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Newly elected Canton supervisor talks about team-building, goals

Darrell Clem
hometownlife.com

Settling into Canton government's top job, new Supervisor Pat Williams has made team-building his first priority, though he also has begun developing a list of goals he hopes to accomplish.

Sitting in his third-floor office in the Canton Administration Building, Williams said he intends to prove himself to voters who chose him to lead this still-growing community of more than 90,000 residents.

"I'm absolutely honored that the people of Canton have put their trust in me for the next four years to serve

them," he said. "I will not let them down."

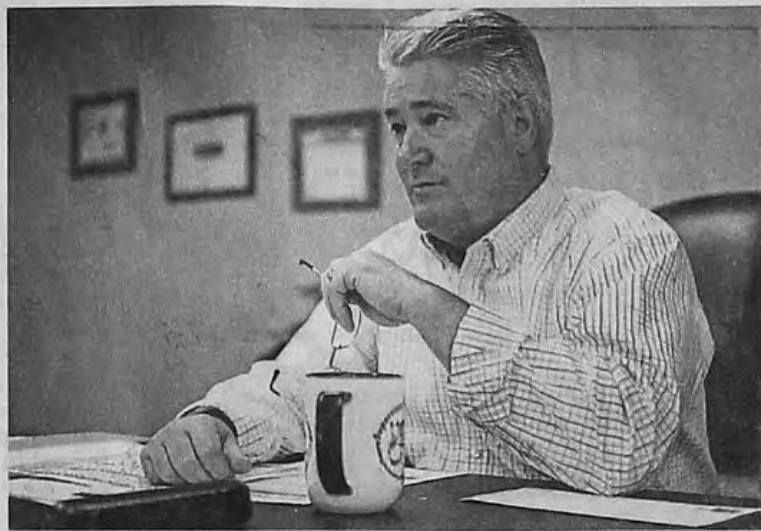
Williams, a Republican, had served two four-year terms as a part-time trustee before voters chose him over Democrat Dr. Syed Taj to hold the Canton torch that former Supervisor Phil LaJoy carried for eight years. Williams said LaJoy was helpful during the transition.

Yet, Williams finds himself in a much different position than LaJoy after Democrats in November won five of seven seats on the Canton Township Board of Trustees. Prior to Nov. 8, the board had just one Democrat.

To ease the transition, Williams has begun what will be a

series of team-building sessions with other elected officials and Canton's department heads. He and other officials have long said the overwhelming majority of local issues really aren't partisan. Residents want their trash picked up. They want to feel safe in their homes. They don't want their water bills to soar.

Williams leads Canton with new Clerk Michael Siegrist and Treasurer Dian Slavens, both Democrats, and part-time Trustees John Anthony, Sommer Foster, Anne Marie Graham-Hudak and Steven Sneiderman. Other than Williams, Anthony is the only Repub-



BILL BRESLER | STAFF PHOTOGRAPHER
Supervisor Pat Williams discusses his priorities after taking office.

See WILLIAMS, Page A2

Shop with a Cop spreads Christmas cheer to Canton kids

Darrell Clem
hometownlife.com

Annabelle Hamel started out shopping for a Baby Alive doll, but ended up choosing an Our Generation Sweet Stop Ice Cream Truck.

"This is so much fun," said Annabelle, one of 12 children who went Christmas shopping Monday with Canton police officers.

Youngsters accompanied by police officers fanned out across the Target store on Michigan Avenue for Shop with a Cop, a program that every year brightens the holiday season for local children. Several children came from the same family.

Target allowed each child to pick \$100 in gifts. Some children chose gifts for themselves, while others selected items for parents, siblings or friends.

"It went great," said Police Officer Patty Esselink, the Canton Police Department's community relations officer. "When we partner like this, it gives us a chance to bring a smile to the children's faces and brighten up their Christmas."

Children are referred by

See SHOP, Page A3



BILL BRESLER | STAFF PHOTOGRAPHER

Annabelle Hamel makes her choices.



BILL BRESLER | STAFF PHOTOGRAPHER

Eight-year-old Robert Hamel found the perfect stuffed companion. Canton Police Explorer Cody LaMontagne totals up Robert's purchases.

Local clerks wade into recount battle

Brad Kadrich
hometownlife.com

After winning a contentious election to replace the popular Terry Bennett as Canton Township clerk, Michael Siegrist figured he'd have time to take a breath, settle into his new surroundings and begin the learning process of a new job.

Jill Stein and the Green Party doused any hopes of an easy transition.

Instead, Siegrist spent Monday meeting Canton's obligations for the recall, wrangling with more than 46,000 ballots to be taken to the Wayne County clerk's office, where the recount — given the green light by U.S. District Judge Mark Goldsmith over the weekend — was set to start Tuesday.

"I had anticipated some time to learn, but it didn't happen that way," said Siegrist, who just took office Nov. 22.

Susan Nash, the city clerk in Livonia, said she was preparing to take all of the city's 55,747 ballots cast in November's election to Cobo Center, the location where the recount is set to take place.

She said she and Westland City Clerk Richard LeBlanc were going to go in and split a transport van to take the two cities' ballots to downtown Detroit, a measure being done to try to cut the minimal costs for transporting them. If the transport van is split between Westland and Livonia, the cost would be most likely less than \$100.

The ballots, she said, would remain locked up downtown until the recount began Tuesday morning.

Nash said no city staff members are expected to go down-

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WILLIAMS

Continued from Page A1

lican on the board.

Siegrist, who replaced a retiring clerk of 21 years, Terry Bennett, said the transition has gone well and that Bennett helped him.

"We're all learning, right? But everybody is open to learning and it's a great team," he said, adding that his clerk's office staff "is very experienced and they cooperate very well."

Slavens, who defeated two-term Republican incumbent Melissa McLaughlin, said she, too, has a learning curve

that is made easier by a talented workforce.

"The staff has been wonderful," she said, adding that she already is beginning training through the Michigan Townships Association.

As supervisor, Williams takes the helm after Canton emerged from a bruising recession with a general fund balance that, as of the latest audit, had grown from \$2.5 million in 2011 to \$7.1 million — the largest surplus since 2008.

"We're starting in a rock solid financial position," Williams said.

However, he said he remains cautious.

"It's not time to let go

of the wheel, but we are in better shape," he said, adding later, "We've been conservative in our budgeting and we're going to continue to do that."

Here's a look at issues Williams discussed during an interview in his office.

» A new water-storage facility on the north side is expected to go live in April or May and Canton is discussing shifting its waste water treatment completely to Ypsilanti. Right now, the service is split between Detroit and Ypsilanti. Williams said the overriding goal is to slow the rate of increase of water-sewer rates.

» He pledged to continue the level of services Canton residents have come to expect.

» Fitch Ratings has given Canton an AAA bond rating, the highest possible, which could save money for any long-term projects requiring financing. "It means we're able to bond and carry debt at the lowest possible cost," Williams said.

» Contracts already have been settled for six employee unions. Williams hopes soon the township board can approve a pact for the last group, the Technical, Professional and Office-workers Association of Michigan, composed of positions such as clerical.

» Williams plans to continue efforts to develop a strong relationship between his office, the newly reshaped township board and department heads.

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Bill Bresler | Staff Photographer
New Canton Township Clerk Michael Siegrist (center) said he doesn't think the recount will produce any new information, but called it "an interesting intellectual exercise."

RECOUNT

Continued from Page A1

town and participate in the recount, but said she may go to watch the process take place.

"I will probably go down there just to see what's going on with our ballots," she said. "This is, in my opinion, some uncharted water here."

State Sen. Pat Colbeck, R-Canton, said the recount was an attempt by the Democratic party, in cooperation with Stein, to "disenfranchise 4.8 million voters in Michigan."

"These unprecedented legal actions also attempt to rewrite the U.S. Constitution and in the process show disrespect for an additional 125 million Americans," Colbeck said in a statement. "It is ... clearly the responsibility of the states, not the federal government, to de-



Nash

termine the manner by which electoral votes are cast."

In a rare Sunday hearing, Goldsmith granted Stein's request for the hand recounting of about 4.8 million ballots starting Monday. The Michigan Republican Party, through its attorney Gary Gordon of Lansing, filed notice Monday it plans to file an appeal of Goldsmith's ruling with the U.S. 6th Circuit Court of Appeals in Cincinnati. Despite the appeal

notice, the recount continues unless Goldsmith's order is stayed or overturned.

Gordon had argued Stein had no chance of overturning the election results — Stein finished a distant fourth in Michigan to Republican President-elect Donald Trump — her concerns about votes not being counted properly were merely speculative, and the recount would result in excessive costs for Michigan taxpayers. Also, the state has a valid interest in a two-business-day pause after ruling on an objection to a recount petition, because it allows for court review of that recount decision, Gordon argued before Goldsmith.

Goldsmith ruled that Stein demonstrated "a credible threat that the recount, if delayed, would not be completed" by Dec. 13, a federal deadline for guaranteeing that the electors Michigan certifies for casting its presidential votes are accepted by Congress.

That's a threat to constitutional rights, Goldsmith said.

Attorneys for the Board of State Canvassers and Trump argued Stein waited too long to request the recount, which would cost taxpayers too much money — possibly more than \$4 million above the \$973,250 filing fee Stein was required to pay.

But Goldsmith said "concerns with cost pale in comparison" to the integrity of an election.

"It is clear they have no respect for 'We the People,' especially since their frivolous recount petition could cost Michigan taxpayers and county governments an additional \$12 million, a mere fraction of what they will compensate taxpayers for," Colbeck said. "Wayne County in particular does not need another expense that draws funds away from important services such as road maintenance."

But Goldsmith said "concerns with cost pale in comparison" to the integrity of an election.

