#### LOOK FOR MONEY-SAVING COUPONS INSIDE TODAY'S NEWSPAPER



## Three charged in pot dispensary case

Joslin, De-jonghe and Scho-

lin turned them-

selves over to

culminating a

lengthy investi-

authorities

Wednesday,

#### By Darrell Clem Staff Writer

Three defendants accused of operating an illegal marijua-na dispensary in Canton have been charged following a sixmonth investigation by multiple law enforcement agencies.

Police say three Ypsilanti residents - Amanda Elaine Joslin, 40, Eric Christopher Dejonghe, 26, and Jacob Scholin, 21 - are accused of operating the Pure Wellness marijuana shop in a strip mall on



Dejonghe

Joslin

the northwest corner of Cherry Hill and Haggerty roads. "It (allegedly) portrayed

itself as a wellness center that was dispensing marijuana,' Canton police Lt. Craig Wilsher said Thursday.



Scholin

gation that began last September and netted what Wilsher called large amounts of marijuana being grown.

Canton Township Supervi-sor Phil LaJoy commended the work of the Western Wayne **Criminal Investigations Unit** 

for a criminal probe that led to search warrants being executed in March. Charges against the defendants were authorized by the Michigan Attorney General's Office.

"I think this was excellent police work in working through this problem," LaJoy said.

Joslin, Dejonghe and Scholin were arraigned in Ypsilanti 14A-2 District Court by Judge Kirk Tabbey on charges of conspiracy to deliver and manufacture marijuana, punishable by four years in prison

and a \$10,000 fine. They also are charged with delivering and manufacturing a controlled substance, marijuana, which carries a four-year prison term and even higher fines of \$20,000.

All three defendants have pleaded not guilty and have been released on a personal recognizance bond. They have been scheduled for a probable cause conference July 23 in Ypsilanti.

Joslin, described by Wilsher

See POT, Page A2



## Building boom: **Canton OKs site plans** for 363 new homes

#### **By Darrell Clem** Staff Writer

Canton's elected officials Tuesday approved site plans for three housing developments totaling 363 homes, an indication the post-recession construction boom is showing no signs of stalling. Municipal Services Director

Tim Faas attributed the demand for Canton homes to good schools, a top-tier public safety department and an overall high level of government services.

Faas also said Canton - located between Detroit and Ann Arbor and near a major airport – makes it a desirable location.

Among the latest final site plan approval votes by the Canton Township Board of Trustees:

» Toll Brothers plans to build 142 homes on 79 acres southeast of Proctor and Ridge, with the first phase involving 60 homes. Mike Noles, the company's senior vice president of land devel-

See HOMES, Page A2



Instructor Sara Karsten (left) and Katie Vena of Plymouth getting ready for the 2015 Air Race Classic.

## **UP AND AWAY**

#### Salem graduate soars to new heights in women's Air Race Classic

#### By Joanne Maliszewski Staff Writer

You have to believe Amelia Earhart would be proud of Salem High School grad Ka-tie Vena. She and her flying partner placed 11th out of 54 teams in the annual Air Race Classic in June.

Women pilots of all ages got their wings on for the race that began in Fredericksburg, Va., and ended four days and more than 2,100 nautical miles later in Fairhope, Ala., not all that far from the Gulf of Mexico.

Not only did Vena take 11th place, but Western Michigan University, where she is studying flight science in the college of aviation, took fifth



Katie Vena of Plymouth and instructor and flying partner Sara Karsten on the runway as the Air Race Classic is about to begin.

place in the collegiate rankings

Vena's dad, John Vena of Plymouth and a career pilot with Delta Airlines, aptly noted that the race occurred on the second anniversary of her first flight lesson. "I could see the difference in her before and after the race," John Vena said.

Proud? That's an understatement for John and Naoko, Katie's mom. "They came to the finish line," Katie said, recalling the race that took her and her partner pilot and instructor Sara Karsten of Rogers City, Mich., 21/2 days to finish.

See PILOT, Page A6

INDEX



Canton's new construction boom is continuing its momentum.

## **Redesigned P-CCS website** informs, promotes, markets

#### By Joanne Maliszewski Staff Writer

Plymouth-Canton Community Schools' Nick Brandon calls. it his "third baby" — babies No. 1 and 2 are at home.

"We are so proud of this website," said Brandon, communications director. "This is just the launch. It is still a baby.'

Meaning, of course, as time goes on the new P-CCS website at www.pccs.k12.mi.us will be tweaked and, of course, material will updated regularly.

The new website was unveiled and launched to positive comments this past week. While many might wonder the reason for a new website or

what was wrong with the old one, Brandon has no hesitation in his answers. "Before this

job (he was appointed com-Brandon munications director earlier

this year), I was a teacher in the district and used the website. I knew as well as anybody that it was out-of-date," Brandon said.

Out-of-date in the sense that school district officials realized they must make access to necessary information much easier for parents, students and the public. The former

#### See WEBSITE, Page A8

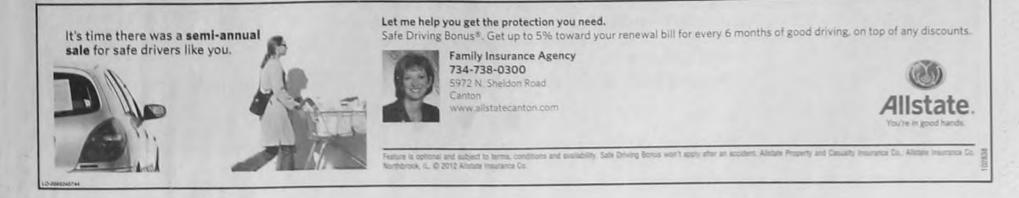
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### POT

#### Continued from Page A1

as the alleged owner of Pure Wellness, also was arraigned in Plymouth 35th District Court on charges of conducting a criminal enterprise, punishable by 20 years in prison and a \$100,000 fine, and two counts of delivering and manufacturing marijuana, which carries a fouryear prison term and a \$20,000 fine. She again pleaded not guilty and was released from custody as she faces a probable cause conference there July 24.

The defendants were charged amid allegations they provided marijuana to customers who came in with medical marijuana – or registry identification – cards, Wilsher said. Police shut down Pure Wellness on March 19. "There is no license for that type of business," he said.

Under law, a caregiver may have up to five patients and grow up to 12 plants for each patient, Wilsher said. Authorities said an investigation revealed that wasn't the case with Pure Wellness, resulting in allegations that "they definitely were not complying with the Michigan Medical Marihuana Act," Wilsher said.

Canton police and multiple law enforcement agencies investigated the case, which local officials say should send a message.

"The kind of message we're sending is that this is not allowed in Canton and will not be tolerated," Wilsher said.

dclem@hometownlife.com Twitter: @CantonObserver 7324-972-0919

## Wayne County officials 'optimistic' about Lotz Road project progress

#### By Darrell Clem Staff Writer

Wayne County officials are optimistic that a big chunk of work can be done this construction season toward a \$4 million project to pave Lotz Road, between Ford and Cherry Hill, in Canton.

"We're very optimistic that we will be able to get a decent amount of work done with a minimal percentage of the work to be held over until next spring," county spokesman Ryan Bridges said Thursday.

His remarks came as the county was preparing to begin accepting bids from contractors. The Lotz paving project is among efforts that local officials say should help to alleviate traffic congestion along a stretch of Ford Road, near I-275, that ranks among Michigan's most crash-prone areas.

"It couldn't get done fast enough for our residents," township Trustee Pat Williams said Thursday.

day. Wayne County received the final engineering designs in mid-May for transforming the pothole-plagued, carrattling stretch of Lotz into a three-lane road, including a middle turn lane. The work comes as



BILL BRESLER | STAFF PHOTOGRAPHER Wayne County officials are optimistic much progress can be made this year on the Lotz Road paving project.

a separate Michigan Department of Transportation project is in progress to improve Ford Road in the I-275 and Haggerty area by lengthening turn lanes and improving ramps, among other measures.

County officials initially pegged the Lotz project at \$5 million, a number that has since been reduced to an estimated \$4 million. Bridges said the county is using a bid system through MDOT's Michigan Intergovernmental Trade Network which allows government agencies to share resources, increase efficiency and reduce costs.

#### Bridges said contractors will have three weeks to respond to the county if they plan to bid on the Lotz project. Once bids are received, he said, the county is expected to choose a construction company within 30 days and seek a vote of approval by the Wayne County Commission.

Bridges said it's difficult to say when the project could officially begin.

"It's kind of hard for us to predict, because nothing can get started until the contract is approved," Bridges said. "We're dedicated to getting the work started as

officials said the plans are part of a court-ordered consent judgment after the former property owner filed a lawsuit against Canton over how the land should be developed.

"We're going to have to comply with the consent judgment," township Supervisor Phil LaJoy said.

Realtors have cited Canton's amenities as a major reason new home soon as possible." Early on, local offi-

cials had been hopeful the project could be completed this construction season. But local and county officials have said the work will spill over to next year.

The work includes paving Lotz and adding a water main, among other measures.

County officials have said the project will force some road closures to through traffic, but Bridges said Thursday it's too early to say when that might occur.

Months ago, some residents had voiced concerns that Lotz improvements would fail to ease traffic congestion because of a sprawling outlet mall that had been proposed for the southwest corner of Ford and Lotz. Those plans have since been scrapped.

Local officials had said the project would have made Canton even more of a shopping destination while bringing in new tax revenues – but it certainly would have caused even more traffic congestion along Ford.

"It's a good thing for us it didn't pan out," Williams said.

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buyers want to move here.

Assessor Doug Shaw has said Canton's last residential property values spiked 11 percent – the biggest jump in nearly a decade.

"It's a positive thing that is going on," Shaw said.

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HOMES

Continued from Page A1

opment, said the homes in the Hamlet South subdivision are expected to sell for \$400,000 or more.

» Toll Brothers also received final site plan approval to build 148 homes on 52 acres as part of the nearby Hamlet North development, south of Proctor between Ridge and Denton. » Pulte Homes received the final go-ahead to build 73 homes in Parkside Estates North, northeast of Ford and Napier, near the site of an emerging Patriot

Park. Some residents Tuesday questioned whether the Hamlet plans included enough access to major roads considering the size of the developments. However, local

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## **CELEBRATING A LIFE OF SERVICE**

World War II veteran marks 90th birthday with faith in God

#### **By Emily Finn** Correspondent

"God is good all the time." World War II veteran Alexander Kosidlo said July 3 in celebration of his 90th birthday.

"You're never alone if you have God in your life," he added.

These words have been the motivation for Kosidlo to constantly strive to develop a deeper relationship with his Catholic faith through all of life's hardships - serving in the United States Air Force, raising six children and saving 465 lives through the American Red Cross "have brought me closer to my faith.

A Plymouth resident, Kosidlo grew up in Detroit, where he attended St. Andrew's Catholic grade school and Cass Tech High School to study aeronautics. After graduation, he enlisted in the U.S. Air Force and immediately started his basic, airplane mechanic and aerial gunnery train-

ing. "It was a rigid program, with harsh condi-

tions. My motivation was to help fight tyranny, ruthlessness, starvation and atrocities," Kosidlo said.

At just 19 years old, he earned the nickname "Junior" from his fellow crewmen for being the youngest member of the 398th Bomber Group 602nd Quadrant (or "C for Charlie," as they liked to call themselves) and was the only Catholic in his crew.

"Every time we went on a mission, they always wanted to know if I went to church. They felt better when they knew I went before a mission," Kosidlo said. He chuckled as he reminisced about his crew members' views on his deep devotion to his faith. "We had a group called the Gunners of Mary," he said, "and we prayed to her so she could shield us from danger.'

Kosidlo flew his first of 35 missions Aug. 15, 1944, the Feast Day of the Assumption of the Blessed Virgin Mary. "We were scared sless!" he said. "But that brings out the courage in you to do what you have to do." He said he spent the entirety of every mission with prayers always in the back of his mind.

» Aug. 13: Toot Sweet

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p.m. in Kellogg Park and

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and chairs. Alcohol is not

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» July 24: Global Vil-

» July 31: Mainstreet

» Aug. 7: Dan Rafferty

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permitted in the park.

are scheduled:

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Soul

Band

**Music in the Air** 



Plymouth resident Alexander Kosidlo celebrates his 90th birthday.

Kosidlo remembers a special relationship he had with his mother. "My mother," he said with a smile, "we were really close. I know she prayed a lot (while he was away in the war). I got her a pin, like a little pendant, of angel wings. She wore that all the time. I know it was my mother's prayers that helped me a lot." His mother had given him a cloth scapular to wear

around his neck during all the crew's missions. He was never injured during any of his flights.

After his time in the military, Kosidlo went to Lawrence Tech and earned a bachelor of science degree in industrial engineering. He got married, started a family and worked at Ford Motor Co. for 23 years. "I was very blessed

with six children," he

### Want music? Head to Kellogg Park in Plymouth

It's not too late to try out the variety of musical programs in downtown Plymouth this summer. Take a peek and check your calendar.

#### Plymouth **Community Band**

All concerts are in Kellogg Park. Dates are July 23, July 30 and Sept. 3

The Plymouth Community Band will also sponsor the following groups in at 7:30 p.m. in Kellogg Park:

» Aug. 6: Irv Feldman

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» Aug. 14: The Phoenix Theory

» Aug. 21: Randy Brock Group » Aug. 28: Magic Bus » Sept. 4: Steve King

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#### Music in the Park **Children's Concerts**

The Plymouth Community Arts Council hosts its 31st season at noon each Wednesday. Upcoming concerts include:

» July 22: Mr. Seley & The Troublemakers » July 29: The Chautauqua Express » Aug. 5: Joel Tacey's **Tip Top Entertainment** 

» Aug. 12: Gemini » Aug. 19: Barbara **Bailey Hutchinson** » Aug. 26: Saline Fid-

dlers Philharmonic Performances are free thanks to program spon-sors: The Wilcox Foundation, DJL Builders, Monroe Bank & Trust, Ply-

mouth-Canton Montessori School, Kona Ice, Genuine Toy Co. and Huron Valley Ambulance.



