice president for Government and Community Relations.

"A lot of exciting things are happening at Eastern," he told an attentive audience Thursday, April 17, at Westland Rotary. "We were honored to enroll our largest class in history."

Last April, EMU also had its largest graduation class. Greden, an attorney who's been on the job at EMU about four years, noted the Board of Regents in 2010 froze tuition, room and board for the year.

EMU tuition has risen 2.84 percent per year over the last four years, the slowest rate of growth in the state.

"We do serve a lot of folks in western Wayne County and areas that have been hit hard," he said at the luncheon at Joy Manor in Westland. That includes a leased facility at Six Mile and I-275 in Livonia, offering programs such as nursing, educational leadership, accounting/business management and com-

puters/IT.

A point of pride for Greden and other EMU leaders is the Natural Science Complex renovation, along with nursing studies for R.N. graduates who wish to earn a bachelor of science in nursing degree.

## Growing campus

Greden also pointed to on-campus housing growth.

"We've had some media coverage lately on safety," including two student murders.

The EMU police force has been beefed up 30 percent," Greden said. "All the students tell us that."

The EMU safety officers now patrol off-campus, where there have been crime problems. Greden touted the Eastern-Washtenaw Safety Alliance, which includes the Washtenaw County sheriff and the local bus system, which has some security cameras.

"This is the No. 1 question we're getting from parents right now," Greden said of safety.

He touted the new physician assistant program.

"This is a high-demand area," he said, and the program has drawn many applicants. Greden

noted an aging population with health care needs, but not necessarily a need for many more physicians.

EMU has an information assurance program to train undergrads and graduate students in the scientific, technical and management disciplines needed for computer/network security. That program has been designated by the National Security Agency as a Center of Academic Excellence.

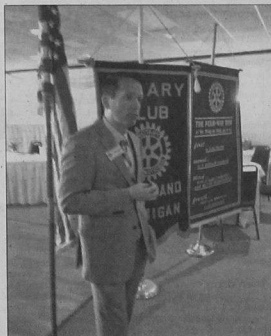
Most of those program's students have job offers by their junior year, in the close to \$60,000 range, he said.

EMU in Ypsilanti is also home to the Autism Collaborative Center, which trains students and also offers clinical services such as music therapy, speech therapy and life skills training.

## Feeder schools

Greden said 2,758 students from Westland, Wayne, Livonia, Plymouth and Canton are in EMU's approximate 23,000-student enrollment. Plymouth-Canton Community Schools is the No. 1 feeder district for EMU.

The Bright Futures program offers student support, including in



Leigh Greden, EMU vice president for Government and Community Relations, speaks to Westland Rotarians and guests Thursday, April 17. JULIE BROWN

Wayne-Westland elementary, middle and high schools. Lynne Malinoff, director of Bright Futures, was at the April 17 luncheon and was thanked by Greden.

Greden highlighted the partnerships with local community colleges, which focus on transferring credits and

easing student transition to EMU.

"We do a lot of programming with Schoolcraft," which follows Washtenaw Community College in transfers to EMU. Road maps guide transferring students, some of whom come in with up to 90 credits.

Greden also touched

on the state higher education budget.

"Higher education took a beating about three years ago," he said. "We had to make a lot of tough decisions at Eastern."

Gov. Rick Snyder has now made higher education a priority, Greden said, adding that college graduates tend to earn more, have less unemployment and commit less crime. Greden urged attendees to contact their legislators on the budget, adding business leaders, including chambers of commerce, support higher education.

Greden was asked about Ypsilanti's development compared to neighboring Ann Arbor and said Ypsilanti was hard-hit by auto industry woes.

The University of Michigan Medical Center and related research are huge factors, said Greden, a former Ann Arbor City Council member.

He said this idea wasn't his own originally, but he'd like Ypsilanti to be "the Brooklyn to Ann Arbor's Manhattan." Ypsilanti is less expensive to live in, he said, and can be up and coming for its residents.

jbrown@hometownlife.com

# Converting traditional IRA to Roth almost always makes financial sense

Q: Dear Rick: I read your article about converting traditional IRAs

to Roth IRAs. I contacted my bank, but it did not recommend the con-

version because of my age - 72. Is a Roth IRA conversion good for me

considering my age? When do I pay the taxes that I owe? Do I wait until I file my 2014 tax return?



Rick Bloom  
MONEY MATTERS

A: I totally disagree with the bank. Your age is relatively immaterial. Age says nothing about you or how you should handle your finances. What is material are your goals and objectives and whether your tax situation warrants a Roth conversion.

I see brokerage houses, banks or financial salespeople who look to age as a deciding factor as to how someone should handle his/her finances. Someone who is 72 is not old and needs to think long term. He or she can easily be around another 20 years.

Age is not what it used to be. In the past, people were told when they retire they could live on a fraction of what they did while working. That is no longer the case. In today's world, where people are living longer and healthier, they need a

rising income throughout their lifetime.

The bottom line when it comes to making financial decisions is not age, but your goals and objectives.

The rules I use to determine whether a Roth conversion makes sense from a tax standpoint are:

- » Doing the conversion and recognizing the amount (for tax purposes) won't throw you into a higher tax bracket.
- » Without touching the money that you are converting, you have the resources to pay the additional tax.
- » You won't need the money for at least five to seven years.

If you meet these criteria, then the Roth conversion makes sense. Remember, you don't have to convert your entire traditional IRA in

one lump sum. You can spread the conversion out over as many years as you choose.

As to when to pay the tax, I recommend that you make an estimated payment now. People think that since their tax return was due April 15, that's when the money is owed. Unfortunately, that is not the case. Our tax laws make more complex and confusing. Therefore, to avoid hassles and potential penalties, making an estimated payment at the time of conversion is best.

Roth conversions are something that more people ought to take advantage of. After all, if you can have money growing tax-free, why not?

Good luck.

Rick Bloom is a fee-only financial advisor. His website is [www.bloomassetmanagement.com](http://www.bloomassetmanagement.com). If you would like him to respond to your questions, email [rick@bloomassetmanagement.com](mailto:rick@bloomassetmanagement.com).

**Join Saint Joseph Mercy Health System, Canton Leisure Services, IHA, 88.1 The Park and the Canton Observer for a FREE fun-filled day packed with healthy activities, screenings and demonstrations.**

**Saturday, May 3, 2014 - Canton**  
11 a.m. - 2 p.m. | 1600 S. Canton Center Road

- **FREE Bike Helmets and Fittings**  
Noon | Supply limited to first 200 kids
- **Health Screenings**  
Skin Cancer | Blood Pressure | BMI
- **Yoga with Whitney O'Keefe, Summit on the Park**  
30-minute Sessions | "Slow Burn" & "Healthy Backs"
- **Meet St. Joe's Health Reporter, Lia Lazarus**  
Discover the Health Exploration Station
- **Bring your favorite stuffed animal to the Teddy Bear Clinic**  
Kids Mini Fitness Checks with IHA Pediatricians and Family Medicine Physicians
- **5K Run/Walk register at: [stjoeshealth.org/SJMHS5K](http://stjoeshealth.org/SJMHS5K)**

Enter for a chance to win an iPad mini, Detroit Tigers Tickets, 3-month passes to the Summit and more!

**For more information, call 734-712-7207**

**The Senior Alliance**  
will host three Public Hearing Sessions for input regarding the FY 2015 Annual Implementation Plan (AIP) for services to persons age 60 and older in Southern and Western Wayne County.

Monday, May 12, 2014 2:30 p.m. The Senior Alliance 3850 Second St., Ste. 100 Wayne, MI 48184	Thursday, May 15, 2014 10:00 a.m. Ford Senior Center 6750 Troy Taylor, MI 48180	Friday, May 16, 2014 1:00 p.m. Livonia Senior Center North Dining Room 15218 Farmington Road Livonia, MI 48154
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On May 1, 2014, the AIP draft will be available online at [www.aal.org](http://www.aal.org). Written comments will be accepted until June 2, 2014. Please send written comments to: The Senior Alliance, 3850 Second Street, Ste. 100, Wayne, MI 48184. Attn: Planning & Programs Manager

Publisch Date: 4/20/14 For more information, call 734.727.2061

**PLYMOUTH-CANTON COMMUNITY SCHOOLS NOTICE TO BIDDERS**

The Board of Education of the Plymouth-Canton Community Schools invites all interested and qualified companies to submit a proposal for Custodial Services. Specifications of the Request for Proposals (RFP) are available by contacting Tiffany Brindza, Purchasing and General Ledger Associate, Plymouth-Canton Community Schools at [tbrindza@pcschools.net](mailto:tbrindza@pcschools.net) or (734) 416-2975. Technical questions should also be directed to Brodie Kilian, Deputy Superintendent of Business & Operations at [brodie.kilian@pcschools.net](mailto:brodie.kilian@pcschools.net) or (734) 416-2740. Sealed proposals are due to the PCS - E.J. McClendon Educational Center located on 454 S. Harvey, Plymouth, MI on or before 2:00 p.m., Tuesday, May 6, 2014. The Board of Education reserves the right to accept and/or reject all bids, as they judge to be in the best interest of the school district.

Board of Education  
Plymouth-Canton Community Schools  
Kimberly Crouch, Secretary

Publisch: April 29, 2014

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# PLYMOUTH-CANTON COMMUNITY CALENDAR

## Agent Orange town hall

**Date/Time:** Saturday, April 26, 9 a.m. to 3:30 p.m. (registration 8-9 a.m.).

**Location:** Northville High School, 4500 Six Mile, Northville.

**Details:** Vietnam Veterans Chapter 526 sponsors an Agent Orange Town Hall to inform and register veterans, their families and community, that have been affected by Agent Orange and other dioxins used during the Vietnam War up to the present. The effects of these dioxins are carried in the DNA of the affected person for up to seven generations. The National Academy of Sciences and Veterans Administration has connected Agent Orange and other dioxin exposure during this period, to include 12 diseases, 38 cancers and 20 birth defects. Reservations are required for this event.

