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SUNDAY, DECEMBER 27, 2015 • hometownlife.com



YOUNG JOUBERT FOLLOWING FATHER'S FOOTSTEPS  
SPORTS, B1

# Speedway to rebuild two stations

Darrell Clem  
Staff Writer

Speedway plans to demolish two aging gas stations and rebuild along Canton's bustling Ford Road business corridor — another indication the local economy remains strong, officials say.

The company intends to reinvest in its locations at the Ford-Lilley and Ford-Canton Center intersections. The decision comes after several fast food restaurants and retail shops have spruced up their

facades along Ford Road. "I think it has to do with competition," Canton Treasurer Melissa McLaughlin said. "Obviously, the community continues to be a strong economic base and people who live in Canton are going to expect, I think, to go into shopping centers and restaurants and gas stations that essentially look like Canton. "I think it's a good thing," she said, adding it points to "a strong community." Municipal Services Director Tim Faas said one of the Speed-

way projects could begin as early as spring and, once it is done, the other would start. It isn't yet known which might occur first. "Both of those are very busy gas station locations," he said. Speedway already has received the go-ahead from the Canton Township Board of Trustees for site plan and special land use proposals for the two sites. Speedway's plans for the Ford-Lilley site include a 3,900-



BILL BRESLER | STAFF PHOTOGRAPHER  
The Speedway station at Lilley and Ford is being built anew.

See SPEEDWAY, Page A2

# STAR POWER



Maddie Helms (left) is a Canton High School junior who swims for Allison Schmitt's former team. Schmitt autographed a swim cap for Helms.

## Fans flock to see Olympic swimmer Schmitt

Matt Jachman  
Staff Writer

World-class swimmer Allison Schmitt drew a crowd Wednesday to a Plymouth Township supermarket, where she signed autographs, posed for photographs, chatted with young swimmers — and showed off one of her three Olympic gold medals. Schmitt, of Canton Township, is on a break from training in Tempe, Ariz., where she is working to earn a berth on the U.S. women's swim team for the 2016 Summer Olympics. Her appearance at Busch's Fresh Food Market was sponsored by the United Dairy Industry of Michigan.

"She was really nice," said Mc-

Kenna Larkin, 15, after she, sister Brooke, 13, and their father Dave visited with Schmitt. The trio had driven from Clarkston just to see the swimmer; McKenna and Brooke (who pronounced Schmitt "awesome") swim with the Clarkston Sea Wolves. Dave Larkin was impressed with gold medal sitting on the table where Schmitt was signing autographs. "Oh, my gosh, it's fantastic," he said. Schmitt, who was accompanied by her parents Ralph and Gail and younger sisters Sara and Kari, arrived about 9:30 a.m. to find a line of fans at Busch's.

See SCHMITT, Page A3



BILL BRESLER | STAFF PHOTOGRAPHER  
Olympian Allison Schmitt met fans and signed autographs Wednesday at Busch's Fresh Food Market in Plymouth Township.

## Carjacking suspect's hearing delayed

Darrell Clem  
Staff Writer

A Westland man's probable cause hearing has been pushed back to Feb. 19 on charges he attempted two carjackings outside a Canton Walmart after witnesses say he first brandished two airguns inside the store, frightening customers and employees who feared the weapons were real.

Faheem Tamir-Saul Nance, 25, also was accused of making threats that he had a bomb inside a Honda Accord he tried to steal, but authorities say the claim was false.

Nance's court hearing has been delayed after he was referred to a forensics center for a psychiatric evaluation. A defense attorney has raised questions about whether he is competent to stand trial and whether he should be held criminally responsible.

Nance was expected to appear in court Dec. 18, but the hearing was delayed for two months. He is charged with two counts of carjacking, six counts of assault with a dangerous weapon and one count each of armed robbery, making a false bomb threat and felony firearm.

Charges against Nance followed an incident police say occurred about 10:30 p.m. Sept. 13 outside the Walmart store on Ford Road, near Lotz. Police say he pointed two Airsoft pistols at employees inside the store and then attempted two carjackings involving customers in the parking lot.

Witnesses told police Nance managed to get inside one victim's Honda Accord, but struggled to work the manual trans-



Nance

See SUSPECT, Page A2

## Local actress rides ups and downs of show business



Plymouth native Elyse Mirto has had an almost 30-year acting career.

Jill Halpin  
Correspondent

Plymouth native Elyse Mirto's almost 30-year acting career has been a thrilling roller-coaster ride — a lot of ups and downs and never boring. Now living in Los Angeles, she's back on top again after receiving two top award nominations for her work on stage: the 2015 Ovation Award for Best Leading Actress in a Play, alongside Laurie Metcalfe (best known for her work on the television show *Roseanne*), and the Broadway World Los

Angeles Award for Lead Actress in a Play, alongside Emmy-award winning actress Laura Linney. Mirto has also landed a recurring role on the Turner Network Television series *The Last Ship* and hit the screen this year with guest roles on the ABC television series *Scandal* and the CBS series *NCIS*, starring Mark Harmon, another actor with ties to Michigan. "It's been crazy and busy — not a rational career, but I love it," said Mirto, who, in addition to her work in television, has hit the stage in 11 plays since

2013. It is a schedule that would challenge even Angelina Jolie, yet Mirto, a classically trained actor who studied stage performance in London, embraces it wholeheartedly. "It's in my blood. There really is no other explanation. My mother insists I've been saying I wanted to act since I was in preschool," she said, laughing. Her journey as a performer did, indeed, begin early. She caught the acting bug as a student at Plymouth Salem High School, studying under

well-known teacher and champion of theater arts Gloria Logan, before graduating in 1986. A talented singer and dancer in addition to her acting skills, Mirto relishes her time on the stage as a high school student. "I learned so much under (Logan). I was getting the leads and just loving it," she said. She moved on to Western Michigan University, earning a B.S.A. degree in musical theater performance, where her talent did not go unnoticed. She

See MIRTO, Page A2



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### INDEX

Community Life	B5	Homes	C4	Services	C3
Crossword Puzzle	C2	Jobs	C1	Sports	B1
Education	A4	Obituaries	B4	Wheels	C4



## SUSPECT

Continued from Page A1

mission, giving officers time to reach the scene and make an arrest. If convicted as charged, the defendant could

face penalties ranging up to life in prison.

Nance had been slapped with a \$500,000 bond and ordered to jail after he was charged.

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## SPEEDWAY

Continued from Page A1

square-foot brick convenience store, eight fuel pump islands, improved landscaping, new signs and 33 parking spaces.

Company plans for the Ford-Canton Center location include the same size convenience store, but with six pump islands and 27 parking spaces. Speedway also plans to close off one of the two Canton Center entrances — the one closest to Ford.

The Ford Road corridor in recent months has seen a flurry of

improvements to fast food restaurant facades; a small retail center built northwest of Ford and Haggerty; a new Black Rock restaurant where the old Roman Forum once stood; and a makeover of a small shopping center, northwest of Ford and Lilley, where renovations are occurring to accommodate a Chipotle Mexican Grill.

Officials say it all points to a good sign for Canton's economy.

"Businesses that are thriving tend to see reinvestment," Faas said.

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## Goodfellows' finances improve as year ends

Darrell Clem  
Staff Writer

Despite helping 321 children in 125 families this holiday season, Canton Goodfellows ended the year in a stronger financial position than it started.

The nonprofit charity has \$40,000 in its coffers, signaling a rebound after its cash reserves had gradually declined from \$100,000 to \$34,000.

Goodfellows President John Spencer said the decision to once again sell newspapers and to sponsor a magic show at the Village Theater at Cherry Hill drew a warm response from a community that cares for its own.

"The Lord looks over those who help others," he said. "The community has been very supportive."

Volunteer Nancy Wil-



BILL BRESLER | STAFF PHOTOGRAPHER  
Canton Goodfellows President John Spencer and Lisa Kluka collect money during a fundraiser to help children at Christmastime.

liams said demand for help this year was slightly down, a sign that maybe some families are doing better as the economy has improved. She said Goodfellows had to use less of its finances this year to shop for gifts.

"We actually this year had to shop less internally than in the past," she said.

Much of that stemmed from efforts to find local residents to buy gifts for children — a move that places less strain on the Goodfellows budget.

"We are starting off in 2016 in a better position," Williams said.

Spencer said this year's holiday season "went very well" consid-

ering volunteers early on had concerns about the organization's finances.

Williams agreed and said Goodfellows volunteers send "an enormous thank you" to a giving community.

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## MIRTO

Continued from Page A1

was awarded a scholarship to attend the Royal National Theatre of Great Britain, studying under Sir Ian McKellan.

The achievement was even more meaningful because "I was the first music theater major even chosen for the scholarship," Mirto said, explaining that there is an assumption that most music theater performers don't have acting skills as well.

"It was an amazing opportunity," she added.

Her next stop was Chicago, where she spent five years on-stage, appearing at the Goodman Theater and the Chicago Shakespeare Theater, among others. Her work on stage in addition to television commercials helped her land a spot with one of the top talent agencies, sending her west toward the Hollywood television and film

scene.

"Los Angeles was a shock," she said. "I had experience and training and good reviews; I was getting parts, but it was a bit of a surprise, not at all what I expected."

After landing a part almost immediately in a short-lived television series starring Jerry O'Connell and a role in an HBO movie featuring Ray Liotta, Don Cheadle and Joe Mantegna, Mirto said her first thought was, "I made it."

However, she soon figured out that "there is no rhyme or reason to this business; there is very little rationality to this career."

Although a healthy weight for her body size, casting agents continually urged the 5-foot-7 Mirto to "lose 20 pounds."

"It was very frustrating," she said. "I was not overweight at all."

Mirto said she continued to land guest roles — *Chicago Hope*, *The Hughley's* and *JAG*,

among others. But her determination for a career in acting was beginning to waver.

A family crisis — the death of her brother, Christopher Mirto — sent her reeling in grief and on a journey toward introspection.

"I started doing Yoga very intensely and hiking for about six months," she said. Clearing her head allowed her to start a path back toward her first love: acting on stage.

"I headed to New York," she said.

It was a good move. Her first play in the city was a thriller, *Any Day Now*, for which she won the 2009 New York Innovative Theatre Award for Outstanding Actress in a Lead Role. She followed that with another strong performance: She was also a 2010 nominee in the same category for her performance as Anna in the Workshop Theatre Co.'s production of Dana Leslie Goldstein's *Next Year in Jerusalem*.

She continued to act on stage in New York, returning to Los Angeles in 2012 to play the role of Beatrice in *Much Ado About Nothing* for the Kingsmen Shakespeare Festival and has barely stopped for a breath since.

In addition to acting on-stage, she has also managed to shoot three national commercials and record three audio books.

"It feels great right now, but I also have learned that you need to be skilled. It has allowed me to be resilient," she said.

Despite a busy schedule, Mirto occasionally finds time to return to Michigan to visit her father Gary Mirto, a Milford resident; mother Karen Mirto Lowers, who lives in South Lyon; and others friends and family.

"I'm so lucky to have a family that has always been supportive of me. I feel so grateful," she said.

## CANTON OBSERVER

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## Praveena

Praveena Vellanki sensed something was wrong but she didn't say anything - it was too difficult to open up about such a private matter. She held in her fears and silently worried. In time, she was diagnosed with breast cancer and quickly began treatment at St. Mary Mercy Livonia. Four years later, after eight cycles of chemotherapy, surgery and radiation - a treatment plan spanning 16 months - Praveena is cancer-free. She is once again volunteering at her Temple and cooking for family and friends. She credits the care team who stood by her during her toughest days.

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# SCHMITT

Continued from Page A1

"It was really rewarding to see that," Schmitt said. She said that she likes to see the passion in the eyes of young swimmers.

"It's cool to see the little kids come up and get their caps signed," Kari Schmitt said. Kari and Sara, who are twins, swam with their older sister when they were freshmen at Canton High School and Allison was a senior.

"That was our chance to do a sport with her," Kari Schmitt said. The twins went on to play hockey at Ohio State University, where they are seniors.

## Third Olympic quest

Allison Schmitt graduated from Canton in 2008 and swam in the Olympics later that year, winning a bronze medal as part of the U.S. 800-meter freestyle team. Four years later, in London, she took five swimming medals, three of them gold. She's a graduate of the University of Georgia.

She said she's confident she can return to the next summer's Olympics, which will be held in Rio de Janeiro.

"I'm taking it day by day and training hard," she said. Earlier this month, Schmitt won the both the 200- and 400-meter freestyle races at the AT&T Nationals in Seattle.

Her training partners include Olympic medalist (and former University of Michigan swimmer) Michael Phelps, Chase Kalisz and Sierra Runge, all members of the U.S. national team.

Wednesday's event included several employees from Busch's and the UDIM, which represents dairy farmers and producers across the state. Schmitt was at Busch's on behalf of the UDIM's Milk Means More campaign, which has been promoting the benefits to athletes of drinking chocolate milk.



Bill Bresler | Staff Photographer  
Melanie Reyes photographs daughter Isa Reyes, 12, with Olympic medalist Allison Schmitt of Canton Township. Isa swims with the Dexter Community Swim Club.



Bill Bresler | Staff Photographer  
Allison Schmitt gives 7-year-old Joey Magos a chocolate milk mustache. Joey, a swimmer, came all the way from Tecumseh.



Bill Bresler | Staff Photographer  
Charlotte Boehm, 8, and brother Pierson Boehm, 5, of Livonia, get Allison Schmitt's autograph. Their dad, Eric Boehm, brought the kids to the event.



Bill Bresler | Staff Photographer  
Ten-year-old Gracyn Schmidt of Canton poses for a photo with six-time Olympic medalist Allison Schmitt. Gracyn swims with the Plymouth-Canton Cruisers.

"Having Allison here is just fantastic, not only for the store and the community, but especially for the kids," said John

Hunter, director of marketing for the Busch's chain.

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MCCASKILL FAMILY SERVICES  
This pile of more than 200 gifts, donated by the staff at McCaskill Family Services and by clients and friends of the counseling center, is intended for a family in need at Christmastime.

## Counseling center adopts area family for Christmas

McCaskill Family Services, a Plymouth counseling center that this year opened a second location in Brighton, recently adopted a family for Christmas.

The center was assigned a family with three children and a fourth on the way. Staff members, their friends and even clients dropped off gifts in the waiting room over a

two-week period.

More than 200 newly purchased gifts were donated and staff members took time during their recent office Christmas party to wrap the gifts and included special notes to each of the children.

Psychologist Pamela McCaskill said she wanted to acknowledge the time, money and work that went into mak-

ing the donations, saying that it represents a coming-together of the "office family" to help a family in need.

"This is the true meaning of the holidays and, the more we bring awareness to others through the media, the more joy we can spread to offset some of the more troubling news stories of recent times," McCaskill wrote in an email.

## Pastor gears up for radio program launch

Equipping believers to live the Christian life in a rapidly changing culture is the focus of Moody Radio's newest national weekday program, "Equipped with Chris Brooks," which launches Jan. 4, 2016.

The live, one-hour program will be hosted by Chris Brooks, a Walled Lake resident who has served as campus dean of Moody Theological Seminary in Michigan since 2013. Brooks is also senior pastor of Evangel Ministries in Detroit, a thriving 1,600-member church in the heart of Detroit.