Alexander Kosidlo was the youngest member of the 398th Bomber Group 602nd Quadrant.

said. "They are really my treasure. I don't have any dollars or cents in the bank or anything like that. My wealth are my kids and my grandchildren. I'm proud of all of them.'

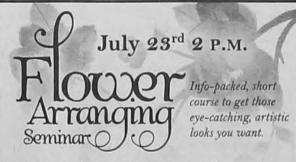
His entire life, he sacrificed his paychecks to send his children

through private Catholic grade schools and high schools. He also assisted them financially while they all graduated from colleges with degrees to help advance their careers.

His service to others continued in his later years, through the American Red Cross. Kosidlo has given 155 pints of blood and is just five more pints away from 20 gallons. He takes pride to say he has saved 465 lives with his donations.

Kosidlo continues to stay involved with his parish community through altar serving at daily Mass services at St. Kenneth Church in Plymouth. During his time with the Knights of Columbus, Kosidlo was able to meet and shake the hand of St. John Paul II and has a picture of their meeting framed in his home.

"To this day, I try to get closer and closer to my faith," Kosidlo said. "I value life. Life is a gift. Life is a special occasion.'



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## Plymouth High grad nets Canton Lions scholarship



From left are David and Dana, parents of Nathan Harris, with Lions Club president Bob Boyer and scholarship chairman Ron Maul.

Plymouth High School student Nathan Harris is the recipient of the Canton Lions Club 2015 scholarship.

Harris, 19, accompanied by his father David and mother Dana, was honored during a ceremony at Rose's Restaurant in Canton.

Harris will study business and marketing at Concordia University in Ann Arbor. He also will be compete in soccer and track at the university. Harris has achieved all-state honors in track as he jumped 6½feet at Plymouth High school. He is a member of DECA Inc., in which he competed by designing a product at the state level competition for the second year. DECA Inc. prepares emerging leaders and entrepreneurs in high school and college around the globe to compete in the business world.

Harris has two brothers, Andrew and Tyler, and sister Kathryn.

The Canton Lions Club awards two, \$2,000 scholarships annually for tuition, books or campus housing to an accredited trade or business school, college or university. Scholarships are awarded to students who have contributed to the community throughout their high school experience. Preference is given to sight and/or hearing impaired. Nathan has hearing loss.

'The youth are the future

and the Lions need to support them whenever possible. Nathan Harris represents the best of the youth and we are extremely proud of what Nathan has accomplished in his academy endeavors," club president Bob Boyer said. "I think Nathan's future will be bright and he will lead others in and out of college to seek their full potential.'

The Canton Lions Club is made up of diverse people who come together at Rose's Restaurant the fourth Monday of each month to assist those less fortunate in the community. For additional information, contact Lion Bill Van Winkle at 734-254-9404 or govbill1@wowway.com.

## Student opera group hopes performance hits the high note

Vocal students at Madonna University keep their singing voices in tune through the summer, as they prepare for performances of Henry Pur-cell's Greek tragedy *Dido and* Aeneas this week.

The summer show helps voice students hone their skills between spring and fall semesters and gives them a chance to expand their repertoire, explained senior vocal perfor-mance major Brittany Dimmitt

"Everyone wants to keep performing," Dimmitt said. "It's a good opportunity."

The summer performances were started because students found it hard to get back into the groove in the fall, when they had not sung all summer. Several came up with the idea for a summer recital, which morphed into a concert version of Carmen last summer.

Students chose Dido and

Aeneas for this year's summer performance because they had recently discussed it in a music history class, it has a relatively small cast and the music is challenging, but not too difficult, for a vocal performance student. They're performing the whole opera, including staged set and costumes

The Madonna students hope to make the summer opera performance an annual event and want to set up the summer opera group as an official stu-dent organization by next year. Participation does not in-

volve credit or pay - in fact, each student chips in to cover costume costs – but it includes a chance to have fun and keep singing over the summer, Dimmitt explained. Plus, it's a more manageable commitment than a part in a professional theater and may give some students the opportunity to



The cast of "Dido and Aeneas," directed by Aaron VonAllmen (from left), includes Alisa Pullum, Andrea Wozniak and Viviana Garabello.

perform roles they wouldn't otherwise. They also can help with costume or lighting design. Madonna music professors have shown their support of the project by giving advice or loaning costumes.

Dimmitt believes people

who aren't necessarily opera fans will still enjoy the performance, as it's in English and, although a Greek tragedy, does have some light-hearted moments. Staying true to the period in which the piece was composed, students located a

harpsichord and a Baroque cello for accompaniment.

Performances are scheduled for 7:30 p.m. Friday, July 17, and Saturday, July 18, in Madonna University's Kresge Hall. General admission is \$8, \$5 for students and seniors.

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#### LOCAL NEWS

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### PILOT

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"I am so proud of what we did. We (she and Karsten) split (the flying) half and half," said Vena, who made it clear that Karsten was the lead pilot. "I learned so much about the weather. I also learned how to take care of myself physically. And I learned how to work with a crew."

For Vena, the race and her team's rank is just the beginning of what she plans as a career in aviation. In fact, as her father noted, she signed up for flight lessons the day after she turned 17. "The very next day I went to Ann Arbor Airport," Vena said.

There she worked with an instructor and obtained her flying license in 50 short days. Her dad was stunned.

When Vena made the decision to be a pilot, the reaction was overwhelming: "My dad was psyched and my mom was happy I found something I loved."

Vena admits that she hadn't really thought of flying as an option, but she had an opportunity to fly with someone involved in the Experimental Airplane Association. She was hooked. And it led to her decision to major in flight science at WMU, where she could also obtain all necessary licenses on her way to becoming a commercial airline pilot — like her



a maledominated field. ... There are times I am just not happy with it."

"This is definitely

KATIE VENA

dad.

Sure, there is plenty of course work, but Vena also flies some four to five times a week at college — it has an airport in Battle Creek — and works as a dispatcher at the facility, which has about 30 planes. A tough program, but she loves it. "I wouldn't say STEM is crucial, but you need basic math," she said. "There is a lot of science, mostly aerodynamics."

Vena is one of the few women in the program and she has had her share of difficulties. "This is definitely a male-dominated field," she said. "Some men are just programmed a certain way about women. There are times I am just not happy with it."

But her mom and dad and siblings have her back. "There's no doubt about it, it's hard because she's a woman (in a maledominated field)," John Vena said.

Her family also has no doubt Vena will succeed — that's just the stuff she is made of. "We love what she is doing. We support her 100 percent," her father said.

Vena takes pride in a long line of women pilots, including Earhart and others, who began the Air Race Classic. "It has the most amazing history," she said. "It started in 1929 as a Powder Puff Derby. Women in those days were not allowed to race with men."

She stood proudly with the other women pilots for a group photo during the air race in June. The race required the pilots to stay out of the clouds — flying was only in the day using visual flight rules. "You



Katie Vena (left) holds a banner for the Experimental Aircraft Association, the group with which she flew before making aviation her college major.

plan out however you want to get there (to finish line)," she said. "It was a zigzagged route."

Like most young adults, Vena would one day like a family. She said flying is a perfect career for balance because there are days to fly and days to be at home.

"It can be a tough job at the start," her father said. "But this is a job that with seniority she can make a balance."

Vena is accustomed to questions of safety, particularly with news of plane crashes and mishaps in the past couple of years. But she is not worried. She knows what she's doing.

"I think it is incredibly safe. The more you learn the more you realize how safe it really is," she said. "Flying is the coolest thing. It is so freeing. It is just a lot of fun and it is rewarding."

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Instructor Sara Karsten (left) and Katie Vena during the Air Race Classic.







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## Paddle a cardboard boat to the finish line

Find your creativity, form a team and build a boat - but only with cardboard and duct tape - and race it Saturday, Aug. 1, at the Summit on the Park Aquatic Center.

The race will run 3:30-5:30 p.m. when partici-pants, family or business teams, will paddle their boats to the finish line.

Boats should be less than 5½ feet wide by 10 feet long. Cardboard boats must be built at home and then transported to the Summit to compete. Paddles will be provided for participants and boats can be raced by one or two individuals. Races will be done by heat, with five boats per heat. Awards will be given to the fastest and most creative boats. Plus, the most dramatically sinking boat will receive

the Titanic Award.

"All ages are encouraged to try their hand at this fun and challenging event," said Brad Chiasson, Canton recreation specialist. "The outcome is both entertaining and inspiring. It's great to see teams working together and the competition makes it even more enjoyable. These races are really fun for contestants and spectators alike."

If you need assistance finding cardboard material, contact the recreation specialist at 734-394-5467. The event entry fee is \$20 for Summit members, \$25 for Canton residents and \$30 for non-residents.

Register in person at the Summit or online at www.cantonfun.org. The Summit is at 46000 Summit Parkway, Canton.

> for the site. A quick peek at the new site shows color and

plenty of room for photos and information. It bears and focuses attention, as well, on the district's new logo and its new brand: Learn. Thrive. Prepare.

The branding effort is designed to create opportunities to expand certain programs, retain students and highlight the positive attributes of the district. Serving as a foundation for marketing, the brand opens the door, Brandon said, to allow the district to dive into storytelling of success stories with staff and students.

The new website offers a number of menus designed to make accessibility to information much easier. The menus

include: Prospective Families; Our Schools; Departments; Parents; Students; Staff; Connect; and I Want To ..

The site also offers the latest news, upcoming events and a new feature each Monday and Friday in which a staff member is highlighted. The first is Hal Heard, a P-CEP principal. "This is such a cool way to show

this," Brandon said. Twitter, You Tube and Facebook are linked to the site, as well as access for mobile devices. Already, the district is in talks with a local company to establish a mobile app for the P-CCS website. "It looks great on a computer, good on a tablet and even better on a phone," Brandon said.

The new site offers a

tab at the right top corner that allows users to choose one of 64 languages. Once the particular language is chosen. the web's information is translated. "I think this is so amazing for our ESL — English as a Second Language — families," Brandon said.

The home page also features a rotating photos of kids at school to, as Brandon said, "show off our best attribute, which is kids.'

Development of the new website has been underway for months. "We have worked hard to build this," Brandon said. "It's a website you want to dig deeper into."

248-396-6620 Twitter: @jmaliszews

## jmaliszews@hometownlife.com

When You Need Help, **Call the Best...** 

### WEBSITE

Continued from Page A1

website had its own set of difficulties in users finding information.

"It was time for us to reach our stakeholders,' Brandon said, adding today's digital users look for bells, whistles and content.

Equally important are the changes in how pub-lic school districts in Michigan do business and a business it has become, as state funding continues to take hits, plus enrollment is essentially on the decline across the state.

"We realize we are existing as a school district in a much more competitive market,"

#### "We realize we are existing as a school district in a much more competitive market."

NICK BRANDON P-CCS communications director

#### Brandon said. To that end, the new website is also a promotional and marketing tool to gain a greater market

share of students to Plymouth-Canton schools. P-CCS Trustee Sheila Paton, while praising the new site, also asked if changes could yet be made to make it even easier for new students and parents to access enrollment.

"New parents don't know what their home

school is," Paton said. The new website is still under construction. It was created and developed by Vision Internet of California, which works with governmental bodies. The district's costs included three equal payments of \$5,795, which has included site development, design and early training for P-CCS staff. The district will also pay Vision Internet a \$6,000 annual maintenance fee

LOCAL NEWS



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## ANNUAL CHRISTMAS IN JULY SPECIAL SECTION HITS THE STREETS JULY 23 AND YOU CAN BE A WINNER

Independence Day has come an gone and that means the hardworking elves in Hawaiian shirts, no doubt working their laptops squinting through sunglasses on the roof of the Observer & Eccentric offices, are preparing the annual Christmas in July special section.

And you don't have to



you may want a magnifying glass as we once again invite readers to try your luck at our holiday icon con-

#### test. Details can be found on page 4 of the section when it hits the streets July 23. A link will also be posted online at hometownlife.com. Winners will be se-

lected in a random drawing of all correct entries. The lucky few will be able to select from a long list of cool prizes, in-

cluding a Galaxy pen-

dant from Belle Étoile courtesy of Motif Jewelers; a lifetime membership to Witch's Hat Brewing Co.; and a jewelry gift from Larson's Jewelry. Other prizes include \$50 gift certificates from Tenpenny Furniture, Scrooge and Barley and Polish Pottery; a gift certificate for hair service to Modello 227; Salad Mates set from Cutco Kitchen; consultation and gift certificate for Nina McClemore; Automobile Day at the Spa from Bill Brown Ford; plus two will win a one-hour massage or LuXe Facials plus 15minute HydroLuXe massage at MassageLuXe – Novi or West Bloomfield locations.

Ten others will win Riviera Cinema tickets and a Buddy's Pizza coupon.

So put on those shades, find a magnifying glass and have fun beginning July 23. Deadline to enter will be Monday, Aug. 3.

## 'Red Velvet Cake War' runs Sept. 2-6

Experience the eccentricities of southern life as the Spotlight Still Got It Players presents *The Red Velvet Cake War* Sept. 2-6 at The Village Theater at Cherry Hill.

Main stage performances will be at 1 p.m. Wednesday and Thursday, 7:30 p.m., Friday and Saturday and 2 p.m. Saturday and Sunday. Written by Jessie

Jones, Nicholas Hope and Jamie Wooten, this riotously funny southern-fried comedy explores what hijinks can arise while throwing a family reunion.

The outrageous antics of three Verdeen cousins (Gaynelle, Peaches and Jimmie Wyvette) have delighted local gossips in the small town of Sweetgum, Texas. Having "accidentally" crashed her minivan through the bedroom wall of her husband's girlfriend's double-wide, Gaynelle is one frazzled nerve away from a spectacular meltdown. Peaches, a saucy firebrand and a No. 1 mortuary cosmetologist in the tri-county area, is struggling to decide if it's time to have her long-absent trucker husband declared dead.

Things spin hilariously out of control when a neighbor's pet devours everything edible, a one-eyed suitor shows up to declare his love and a jaw-dropping high-stakes wager is made on who bakes the best red velvet cake.