Both Michigan Attorney General Bill Schuette and Trump have sued in state court to stop the recount, and a hearing on their suits was scheduled for 4 p.m. Tuesday in the Michigan Court of Appeals in Lansing.

But election law experts told the Detroit Free Press that Goldsmith's ruling, which says the recount "shall commence and must continue until further order of this court," has the effect of preventing state courts from stopping the recount without further judicial review by the 6th Circuit.

For his part Siegrist, a Canton Democrat, said he doesn't expect the recount to yield much information.

"I'm not entirely certain the recount will yield much new information, and no new result," Siegrist said. "I'm anxious about the information it will produce, but it's definitely an interesting intellectual exercise."

Staff writer David Veselenak and Detroit Free Press reporter Paul Egan contributed to this report.

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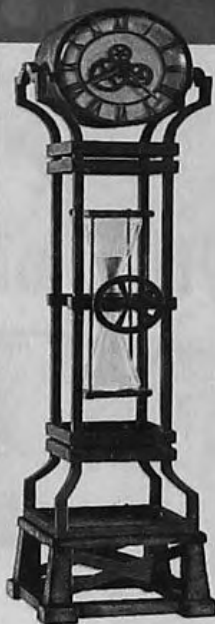
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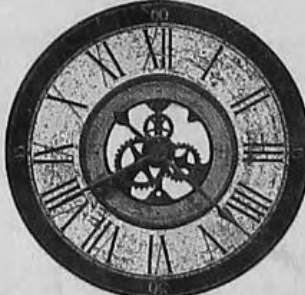
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Aiden Hamel and Officer Mike Kirby weigh the tough decisions.



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GUEST COLUMN

The president-elect won't change my beliefs

Sarah Davies
Guest Columnist



Sarah Davies

FILE PHOTO

Two. My daughter is just 2 years old. In light of recent events, I have watched my Facebook feed fill with horrible things; people so full of hatred and anger. People who say, "How will I explain to my children that this is the person we have decided to be our president?" So many people are questioning how one could vote for Trump when there are minorities, women and gay people in the world.

This is what I will tell my daughter:

We live in a free country. We live in a place where we have rights to have opinions. We can choose to love whomever we want, regardless of their sex. We can have friends of all kinds, all colors and all types. Some of our friends will accept us for who we are and for the opinions we hold. Others will dislike us because of those very same things. But we live in a free country, where all opinions are OK to have. When we vote for a president, we are not voting for the opinions of that person. The president is not going to go into office and then suddenly every opinion they have will become a law. Having Trump become our president does not mean that the gays have no rights and that all illegal immigrants will be sent to their home countries or that abortion will immediately become illegal. That is not how our country works.

We have laws and rules that we require the American people to abide by. Our rules are not as strict as many other countries and the major-

ity of Americans follow them. Our laws are not decided by one person. This is part of what makes our country great.

Our country is amazing because even when we may disagree on a topic or issue, we can still find ourselves holding hands or holding each other up in times of despair. When we have had major issues of violence or hatred, we have stood together as a nation. When we have found doubt in our neighbor's opinions or felt uneasy about their political sign in their front yard, we would still find ourselves running into their burning home to get them out if the place was on fire. We are Americans. We can stand together, as a nation, even when we disagree about an issue.

My president does not dictate how I am as a person. I can be caring, giving and kind, even if the president is not. I love people of all sexes, all races and all religions. I love many gay people and believe that they should have equal rights as straight people. I believe that all colors should hold the same rights. I believe that people who rape people should go to jail and that bullies should be stopped. I do not like Donald Trump. I do not want to be his friend or

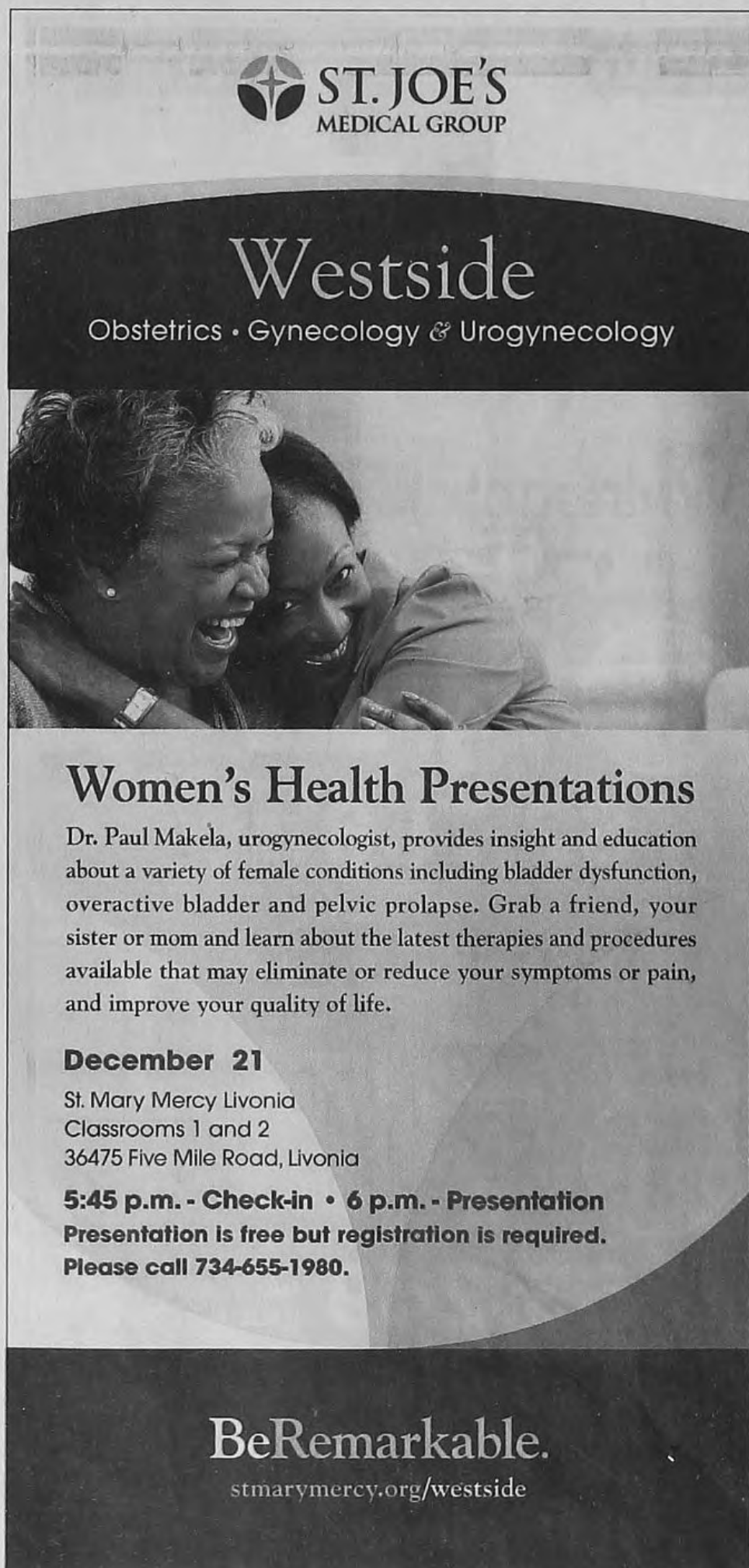
sit beside him at the dinner table. But I did vote for him and I am not ashamed of that. It was a very difficult decision to make.

I hope that my daughter grows up knowing that she has the same rights as everyone else; that at age 35 if she wants to run for president, she can. The world is full of bickering, hatred and anger and when some people find the country is supporting something other than their own beliefs, the hatred can be worse. There are adults bullying other adults because of an opinion and that is what makes this election sad.

My daughter will grow up to know that the president is not the person who makes decisions for her. Sometimes you have to stand up for your opinions while also voting against them. It's a crazy world we live in, but it can also be crazy amazing and full of love, if only that is what we create.

We can live the next four years full of hatred, spreading cuss words and anger all over social media, telling the world how we disagree with the polls. Or we can stand up and love each other and still be good people. We can stop bullying each other and start loving each other and remember that, whichever human might be living in a big white house in another town than the one I live in, is not changing me as a person. I am not the president and am very glad about that. Raising a 2-year-old is a tough enough job for me.

Sarah Davies of Livonia writes occasionally about the ups and downs of single motherhood.



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Life Choices can be a life saver for seniors



Rick Bloom
MONEY MATTERS

There is no doubt we are all living longer. In the old days, someone living into their 80s or 90s was unheard of; today, it's almost becoming the norm. I always remind people that age is a privilege, but I do realize that age also brings certain challenges. One of those challenges many people face is how to maintain their independence and deal with the day-to-day challenges we all face. Dealing with these challenges is more than a financial issue; it is also a resource issue as to where to you go to obtain assistance.

Obviously, from a financial standpoint, if you have the resources, there is no problem. For the majority of people, though, finances remain a problem. One alternative that many people have chosen is to purchase a long-term care policy. Unfortunately, many people find it is difficult to actually collect benefits under a long-term care policy and that there has been a disturbing trend over the last few years where many companies have substantially increased their premiums to a point that it became unaffordable. The long-term care issue is one of the more difficult issues I have to contend with. After all, it's more than a financial issue; it is also a resource issue. In other words, when a senior needs assistance, where do they go even if they have the money? Because there

are no easy solutions, it requires people to explore a variety of options. One option I recently became aware of that I believe many people should explore is the relatively new Life Choices Plan, through the Evangelical Homes of Michigan.

The Life Choices Plan is geared for seniors who want to stay at home and remain independent. Through this program, Life Choices provides its clients with an array of services and support, all geared to helping the senior maintain their independence and remain at home. Under this program, clients have a team of experts to assist them in their individual needs. Not only do they act as a lifestyle coach, but in addition, they also serve as a personal advocate, something that I can attest is much needed. One of the other benefits of this program is the fact that since seniors would have their own team, it dramatically reduces the chance they will be subject to senior abuse, a problem many seniors are now facing and a problem that is growing throughout the country.