"Chris's humble, pastoral tone and depth of biblical knowledge and practical advice will serve our listeners well, and we are excited for what the Lord will do through this new program," said Collin Lambert, vice president of Moody Radio. Featuring caller interaction, special guests and social media interaction, "Equipped" will tackle issues including marriage, family, vocation, evangelism and other areas of the Christian life.

"Many Christians are disoriented, lost and confused in this hour, wondering what it means to be a Christian in a world that is changing so rapidly and where there is a lot of hostility," said Brooks, who also serves on the executive team of Everyone a Chance to Hear, an outreach program involving more than 500 churches in southeast Michigan. "I also find a lot of Christians who feel defeated. My burden for Christians is simple: that they would have confidence in the gospel and clarity in their calling in Christ."



Brooks

Moody Radio will air the live, call-in program across its owned and operated radio stations and its online streams from 11 a.m. to noon. The program will additionally be heard via the network stream and iPhone and Android apps as well. The program is being made available to Moody Radio's more than 700 affiliate stations.

"We'll use every platform we can to engage the listener — through the app, the radio and social media," Brooks said. "These are real people who are trying to deal with real life and looking for biblical answers and that's what you'll find on 'Equipped with Chris Brooks.'"

Brooks graduated from Michigan State University with a bachelor of arts in finance, completed his master of arts in Christian apologetics at Biola University and graduated from the Oxford Centre for Christian Apologetics at Oxford University. He and his wife Yodit are the proud parents of Christopher, Zewditu, Cameron, Judah and Sophia.

For more information about Moody Radio's "Equipped with Chris Brooks," go to [www.equippedradio.org](http://www.equippedradio.org).

Check us out on the Web every day at [hometownlife.com](http://hometownlife.com)

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# Young: Courts more efficient, customer-focused

Chief justice touts reforms and millions of dollars saved

Justin A. Hinkley  
Michigan.com

Improving Michigan's court system is a marathon without a finish line, the Supreme Court's Chief Justice Robert Young Jr. said, but enough has been accomplished by 2015 to merit some tooting of the horns.

Young, the Supreme Court and the State Court Administrative Office are now touting a host of reforms meant to make the staid judiciary more accessible, efficient and customer-centric. From reducing judgeships to consolidating trial court administration to posting performance dashboards online, the court has filled a colorful brochure with

back-patting talking points — millions invested but millions saved, too.

"If we were a private-sector business, we would be making a profit and the profit motive would generate the impetus for us to do things ... as efficiently as we could do it and we would want to have a great return on our activities," Young said. "We're not a business, but many of those same principles can be applied and we are applying them."

The initiatives have been under way since Young joined the court in 1999, he said. Made the court's point man on technology at that time, he found the state's 243 local trial courts lacked uniformity and the ability to effectively work together. Funded mostly by the counties or cities where they reside, there were 165 different funding

units, 150 different computer systems and multiple, unrelated case management systems.

"We are one court of justice in name only ... there was no way for the trial courts sitting cheek-by-jowl to know what was happening," Young said. "We've had a lot of different kinds of measures, we just never paid any attention."

The Supreme Court and SCAO went about getting every local court online and upgrading case management systems. In 2002, with the help of a federal homeland security grant, the Judicial Data Warehouse was built, allowing courts to share and access each other's information.

After getting them to work better, the Supreme Court wanted courts to work more efficiently, Young said.

In every county around the state, "there's

a probate court, there's a circuit court and there's a district court, frequently in the same building," Young said. "But for all the collaboration between them, they could be on the moon, Mars and Pluto."

In response, the high court replaced chief district, circuit and probate judges with "super chief" judges who administer all courts for the county, allowing more backroom consolidation of things like clerks and mail rooms. There were nine super chiefs in 2010, 50 today, and "in every county, we are compelling the courts to figure out how they are going to share more of their resources," Young said.

As well, "for years, we've had a Legislature that was willing to add judgeships where the demand was needed," Young said, "but they were absolutely unwilling

to reduce."

That started to change with the high court's biannual recommendations in 2011. Since then, a net 21 judges have already been eliminated and 19 more will be eliminated by retirements. Another net three judges will be eliminated if the Legislature approves the 2015 plan. About \$200 million could be saved when the current recommendations are fully implemented, court spokesman John Nevin said, though it could take decades for that to happen, because the seats are eliminated through attrition.

In 2010, the courts also implemented videoconferencing, allowing jailed defendants to participate in routine hearings without being transported to the court. That's already saved the Michigan Department of Corrections millions of dollars and

should be in every courtroom in the state by the end of 2016.

Reaction to such reforms has been mixed around the state, said Ingham County Circuit Judge Laura Baird, president of the Michigan Judges Association.

With 83 counties ranging from densely urban to sparsely rural, "it is vastly different circumstances around the state, so I would say that completely agreeing with any plan is not going to happen," Baird said. "The counties that are losing judges don't like that, so it's that old saying, 'It depends on whose ox is gored.'"

"The majority of the counties out there seem to be pleased with the changes," said Mike Wendling, St. Clair County prosecutor and president of the Prosecuting Attorneys Association of Michigan.

## Teacher training the focus of new bills introduced in Lansing

Kathleen Gray  
Michigan.com

Education policy jumped to the forefront of a slew of new bills introduced at the state Capitol last week.

A trio of bills would require professional development training for teachers, mentors for new teachers and penalties for teachers who do not comply with continuing education requirements.

Other bills would require teachers to get training in how to detect the warning signs of suicide and depression, and yet another bill would require that schools that host polling places be closed to students on election days.

Bills introduced last week include:

### House bills

**HB 5150-5151:** Limit municipalities' ability to

pay a judgment by levying a tax or issuing bonds. Sponsor: Rep. Earl Poleski, R-Jackson

**HB 5152:** Provide for less-stringent protection for wetland waters that aren't waters of the U.S. Sponsor: Rep. Larry Inman, R-Williamsburg.

**HB 5153:** Require that schools that are used as polling places not hold classes on Election Day. Sponsor: Rep. Peter Lucido, Shelby Township.

**HB 5154:** Make instruction and professional development on the warning signs for suicide and depression mandatory for teachers. Sponsor: Rep. Peter Lucido, R-Shelby Township.

**HB 5155:** Modify penalties for unlawfully taking a fish from an inland lake. Sponsor: Rep. Triston Cole, R-Mancelona.

**HB 5156-5159:** Require compliance with guidelines and standards re-

garding professional development for teachers; assign new teachers with mentor teachers; and provide for penalties for non-compliance with continuing education requirements. Sponsors: Reps. Lisa Lyons, R-Alto; Daniela Garcia, R-Holland; Amanda Price, R-Park Township; Ken Yonker, R-Gaines Township.

**HB 5160:** Require instruction in cardiopulmonary resuscitation and use of external defibrillation for graduation from high school. Sponsor: Rep. Thomas Hooker, R-Byron Center.

**HB 5161:** Prohibit termination of employment for medical marijuana users under certain circumstances. Sponsor: Rep. Sam Singh, D-East Lansing.

**HB 5162:** Restrict state assistance with federal government data collection. Sponsor: Rep.

Martin Howrylak, R-Troy.

**HB 5163:** Repeal the Urban Land Assembly Act and transfer any funds into the Michigan Land Bank. Sponsor: Rep. Kurt Heise, R-Plymouth.

**HB 5164:** Revise fees collected for land use final plat. Sponsor: Rep. Lee Chatfield, R-Levering.

**HB 5165:** Clarify recording fees for judgments recorded by Register of Deeds. Sponsor: Rep. Jeremy Moss, D-Southfield.

**HB 5169:** Eliminate and repeal the taxable value and income disqualifier for qualifying disabled veterans and property tax exemption. Sponsor: Rep. Earl Poleski, R-Jackson.

### Senate bills

**SB 669:** Establish a noise-control act. Spon-

sor: Sen. Mike Green, R-Mayville.

**SB 670:** Create World War I Centennial commission. Sponsor: Sen. Rebekah Warren, D-Ann Arbor.

**SB 671:** Expand membership and duties of the wine and grape council. Sponsor: Sen. Goeff Hansen, R-Hart.

**SB 672:** Expand parental waiver of liability for a minor to include camping activities. Sponsor: Sen. Goeff Hansen, R-Hart.

**SB 673:** Extend the sunset on the obsolete property rehabilitation act. Sponsor: Sen. Ken Horn, R-Frankenmuth.

**SB 674-676:** Modify criminal history check for employment in a covered health and adult foster care facilities. Sponsor: Sen. Hoon-Yung Hopgood, R-Taylor.

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# See the 2016 Lincoln MKZ and experience the 'Demmer Difference'

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The midsize sedan has an "open and inviting interior with many features that will surprise people," Demmer sales manager Chris Conley said. "From the floating center console with ample storage underneath it and the attention to detail that is noticeable throughout the vehicle."

The 2016 MKZ is available with front- or all-wheel drive. "Three engine choices with three levels of performance and three suspension settings allows the MKZ to be tailored to each driver's personality," Conley said. The hybrid version is rated at up to 41 MPG.

"The available all-wheel drive offers peace-of-mind for all driving conditions," he added.

Standard features for the 2016 MKZ include:

- » 240-horsepower, turbocharged 2.0-liter, four-cylinder engine
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- » Front-wheel drive
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- » Remote start
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available features include:

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- » Leather upholstery

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- » Heated steering wheel
- » THX II-certified premium stereo
- » Blind spot warning system with rear cross-traffic alert
- » Inflatable rear seat belts

The MKZ Hybrid uses a 2.0-liter, four-cylinder gas engine, an electric motor powered by lithium-ion batteries and a continuously variable automatic transmission. It gets an EPA-estimated 41 mpg in city driving and 39 mpg on the highway for a combined rating of 40 mpg.

Significant features of the hybrid include:

- » New EcoSelect selectable driving mode for enhanced efficiency
- » Front-wheel drive
- » Total system output of 188 hp

- » Same starting price as gas-only MKZ
- » Similar standard and available features as regular MKZ

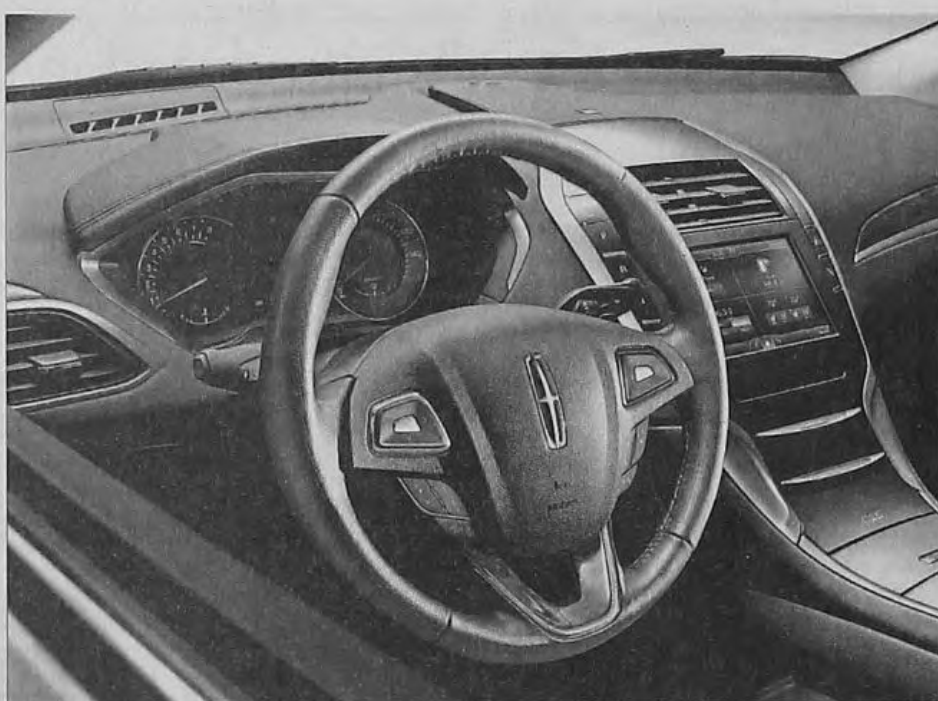
From the moment a client enters Jack Demmer Lincoln, it becomes very clear what sets Jack Demmer Lincoln apart from the competition. With the integrity and knowledge of the professional sales staff, today has never been a better time to buy from Jack Demmer Lincoln.

"Most of our MKZ clients lease another MKZ because they love the car so much," Conley said.

Jack Demmer Lincoln is located at 21531 Michigan Ave. in Dearborn. The dealership is open from 8:30 a.m. to 9 p.m. Monday and Thursday and 8:30 a.m. to 6 p.m. Tuesday, Wednesday and Friday.