Directed by Justine Maldonado, Spotlight Still Got It Players senior group features Priscilla Muslin as Cee Cee Windham / Mama Doll Hargis; Marian Busa as Gaynelle Verdeen Bodeen; Betty Berryman as LaMerle Verdeen Minshew; George Dwelley as Aubrey Verdeen; Ruth Butts as Jimmy Wyvette Verdeen; Donna Brandt as Peaches Verdeen Belrose; Sandy McCay as Bitsy Hargis; Frank McCay as Newt Blaylock; Richard Pientak as Sheriff Grover



The cast of "The Red Velvet Cake War" at their first read-through (from left): Priscilla Muslin of Belleville, Betty Berryman of Canton and Richard Pientak of Canton.

Lout / Purvis Verdeen; and Sherrie Saksewski as Elsa Dowdall.

Tickets range \$16 to \$18 per person and may be purchased online at www.spotlightplayersmi.org or by calling The Village Theater Box Office at 734-394-5300. Tickets are also available for purchase at the box office one hour prior to show time. Advertisement space in the *The Red Velvet* 

Cake War program is still available for purchase through August. For more information

For more information about this or other Spotlight Still Got It Players productions, go to www.cantonvillagetheater.org or call 734-394-5300.

## NorthRidge Church hosts global summit

NorthRidge Church will host The Global Leadership Summit at its Plymouth and Brighton locations Aug. 6-7.

The Summit will be seen in more than 375 satellite locations in North America, with an expected 260,000 leaders — in education, business, faith-based organizations, nonprofits and churches — who will gather for two days of highlevel training.

Organized by Willow Creek Association and broadcast live in HD from the Chicago location, this annual conference brings in a world-class faculty to leaders and teams of leaders who are committed to developing and strengthening their leadership skills.

Bill Hybels will welcome to the Summit Jim Collins, best-selling author of *Good to Great*; Horst Schulze, chairman and CEO of the Capella Hotel Group; Ed Catmull, co-founder of Pixar Animation Studios and president of Walt Disney Animation Studios; along with Sallie Krawcheck, Adam Grant, Sheila Heen, Craig Groeschel, Dr. Brené Brown, Brian Houston, Albert Tate, Liz Wiseman and Sam Adeyemi.

By the end of 2015, The Global Leadership Summit will take place in an additional 550-plus cities, 120 countries and translated into 55 languages.

This event is open to the public. Registration is available at

www.NorthRidgeChurch.com/Summit. With its main campus at 49555 N. Territorial Road in Plymouth, NorthRidge Church is a non-denominational ministry that serves approximately 20,000 southeast Michigan residents. Senior pastor the Rev. Brad Powell has led the congregation for the past 25 years.

For more information, go to NorthRidge at http://northridgechurch.

Atchinson Ford received the President's Award from Ford Motor Company, which is Ford's highest honor for customer satisfaction.



# Milford man competes on 'American Ninja Warrior'

#### **By Laura Colvin** Staff Writer

Dennis Lappin was a gold-rimmed-glasses-wearing nerd who got picked on by the cool kids while he was growing up; a self-described dork who spent his free time jumping BMX bikes on ramps he and his friends built in the woods.

Things have changed. Recently, the Milford resident - a 1993 Livonia Stevenson grad and a 17-year firefighter with the Redford Township Fire Department - had a chance to compete on NBC's highly rated American Ninja Warrior.

Lappin, 39, competed last month, making it to the city finals round in Kansas City, but not before suffering a debilitating injury that required major reconstructive surgery, months of physical therapy and the use of all his sick, vacation and personal time at the fire department.

When the episode airs at 8 p.m. Monday, fans will learn if Lappin was among those to make it to the national finals in Las Vegas for a shot at the \$1 million prize.

#### **Early start**

Lappin developed an affinity for extreme sports alongside his father at a young age, entering his first motocross race at the age of 5.

"I wasn't in the cool crowd," he said. "I didn't do drugs and I didn't drink because the people I hung out with didn't do

he also took up snowboarding, rock climbing, mountain biking and even gave skydiving a shot - four times.

His career choice was no coincidence.

'It's an adrenaline rush every time you go into a burning building," Lappin said. "When you've had a ceiling collapse on your head and you come out in one piece, you're like, 'Oh my God, that was awesome.'

So it seemed like a natural fit when his wife Beth - whom he met on a fitness singles dating site and married on a rockclimbing trip to Thailand suggested during a snowboarding excursion that he submit an application to American Ninja Warrior.

"I've always been a fan of the show," he said. 'I just thought it looked really fun.'

#### The show

American Ninja Warrior follows competitors through a series of challenging courses that test endurance, balance and upper-body and grip strength.

The show is filmed in a series of city qualifying rounds and city finals across the country. Those who successfully complete the finals course move on to the national finals in Las Vegas, to face what producers call a "stunning four-stage course modeled after the famed Mt. Midoriyama course in Japan.

The winner - if there is one - takes home \$1 million. Although many

able to claim the prize. Lappin started the application process in 2013, but didn't have time to produce the required four-minute video. In 2014, the show's pro-ducers emailed to see if he was still interested. When they told him they weren't looking for any more gym rats, Lappin

couldn't resist. "I'm not a hard-core gym guy," he said. "I'm a firefighter. I'm just your average adrenalin-junkie, mountain-biking, snowboarding rock climber. That was my selling point.'

When the acceptance call came, Lappin scram-bled to build quintuple steps so he could train in the back yard of his Milford home. The he built a salmon ladder, then a warped wall.

#### said. Injury

Lappin made his first appearance on the American Ninja Warrior set clad in his firefighting gear – in 2014 in Denver.

First the quintuple steps. No problem - he wasn't the guy to fall on the first obstacle. But when he jumped

and hit the warped wall, something went terribly wrong. His toes nearly touched his shin. The pain was excruciating.

The diagnosis: a double-ruptured Achilles' tendon. Nine days later, he was in surgery.

All in all, the 14-inch scar on the back of his calf meant five months out of work and six months of extensive physical therapy – three days a week, two to three

#### A goal

Early on, the physical therapy team asked about his goals.

'My main goal, obviously, was getting back to work," Lappin said. "But maybe even more important, was to get back on the show and prove to everyone I could do it."

So he pushed himself. He got a knee scooter and used it while pushing his daughter on a stroller through town, as well as running at Kensington.

When he got the green light at every level, he pushed and pushed to regain his strength.

His application video for the 2015 season shows footage from his injury in Denver. It shows the long, ugly scar, the rehab and the recovery.

It worked. Again, the

month, Lappin went to Kansas City. The triumph carved in his face as he completed the course and hit the buzzer in the qual-ifying round to earn himself a spot in the city finals round rivals the pained expression he bore last year in Denver. Those finals air Mon-

day on NBC. Lappin doesn't know how much airtime he'll get, but he feels accomplished just making it back to the show.

"I've had people from around the world commenting, saying I'm an inspiration," he said. "It's kind of mind-blowing."

To see Lappin's application video, show appearances - including the injury – search "Dennis Lappin" on YouTube.





Dennis Lappin leaps through the quintuple steps he built in the back yard of his Milford home while wife Beth and daughter Parker look on.



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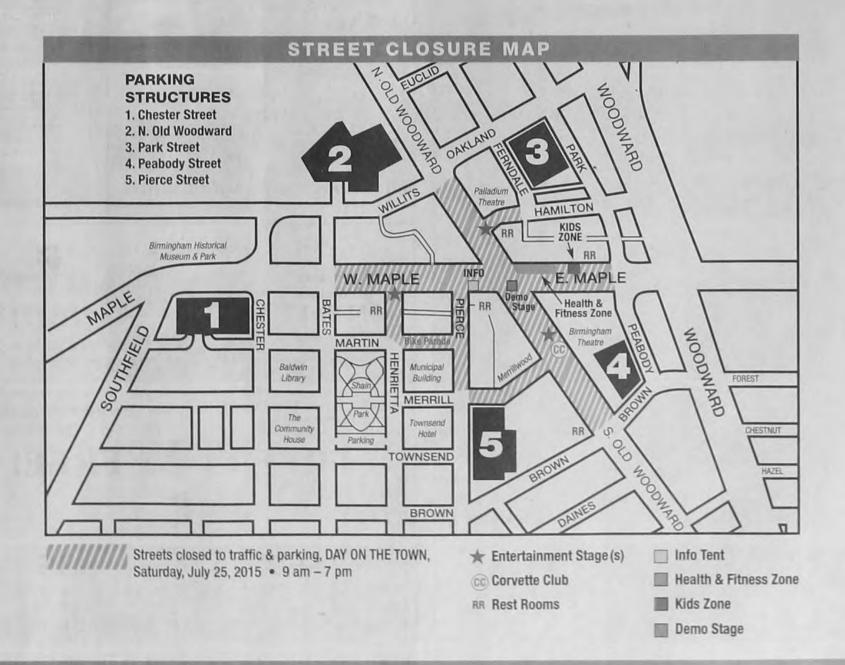


Kids Bike Parade kicks off the event at 8:30 a.m. in front of City Hall at 151 Martin Street.

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### INSIDE: COMMUNITY LIFE, B5 • OBITUARIES, B6 • HEALTH, B7

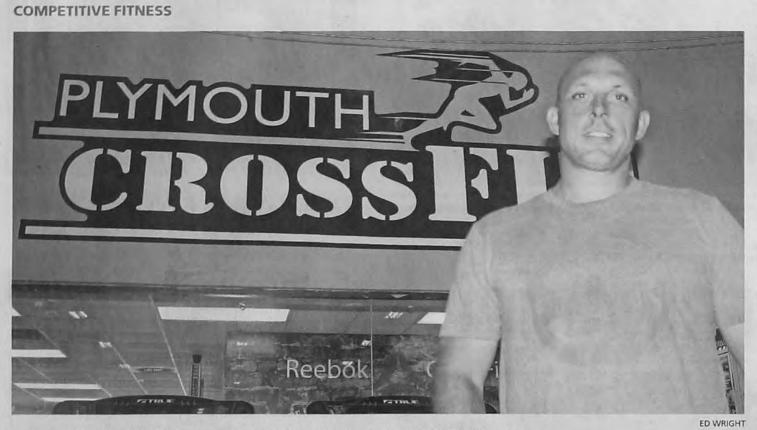
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SPORTS

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Plymouth resident Jason Swafford is part owner and a coach at the Plymouth CrossFit facility in Canton.

# INTENSITY, INC.

## CrossFit drawing waves of area's athletes into gyms



#### By Ed Wright Staff Writer

One 60-minute CrossFit class can leave even the most well-conditioned athlete wallowing in a puddle of his or her own sweat.

But the growing legion of CrossFit enthusiasts around the world would have it no other way.

"If you allow yourself to get uncomfortable, if you challenge yourself, you're going to feel fatigue, you're going to feel exhausted," said Jason Swafford, co-owner of four CrossFit facilities located throughout metropolitan Detroit, including gyms in Canton, Northville and downtown Detroit. "The key ingredient to CrossFit is adding intensity and pushing yourself to a greater level of fitness. "If you do it right, you're going to feel better, because you're going to see improvement. And you're not going to get bored doing it, I can assure you of that."

Of the many ingredients that make CrossFit so popular, boredom is not in the recipe. The fitness regimen devel-

The fitness regimen developed by Greg Glassman in the late 1970s emphasizes group workouts that include functional exercises done in a meaningful, measurable manner.

Everything from Olympicstyle weightlifting to fundamental gymnastics techniques are thrown into the CrossFit soup, which is spiced up by a competitive edge that most of its participants covet.

One way CrossFit competitions are scored is by how many repetitions of any given discipline – for example, pull-

#### Madonna athletes star in classroom

Nine of Madonna University's athletic programs have been honored for their work in the classroom by the National Association of Intercollegiate Athletics as 2015 NAIA Scholar Teams.

The women's cross country team led the way with a 3.56 grade-point average. Women's golf was a close second at 3.55.

The Wolverine-Hoosier Athletic Conference-champion softball team was third with a 3.50, while baseball led the men's teams with a 3.43 GPA. Men's soccer is fifth on the list with a 3.35.

Men's cross country and women's soccer tied for sixth place at 3.32. Volleyball was eighth (3.26) and women's basketball ninth (3.10).

To be considered for the award, a team must have a minimum 3.0 grade-point average (on a 4.0 scale). The team GPA includes all eligible varsity athletes.

Forty-two Crusaders were named to their respective WHAC academic teams; 31 earned NAIA Scholar-Athlete honors. Five MU athletes were selected for their sport's CoSI-DA Academic All-America team.

#### Two guards join MU hoops team

Madonna University coach Noel Emenhiser announced Andrew Myers and Muhammed "Moe" Zahr will join the men's basketball team for the 2015-16 season.

Myers of Ortonville prepped under coach Dan Fife at Clarkston High School and helped the Wolves win four OAA titles.

the Wolves win four OAA titles. The 6-0 guard averaged 11.8 points and 4.2 assists per game to earn all-OAA honors. He scored a career-high 28 points in a state quarterfinal game. "In addition to being an

In addition to being an incredible competitor and leader, Andrew has the ability to make the players around him better with his creativity and passing," Emenhiser said. "He brings a toughness and desire to succeed."

Zahr is a 6-1 guard from Dearborn Fordson. He also lettered in football and base-

Allison Mankowski stretches out during a Tuesday night class at the Plymouth CrossFit in Canton.

ups or 50-meter sprints while

See CROSSFIT, Page B4

#### **RECREATION / RUNNING**

## A non-runner's journey to 13.1 and beyond

Much progress was made after humble beginning

#### By Dan Dean Staff Wolumn

Running almost killed me, but also quite possibly saved my life. I remember hitting the first mile dead on at an eightminute-per-mile pace, two minutes ahead of my plan. Mile 2 was at 16 minutes ... it was time to let the 70-year-old seasoned runner go, there was no way I was going to finish at this "torrid" pace. The last thing I remember is passing a water station just after Mile 2, my mouth parched ...

I was in the midst of training for my first Detroit Free Press International Half Marathon when I ran the Senior Olympics 5K on Aug. 12, 2014, held at Oakland University.

#### A visit to the ER

According to my kids, I was a little "loopy" when I crossed the finish line at OU. From what I remember, a nursing student was also watching over me, handing me water and a banana. It was not too long after that I told her that I did not feel so good and had to lay down. I actually had a fear that this was it. I remember feeling the disappointment of messing up. I was sad I would not be able to say goodbye to my

See JOURNEY, Page B2



Posing with his mom, Dan Dean (left) and Carol Dean before the 2014 Senior Olympics 5K road race at Oakland University. ball. A two-time all-WWAC honoree, Zahr averaged 30 points per game.