**Contact:** To RSVP or for more information, go to [www.VVA526.org](http://www.VVA526.org).

## Relay fundraiser

**Date/Time:** Friday, May 2, 6:30 p.m.

**Location:** Plaza Lanes, 42001 N. Arbor Road, Plymouth.

**Details:** The American Cancer Society and the Relay for Life of Plymouth will benefit from an annual bowling fundraiser at Plaza Lanes. Cost is \$20 per person, which includes three games of bowling, shoe rental, pizza and soda. The event will also feature a DJ, silent auction and door prizes. Want to join the Relay for Life of Plymouth? Visit [www.relaylife.org/plymouth](http://www.relaylife.org/plymouth) or email [abigail.stonerook@caner.org](mailto:abigail.stonerook@caner.org).

**Contact:** For more information or to register email team captain Nancy Little at [wt02009@wow.com](mailto:wt02009@wow.com) or call 734-455-6605.

## Open Mic night

**Date/Time:** Saturday, April 26, 7 p.m.

**Location:** Plymouth Community Arts Council, 734 Sheldon, Plymouth.

**Details:** The eighth Open Mic of the season for the BaseLine Folk Society will celebrate the Emerald Isle in meriment and song. Open Mic welcomes performers, who can sign up 6:15-6:45 p.m. This month's event features a quartet called Soundcheck consisting of Fredricka Dickson, Carol Sisson, John Cowen and Steve Heavrin. The host is 26-year-old Jessica Carmichael, a singer/songwriter who first performed in September.

**Contact:** Email BaseLine president Scott Ludwig at [BSPresi-](mailto:BSPresi-)

## Antique appraisal

**Date/Time:** Wednesday, April 23, 10 a.m. to 4 p.m.

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

**Details:** The Plymouth Historical Museum will be holding an antique appraisal clinic with Doug Dalton Auctioneer and Schmidt's Antiques. Items to be appraised include antique furniture, art and small objects. No jewelry, coins or stamps please. Appraisals are by appointment only and time slots are filling up quickly. Oral evaluations will be provided for \$10 per item. There is a maximum of four items to be appraised per 15-minute time slot.

**Contact:** For an appointment, call 734-455-6840 or sign up at <http://www.plymouthhistory.org/events.html>.

## Teen drug series

**Dates/Times:** 7-8:30 p.m. Wednesday, May 7 (Part 1) and 7-8:30 p.m. Wednesday, May 14 (Part 2).

**Location:** Canton High School Media Center, 84015 N. Canton Center, Canton.

**Details:** Growth Works presents a two-part series on how to understand and identify teen substance abuse and how to help when a young person may have a problem with alcohol or other drugs. Part 1, "What To Know," concerns how to understand teen substance abuse problems and recognize when a teen may be harmfully involved with alcohol and other drugs. Part 2, "What To Do," is about what should and should not be done to effectively help when a teen alcohol/drug problem is suspected or identified. The program, presented by Brian Spitzengren, is coordinated and presented by Growth Works with supporting sponsors for this event including Dawn Farm, the Livingston/Wahtewa Regional Coordinated School Health Program Advisory Team and Plymouth-Canton Community Schools. The program is targeted primarily to parents, guardians and relatives of teens, but is inclusive of teens, people who work with or care about teens/families, students, and anyone interested for any reason. Admission is free.

**Contact:** For additional information visit [www.teensurroundings.org](http://www.teensurroundings.org), call 734-495-1722, ext. 1102, or email [btsp@growth-works.org](mailto:btsp@growth-works.org).

## Blood drives

**Dates/Times/Location:**

Monday, April 21, 1-6:45 p.m.,



## Snow Melt winners

The Mayfair Village Homeowners Association in Canton announced Al and Jan Rosevear are the winners of its Facebook Group Snow Melt Pool. For their snow-melting sense, the Rosevears won \$25 in gift cards to the local ice cream eatery of their choice - Dairy King in Plymouth. The Mayfair Village Snow Melt Pool helped to lighten the 2014 winter doldrums for Mayfair Village residents who participate in the subdivision's private Facebook group. About one-third of the 120 residents in the group participated in the pool.

Church of Christ, 9301 Sheldon, Plymouth

Monday, April 28, 1-6:45 p.m., VFW Post 6695, 1426 S. Mill, Plymouth

**Details:** The American Red Cross sponsors a variety of blood drives in the month of April. Donors will be entered into a raffle for a \$150 Kroger gift card.

**Contact:** To make an appointment, call Diane Risko at 313-549-7052 or email [Diane.Risko@redcross.org](mailto:Diane.Risko@redcross.org).

## Potluck

**Date:** Friday, April 25

**Location:** Plymouth Friendship Station, 42375 Schoolcraft

**Details:** The Plymouth Friendship Station is looking for new members. In addition to the complimentary potluck dinner, participants can play pinchle, euchre or mah jongg.

**Contact:** Call Martha Shipman for more information at 734-420-2026.

## Medicare 101

**Date/Time:** Thursday, April 29, 10:30-11:30 a.m.

**Location:** Plymouth Cultural Center, 525 Farmer, Plymouth

**Details:** The Plymouth Community Council on Aging will host Bettie Hughes and her expert staff from the Senior Alliance in

Plymouth A.M. hosts an afternoon of bowling to raise money for scholarships. The club has reserved lanes for everyone to bowl two games that includes your shoes, pizza and soda for \$20. Each lane will have five players. Tickets for the event are available at Travel Leaders at the Kroger Plaza on the corner of Ann Arbor Road and Sheldon, International Minute Press on South Main and the Michigan Philharmonic at the Plymouth Community Arts Council on Sheldon. Tickets can also be purchased from members of the A.M. Rotary Club.

**Contact:** Email Leslie Greenstein at [greensteinl@aol.com](mailto:greensteinl@aol.com).

## Museum tea party

**Date/Time:** Sunday, May 4, 2 p.m.

**Location:** Plymouth Historical Museum, corner of Church and Main

**Details:** Kids and their dolls are invited to a tea party at the Plymouth Historical Museum. Children can dress up, choosing from an assortment of outfits with fancy boas or beautiful hats. Kids can get their photos taken while dressed up and also participate in make-and-take activities, where they will make a Mother's Day card, a frame for their photo and will get a flower to plant in the yard. A discussion of the museum through the years will also be a part of the mix, providing ample entertainment for the kids, while giving them a delightful tea party they are sure to remember for years to come. Tickets for the tea are \$25 for one adult and one child; additional children's tickets can be purchased for \$13 each. Tickets purchased after April 25 will be \$5 more.

**Contact:** Tickets may be purchased at the Plymouth Historical Museum or at the museum's website using PayPal (<http://www.plymouthhistorical.org/events/Hello-Dolly-Tea-ET710.htm?SortBox=201405>).

## Pamper Yourself

**Date/Time:** Wednesday, May 7, 7 p.m.

**Location:** Sunflower Clubhouse, 45800 Hanford, Canton

**Details:** The Canton Newcomers and Neighbors host an evening of pampering. The evening features a cocktail-like setting with pampering stations, a charity raffle sponsored by ITWork to benefit Warm Hearts, refreshments from Mango's Fruit Market and raffles all evening.

**Contact:** RSVP is required to [holliearrett@me.com](mailto:holliearrett@me.com). For more information on the club and/or to request a May newsletter, contact Koreen at [nrya@yahoo.com](mailto:nrya@yahoo.com) or 734-981-0486.

## Drive 4 UR School

**Date/Time:** Thursday, May 22, 11 a.m. to 8 p.m.

**Location:** Blackwell Ford, 41001 Plymouth Road, Plymouth

**Details:** Test drive any vehicle at Blackwell Ford and it will donate funds to help support Salem High School football. Blackwell Ford and the Salem Linebackers Booster Club are partnering to help raise up to \$6,000 in support of the Salem High School football program as part as part of Blackwell Ford's Drive 4 UR School program. For every person who test drives a new Ford vehicle at this one-day event, Blackwell Ford will donate \$20 to Salem's football program (limit one donation per household). Funds raised from this event will help the Salem football team "Go Further" through the purchases of new equipment, improve current facilities and provide necessary supplies for players in training.

**Contact:** For additional information, contact Blackwell Ford at 734-453-1100.

## Wildflower walks

**Dates/Times:** Sundays, April 27 and May 4

**Location:** Miller Woods (entrance is on Powell, just east of Ridge), Plymouth Township

**Details:** Join the Friends of Miller Woods for their annual wildflower walks through Miller Woods. Tours start on the half hour and are led by members of the Friends. The walks will highlight the beautiful native spring wildflowers along with the history of the woods and the Miller family's donation to our community. Tours are free and last about 60 minutes. Dogs are not allowed and strollers are not recommended.

**Contact:** For last-minute weather changes that may affect the bloom times of the flowers, visit the website at [millerwoods.com](http://millerwoods.com).

## BNI meeting

**Date/Time:** Each Thursday, 7-8:30 a.m.

**Location:** Red Olive Restaurant, 1051 N. Arbor Road, Plymouth

**Details:** The BNI Northwest \$1 million Referral Chapter meets every Thursday morning. **Contact:** For more information, visit [www.NorthvilleBNI.com](http://www.NorthvilleBNI.com).

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Grips, Grunts and Groans (1937)  
Pie Foot Stoges (1938)  
Cookoo Cavaliers (1940)  
In the Sweet Pie and Pie (1941)  
Squareheads of the Roundout Table (1948)

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\* All data is based on industry averages and NCR Member Care 2013 results. Statistics represent patients admitted for post-acute care in the last 12 months for all centers nationwide.

**Heartland** Health Care Center

# Artists recognized for work at Three Cities exhibition

More than 350 people, some from as far away as Benton Harbor and Jackson, attended the recent four-day art exhibition by the Three Cities Art Club held at Westland's William P. Faust Public Library.