Seniors who want to stay in their house and maintain their independence face many challenges, including such things as ensuring they are eating and exercising properly, have reliable transportation to the doctor and are taking their medications as prescribed. The Life Choices Plan addresses these needs and also makes provisions for those who eventually may require assisted living.

I believe the Life Choices Plan is something people should consider. Like everything else, it comes at a cost. The Life Choices Plan requires a significant upfront fee, as well as a monthly fee. However, if your goal is to maintain your independence and at the same time have a variety of health and wellness services, this is a program for those in southeast Michigan that deserves consideration. I should also mention another benefit to this program and that is peace of mind — not only peace of mind for the senior knowing they will have a whole team of experts dedicated to their well-being, but also peace of mind for their loved ones. They can rest easy knowing their loved one is being properly cared for.

For seniors who want to maintain their independence in their home and at the same time know their needs are going to be taken care of, I recommend looking at the Life Choices Plan. Its website is www.lifechoicesathome.org. Its toll-free number is 866-979-9109. This program is not for everyone, but you may find that it fits your needs and, in many situations, will provide you with much better services than a long-term care policy would at a much more affordable cost.

Good luck!

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

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Program gives teens facts of life

Jill Halpin
Correspondent

Knowing the facts — the real facts — of life may be all that stands between many teenagers and a life-changing experience like an unintended pregnancy or a sexually transmitted disease.

While the consequences of those facts are a reality for some local teenagers, the city of Westland is hoping to reduce these risks through a program aimed at educating teenagers about making responsible choices about sex and relationships.

The Be Proud, Be Responsible program is a six-hour day-long program for ages 12-19 designed to provide the knowledge, motivation and skills necessary to change their behaviors in ways that will reduce their risk of pregnancy or contracting HIV and other sexually transmitted diseases.

Now in its fourth year, the free program is offered through the Westland Youth Assistance program in conjunction with the Beaumont Hospital Taylor Teen Center and is open to youth in the city of Westland and neighboring communities.

"This program is all about helping kids and having them learn facts that will serve them throughout their lives. We don't just want them to be OK today, we want them to be OK down the road. We don't want them contracting something or getting into a situation that will stick with them and affect them for a lifetime," said Paul Motz, Westland Youth Assistance Program director.

Part of a federally funded "Taking Pride in Prevention" grant through the Michigan

Department of Health and Human Services, the Be Proud, Be Responsible program focuses on addressing the high rates of pregnancy and STD's among people ages 12-19, according to Jeff Cook, director of Child & Adolescent Health at Beaumont Health.

The program began in 2012, when statistics released by the state health department showed Westland teens at particularly high risk for both teen pregnancy and sexually transmitted diseases.

"Wayne-Westland was in the top 10 — I believe it was No. 10 — in the state in both of those areas," Cook said.

Westland wasn't alone. According to 2014 data from the Michigan Department of Health and Human Services, Wayne County has the highest rate in the state of pregnancy among females ages 15-19, as well as reported cases of HIV and other STDs.

"Our goal with the program was to increase knowledge and increase protective factors with our youth," Cook said. "We want to give the tools they need to reduce the dangers of high-risk behavior."

The program is held monthly. The next one is scheduled from 10 a.m. to 4 p.m. Dec. 10 at the Jefferson Barns Community Vitality Center, 32150 Dorsey, Westland. There are times when the program is offered more frequently, said Thana Ali, deputy director of the Westland Youth Assistance Program.

The Be Proud, Be Responsible program curriculum spans topics ranging from the facts and misconceptions surrounding HIV/AIDS, attitudes and beliefs about safe sex, building negotiation and refusal



Paul Motz, director of the Westland Youth Assistance Program, and Thana Ali, deputy director.

skills and more.

Other topics included in the program are decision-making skills, topics surrounding substance abuse and sex, as well as information on where and how to get tested for an STD.

Both Ali and Motz said that while there is a lot of information to cover, it is very interactive and the kids are very responsive. Breakfast snacks, a lunch and prizes are also offered to attendees as an extra incentive.

Birth control or condoms are not provided in the program, but knowledge is shared to help teens make educated decisions," Ali said.

Ali said that although the sessions may begin on a quiet, tentative note, it doesn't take long for the kids to begin to open up.

Creating a safe space for them to share their questions and concerns freely is key, she said, and it is important that parents need are aware that their teens know more about sex than they may realize.

"It really is pretty amazing: if you create as comfortable, safe place for even the quietest kid, they will open up to you and they can express

themselves effectively. Once they feel comfortable and start to talk, they have a lot of questions. They are naturally curious," Ali said.

Ali said that it is very important to have open dialogue with teens in order that ensure that the information they have regarding pregnancy and STDs is factually correct.

"The influence of the media is strong. Kids get messages that have no basis in fact," Ali said, adding "kids know a lot — not all of it is accurate. It is so important that they learn what the reality is instead of something they may have heard in a song or seen in a video."

Some of their mistaken beliefs can be quite astounding — indicating a strong need for increased education on the topic, Motz said.

"There are so many misconceptions — ranging from 'you can't get pregnant the first time you do it' and beyond," said Motz, "that you are doing your child huge favors by having them attend this program and learn the real facts."

Since its inception, the program has reached between 150-175 teens annually, he estimated.

While some are referred to the program, others may attend on their own.

"Sometimes, it is as simple as a parent calling us and saying, 'My child is sexually active and I am concerned,'" Motz said. However, he noted, the program is valuable to all teens.

"Enrolling your kids is one of the biggest favors a parent can do for their child — whether your child is a 4.0 student or a star athlete — this is important information that they have a right to know, he said, adding, "This is the information parents need to give their kids. These kids go off to college — they need to know this. They really do need to be educated about safe and responsible sex."

The community has been very supportive of the program and praises the Wayne-Westland school district in "allowing us to promote this program; they recognize the importance of it and have been very helpful," he said.

Studies are currently underway to determine the impact of the program, Cook said.

Motz said he believes the program has a positive effect. "We are hoping we have made a difference. Things don't change overnight but the more people we can educate, the better off we all are," he said.

For Ali, the experience of teaching these classes has been eye-opening.

"These kids teach me more than I teach them," she said. Many times, "They come in and think they know everything. It is awesome at the end of the day when they discover that the learned something new and can admit it. If it is something as small as that then we have accomplished something great."

TEENS AT HIGH RISK

Sexually transmitted diseases are on the rise and new data from the United States Center for Disease Control shows that teens are at particularly high risk. The CDC reports that rates for sexually transmitted diseases such as chlamydia and gonorrhea are at an unprecedented high, and most of these infections are reported among ages 15-24.

"The consequences of STDs are especially severe for young people," said Dr. Gail Bolan, director of CDC's Division of STD Prevention. "Because chlamydia and gonorrhea often have no symptoms, many infections go undiagnosed and this can lead to lifelong repercussions for a woman's reproductive health, including pelvic inflammatory disease and infertility. Conversing with your teen about the risks involved with sexual activity is vital, local experts say.

Here are tips for parents on speaking with your teen about sex from Beaumont Health's Jeff Cook, Director of Child & Adolescent Health, Westland Youth Assistance Program Director Paul Motz and Deputy Director Thana Ali.

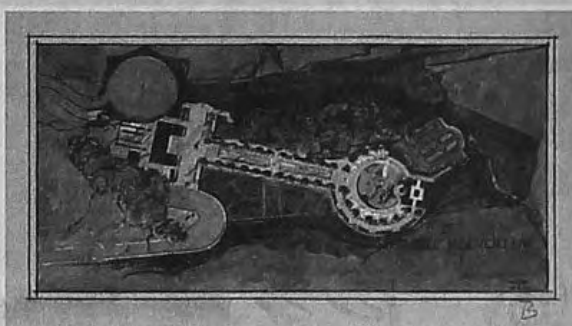
- » Educate yourself first. "It is important to become knowledgeable yourself. The more you know the more comfortable you are speaking about it with your teen," Cook said.
- » Be approachable. "Parents have to be open-minded and accessible if they really want their kids to open up," Motz said.
- » Encourage open communication. Cook advises asking questions in an easy, comfortable manner to help your teen feel at ease discussing the topic.
- » Don't be judgmental or overreact. Refraining from criticisms will help your teen relax and feel more secure with you, Ali said.

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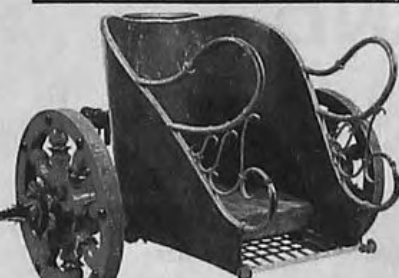


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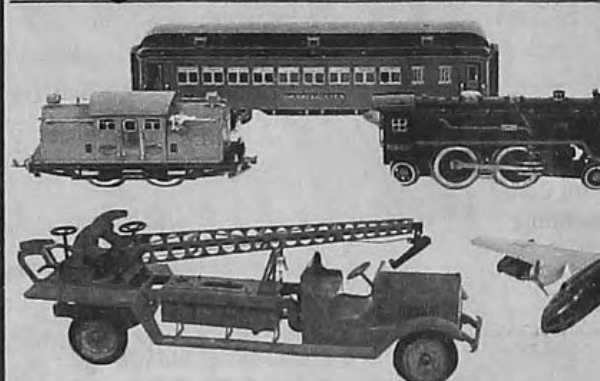


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Community mourns death of Gans

Served Schoolcraft and Northville area

Matt Jachman
hometownlife.com

Marvin Gans, a long-time athletic director and coach at Schoolcraft College and a "dynamo" in bringing athletic events and opportunities for recreation to western Wayne County, died Friday following a brief illness. He was 84.