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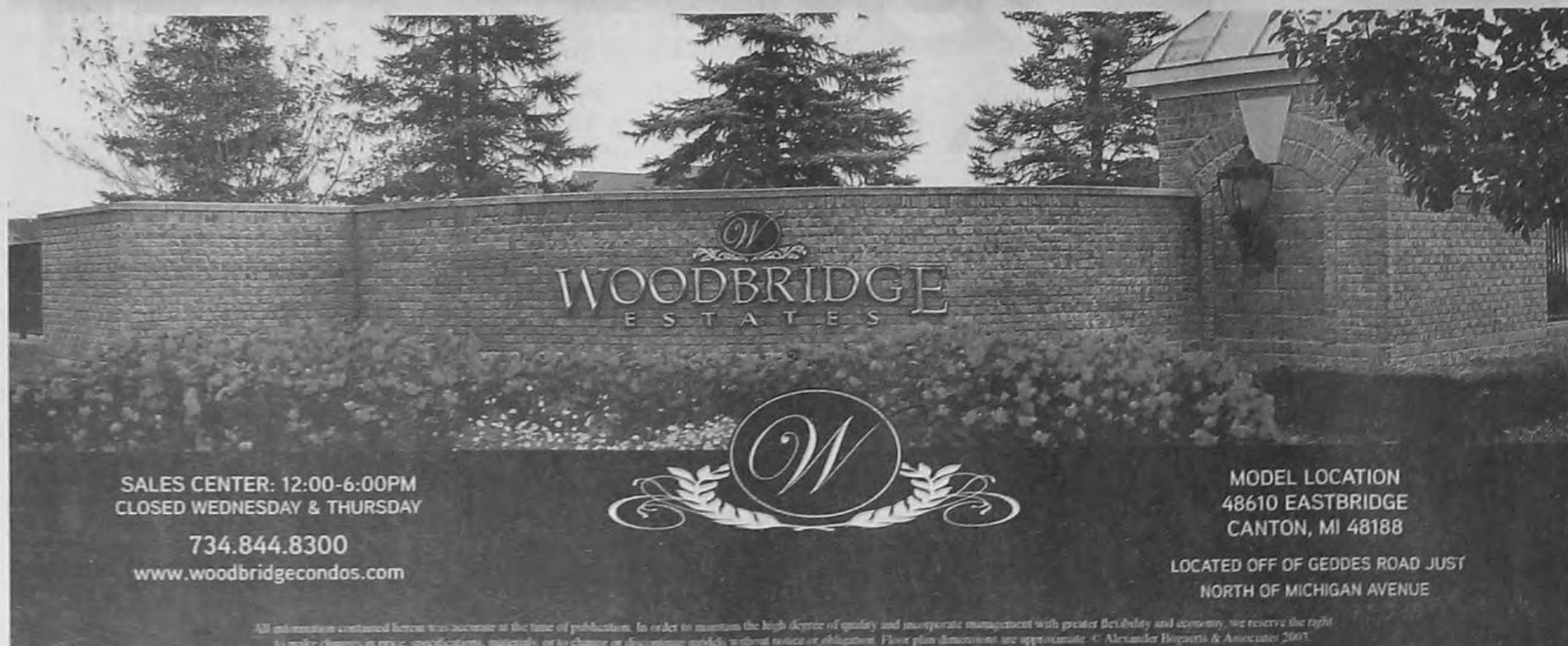
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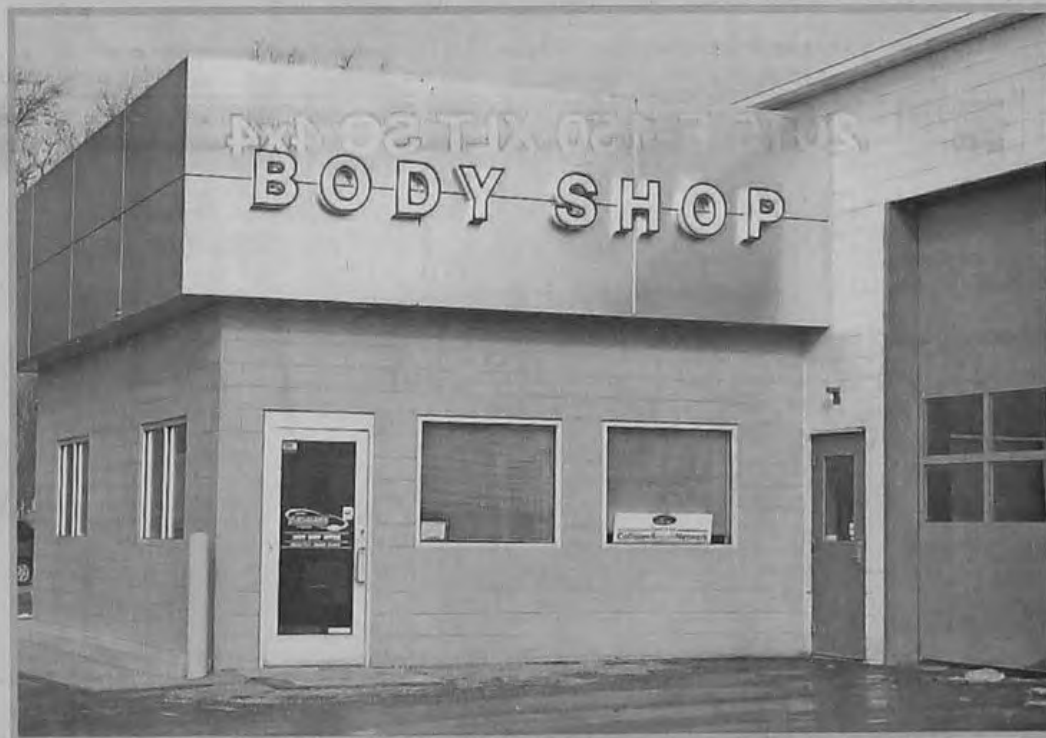
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# Keegan-Michael Key puts improv to use to help kids

**Julie Hinds**  
Michigan.com

Southfield-born Keegan-Michael Key is the hottest star around who hasn't forgotten his roots. The six-time Emmy nominee for Comedy Central's *Key & Peele* wrapped the series this year and is moving on to film deals, like the "Substitute Teacher" skit that will be turned into a movie starring him and Jordan Peele.

He has aced the romantic comedy thing in guest turns on USA's *Playing House* and NBC's *Parks and Recreation*. He was part of the 2014 ensemble for FX's critical hit *Fargo*.

This year, he nearly stole the show at the White House Correspondents Dinner, when he popped up next to President Barack Obama as the *Key & Peele* character Luther, the anger translator for the self-contained commander-in-chief.

Earlier this month, Key came home with the 313 improv troupe, a Los Angeles-based group of transplanted Detroiters, for a sold-out benefit at the Detroit Institute of Arts.

The event helped raise money for a group close to his heart: the Detroit Creativity Project, which grew out of the bond between former members of the now-defunct Second City Detroit.

The Detroit Creativity Project was launched in 2011 by Second City Detroit alum Marc Evan Jackson (Fox's *Brooklyn Nine-Nine*) and his wife, Beth Hagenlocker. Dedicated to empowering and inspiring the city's young people through the arts, it has created a program to teach improv to Detroit middle and



Marc Evan Jackson (left) and Keegan-Michael Key at the second annual Detroit Party in Los Angeles to benefit the Detroit Creativity Project.

high school students.

Since 2012, the program has taught 800 students from schools including Cass Tech, Pershing, Bates Academy and Brenda Scott Middle School. The annual Detroit Party in Los Angeles, attended by celebrities like Key, Jackson and Oscar winner J.K. Simmons, raises thousands for the program each year.

Key learned the value of humor for children firsthand way back at Gesu Catholic Elementary School in Detroit and, later, in high school at Royal Oak Shrine Catholic, where he was a self-described class clown.

"If you're not big and you're not strong and you're not coordinated, you don't get to be an athlete," he said. "You have to find other means to survive. How am I going to generate social currency at 11 or 12? The

way to do that was to stand outside of yourself, so you don't get overwhelmed by emotion every day of your existence. The way to establish humor and utilize humor is to step outside of a situation you may be in and say, 'Hey, I just noticed X, Y and Z' and everyone else goes, 'Ha-ha, I just noticed that because you said it.'"

That's the sort of thinking behind the Detroit Creativity Project. Improv not only boosts creativity, according to Key, it also helps teach problem-solving skills and fosters empathy for others. By pretending to be different people in different situations, children learn that people lead all sorts of lives and yet relate to each other, he notes.

In many ways, comedy can be a universal language, according to Key. "All Jordan (Peele) and I have done for five

years is tell human stories and slap a couple cultural filters on top of it. That's all. That's all. If we were two guys named Bjorn and Ollie from Norway, we could write the same sketch and just put different cultural filters over it."

## Comedy and adversity

Key credits Second City Detroit with honing his comedy skills through adversity. Unlike the famous Second City comedic breeding ground that originated in Chicago, the satellite Detroit troupe drew little tourist traffic and had to work hard to write new material and convince people to keep coming to shows.

"There was never a day where the specter of the theater closing wasn't over our heads, where they don't have to worry about that in Chicago," the 44-year-old said of his

tenure there in the 1990s.

"We had to make every show the most vibrant, relevant funny show we could, so we could keep the doors open. That's a pretty effective motivator. ... The Second City is never going to close in Chicago. When Jesus comes back, he's going to see a show at the Second City there. At Second City Detroit, it wasn't just making art. It was making the best of what we could for survival, so we could keep our jobs."

He remains friends with other alums like Jackson and Maribeth Monroe (Comedy Central's *Workaholics*).

"When you've been through a resident cast with each other, it's almost like being war buddies," said Margaret Edwartowski, the director of arts at Y Arts and the Improv Project collaborator who oversees the local teaching artists in the program.

One of Key's favorite skits from that era was called "Phantom Menace to Society" and satirized the idea that new stadiums would save Detroit.

"We did this great number that was about the building of Comerica Park and once we build Comerica Park, it will solve every single problem in Detroit. That, to this day, is one of the favorite things I've ever done in my life on the stage, ever," he said.

"There's a difference between a laugh of surprise and a laugh of recognition. To just have waves and waves of laughter of recognition, it was so great. It will always be a fond memory."

After leaving Detroit for Second City in Chicago and polishing his television skills through six seasons of Fox's

*MADtv*, Key and his comedy partner Peele ascended to pop culture's top echelon with their innovative, sometimes provocative sketches on *Key & Peele*. Their parody of football-player name introductions became an instant classic and their skits about movie-loving valets and *Les Miserables* showed their range.

With *Key & Peele* wrapping its final season this year, he is focusing on films like *Keanu*, which co-stars Peele, Will Forte and Luis Guzman and is set to hit theaters this spring. He's also keeping an eye on opportunities for serious roles. The University of Detroit Mercy grad, who spent most of his time at the college immersed in theater and went on to graduate school in classical acting at Penn State, said, "Drama's the next step. The majority of my professional career has been an 18-year detour from drama. All I ever wanted to do in life was be Robert De Niro."

His advice to young people who want to follow in his footsteps is to find their tribe, as he puts it: "They must find a community. I don't care if you do it through improv, through an acting class. The way that begins in hauling lumber or sweeping the floor, all that production assistant stuff. Once you have a community, it helps you move forward."

"When I come home to Detroit, I want to help somebody, but that's only because I had a community to help me. It doesn't matter if it is comedy or drama, find your tribe and do everything you can to be helpful. As long as you're helpful, they will want to be helpful to you."

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# Bloomfield Hills High School freshman stars as Clara in 'The Nutcracker'

Grace Weaver, a 15-year-old freshman at Bloomfield Hills High School, has been dancing since age 3. She started advanced training under Cornelia Sampson at Rochester School of Dance in 2013 and became a senior member of the Michigan Ballet Theatre in 2015. This past weekend she performed as one of five principal artists in MBT's production of *The Nutcracker*.

Performing the role of Clara in alternating casts with North Farmington senior Rachael Freedman, MBT put on five performances at Avondale High School's Performing Arts Center. Professional principal artists Abigail Simon (Sugar Plum Fairy); Garrett Patrick Anderson (Cavalier); and Andrew Kaczmarek (Nutcracker Prince) also joined the cast of MBT.



DAN DEAN  
Principal artists Abigail Simon (Sugar Plum Fairy) and Garrett Patrick Anderson (Cavalier) perform the Grand Pas de Deux for Clara and the Nutcracker Prince.



DAN DEAN  
Rachael Freedman dances as principal artist in Michigan Ballet Theatre's production of "The Nutcracker."



DAN DEAN  
Fritz (Ella Schultz) in a scene from the party.

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# Maria Montessori welcomes U.S. Marine

**Aileen Wingblad**  
Staff Writer

A United States Marine directly involved with Toys for Tots gave a special thank you to Maria Montessori students and their families recently for the hundreds of dolls, trucks, games and other playthings donated to this year's holiday program.

Staff Sgt. Aaron Mowen visited the Farmington Hills school earlier this month to gather up the filled toy bins – and bags with more goodies – collected in the past few weeks, but not before visiting with the kids and parents to talk about what he does and why he does it.

Mowen, a 12-year veteran with the U.S. Marine Corps Reserves, also fielded questions from the youngsters.

ranging from "What time do you have to get up?" to "Were you in the Civil War?" – and plenty more in between.

Joining the service right after high school, Mowen re-enlisted after completing his first four years because of a pending deployment by his fellow Marines. "I had lots of friends in the military and just knew I needed to serve with them," he said.

Mowen said the Toys for Tots donations collected at Maria Montessori were impressive.

"It's just amazing. It's always amazing to see all the support a community gives for this program," he said. "And I feel this year more than ever the amount of contributions is second to none."

Mowen delivered the donated toys to a distribution center for

needy families.

He also took with him an assortment of letters written by Maria Montessori students, to be given to U.S. soldiers.

Rochelle Alexander,  
principal of Maria Mon-



Maria Montessori in Farmington Hills was a drop-off site for Toys for Tots this year. Students, staff and parents are pictured here with Marine Staff Sgt. Aaron Mowen, who recently visited.



Staff Sgt. Aaron Mowen, with the U.S. Marine Corps Reserves, shows his flak jacket to students



**Rishi Lakkakula**  
grins as he  
struggles to lift  
Staff Sgt. Aaron  
Mowen's  
70-pound  
backpack.

tessori, said giving to charities throughout the year is a given for the school. But this was the first time Toys for Tots was included – and, of course, the first time a U.S. Marine visited on behalf of the program.

"It's definitely a worthy cause, so we wanted to get behind it and keep it moving forward," she said. "And we are all really enjoying this experience."

awingblad@hometownlife.com  
248-390-3976

## Ask Dr. Stewart

Dr. James Stewart offers treatment for sleep apnea and chronic snoring from his practice in Livonia, MI. Today he answers a question about the link between sleep apnea and high blood pressure.

## SLEEP APNEA AND HIGH BLOOD PRESSURE

*Dear Dr. Stewart: Is it true that sleep apnea can raise blood pressure?*

Dr. Stewart: Yes. Sleep apnea causes a patient to stop breathing for brief periods during the night. Once you stop breathing, the brain becomes deprived of oxygen. In a desperate bid for more oxygen, the body begins moving blood as quickly as possible through your body to deliver oxygen to the brain. The sudden rush can raise blood pressure during the night and tends to carry over to the daytime when the patient is awake.

Also known as hypertension, elevated blood pressure can increase the risk of stroke and heart attack. There is evidence however that blood pressure can be lowered when sleep apnea is treated.

If you have questions about your sleep difficulties then contact Dr. Stewart's Sleep Better Michigan practice.

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# A world of places, right here in Michigan



**Gene Scott**  
GUEST COLUMNIST

Did you know that you can travel to London, Milan, Moscow and Paris in the same day without leaving Michigan?

That's because these are places in our state with the same names as their better-known counterparts. And there are many more — Dublin, Frankfort, Gibraltar, Holland, Norway and Vienna, to name just a few.

They are among Michigan's more than 5,000 towns of the past and present, many of which share their names with famous places. Approximately 3,000 of these cities or villages remain, some with barely a handful of people.

London is in Monroe County, but not much is left of this virtual ghost town that began in 1832 and started to die after 1905. Only a few homes off Ostrander Road remain. Its township, also named London, has 3,000 residents.

Seven miles north is Milan, on the Monroe-Washtenaw county border at U.S. 23, south of Ann Arbor. It includes nearly 6,000 people plus Milan Dragway, a federal prison and some neat historic homes. Named after the Milan in New York, it began in the 1830s and has had several earlier names, incorporating as a village in 1836 and a city in 1967.

Yes, comrades, Michigan even has a Moscow. It was named by early settlers in 1834 after Moscow, N.Y. Located on U.S. 12, the former Chicago Road (a.k.a. Sauk Trail), Moscow is in Hillsdale County. It's a small community of less than 200 and part of Moscow Township (population 1,400). Moscow's train depot, part of the New York Central system until 1930, has been the township hall since 1933.

And yes, we also have a Paris — up in Mecosta County, east of U.S. 131 and north of Big Rapids. It was named after its founder, John Paris, who helped establish this logging town in 1865. Its main attraction is Paris Park, with a much smaller Eiffel Tower replica. Paris has about 240 residents. An earlier Paris in Kent County is long gone.

Let's look at some more of Michigan's world towns:

» Athens started in the 1830s, an early village of Calhoun County. It was named not after the city in Greece, but after Athens, N.Y., from where its first settlers came. A village since 1895, it now has a population of 1,100. It's on M-66, south of Battle Creek.

» Baltic, in Houghton County in the Upper Peninsula, was a copper mining town. The mine and town took their names from the area of Europe from which its settlers came. Baltic's heyday was in the early 1900s, when the town had six mines, its own railroad and a bowling alley. The Baltic Mine closed New Year's Eve 1931. Located on old M-45, south of Houghton, Baltic today has less than 200 residents.

» Dublin, in Manistee County, is nearly a ghost town. In the early 1900s, Dublin had a brief fling as a lumber camp on the former Chicago and



HILLSDALE HISTORICAL SOCIETY  
The Moscow, Mich., Train Depot, now the township hall.