At a reception, club president Marilyn Meredith presented the awards to the winners selected by judge Elden Weber. Westland Mayor William Wild presented his award and announced that the city will provide a place for works by local artists to be displayed in the new city hall, which is expected to be open in the fall.

Weber selected his top five favorites in photography:

» Las Vegas Has Left the Building by Jonathan Warren.

» Colors of the Marsh by Dena Warren.

» Violet Blue by Joseph Haney.

» Interchanges by John R. Mittelstadt.

» Rose's Rose by Rose Cook.

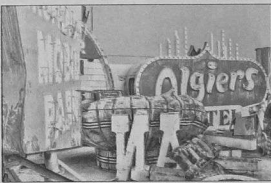
Weber's top five drawings/paintings selections were:

» Great Lakes Tall Ships, pasted by Barbara Gage Rex.

» River, pasted by Cathy Vettesse.

» Emmett the Clown, mixed media by Jay Masini.

» Fawn Lake, water-



Jonathan Warren won first place in photography for Las Vegas Has Left the Building.

color by Sharon Lee Dillenbeck.

» Epiphany, mixed media by Elizabeth Gullickson.

Three Cities Art Club provided \$600 in cash prizes to the top three winners in each category. Printworks of Westland provided each of these winners with a digital scan and print of one of their works, either on photo paper or stretched canvas.

The two honorable mention winners in each category each received a \$30 gift certificate to D & M Art Studio of Canton.

Wild's two daughters selected their favorite work of art, Flowers in the Window, a pastel by Nancy Post as winner of the Wild Art Award. The prize was \$100, donated by the mayor.

Those attending the

show were invited to vote for their three favorite works for a chance to win a prize. Samantha Coshatt of Garden City won a stretched canvas print titled Ella by Westland artist Charlyn Darling of Toadprince Illustrations. The three artists whose works received the most points received prizes as well.

Anyone interested in submitting work in next year's show can contact Meredith at 313-231-3939 or marilynmereedith@wowway.com. After the first of the year, artists can download the application form by visiting the club website at www.threecitiesartclub.org.

The Festival of the Arts exhibition hosted by Three Cities Art Club and Garden City Fine Art



Barbara Gage Rex's pastel, Great Lakes Tall Ships, was among the top five selections for pastels and painting.



Westland Mayor William Wild's two daughters selected their favorite work of art, Flowers in the Window, a pastel by Nancy Post, as winner of the Wild Art Award.

Association will be held this fall at Westland Shopping Center. Details will be available in late summer.

# Soil survey beginning in area this week

By David Veselenak  
Staff Writer

Residents living in several western Wayne County communities may begin seeing people dig holes in the ground this week.

They're not looking for buried treasure: Those digging the small holes are soil scientists from the National Resources Conservation Service working to evaluate the soil around the county.

Joseph Calus, a Flint-based soil scientist with the NRCS, said the digging will complete the soil analysis for the state of Michigan, a process that started several decades ago, but omitted the urbanized area surrounding and containing Detroit. Now, years later, scientists are back to complete the survey. The area is the last in Michigan to receive the first look.

"Wayne County was done in the '70s, but they didn't bother to go into the urbanized areas," Calus said. "Once the soils got into being predominantly urbanized, they left that area blank."

Starting Monday, crews employed with the U.S. Department of Agriculture will begin taking soil samples from public land in Redford Township.

"We'll be hitting most of the parks, anyting from (Interstate) 96 up to Eight Mile," he said.

Crews are expected to take samples of soil in other communities such as Garden City, Westland and east of Farmington Road in Livonia throughout the spring. Other areas of the county, including Detroit, the Grosse Pointes, Dearborn and some Downriver communities, also require surveying as well.

The benefit of having a soil analysis, Calus said, really comes out when dealing with real estate and home building, as well as renovations. With more homeowners opting to install sump pumps, knowing more information on the soil the home is built on could help.

Another major benefit is predicting sinkholes, which have been seen this winter in surrounding communities such as Detroit, Royal Oak and Farmington Hills.

"Some soils are very susceptible to sinkholes. Other soils are not so susceptible," Calus said. "The map will point those out."

Crews will be out in the community digging holes about the size of golf holes and going no more than about seven feet deep. The soil will be laid out on a tarp, evaluated and crews will then replace the hole, sometimes being left looking so natural crews cannot find the spot they dug at if they need to return, Calus said.

Maps for the region will be available to the public in a few years after all tests are completed, Calus said. They will be available online for reference.

Workers will mostly remain on public land, though there is a chance samples would be needed from private property. If that is the case, crews will ask the homeowner's permission before venturing onto the property.

"We don't go onto residential property without permission," he said. "Nobody has to worry about anyone trespassing onto other people's property."

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FRIDAY 11:45

CA HAUNTED HOUSE 2 (R)

2:45 - 5:10 • 7:30 - 9:40

FRIDAY 12:05

CRIB 2 (G)

11:50 - 2:15 • 4:35 - 7:00 • 9:10

OCEAN (R)

12:00 - 2:30 • 4:50 - 7:50

CRIMINAL MINDS (PG-13)

11:50 - 1:20 • 4:20 - 6:50

FRIDAY 11:45

CAPTAIN AMERICA: THE WINTER SOLDIER (PG-13)

D-BOX LIMITED SEATING AVAILABLE

FRIDAY 11:50

DIVERGENT (PG-13)

FRIDAY 12:10 • 2:35 • 5:30 • 9:30

WED 12:10 • 3:15

# Wayne High celebrates Easter with Spring Fling

By Sue Mason  
Staff Writer

It was very much a win-win event for Wayne Memorial High School's first ever Spring Fling.

Patterned after its highly successful Holiday Night, the staff and students threw open the doors to the school and invited to community to come in for an evening of Easter festivities and an invitation to see the drama department's presentation of *Shrek the Musical*.

"It was our first Easter event and it was crowded and the Easter Bunny was busy," said Jan Tomlinson, director of the TRIO Upward Bound program at the high school. "I was pleased with the turnout and how it continued over to *Shrek*. It was pretty incredible."

Tomlinson said 625 adults and children attended what became known as the Spring Fling and Sing. They enjoyed a pancake dinner, an Easter egg hunt on the front lawn of the school, cookie decorating and a giant obstacle course. Costumed members of the *Shrek* cast circulated throughout the evening, passing out coupons for \$1 off admission to the play.

"They had to start the play a half-hour later because there were so many people waiting to get in; people just flooded the area," Tomlinson said. "At intermission, the director, Katie Sullivan, made a speech and told the audience that it was the best attended play Wayne's ever had. It was almost a sellout."

Tomlinson, Sue Webb and Lou LeBlanc chaired the Spring Fling committee, but received help from many members of the high school staff and at least 50 students. Organizers received plenty of donations for the



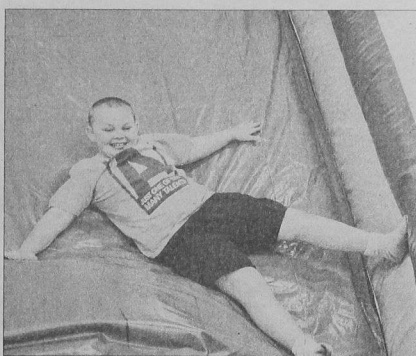
Hayden Matiska looks like he got a little too close to his work while frosting cookies.



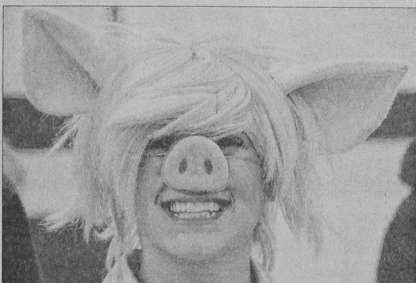
Teacher Jackie Martin watches 3-year-old Caleb Murphy frost a cookie.

event, with major contributions coming from the Wayne-Westland Federal Credit Union, Norplex Industries, Wayne High's Z-PAC committee, Chiropractic Dr. Amanda Apfelbat and district

Superintendent Greg Baracy. "Baracy" was the 'Cookie Monster.' He donated 800 cookies for the children to decorate," Tomlinson said. Tomlinson added that



Storm Tolliver, 9, gets a ride on the big slide at Wayne High's Spring Fling. PHOTOS BY BILL BRESLER | STAFF PHOTOGRAPHER



Ledjona Cela was among costumed characters from "Shrek the Musical" that entertained the crowds.

volunteers made 3,000 pancakes that were dressed up with M&Ms and had more than enough goody bags filled with candy and toys for youngsters, who claimed them after finding three

eggs in the Easter Egg Hunt. Social science teacher Reavis Olive dressed up as Harvey the Rabbit and was a hit with the youngsters, who had their pictures taken with the Ol-

ive. "It was a wonderful event and a wonderful collaboration with with the musical," Tomlinson said.

smason@hometownlife.com

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5 seats are open to students entering grade 6

Application dates: April 28, 2014, 8 a.m., to May 27, 2014, 4 p.m.

FAXED AND EMAILED APPLICATIONS WILL NOT BE ACCEPTED

Applications and information available at [www.livoniapublicschools.org/Choice](http://www.livoniapublicschools.org/Choice)

Return completed forms to: Livonia Public Schools Personnel Office,

15125 Farmington Rd., Livonia, MI 48154

A random draw selection will take place May 29, 2014

if the number of applicants exceed seats available.

LC00000776



### PLANNING COMMISSION NOTICE CITY OF PLYMOUTH, MICHIGAN CITY HALL, 201 S. MAIN WEDNESDAY, MAY 14, 2014 7:00 PM (734) 453-1234

#### PUBLIC HEARING FOR ZONING ORDINANCE REVISION OF:

1. Accessory Buildings and Uses, Section 78-260
2. Notes to Schedule, Section 78-191
3. Definitions, Section 78-21

All interested persons are invited to attend.