Gans, known to everyone as Marv, was also a 20-year Northville Township trustee and had served the township in different capacities for decades. He had just been elected in November to a sixth term on the Board of Trustees.

"Marv was very special to this community. He devoted much of his last 40 years to public service for our township, as planning commissioner and trustee," township Treasurer Margie Banner said. "He was more than that, however. He spent years with other volunteers fundraising for parks and recreation to improve amenities for the youth of our township."

"He's going to be sorely missed," said Jack Washka, a physical education teacher at Schoolcraft who worked with



Marv Gans (left) and Ken Brock put many hours into restoring this circa-1850s barn now located at Thayer's Corner Nature Area.

Gans. "He was a great dynamo for the community and everyone around him."

"He was very positive. Very committed to his community," said Suzie Johnson, director of senior services for Northville and Northville Township. "He always had this vision ... and he was just extraordinary in bringing it together and bringing it to fruition."

Gans began at Schoolcraft in 1964 as the school's first athletic director and head of the physical education de-

partment. He also coached soccer and men's basketball and worked at the school in other capacities during his career, including assistant dean of arts and sciences. He retired in 2002 as the assistant dean of continuing education services.

In the 1960s, Gans designed Schoolcraft's physical education complex, still in use today, which led to consulting work on other athletic facilities, said a son, Russell Gans.

Brad Emons, a veteran Observer & Eccentric

sports journalist who worked closely with Gans, said Gans brought several major athletic events to Schoolcraft over the years, including boxing tournaments, the largest youth soccer tournament in the country at the time and a basketball game that pitted the junior national team from the then-Soviet Union against an Amateur Athletic Union team that featured Earvin "Magic" Johnson, then a high school senior.

"He was just a pioneer as far as building commu-



SCHOOLCRAFT COLLEGE
Marvin Gans (right) and physical education instructor Jack Washka in October 1968 at the groundbreaking of the Schoolcraft athletic complex.

nity sports, Emons said. "He was really a go-getter."

Gans grew up in New York City, his son said, and his extended family helped raise him in a small apartment after his mother died when he was 11.

He was offered football scholarship to Ohio State University, but instead attended Hunter College in New York, earning a degree in physical education.

Gans earned a master's in physical education from the University of Michigan and, in 1971, a Ph.D. from the University of Utah.

Russell Gans said his father took a sabbatical

from Schoolcraft, moved his family to Salt Lake City and completed the Ph.D. in a year. "My mom helped him by doing all the typing for his papers," he said.

Russell Gans his father was "a great dad" and "a stern taskmaster" and a perfectionist who always supported his athletic endeavors.

His father was also an avid reader, he said, and especially enjoyed espionage novels.

Gans was instrumental in establishing the township's Thayer's Corner Nature Area, on which he worked with Banner, the township treasurer. Last year, that work won him the Michigan State Fair Senior Citizen of the Year award and, this year, he was honored with the Keep Michigan Beautiful president's award.

In addition to his son Russell, Gans is survived by his wife of 60 years, Erica "Rikki" Gans, whom he met at Hunter; another son, Derek; a daughter, Jennifer Hoyle; and four grandchildren.

Private funeral services were planned. Memorial contributions can be made to Thayer's Corner Nature Area.

mjachman@hometownlife.com
734-678-8432
Twitter: @mattjachman

LETTERS

Westland's unsung heroes

Fifty years ago, Rotary International granted Westland a charter and the local service organization, the Rotary Club of Westland, was born. A few weeks ago, they completed another service project with 14 other Rotary Clubs to provide over 60,000 meals for starving people both at home and abroad.

These people are a group of business owners and professionals in Westland that year after year provide scholarships, grants, clothing and food for our area's needy. They bell ring for the Salvation Army and they collaborate with other groups to increase the synergy in our community and raise funds for charity.

Internationally, they have worked with coalitions such as Kids Against Hunger and Shelter Box (set up shelters for disaster relief all over world). This group of do-gooders quietly go about their business with not a lot of fanfare. So before this year is over, I wanted to congratulate my fellow Westland Rotarians for 50 years of outstanding service.

Antoinette Martin
Westland Rotarian

Plymouth Dem Club issues statement

In response to the results of the recent election, the membership of the Plymouth Democratic Club wants to make known our strong support for the essential American values of "liberty and justice for all." We believe that all individuals in our community have the right to live daily lives that are free from bullying or any other type of intimidation. Therefore, we seek to ensure that our community becomes one that is known for its acceptance, respect, and tolerance. To this end, we want to join hands with other individuals and groups who share our goal of knowing and respecting our neighbors - those who live next door, those who live across town, and those who may just be passing through.

The Plymouth Democratic Club holds meetings the third Thursday of each month at 7 p.m. at the Plymouth District Library at 223 S. Main Street. The meetings are open to the public.

Plymouth Democratic Club members
Plymouth

Recount a waste

As a Wayne County commissioner representing Livonia and Northville, I am outraged about the upcoming recount and its cost of this to the taxpayer.

The Secretary of State has predicted that this recount will cost taxpayers more than \$5 million, statewide. There is absolutely no indication there has been voter fraud of any kind. As the former city clerk in Livonia, I can attest to the high integrity of the Michigan voting system. In my opinion, this recount is a political stunt, meant to cause chaos and discord as a newly elected president makes plans to take office in January.

That being said, Wayne County has just been released from a consent agreement with the state of Michigan because of severe financial difficulties and there finally is a budget surplus for the first time in many years.

It has come to my attention that the state of Michigan will only reimburse Wayne County \$125 per precinct to hold this time-consuming recall. The total cost of this will be much more than that for the county. The Wayne County Election Division is not able to report the price of this process at this time, but with over 1,600 precincts, the cost will be significant. This process has been forced upon the state so quickly, there has not been time to even calculate the cost.

The money used for this political stunt could be used for roads, bridges, seniors/veterans services, etc. The Michigan Court of Appeals and the Michigan Supreme Court need to stop this madness and save our tax money! Where is the outrage from the Democratic Party?

Terry Marecki
Wayne County commissioner
District 9, Livonia

Loepp not a good fellow

As I watched the praise being showered on Daniel J. Loepp, president and CEO of Blue Cross Blue Shield of Michigan and Blue Care Network, during the Thanksgiving Day Parade, I couldn't help but wonder if the host and hostess, along with the president of The Parade Co., were aware that Dan Loepp and his paid board of directors have elected

to eliminate the defined group health care coverage for the approximate 6,000 BCBSM/BCN retirees. He placed them, at great additional expense to the retirees, in the individual market, resulting in outrageous premiums.

These retirees, who have given up to 50 years of dedicated and loyal service to the company and who should be spending their Golden Years traveling and spending time with their grandchildren, now have to decide whether to put a roof over their head, food on their table and clothes on their back or pay for their health care and prescriptions.

Some retirees will now have to retain employment in order to pay for their health care and prescriptions. Retirees are asked to bear this burden at a time when Dan Loepp received \$9 million in total compensation, including a \$6 million bonus in 2015.

Health insurance is the product of BCBSM/BCN. The auto companies provide discounts to their retirees on their health care and on their vehicles. The elimination, or reduction, of health care is not a solution, it is merely an excuse. Dan Loepp and his wife, Amy Tattrie, were recently awarded Goodfellows of the Year by the Goodfellows organization. Dan Loepp is no good fellow to the BCBSM/BCN retirees.

Susan Baringer
Canton

NOTICE CITY OF PLYMOUTH, MICHIGAN WINTER TAXES - 2016

Winter taxes are due December 1, 2016 and payable through February 28, 2017 without penalty. Additional information appears on the reverse side of your tax statement.

MAKE ALL CHECKS PAYABLE TO: CITY OF PLYMOUTH. Payments can be mailed, or paid at City Hall during regular working hours, Monday-Friday, 8:00 a.m.-4:30 p.m. at the Treasurer's office. Information on credit card payments is on our web page-www.ci.plymouth.mi.us. After hours, payments can be placed in the drop box located in the City Hall lobby (Church Street entrance) or in the payment drop box next to the book returns behind the Library.

CITY HALL WILL BE CLOSED Friday, December 23, 2016 and Monday, December 26, 2016 also Friday, December 30, 2016 and Monday, January 2, 2017. During this holiday season, the Treasurer's office will be **OPEN** on Tuesday, December 27, 2016, Wednesday, December 28, 2016 and Thursday, December 29, 2016, for our taxpayers' convenience.

Teresa Cischke, MiCPT CPFA
City Treasurer

Published: December 8, 2016 and
December 11, 2016

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WHAT'S HAPPENING IN WAYNE COUNTY

Holiday craft show

A holiday craft show will take place from 8 a.m. to 1:45 p.m. Dec. 8-9 at the Western Wayne Skill Center, 8075 Ritz in Westland. This show will feature products from woodshop and greenhouse, along with an assortment of crafts and holiday decorations. All crafts are handmade by WWSC students. Parking is available in the west parking lot, and patrons can enter the building through door No. 13.

Snow spree

Canton Public Library's Winter Snow Spree is back again this year with more winter cheer. Celebrate family, snow and all things winter 7-8:30 p.m. Dec. 13. Enjoy visits with a live reindeer, train rides from Dan Dan the Choo Choo Man and much more. Inside the library there will be hot chocolate, video stories, crafts and more for additional fun.

The Canton Public Library is at 1200 S. Canton Center Road. For more information, go to www.cantonpl.org or call 734-397-0999.

VAAL shop open now

The Visual Arts Association of Livonia's Annual Holiday Shoppe is open from 10 a.m. to 7 p.m. daily through Dec. 10. The Holiday Shoppe is in the New Five Village Shopping Center, 37653 File Mile Road, Livonia.