He owns the single-game scoring record at Fordson with 50 points and the single-season record with 631.

"Moe is a great all-around player," Emenhiser said, adding Zahr is an impressive passer and play maker, too.

"Moe is a great shooter and plays with confidence and style. I believe our fans will really enjoy watching him play."

#### Softball tryouts

The NFWB Impact will have tryouts for its 14U, 12U and 10U travel softball teams in early August. The day and time will be the same for all three levels.

Tryouts will take place 1-3 p.m. Saturday, Aug. 8, at Pioneer Park in Farmington Hills and 6-8 p.m. Monday, Aug. 10, at Drake Park in West Bloomfield.

Players should arrive for registration at 12:30 p.m. and 5:30 p.m. Pioneer Park is on Farmington Road, north of 13 Mile; Drake Park is on Drake Road, south of Maple.

The Impact plays in the Western Wayne County League. Direct questions to softball@nfwbimpact.org.





Michigan Mustangs goalie Dean Olivas stopped a shot by Philadelphia PowerPlay's Jake Saxton. Mustang Kevin Konfara is at right

#### 2015 U.S. POWERHOCKEY CHAMPIONSHIP

# **POWERING UP!**

#### Wheelchair Hockey League players turn up the juice as they battle for title

#### By Tim Smith Staff Writer

Hockey fans saw something completely different and awe-inspiring — this weekend at USA Hockey Arena

The former Compuware Arena was the site for the 2015 U.S. PowerHockey Championship, a tourney giving disabled men and women ages 18-60-plus the opportunity to fly around on "powerchairs" and battle it out for bragging rights.

They play with a plastic ball instead of a hard, rubber puck. But players' passion for the game was palpable to those who stopped by for the opening round Thursday as players scooted around trying to whip a ball into their oppo-

nents' goal. The Michigan Mustangs and defending Wheelchair Hockey League champion Philadelphia PowerPlay com-



BILL BRESLER | STAFF PHOTOGRAPHER Michigan Mustangs Tristan Parent (left) and Kevin Konfara (right) fight for the ball against Philadelphia PowerPlay's Jake Saxton (middle).

peted against each other during one of the Thursday games.

Other squads on the sched-ule included the Minnesota Selects and Texas MotorMavs. Action at the Beck Road arena concluded Saturday.

Those vying for supremacy do not let a variety of dis-abilities get them down.

Players went all out despite being afflicted with muscular dystrophy, cerebral palsy,

spina bifida, arthrogryposis and osteogenesis imperfecta (brittle bones), among other disabilities.

The U.S. PowerHockey Championship is a biannual tournament that actively promotes the sport of adaptive power-wheelchair floor hockey, also known as PowerHockey.

tsmith@hometownlife.com Twitter: @TimSmith\_Sports



Farmington Glen Aquatic Club's Trevor Jones was a double winner in the boys 11-12 age group.

#### FARMINGTON CLUB SWIM MEET

## Gators capture fourth consecutive city title

Farmington Glen AC dominates annual intra-city competition

#### By Dan O'Meara Staff Writer

Farmington Glen Aquatic Club continued its dominance of the Farmington city swim meet, winning its fourth consecutive championship July 11 at Kendallwood Swim Club.

The Gators won the annual club competition by 200plus points over the Beechview Breakers, 1,500.5 to 1,279.5. Kendallwood won the battle for third place over Woodbrooke Hills Swim & Tennis, 707-694.

Six of the 13 double winners in the meet were Farmington Glen swimmers. They included Katrien Feenstra, Ryan Gurgel, Madeline Greaves, Hannah Brown, Jack Szuba and Trevor Jones.

Overall, the Gators won 21 of 46 individual races and four of the six relays. They did well in the three youngest age groups, taking first place in 15 of the 26 events and sweeping the boys 9-10 division.

Farmington Glen's other winners were Brody Jamieson, Seth Fleming, Luke

in each event are listed be-

IOW. GIRLS 11-12 50 free: Delanie Butler (B), 31.89; Maddy Fohey (G), 32.31; Kristen Fleming (G), 35.03; 1000 IM: Madeline Greaves (G), 113.27; Greta Gidley (K), 114.66; Emily Evers (K), 12.4.97; 50 fly: Greaves (G), 33.15; Ella D'Errico (B), 38.41; Sabine Branford (K), 39.09; 50 breast: Gidley (K), 39.70; Goldie Hahn (G), 40.50; Butler (B), 43.15; 50 back: Branford (K), 37.77; Fohey (G), 38.51; Ellie Smith (B), 43.53; BOYS 11-12 50 free: Brody Jamieson (G), 29.88; Jared Visser (G), 32.00; Owen Bartman (G), 32.35; 1000 IM: Conner Halberg (G), 12.3.22; Nic Gascon (B), 131.65; Carson Roberts (K), 135.76; 50 fly: Daniel Xu (B), 34.64; Owen Bartman (G), 35.97; Jared Visser (G), 41.12; 50 breast: Trevor Jones (G), 37.14; Finn Riley (G), 46.20; Andrew Kish (K), 48.02; 50 back: Jones (G), 33.41; Jamieson (G), 35.01; Kate Pierini (G), 33.75; 50 breast: Hanah Brown (G), 36.94; Julianan Petrak (G), 37.06; Mack Greaves (G), 38.12; 50 backt: Bella Feenstra (G), 35.21; Gaby Inch (G), 39.03; Maddy Carter (B), 39.18; 50 free; Turak (B), 28.03; 1000 IM: Pierka (G), 114.69; Greaves (G), 115.25; Aurson (G), 29.87; Hailey Stewart (B), 30.53; 1000 IM: Pierka (G), 114.69; Greaves (G), 115.25; Aurson (G), 29.87; Hailey Stewart (B), 30.53; 1000 IM: Pierka (G), 114.69; Greaves (G), 115.25; Aurson (G), 29.87; Hailey Stewart (B), 30.73; 1000 IM: Pierka (G), 114.69; Greaves (G), 115.25; Aurson (G), 29.87; Hailey Stewart (B), 30.73; 1000 IM: Pierka (G), 114.69; Greaves (G), 115.25; Aurson (G), 29.87; Hailey Stewart (B), 30.73; 1000 IM: Pierka (G), 114.69; Greaves (G), 115.25; Aurson (G), 29.87; Hailey Stewart (B), 30.73; 1000 IM: Pierka (G), 114.69; Greaves (G), 115.25; Aurson (G), 29.87; Hailey Stewart (B), 30.73; 1000 IM: Pierka (G), 114.69; Greaves (G), 115.25; Aurson (G), 29.87; Hailey Stewart (B), 30.73; 1000 IM: Pierka (G), 114.69; Greaves (G), 115.25; Aurson (G), 29.87; Hailey Stewart (B), 30.73; 1000 IM: Pierka (G), 114.69; Greaves (G), 115.25; Aurson (G), 29.87; Hailey Stewart (B), 30.7

IM: Petrak (G), 1:14.69; Greaves (G), 1:15.25; Aubrey East (K), 1:15.45; BOYS 13-14 50 fly: Drew Hoelscher (B), 30.71; Ryan Morgott (W), 32.76; Conor East (K), 34.77; 50 breast: Matt Lane (G), 36.28; Sean McCann (B), 36.50; Nick Adams (W), 40.42; 50 back: Carl Schmidt (K), 34.25; Evan Kozara (B), 34.70; Luke Pierini (G), 40.58; 50 free: Hoelscher (B), 27.97; Drew Hinckley (B), 28.69; Tristan Strasberger (W), 28.93; 100 IM: McCann (B), 1:10.57; Lane (G), 1:12.97; East (K), 1:16.39. GIRLS 15-18 50 back: Hannah Chao (W), 32.43; Bella Feenstra (G), 34.83; Caroline Reamer (B), 35.12; 100 free: Emily Brunett (B), 1:01.50; Emma Bradley (G), 1:03.69; Katie Romero (B), 1:05.05; 100 IM: Chao (W), 1:12.27; Bradley (G), 1:13.16; Reamer (B), 1:16.19; 50 fly: Brunett (B), 30.50; Annika Gidley (K), 32.11; Romero (B), 32.28; 50 breast: Hannah Brown (G), 37.45; Julia Borri (B), 37.75; Sydney Feenstra (G), 42.91. BOYS 15-18 50 back: Seth Fleming (G), 30.59; Alden Kane (W), 30.64; Cameron Whitfield (W), 32.78; 100 free: Tyler Roshak (B), 54.53; Keith Erichsen (W), 57.63; Colin Fohey (G), 59.89; 100 IM: Whitfield (W), 1:09.38; David Ratze (B), 1:09.90; Fohey (G), 1:10.20; 50 fly: Roshak (B), 24.53; Seth Fleming (G), 29.28; Colin Caverly (W), 29.57; 50 breast: Max Greenbaum (W), 33.83; Erichsen (W), 34.45; David Schmall (K), 34.53. GIRLS 9-10 50 breast: Haylie Pohlman (B), 47.52; Mayah

### JOURNEY

#### Continued from Page B1

wife that Tuesday morning, not see my two youngest kids graduate from high school or my oldest from graduate school.

But to my relief, a few minutes later, I was standing and actually feeling much better. However, I must have looked pretty bad as the local EMS was called and - after an EKG - I was told in no uncertain terms that I had to go to the ER. I begrudgingly complied and my 80-something mom, Carol Dean of Rochester, first-place medal secured, drove me to the hospital

Elevated heart enzymes led to an overnight stay and a procedure the next morning. After the testing, it was determined that severe dehydration may have been the issue and I was cleared to keep running and partake in the half marathon.

Despite nearly dying, I ran on.

#### In the beginning

As a new staff photographer for the Observer & Eccentric Newspapers, I covered the Senior Olympics at Redford Union High School in 1983 and thought it was pretty cool that there was a track meet for these 50-plus-yearold people. Of course, 32 years ago I could still run a mile around five minutes.

At some point, both my parents got involved with Senior Olympics. Mom holds state records in the 1,500meter run for females ages 75 and 80, while dad has been throwing discus for years. I hit 50 three years ago and thought it would be cool to have two generations compete, but my attempts to run the mile again failed miserably that first year.

#### A ride to Detroit



Selfie in the starting corral shows Dan Dean (left) with good friend Bud Olafsson of Clarkston.

Mom bugged me for months to give her a ride downtown two years ago after she signed up to run the 5K race as part of the Detroit Free Press Marathon races. And even though this newspaper's offices were in the same building as the Free Press, I strongly resisted - due as much to my failed attempts to run again as the fact I did not want to deal with downtown and crowds at 5 a.m. on my day off.

And like many things that we resist, when we finally give in ... the morning turned out to be incredibly inspiring. Mom was part of the Hope Water Project team from Kensington Community Church, which had a huge tent in the Free Press parking lot. Seeing all the Hope Water jerseys, listening to the pre-race speeches and witnessing the start of the marathon got me hooked. It was time to run.

#### Couch to 13.1

In spring 2014, I started following a half marathon running plan for new runners with Hope Water. In the beginning, running 10 minutes was very difficult and I had only run more than three miles at any one time, maybe a couple of times in my life. But amazfore I was running, five, six and up to 10 or more miles during Saturday group runs.

ingly, it was not too long be-

Group runs were the key to getting over the hump by providing encouragement from runners of all abilities, along with running tips, a "Why I Run" testimonial and help with fundraising for the group's mission of providing clean water wells in Kenya.

With a couple of months of training completed, I finally signed up for what would be my fateful foray into the Senior Olympics. With a little confidence I started to run, to race.

#### Life-saving test

Between a crazy schedule and strange lack of breath when I did run during the months following both races last year and into this year, running all but stopped.

I had been visiting the cardiologist for follow-up tests and procedures since my Senior Olympics "event." A test in early February of this year was supposed to be the last, a scan inside a partial tube-type thing that may have been lifesaving, as it was there that two blood clots were discovered in my lungs. Oddly, it was the same day Gov. Rick Snyder went into the hospital with a blood clot.

While I pushed myself way too hard trying to whip seasoned runners 20 years my elder, the follow-up medical visits most likely saved my life. So with an outlook of enjoying the people, the moment and being part of the Hope Water Project providing clean water in Kenya, I run on (when I can) with the goal of completing the full marathon in October with the comfort of knowing running probably saved my life. Senior Olympics? Maybe next year.

Dan Dean is assistant managing editor for the Observer & Eccentric. You can reach him at ddean@hometownlife.com and follow him on Twitter @OandESports.

Morden, Conner Halberg, Matt Lane, Brendo Golicz, Bella Feenstra, Jorge Zemanski and Julianna Petrak.

The other double winners were Beechview's Ashley Turak, Drew Hoelscher, Haylie Pohlman, Emily Brunett and Tyler Roshak and Woodbrooke's Hannah Chao and Mackenzie Bushey.

Swimmers with one firstplace finish included Beechview's Delanie Butler, Emma Anzivino, Daniel Xu, Sean McCann, Emmie D'Errico, Kendallwood's Carl Schmidt, Anthony Kish, Greta Gidley and Sabine Branford, Woodbrooke's Cameron Whitfield and Max Greenbaum.

The top three swimmers

#### GIRLS 9-10

GIRLS 9-10 50 breast: Haylie Pohlman (B), 47.52; Mayah Goel (G), 47.65; Emma Anzivino (B), 49.86; 50 back: Anzivino (B), 43.71; Lily Schwalm (B), 47.63; Mya McEvilly (G), 48.22; 50 free: Pohlman (B), 37.57; Viv Kindseth (G), 37.76; Emma D'Errico (B), 38.00; 50 fly: D'Errico (B), 40.37; Mandy Millar (B), 47.76; Lily O'Neill (K), 48.64 48.64.