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

Maureen Brodie, ADA Coordinator  
201 S. Main Street  
Plymouth, Michigan 48170  
(734) 453-1234, Ext 206

Published: Sunday, April 20, 2014

LC00000780

### ZONING BOARD OF APPEALS MEETING NOTICE CITY OF PLYMOUTH, MICHIGAN (734) 453-1234

A regular meeting of the Zoning Board of Appeals will be held on Thursday, May 1, 2014 at 7:00 P.M. in the Commission Chambers of the City Hall, 201 S. Main Street, Plymouth, MI, to consider the following:

Z 14-02

151 Adams

Non-Use Variance Requested

2nd Story Addition onto a non conforming footprint.

Front Yard and Rear Yard Setbacks & Lot Coverage

Zoned: R-1, Single Family Residential

Applicant: David & Andrea Hughes

All interested persons are invited to attend.

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

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Published: Sunday, April 20, 2014

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# Tinkham's Empty Bowls effort helps local families

By Sue Mason  
Staff Writer

## HELPING OUT

It was one of those moments for Bill Johnson, who went to Tinkham Alternative High School to pick up his grandson and met social studies teacher Diane Fournier.

The two met again Tuesday, when Johnson, UAW chairman at the Michigan Assembly Plant in Wayne, and UAW Representative Dwayne Walker presented Fournier a check for \$1,000 from UAW members who work the line for an Empty Bowls benefit she coordinated at Tinkham Alternative High School.

"I ran into her in the hallway and she said, 'I know you do a lot for the community, how about this?'" Johnson said. "Now, I think we've been drawn in and will buy them a kiln. Sometime this summer, we'll pick out the piece so they have it ready for school in September."

Fournier worked with art teacher Ann Chambers in setting up the project and with Oman-kane the Collective, a 21st century after-school program, to make the pottery bowls that guests received at the event, which raised money for the Wayne-Westland Family Resource Center. An overflow crowd filled the commons at William D. Ford Career Technical Center, where culinary instructor Chef Tony Paquette, his staff and students prepared four different soups, sandwiches and desserts for the fundraiser.

### Change of pace

The benefit was a change of pace for Amanda Faughnan, resource center director, who wasn't involved in organizing the event. Unlike the holiday buffet, where Faughnan works with Paquette to raise money to buy holiday meals for families, she only had to make a short speech to guests.

"This was an all-Tinkham event; it was totally student-driven, an all-student involvement," Faughnan said. "This will go for students and fam-

The Wayne-Westland Family Resource Center's mission is to "partner with families, the community and school district staff in order to positively impact the success of every Wayne-Westland student."

Through a collaborative effort, it links families with agencies, organizations, volunteer groups and schools to meet their social, emotional, physical and academic needs.

It accepts donations of toiletries, school supplies and new socks and underwear, as well as monetary donations. Items can be dropped off at the center, which is housed inside Adams Upper Elementary School at 33475 Palmer, west of Venoy, in Westland.

For more information, call 734-419-2709.

ilies in need. I've seen demand for our services go up. There are more families coming in for basic needs and help in finding places to go for assistance. Many are working poor and many come in looking for job assistance."

In acknowledging those in attendance, Fournier took a moment "to celebrate one of our greatest community treasures ... our young people and the work they did."

"As educators, we have some pretty lofty goals for our students," Fournier said. "We want them to be readers and writers. We want them to develop critical thinking skills. We want them to become problem solvers and create beautiful things. We want them to connect the work they do in school to life outside school. We want them to recognize the positive impact they can have on their neighborhood and the world."

"We are thrilled to take part in a project like this because it brings students so much closer to those goals," she added.

Tinkham senior Court-



Susie Miller of Garden City places raffle tickets in the can. She came to the event because she has a grandson who attended Tinkham. PHOTOS BY BILL BRESLER/STAFF PHOTOGRAPHER

ney Hill made about five bowls and designed and painted 10 bowls for the event.

"It was great and fun to do at the same time," she said. "It was messy."

### Glad to help

This was the first time Patricia Steel – better known as Miss Pat, a facilitator with Oman-kane the Collective – and director Margaret James had been at the Career Technical Center. Like other attendees, they found the food "was excellent" and were glad their students helped with the benefit.

"Miss Fournier contacted us about getting involved. We did about 30 bowls," Steele said. "Some of the students were excited, some were, 'Oh no, not bowls,' but after a while they got

into it. We have about 20 students in the program. We couldn't get all of them involved."

Shirleen Curtis of Westland and her daughter Tonia Szabo were among people who attended. The two women are active in the First United Methodist Church in Wayne. Curtis had seen a posting about the benefit on Facebook and thought it would be neat since her daughter does pottery.

"The First United does a lot of work with the Family Resource Center," she said. "This is a way to pay it forward. They help us and we can help them."

Faughnan hopes the Empty Bowls benefit will become an annual event. "I loved going over there and watching them make the bowls. They



Mary Vellardita tries the chicken tortilla soup at the Empty Bowls benefit for the Wayne-Westland Family Resource Center.

they did it again in the future." smason@hometownlife.com Twitter: @SusanMarieMason

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**BUDGET HEARING**  
Canton Preparatory High School  
A public budget hearing will be held for Canton Preparatory High School at Plymouth Scholars Charter Academy, 45454 North Territorial Road, Plymouth, MI on May 7, 2014 at 6:00 pm. Copies of the budget will be available at the Plymouth Scholars Charter Academy school office.  
Published April 30, 2014

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### OVERLAPPING DIAGNOSES

A problem that confronts a doctor who is caring for a patient with both Fibromyalgia and Systemic Lupus (Lupus) is making appropriate decisions. The doctor's dilemma arises because both conditions cause similar joint pains and both conditions exert an effect throughout the body.

For example, both Lupus and Fibromyalgia cause headache; if a patient experiences a headache every day and little else, then most likely the headache comes from tension and is part of the individual's Fibromyalgia. But often the headache isn't clearly related to stress or comes intermittently or is associated at times with a fever. The physician needs to pause before concluding the cause and going onward with treatment.

The reason the doctor must take care in making a correct diagnosis between a flare of Fibromyalgia or of Lupus is because the resulting treatment is far different. If the problem is Fibromyalgia, more medicine is not likely to help, but urging the patient to increase activity and exercise is the best therapy. If the physician feels that the headache is a forerunner of a Lupus flare, then an increasing dose of prednisone is the logical next move.

At times, the physician's ability to distinguish between Lupus and Fibromyalgia as the major diagnosis presents such a problem, the doctor feels forced to undertake a "diagnostic trial." What that means is that the patient receives an increased dose of prednisone and the doctor observes the effect. If the patient improves then the diagnosis is Lupus. If the patient does not, then the doctor stops the prednisone because the correct cause is Fibromyalgia.

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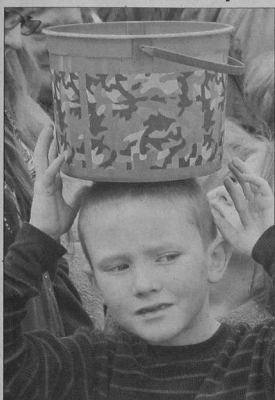
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# Youngsters chase after marshmallows at annual drop



Jacob Strzalkowski, 6, kills time waiting for the marshmallow drop.

It may have looked gloomy with a chance of rain, but that didn't put a damper on the enthusiasm of children who waited for the chance to chase after marshmallows that fell from the sky Friday morning.

They looked like jumbo snowflakes, but actually 20,000 marshmallows dumped from a helicopter circling over the Nankin Mills area of Hines Park as part of Wayne County Parks' annual Marshmallow Drop.

The falling marshmallows were a delight to see for hundreds of children, who waited to collect the goodies. The children were divided

into groups based on age, to make sure each and everyone had a chance to participate.

The goal was to retrieve a marshmallow and turn it in for a prize and youngsters were scooping them up, hoping to find one very special colored one. There was one colored marshmallow to be found for each of the age groups. The lucky child who found it received an extra special prize, commemorating the 30th anniversary of Marshmallow Drop.

Wayne County Parks holds two Marshmallow Drops each year — one at Nankin Mills in Westland and one at Elizabeth Park in Trenton.



The helicopter spreads marshmallows across the field in Hines Park. PHOTOS BY BILL BRESLER | STAFF PHOTOGRAPHER



The race for the marshmallows begins.

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### JUDGING:

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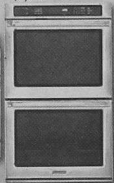
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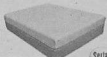
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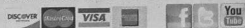
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## SECTION B (CP)

SUNDAY, APRIL 20, 2014  
OBSERVER & ECCENTRIC MEDIA  
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## SPORTS

TIM SMITH, EDITOR  
TSMITH@HOMETOWNLIFE.COM  
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## BOLGER-MANGAN CITY CHAMPIONSHIPS

# Rocks win bragging rights

By Tim Smith  
Staff Writer

They don't put banners on gymnasium walls for winning the annual City Meet.

But they do hand out trophies and give girls patches to place onto their varsity letter jackets for capturing the prestigious Park showcase.

This time around, Salem won those patches after taking Thursday's meet with 85 points — ahead of defending champion Plymouth 68's points.

Taking the third spot with 22 points was Canton.

"This team knew that it was going to have to step up and compete hard if it was going to bring the city trophy back to

Salem and it did just that," Rocks varsity girls track and field coach Dave Gerlach said. "We relied on our horses today to compete against a very good and complete team in Plymouth."

"I was very proud to see our girls compete that hard and want the pride of P-CEP back with this program."

It was the first time the Bolger-Mangan Canton City Championships took place since 2012; last year's was wiped out by weather.

"It is one of the big meets we have, for sure," noted Plymouth head coach Ricky Styes. "If you look at the arc of our season, our lowest goal is to have a winning record."