Stop by and shop local artists and craft workers while supporting the Visual Arts Association of Livonia. This is an opportunity to purchase a truly unique gift, including purses, scarves, wood carved wine-stoppers, coasters, glass works and more.

Christmas Cookie Walk

Timothy Lutheran Church's 10th annual Christmas Cookie Walk will be 10 a.m. to noon Saturday, Dec. 10, with an early bird starting at 9:30 a.m. with a \$2 admission. The church, 8820 Wayne Road, Livonia, offers a variety of Christmas cookies and baked goods. Cookies sell for \$7.50/pound; other baked goods are individually priced. As a thank you customers, the church will give away two \$25 gift cards.

Ballet performance

The Livonia Civic Ballet Company will perform "The Nutcracker" ballet this weekend in Carli Auditorium at Churchill High School, 8900 Newburgh in Livonia. The performance will take place at 7 p.m. Dec. 10 and again at 2:30 p.m. Dec. 11. Adult tickets at \$15, seniors and students are \$12 and children up to 9 are \$10. Tickets can be purchased by calling Miss Jean's Dance Arts at 248-474-8722.

Meet the supervisor

New Plymouth Township Supervisor Kurt Heise will speak at the Good Morning Plymouth Community Breakfast set for 7:30-9 a.m. Thursday, Dec. 15, at the Hilton Garden Inn, 14600 Sheldon, just north of the M-14 exit ramp. The Plymouth Community Chamber of Commerce will host the event. The cost to attend the breakfast is \$13. To RSVP, call 734-453-1540 or contact Mary at admin@plymouthmich.org

Three Cities Art Club exhibit

Three Cities Art Club hosts its Call for All Artists exhibition at the Westland Gallery at City Hall, 36300 Warren. Artists have submitted 109 pieces for review. A juror will choose 65 pieces for the exhibit, which features original art and photographs. The exhibit runs through Jan. 31, 2017.

Jingle Bells Batman Smells

Barefoot Productions Theatre brings to the stage author Barbara

Parks' character Junie B Jones and the holiday spirit in "Jingle Bells Batman Smells." The show is at 7 p.m. Dec. 9-10 and 2 p.m. Dec. 11. The cast is from Livonia, Westland, Canton, Plymouth, Redford and Ann Arbor. Tickets are \$15 and may be purchased at www.justgobarefoot.com or 734-404-6889. Barefoot Productions Theatre is at 240 N. Main St., Plymouth.

Cooking for Peace

The Citizens for Peace will have its annual Veggie Potluck at 6:30 p.m. Tuesday, Dec. 13, at Unity of Livonia. Tom Progar, board member of Veg Michigan, will share his passion for the vegetarian lifestyle. There will be a silent auction fundraiser to add to the festivities. For more information, call 734-425-0079 or go to www.citizens4peace.com

Prayer, praise and worship

St. Michael the Archangel Parish invites all area Christians to a monthly meeting of prayer, praise and worship at 7 p.m. on the second Friday of each month in the church, 11441 Hubbard Road, just south of Plymouth Road, Livonia.

The service will include Eucharistic Adoration, prayer teams, intercessory prayer, as well as confession and Benediction. The Dec. 9 service will mark the debut of the group's new Praise Band and will be followed by fellowship and refreshments. The service is sponsored by St. Michael's Prayer Angels, a group which regularly prays for the needs of the parish, the country and also accepts individual prayer requests. For more information, call the parish office at 734-261-1455, ext. 200.

Park Players perform

The Park Players Theatre Co. presents "Almost, Maine" by John Cariani at 7 p.m. Dec. 9-10 and Dec. 16-17 in The Allen DuBois Little Theatre at Canton High School. Tickets are \$10 and available at www.tpptc.booktix.com or at the door beginning one hour before each performance.

Canton Christmas Tea

Area residents are invited to the Canton Historical Society's fourth annual Christmas Tea at the Bartlett-Travis House, one of Canton's oldest homes in the Canton community that will be festively decorated for the holidays in circa 1900 Christmas finery. The event will take place starting at 1 p.m. Saturday, Dec. 17.

Participants can take a step back in time as they enjoy a holiday afternoon tea in the Bartlett-Travis House in Preservation Park at 500 N. Ridge Road in Canton. Guests will enjoy an assortment of teas, mini-quiches, sandwiches and desserts. Musical entertainment will be provided by harpist Laurel Federbush. Tickets are \$25 per person. Seating is limited. Purchase tickets at the Summit on the Park, at 46000 Summit Parkway, Canton.

For more information, go to www.cantonhistoricalsociety.org or call Mary at 734-397-3048.

A Winter's Song

The P-CEP choir will present their "A Winter's Song" Concert at 7 p.m. Tuesday, Dec. 20, in the Gloria Logan Auditorium at Salem High School. Tickets are \$5 at the door. The concert will feature all seven P-CEP choirs singing a variety of holiday and winter songs, including traditional concert-closer with choir alumni, "Carol of the Bells."

Breakfast with Santa

The St. Robert's Men's Club will host Breakfast with Santa from 9:30 a.m.



Adagio Acrobatic will perform Dec. 31 at the Village Theatre in Canton.

to 12:30 p.m. Sunday, Dec. 11, in the gym, 27101 W. Chicago Road, Redford. The event offers all-you-can-eat pancake breakfast; Santa's Big Raffle (first prize: big sled of toys; second prize: 20-inch bicycle) and \$1 instant pictures with Santa. Admission is \$5 for adults; \$2 for ages 2-12; and free for children under 2. Raffle tickets are \$1 each or six for \$5.

Wayne County General Hospital reunion

All retired and former employees from Wayne County General Hospital are invited to attend the 32nd annual reunion in the party room at the Hibachi Buffet and Grill, 6539 N. Wayne Road, Westland. The event is set for 5-8 p.m. Tuesday, Dec. 13. Buffet price with without drink is \$12.75 and with a drink \$14.59. Reservations are not required.

3D Photography meeting

The December meeting will feature our annual holiday pot-luck dinner, with live music performed by some of our members. There will also be photographic items available. We'll finish with our monthly club 3D image competition. The meeting is set for 6:30-9:30 p.m. Wednesday, Dec. 14, at Livonia Civic Park Senior Center, 15218 Farmington Road, just south of Five Mile Road.

We invite everyone to join us for the dinner, music, sale and to see award-winning 3D images. The meetings are free to attend and visitors are always welcome. Stereo cameras, 3D movies and educational videos are available for members to borrow or rent. Contact www.Detroit3D.org or call Dennis at 248-398-3591.

Holiday decorating contest

"All American Holiday Decorating Contest" is underway and runs until midnight Saturday, Dec. 24. Residents can visit the city of Westland website to nominate themselves or a friend in one or all of the three categories: Best Traditional Display, Most Creative Display and Over the Top Display. Nominees will be asked to enter a picture with their submission.

You can also enter the contest by posting your picture publicly on Twitter or Instagram, tagging @CityofWestland and using the hashtag #westlandholidaypride. Anyone can go onto the website, view the entries and vote for the holiday decorating display they think should win. Voting will close at midnight on Christmas Eve. Winners will be announced and awarded with prizes at the first council meeting of the New Year on Monday, Jan. 9.

Youth Christmas concert

The Livonia Youth Symphony Orchestras of Michigan will host its Christmas Concert at 3 p.m. Sunday, Dec. 18 at William F. Weber Performing Arts Center at Thurston High School, 26255 Schoolcraft, Redford. Tickets are \$7 at the door, \$3 senior citizens.

The LYSO is a non-profit youth organization

celebrating its 57th year in Livonia. It is composed of school-age string players, winds, brass and percussionists, and dedicated parent volunteers.

Art of Giving sale

The Farber Soul Center hosts the "Art of Giving Holiday Sale" at the center, 5586 Drake Road in West Bloomfield, from 6-9 p.m. Thursday, Dec. 8. A "donor preview" runs 5-6 p.m., with the sale starting at 6 p.m.

Soul Studio's inaugural holiday sale is an art lover's shopping event, featuring amazing art and merchandise for your gift season. The studio will be filled with unique and original works of art, prints, ceramics and weavings. Get a first look at new works for sale and a sneak preview at current works under construction.

In addition to selected new artworks, you'll find a remarkable assortment of new Soul Studio products and merchandise including prints, posters, greeting cards, T-shirts, water bottles, sketchbooks, tote bags and more — all featuring the artwork of more than 50 studio artists.

Ladywood 5K fundraiser

Ladywood High School will host a community wide 5K to raise funds for scholarships at 9 a.m. Saturday, Dec. 10. The 5K includes an exclusive route and beautiful scenery on the grounds behind Ladywood High School in Livonia. Registration cost for the run/walk is \$30 for adults, \$25 for students, \$15 for kids 12 and under, and free for kids 5 and under.

To register online, print a paper registration or learn more about the 5K, visit ladywood.org/campus-life/blaze-trail-5k-fun-runwalk/. For business sponsorship opportunities, call Dawn Conn at 734-591-1544 x237.

Mike Modano Ice Arena open

See the new and newly renovated locker rooms and other significant improvements at Mike Modano Ice Arena.

Open skates will be 2:30-3:20 p.m. each Tuesday and Thursday. The popular glow skate will be held 7-9:20 p.m. each Friday. Timbits can learn to play hockey from 11:30 a.m. to 12:20 p.m. each Saturday and anyone can receive skating lessons 5-5:50 p.m. each Monday, 6-6:50 p.m. each Friday and 10:30-11:20 a.m. each Saturday. There are adult drop in times 1-2:50 p.m. each Monday, Wednesday and Friday. Ice is available to rent after 10 p.m. for \$150 per hour.