40.37, Mandy Millar (B), 47.76, Ely O Nelli (K), 48.64. BOYS 9-10 50 breast: Ryan Gurgel (G), 43.52; Ben Nykanen (B), 54.46; Drew Washburm (G), 100.22; 50 back: Brendan Golicz (G), 41.88; Ryan Halberg (G), 43.20; Bo Hahn (G), 48.12; 50 free: Gurgel (G), 43.20; Bo Hahn (G), 48.12; 50 free: Gurgel (G), 43.20; Bo Hahn (G), 48.12; 50 free: GIRLS 8-UNDER 25 free: Katrien Feenstra (G), 19.00; Melanie Millar (B), 19.76; Kellan Meier (G), 19.87; 25 fly: Mackenzie Bushey (W), 20.82; Annika Cho (G), 20.95; Millar (B), 21.03; 25 breast: Bushey (W), 24.65; Cho (G), 24.84; Jessalee O'Connor (G), 26.00; 25 back: Feenstra (G), 25.72; Katy Schwalm (B), 26.50; Hannah Gurgel (G), 27.76, BOYS 8-UNDER

Schwalm (B), 26.50; Hannah Gurgel (G), 27.06. BOYS 8-UNDER 25 free: Luke Morden (G), 21.22; Tobias Huber (W), 21.41; Gavin Brady (G), 21.95; 25 fly: Jack Szuba (G), 25.34; Anderson Axe (B), 29.22; Aidan Sharp (K), 30.45; 25 breast: Anthony Kish (K), 32.50; Morden (G), 36.27; Noam Goel (G), 42.32; 25 back: Szuba (G), 24.18; Jack Tomlinson (G), 21.22; June Daklerser (D), 21.40. 27.87; Luke Pohlman (B), 31.40.



Glen's Annika Cho was the runner-up in the girls 8-and-under butterfly and breaststroke.

2015 ALL-AREA BASEBALL TEAM

program begin-

The senior

ning later this

## **Clutch performers dominate all-Observer squad**

#### **FIRST TEAM**

Jack Ferguson, P-OF, Stevenson: It's easy to see why Saginaw Valley State University signed Ferguson to play for its baseball

year.



second team all-state selection hit .438 with 31 RBIs, 39 runs Jack Ferguson scored, 53 hits

and four home runs. On the mound, he sparkled with a 2.39 earned-run average.

"Jack had a great season on the field, on the mound and at the plate," coach Rick Berry-man said. "He was a major reason for our team's success."

Patrick Downing, OF, Plymouth: The senior was a go-to player all season for the Wildcats, whether at the plate, in the outfield or on the mound. Downing batted .445 with

five homers and

bing a big three-

against Livonia

Franklin to help

clinch the KLAA

South Division

35 RBIs, club-

run home run



Patrick Downing

He also posted a 5-0 pitching record, with a 1.45 earned-run average and 33 strikeouts in 33-plus innings.

title.

"Patrick was a game-changer for us all year, providing clutch hit after clutch hit, coach Jason Crain said. "He had a strong presence on the mound and rose to the occasion several times as a starter.'

His efforts landed him spots on the all-KLAA and all-district teams. Downing will play baseball at Concordia University.

David Vinsky, OF, Harrison: The junior center fielder set single-season school records with 61 hits and 16 doubles this year. He batted .484 with seven doubles and 33 RBIs.

He also had 18 stolen bases and scored 34 runs. Vinsky, who batted in the third spot, had 12 two-out

RBIs and hit

.583 with run-

position.

ners in scoring

As a pitcher, he was 4-1 with

one save and a

2.16 ERA. He



David Vinsky

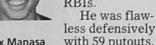
started five games, appeared in seven and worked 32<sup>1</sup>/<sub>3</sub> innings

"David had a great season and has had a great career thus far," coach Pete Lamerato

"Other guys may hit for a higher average than him, but Evan always came through when we needed a key hit to drive in the winning run.'

Alex Manasa, OF, Farmington: From the lead-off position, the junior center fielder batted .398 and scored 39 runs. He had 17 doubles, four triples

and three home runs among his 53 hits, Manasa also had 18 stolen bases and 28 RBIs.



less defensively Alex Manasa with 59 putouts, nine assists and zero errors. On

the mound, he had six saves, 37 strikeouts and six walks in 231/3 innings. He also had a 2.63 ERA and 1.19 WHIP.

'He's a tremendous player with tremendous speed," coach Pete Finn said, adding he saw the ability Manasa had as a freshman and moved him to the varsity early that year.

'He has a great arm. He threw out a bunch of guys at the plate from center field. He works hard, comes to practice every day and has a great attitude. I think he can do a lot in the sport of baseball if he continues to work at it.

"He hits for power and average. He was our lead-off hitter, so he got us going in the right direction all the time. He definitely has a chance to play at the next level.'

Pete Carravallah, OF, Plymouth: Whenever the Wildcats needed a jolt of energy, Carravallah usually delivered, with a .441 average, .532 on-

base percentage and 20 stolen

bases. The junior outfielder also played stellar defense as Plymouth tied a school record for victories and

district titles. "Pete was a catalyst batting second in our lineup," Crain said. "A vocal leader, Pete consistently grinded out great

at-bats and put pressure on the opposition with speed on the base paths. Carravallah was named to

the all-KLAA, all-district and academic all-district teams.

Josh Penn, SS, Salem: The senior shortstop was an offensive and defensive standout for the Rocks under first-year

head coach John Wright. Penn led the team in average (.409) and hits to

varsity.

#### 2015 ALL-AREA BASEBALL

**FIRST TEAM** Jack Ferguson, sr., Stevenson Patrick Downing, sr., Plymouth

Patrick Downing, sr., Plymouth David Vinsky, jr., Harrison Evan McMurray, sr., N. Farmington Alex Manasa, jr., Farmington Pete Carravallah, jr., Plymouth Josh Penn, sr., Salem Brendan Wetmore, sr., John Glenn Adrian Reed, jr., Franklin Andrew Hejka, sr., Plymouth Vinnie Bakerian, jr., Garden City Trevor Friday, sr., Harrison Kevin Anthony, sr., Plymouth Kevin Anthony, sr., Plymouth Vince Diaz, sr., Redford Union Gordon Ferguson, jr., Stevenson Nik Campbell, sr., Farmington

#### SECOND TEAM

Brian Martin, frosh., John Glenn Frank Carlin, jr., Stevenson Nick Romanauski, sr., Canton Brett Kramer, sr., N. Farmington Seth Hubbard, sr., Plymouth Cameron Stella, jr., Plymouth Nick Sprosek, jr., Canton Brandon Gillen, sr., Salem Brandon Gillen, sr., Salem Mike Slater, sr., Ply. Christian Tyler Harnos, sr., Wayne Nick Montroy, sr., Garden City Travis Kidd, sr., Garden City Ryan Menifee, jr., Clarenceville Alex Darden, jr., N. Farmington Ravi Mahanti, sr., Farmington Ravi Mahanti, sr., Farmington Tommy Williams, jr., Harrison Nico Janigian, sr., Harrison Rob Copciac, sr., Churchill Rob Copciac, sr., Churchill Jordan Williams, sr., Luth. Westland Jared Fish, jr., N. Farmington

COACH OF THE YEAR

HONORABLE MENTION Canton: Scott Bazner, Noah Spencer; Plymouth: Jared Merandi, Josh Sulak, Cory Burnette, Owen Spryszak, Kyle Wolter; Salem: Griffin Shiminski, Shane Prevo; Ply. Christian: Will Crecelius, Josh Slater, Tanne Austin Andres, Nick Andres; Churchill: Steve Szymanski, Jon Hovermale; Franklin: Tyler Camp, Kolby Dewhirst; Stevenson: Chris Tanderys; John Glenn: Zach Croft, Noah Damian; Wayne: Jimmy Herdon; Luth. Westland: Brandon Ruelle, Kory Barikmo; Farmington: Dan Carty, Collin Finn, Lance Lovett, Artie Bentley; N. Farmington: Will Buraconak, Joey Gignac; Harrison: Jared Char, Nick Bell; Clarenceville: Matt Drain, Nick Bisaro; Garden City: Matt Kindred, Tyler Kelly; Redford Union: Jacob Gagnon, Tommie Lewis; Thurston: Bobby Snell, Austin

batting average with 34 runs scored and 34 stolen bases.

Wetmore was a force on the

school's first no-hitter since



Brendan

Wetmore

innings with an ERA of 1.06. Wetmore has committed to play collegiate baseball at Wayne State

"Brendan did

#### trict teams.

Vinnie Bakerian, SS, Garden City: The junior was a pitcher's nightmare this spring as he raked to the tune of a .460 average. He delivered power in clutch situations, finishing with six doubles, two triples and a home run while scoring 24 runs and knocking

in 20. Bakerian

phenomenal .602

on-base percent-

"Vinnie was

registered a

age and stole

nine bases.



our best player this year," coach Vinnie Bakerian Steve Herman said. "He led us

in hitting, as the statistics show. He also led us defensively, mostly playing shortstop and being our rock up the middle. He is a quiet leader, but a leader that everyone on our team and in our program would follow.

"Vinnie is a great young man and always represents himself well. I look forward to coaching him next season, one in which I strongly believe he has a great chance of being an all-state player."

Trevor Friday, P, Harrison: As the No. 1 starter for the Hawks, Friday posted a 5-2 record and 2.16 earned-run average. He had 42 strikeouts and 22 walks in 42 innings.

Friday, who will pitch for Saginaw Valley State University next year, was often used as the designated hitter, too.

He batted .277

16 RBIs and 13

great season on

the mound, go-

ing up against

number ones all

runs scored.

with six doubles,

"Trevor had a



**Trevor Friday** 

season," Lamer-ato said. "He battled and kept us in many games, defeating North Farmington twice (second time in the district).

"He was a true No. 1 pitcher. His fastball is a firm 86-87 mph with command. Trevor wanted the ball against the other team's best all season."

Kevin Anthony, P, Plymouth: One of the Wildcats' senior leaders, Anthony made a huge impact on the team's fortunes in 2015.

He was a stalwart on the mound, going 7-3 with a 1.28 earned-run average while fanning 47 batters in 60 in-



Gordon

"Gordon really came into his own this season, with great play in the field, he pitched great and ex-

record on the

ERA of 2.21.

mound with an

Ferguson

ceeded all expectations with his hitting," Berryman said. "He was easily the most improved player at Stevenson."

Nick Campbell, C, Farmington: The senior backstop was a three-year starter for the Falcons and was solid defensively with just two errors. He had 94 putouts and 15 assists.

A four-year starter, Campbell batted .356 with eight doubles and accounted for 23 runs. He had 34



RBIs and a .444 slugging percentage. "Nik started a bunch of games as a freshman, and he has really grown and

developed," Finn

Nik Campbell

said. "He's good with his feet. He's a really agile guy behind the plate. He holds the target well for the pitchers.

"He was a really good receiver and blocker. He gets a lot of strikes called that a lot of catchers don't. He knows how to handle the glove at the very end of the pitch.

'He's been fantastic for us for four years. Nik was always very enthusiastic about learning the position. He's not a very big guy, but he grew over the years into that job. We're going to miss him a lot.

COACH OF THE YEAR Jason Crain, Plymouth: In his second season as head baseball coach for the Wildcats, Crain presided over a team that tied a school record for victories (27)

Plymouth captured the KLAA South Division crown and followed that with the program's first-ever district



title. The Wildcats ultimately were ousted by No. 1-ranked Saline in a regional semifinal. According to Crain, a stand-

Jason Crain

out at Canton who played at Alma College, a

nucleus of excellent seniors enabled the Wildcats to deliver a consistent, all-around brand of baseball.

"I'm most proud of the foundation this team has put in place," Crain said. "This senior class won 52 games over the last two years and has set the standard for future teams. After reaching the regionals ... (players who will return in 2016) know and understand that the expectation is to return there and continue to build on what the previous teams started. Having stellar pitchers such as Kevin Anthony, Patrick Downing, Cameron Stella, Josh Sulak, Owen Spryszak and others didn't hurt. 'Our pitching was great," Crain said. "Day in and day out, our pitchers gave us a chance to win. Crain and assistant coaches Scott Niemiec and Beau Adams successfully instilled the mindset of "consistently putting pressure on the other team. We talk a lot about competing on every pitch, staying focused and mental toughness. All the players are talented. It is the little things in each game that will make the difference." He added that the dedication and coaching of Niemiec and Adams were instrumental in Plymouth having such an outstanding season. Another factor was how the team battled against top non-KLAA opponents, "which helped us stay focused in every game and let us play in pressure situations against great teams and players all the time. Crain, 42, lives in Northville with his wife Melissa and four boys: Matthew, 14; Luke, 11; Ben, 11; and Andrew, 5.



mound as well, tossing the



University.

it all for us this season," coach Lawrence Scheffer said. "He has been a tremendous leader for our team, both on and off the field."

Adrian Reed, pitcher/shortstop, Franklin: Reed was one

won division and



1996 while striking out 78 in 66

said of the three-year varsity player. "Sixty-one hits and 16 doubles puts him in a select group in the state, let alone the area.

"David is one of the best hitters I've been around, and he plays a very good center field. Pitching-wise, he was very consistent and had a great year on the mound. He's a solid starter, an all-round great baseball player.

Evan McMurray, OF, N. Farmington: McMurray started in center field for two seasons and was instrumental in

games and con-

tending for the

OAA White Divi-

vear. He moved

in the last sea-

to third base late

son and excelled

there defensive-



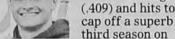
Evan McMurray

ly, too.

McMurray batted .378 with nine doubles, two triples and two home runs. He also drove in 28 runs and led the team in every offensive category. He had an on-base percentage of .440 and scored 35 runs.

"He hit for average; he hit for power," coach Mike O'Con-nell said. "He's just a great kid, very coachable. I can't say enough good things about him.

"He was our No. 3 hitter the last two years and was an allround good player from every aspect - offense to defense to stealing bases. He was as close as it comes to a five-tool guy.



Josh Penn

Pete

Carravallah

"Penn's just been solid like

this all year," Wright said following a game when Penn hit his first-ever varsity home run. "He hits the ball hard. The kid hits the ball harder than anybody I've really seen."

One of four players who comprised Salem's first group of baseball captains, Penn was named to the all-conference and all-district squads.