"Then, we want to win

See GIRLS, Page B2



Pushing each other to the limit during the annual City Meet at Plymouth-Canton Educational Park are (from left) Canton's Jemal Vaunado, Salem's Miles Mason, Canton's Bryan Eastman and Salem's Dhruv Patel. PHOTOS BY JOHN KEMSKI | EXPRESS PHOTO

# FOOTLOOSE

## Salem boys get leg up on Park rivals at City Meet

By Tim Smith  
Staff Writer

Track and field teams from Plymouth-Canton Educational Park waited two years to reconvene the prestigious Bolger-Mangan City Championships and the Salem Rocks made up for lost time.

Salem's boys squad tallied 71.5 points to outpace Plymouth and defending City Meet champion Canton, who registered 52.5 and 51 points, respectively.

Last year's meet was cancelled due to bad weather, but the three Park teams got after it from the get-go.

According to Rocks head coach Steve Aspinall, the way his team performed could be "a springboard for the rest of the season. All of a sudden (in May) we will have the Observerland Relays, conference championships and regional championships in a two-week span."

Aspinall added that win-



Salem's Michael Hoover moves into high gear Thursday.

See CITY MEET, Page B2



Salem's Madison Fairchild gets the jump on Plymouth's Hailey Foster during the City Meet. JOHN KEMSKI | EXPRESS PHOTO

## PREP GIRLS TENNIS

# Canton netters come up clutch

## Chiefs win deciding doubles flight to nip Wildcats

By Tim Smith  
Staff Writer

Whenever Plymouth and Canton get together on the tennis courts, it's a pretty big deal.

And Canton seniors Angie Distelrath and Nikki Cotham found that out first-hand on Wednesday when they teamed up to win their No. 2 doubles matchup against Plymouth seniors Nisha Patel and Katie Weyers for what turned out to be the deciding match.

The Chiefs came away with a 5-4 victory on a cool, breezy afternoon thanks to the 3-6, 7-6(4), 6-4 win turned in by Distelrath-Cotham.

After Cotham's clinching shot went unreturned, the duo was mobbed by the rest of their teammates.

"I couldn't believe it," said

Distelrath, about the big reaction following their win. "All I was thinking about was giving Nikki that hug after that shot. When I saw it fall in the corner and her struggling with it to get it, that was like the best feeling."

"We didn't even know it was the deciding game to beat Plymouth. The fact that we came off and the whole crowd came, it was an amazing experience. Not just because it was Plymouth, but because we could work together to get there."

Concurring was Cotham, all smiles about how she and her doubles teammate came through in the clutch.

"I'm just so surprised, because I had no idea it was the last match for the win," Cotham said. "Angie and I have been playing together for two years, (so) to have a game like this is great after all the hard work we put into it for two years."

Then with a somewhat embarrassed laugh, Cotham said "It's just great, I can't believe it."

## Team effort

Canton head coach Barb Lehmann never had any doubts about what Distelrath-Cotham (No. 5 doubles in 2013) and the entire squad accomplished.

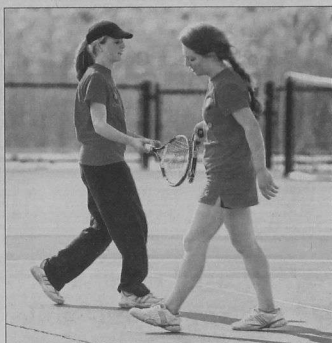
"I'm happy with the team as a whole," Lehmann said. "We've had a lot of really close matches with Plymouth. This is the third time we played against them in some capacity. And overall, more than anything else, I think the girls dug deep for this one."

"They lost that first set and it didn't rattle them enough that they stayed right in that match, and kept playing."

According to Plymouth head coach Rob McLaren, "The last match was an incredibly well-played match on both sides of the net. It was only fitting that a match this big came down to a close three-setter. They were evenly matched, and this time, Canton came out on top."

In the singles matchups, each team earned two wins. At

See CANTON, Page B4



Slapping rackets after a shot are Canton's Nikki Cotham (left) and Angie Distelrath. They won at No. 2 doubles in the match-clinching flight. JOHN KEMSKI | EXPRESS PHOTO

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## PREP BASEBALL

# Chiefs take pair from Wildcats

By Tim Smith  
Staff Writer

Canton jumped out early and rode the momentum all the way to sweep Plymouth in Thursday's KLAAs varsity baseball doubleheader.

The games were pushed back a day from Wednesday due to weather and field conditions and were played at Plymouth instead of host Canton due to continuing construction at the Chiefs' field.

In the opener, the Chiefs won 9-0 with a seven-run first doing most of the damage.

Keying that surge was senior Nick Hazegian, who doubled in two runs, knocking in Weston Price and Robert Guajardo.

From there, Canton starting pitcher Brent Mattson did the rest, taking a no-hitter into the sixth inning. Finally, with two outs in the sixth, Plymouth's Nick Foster doubled to left-center.

"The Canton pitcher was outstanding," Wildcats head coach Jason Crain said. "Keeping our hitters off balance and he had great control. You have to get your hat to



The throw to Canton first baseman Chris Ferrill (No. 26) is in time to retire Plymouth baserunner Matt Busch. PHOTOS BY JOHN KEMSKI | EXPRESS PHOTO

him. Easily the best pitcher we've seen so far."

Crain added that the Chiefs benefited from some sloppy play by the Wildcats. "They are a disciplined team who was punished when they saw an opening."

Contributing two dou-

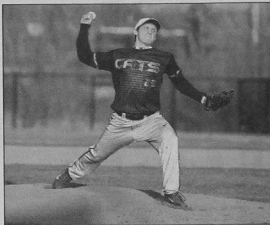
bles for Canton was Nick Schnur, with James Hall also registering a pair of hits. Going 3-for-4 with an RBI was Grant Slomkowski.

In game two, the Chiefs prevailed 4-2, overcoming an early 2-0 deficit.

Plymouth scored

twice in the second, on run-scoring hits by AJ Convertino and Cameron Jones and that lead held up until the fifth.

Canton 6-2 overall, 5-1 in the KLAAs South Division) rallied in the bottom of the fifth. Jake Boucher led off with a single and then stole



Plymouth pitcher Josh Sulak delivers a pitch during Thursday's baseball nightcap against Canton.

second base, ultimately coming around to score on a single by Slomkowski.

Chris Ferrill singled and Price walked to load the bases. With two out and Guajardo batting, a wild pitch brought home the tying run.

Guajardo subsequently looped a single over the dugout in infield to score the tie-breaking runs.

The Wildcats batted in the top of the sixth, following which the game was halted due to im-

pending darkness. Collecting two hits for Plymouth (7-3, 4-2) was Patrick Downing.

"Josh Sulak pitched a great game (for Plymouth)," Crain said. "We were leading 2-0 into the fifth and again Canton took advantage of the openings we left."

"They are a good team. We will continue to work on the details and emerge an improved team from this experience."

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## CITY MEET

Continued from Page B1

ning the meet meant a lot to his seniors. Last year's seniors didn't get that same chance due to the cancellation of the event.

"This meet is always a tough battle because Canton and Plymouth are both great programs with great coaching and the kids are so familiar with each other that they always have a fun time competing," Aspinall continued. "I am happy for the seniors who were able to go out with a City Meet victory in their final opportunity."

"We have an extremely hard-working group of kids that are getting better every day because of the work from our great coaching staff and the time and effort they are putting in as well."

Plymouth head coach Jon Mikosz praised his



Battling it out during the 110-meter hurdles race are Canton's Julian Thornton and Plymouth's Aaron Bergmans. JOHN KEMSKI | EXPRESS PHOTO

distance crew, who scored 36 of the Wildcats points.

"Our distance guys had a great meet," Mikosz said. "... Unfortunately, we didn't get much help (from the hurdles or sprints or we might have been able to make it a closer meet."

Jonny Dalton was on Plymouth's victorious

3,200 and 1,600-meter relay teams and won the mile with a time of 4:46.15. Meanwhile, in the two-mile, Zane Berlanga and Matt Pahl finished 1-2 with times of 10:27.69 and 10:29.72.

### Field day

Salem had a strong showing in the field events with sophomore

Jannik Schmitt, seniors Michael Hoover and Elijah Albert going 1-2-3 in the shot put, each with personal bests. Schmitt and Hoover threw 46-feet, 3-inches and 46-2, respectively.

Registering a 129-foot toss in the discus was Plymouth's Daniel Goertz, good for a personal best. He edged Canton runner-up Colin Calfish (119-3) and Salem's Schmitt (117-10).

The Rocks enjoyed a clean sweep (top-4) in the long jump, led by senior Brenden Sherrod's 18-5.5. He was trailed by teammates Miles Mason (18-0.5), Harsha Sajja (17-11.5) and Jacob Miller (17-9.5).

Other Salem standouts during field events included junior Allante Wheeler (third in the high jump, 5-8) and junior Hunter Burn, who tied for fourth in the pole vault with Plymouth's Derick Crawford at 10-

feet even.

Finishing in a first-place tie in the pole vault were Canton teammates Kyle Zander and Grant Mast (12-feet even), followed by Canton's Ted Laing (11-0).

A big highlight for Plymouth came in the high jump. Nathan Harris won the event and set a new school record with his jump of 5-10, outdistancing Canton's Brett Lee, Salem's Allante Wheeler, Plymouth's John Kody and Abdallah Abusalah (all 5-8).

Salem sparkled on the track, too, with senior Colin McCormack winning the 400 dash with a time of 51.03 (ahead of Plymouth's Berlim Mema and Salem's Dominic Hodge, 51.34 and 54.83, respectively).

The Rocks sprinted their way to victories in four other events.

Sophomores Freddie McGee, Jacob Miller, seniors Sherrod and

Steven Homrich combined to win the 400 relay (44.92). In the 800 relay, the combo of junior Ty Traylor, Sherrod, Homrich and Hoover took the top spot in 1:32.56.

Homrich-Miller-Hoover went 1-2-3 in the 100 dash and Homrich (23.39) captured the 200, finishing ahead of Canton's Jacob Mallad (23.62).