PURE MICHIGAN  
Small replica of the Eiffel Tower in Paris, Mich.

Western Michigan Railroad. It even had a few Irish lumberjacks from the old sod. Since then, it is just a wee bit of place south of Wellston and M-55.

» Frankfort started before the Civil War, when Benzie was still part of Leelanau County. It was so named because it reminded a resident of Frankfort, Germany. A city since 1935, Frankfort has a population of 1,500. It's on the Lake Michigan shore at M-22 and M-115, south of Sleeping Bear Dunes.

» Gibraltar, on the Detroit River in southern Wayne County, was first settled in 1811 and went into decline after 1910. Named after the Rock of Gibraltar peninsula, it had a post-World War II housing boom and became a city in 1961. Gibraltar's population exceeds 4,300.

» Havana is nearly a ghost town in Saginaw County, east of M-52 and south of Chesaning. Havana began as the village of Oakley in 1842, but no one was passing out Cuban cigars when the Oakley folks moved to their new village two miles west in 1868.

» Holland, southwest of Grand Rapids, straddles the border of Allegan and Ottawa counties. It was settled by Dutch immigrants in 1846 and incorporated as city in 1867. Holland, with a population of 35,000 today, is noted for its annual Tulip Festival, lighthouse park on Lake Michigan and the DeZwaan, an old Dutch windmill imported from the Netherlands 50 years ago.

» Johannesburg in Otsego County was not named after the South African city but after Johanna Hanson, sister of one of the town's lumber mill owners. It is now a community of 200 on M-32, south of Gaylord. Johannesburg lost its prized historic building when a car crashed into the Old Depot Restaurant in 2001, killing two patrons. A new Depot restaurant was built nearby.

» Manchester, in Washtenaw County, was started in the 1830s with the Manchester Milling Co. It was named after the township in New York from where its early settlers came. A village since 1867, it's on M-52 and has a population of 2,100.

» Norway is in Dickinson County, youngest (1891) of Michigan's counties. The village, however, was established earlier, in 1877, with the opening of the Norway Iron Mine and then was known as Ingalsdorf. Its early families had the town renamed after their homeland. Norway is a village of nearly 3,000 on U.S. 2, east of Iron Mountain.

» Unlike its buried namesake in Italy, Pompeii in Gratiot County has been hanging tough since its heyday of 1890-1920. Started before the Civil War as a stage coach stop, this little town of 150 souls has a reputation for foiling would-be bank robbers. Folks there insist that you pronounce

their village name with three syllables: "Pom-PEE-eye," not "Pom-PAY." Pompeii is just off M-57, seven miles south of Ithaca.

These are just some of the towns in Michigan that have the names of major places and cities in the world. There's even a tiny town, in Branch County, named Towns. Many others have come and gone over the years. Here are just some of these places of the past:

Africa, Baghdad, Belgrade, Bengal, Berlin (two towns), Bombay, Brazil, Canada, China, Denmark, Egypt (two), Galilee, Geneva (two), Jericho, Liverpool, Montreal, Morocco, Naples, Palestine, Peru, Rome, Singapore, Venice, Warsaw (three) and Zion. We never had a Bethlehem, but there is still a Nazareth, eight miles north of Kalamazoo.

In addition to these, our state also has or has had many places named after major cities in the United States. Atlanta and Albany, Bangor and Boston, Chicago and Dallas and at least two dozen other major cities and states. Michigan even has a Hollywood and a California.

There's certainly a world of places to see right here in Michigan. Consider a trip. It just might drive your GPS off the dashboard.

*Gene Scott has been a Livonia Historical Society member for about 12 years. He is a retired editor and teacher who has published four books on the histories of Michigan towns.*



LIVONIA CHRYSLER JEEP  
The ribbon is cut for the grand reopening at Livonia Chrysler Jeep on Plymouth Road in Livonia earlier this month. The dealership reopened earlier this fall after a lengthy legal battle.

## Livonia Chrysler Jeep reopening after lengthy legal battle

It's back to selling Chrysler and Jeep vehicles at 30777 Plymouth in Livonia.

Livonia Chrysler Jeep reopened earlier this fall after nearly a six-year legal battle that kept the dealership shuttered as a part of the Chrysler bankruptcy reorganization. After the U.S. Court of Appeals ruled in its favor earlier this year, the U.S. Supreme Court declined to hear the case, paving the way for the dealership to reopen

Since the former Mitsubishi dealership closed on the lots several months ago, owners Colleen and Dave McDonald spent weeks preparing the site, doing renovations and getting vehicles on the lot. The showroom was redone and other improvements were made to the lot.

A ribbon-cutting took place earlier this month, complete with local officials and other dignitaries.

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**Bid Package #6 – District Wide Remodeling Projects**  
**Post Bid Addendum #1 – Bid Extension**

Sealed bids for the following Divisions of Work pertaining to Plymouth Canton Community Schools' Construction Bid Package 6, consisting of District-Wide Remodeling Projects, are being extended and will be received at the office of Ms. Pamela Anstey, Assistant Superintendent of Business & Operations, Plymouth Canton Community Schools, 454 S. Harvey, Plymouth, MI 48170 until 1:30 P.M., local time on Wednesday, January 6, 2016 at which time they will be opened, read publicly and tabulated.

Bids received after this time and date will be returned unopened.

**Faxed or e-mailed proposals will not be accepted.**

The Bid Division of work in which the bids are being extended are as listed below:

**142: HVAC**

Bidding documents prepared by TMP Architecture, Inc. will be available for public inspection at the office of the Construction Manager, **McCarthy & Smith, Inc.**, 24317 Indoplex Circle, Farmington Hills, MI 48335; the Dodge Plan Room, Construction Association of Michigan (CAM), Reed Construction Data, and Builders Exchange, Lansing.

Bid Documents will be available beginning at 12:00 P.M. on Tuesday, December 1, 2015 via the following:

- Bidders may obtain one (1) set of ½ size bidding documents at the office of the Construction Manager, **McCarthy & Smith, Inc.**, located at 24317 Indoplex Circle, Farmington Hills, MI 48335.
- Bidders may download bid documents from [Gradebeam.com](http://Gradebeam.com) by contacting the Construction Manager, **McCarthy & Smith, Inc.**, at (248) 427-8400 to obtain log in information for access to the project documents.

All bids should include 2 copies (1 original, 1 copy) of the Proposal Pricing Form (Section 00 41 26), Proposal Execution Form (Section 00 42 00), and the Iran Economics Sanctions Act Affidavit. The Proposal Execution Form provides a space for the bidder to disclose any familial relationship as required by Section 1267 of the Revised School Code, as amended, MCL 380.1267, and this form must be signed and notarized in order for the bid to be accepted. The Iran Economic Sanctions Act Affidavit form may be found in section 00 42 10 of the Bidding Requirements & General Conditions Manual.

All bids must be accompanied by a Bid Security, in either the form of a bid bond or certified bank check, in the amount of five (5) percent of the amount of the bid, payable to Plymouth Canton Community Schools, as a guarantee that if the proposal is accepted, the school district is secured from loss or damage by reason of the withdrawal of the bid or failure of the bidder to enter a contract for performance. Further, the bidder will execute the contract and file the required bonds within ten (10) days after notice of award of contract.

If awarded a contract, the successful bidder may be required to furnish a Performance Bond and Labor and Material Payment Bond. Plymouth Canton Community Schools reserves the right to reject any or all bids received and to waive any informalities and irregularities in the bidding.

**END OF SECTION**

Published December 27 & 28, 2015



# Bearded policemen give back to GC community in fundraiser

**Julie Brown**  
Staff Writer

Bearded policemen aren't a common sight, especially in Garden City. Police Chief Robert Muery believes his officers should maintain certain standards, including appearance while in uniform.

An exception was

made in recent months for the H.O.M.E. Food Pantry, which serves local needy families out of the Maplewood Community Center. "They have to buy a beard pass," Muery, also Garden City's city manager, said of the participating policemen, who grew beards this fall for the charity.

Said Lt. Eric Zimmer, sporting a beard, "The Garden City Police Department wanted to give back." On behalf of the police officers, Zimmer presented a \$1,630 donation to the food pantry at the Monday, Dec. 21, city council meeting. A round of applause followed.

Zimmer thanked officers who participated in

the fundraising, as well as Muery for his willingness "to allow us to deviate from our normal standards" of appearance.

Muery added to council members and the mayor that evening that the recent Guns and Hoses hockey game — in which Garden City firefighters and police officers faced off — raised

more than \$2,300, also to go to the H.O.M.E. Food Pantry.

"It was good hockey," said Muery, who downplayed this year's police victory even as he showed the trophy during the meeting. "The community wins."

jcbrown@hometownlife.com  
Twitter: @248Julie



Officer Ron Kozloff of the Garden City Police Department was last year's beard contest winner.



The Eloise dental clinic, circa 1938.



The Rowe House at the Westland Historic Village Park.

## Financial assistance sought for new Eloise collection

**LeAnne Rogers**  
Staff Writer

The decision by Wayne County to offer the former Eloise site for sale could spell the end for a physical presence of the historic facility.

That is putting greater meaning into efforts by the Westland Historical Commission to establish its Eloise museum inside the historic Rowe House in the Westland Historic Village Park.

"We are raising funds to renovate the building to hold the Eloise collection. We want to build a one-of-a-kind collection," Westland Historical Commission president Jeff Koslowski said. "We're asking for donations to make the dream come true."

The Westland Historical Commission has a GoFundMe account with a \$10,000 goal to pay for the renovations and specialty display cases to properly display the historic items.

A collection of Eloise items donated to the museum by Wayne Coun-

ty would be displayed inside the Rowe House.

Along with preserving history, the Eloise collection would also educate on the seriousness of mental health and how far its study has progressed thanks to Eloise. Koslowski said the commission also wants to create a memorable experience for families who, through genealogical research, are attempting to gain closure on family members who stayed and maybe even died on the grounds.

### A storied history

Eloise was originally opened in 1839 as the Wayne County Poorhouse, replacing a facility in Hamtramck. The name and services changed over the years.

By 1913, Eloise had three divisions — a mental hospital, a poor house and a tuberculosis hospital. At its peak, Eloise was a self-contained operation on 902 acres, including a farm, dairy, piggery, police and fire departments.

The facility became

Wayne County Hospital in 1945, becoming two divisions with Wayne County General Hospital and the county psychiatric hospital, the latter closing in 1977. The general hospital closed in 1984.

"Eloise was a pioneer in kidney dialysis and the earliest use of X-rays for diagnosis in the state," Koslowski said. "They treated patients from famous baseball players to the military."

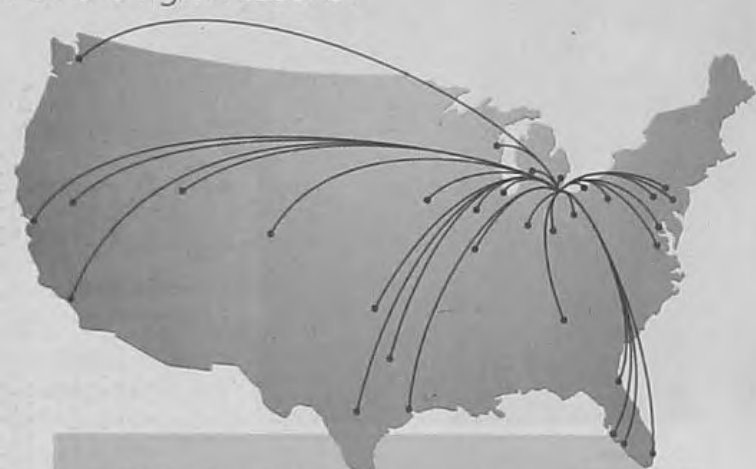
Inventor Elijah McCoy spent the last year of his life at the Eloise Infirmary. The hospital was also known for pioneering in the field of music therapy.

Only four Eloise buildings remain, along with a cemetery that isn't part of the property of offered for sale by Wayne County.

"People can make direct donations through GoFundMe. The commission is all volunteers," Koslowski said.

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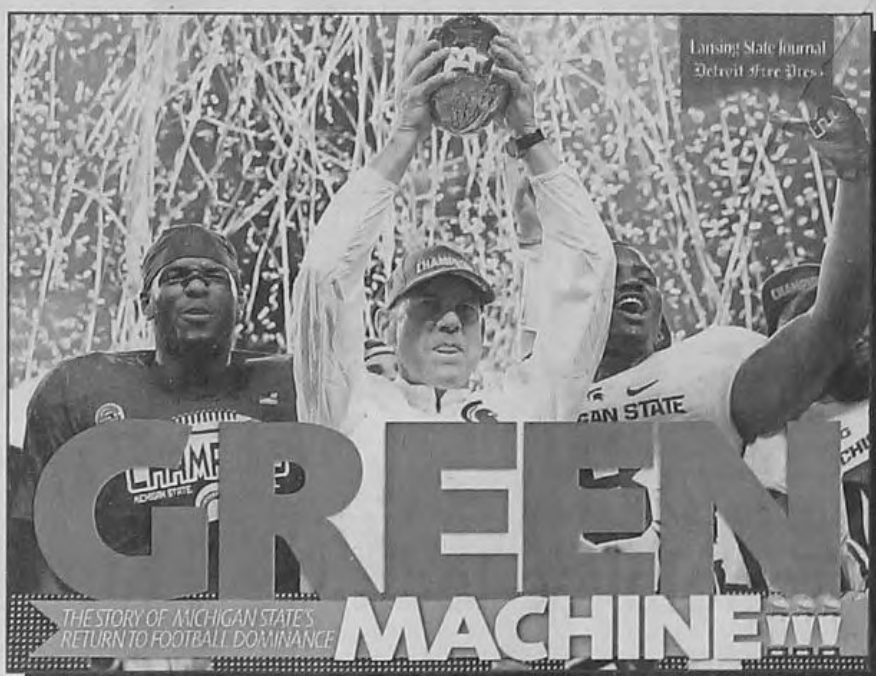
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## PREP WRESTLING

# CC pins down seventh county title

Shamrocks have four individual champions

**Brad Emons**  
Staff Writer

surpassed both Clarkston and Hazel Park, which own six county titles apiece.

Catholic Central boasted four individual champions: Rhett Newton (103 pounds), Kevon Davenport (125), Cameron Amine (130) and Tyler Morland (189).

Stone Moscovic (119) was runner-up, while Davis Ras-

See COUNTY, Page B3



Catholic Central freshman Cameron Amine (top) was named Oakland County tourney MVP after winning the 130-pound weight class.

## Smith excelling at LTU

Former Livonia Churchill hockey standout Dylan Smith is enjoying a productive freshman season at Lawrence Tech University.

In addition to excelling in the classroom at LTU, Smith has racked up seven goals and 13 assists during the first month-plus of the season. He has seen time with both the LTU Blue team, which is 11-4, and the White team, which is 10-4.



Smith

## Muir digging it at MSU

Former Canton volleyball standout Kristen Muir recently completed her senior season at Michigan State University with flying colors — both on the court and in the classroom.

Serving as a libero/defensive specialist for the Spartans, Muir collected a team-high 380 digs this past season. Playing in 119 sets, she also picked up 53 assists and 11 service aces.

A two-time academic all Big-Ten honoree (not including her senior season), Muir is majoring in finance with a specialization in sales communication, according to the team's website.