Livonia Towne Club

The Livonia Towne Club, a nonprofit women's organization bringing together women for social interaction meets the fourth Thursday of each month September through May (except in November and December when it's held the second Thursday).

Save the date for arts

Be sure to include in your calendar some activities hosted by the Plymouth Community Arts Council, 774 N. Sheldon Road, Plymouth. On tap is:

» "What's Your Story" Youth Film Crew Workshop; 10 a.m. to 1 p.m. Jan. 2-4. Make a short film with instructor Jenn Teed.

» January Exhibit, Old Truck No. 6: Opening Reception at 4-7 p.m. Saturday, Jan. 7.

» School Day Off Art Workshop: 10 a.m. to noon, Monday, Jan. 16. \$20 Ages 6-13 add \$10 to the registration fee for the workshop and stay until 1 p.m. and enjoy pizza lunch with friends in the art gallery.

Bible study

St. Michael the Archangel Parish in Livonia resumes its in-depth

bible study with noted Catholic author, apologist and award-winning Michigan Catholic columnist Gary Michuta 7-8:30 p.m. Thursday, Jan. 12, and subsequent second and fourth Thursdays evenings of each month in the school library, 11441 Hubbard Road, just south of Plymouth Road.

The group, which has been studying some of the more significant Old Testament prophets, will begin studying Jeremiah, with particular emphasis on the portions which relate directly to their future study of Revelation. Michuta teaches in a very relaxed, informal style and his class is open to all, whether Catholic or non-Catholic, new to bible studies or seasoned "pro." There is no registration or charge for these classes. Michuta asks that attendees bring their own Bibles.

Circus comes to town

Canton's Village Theater is bringing unique New Year's Eve fun to families on Saturday, Dec. 31, when the Detroit Circus comes to town. This high energy performance is set to take place at 7 p.m. on the main stage, located at 50400 Cherry Hill Road in Canton.

This is an animal-free circus. During this performance, skilled aerialists will dance, weave and flow through the air, while aerial hoop performers display lyrical flexibility and astonishing strength as they contort and spin. Adagio Acrobatic members will also amaze viewers with their challenging body balancing, yoga, and flexible maneuvers re-

quiring two partners, who appear to push the limits of physics.

Tickets are \$20 and can be purchased at www.cantonvillage.com or in person at the Village Theater box office from 10 a.m. to 2 p.m. Monday through Friday. Ticket includes free popcorn and a non-alcoholic beverage.

Annual MLK Bowl It Out 'Strikes For Freedom'

MLK weekend has become a time for education, remembrance and celebration of the life and legacy of Dr. Martin Luther King. Four years ago Printing Plus by United Sonz began "Bowl It Out" and annual event dedicated to continuing to spread Dr. King's message of love, equality, justice and peace for all persons.

This year's theme "Strikes for Freedom" combines the fun of bowling with a message of hope, love and prosperity. The message embodies freedom from discrimination, freedom from injustice, and freedom from all inequalities. It all takes place from 7:30 p.m. to 1 a.m. Sunday, Jan. 15, at Wayne Bowl.

Festivities include two games of bowling, shoes and a T-shirt. The team fee of \$100 covers a five-person team (any combination). Bowl It Out also features a live DJ, full kitchen, mystery jackpots and portion of proceeds raised will be donated to local nonprofit African American Endowment Fund. For more information, call 734-485-8889.

Passages

Obituaries, Memories & Remembrances

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Holiday deadlines are subject to change.

COPLAND



JOSEPH "PAT" Age 81, passed away December 2, 2016. He was born on January 2, 1935, in Detroit, Michigan to Arthur and Gladys (Trent) Copland. Pat graduated from Catholic Central High School and married the love of his life, Carol Ann Morgan on September 29, 1956 at Guardian Angels Parish in Clawson, MI. Pat served his country as a Pilot in the Air Force, completed two tours of Vietnam and was a Lieutenant Colonel in the Air National Guard. Pat's piloting skills continued at Ford Motor Company where he flew executive aircraft and retired as Chief Pilot. His interests also included serving as a Cub Scouts Master and Life Search leader through his church. He was involved in the Republican Party and the Knights of Columbus as the Grand Knight and District Deputy. Pat and his wife Carol embodied the Pro-Life charism. Pat was a life-long lover of golf, he began caddying at age twelve and played his entire life even teaching his children and grand-children. Most importantly Pat enjoyed spending time with his family. He will be greatly missed by all who knew and loved him.

His Family... Pat is survived by his wife; Carol Ann (Morgan) Copland; children, Rick Copland, Carolyn (Cliff) Curtis, Kathie (Michael) Nalepa, Christine McDunnough, Patrick (Joanna) Copland, Ann (Robert) Jenn, Mark (Jennifer) Copland; sister, Anna Morgan; 21 grandchildren.

His Farewell... Pat's family and friends will gather 4-8p.m., Monday, December 5, 2016 (7p.m. Scripture Service) at Borek Jennings Funeral Home, Hamburg Chapel. His Community Farewell will be held on Tuesday, December 6, 2016 at (10a.m. Gathering) 11a.m. with a Mass of Christian Burial at St. Mary Magdalen Catholic Church, 2201 South Old U.S. 23 Highway, Brighton, MI 48114. Father Dave Howell will serve as celebrant. Interment at Great Lakes National Cemetery. Memorial contributions may be given to family for future designation. Please leave a message of comfort for Pat's family at 1-877-231-7900, or sign his guestbook at www.borekjennings.com.

Borek Jennings Funeral Home
A HEALING FAREWELL CENTER

KELLEY

LORA ALICE LIVESAY 25 May, 1924 - 03 November, 2016. Lora Alice Livesay Kelley, known to one and all as Alice, passed away peacefully Thursday, 3rd of November, 2016, at the age of 92. Beloved wife of 70 years of Kenneth Edwin Kelley. Mother of Larry Keith Kelley and Kitty Lee Kelley Percival (Richard Allen). Grandmother to Alan Edwin (Alison Marie Prudence), Jesse Robert, Richard Jon (RJ) Percival. Great-grandmother to Liam Ronald and Aaron Alan Percival. Alice was born in Roncervet, West Virginia and lived there until early 1940's, moved to Detroit, Michigan and met and married Kenneth on 20 December, 1945. She had two brothers, Edward and Charles, who predeceased her. Alice had a wonderful life filled with many homes, close family, true friends, and much travel. She and Ken traveled to all contiguous 48 states, Mexico and Canada in their life together. Alice was involved in the PTA, was a Cub Scout leader, a member of the order of Eastern Stars, a member of the Dearborn First United Methodist Church and of the Pleasureville Methodist Church in Kentucky. After she and Ken moved to Kentucky in 1973, she was a dedicated member of the Society, Daughters of the American Revolution, also known as DAR. She was active in the Livesay Historical Society. She enjoyed studying and perusing her genealogical background. Ken drove her hundreds of miles to gather information on family. She was also a dedicated keeper of the family photos albums which she lovingly worked on over the years to help her family keep in touch with their family. She was an avid picture taker. Alice was a good student of the arts. She had a great talent for painting in oil, acrylic and chalk. She passed with family near. A private burial was held in Pleasureville, Kentucky soon after. May she Rest in Peace.





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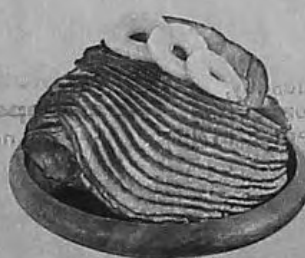
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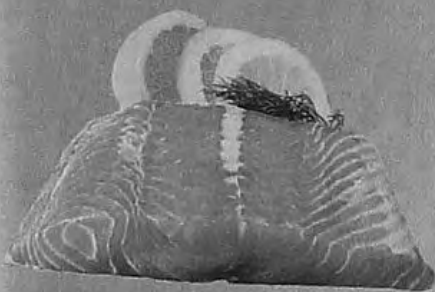
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BASKETBALL FRIENDSHIPS

It's really good to see you again

Plymouth coach Mike Soukup always enjoys chance to catch up with RU pals

Tim Smith
hometownlife.com

Back in the day, Mike Soukup spent a lot of time in Redford Union's gymnasium. He was back where he once belonged Monday night, as his Plymouth Wildcats visited the place where he cut his coaching teeth a decade or so ago. Also at RU for the Plymouth game against the Panthers was Mike's dad, Joseph Soukup — who also was a basketball coach there — and a lot of other familiar faces.

"It's always nice to see some old faces in the gym and some old friends," Mike Soukup said. "You lose touch with people, but it's nice to see them all back in the same place." During the 2000s, Soukup coached the Panthers junior varsity boys basketball team and watched intently as Brett Steele patrolled the sidelines — watching, moving and constantly communicating with his players. Soukup now coaches the Plymouth Wildcats and has picked up some of Steele's hard-

nosed traits. He crouches, cajoles, encourages and parades along the sidelines. When players surrounded him during a timeout, it was a teachable moment. The basketball court is his classroom. After games, like Steele often was, Soukup is somewhat raspy. Plymouth lost 48-45, unable to hit the last-second triple that would have sent the non-conference game into overtime.



BILL BRESLER | STAFF PHOTOGRAPHER

Whenever Plymouth's Mike Soukup coaches a high school basketball game, he is very active and vocal — traits he picked up while part of former Redford Union coach Brett Steele's staff during the 2000s.

See SOUKUP, Page B2

GOT HEALTH?

FOOD FOR THOUGHT



SALEM HOCKEY

Salem senior hockey players (from left) Robbie Hermes, Joey Driscoll, Matt Visel, Shawn Weldon, Tristan Rehling, Alex Schaumburger, Austin Marthaler and Marty Mills are glad to have chocolate milk around the locker room all season. They are all smiles after receiving a \$1,000 grant from the United Dairy Industry of Michigan.