Salem also featured a second-place finish in the mile relay (McCormack, Hodge, Traylor, junior Patrick Casey) with other notable performances including juniors Miles Mason and Dhruv Patel (2-4 in the 110 hurdles), and Traylor second in the 300 hurdles followed by Sajja (third).

"We also had a number of personal bests in the distance races, led by junior Jason Rogers' fourth-place finish in the 1600," Aspinall added.

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## GIRLS

Continued from Page B1

the City Meet. Then win the division, then the conference and the region. This is one we look forward to. When we win we get a patch on the girl's jacket."

According to Gerlach and Styes, the meet also sets the tone for the upcoming conference and regional meets.

"This is a true team accomplishment and the girls worked together for the victory," Gerlach continued. "It was a fun

and exciting competition and look forward our future competitions in conference and regionals."

One of those "horses" referred to by Gerlach was senior standout Kayla Kavulich, who was victorious in three open events (400 run, 58.98 seconds; 800, 2:32.19; 1-mile, 5:14.14). Kavulich barely edged teammate Isabel Rodriguez' 59.23 time in the 400.

Other Salem firsts were recorded by Rachel Falzon (300-meter hurdles, 49.90), Anya Cho (2-mile run, 12:27.88) and two relays (4-by-800;

4-by-100).

The Wildcats also won two relays (4-by-200, 4-by-400) and featured strong individual performances across the board.

Taking two open events was Ryan Drepper, who Styes said "is proving to be every ounce of the track athlete that we thought that she was going to be. She won the open 100-meter dash, she won the 200 dash. She was part of our 4-by-2 that won. So, Ryan did a fantastic job."

In the 100 dash, Drepper edged out Salem's Shekiana Johnson, 13.21 to 13.31.

Holly Stark's time of 16.82 earned her top spot in the 100-meter hurdles (with Plymouth teammate Kirsty McInnes second, 17.66).

Another strong runner for Plymouth was senior Jada Woody, whose times of 2:34.29 in the 800 and 5:33.17 in the 1-mile were good for second behind Kavulich.

### Sharing the glory

All three high schools boasted wins in the field events.

Salem's Erin McCann edged teammates Aeron

Kirk and Kelly Whalen in the long jump, with her mark of 15-1.50 inches. Kirk and Whalen trailed with marks of 14-11.5 and 14-8.5, respectively.

Plymouth's Katherine Harris (high jump, 5-feet, 0-inches), Tionne Johnson (discus, 118-9) and Kayla Janesvki (10-9) took firsts in those events.

"Kayla Janesvki, our pole vaulter, is gratefully filling the shoes of the three girls we lost last year," Styes said. "She jumped a PR of 10-feet, 9-inches, which was nine inches better than she did

five days ago. She is just jumping leaps and bounds right now, no pun intended."

"We did some good things. Tionne Johnson won the discus with a throw that was a foot shy of our school record. And I believe it was a personal record for her."

The Chiefs also enjoyed the taste of victory thanks to Emily Meier, who won the shot put with a throw of 38-4, four inches farther than Plymouth's Johnson.

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Getting after it during this City Meet relay are (from left) Canton's Olivia McIntee, Salem's Kayla Hughes and Plymouth's Bailey Brown. JOHN KEMSKI | EXPRESS PHOTO

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500 MILES, 40 DAYS

# Farmington Hills senior plan to follow apostle's route through Spain

By Sharon Dargay  
Staff Writer

Sidney Bonvallet will scratch off a major event from her "bucket list" next month.

To achieve her goal, the 73-year-old Farmington Hills woman will hike 500 miles walking 15 miles daily for nearly 40 days, on terrain that includes the rugged French and Spanish Pyrenees mountain ranges, forest paths and paved city streets in northern Spain. The route, called El Camino de Santiago, follows the way St. James the apostle took on his journey through Spain to convert its populace to Christianity. Bonvallet and her trip companion, Izabela Jaworska, 49, of Ypsilanti, will start their pilgrimage May 14 with a flight to Paris, France, continuing on by train to St. Jean Pied-de-Port where they'll obtain "passports" for the trail. Along their westward walk they'll stay in hostels overnight and get trail passports stamped. The trip ends in Santiago de Compostela, where they'll receive certificates acknowledging their achievement.

"They ask your reason for doing it. I know right now why I'm doing it, but I think things emerge along the way. There's probably a deeper thing going on with all of us. Everyone, whether they know it or not, has a deep reason for walking El Camino. My reason is to surrender to God's will totally without shrinking back," Bonvallet said, adding that her pilgrimage also honors her charity work in Africa. "It dedicates myself to it."

## Charity work

Bonvallet, her husband, Wayne, and daughter C.J.



Wayne Bonvallet will be with his wife, Sidney, in spirit when she re-traces the route of St. James the apostle in Spain. They hope her pilgrimage will raise money for their charity work in Africa. The photo on their living room wall shows children they've met overseas.

## WALK A MILE IN HER SHOES

» Sidney Bonvallet's backpack will include a quartz rock that she'll leave at a shrine along the way; a headlamp in case the pair are on the trail at dusk; and a journal with pens, one which is wrapped in duct tape for emergencies.

» Bonvallet read several books about El Camino in preparation for the trip and discovered that hikers' main complaints were the snoring heard in hostels and blisters.

» The pair will walk approximately 34 days, traveling the other six days to and from the trail. They'll hike 15 miles daily. "My brother calculated it out and at my stride I'll take 1,665,000 steps," she said.

» Stray dogs are the most "dangerous" animals Bonvallet is likely to encounter on the trip. "You don't hear much about pilgrims being molested by people," she said.

» Considering your own journey? Bonvallet encourages you to take it. "A lot of people think their purpose is supposed to be hard. It's what you're good at. Follow your star. We need to die to certain fears, die to certain behaviors that obstruct our lives, die to self-destructive things and we need to come alive to hope, passion and the star that is going to guide us from this place to the next."



Sidney Bonvallet, (left) and Izabela Jaworska pack their gear for a 500-mile walk across Spain. They plan to keep the weight of their packs to 10 percent of their body weight.

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## OUR MENTAL HEALTH

## Considering talk therapy? Here's how it helps

I think everyone has been distressed about something and thought, "If only I could talk to someone." In this scenario, you happen across a friend who perceives your distress and says, "Is something troubling you?" Just by being asked, you feel a bit of relief. Then you talk. Maybe, you, "Spill your guts." The friend mostly listens, but occasionally might say, "Tell me some more." You accept the invitation and talk on. You feel even better. But, much more has occurred.

How does talking help? I think it helps, in part, through the following process: Person A is distressed. He/she shares it with Person B who listens, tolerates, and invites you to say more. Temporarily, Person A is borrowing from Person B's ability to



listen and not be overwhelmed by what he/she hears. Person A leaves Person B and takes this "better capacity" with him or herself and feels better.

I met a psychotherapist and author who worked with Mother Teresa and wrote a book with Elizabeth Kubler-Ross, two individuals who are considered experts in listening. In their book, *On Grief and Grieving*, they described how talking helps: "There is something about taking the inner thoughts of your mind and speaking them out loud to another person that helps put things in order, and gives

structure to shapeless, unspoken thoughts. Telling your story can help and build structure. Telling your story may also offer the opportunity for important feedback from the listener."

## Talk therapy

Sigmund Freud coined the term "talk therapy." In the field of mental health today, there are many varieties of "talk therapy." This can be confusing.

However, these various forms of "treatment" have some things in common. They use talking and listening in order to help a person in distress. They utilize a person-person relationship. They share the belief that "Two heads are better than one" when it comes to solving problems. What they may not share is the emphasis placed on the use of the

unconscious mind in determining how one experiences themselves and their world.

I think that a helpful description of "psychotherapy" can aid people who are considering "talk therapy." From my experience, I think that psychotherapy is a professional, working relationship between two people. One is distressed and the other has insight through training, education, personal therapy, as well as experience to know more about how the mind works. The patient is motivated to seek out the psychotherapist because of emotional distress. The goal of the talking and listening together is to help the distressed person learn about themselves, including the underlying and unconscious conflicts. It will eventually become the

task of the patient, or learner, to utilize what is gained in psychotherapy outside of the therapeutic room and without the psychotherapeutic relationship. Hopefully, increased knowledge and understanding about how one's mind works leads to lessening of distress and growth toward psychological independence. This is not an easy task and requires hard work.

## Therapy varieties

In seeking mental health psychotherapy it can be helpful to be more informed about the varieties of therapies that are available. If you are considering getting help, you may want to ask if the therapy will resemble the description above, i.e. increasing self-knowledge, utilizing this to solve one's problems, and how

to recognize the beginning and termination phases of the work. The answers one gets can be helpful in deciding what type of therapy to entrust one's mental health to. Similarly, one might want to ask a prospective therapist "How does talking help?"

Google "psychotherapy resources" to find assistance in your community or contact the Michigan Psychological Association.

**Len J. McCulloch** is a Diplomate of the American Psychotherapy Association. He is credentialed in traumatic stress, social work, addictions, and traumatic brain injury. He created this column, "Our Mental Health," and has 200 archival publications at [www.familib.org](http://www.familib.org). He can be reached for consultation at 248-474-2763, Ext. 22.

## Salute your dad in O&amp;E Media

Attention, all local sons and daughters. Father's Day is Sunday, June 15.

Celebrate your dad and show him how much you appreciate him by entering the first Observer & Eccentric Media "Dear Dad" Contest.

Bring your dad to the Spring Expo on Tuesday, April 29, in the VisiTech Center at Schoolcraft College, 18600 Hagerty, Livonia, and enter to win.

You must enter the contest in person at the 2014 Spring Expo at which time you and your dad will have an impromptu photo shot (which will also serve as the photo for the winning contestants). On the entry form you must answer the question, "Why is your dad worthy of a



Celebrate your dad and show him how much you appreciate him by entering the first ever Observer & Eccentric Media "Dear Dad" Contest. GETTY IMAGES/MONKEY BUSINESS

tribute?" The photos and responses will be uploaded on FB.com/OEHomtown and voted on by the public. The winners will have their photo tribute featured in a local print edition. Up to 13 winners

are possible.