She is the daughter of John and Michele Muir of Plymouth.



Muir

# Joubert makes his own way as player

North Farmington point guard's father was good mentor in basketball

**Dan O'Meara**  
Staff Writer

It's not an empty cliché to say North Farmington senior Jacob Joubert was born to be a basketball player — and a good one at that.

Bearing one of the most famous names in Michigan hoops history, he started on that path early in life and grew up with the game.

His dad, former U-M and Detroit Southwestern star Antoine Joubert, made sure a basketball was always within reach.

"Oh, yeah, since I was a baby," Joubert said. "He always kept a basketball in my hands, always kept me in the gym. Probably the first memory I have is when I was 5, in kindergarten."

"I have pictures when I was younger than that with basketballs, pictures with a Nerf hoop. I have pictures holding a basketball before I could even walk."

When he was in the third grade, the younger Joubert played organized basketball for the first time as a member of his dad's AAU team.

The team was called Judge's Court, a reference to his father's nickname in high school — The Judge. The younger Joubert's teammates call him "Juke," which is apropos to his role as a point guard and his ability to evade defenders.

"That's when I realized basketball is what I wanted to do for a long time," Joubert said of his early game experience.

His dad, who now coaches the Oakland Community College men's team, never pressured him into playing the game, he added.

"I just love the sport," he said. "I was going to play basketball whether anybody forced me or not."



JOHN STORMZAND | STAFF PHOTOGRAPHER

See JOUBERT, Page B3

Senior point guard Jacob Joubert can score in a variety of ways, too.

## INAUGURAL SALEM WINTER TOURNAMENT

# Topolovec-led Rocks topple Thurston, 74-70

**Ed Wright**  
Staff Writer

Redford Thurston's perimeter shooting was so outrageously torrid during the first half of Wednesday's inaugural Salem Winter Tournament championship game that Rocks head coach Bob Brodie was afraid the Eagles may break

some kind of national three-point shooting record before the night was over.

But as fast as you can say "Andre Drummond," Salem's 6-foot-6 senior center Kenny Topolovec basically told Brodie — with actions, not words — "Don't worry coach, I got this."

Playing with 15 pounds of

added muscle since he faced Thurston in last year's Franklin Holiday Tournament, Topolovec was a left-handed load for the Rocks, racking up a Drummond-like double-double of 27 points and 19 rebounds to lead Salem to a 74-70 victory.

The result of the never-dull showdown left both teams with a 3-2 record.

"Not only has Kenny gotten stronger, but he's more mature, which is something that comes with being a senior," said Brodie. "His teammates recognize how well he's playing down low, so they get him the ball."

"What impresses me the

See TOURNEY, Page B2

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## COLLEGE SIGNING

# John Glenn's Pennington signs with Cleary

**Ed Wright**  
Staff Writer

The next-level landing of Westland John Glenn soccer player Kendra Pennington was soft and perfect.

Pennington, a highly-skilled senior center midfielder for John Glenn, recently signed to continue her pitch career at Cleary University, which is located less than an hour away from her home, in Howell.

Honing her soccer skills since the age of 3, Pennington has suited up for a number of teams throughout the past 15 years, including Waza East, whose head coach, Phil Moore,

was on hand for the signing ceremony along with Cleary head coach Bri Clodgio and assistant coach Brent Clodgio.

When asked why she chose Cleary over other college programs who were recruiting her, Pennington said, "It's close to home, my future teammates and coaches were very welcoming, and they're good."

The relatively-new NAIA program recently registered a solid 9-8 record while continuing to draw top talent from throughout the state and Mid-western United States.

Pennington has gotten progressively better thanks to her

lengthy career playing for Waza and John Glenn.

Pennington said she enjoys playing center-mid because "I get to control the field, which is always fun."

The senior leader was a pivotal piece of the Rockets' success throughout the 2015 spring season as she took many of the team's penalty kicks and free kicks.

Among her junior-year highlights was a match-tying penalty kick against Canton.

Pennington is the daughter of Jeff and LeeAnn Pennington of Westland.

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Westland John Glenn senior soccer standout Kendra Pennington (third from left) signs her letter of intent to compete at the collegiate level for Cleary University. Also pictured with Pennington are (seated, from left) Cleary assistant coach Bri Clodgio, Cleary head coach Brent Clodgio, Waza FC East Club coach Phil Moore and parents LeeAnn and Jeff and (standing, from left) John Glenn soccer coach Ralph Cabildo and John Glenn athletic director John Young.

## FRANKLIN HOLIDAY HOOPS TOURNAMENT

## Bottom line spells doom for Pats

Franklin pays for costly misses at free-throw stripe

**Ed Wright**  
Staff Writer

It didn't take an accountant or financial adviser to figure out that the bottom line in Tuesday night's Walled Lake Western-Livonia Franklin basketball game was the free-throw line.

A string of second-half misses at the stripe erased a promising first half by the Patriots, who dropped a 48-38 decision to the Warriors in a first-round Franklin Holiday Tournament match-up.

Western, the defending tournament champion, advanced to Wednesday's 7 p.m. championship game against Ann Arbor Pioneer, which ousted Pinckney in Tuesday's first game.

Franklin will take on the Pirates in the Wednesday's 5:30 p.m. consolation contest — largely because it found net on just 9-of-23 free-throw attempts, while the Warriors were knocking down 23-of-32.

Delano Smith put on a clinic at the line for the winners, draining 16-of-21 free throws. The 6-foot-2 junior guard finished with a game-high 29 points.

Western's 6-6 senior center Donovan Williams scored just five points, but he may have been the game's most impactful player, hinted Franklin head coach Jeremy Rheault.

"Our free-throw shooting problem is unbelievable right now," Rheault said, "but, that said, Donovan Williams' defensive presence inside gave us fits. Every time we'd break them down, he'd be waiting for us and either block our shot or alter it."

"The bottom line, though, was our poor free-throw shooting. It prevented us from extending the lead we did have and prevented us from closing in when they had the lead. I liked our defensive pressure, especially in the first half. We actually did a decent job on Delano



Franklin's Joe Chinavare twists through the Walled Lake Western defense for two of his team-high 12 points.

NANCY ERWIN

early."

After trailing 12-11 after the first quarter, the Patriots controlled the tempo and held their own on the boards with the Warriors in the second quarter.

Franklin closed the first half with a flourish — and a 23-19 lead — when Joe Chinavare threaded a long outlet pass to Mark Mettie, who laid it in just before the buzzer.

After Chinavare opened the third quarter with a steal-and-layup crowd-pleaser, it appeared it would be a happy holiday tournament for the Patriots.

However, the Warriors answered with a jolting 11-2 run and never trailed again after an and-one by Smith pushed them in front, 28-27.

The game's *SportsCenter* moment unfolded with just under two minutes remaining in the quarter and Western clinging to a 30-27 lead. The

Warriors' 6-3 senior guard Cody White stole the ball near mid-court and took off on what most people in the gym figured would end in a momentum-seizing dunk — everyone except Franklin's Denzel Adams, who caught up with White as he ascended toward the rim and swatted the ball cleanly against the gym wall.

The Patriots' deficit was a manageable 32-31 after Caleb Boyd converted a strong drive to the hoop with two ticks left in the third.

Although the Patriots trailed just 40-37 with 3:35 left following two Chinavare free throws, they could never quite get over the hump down the stretch.

Chinavare led the hosts with 12 points. Boyd added 11, while Adams and Peyton Harris scored five each.

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ED WRIGHT  
Salem senior Kenny Topolovec used a variety of well-polished post moves to score 27 points against Redford Thurston.

who also netted 12 points.

Thurston led 27-17 after one quarter and 40-33 at the half thanks in large part to the downtown shooting exploits of senior guards Brandon Marshall and Caebryn Crabtree, who swished eight of the Eagles' nine first-half treys.

Marshall finished with 24 points and three steals while Crabtree had 14, all but three of which came in the first half.

After sitting much of the first half due to foul trouble, Thurston senior forward Deauntae Jackson scored 16

second-half points and finished with 18.

"We started out shooting really well early in the game, but then we didn't move the ball well. We knew it was going to be a much different kind of game than Tuesday's game against Mott. Tuesday's game was more of a one-on-one type of game because they tried to deny a lot, but Salem plays really good help defense and they switched up a zone with some man-to-man, and they did it well. That's a good, strong team."

## COMMUNITY SERVICE PROJECT

## Filling the top shelf

Plymouth hockey players help Gleaners-Forgotten Harvest project

**Tim Smith**  
Staff Writer

Ask any Plymouth Wildcats varsity hockey player what his best shift of the season has been so far and he'd say spending Dec. 19 on a community service project at Trinity Church.

Certainly, Plymouth head coach Gerry Vento would be OK with such an assessment.

"It is a very busy day, but one that is very rewarding," Vento said. "What I really enjoy is seeing the boys step out of their comfort zone to help those in need and, at the same time, realize how fortunate they are to not have to worry about something as simple as having food on their table."

Instead of looking to go top shelf with a shot, the hockey players were glad to help hun-

gry folks put cans and boxes on their top shelf.

For the third consecutive season, the Wildcats participated at Trinity Church on Ann Arbor Road. Trinity partners with Forgotten Harvest and Gleaners Food Bank in a food distribution project that helps feed hundreds.

The team arrived about 8 a.m., then began sorting food from Forgotten Harvest and placing items into smaller boxes. At around 11 a.m., recipients begin arriving at the church, after which players help load boxes into each car.

An estimated 285 individuals received the boxes and they also enjoyed a lunch of soup and bread (which Vento noted the Wildcats were not assigned to dole out).

"It is great to see how they do it with a smile on their faces," Vento said. "No doubt it is a rewarding experience for all of them."

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PLYMOUTH HOCKEY

Members of the Plymouth Wildcats varsity boys hockey team help sort and pack food items for the needy at Forgotten Harvest.

## COLLEGE BASKETBALL

## Winning road trip for both Schoolcraft teams

**Tim Smith**  
Staff Writer

Road trips are much more fun when there are victories included. Such was the case Tuesday in Grand Rapids for both Schoolcraft College basketball teams.

The men's and women's teams took turns defeating their respective opponents at Grand Rapids Community College, in contests that segued into the Christmas break.

Five members of the men's squad cracked double digits in scoring as the Ocelots rolled to a 95-76 win.

Schoolcraft led all the way, except for a 53-second span when the game was deadlocked.

Registering 19 points — including 11-of-11 from the free-throw line — was Bryan Collins.

Canton alum Davon Taylor and Anthony Wartley-Fritz each scored 13 points, with R.J. Coil (12 points) and Esa Abduljani (11 points) helping the cause.

Schoolcraft shot out the lights (34-of-63, 54 percent) while draining 8-of-21 from beyond the 3-point arc.

Making three of those treys was Ja'Christian Biles, accounting for all nine of his points.

The Ocelots were strong on the boards, outrebounding the home team by a 39-23 margin. Leading with seven rebounds was Taylor.

## Women prevail

Earlier Tuesday at Grand Rapids CC, Schoolcraft (10-0) captured a 67-43 victory, pretty much leading wire-to-wire.

After opening the game with a 21-5 first quarter, the Lady Ocelots maintained a comfortable lead of 34-19 at halftime and 50-35 after three.

Schoolcraft then broke the game wide open with a 17-8 margin in the fourth.

Elise Tolbert (Birmingham Seaholm) led the Lady Ocelots with 18 points, including eight free throws.

Contributing 15 points and six steals was guard T'era Nesbitt, while guard and Wayne Memorial product Ashley Bland tallied 13 points and seven rebounds.

Tolbert, Salem alum Jamyra Wilson and Rikki Scherdt each pulled down six rebounds as Schoolcraft enjoyed a 39-34 edge on the glass.

## Next up

Both teams now are in the midst of a holiday break.

The men's cagers will resume action Monday, Jan. 4, at Alpena Community College in the MCCA Eastern Conference opener.

As for the Lady Ocelots, the next game will be at 1 p.m. Monday at the Illinois Central Tournament in East Peoria, Ill. against South Suburban.

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## TOURNEY

Continued from Page B1

most about Kenny isn't necessarily his offense, simply because we expected that from him, but the way he changes shots on the defensive end. He may not block a lot of shots, but when players drive, they can definitely feel his presence."

When Topolovec was informed that he was close to registering a 20-20, he modestly shrugged it off.

"I've never had a 20-20, but that doesn't matter," he said. "Our team won, which is the most important thing."

With no time to prepare for the energized Eagles, the Rocks had to go off what they learned by watching Thurston during the Eagles' 66-56 victory over Warren Mott on Tuesday.

"Thurston is a good team; a very good team," he said. "We knew they liked to push the ball up the court, so we had to make sure we got back on defense. They hit some threes in the first half, so at halftime we talked about stepping out on them a little bit more."

Topolovec was complemented by strong efforts from sophomore forward Jeremy Armstead, who had 12 points and seven rebounds, and junior forward Cameron Grace,



## PREP PROFILE

## Davis on the fast track to success

**Tim Smith**  
Staff Writer

When Jewel Davis arrived at Plymouth High School in 2012-13, she didn't particularly view herself as an elite runner.

In fact, she spent part of ninth grade as a cheerleader.

Ultimately, though, with encouragement from Wildcats varsity girls track and field coach Ricky Styes, she kept improving and improving until making a dent in the Plymouth-Canton Educational Park record board.

The fleet and wiry Davis will look to set even more records her senior season at Plymouth — and then move on to Central Michigan University, where she received a full-ride athletic scholarship to run Division I track.

"I think it's a pretty huge accomplishment for me," Davis said, sitting under her framed photo on the Wall of Fame (designated for all-staters) near the Plymouth gymnasium. "When I was a freshman and sophomore, track wasn't really a serious sport for me. I never really imagined being one of the top athletes to come out of Plymouth."

"So as the year goes on, it's like slowly sinking in, but it's really exciting."

## Reason to smile

At the Nov. 18 signing ceremony, she was all smiles about the CMU opportunity. And so were Styes and family members, particularly her mom, Carmen Cita Thompson.

"Becoming a student-athlete, I just wanted to be able to do my mom a favor and be able to go to college based on my own talent, so she wouldn't have to pay for that," Davis said, noting that her parents divorced when she was 2 years old. "(Thompson) was smiling the entire time (during the ceremony)."

"Seeing her smile and seeing how proud she was of me is a really nice memory to have."

Davis said she quickly became comfortable with her future surroundings after a November visit to the Mount Pleasant campus.

"It actually didn't seem too different from P-CEP in general, like the amount of people I was seeing it felt kind of familiar to what I experience every day," Davis said. "After a while, I pretty much knew that was the school for me."

According to Styes, he was ecstatic about Davis becoming just the second student-athlete from Plymouth's varsity girls track and field program to receive a full-ride scholarship to a D-I college.

"I am happy for Jewel. She is a humble athlete that is now learning how talented she is," Styes said. "Getting a full scholarship is something that only one other track athlete at this school has ever received. Her work ethic over



MICHAEL VASILNEK

Plymouth's Jewel Davis, shown from a 2015 meet, already is one of the top runners in school history and she has more goals in mind this spring.

the last two years has put her in a position that will help her in her life after college and track. That is what makes me the happiest.

"She is going to a great school and will have the support of nearly all resources there and travel the country through track. What a great opportunity."