Salem hockey players get healthy scoop on eating right, sleeping well from Detroit Red Wings nutritionist

Tim Smith
hometownlife.com

In the name of chocolate milk, what's happening here? During the days of the National Hockey League's Original Six, legend is Detroit Red Wings players such as Gordie Howe, Ted Lindsay and Terry Sawchuk prepped for games at Olympia Stadium with thick, juicy steaks. Parched players from that era often made ice cold beer the beverage of choice, sometimes right after pulling off sweat-soaked jerseys. Beer league players of today might protest, but in

2016, it's all about sweet potatoes, chia seeds and bottled water. Lots of it. And for pros and high school athletes alike, the chaser is chocolate milk (low-fat, of course). In fact, almost as soon as Salem Rocks hockey players reach the locker room, they reach for the cold, sweet elixir after receiving a \$1,000 grant from the United Dairy Industry of Michigan. "It's available, it (gets) sugar and protein to the cell," Red Wings nutritionist Lisa McDowell said following a Nov. 28 presentation in the Salem High School auditorium. "The combination it's 4-to-1 or 3-to-1, carbo-



MICHAEL VASILNEK

Salem senior defenseman Austin Marthaler said it was "cool" to hear about how the Detroit Red Wings deal with nutrition.

See MILK, Page B4

PREP WRESTLING PREVIEW

New Chiefs coach all about work ethic

Tim Smith
hometownlife.com

Billy Taylor's wife heard there was a coaching job available with Canton's varsity wrestling team. The former Central (Okla.) State wrestler immediately got on that job tip and, before long, got the nod as the Chiefs' new coach. Taylor succeeds longtime coach Cory Mancuso. "She knew how passionate I am about wrestling and how it's all I talked about," Taylor said before a practice last week at Canton High School. He added that he is pumped up about the opportunity. "I feel really good," Taylor said. "This is the first time being a head coach. The two assistant coaches I have, I couldn't ask for two better guys." Those would be two Park wrestling rivals and friends: 2015 Canton graduate Nick



TIM SMITH

Canton's varsity wrestling co-captains are (from left) seniors Justin Winnie and Jeremy Van Berkel and junior Zack Dehnke.

Durocher and 2015 Salem alum Caleb McCabe. "These guys are great wrestlers; one wrestled for Salem and the other wrestled for Canton," Taylor said. "These guys give 100 percent with these kids, they're one-on-one with them, as I am

myself." Durocher and McCabe are young enough to connect with the wrestlers, to help them better understand the commitment required to have on-mat success.

See CHIEFS, Page B4

PREP WRESTLING PREVIEW

He wants Rocks to make new history

Henderson takes over duties at his alma mater

Tim Smith
hometownlife.com

Just over a decade ago, Jeremy Henderson stood in the same wrestling room at Salem High School and listened to Greg Wochuk and other coaches as they emphasized the "Rocks Way" of doing things. Henderson was a state champion at 189 pounds in 2006 and now he is the guy doing the talking — the Salem head varsity wrestling coach after several years of sharing duties with Pete Israel. "It's really cool for me. I spend a lot of time in here," Henderson said. "I can relay

messages I've learned in this room, because this is the room where I learned all those messages." He said it was important to him when he was a high school athlete to be connected to an alumni coach, such as Wochuk, much the same way he is hopeful the 2016-17 Rocks will benefit from his experience. "What it meant to me then was it was maintaining (ongoing) success ... success of the Wall of Champions, success of Salem wrestling," he said. Much as how he was a team leader during his career, Henderson is leaning on senior co-captains Akash Rai (125/130 weight classes), Bruce Haslitt (145/152) and Taj Traylor (152/

See ROCKS, Page B4

BOYS BASKETBALL PREVIEW

Plymouth Christian aiming for the top

Eagles look to soar into contention

Tim Smith
hometownlife.com

There's a buzz in the building these days at Plymouth Christian Academy, after the volleyball team won the Class D state championship.

Now, the PCA boys basketball team wants to jump on board and make it a season to remember.

"Why not have goals to compete for a state championship?" second-year head coach Matt Windle said. "Why not prepare our guys to win every game we play? We have weapons, we have the mindset. Our goal is to keep the focus that we play and compete and work together as a team."

The 2015-16 season was one of growth for the Eagles (11-11



Malcolm

Schlientz



Fadden

Yakuber

overall, 3-9 in the MIAC Blue) and, despite the graduation of starting guard Luke Yakuber, PCA looks to take another step in the journey this winter.

"Last year, there were some growing pains throughout the year, but there was some promise," Windle said. "Beating Inter-City for the first time in eight years was big for our program moving."

"At some points during the season last year, we were starting four sophomores. Those sophomores made huge jumps and leaps this off-season and we are looking for them to lead us this year."

At the top of the list is 6-4

junior guard Matt Malcolm, who the coach said "turned into a complete player and not just a shooter. He is going to be dangerous to guard. We are looking for big things from him this year."

Malcolm is a co-captain, along with junior guard Levi Yakuber, junior forward Jayme Fadden and senior guard Brian Schlientz.

Yakuber and Fadden also were starters as sophomores, along with returning junior forward Max Okolo.

Yakuber is stronger and primed to be the "court general" from the back court, while Fadden (6-5) is a strong defend-

er and competitor who "makes guys around him better."

Okolo (6-4) is three inches taller and 20 pounds heavier this season.

"He has gained a lot of confidence with the basketball and is going to be a huge mismatch problem for a lot of teams," Windle said.

Schlientz and senior guard Ian Hay (another returnee) were important contributors last year and again will be counted on, either in the starting lineup or off the bench.

Also back are senior guard Andrew Hernandez and sophomore forward Layne Pries.

New faces

Joining the team are two players who transferred from now-closed Taylor Baptist Park — senior guard Tevin Mojume and senior guard-forward Dawson Simerly.

Other newcomers are three juniors who played on the JV

last season: forward Paul Pfister and guards Wade Allen and Gavin Goerke.

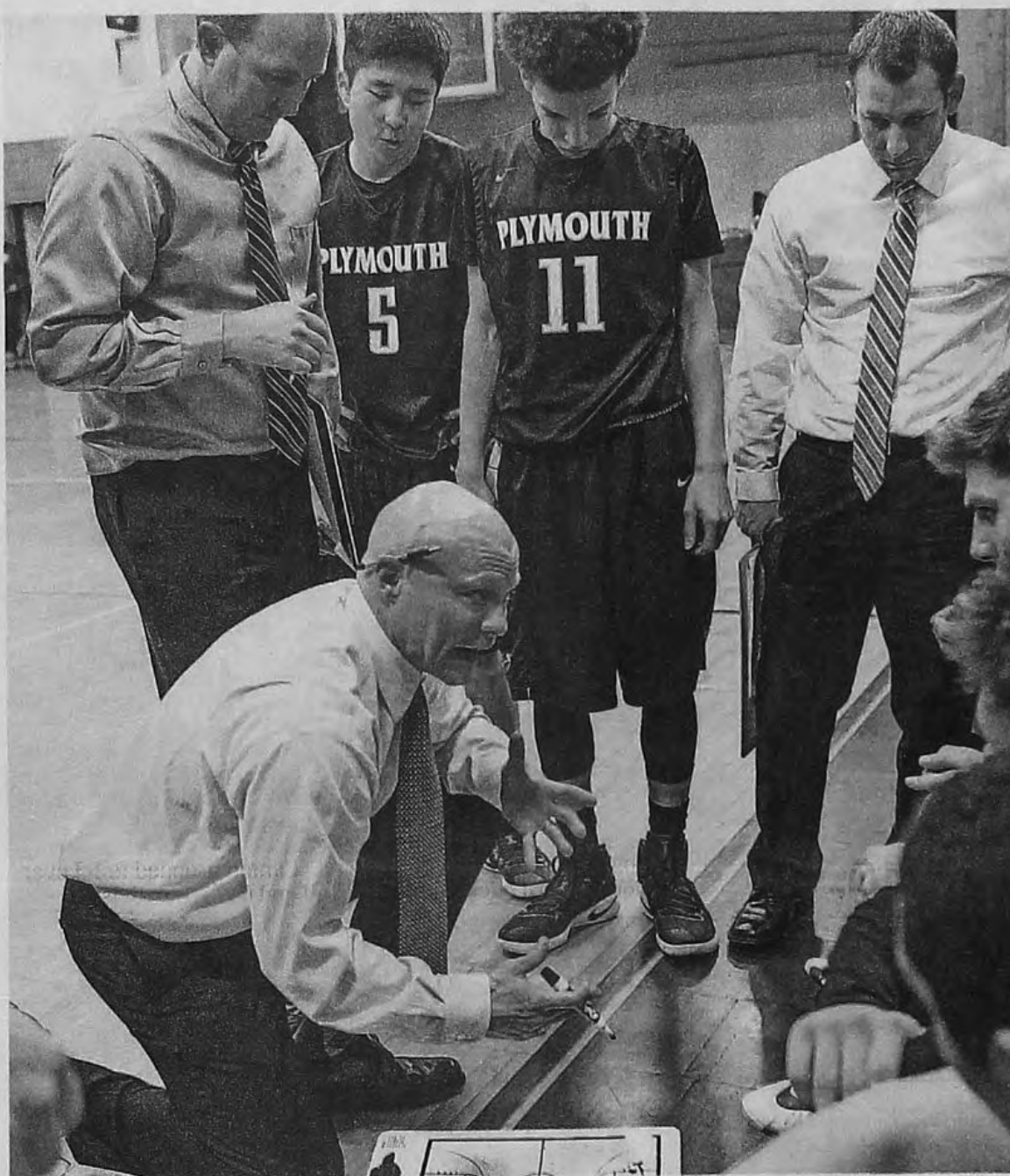
Malcolm said the team is scheduling tougher non-conference foes (including 2016 state finalist Waterford Our Lady of the Lakes) and three additions to the coaching staff will help get players throughout the program ready to go.