Selected winners will:

- 1) Be featured in a quarter page color promotional ad in an edition of the *Observer & Eccentric*.
- 2) Receive movie

passes that admit two to any Emagine Theatre

- 3) Receive Buddy's pizza coupon for dads and kids
- 4) Receive a \$20 gift card.
- 5) Receive the featured quarter page promotional ad on a coffee mug.

Dads, daughters and sons are eligible to participate from the following communities: Birmingham, Bloomfield Hills, Bloomfield Township, Franklin, Bingham Farms, Southfield, Royal Oak, Berkley, Lathrup Village, Livonia, Redford Township, Plymouth, Canton, Westland, Grosse Pointe, Farmington, Northville, Novi, South Lyon, Milford, Highland, Salem Township and New Hudson.

## Junior League parties its way through spring

By Julie Yolles  
Social Scene Columnist

It has been a busy few weeks for the Junior League of Birmingham. First, was Bites, Bubbles & Books on March 27 at the Townsend Hotel. Guests enjoyed delicacies fea-



Julie Yolles  
SOCIAL SCENE

tured in the Junior League's cookbook, *Seasons in Thyme*, (\$10 at [www.jlbham.org/](http://www.jlbham.org/))

estore) and prepared by Townsend executive chef Drew Sways.

Next was JLB's Annual Spring Sophisticated Patron Party at Saks Fifth Avenue on April 17. The League's spring activities culminate with its largest fund-

raiser, Spring Sophisticate — A Coastal Affair. The black-tie/nautical-inspired gala will lead an exploration of the wetlands in the park 7-8:30 p.m. Friday, April 25. Participants, ages 6 and up, will learn to listen to and identify native frogs and toads. Youngsters will complete data sheets and will take part in seasonal Heritage Park Frog and Toad Surveys. Cost is \$5.

Full Moon Friday Night Hikes run 9-10 p.m. May 16 and 9:30-10:30 p.m. June 13. Hikes are for ages 5 and up. Cost is \$3 per

## Friends of Miller Woods

The Friends will offer spring wildflower tours through Miller Woods, 2-4 p.m. Sunday, April 27 and May 4. Tours are free and typically last about 60 minutes. They leave every 30 minutes from the entrance on Powell Road, just east of Ridge Road, between Ann Arbor Road and North Territorial, Plymouth Township. Dogs are not permitted and strollers are not recommended because of the terrain. Website for updates is [millerwoods.com](http://millerwoods.com).

## Heritage Park

A naturalist will lead an exploration of the wetlands in the park 7-8:30 p.m. Friday, April 25. Participants, ages 6 and up, will learn to listen to and identify native frogs and toads. Youngsters will complete data sheets and will take part in seasonal Heritage Park Frog and Toad Surveys. Cost is \$5.

Full Moon Friday Night Hikes run 9-10 p.m. May 16 and 9:30-10:30 p.m. June 13. Hikes are for ages 5 and up. Cost is \$3 per

## person.

Register for the programs at [recreg.fhgov.com](http://recreg.fhgov.com). Heritage Park is located on Farmington Road between 10 Mile and 11 Mile in Farmington Hills. Call 248-477-1135 or email [asmith@fhgov.com](mailto:asmith@fhgov.com) for more information.

## Plant sharing

Bring a plant to share and choose a plant to take home, at the Livonia Garden Club's annual plant sharing, 9-11 a.m. May 10, at Greenmead Historical Park, 20501 Newburgh, Livonia. Event is free and runs rain or shine. Questions? Call Liz at 734-425-6880.

## Livonia Garden Club

Mary Pulick, a former member, will talk about the history of the Livonia Garden Club and will demonstrate designs and show horticulture from its early exhibits and flower shows, 7 p.m. Tuesday, May 6, at the Civic Park Senior Citizen Center, 15218 Farmington Road, Livonia. Pulick is a member of the Saline Stone and Thistle Garden Club and a leader of the Landscape Design School. For more information call Ruth Moline at 734-525-3167 or view [livonia.gardenclub.org](http://livonia.gardenclub.org).



Junior League of Birmingham (JLB) membership development chair Joey Molnar of Farmington Hills (left) and Bites, Bubbles & Books co-chair and JLB Fund Development Council director Nikki Braddock of Birmingham. PHOTO BY JULIE YOLLES, SOCIAL SCENE COLUMNIST



JLB new member Jen Pardonnet and her husband, Ian, of Farmington mingle and nosh at Bites, Bubbles & Books.

## APOSTLE

Continued from Page B5

Christopher have visited tribal villages in South Africa annually since creating her nonprofit charity, Helping Hands Touching Hearts in 2009. Their mission is to "empower impoverished villagers through sustainability with education, health and hope." Their organization has distributed hundreds of mosquito nets, clothed and provided shoes for 1,400 villagers, supplied meals and chickens, coop materials, as well as seeds, garden tools, school supplies, books and more. The couple spends winters in South Carolina, where Bonvallet spends her time sewing

outfits and school bags for villagers. Last year, she made 350 outfits, 60 tablecloths and 60 pairs of pillow cases and with the help of a friend, sewed 350 tote bags.

Bonvallet hopes her pilgrimage through Spain will spark donations to Helping Hands Touching Hearts. She stressed that all donations collected through the organization's website are used for charity work, not for trip expenses, which she and Jaworska are paying.

Although the trip has been on her bucket list for more than 20 years, Bonvallet initially planned to make the trip with her daughter, after they both watched *The Way, a 2011 film* with Martin Sheen about a grieving father who makes the pilgrimage.

Her daughter was unable to make the trip and her husband's doctor discouraged him from going. She met Jaworska, a professional dancer, through a client of her life coaching business.

## Led by God

Some things that are on our bucket list are, maybe a picture of a place you've seen and you want to go and see it. But there are other things on bucket lists that pull at our soul and this is one of those," she said.

Both Bonvallet and her husband are former General Motors executives who subsequently earned master's degrees in clinical behavior psychology, as well as business management. They have presented seminars

together and Bonvallet counsels individuals and couples. Their charity's board of directors includes the Rev. Todd Lackie, pastor of Kenwood Church of Christ, the church they attend.

"Some people ask, why don't you do charity work in the U.S., and we do some," said Wayne Bonvallet, adding that the couple participate in charity work at Kenwood. "But even those in poverty here don't know poverty like they (Africans) do."

"I also tell people I didn't make the choice," Bonvallet said, explaining that God led her to work in Africa. "If I had chosen, I would have chosen closer to home. It would cost less money and wear and tear on us if we did it here. These



Sidney Bonvallet, (right), 73, of Farmington Hills, and Izabela Jaworska, 49, of Ypsilanti, train with their packs and hiking staffs.

people are in a remote area. It's not a place you visit."

For more about Helping Hands Touching Hearts visit [\[genow.com\]\(http://genow.com\). Read Bonvallet's posts about the hike on their Facebook page, Walk for Hope of Children.](http://clotheavilla-</a></p>
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May peace be with you  
in this time of sorrow.

## Fundraiser aids breast cancer patients with financial needs

By Sharon Dargay  
Staff Writer

Jackie Rothfuss wouldn't dream of missing the eighth annual Shades of Pink Foundation fundraising walk at the Detroit Zoo, even if it means spending more time sitting than strolling with her team.

"I'll be there. I'm still struggling because of my legs. Chemo did something to my legs, but I'm trying my hardest to get them back," said Rothfuss, of Livonia. "Last year, one of my team members sat with me at a picnic table. I'll try (walking) this year."

Registration for the walk starts at 7 a.m., the Big Top Tent with face painting, breakfast snacks, shopping and raffles, opens at 7:30 a.m., opening ceremony is at 8:30 a.m. and the walk starts at 9 a.m. Saturday, April 26, at the zoo, located at Woodward Avenue and the I-696 service drive, in Royal Oak.

Cost for registration is \$45 for adults and \$35 for children 6-17. Advance packet pickup and registration will be available from 10 a.m. to 7 p.m. Thursday, April 24, at Art Van Furniture, 32301 Woodward Ave. in Royal Oak. Register online through 7 p.m. on April 24. Or register the morning of the walk at the zoo. New this



Joan Reidebaugh, (left) Shades of Pink Foundation secretary, Jackie Rothfuss and Karen Bourlier, Foundation president, enjoy last year's walk.

year, is the addition of a "Sleep Walkers" fundraising category online, for individuals who want to donate \$25 in lieu of walking.

### Financial help

Shades of Pink Foundation uses the funds raised to help women who are in financial distress while being treated for breast cancer. The nonprofit has paid patients' mortgage payments, grocery bills, transportation costs, and more. Rothfuss calls the organization "angels" for paying two months of her mortgage bills and utility costs at Christmas

in 2012, seven months after being diagnosed with early-stage cancer in one of her breasts. She had surgery for a lumpectomy, and underwent chemotherapy and radiation therapy.

"Without their help I don't know what I would have done," said Rothfuss, 60, who worked as a bartender at the Elks Lodge in Livonia in April 2012, when she was diagnosed. Rothfuss had been employed as a bakery/deli manager at Farmer Jack's for 25 years, before the supermarket chain closed. She also worked as a subcontractor for General Motors



Jackie Rothfuss and her team, including a four-legged member, celebrate after last year's Shades of Pink Foundation walk at the Detroit Zoo. Her neighbors decorated their garage with the "We Love Jackie" sign.

before landing the job at the Elks.

"I worked all the way through chemo and then lost my job. I had to have eight weeks of radiation after chemo," Rothfuss recalled, adding that Medicaid picked up treatment costs.

"I had been in this house in Livonia for 20 years. I had never asked for help. I didn't know what to do."