"I love Jewel like she is one of my daughters, so her earning this scholarship hits me like one of my daughters (Reagan and Bridget) working to get the same thing."

## Encouraging words

Davis credited Styes for his constant support, going back to their first encounter in ninth grade.

"We're really close," Davis said about Styes. "The first year I got here, I told him I was only a very short distance sprinter. And then right away he said, 'No, you're a 400 runner; that's the hardest sprinting race.'"

"I was in denial, but every time I went out there to run, he pretty much told me that 'All you have to do is put one foot in front of the other and turn left and beat the people around you.' That pretty much helped calm my nerves every time."

Just as strong with encouragement were teammates, including 2015 graduates Gabby Alfera and Anna Lukens and senior Bailey Brown and junior Ryen Draper.

"We helped each other throughout the season," Davis said. "Whenever someone was having trouble with their nerves before a race or if they were distracted by things outside the team, like school or family, we helped each other stay focused."

The buddy system paid dividends. Lukens, Draper and Faith Washington were Davis' teammates on the 800-meter relay which last spring qualified for D1 state finals and finished fourth. That quartet holds the Plymouth-Canton Educational Park

points.

But Saturday, CC won eight of 11 quarterfinals and five of eight semifinals to separate itself from the Wolves.

"Clarkston kept it close by going on a pinning cruise Friday evening," CC coach Mitch Hancock said. "We knew it would be close going into Saturday and our guys understand the significance of the quarterfinals and semis in a team race."

"Perhaps the most important round was the (consolation) semi round, where we went five for six. That was

most notable skill. He was a great scorer in high school and college and had a great long-range shot."

"Everybody would say the difference between me and him is that I actually pass the ball," Joubert said. "When he was in high school, he wouldn't pass at all. He would just shoot every shot."

## Take more shots

The younger Joubert is not the prolific scorer his dad was, but he's had his share of points for some very good teams at North Farmington.

He averaged nine a game last season as the Raiders went 20-4 and reached a Class A regional final, losing to eventual state finalist University of Detroit-Jesuit.

"He gets mad when I don't shoot enough," Joubert said of his dad. "He often thinks I



JOHN KEMSKI | EXPRESS PHOTO

Wearing an all-state smile is Plymouth senior Jewel Davis, who recently signed a full-ride track and field scholarship at Central Michigan University.

record with a time of 1:42.75.

Davis also qualified in the 200 and took home all-state honors thanks to an eighth-place showing.

## Getting stronger

Just as important has been the direction of Radford Greaves, her coach with the Michigan All-Stars Amateur Athletic Union club team (based in Ypsilanti).

Greaves — and Styes — helped Davis sharpen the mental component of excelling in elite competition.

It is now ingrained to push harder and longer to get where she thinks she needs to be.

"I'm running three times a week and lifting twice a week," Davis said. "I just finished my strength conditioning season. This is the first time I've ever lifted weights."

"The stronger muscle you have, gives you a greater push out of the blocks, which gets you an advantage in the beginning of the race. And it also helps you to stay strong at the end of your race and keep you in running form."

There is no reason for her to slow down now, either. Work remains to be done with the Wildcats.

"My goals for the season are to take down both the 200 and the 400 records here at P-CEP and win the 400 at states," Davis said. "And I want to increase my placement in my 200 at states. I'm close."

## Leaving a legacy

Styes has no doubts that the prized runner can get all of that accomplished in quick order.

"Jewel is one of the most talented sprinters that we have had at Plymouth," Styes said. "All you need to do is come in and look at our school record board to see that. She currently holds three records and I anticipate her improving on these this upcoming season and possibly getting another one."

"She also has one P-CEP record and could break a couple more of those this year as well. That speaks to her talent and success thus far."

In addition to the 800 relay, Davis is Plymouth's record holder in the 200 and 400, with respective times of 25.39 and 57.52.

Whatever happens her senior season, Davis can rest assured she is leaving "a nice little legacy" behind her as she heads off to CMU.

"I think they (student-athletes) can learn that even if you believe you are just an average athlete, if you believe in yourself and stay focused and put your all into your training your performance can increase," she concluded. "You can move up to the top and make your dreams come true."

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## HIGH SCHOOL BOWLING

## John Glenn girls striking early, often

**Ed Wright**  
Staff Writer

The month of December has rolled along quite nicely for the Westland John Glenn girls bowling team.

Through the conclusion of last week's schedule, the Rockets had soared to a 4-0 record and have captured all but five of a possible 120 points in dual-match competition.

"The best thing about this year's varsity team is that our bowlers, coaches and parents are like one big family," head coach Ralph Cabildo said.

The Rockets have dominated KLAA foes Brighton (30-0), Plymouth (29-1), Milford (29-1) and Hartland (27-3) to set the stage for what promises to be a trophy-filled season.

"Overall, I believe this year's team has a chance to compete at a very high level," Cabildo said. "We have four returning bowlers from last year."

Leading the charge are seniors Julia Huren, Emily Dietz and Ashley Kolb. Huren chiseled out a stellar 208 average last season, while Dietz (201) and Kolb (182) were also more-than-solid contributors.

John Glenn will also be bolstered by the talents of sophomore Julie Dietz and newcomer Alyssa Kolb.

"Julie and Alyssa are proving to be great competitors this year," Cabildo said. "Julie has shot a 174 and a couple 168 games, while Alyssa has had high games of 179 and 178."

Huren has broken the 200-pin barrier five times already in just eight games, with two of the scores 259 and 235, while Emily Dietz has opened the season with high games of 233 and 216.

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TOM BEAUDOIN

John Glenn's Emily Dietz has been a key player in the team's 4-0 start.

## COUNTY

Continued from Page B1

tigue (112), Aaron Rehfeldt (135), Tyler Johnson (145), Aidan Waugh (152) and Nick Jenkins (285) each placed third.

Also earning places for CC were Joe McGrath (140) in fourth and Jackson Ross (215) in fifth.

After the first day of preliminary round action Friday at Southfield High, CC led Clarkston by only by 3.5

awesome. I'm proud of the way those guys bounced back. Losing in the semifinals is tough. You have to show composure and grit to bounce back and we did that."

Amine, a freshman, decisioned Walled Lake Central's Nick Freeman in the 130 finals, 6-2, while also earning tournament MVP honors.

"Amine was impressive," Hancock said of the ninth-grader. "He doesn't care who you are, what you're ranked or who you've beaten. He's going to come at you hard for eight minutes."

"Cam deserved MVP of this tournament, no doubt in my mind. I think in the last seven years we've been here, we may have won one MVP and we had some great performances."

Newton decisioned Oxford's Liam Hillary for the 103 title, 7-2, while Davenport, a transfer from East Lansing, took the 125 crown with a 15-5 major decision over Houston Heningsen of Clarkston.

In the medal matches, the Shamrocks went 10 for 12, capped by Morland's 17-2 technical fall win for crown at 189

over Ferndale's Kobie Davis.

## Klapec wins 112

Lakeland's Nolan Klapec came away with the 112-pound title with a 9-7 decision over Jarrett Greenstin of Walled Lake Northern.

Meanwhile, Novi's Cooper Smith was runner-up to Oxford's Wyatt Harden at 215, losing on a pin in 3:22.

South Lyon boasted a pair of placers: Jake Race, who was sixth at 145, and Luke Evangelista, who was eighth at 140.

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## JOUBERT

Continued from Page B1

## Early training

The first thing Joubert learned from his dad was how to dribble the ball.

"When I was really little, before I could even get the ball to the rim, he was teaching me how to dribble with my left hand," he said. "I think that's the big reason I'm so good with the left hand now."

That was a great skill for Joubert, who is naturally right-handed, to have when he became the starting point guard for the Raiders as a freshman.

Eventually, when he got a little older and bigger, his dad taught him how to shoot the ball.

That was the elder Joubert's

should shoot more and this year I'm hoping I shoot enough for him."

## An all-round player

The 6-foot-2 Joubert has a well-rounded game that includes rebounding, as well as being a solid defender.

"I wouldn't say I model my game after his, but I see some similarities in our games," he said.

With advice from his dad, Joubert has changed his shot multiple times as he has gotten older and stronger.

"He's taught me a lot of things about my shot," he said. "He emphasized keeping my elbow in. He says I have the bad habit of putting my elbow out."

"When I do that, the ball doesn't go straight. When I have my elbow in, the ball goes straight and I make it the ma-

jority of the time. He preaches that I keep my elbow straight."

## Son of famous dad

Joubert also is accustomed to people asking him if he's Antoine's son. He gets that all the time, he said. It doesn't bother him. Instead, he takes pride in it and is inspired by his dad's legacy.

"It was hard for me when I was young to realize what people were telling me and what he did when he was in high school and how big he was," Joubert said.

"When I got older, it was kind of clicking. He was the No. 1 player in the nation. Wow, that's a big deal! That motivates me every day."

## Makes his own way

Joubert has cut his own path and become a successful player as a four-year starter for the

Raiders.

He is likely to play Division I basketball as Central Michigan, the University of Detroit Mercy and Toledo have shown interest in him.

"He's never wanted to live in his dad's shadow," North coach Todd Negoshian said. "He's always wanted to make a name for himself and he's done a great job of that — and done it the right way."

"He's a kid who leads by example, leads very quietly, putting his arm around teammates. He's a kid you can build a program around."

"We're very fortunate. In my five years, we've had him here for four. He's been a coach on the floor for us."

"I couldn't be happier for him with all the success he's had and we're looking forward to his senior year with all the work he's put in."



## DECEMBER

## NEW YEAR'S EVE

**Time/Date:** 7 p.m. Dec. 31**Location:** Lola Park Lutheran Church, 14750 Kinloch, Redford**Details:** Worship service  
**Contact:** 313-532-8655

## NEW YEAR'S EVE

**Time/Date:** 7 p.m.-2 a.m. Thursday, Dec. 31**Location:** Orchard Grove Community Church, 850 Ladd Road, Walled Lake**Details:** A party for junior high school and high school students will include games, karaoke, prize giveaways, and inflatables. Cost is \$25 through Dec. 27; \$35 after. Tickets also will be available at the door  
**Contact:** shawna.schwanger@orchardgrove.org

## NEW YEAR'S SERVICE

**Time/Date:** 4 p.m. Dec. 31**Location:** St. Colette Catholic Church, 17600 Newburgh, Livonia**Details:** The church also will hold 9:30 a.m. and 11 a.m. Masses on Jan. 1  
**Contact:** 734-464-4433; stcolette.net

## JANUARY

## EXERCISE

**Time/Date:** 10 a.m. Monday, Jan. 11-April 11**Location:** St. John Neumann Parish, 44800 Warren Road, Canton**Details:** Joe Mason leads a 12-week session that focuses on balance, timing, coordination, strength, flexibility, stretching, abdominal and back exercises. \$84 for the series or \$10 per class drop in  
**Contact:** 734-455-5910

## GUEST SPEAKER

**Time/Date:** 11:30 a.m. Jan. 3**Location:** St. David's Episcopal Church, 16200 W. 12 Mile, Southfield**Details:** James Perkinson will talk about economic principles found in the Bible and how individuals can apply those principles today. Perkinson is a professor of social ethics at the Ecumenical Theological Seminary in Detroit  
**Contact:** stdavidssf.org

## WOMEN'S EVENT

**Time/Date:** 8 a.m.-3 p.m. Saturday, Jan. 23**Location:** Merriman Road Baptist Church, 2055 Merriman, Garden City**Details:** Authors Lynn Donovan and Dineen Miller are guest speakers at an event for women who are "spiritually mismatched" in their marriage or have loved ones who are non-believers or are not mature in their faith. The conference will include a continental breakfast and lunch. Tickets are \$30, available at https://spiritualmismatch.eventbrite.com  
**Contact:** 734-421-0472

## ONGOING

## CLASSES/STUDY

## Our Lady of Loretto

**Time/Date:** 6:30-7:30 p.m. Monday**Location:** Six Mile and Beech Daly, Redford Township**Details:** Scripture study  
**Contact:** 313-534-9000

## St. Michael the Archangel Parish

**Time/Date:** 7-8:30 p.m. second and fourth Thursday, through May**Location:** 11441 Hubbard, just south of Plymouth Road, Livonia**Details:** Gary Michuta, author and Catholic apologist, leads a study of Isaiah. Bring your own Bible  
**Contact:** 734-261-1455, ext 200 or on line at www.livoniast-michael.org.

## Faith Community Wesleyan

**Time/Date:** 4-5 p.m. every Saturday**Location:** 14560 Merriman, Livonia**Details:** This informal class includes fellowship, discussion and question and answers. All ages welcome. Bibles available if you don't have one  
**Contact:** pastor Tom Hazelwood at 734-765-5476

## EXERCISE

**Time/Date:** 6:45-7:45 p.m. Tuesday and Thursday**Location:** Clarenceville United Methodist Church, 20300 Middlebelt, south of Eight Mile, Livonia**Details:** Instructor Wendy Motta, a seven-year Zumba practitioner, teaches Zumba through drop-in classes. Each costs \$3. Participants should

bring water, a towel and wear athletic shoes. For more information, email Motta through zumba.com

**Contact:** 313-408-3364

## FAMILY MEAL

**Time/Date:** 5-6 p.m. every Thursday**Location:** Salvation Army, 27500 Shiawassee, Farmington Hills**Details:** Free meal  
**Contact:** 248-477-1153, Ext. 12

## HEALING SERVICE

**Time/Date:** Arabic service, 3-4 p.m. first Tuesday of the month; English service, 3-4 p.m. third Tuesday of the month**Location:** The Antiochian Orthodox Basilica of Saint Mary, 18100 Merriman, Livonia**Details:** The service includes prayers of petition and intercession, hymns, Scripture readings and the anointing of the sick. Offertory candles are available for a free will offering in the vestibule of the church.  
**Contact:** Rev. George Shalhoub at 734-422-0010 or email Stacey Badeen at sbadeen@tbosm.com

## MOMS

## Christ Our Savior Lutheran Church

**Time/Date:** 9:30-11:30 a.m. second Tuesday, September-May**Location:** 14175 Farmington Road, Livonia**Details:** Mothers of Preschoolers (MOPS) is aimed at mothers of infants through kindergartners  
**Contact:** Ethanief Defoe at 248-227-6617 and Jody Fleszar at 734-658-2463

## Dunning Park Bible Chapel

**Time/Date:** 9:30-11:30 a.m. first and third Tuesdays**Location:** 24800 W. Chicago Road, Redford**Details:** MOPS is a place where moms can build friendships, receive mothering support, practical help and spiritual hope.  
**Contact:** Amy at 313-937-3084 or Kristen at 734-542-0767

## PET-FRIENDLY SERVICE

**Time/Date:** 1 p.m. Sunday**Location:** Dunk N Dogs, 27911 Five Mile, Livonia**Details:** All Creatures ULC sponsors the service, which is conducted in an informal setting. Pet blessings are available after the service.  
**Contact:** 313-563-0162

## PRAYER

## St. Edith Church

**Time/Date:** 7-8:30 p.m. Thursday**Location:** Parish office, 15089 Newburgh, Livonia**Details:** Group meets for singing, praying and short teaching. Fellowship with snacks follows  
**Contact:** Parish office at 734-464-1223

## St. Michael Lutheran Church

**Time/Date:** 6-7 a.m. Monday-Friday**Location:** 7000 N. Sheldon, Canton**Details:** Praying silently or aloud together; prayer requests welcomed.  
**Contact:** 734-459-3333 for additional information

## RECYCLING

## RISEN CHRIST LUTHERAN CHURCH

**Time/Date:** 1-4 p.m. third Saturday of the month**Location:** 46250 Ann Arbor Road, between Sheldon and Beck roads, Plymouth**Details:** Recycle your cell phones, laser cartridges, inkjet cartridges, laptops, iPods, iPads, tablets, eReaders on the third Saturday of each month. Use the doors on east side of church.  
**Contact:** Lynn Hapman at 734-466-9023

## SINGLES

## Detroit World Outreach

**Time/Date:** 4-6 p.m. Sunday**Location:** 23800 W. Chicago, Redford, Room 304**Details:** Divorce Overcomers group is designed for individuals going through divorce, those who are divorced or separated.  
**Contact:** The facilitator at 313-283-8200; lefe@dwo.org

## Steve's Family Restaurant

**Time/Date:** 9 a.m. second and fourth Thursday**Location:** 15800 Middlebelt, 1/4 mile north of Five Mile, Livonia**Details:** Widowed men of all ages may attend the Widowed Friends Men's breakfast. This is an informal "peer" group where men have an opportunity to meet with others.  
**Contact:** 313-534-0399

## SONG CIRCLE

## Congregation Beth Ahm

**Time/Date:** Noon to 12:30 p.m. every Shabbat**Location:** 5075 W. Maple, West Bloomfield**Details:** Sing zemirot (Shabbat songs) and celebrate Kiddush following morning services. Lyrics are provided in transliteration as well as the original Hebrew.  
**Contact:** 248-737-1931 or email nancyellen879@att.net.