Tyler Brooks, 1B-P, Salem: The third-year varsity player pretty much did it all for the Rocks in his senior season. On offense, he hit .390 to

often spark rallies and was a strong perform-

er as a starting pitcher, posing a 1.06 earned-run average in 59 innings.

Brooks, an-

Tyler Brooks

other Salem co-captain, earned selection to the all-

KLAA and all-district teams.

Also a stellar player for Salem's varsity boys basketball team, Brooks is looking to play college baseball at Division II Northwood University.

Brendan Wetmore, P-OF, John Glenn: The senior lefty had a spectacular final season as he earned all-conference, all-regional and all-district honors after posting a .355

of the resurgent Patriots' leaders wherever he was stationed on the diamond. He hit a robust .352 with an on-base percentage of .421.



Adrian Reed

A slick fielder, he displayed great range when he played shortstop and he was a mainstay on the mound, picking up four wins with a 2.98

earned-run aver-

age. Reed's ERA was a miniscule 1.50 until his season-ending relief stint in Franklin's Division 1 district final loss to Dearborn, when he gave up six runs while pitching on just two days' rest.

Andrew Hejka, 2B, Plymouth: A steady all-around contributor to the Wildcats' success, the senior batted .368 and posted a .531 on-base per-



Andrew Hejka

straight providing a spark at the top of our lineup," Crain said. "Andrew always finds a way on base.'

The smooth-fielding second baseman, who will attend the University of Michigan, was named to the all-KLAA, alldistrict and academic all-dis-

ping up to take on strong opponents," Crain said. "A com-Kevin Anthony

posed pitcher, Kevin navigated his way to a great senior season against some of the stiffest competition.'

sistently step-

Anthony, who will go to Michigan Tech University, was named to the all-KLAA, alldistrict and academic all-district teams.

Vince Diaz, P-1B, Redford Union: Diaz was the most valuable player for the Panthers as they captured their second consecutive Western Wayne

Athletic Conference Red Division title. A southpaw, Diaz chalked up a 7-3 record on the mound with one no-hitter an ERA of 1.23. Hittingwise, Diaz chis-

eled out a .463 batting average with 20 RBI, five doubles and 30 hits.

Vince Diaz

"Vince was our workhorse all year," coach Bob Miller said. "He pitched well and was our No. 3 hitter. Vince's leadership on the field and with the younger players was a major reason for our team success this year."

Gordon Ferguson, P-INF, Stevenson: The junior was a two-way standout for the Spartans, racking up a .404 batting average with 21 RBIs, 21 runs and 42 hits, while crafting a 7-2

### Gone with the wind: Hurricanes snap Rams' streak

**By Ed Wright** Staff Writer

Kyle Roberts ripped a triple and drove in three runs to lead the Hurricanes to an 8-5 victory over the Michigan Rams in a Livonia Collegiate Baseball League contest played Wednes-

day at Bicentennial Park in Livonia. The result derailed the Rams' 14-game winning streak and left them with a 20-6-1 record. The Hurricanes evened their mark at 14-14.

The visiting Rams appeared headed to their 15th straight triumph when they scored five

times in the third to seize a 5-0 lead. However, the 'Canes responded with two runs in the bottom of the third before exploding for a five-spot in the fifth. The victors added an insurance marker in the sixth.

Badih Jawed earned the victory on the mound after

scattering eight hits and two walks over seven innings. Only one of the runs allowed by Jawed was earned. He struck out four Rams.

Chase Flanery suffered the loss after giving up four runs in one-third of an inning.

Josh Bays started for the Rams, yielding two runs over four innings.

In addition to Roberts, Jared

Hagen (solo home run, two runs), Dan Cameron (2-for-4, run), Al Oleszkowicz (1-for-2, RBI) and Jake Mokowski (two runs) contributed to the eightrun night.

Zack McGuire bombed a home run for the Rams, who also received an RBI each from Nolan Page, Danny Kerr and Westen Price.



centage. Hejka also proved to be a threat on the base paths with

20 stolen bases. "Andrew has been our leadoff hitter for

two years

#### LOCAL SPORTS



Pictured (from left) are Team Jekylhyde Yellow Plymouth CrossFit members Tim VanDeusen, Lynn Potter, Andy Ciantar, Tonya Barker, Zach Nichols and Meg lafrate. Also on the team are Ted Barker and Lindsay Vandeusen.

#### CROSSFIT

Continued from Page B1

carrying weighted sand bags – one can do in a given time period.

A team based out of the Plymouth CrossFit facility in Canton – Team Jekylhyde Yellow – has advanced to the regional round of the national CrossFit Games four consecutive years.

"My interest level always stays high with CrossFit," said Jekylhyde team member Ted Barker, a Plymouth resident. "It gives me that competitive rush that I'm always looking for and the fitness gains are immediate and off the charts high.

"And it's something I can do with my wife (Tonya). She didn't play football or basketball, but she's a good athlete. Once I introduced this to her, she took off running, further than I have."

A typical CrossFit class at the Canton facility epitomizes diversity. Tuesday night, the group Barker trained with included a stay-at-home mom and a former University of Michigan defensive back.

The classes start out with warm-up exercises that stress dynamic stretching.

"Then we may do a jog to get the heart rate up and to allow the muscles to loosen up,"

SUMMER CAMPS

said Swafford, who is a coach in addition to his ownership role. "We'll move on to a strength or cardio workout, then the final part of the class will focus on getting better at a specific discipline."

Working out as part of a group adds a unique incentive, Barker said.

"For me, ultimately, it's about working out with likeminded people and feeling good about their improvement as much as my own," Barker said.

The CrossFit facilities offer up to 50 different classes. A monthly membership ranges from \$99 to \$189 per month, depending on the programs.

ewright@hometownlife.com

#### **Stevenson hockey**

The Livonia Stevenson Summer Hockey Camp will be Tuesday, July 21, at Eddie Edgar Ice Arena.

The camp will be run by head coach David Mitchell, his staff and former Stevenson players. Camp will cover skill development, position development and scrimmages.

For more information, contact Mitchell at dmitchel@livoniapublic schools.org. Salem wrestling

The Salem wrestling team will have an open skills camp for high school wrestlers and incoming freshmen 6-8 p.m. July 27-30 in the Salem wrestling room.

The cost is \$40. Wrestlers should contact coach Henderson at 734-812-9588 to register.

#### **Churchill football**

The Livonia Churchill summer football camp for kids entering grades 3-8 will be 7-9:20 p.m. July 22-23 at the school's football stadium. The fee is \$50. All participants must bring cleats, running shoes and have a signed liability form.

For more information go to churchill.livoniapublicschools.org.

#### **Churchill hockey**

The Livonia Churchill hockey camp will be held 8-9:20 p.m. Aug. 3-7 and Aug. 10-14 at Eddie Edgar Arena. The cost is \$175.

For more information, contact head coach Jason Reynolds at JayRey48152@gmail.com. Ageless Boshoven seeks CrossFit Games gold

#### By Ed Wright Staff Writer

Bob Boshoven is 53 years old, doesn't look a day over 33 and (by his own admission) is more athletic than when he was 23 – impressive, considering the former college hockey player and current Northville High School wrestling coach has never come close to venturing into "Couch Potato" territory.

Not surprisingly, the fountain of youth the age-defying athlete has discovered spews sweat, not magical water.

Next week in Hermosa Beach, Calif., the lifelong Northville resident will be one of just 20 Masters (ages 50-54) category competitors from around the world going for gold at the Reebok CrossFit Games.

He will be competing in seven events over three days that range from the Triplet – a demanding smorgasbord of challenges that include three 50-meter sandbag runs, three sets of pull-ups and three sets of sit-ups – to the Long Chipper, which requires participants to run 1,000 meters before enduring a series of wallball shots and box jump-overs.

CrossFit athletes are timed in each of the grueling events and whomever takes the least amount of time to complete the tasks will take home the first-place prize.

Advancing to the CrossFit Games hasn't been easy, admitted Boshoven, who works out regularly at Plymouth CrossFit in Canton.

"Three or four days a week, I do the limit of my conditioning and one or two days a week, I collapse on the floor when I'm done," Boshoven said, smiling. "What's nice about it is the workouts only last an hour and I don't have to come up with my own workout. Somebody else plans it for me and it's in a class setting, so you want to be able to keep up with everybody else.

"I used to go to a big-name gym, but I'd always think to



Only the specks of gray in Bob Boshoven's beard reveal his 50-plus age. The Northville resident will be competing next week in the CrossFit Games in Carson, Calif.

myself on the way out, 'I should have done this or that.' When you work out by yourself, you tend to do more of what you're good at, not necessarily what you need."

Boshoven's introduction to CrossFit training unfolded two years ago.

"I was looking for a fun way of conditioning for my wrestling team," he said. "I couldn't get enough of them to do it, so I started a CrossFit club at Northville High School. As the sponsor of the club, I trained along with them and I loved everything about it.

everything about it. "Probably the No. 1 thing about it is that you don't get bored. When you go to a gym by yourself, you usually follow the same routine over and over. With CrossFit, you don't know what you're going to do until you get here.

"The other thing I like about it is I'm constantly learning new things. Most of the movements I do in here, I've never done before, including some of the gymnastics techniques."

Boshoven will be accompanied to the CrossFit Games by his "coach," Ted Barker, and he'll meet up in California with his wife Lorie.

ewright@hometownlife.com



### B5 (CP) SUNDAY, JULY 19, 2015 CONNUNITY LIFE

OBSERVER & ECCENTRIC MEDIA HOMETOWN LIFE.COM

# Music man: Canton resident loves theater organ music, mechanics

By Sharon Dargay Staff Writer

Justin LaVoie knows theater pipe organs inside and out.

"When I'm not playing the organ, I'm working on one," said LaVoie, 20, a Canton resident and a junior who's earning a bachelor of music arts degree at the University of Oklahoma. The focus of his study is in organ technology.

"Tve been involved in organ since I was 6. As I got older and started to pursue it more, I thought there is a need for people to maintain and build organs as much as play them. There is a need for younger people to keep these instruments going and to keep them for future generations. I definitely think you should have some playing experience. You have to know what the instrument is intended to do to maintain it properly."

LaVoie knows a thing or two about that. The American Theatre Organ Society (ATOS) named him the Young Theatre Organ Artist of the Year for 2013.

He received scholarships from the organization to attend its summer camps from 2008-12 and played for ATOS national conventions in Los Angeles, Calif., and Atlanta, Ga.

Over the past year, he gave theater organ concerts in Ohio, Massachusetts, and Delaware, in addition to Detroit, on the Senate Theatre's Wurlitzer. On Sunday, July 26, he'll perform on an organ he knows well and loves playing - the Barton at the Redford Theatre. The concert starts at 2 p.m. and will include jazz, standards, contemporary pieces, orchestral music and his own compositions. A reception with refreshments will follow the concert. Tickets are



Justin LaVoie of Canton will perform July 26 at the Redford Theatre.

formal concerts a year ago. I've done quite a few. It's the first time playing this kind of thing at the Redford. It's quite a thrill."

#### Young fan

LaVoie, son of Theresa and Vince LaVoie, was "instantly hooked" on theater pipe organ at age 6 after listening to a CD set of historic theater organ music. . "I remember it having so much more color, more vivid and lively sound and now I know that's because theater organs were intended to have a more orchestral sound than a church organ."

The following year, he began visiting the Redford Theatre, where he would listen to organists play before movie screenings.

"The people at the theater were very gracious. They let me come on it. I didn't progress much until I was 13 and my parents found out about a summer camp for young people. They took me and it helped intensify my interest."

LaVoie, who was home schooled, also met an instructor at the camp. At age 15, he began taking lessons every other month in Wisconsin, where his teacher was

#### Jazz, rock

"When I do concerts for organ groups, but especially the public, I present as wide a variety of music as possible. No one should walk away feeling they haven't had something they like played in the program."

He enjoys playing the music of Cole Porter and George Gershwin, but kitchen.

He's looking forward to the day he has a steady job and a house where he can unpack his own theater organ — the Wurlitzer from the Punch and Judy, a Grosse Pointe Farms theater that closed in the late 1980s. It's in storage until that day comes.

"It's a smaller instrument, comparatively speaking," LaVoie said. "I'll have the real thing to sit down at every day. There is nothing like it." Visit the theater website, redfordtheatre.com.

\$10 for adults and \$5 for children 12 and under. The Redford is located at 17360 Lahser, just north of Grand River Avenue, in Detroit.

"I started doing these

In on Saturday mornings and fool around with it. I was taking organ lessons, but on an electronic organ to begin with. It kept my interest for a while, but I wasn't too focused where his teacher was based. He also started playing at film screenings at the Redford that same year.

also rocks out with works by Billy Joel and Queen.

LaVoie also collects old Kodak cameras and likes to experiment with "different flavors" in the

## How much money do you need for retirement?

ast weekend, my husband and I attended a graduation party in our neighborhood. We knew a few people but they were leaving when my husband and I arrived, so we joined a table of neighbors we didn't know well other than a friendly wave. As the evening went on, someone brought up the topic of retirement. The average age at the table was around 50. No one knew that I was a financial planner, so I just sat back and listened. I will have to admit it was difficult to not interject. Of course, I eventually had do.

It still amazes me about how little people know about planning for their retirement. Two people at the table will be receiving pensions from Ford and planned on retiring at 55. They were talking about how they were going to retire, collect their pension, find another job or do consult-ing work. This is when I had to interject. I made the comment that "There is no guarantee that will happen." I explained I was a financial planner and from experience I knew from working with some of my current clients that it is not easy to retire early. Most regret their decision and are now working full or part



Answer these important questions: When do you plan to retire? How much money will you need each year? Where and when do you plan to get your income?

time for \$8 an hour. They gave up a job making \$28 an hour to make \$8. I continued, no matter what age you want to retire make sure to "run the numbers" to make sure you have enough to last for the rest of your life before you retire.

The discussion continued on how much money is enough for retirement. There is no easy answer to this question. What is enough for one person is not enough for another.

#### Planning matters

What's important to realize is that calculating a retirement savings goal does more than simply provide you with a dollars and cents estimate of how much you'll need for the future. It also requires you to visualize the specific details of your retirement dreams and to assess whether your current financial plans are realistic, comprehensive and up-todate.