### Guest of honor

After calling several nonprofit agencies, she was referred to Shades of Pink Foundation.

She participated in the walk for the first time last year, cutting the pink ribbon at its

start and giving a brief speech as guest of honor. Her team, Jackie's Hope, walked in her honor and will return to the event this month.

Rothfuss also arranged for Shades of Pink Foundation to receive donations from "casual day" events in Livonia and Canton.

"Cancer affects us all. I never thought I'd have it and I went for mammograms every year," she said. "That is why the Shades of Pink walk is so important. If it doesn't affect you, you know someone it has affected."

For more about Shades of Pink Foundation, visit [shadesofpinkfoundation.org](http://shadesofpinkfoundation.org).

## You should learn the warning signs of stroke, aim to reduce your risk

Mark your calendar for May 1, the start of American Stroke Month, the American Heart Association/American Stroke Association's campaign to increase awareness of strokes.

Stroke is the No. 1 preventable cause of disability and the fourth leading cause of death in the United States. Someone in the United States has a stroke every 40 seconds, yet 80 percent of strokes are preventable.

"Knowing if you are at risk for stroke is highly important, because many risk factors can

be modified and controlled," said Kristian Hurley, regional director of Health Equity for the Southeast Michigan American Heart Association. "The No. 1 stroke risk factor is high blood pressure. Nearly 78 million Americans have high blood pressure and many more aren't even aware that they have it. It's important to check your blood pressure regularly and talk to your doctor about healthy levels for you."

Through the American Stroke Association's Together To End Stroke initiative, the association provides informa-

tion and tools to help prevent, treat and beat stroke. A free stroke risk assessment, available at [StrokeAssociation.org/stroketoolkit](http://StrokeAssociation.org/stroketoolkit), helps individuals to evaluate their personal stroke risk and to work with their doctor to begin a prevention plan.

Together To End Stroke teaches the acronym F.A.S.T. to help people to recognize a stroke and what to do if one occurs:

» F — Face Drooping: Does one side of the face droop or is it numb? Ask the person to smile.

» A — Arm Weakness: Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?

» S — Speech Difficulty: Is speech slurred, or are they hard to understand? Ask the person to repeat a simple sentence like, "The sky is blue." Is the sentence repeated correctly?

» T — Time to call 9-1-1: If the person shows any of these symptoms, even if the symptoms go away, call 9-1-1 and get them to the hospital immediately.

Additional stroke signs

include sudden severe headache with no known cause; sudden trouble walking, dizziness, loss of balance or coordination; sudden trouble seeing in one or both eyes; or sudden confusion or trouble understanding.

For more information about stroke or American Stroke Month activities, visit [StrokeAssociation.org/stroketoolkit](http://StrokeAssociation.org/stroketoolkit) or contact Kristian Hurley at 248-936-5826 or email [kristian.hurley@heart.org](mailto:kristian.hurley@heart.org).

## The Hands of Time... Move Differently for Everyone

Ask A Garden City Hospital Health Expert



Dr. Scott  
Family Practice

Aging, no matter how hard we fight it or try to slow it down, occurs everyday. "Growing old" is a personal situation approached differently by everyone. Some embrace the comfort of maturity, while others prefer to maintain their youth at any cost. Primary Care Physician, Dr. Thomas Scott of Garden City Hospital's Center for Family Medicine, provides a few key tips for improving vitality and increasing longevity.

Q: As I get older, do I have to look old?

A: Well, that depends. Much of appearance aging depends on genetics and how you have cared for your body, especially your skin, during your lifetime. Aging is complicated and all the products, which claim to be "anti-aging", don't always help.

Q: Can exercise slow the aging process?

A: Exercise is a great way to keep your body feeling energized and younger. "Feeling old" after all, has to do with the energy we have. Not only that, but studies show that frequent exercise can actually make your cells younger.

Q: What exactly is preventative care?

A: Preventive care is just a fancy term for making sure you are doing everything you can to protect your health. If communication between you and your doctor is good, you are likely already involved in some degree of preventive care. However, be sure you are getting all you need and talk to your doctor about the following screening exams:

- For men over 50: colorectal cancer; prostate cancer; skin and other types of cancer; diabetes; high blood pressure; high cholesterol; vision and hearing; and tuberculosis.
- For women over 50: cancer screenings for breast, colon, ovarian, cervical, and skin cancer; diabetes; high blood pressure; high cholesterol; osteoporosis; vision and hearing; and tuberculosis.

Q: Are vitamin supplements really necessary?

A: As we age, our nutritional needs change. Many of us don't eat as well as we should and certain nutrients are more easily depleted from our bodies. But, any multivitamin offering the minimum daily requirements will do the trick. There is also no need to overdo supplements. In fact, large doses of some supplements can be harmful.

Remember, if you want to look and feel younger stick to the basics — try to reduce your daily stress, stay physically active, eat a well balanced diet, get plenty of sleep and drink lots of water. People who exercise regularly, eat right and stay well hydrated, will look and feel better naturally. If you're struggling with any aspect of aging it's a good idea to speak to your physician. They may be able to point you in the right direction or recommend a specialist who can.

Join Garden City Hospital on Saturday, May 3 from 11 a.m. — 2 p.m. for "Healthy Aging, Healthy You," a FREE community event featuring board certified physicians discussing what's normal, and what's not as you age. Guests will enjoy a physician led Q&A discussion, lunch and raffle prizes. Space is limited. Reserve your spot now by calling 734.458.4259.

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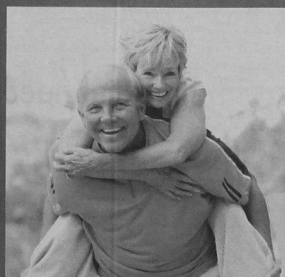


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Come dressed in your zaniest, most traditional or goofiest Christmas outfit to enter. Photos will be taken and voted on. Winner will be featured on the cover of the O&E Media Christmas in July publication and receive a \$100 gift card.

#### Celebrate Dad Father's Day Promotion

Bring your dad to enter to win a tribute gift package. Photos will be taken and voted on.

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**Pre Event Fun 1:00 – 1:45 p.m.**

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For additional info including workshops & demonstrations times and topics, go to [hometownlife.com/2014SpringExpo](http://hometownlife.com/2014SpringExpo) or call 313-222-2414.

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# JOBS

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## By Debra Auerbach

### CareerBuilder writer

Job seekers often start their search by identifying the type of job they want before looking for companies that offer relevant positions. But what if you have your eye on a specific company you want to work for, and you're willing to do whatever it takes to become a part of that organization?

Perhaps you've always considered the company to be interesting and innovative and you admire the company's culture. Or maybe the company tops a best places to work list, making it a desirable place to start or grow a career. Sometimes it might be driven by knowing people who work at the company and wanting to work alongside familiar faces.

Whatever the reason, pursuing a particular company versus a specific job comes with its challenges. But if you're committed to working somewhere, there are ways to up your chances of getting hired there.

"If you're dead-set on working at a specific company, then 95 percent of your job-search time and effort should be dedicated to wooing that company and demonstrating to them that you're not only the best candidate for the job, but that you're destined to work there and nowhere else," says Joseph Terach, CEO of Resume Deli.

## Here's how:

### Make sure you know why you want to work there

You may have convinced yourself that you're destined to work at a specific company, but make sure you can back up your reasoning. "What may seem like a great company isn't always what it appears," says David R. Sanford, executive vice president, client relations at recruitment firm WinterWyman. "You need to do your due diligence to make sure you are pursuing the best environment. Talk to people

# Get a job at the company you really want...



that you know to see if they have any connections inside. Reach out to those connections and talk to a few people about the culture, work environment, work-life balance, etc."

Sanford also suggests using online resources such as Facebook or GlassDoor, which can tell you a lot about the company and its culture. "All of this will help you decide if this is a company that is worth your time pursuing," he says.

### Do your homework

If you know without a doubt

this is the company for you, fill your brain with as much knowledge about the company as possible. "Read as much news as you can about your target company," Terach says. "Figure out their business strategy, who their partners are, who's in their supply chain and so on. These are the people and things you should get to know. Why? For one, being able to speak intelligently about the company's operations is impressive at an interview or job fair, after all, you might learn something about the company that will help you

better understand what they truly need in a new hire."

### Tap your network of contacts

One of the best ways to get your foot in the door at a company you admire is to seek out people in your professional network with a connection to the organization. "Find people you know well who might already work there or who know someone who works there [to have an informational meeting about what you want to do]," says Jayne Mattson, senior vice president of client services at

outplacement and career coaching company Keystone Associates. "If you are referred by someone who knows you extremely well, your chances increase to have face-to-face meeting where you will be able to leave a better impression than email or phone."

### Build a relationship with HR

While the human resources department is sometimes hard to reach, do what you can to connect with someone on the team directly. If you've already communicated with someone in your network who has an "in" at the company, use that person to introduce you to the right HR contact. "It does not hurt to show interest in working for the company with HR," Mattson says. "And if you can develop a relationship with them, ask them if you can buy them a cup of coffee because you would love to work for their company."

Mattson suggests explaining to the HR person that before you apply for specific jobs, you want to make sure you understand where you would be the best fit. She will appreciate that you're being proactive and not wasting the company's time by applying to jobs that don't suit you.

### Make your interest known before a job opens up

Part of the reason why it's good to establish a relationship with HR and other influencers within the company is to let them know of your interest before a position becomes available. "You will increase your chances of being hired by your targeted company by meeting the right people before any positions are advertised," Mattson says. "Ideally you will visibility within the company ahead of jobs being advertised to eliminate your competition and for someone to think of you before they become published."

Debra Auerbach is a writer and blogger for CareerBuilder.com and its job blog, The Work Buzz. She researches and writes about job search strategy, career management, hiring trends and workplace issues.

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0	3.125	0
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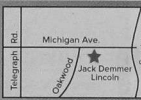
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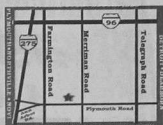


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