## SUPPORT

## Apostolic Christian Church

**Time/Date:** 5 a.m. to 11 p.m. daily**Location:** 29667 Wentworth, Livonia**Details:** Adult day care program at the church's Woodhaven Retirement Community. Funding available from TSA, AAA 1-C Older Americans Act.  
**Contact:** 734-261-9000; www.woodhaven-retirement.com

## Connection Church

**Time/Date:** 7 p.m. Friday**Location:** 3855 Sheldon, Canton**Details:** Celebrate Recovery is a Christ-centered recovery for all hurts, habits and hang-ups. Child care is available for free  
**Contact:** Jonathan@Connectionchurch.info or 248-787-5009

## Detroit World Outreach

**Time/Date:** 7-8:30 p.m. Tuesday  
**Location:** 23800 W. Chicago, Redford; Room 202**Details:** Addiction No More offers support for addictive behavior problems  
**Contact:** 313-255-2222, Ext. 244

## Farmington Hills Baptist Church

**Time/Date:** 7-9 p.m. second Tuesday of the month except January, July and August**Location:** 28301 Middlebelt, between 12 Mile and 13 Mile in Farmington Hills**Details:** Western Oakland Parkinson Support Group  
**Contact:** 248-433-1011

## Merriman Road Baptist Church

**Time/Date:** 1-3 p.m. second and fourth Thursday**Location:** 2055 Merriman, Garden City**Details:** Metro Fibromyalgia support group meets; donations  
**Contact:** www.metrofibro-group.com; or call Ruthann with questions at 734-981-2519

## Fireside Church of God

**Time/Date:** 8 a.m. to 5:30 p.m. Monday-Friday**Location:** 11771 Newburgh, Livonia**Details:** Fireside Adult Day Ministry activity-based program for dependent adults, specializing in dementia care. Not a drop-in center  
**Contact:** 734-855-4056 or 734-464-0990; www.firesidechog.org; or email to adm@firesidechog.org

## St. Andrew's Episcopal Church

**Time/Date:** 10-11 a.m. Saturday**Location:** 16360 Hubbard, Livonia**Details:** A twice-monthly drop-in Food Cupboard (nonperishable items) is available  
**Contact:** 734-421-8451

## St. Thomas a' Becket Church

**Time/Date:** Weigh-in is 6:15-6:55 p.m.; support group 7 p.m. Thursday**Location:** 555 S. Lilley, Canton**Details:** Take Off Pounds Sensibly  
**Contact:** Margaret at 734-838-0322

## Unity of Livonia

**Time/Date:** 7 p.m. Thursday**Location:** 28660 Five Mile, between Middlebelt and Inkster, Livonia**Details:** Overeaters Anonymous  
**Contact:** 248-559-7722; www.aa.org for additional information

## Ward Evangelical Presbyterian Church

**Time/Date:** 6 p.m. dinner (optional); 7 p.m. worship; 8 p.m. small group discussion; 9 p.m. Solid Rock Cafe (optional coffee/desserts), Thursday**Location:** 40000 Six Mile, Northville Township**Details:** Celebrate Recovery helps men and women find freedom from hurts, habits and hangups (addictive and compulsive behaviors); child care is free.  
**Contact:** Child care, 248-374-7400; www.celebraterecovery.com and www.wardchurch.org/celebrate

## THRIFT STORE

## St. James Presbyterian

**Location:** 25350 W. Six Mile, Redford**Contact:** 313-534-7730 for additional information

## Way of Life Christian Church

**Time/Date:** 2-3:30 p.m. third Saturday from October through May**Location:** 9401 General Drive, Lilley Executive Plaza, Suite 100, Plymouth**Details:** Women's fellowship is designed for women with a question to know God more in their lives.  
**Contact:** 734-637-7618

## TOUR

**Time/Date:** 10:30 a.m. to noon first Sunday of the month**Location:** The Solanus Casey Center, a Capuchin ministry, at 1780 Mount Elliott, Detroit**Details:** Led by Capuchin friar Larry Webber, the director of the Solanus Casey Center, the tour focuses on the spirituality and holiness of Father Solanus, a humble Capuchin friar credited with miraculous cures and valued for his wise and compassionate counsel. No reservations are needed, although the center requests an advance phone call for groups of five or more. No cost for the tour, although donations are accepted.  
**Contact:** 313-579-2100, Ext. 149; www.solanuscenter.org

## WORSHIP

## Adat Shalom Synagogue

**Time/Date:** 6 p.m. Friday; 9 a.m. and 9 p.m. Saturday; 7:30 a.m. and 8:30 a.m. Sunday; and 6 p.m. weekdays**Location:** 29901 Middlebelt, Farmington Hills**Contact:** 248-851-5100

## Christ Our Savior Lutheran Church

**Time/Date:** 8:30 a.m. and 11 a.m. services; 9:45 a.m. Sunday school and youth and adult Bible classes**Location:** 14175 Farmington Road, just north of I-96, Livonia**Contact:** 734-522-6830

## Congregation Bet Chaverim

**Time/Date:** Services are held 7 p.m. the third Friday of the month**Location:** At the shared facilities of Cherry Hill United Methodist Church, 321 S. Ridge, Canton**Details:** Reformed Jewish Congregation with Rabbi Peter Gluck and Cantorial soloist Robin Liberatore  
**Contact:** www.Facebook.com/betchaverim or email to betchaverim@yahoo.com

## Due Season Christian Church

**Time/Date:** 10 a.m. Sunday, with 7:15 p.m. Tuesday Bible study**Location:** Stevenson High School on Six Mile, west of Farmington Road, in Livonia**Details:** Nondenominational, multicultural, full gospel church services.  
**Contact:** 248-960-8063 or visit www.DueSeason.org

## Faith Community Presbyterian Church

**Time/Date:** 10 a.m. Sunday worship; 9 a.m. Bible study**Location:** 44400 W. 10 Mile, Novi**Details:** Women's group meets 12:30 p.m. third Thursday of the month. Vacation Bible School runs Aug. 10-14  
**Contact:** 248-349-2345; faith-community-novi.org

## Faith Community Wesleyan Church

**Time/Date:** Prayer service, 9 a.m., worship service, 11 a.m., Sunday school, 12:30 p.m., contemporary service, 1:30 p.m., Bible study, 6 p.m., Sundays**Location:** 14560 Merriman, Livonia**Contact:** pastor Roger Wright at 313-682-7491

## Garden City Presbyterian Church

**Time/Date:** Adult Bible study at 8:15 a.m.; traditional worship service, youth Sunday school and child care at 10 a.m. Large print order of service is available. Refreshments in the church fellowship hall immediately after service. Elevator and handicap parking  
**Location:** Middlebelt, one block south of Ford Road  
**Contact:** 734-421-7620

## Good Hope Lutheran Church

**Time/Date:** 9:30 a.m. Sunday school followed by 10:30 a.m. worship service with Communion each Sunday; Bible study 10 a.m. Wednesday**Location:** 28680 Cherry Hill, Garden City**Contact:** 734-427-3660

## Good Shepherd Evangelical Lutheran Church (WELS)

**Time/Date:** 8:45 a.m. Sunday school/adult Bible study; 10 a.m. Sunday service**Location:** 4145 W. Nine Mile, Novi**Contact:** Rev. Thomas E. Schroeder at 248-349-0565; GoodShepherdNovi.org

## Grace Lutheran Church

**Time/Date:** 8 a.m. traditional Sunday service and 10:30 a.m. contemporary; Sunday school and adult Bible study at 9:15 a.m.**Location:** 46001 Warren Road, between Canton Center and Beck, Canton Township**Contact:** 734-637-8160

## His Church Anglican

**Time/Date:** 7:45 a.m. at Trinity and 10 a.m. at Madonna University**Location:** Trinity Church, 34500 Six Mile, Livonia, and Kresge Hall on the Madonna University campus, 36600 Schoolcraft, Livonia**Contact:** www.HisChurchAnglican.org; 248-442-0HCA

## Holy Cross Evangelical Lutheran Church

**Time/Date:** 8 a.m. and 10 a.m. Sunday; 9 a.m. Faith Forum; 10 a.m. Sunday school; 7:30 p.m. Wednesday worship in the chapel.**Location:** 30650 Six Mile, Livonia**Contact:** 734-427-1414

## Hosanna-Tabor Lutheran Church

**Time/Date:** 8:30 a.m. and 11 a.m. Sunday**Location:** 9600 Leverne, west of Beech Daly, north off West Chicago Road, Redford  
**Contact:** 313-937-2424

## In His Presence Ministries

**Time/Date:** 10 a.m. Sunday**Location:** 26500 Grand River Ave., Redford**Contact:** 313-533-1956; detroitinispresence.org

## Nativity United Church of Christ

**Time/Date:** 11 a.m. service with Plumb Line Church with the Rev. JoAnn Bastien, Praise Group, Sunday school and child care.

Coffee at 10:45 a.m. Traditional Sunday worship service at 2 p.m. with Bastien. No Sunday school or child care. Coffee after the service at 3 p.m.

**Location:** 9435 Henry Ruff Road at West Chicago Road, Livonia  
**Contact:** 734-421-5406

## New Beginnings United Methodist Church

**Time/Date:** 10:30 a.m. Sunday**Location:** 16175 Delaware at Puritan, Redford**Contact:** 313-255-6330

## New Life Community Church

**Time/Date:** 11 a.m. Sunday**Location:** 42200 Tyler, Belleville**Contact:** 734-846-4615 or www.newlifecommunitychurch4u.com

## Our Lady of Good Counsel Roman Catholic Church

**Time/Date:** 6:30 a.m. and 8 a.m. weekday Masses; 8 a.m. Saturday Mass; 4 p.m. Saturday Vigil Mass; 8 a.m., 10 a.m., noon and 5 p.m. Sunday Masses; Exposition of the Blessed Sacrament, 7-8 a.m. Monday-Friday; Eucharistic Adoration, 9 a.m. Monday through 3 p.m. Friday in the Day Chapel; Sacrament of Reconciliation, starting at noon Thursday and 2-3:45 p.m. Saturday or by appointment  
**Location:** 47650 N. Territorial Road, Plymouth Township  
**Contact:** 734-453-0326


## Plymouth Baptist Church

**Time/Date:** 8:30 a.m. and 10:45 a.m. Sunday**Location:** 42021 Ann Arbor Trail, west of Haggerty**Details:** Both services feature contemporary and traditional worship music and in-depth Bible teaching. Full nursery and preschool programs available at both services.  
**Contact:** 734-453-5534

## Prince of Peace Lutheran Church

**Time/Date:** 8 a.m. and 11 a.m. Sundays, with an education hour 9:30-10:40 a.m. Social hour follows each service.**Location:** 37775 Palmer, Westland





## Get a mental workout

Local program Mind Aerobics offers  
memory, critical thinking sharpeners

**Sharon Dargay**  
Staff Writer

**M**ind Aerobics, a new program offered by Jewish Family Services (JFS) and Jewish Vocational Services, (JVS) is designed to sharpen your thinking skills and improve your memory.

"This program is something very different," said Yuliya Gaydayenko, JFS director of older adult services, speaking at a recent open house for the program. "For a long time we talked about how we need something for people who are healthy who might have some memory loss. We need something more than adult day programs and memory clubs. We need something that is research based, something we can show people outcomes.

"So we searched and there are a lot of programs out there. About three years ago we came across this program that has 10 years of research behind it. We are so excited about it."

The program, developed by the New England Cognitive Center, uses games and activities to target reaction time, visual/spacial abilities, attention and concentration, memory, language, and problem solving. Four levels of classes are available, based on cognitive function. The "Mind Sharpener" class is for individuals with no impairment and for those experiencing occasional "senior moments." Other levels — Lively Mind, Active Mind, and Ready Mind — target participants with early stage dementia, mild dementia, moderate dementia and moderately severe dementia.

JVS and JFS are the only agencies in Michigan offering the program. They're marketing Mind Aerobics to seniors and have run one 12-week series of classes at JFS' senior day care program and one community-based Mind Sharpener series at JFS. They'll add the additional levels in the spring and are collecting names and contact information for future classes. Classes meet twice weekly and cost \$20 each — \$480 for the 24-class, 12-week series.

"We're finding that everyone who took the sample classes here at Jewish Family Services and at JVS are interested in the program for themselves," said Julie Verriest, JVS manager of senior adult services. "We may find that this is appealing to a much wider audience."



Lynn Breuer of Jewish Family Services' Eldercare Solutions of Michigan, demonstrates activities included in Mind Aerobics' Mind Sharpener class.



Stacey Molinaro (Right) of Jewish Vocational Services, shows Tamara Ragon of Inspire Home Care how to play one of the Mind Aerobics games during a recent open house for the program, held at Jewish Family Services in West Bloomfield.



Open house participants work on a Mind Aerobics game that tests reaction time.



A memory game challenges participants to read a letter, and then identify pictures of items mentioned in the writing.

See MENTAL, Page B7

## Appliance Doctor is happy the GE brand remains American

**P**lease allow me to repeat the first paragraph of a column I wrote back in September 2014:

"Some five years ago I predicted that General Electric would sell its appliance division and so it has come to pass that Electrolux is going to take over the G.E. brand. If you are an old guy like me, involved in the appliance industry, this is almost unbelievable. I've never had many issues with the quality of products produced by this company and I've seen many great appliances that performed well and lasted for years. How can a company so big with such a great reputa-



**Joe Gagnon**  
THE APPLIANCE  
DOCTOR

tion just close the door on the faces of the American consumers? Just maybe it has to do with the small profits earned by the appliance division. I hear that GE makes less than 3 percent of yearly earnings from its appliance sales. I guess when you make billions as a huge company, 3 percent is not worth the effort. Now here we go again with a manufacturer selling to another

producer of appliances located in another country."