The following strategies will help you do a better job of identifying and pursuing your retirement savings goals:

» Double-check your assumptions. Before you do anything else, answer these important questions: When do you plan to retire? How much money will you need each year? Where and when do you plan to get your retirement income? Are your investment expectations in line with the performance potential of the investments you own?

» Use a proper "calculator." The best way to calculate your goal is by using one of the many interactive worksheets now available free of charge online and in print. Each type features questions about your financial situation as well as blank spaces for you to provide answers.

An online version will perform the calculation automatically and respond almost instantly with an estimate of how much you may need for retirement and how much more you should try to save to pursue that goal. If you want assistance, contact a financial planner in your area. Remember that your ultimate goal is to save as much money as possible for retirement regardless of what any calculator might suggest.

» Contribute more. Are you among the almost three quarters of retirement savers who say they could set aside an extra \$20 each week? If so, here's some motivation to actually do it: Contributing an extra \$20 each week to your plan could provide you with an additional \$51,389 after 20 years or \$130,237 after 30 years, assuming 8 percent annual investment returns. This example is hypothetical and for illustrative purposes only. Investment returns cannot be guaranteed.

At the very least, you should try to contribute at least enough to receive the full amount of your employer's matching contribution, if offered. It's also a good idea to increase contributions annually, such as after a pay raise.

After all, when was the last time you heard a retiree complain about having saved too much money in his or her retirement plan? I am dedicated to walking your though the steps that you need to make to take control of your financial future and prepare you for a secure retirement. Now it is the time to start focusing on your finances.

The opinions voiced in this material are for

general information only and are not intended to provide specific advice or recommendations for any individual. Consult with an adviser about your specific situation.

Paula Swain is a certified financial planner in Plymouth. Contact her at 734-738-6300.

#### Arthritis Today Joseph J. Weiss, M.D. Rheumatology 18829 Farmington Road Livonia, Michigan 48152 248-478-7860



#### TREATING ARTHRITIS, BUT NOT NOW

Doctors have to guard against jumping to conclusions. A patient with diagnosed gout, rheumatoid arthritis, osteoarthritis or lupus, may present with joint pain and say: "my condition is flaring, I need more treatment."

The doctor will put great weight on the patient's words, as a person with a chronic condition is apt to know when it is changing for the better or for the worse. However, while a patient surely knows, and usually is correct on whether the arthritis is flaring, the patient is not right all the time. It is the doctor's responsibility to confirm the patient's assessment.

The doctor usually starts with two questions: 1) where is the pain, and 2) when did it start? For example, a flare of gout will take the form of a single joint pain in the toe, knee or finger. Rheumatoid arthritis is symmetrical and if the wrist is involved, would include both the right and left wrist; lupus likely would give a flu-like pattern and at the same time show as pain in the hands bilaterally or both shoulders.

Answers to when did the flare started are equally helpful. Gout starts with a sudden intensity of pain while rheumatoid arthritis begins slowly and builds to more swelling and more pain over days. Lupus also builds over days with the patient at first noticing only a slight increase in fatigue and aching.

A physician will ask questions and examine the areas of pain before concluding that the present flare represents a fresh instance of an old disease.

#### **COMMUNITY LIFE**

## Golf event, annual ball raise funds for heart research

#### **By Julie Yolles** Social Scene Columnist

olfers were pretty social at Social in Birmingham on Wednesday. The gathering was a kick-off for Golf Fore Go Red that will be held next month at various golf courses throughout southeast Michigan. The concurrent golf event was created by the American Heart Association and McLaren Macomb Medical Center to raise awareness about heart disease and stroke while raising funds for cardiovascular research.

But there were no cleats allowed, just dancing shoes and black-tie attire, at the recent 28th annual Heart Ball that was held in Eastern Market's Sheds 2 and 3. Henry Ford Health System and HAP were the Presenting Sponsors. Besides an elegant cocktail reception and gourmet dinner of fresh farm-totable delicacies, the bidding was intense during the Art for the Heart silent and live auctions. New this year to the American Heart Association Michigan Chapter is the introduction of an



AHA Young Profession-als Board of Directors. With the addition of the new board, a rockin' Pulse Party afterglow was held in Shed 2 at Eastern Market. Guests enjoyed dancing and Detroit fare from popular food trucks.

Next up is an inaugural nine-day street-art festival called Murals in the Market which will be held Sept. 17-24 throughout Eastern Market. Over 45 international artists, including half who will be local, will paint large-scale murals to enhance the area. The festival's first official mural by Australian artist Meggs (aka David Hooke) was also unveiled Tuesday.

"Murals in the Market is a project that just brings a little more life, a little more interest and a little more attention to Detroit," said Hooke, who painted the first official mural in Eastern Market two weeks ago. To sign up for Golf

Fore Go Red, or find out



PHOTOS BY JULIE YOLLES Jeff and Laurel Beeler, left, and Jamie and Curtis Burstein are Heart Ball guests on behalf of event corporate sponsor Cardinal Health of Canton.

more information, contact Amy Hobley at 248-936-5831 or amy.hobley@heart.org.

Contact Julie Yolles, Social Scene columnist, at socialscenejulie@gmail.com or leave a message at 248-642-9465.



#### How to reach us:

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Deadlines: Friday, 4:00 p.m. for Sunday papers • Tuesday, 4:00 p.m. for Thursday papers Holiday deadlines are subject to change.

#### HOIBY, EUGENE STANLEY

Passed away at the age of 89 on July 10, 2015. He is survived by his daughters Mary Ann De-

sentz (Danny) and Carol Hoiby, his grandchildren Joyce Krom (Jim) and Lucas Schultz, and his great-grandchildren Emma and Natalie Krom. In death, he will join his wife, Joyce, to whom he was married for almost 60 years. Together they most enjoyed week-ends at their home in Canada on Lake Erie and nightly walks with their beloved dogs. Mr. Hoiby was also passionate about his law practice in Livonia, having just retired last year. His family is also very proud of his service to our country as a veteran of World War II and the Korean War, having received two Bronze Stars for bravery and two Purple Hearts. In lieu of flowers, contributions in his honor can be made to the Access to Justice (ATJ) Fund through the Michigan State Bar Foundation, Townsend St, Lansing, 306 The memorial MI 48933-2012. gathering will be held on Sunday, August 2, 2015 from 2-5 pm at Travis Pointe Country Club, 2829 Travis Pointe, Ann Arbor, MI 48108.



#### MARK, ROBERT HARALD Surbrook

Age 95, of Farmington Hills, died July 2, 2015. Robert was born on May 10, 1920, in Detroit, Michi-Age 95.

gan, to James and Emmelie (Applin) Mark, and grew up in Tawas City, Michi-gan. He served in the Army Air during WWII. Robert Corps graduated from Central State Teachers' College, and received his Masters Degree from the University of Michigan. On August 24, 1963, he was united marriage to the former Barbara Hockley. Robert taught junior high school math in the Southfield Public Schools for 23 years. He also served as choir director at several United Methodist churches in the metro Detroit area, including Orchard United Methodist Church in Farmington Hills, where he and Barbara were members for almost 50 years. Along with Barbara, Robert was very involved in the life of the church, but especially through music ministries, where he used the gift of his beautiful singing voice to praise God at every opportunity. He and Barbara traveled to several countries around the world as part of a touring choir organized by the Detroit Conference of the United Methodist Church. Robert also loved playing golf and spending time with his family, especially his children and grandchildren. In addition to Barbara, his beloved wife of 52 years, Robert is also survived by his children, Laurel Mark of Buffalo, New York, David (Pamala) Mark of Livonia, Jean (Clinton) Whitcomb of Kalamazoo, and Whitcomb of Kalamazoo, and Susan (Stephen) Long of Redford; his grandchildren, Christopher and Nicholas Mark, Daniel Whitcomb, and Erick and Hannah Long; brother- and sister-in-law Leonard and Phyllis Hocklay of Eugene Oregor, and Hockley of Eugene, Oregon; and numerous nieces, nephews, and cousins. Sadly, he was preceded in death by his siblings, James, Dora, John, and Phillip. A Memorial Service will be held Saturday, July 25 at 12 noon, with visitation beginning at 11 a.m., at Orchard United Methodist Church, 30450 Farmington Road, Farmington Hills. Memorial tributes suggested to Orchard United Methodist Church. Ar-rangements entrusted to Heeney-Sundquist Funeral Home, Farmington. (248)474-5200 HEENEY-SUNDQUIST FUNERAL HOME



View Online

www.hometownlife.com

#### MORNINGSTAR, LUCILLE MARIE (KOSTER) "CILLE"

April 20, 1921 - July 13, 2015 Age 94, formerly of Barryton, Michigan, and Dade City, Florida, passed away on July 13, 2015 at Legacy Heights Assisted Living in Charlotte, NC. She was born April 20th, 1921 in Detroit, MI to the late Martin and Lucy (DeWulf) Koster, and was the oldest of six siblings. On October 8, 1938 she married JB Morningstar in LaGrange, Indiana. They were married for 53 years and raised three children, Janice (now deceased), Judy and David. Lucille was an active of Emmanuel member Lutheran Church in Zephyrhills, FL. She is survived by daughter Judy Bazaire of Charlotte, NC, son David (Diane) Morningstar of Milford, MI, son-in-law Al Pitt of Barryton, MI and Dade City, FL; grandchildren Jeff (Mischael) Pitt, Jenifer Pitt-

Bryant, John (Suzanne) Pitt Bazaire, Courtney Chad (Rebekah) Bazaire, Toni (Christopher) Ashley, Shawnee Morningstar and Sierra Morningstar, as well as 14 great grandchildren, and many nieces and nephews. She was preceded in death by her parents, husband JB, daughter Janice, sisters Mildred, Marge, and Betty, and brothers Sonny and Donny. Funeral Service was held on Saturday, July 18th at St. John's Ev. Lutheran Church, 35320 Glenwood Rd., Westland, MI 48186. Pastor Dave Furno officiated. Lucille was buried beside her husband JB at Cadillac Gardens in Westland. Memorial contributions may be made to St. John's Ev. Lutheran Church, or to Lucille's home church, Emmanual Ev. Lutheran Church, 6205 23rd St., Zephyrhills, FL 33542. Online condolences may be shared with the family at www.uhtfh.com



Howard Dubin, formerly of Dubin Optometric Clinic in Farmington Hills, and his wife, Susie, enjoy the Heart Ball. Susie has been on the heart transplant list for five years.



Livonia residents Cheryl and Jeff Doelker attend the 28th annual Heart Ball's "Heart in the Market" at Eastern Market on behalf of event corporate sponsor Cardinal Health.



Plymouth residents Dave and Ashley Emison enjoy the 28th annual Heart Ball's "Heart in the Market" at Eastern Market.



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#### LEWIS, GLORIA A. (nee TERRANA)

Williamston, of Michigan and former longtime Livonia resident. Beloved wife Jerry for 54 years. Loving mother of Robert (Kim), and Dawn (Bill) Lubanski. Cherished grandmother of Kristi, Michael, Christopher, Ryan, and Sara. Dear sister of Lorraine "Lori" (Gary) Zimmerman, and Sandi (the late Donald) Mueller. She also leaves behind many other loving family members and friends. A private family gathering will be held at a later time. Memorial contributions may be made to Residential Hospice residentialhospice.com.

Share condolences at fredwoodfuneralhome.com



#### LYBARGER, DOROTHY JUNE

Went home to be with her Savior July 13, 2015, age 87 Beloved wife of the late Robert. Dear mother of Carol Lee (Shawn Hughes) Lybarger, Deborah J. (John) Kaye, Daniel J. (Judy) Lybarger, Linda G. (Scott) Slimak, and Kimberly A. (Paul) McVety. Also leaves 16 four great-and cherished grandchildren, grandchildren cousins, Marlene Raden and Judy Lutz. Visitation Monday 2 p.m.-9 p.m. at the Schrader-Howell Funeral Home, 280 South Main Street, Plymouth. Visitation will continue on Tuesday from 10 a.m. until time of the Funeral Service at 11 a.m. at the First United Methodist Church of Plymouth, 45201 North Territorial, Plymouth. To read full obituary go to

www.schrader -howell.com. Schrader-Howe FUNERAL HOME

MONTGOMERY, SUSAN

Passed away on June 29th 2015 in Ohio. There will be a Memorial Service on Saturday July 25th at 11a.m. Pilgrim Congregational Church, 3061 N Adams Rd., Bloomfield Hills, Michigan.



#### NAUMANN, ANNE D.

Age 74, of Canton. Beloved wife of William. Loving mother of Jeffrey (Jennifer) and Robert (Michael). Dear grandmother of Eric and Zachary. Sister of Rita (Willard) McMachen, Joseph (Sharon) Ringholz, David (Marilyn) Ringholz, John Ringholz, Michael (Marie) Ronald Ringholz, (Caralie) Ringholz, Paul (Linda) Ringholz, and the late Mary Morton. Funeral was held Friday at St. John Neumann Catholic Church. The family entrusted care and services to the L.J. Griffin Funeral Home. Share a "Memo-rial Tribute" with the family at

griffinfuneralhome.com



#### SINCLAIR, RUTH

July 16, 2015. Age 85. Loving wife of the late Richard. Cherished mother of Rick, Todd, and Robin. Beloved grandmother of Elizabeth. Ruth was the past president of the Ladies Guild at Grace Lutheran Church and received Lutheran Woman of the Year Honors. Visitation tomorrow from 3:30-9 p.m. at the Harry J. Will Funeral Home, 37000 Six Mile Road in Livonia. Funeral Service Tuesday 1 p.m., in state 12:30 p.m. at Grace Lutheran Church, 25630 Grand River Ave. in Redford.

www.harryjwillfuneralhome.com



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# HEALTH

SHARON DARGAY, EDITOR SDARGAY@HOMETOWNLIFE.COM 313-222-8833 FACEBOOK: HOMETOWNLIFE.COM

## Alliance helps patients with asthma, lung cancer

The Patient Access Network (PAN) Foundation and the American Lung Association have joined forces to provide comprehensive support for people living with asthma, non-small cell lung cancer and respiratory syncytial virus (RSV).

Their alliance will enable the organizations to leverage the PAN Foundation's lung disease-related financial assistance programs and the American Lung Association's patient education tools to ensure patients have access to the full range of resources they need to best manage the three lung conditions, which collectively

affect millions of Americans each year.