Fast forward to this month. According to media reports, General Electric is backing out of a plan to sell its appliance division to Electrolux for \$3.3 billion. Electrolux said it tried to obtain regulatory approvals from the Justice Department, and regrets that GE has terminated the agreement.

Electrolux agreed in September 2014 to acquire GE's appliance unit, which is based in Louisville, Ky. But last summer, the Justice Department sued, saying the merger would result in a "duopoly," with Whirlpool and GE dominating

the U.S. cooking appliance market. Consumers would have seen higher appliance prices.

GE disagrees with the Justice Department's view of the transaction and said the acquisition would have benefited consumers.

Electrolux claimed it would keep costs down and sell products at lower prices under the GE acquisition.

The Justice Department called it a bad deal for consumers who buy cooking appliances every year.

As for the feelings of this old guy writing this column, they haven't changed one bit. I

think it would be a crying shame to see the name General Electric removed from this country and changed to something else.

It's almost like GE started the whole appliance industry, which they didn't but we would be void of great technology they have always provided.

I still miss the names of so many: Philco by Ford, Frigidaire by General Motors, Keurig and a dozen others. Let's see what the future holds.

Joe Gagnon can be heard at 8 a.m., Saturdays on WAAM 1600. You can e-mail your problems and questions on appliances to [appldr@twml.r.com](mailto:appldr@twml.r.com)



## Take care to prevent winter sports head injuries

As a youngster growing up in Northwest Detroit, wintertime led us to build a skating rink. Donning the skates was followed by hours of carefree (or careless) fun. This inevitably led to hockey "pick-up" games for the neighborhood, hosted in our own backyard. Our father would rig up a flood-light so we could play outside into the night.

When winter weather was too severe we would take the competition indoors and, wearing roller skates, we would reenact the then popular *Hockey Night in Canada*. Hours were spent careening around the cement basement floor with occasional exclamations of "He shoots, he scores!"

What's wrong with this picture of our past? One thing is that it is amazing we survived since we wore no helmets, no protective gear of any type, and if someone fell and hit their head he would shake it off, resume play, or go home crying. All the while none of us knew just how dangerous this was and how lucky we were.

Winter is upon us. With it comes an increased participation in winter sports and an increased incidence of traumatic brain injuries. Outdoor



Len McCulloch  
GUEST COLUMNIST

***We need to devote more attention to prevention ... 90 percent of head injury concussions could be prevented if people took more precautions.***

winter sports include ice skating, sledding, snowmobiling, snowboarding, hockey and skiing. Indoor winter sports include basketball, volleyball and indoor soccer. All of these have in common the increase in potential for heads hitting heads, and heads hitting the ground.

In fact, an estimated 1 million children alone in this country sustain a traumatic brain injury each year. Every 23 seconds, a head injury occurs in the U.S. according to the Brain Injury Association of Michigan (BIAMI). The major-

ity of these are closed-head injuries, also called concussions or traumatic brain injuries.

### Myths dispelled

It previously was thought that the head had to hit something for there to be a concussion-like injury. This myth has been proven wrong. A whip-lash-like motion of the head can cause damage to the brain.

Also, a loss of consciousness is not necessary for the brain to be hurt. Technically, a disruption in consciousness, no matter how brief, such as mildly dazed to a full coma constitutes concussion. And, repeated concussions can have a cumulative effect as often seen in boxing. We also are hearing more reports of hockey and football players sustaining concussions, retiring earlier and developing Alzheimer's-like disorders.

### Resources

More resources than ever now are available for children, adults, parents, teachers and coaches to learn about these conditions and ways to remedy the consequences of such injuries.

In addition to the natural resource of brain healing, the

likelihood of recovery can be increased by working with rehabilitation specialists. Some school districts are now training coaches about head trauma or partnering with local physical therapy companies to have a professional at games. Help also is available from the field of neuropsychology in making "return-to-play" decisions. The Brain Injury Association of Michigan, is a leader in this area. Its website is [www.biami.org](http://www.biami.org).

Also, The Therapy Choirs of Michigan (TCM), provides choir therapy and develops therapy choirs for people with special needs, including sports concussions. The group has active therapy choirs in Macomb, Oakland and Livingston counties. It has plans to expand to Wayne County soon. Its work largely has been self-funded, with the exception of a small pass-through grant and Goodwill contributions. TCM is a Michigan 501-C3 nonprofit organization, located at 24477 Buchanan Ct. #1887, Farmington Hills, MI 48335. TCM is appealing for contributions to continue its "Tour of Hope" concerts, with performances by individuals with brain injuries and associated disorders. For donation records, the

TCM federal ID number is #36-4611444. Your canceled check is your receipt. Visit [www.therapychoirs.org](http://www.therapychoirs.org)

### Prevention

We need to devote more attention to prevention. It is estimated that 90 percent of head injury concussions could be prevented if people took more precautions. In the final analysis, the greatest tool we have against traumatic brain injury is prevention. This is not to discourage participation in winter sports, but to encourage safe participation in all that we do.

So, if you are thinking about flooding your back yard for unprotected, unsupervised winter hockey or re-enacting *Hockey Night in Canada* in roller skates on your cement basement floors, think again.

Leonard J. McCulloch is a diplomate of the American Psychotherapy Association. He is a certified brain injury specialist and is board certified in traumatic stress, mental health, addictions and social work. McCulloch also is president and director of Therapy Choirs of Michigan. Call him for a courtesy consultation at his Farmington Hills office at 248 474-2763 ext.222.

## Dentist seeks patients for implant teaching program

Timothy F. Kosinski, a dentist practicing in Bingham Farms, is looking for 40 patients for his teaching program in implant dentistry techniques.

Candidates must be missing upper or lower back teeth and have no uncontrolled medical problems. A no-fee evaluation will be completed to determine if they are candidates for this teaching program.

Once selected, the individuals will receive a dental implant and abutment for \$699 – a \$1,500 savings. After

healing, a crown over the implant will be created by Kosinski, also for a reduced fee. All patients accepted in this program will receive a CT scan, or three dimensional X-ray.

Anyone interested in the reduced implant procedure should contact Kosinski's office, SmileCreator of Bingham Farms by Feb. 1, 2016. The procedures will be done in April. Call Jan or Lorry at 248-646-8651 to schedule a free appointment.

Kosinski has trained hundreds of dentists and dental

students in the best techniques for successful implants. He placed more than 1,000 implants last year.

Kosinski participates in a dental training program he offers in cooperation with the Engel Institute. Professional dentists train with Kosinski and under his mentoring perform implant surgery on select patients.

The SmileCreator of Bingham Farms office is located at: 31000 Telegraph, Suite 170, Bingham Farms. For more information, visit: <http://www.SmileCreator.Net>



Timothy Kosinski, DDS, and fellow dentists place a dental implant.



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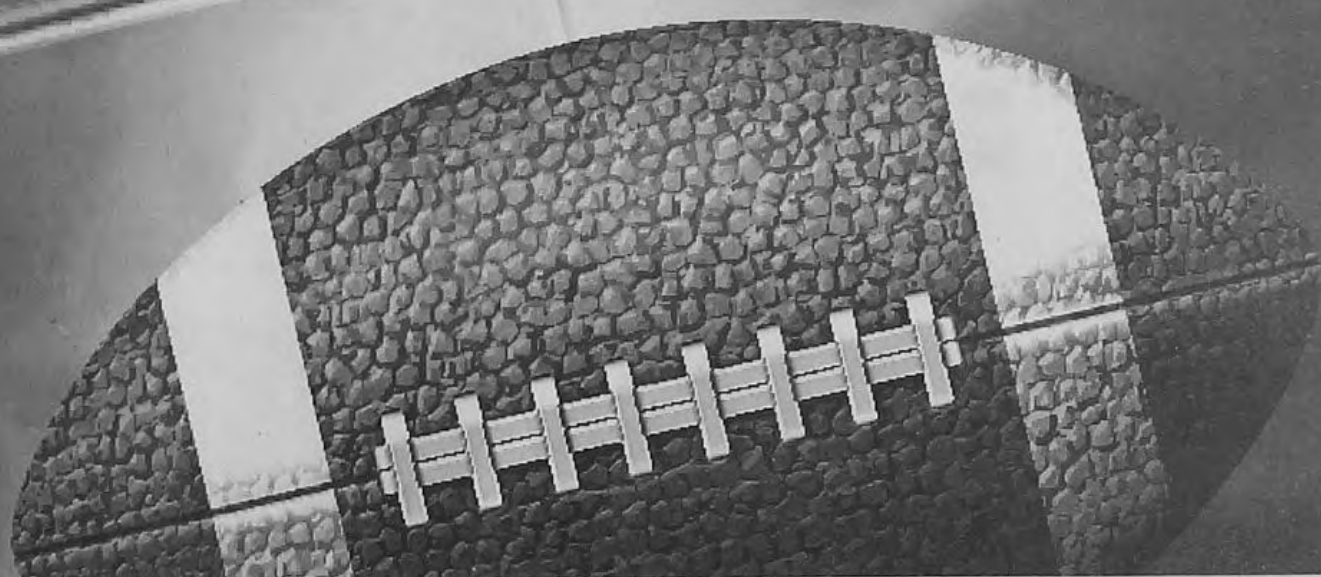


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# GAME DAY GRUB

From pizza to party bites, make snacks they'll remember as well as the game



THINKSTOCK

When game day arrives and friends and family are gathered around the big screen to cheer your team to victory, the only thing missing is some great grub to make the celebration complete.

Putting together an all-star spread is actually easier than you may think. Simple recipes featuring high-quality ingredients make it possible to serve up big flavor without a lot of fuss. Follow these tips to score a game day menu that will let your guests enjoy themselves to the fullest.

## Create a DIY pizza station

Prepare dough ahead of time or purchase individual serving size crusts and invite guests to make their own personal pizzas. Provide an array of fresh veggies, meats and herbs for endless combinations. Don't forget plenty of quality cheese, and for a special twist, add some unexpected flavors, such as Jarlsberg cheese. Best known as a classic wedge, this nutty, mild cheese is also wonderful shredded for a uniquely delicious pizza flavor. Get guests started with this Sausage,

Mushroom and Herb Pizza and then invite them to get creative on their own.

## Top it off right

No game day party is complete without chips and dip. Take your nachos to another level with premium toppings such as these Barbecue Chicken Nachos. Other upgraded topping options: grilled steak or chicken, grilled corn and onions, a variety of flavorful cheeses, home-made guacamole, diced fresh veggies, seasoned olives and spices, such as Cajun or Caribbean jerk.

## Bring the heat

Spice things up with peppers as an added ingredient to other treats like pizza and nachos, or make the pepper the star, as with these Jalapeno Poppers, which blend the heat of a whole jalapeno balanced by the distinctive flavors of goat, Jarlsberg and Parmesan cheeses.

Find more game day recipes at [jarlsberg.com](http://jarlsberg.com).

Courtesy of Family Features



## BARBECUE CHICKEN NACHOS

Makes: 1 large serving

1 rotisserie chicken  
1 cup barbecue sauce  
nacho chips  
1 cup shredded Jarlsberg Cheese  
¼ cup chopped green onion  
sour cream (optional)

Heat oven to 350 F.  
Pull white meat off rotisserie chicken and place in mixing bowl. Add barbecue sauce to pulled chicken and gently mix together. Scatter nacho chips on oven-safe dish and place pulled chicken on top. Shred cheese with grater and coat top of chicken. Place in oven for approximately 10 minutes. Sprinkle green onion on top and serve with sour cream, if desired.



## JALAPENO POPPERS

Makes: 16

16 whole jalapeno peppers, rinsed and drained  
2 logs (4 ounces each) fresh goat cheese  
1 cup shredded Jarlsberg Cheese  
¼ cup grated Parmesan cheese  
¼ cup diced green onion (scallions)  
dash of hot sauce  
cilantro leaves  
mini hot red peppers (optional)

Using small sharp knife, cut slit down one side of each pepper. Leave stem intact and remove seeds and veins.  
In bowl, mash all cheeses, onion and hot sauce. Divide among peppers, stuffing each generously. Refrigerate. (Note: Recipe can be made ahead to this point.)  
Arrange peppers in heavy aluminum foil packet. Grill 8-10 minutes, or until cheese begins to melt. Garnish with cilantro and, if desired, hot red peppers.



## CHEESE AND MUSHROOM PIZZA

Makes: 1 pizza

1 premade pizza dough (14-16 ounces)  
5 tablespoons tomato sauce  
2 diced Roma tomatoes  
8 ounces shredded Jarlsberg Cheese  
2 ounces grated Parmesan cheese  
8-10 sliced mushrooms  
2 teaspoons oregano  
arugula (optional)

Heat oven to 425 F.  
Follow premade pizza dough instructions on package.  
Spread thin layer of tomato sauce and fresh tomatoes on uncooked pizza dough, sprinkle with cheeses, top with mushrooms and finish with oregano.  
Bake pizza in oven for 15-20 minutes, or until golden brown. Garnish with arugula.



## PICK A PARTY BITE

Finger foods make it easy for your fellow fans to quickly grab a snack between plays and save the serious grub for a longer break in the action. Tide them over until halftime with these bite-size appetizers. For a little extra fun, use toothpicks bearing the mascot or signature color of your favorite team.

Jarlsberg cheese  
salami  
green grape  
toothpick

Cut cheese and salami into bite-size cubes. Thread ingredients on toothpicks, varying the order and mixing and matching ingredients for different flavor combos.

## MENTAL

Continued from Page B5

### Testing it out

Open house guests, including representatives from home health care companies, tried the Mind Sharpener activities. They tested their reaction time by quickly following directions called out by a program trainer. The goal was to point to the correct image on a piece of paper with the left, right or both hands. A drawing activity

aided visual/spacial skills as guests attempted to sketch the mirror image of an abstract form. The final sample game involved memorizing items mentioned in a written letter and recalling them later by studying a group of images.

"We used to think only children could develop new stem cells in the brain," said Angela Popoff, cognitive wellness program coordinator at JFS. "We do know now that adults can grow new brain cells and new stem cells. Research is showing us key things can help do that. One is physical exer-

cise. No surprise there. The other is socialization."

Socialization is one way Mind Aerobics is different from other brain training programs, Popoff said. Rather than playing cognitive games alone on a computer, participants tackle the activities in a group setting led by a trained instructor.

"It's you and a group of people interacting and enjoying yourself with others," she said. "The third thing is mental challenge. Brain exercise. Doing new and different things, like cognitive training classes."

### Retaining benefits

Citing research from the New England Cognitive Center, Popoff said participants at the Mind Sharpener level retain at least 80 percent of the gains they made for a year after their 24 classes end.

"They also show that people do have an improvement usually in two out of the six areas of cognition. In the other levels of classes they will show improvement, however, in those classes the benefits fall off faster because the brain is more compromised by de-

mentia."

After trying the Mind Sharpener level activities, Lorine Beattie, owner of Inspire Home Care, of Bloomfield Hills, said she'd consider offering the program to her clients. "It just adds to the quality of life," Beattie noted. "I love all of it," added Tamara Ragon, R.N., an Inspire Home Care staff member. "I love that they get to socialize while doing this."

To learn more about upcoming class dates and times, call 248-592-2313 or email [apopoff@jfsdetroit.org](mailto:apopoff@jfsdetroit.org).



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