"Our fundamental goal at the PAN Foundation is to ensure patients who are underinsured are able to access the critical treatments they need to improve their health and quality of life, and that doesn't stop at just helping with their deductibles and co-pays," said PAN President and CEO Daniel Klein. "Working closely with the American Lung Association will allow us to connect patients with experts who can help them better understand their conditions, adhere to their treatment regimens and link them to patient support

communities."

Through this new partnership, patients will have access to the registered nurses, respiratory therapists and counselors who work at the Lung HelpLine (800-LUN-GUSA), offering support and health education services, physician searches, help with understanding treatment options for lung cancer, connections to Better Breathers Clubs, and education resources such as Asthma Basics.

By combining the Lung Association's education tools with PAN's financial assistance programs, the organizations aim to improve quality of life

for patients suffering from lung disease.

Patients who qualify for the PAN Foundation's lung-specific assistance programs must reside and receive treatment in the United States, must have health insurance and the medication for which they seek assistance must be covered by their insurance and treat the disease directly.

Asthma patients may re-ceive up to \$3,000 per year but their income must fall at or below 500 percent of the federal poverty level.

Patients with non-small cell lung cancer can get up to \$7,500 per year, but they must

have Medicare insurance and their income level must fall at or below 500 percent of the federal poverty level.

For patients with RSV, the maximum award level is \$1,500 per year. Their income must fall at or below 400 percent of the federal poverty line.

Patients, or advocates and caregivers applying on their behalf, can apply for assistance using the PAN Foundation's online patient portal (www.panapply.org), or by calling 866-316-PANF 9 a.m. to 5 p.m. Monday-Friday. To learn more about PAN's more than 50 disease-specific programs, visit panfoundation.org.

#### **Bereavement Camp**

Henry Ford SandCastles is accepting registration for its annual Camp Erin - Detroit grief support weekend for children and teens who have experienced the death of someone close to them. The free camp for youth in grades one-12 will be held Aug. 14-16 at Camp Tamarack in Ortonville. The camp will include fun activities combined with grief education and emotional support. A weekend highlight is an evening memorial service on the beach. Grief professionals and trained volunteers from the SandCastles Grief Support Program, part of Hospices of Henry Ford, lead the program. To register for camp or get information on volunteering, call 313-874-6881.

#### **Birth classes**

» A four-part class designed to help prepare parents for childbirth runs 7-9:30 p.m. Wednesday, Aug. 5, 12, 19 and 26, at Beaumont Hospital-Farmington Hills, 28050 Grand River Ave., Farmington Hills. Participants will learn the stages of labor, relaxation and breathing methods, strategies for managing discomfort, the partner's role in labor in deliv-



Join a local support group, get a screening, or take a class to improve your health.

ery, C-section deliveries, medications, anesthesia and more. Cost is \$75. Register at bots-ford.org or call 248-888-2500.

» Garden City Hospital offers a one-day class to prepare mothers-to-be and their coaches for the birthing experience, 9 a.m. to 3 p.m. Saturday, Aug. 8, at the Medical Office Building, 6245 Inkster Road, Garden City. \$50 fee for mom, coach is free. Pre-registration is required. Call 734-458-4330.

#### **Diabetes management**

Learn about meal planning, blood sugar control and medi-

#### MEDICAL DATEBOOK

cation management at a free seminar on diabetes, 5-7 p.m. July 29 in the Oakwood Physical Therapy & Wellness Cen-ter, 17101 Rotunda, Dearborn. Register at Oakwood.org or call 800-543-9355.

#### Exercise for seniors

"A Matter of Balance," a discussion and exercise class for adults, 60 and over, runs for eight weeks from 1-3 p.m., beginning Wednesday, Aug. 5, at the Garden City Hospital Medical Office Building. The workshop is designed to manage falls and increase activity levels. During the free class, participants will learn to: view falls as controllable, set goals for increasing activity, make changes to reduce fall risk at home and exercise to increase strength and balance. Register by calling 734-458-4259.

#### Free trial day

Oakwood's Physical Therapy and Wellness Center offers a free trial day, 5 a.m.-9 p.m. July 22 at the center, 17101 Rotunda Drive in Dearborn. The center features cardio and weight machines, an indoor track and more than 20 group exercise classes ranging from aerobics to yoga. No registration is required. For more

information, call 313-791-4347.

#### Look Good Feel Better

Look Good Feel Better is a nonmedical public service program that teaches beauty techniques to cancer patients to help them with cancer treatment. The group program is open to all women with cancer who are undergoing chemotherapy, radiation or other forms of treatment. Volunteer beauty professionals support the program and are trained and certified by the Personal Care Products Council Foundation, the American Cancer Society and the Professional Beauty Association. The program runs 10 a.m. to noon the second Monday of the month at the Beaumont Cancer Center-Farmington Hills. For more information or to register for the session on Aug. 10, call 248-471-8120.

#### **Nonverbal kids**

Parents of nonverbal children, ages 2-5, can find out more about an early intervention program, It Takes Two to Talk, at a free introductory meeting, 6-7:30 p.m. Tuesday, July 21, in the Demonstration Kitchen at Henry Ford West Bloomfield Hospital, 6777 W. Maple Road, West Bloomfield. It Takes Two to Talk is an eight-week program that will teach parents how to help their child's skills in language development, socialization and play. The program includes four individual sessions with the speech-language pathologist. Cost is \$105 for the individual pre-program consultation, \$300 for the eight-week group sessions, and \$74 per individual sessions. To reserve a spot at the introductory meeting, call 800-436-7936.

#### **Pink Out tickets**

Tickets are available for the fourth annual Pink Out at the Park, the Detroit Tigers vs. Kansas City Royals game, 7:08 p.m. Friday, Sept. 18, at Comer-ica Park in Detroit. The event raises awareness of breast health and helps raise funds for breast cancer research at the Karmanos Cancer Institute. Ticket packages range from \$28-\$51 and include a free T-shirt. Buy tickets at tigers.com/pinkout. The event will include a pre-game cere-mony honoring breast cancer survivors. Survivors who plan to attend the game can visit karmanos.org/pinkoutsurvivors to find out more about the ceremony.



## in a Christmas in July See the Christmas in July special section beginning July 23rd

### **Win Great Prizes!**

- Witch's Hat Brewing Co. Lifetime Membership (value \$250)
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- Motif Jewelers Galaxy pendant from Belle Étoile (value \$295)
- Modello 227 \$140 Hair Service **Gift Certificate**
- Larson's Jewelry Jewelry Gift (value \$200)
- **Cutco Kitchen** Salad Mates set (Value \$124)
- Nina McClemore Consultation with a \$50 gift certificate
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Look for this holiday icon hidden on the pages of Christmas in July section inserted into all Observer & Eccentric newspapers or online at Hometownlife.com. Correctly identify all of the pages where the icon is hidden and mail the entry form or enter the Holiday Icon contest on Facebook.

> **Publication Dates:** July 23: Observers and Hometown

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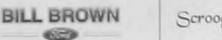
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# JOBS

tips for juggling part-time jobs

#### HEAR WHAT CAREER EXPERTS, AS WELL AS PEOPLE WHO'VE DEALT WITH SUCH A WORK SCHEDULE, HAVE TO SAY ABOUT HOW BEST TO JUGGLE MULTIPLE JOBS.

Working any type of schedule can require some juggling between your job and your other personal or professional commitments. This is especially true for workers who are to balance work with their personal life, but they have to manage and coordinate various workloads and schedules.

Some workers take on multiple part-time jobs by choice; they like the variety and the idea that no day is ever the financial necessity.

Whatever the reason, finding a way to juggle each job and be successful while doing so can pose challenges. Hear what career experts, as well as people who've dealt with such a work schedule, have to say about how best to juggle multiple jobs.

#### 1. Stay local

Isaura Gonzalez, licensed clinical psychologist, board certified coach and CEO of Hudson Psychological in Staten Island, NY, says that if you need to work multiple jobs, try to stay within an easy commute when possible. "It helps reduce stress, frustration and maximizes the amount of time you are using."

#### Maintain a schedule

"Maintaining a schedule is crucial when multitasking or multi-working, Gonzalez says. "When [and] where you have to be becomes a blur and confusing when you are bouncing around from location to location." Gonzalez suggests using a weekly appointment calendar with 15 minute time slots. "Using highlighters to mark different locations [and] jobs helps tremendously [in] keeping things organized."

#### 3. Make a checklist

Another helpful organizing tool is as easy as having a pen and pad of paper. "Balancing two or more jobs gets distracting, which can make it easy to forget tasks," says Erik Episcopo, a career adviser and resume expert at Resume Genius. "Organization is key to successfully juggling part-time jobs. Begin each day by writing a checklist of things that need to get done for each job."

#### Choose jobs strategically

Molly Celaschi, executive director at Malena Public Rela-

tions, says, "Keep various jobs different if you get bored easily, need a challenge, want a varied skill set or are considering a career change. Or, keep the jobs in the same field employed in multiple part-time jobs. Not only do they have if you want to specialize in one field and gain experience and knowledge the fastest."

#### Communicate effectively

If you're working in a consulting or freelancing role and same. Others find themselves working several jobs out of are juggling multiple clients, you may want to make it seem as though each client is the only one that's getting your attention. But, you're usually better off being transparent, so you can manage expectations as needed. "I think the most important part of balancing multiple jobs is being communicative with your clients [and] employers," says Lynn Maleh, writer, editor and creative consultant. "Make sure they know you have other projects going on, and always give yourself more time than you think you need for completing projects. I prefer to undershoot than overshoot."

#### 6. Resist overlap

"Eliminate overlap," Celaschi recommends. "Do not work two jobs at the same time, i.e., be logged in

online to a telecommuting job while sitting in the office for another position. It's not in the company's best interest, or yours. You'll mix projects and make errors."

#### 7. Take breaks

"Ending a shift just to start another right after can be demoralizing," Episcopo says. "That's why it's important to schedule a three or four hour period between shifts to allow you some time to take a breather, get something to eat or even take a reenergizing nap."

#### 8. Set limits

You may think that the more jobs you take on, the better off you'll be, but if you stretch yourself too thin, you'll end up burning out and may even jeopardize the quality of the work you produce. So, it's important to set some boundaries. "Set limits often and redefine as necessary. Otherwise, you will be overextended on your time, leaving you open to frustration and stress," Gonzalez says.

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#### ADVERTORIAL

# 2015 Lincoln MKZ is 'attracting next generation of luxury car buyers'

The 2015 Lincoln MKZ continues to represent the road ahead for the Lincoln Motor Co., said Steve Hunsinger, sales manager at Jack Demmer Lincoln in Dearborn.

"With its design, performance and technology, the MKZ is attracting the next generation of luxury car buyers," he said.

Those customers enjoy a wide range of standard features, plus three power train options:

» The standard 2.0L EcoBoost I-4.

» The available 3.7L Ti-VCT V6 engine.

» The Lincoln MKZ Hybrid, which offers the third-generation 2.0L Atkinson-cycle I-4 gas engine.

The 2015 Lincoln MKZ competes head-to-head in the luxury mid-size sedan market with brands like the Acura TL, Cadillac CTS, Infiniti Q50 and Lexus ES 350, while the Lincoln MKZ Hybrid contends with vehicles like the Infiniti Q50 Hybrid and Lexus ES 300h.

"There are many standard features on the MKZ that aren't offered on many of the competitive models," Hunsinger said.

"One of the most intriguing features of the MKZ is the push-button transmission, which is on the dashboard, alleviating the center console shift and offering a more open feel to the cabin of the vehicle," Hunsinger said.

The 2015 MKZ incorporates the new Lincoln design language of "elegant simplicity."

» Exterior design features include:

» Adaptive LED auto headlamps.

» Auto high beams.
 » Body-color exterior

The Lincoln MKZ has a10.1-inch LCD instrument cluster.

door handles with chrome insert. » Configurable daytime running lamps (available with select and reserve equipment groups).

» LED tail lamps and light-pipe driving lamps.

» Split-wing grille with chrome surround. » Pedestal-mounted

heated side-view mirrors with integrated turn signals, blind spot mirrors and security approach lamps.

» Power up/down deck lid (available). » Rectangular dual

exhaust with bright tips. » Retractable panoramic roof.

» Interior design features include:

 » 10.1-inch LCD instrument cluster.
 » Ambient lighting customers can choose from seven different colors (select equipment group). » Flow-through front console with storage bin, trinket tray and two cup holders.

» Genuine wood appliques.

» Illuminated scuff plates.

» Premium leather seating surfaces (select and reserve equipment groups). "The luxury and ele-

"The luxury and elegant attributes of the MKZ have not gone unnoticed by today's luxury car buyers," Hunsinger said. "The MKZ has done very well with current Lincoln owners, but Lincoln is looking at the big picture of attracting the competitive buyers and converting them to Lincoln owners."

In fact, Lincoln pre-

dicts that 45 percent of sales will be to past or current Lincoln owners, while 55 percent of sales will come from "conquest" customers, Huns-

inger said. Jack Demmer Lincoln is ready to serve all customers.

"With the integrity and knowledge of our professional sales staff, today has never been a better time to buy from Jack Demmer Lincoln," Hunsinger said. "From the moment a client enters Jack Demmer Lincoln, it becomes very clear what sets Jack Demmer Lincoln apart from the competition.

"Come in and discover the Jack Demmer difference today."





The 2015 Lincoln MKZ.



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Program is effective April 1, 2015 through July 31, 2015. Eligible customers with scheduled termination date from May 1, 2015 through September 30, 2015. Waives up to 3 payments (\$1,800 max). Customers must take delivery from dealer stock by June 30, 2015. Must lease or purchase with Lincoln AFS. Customers returning a Focus, Fusion. Escape, Edge, Explorer, Expedition, Flex, Fiesta, Taurus or C-Max vehicle must lease or purchase a new 2014/2015 Lincoln vehicle. Customers remain responsible for excess wear and use charges. Dealers are requested to inform customers that they may receive a bill for excess wear and use based on the Third Party post-termination inspection. Visit Jack Demmer Lincoln for details and to experience what's new with Lincoln.

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