The new coaches are Bill Miller (former Baptist Park coach now heading PCA's junior varsity), Roland Eason and Evan Horne (2014 PCA grad).

"Overall, we have a very competitive group of men this year who are looking to win now," Malcolm said. "We have a staff now that can help this team prepare for every game we play this season."

"We purposely scheduled probably one of our toughest non-conference schedule in a long time."

tsmith@hometownlife.com



BILL BRESLER | STAFF PHOTOGRAPHER

Plymouth varsity boys basketball coach Mike Soukup talks to players during a timeout Monday night at Redford Union.

SOUKUP

Continued from Page B1

Still in the game

After players and coaches from both teams exchanged handshakes, Soukup wiped beads of sweat from his forehead. Thoughts briefly turned to the past.

"My dad coached here. I hooked up with Steele because of him," Soukup said. "A long time ago, a lot of stories away."

Win or lose, there's no other place he'd rather be than coaching a basketball team — unless he were still playing the game.

Soukup actually was a Redford Thurston Eagle, his dad whispered before the contest. But no matter, because basketball's all good.

"When he graduated high school, he was looking to stay with the sport because he likes it so much," Joseph Soukup said. "So I suggested to him, to stay with it, you can walk on at Madonna (University)."

"Or I'll call up and apply for the girls basketball job (at Hilbert Middle School in the RU district). You come and be my assistant and you can play rec ball a couple days a week and still have your hand in the game. That's how it all started."

Monday night, the elder Soukup watched from one end of the floor in the first half and then moved up into the stands to sit with Plymouth fans.

During the third quarter, Joseph Soukup smiled and said "a good play's a good play" when asked if he was rooting for both teams.

"That's my father; he's a good man," Mike Soukup said later, when told of his dad's comment from the stands. "I love him."



BILL BRESLER | STAFF PHOTOGRAPHER
Chiming in from the stands Monday night is Joseph Soukup, a former teacher and basketball coach in the Redford Union district. He was at RU to watch Plymouth, coached by his son Mike, face the Panthers.

Coaching tree

Glad to see the homecoming was Panthers head coach Randall Taylor, who also coached with Mike Soukup during Steele's tenure before Soukup left for Plymouth in 2009.

"When I came back from college, he was an assistant here and we were on the same staff for a little bit," said Taylor, a 2002 RU graduate. "When I was coaching freshman, he was on JV and then he went over to Plymouth. We both coached under coach Steele at the time."

Veteran Redford Union football coach Miles Tomasaitis, who also is athletic supervisor at the school, said it's a nice, friendly rivalry between the Panthers and Wildcats that he would like to see continue. The teams now play at the beginning of each season, taking turns hosting the game.

"Mike does a quality job with his kids; we like to see him come back," Tomasaitis said. "Mike's dad, obviously, taught in the

school district forever. He was a gym teacher at Hilbert, so I've known the family for quite a long time.

"It's a good mix. He always has a good team, good competition. We know they're going to play hard and play fair."

Tomasaitis added that Soukup and Taylor bring slightly different approaches to in-game coaching, despite both emerging from Steele's old staff.

"(Soukup is) very intense," Tomasaitis said. "Randall, obviously, was a different change for us. Although (Taylor) is very intense, he's not as vocal as Brett was."

"It's interesting to see two coaches coming from the same coaching tree, as it were, and how they applied the lessons that they learned coaching their own teams now."

Going to work

Defense and more defense were hallmarks from the Steele era and it's no surprise that Soukup and Taylor also adhere to the lunch-bucket approach.

"It always comes down to hard work, commitment and willingness to do the little things, dive for balls and get on the floor and play defense," Tomasaitis said.

Before the game, Joseph Soukup said maintaining friendships is another aspect of his son's basketball passion.

"He's remained friends with coach Taylor through all these years; it's all a little basketball clique that stays together," he said. "I think it's nice that he comes back and sees Randall. They're both quality guys and they like things done the same way."

"So yeah, I think it's a real good deal."

tsmith@hometownlife.com

Hot hand sparks RU past Plymouth

Tim Smith
hometownlife.com

There were long stretches of Monday night's varsity boys basketball game when points were scarce, even from short range.

Both Plymouth and host Redford Union battled all night to find the range around the basket during a non-conference contest that opened the season for both teams.

But RU junior guard Amir Huston didn't have any trouble hitting the mark from longer distances — draining five 3-pointers en route to 19 points. Panthers scratched out a 48-45 victory.

"It's good to finally beat them," Panthers head coach Randall Taylor said. "This is my fifth year as head coach and this is my first time beating them."

"I wouldn't say they had the better team every year, but they had the team that made the least amount of mistakes."

Taylor and Plymouth head coach Mike Soukup — both longtime friends and former colleagues on the staff of former RU basketball coach Brett Steele during the 2000s — schedule the match-up each season. RU is a Class B school, while the Wildcats are in Class A.

"We left a lot of points on the board tonight, I'm sure, whether free throws or missed layups," Soukup said. "We had a lot of opportunities and just didn't get it done. You can't miss six, seven, eight layups."

Other standouts for the Panthers (1-0) were senior forward Jacob Gagnon (10 points, 10 rebounds), junior forward Marcus Evans (10 rebounds in a constant battle with Plymouth 6-9 junior forward Tariq Woody) and junior forward Christian Montgomery (timely defense).

Cool customer

Huston was a catalyst for Taylor's team, sending a jolt through the packed gym with a trey from the left corner as the third quarter expired to give the Panthers a 30-28 edge.

It didn't matter that he was falling into the bleachers as his rainbow shot swished through the basket.

"I was out there ready for the shot and I happened to knock it down," Huston said, not bothered by having a defender's hand in his face as he launched the shot. "I was very focused on that."

He followed the script early in the fourth, scoring another 3-pointer that put RU up, 33-28.

The Panthers never trailed the rest of the way, although the Wildcats made a late, unsuccessful bid to force OT.

After falling behind 40-30 with five minutes to go, Plymouth chipped away to get close.

Getting the rally started with two buckets and two free throws was Woody (outstanding with 21 points and 10 rebounds). Contributing a field goal was junior Zach Beadle, then junior Anthony Crump (seven points, seven boards) hit a free throw.

For the Wildcats and Soukup, coaching in his old gym,



BILL BRESLER | STAFF PHOTOGRAPHER
Battling under the basket Monday are Plymouth's Tariq Woody (left) and Redford Union's Eric McCarter.

there was a bit of energy generated when junior Joey Robb (six points, five boards) sank a trey from the left corner. Suddenly, it was 45-43.

Both teams swapped free throws and the Wildcats got the ball back down 48-45 with 20 seconds to work with.

Soukup didn't like how the last-ditch play was unfolding, so he called a timeout with 5.5 seconds remaining.

When push came to shove, however, Crump's closely contested shot from beyond the top of the arc caromed off the rim to clinch the win for RU.

"We were looking to get a quality shot and we didn't do that," Soukup said.

The eighth-year Plymouth coach said his team was undone by the inability to score layups at one end and rebound at the other.

RU tallied 13 offensive boards and turned many of those extra chances into points.

Spark-plug for RU

According to Taylor, the sharp shooting of Huston helped his team overcome similar issues.

"We struggled to shoot the ball in the first half," Taylor said. "I know Amir Huston came in off the bench and hit two big threes in the first half, which carried us."

Plymouth took a 25-19 half-time lead, following a dominant stretch by Woody. He scored 10 points during the second quarter, when the Wildcats enjoyed a 17-7 advantage.

But the Panthers turned the tables to open the second half, with Gagnon burying a triple. A steal and layup by junior guard Malik Atkins followed and RU was within a point.

Meanwhile, the Wildcats could not score in the third until a put-back by Woody with just 1:08 to go. That briefly gave Plymouth a 28-27 lead.

It didn't last long, not with 20 seconds left, RU with possession and Huston ready and waiting.

Senior guard Eric McCarter brought the ball all the way up the floor, dribbled into the lane and kicked the ball out to Huston in the corner.

He did the rest.

tsmith@hometownlife.com
Twitter: @TimSmith_Sports

GIRLS BASKETBALL ROUNDUP

Ladywood falls short vs. Eisenhower

Garden City, Plymouth take it on the chin

Brad Emons
hometownlife.com

Livonia Ladywood's rally came up short Saturday afternoon as Utica Eisenhower held on for a 45-38 girls basketball victory over the Blazers at the University of Detroit's Calihan Hall.

Maggie Shirk scored 10 points in a losing cause as the Blazers fell to 0-3 overall.

Abbey Reppen added eight points and nine rebounds, while Brianne Rogers also contributed eight points.

Malynn Kosnik scored a game-high 11 points for the Eagles (1-0), who led 27-13 at halftime.

"I'm really proud of the energy and effort our girls displayed today," Ladywood coach Sam Lamb said. "We were down as many as 20 in the second quarter, battled back and had the deficit down to three in the fourth. It has been a grueling week with three games against really

tough opponents, but we explained to the girls that we are getting better each time out and this will help us when we start league play next week."

GC falls, 50-40

Despite 15 points from Aleeah Montgomery and a 14-point, six-steal night by Brittany Radtke, Garden City dropped a 50-40 decision Monday to Ann Arbor Huron.

Chipping in six points for the Cougars (0-3) was Hayley Hower.

Ava DiMilia led the victors with 21 points.

Garden City trailed 28-20 at halftime and could not rally, largely due foul trouble. Huron sank 20-of-34 free throws; the Cougars only made 7-of-12 from the charity stripe.

Plymouth edged

Host Plymouth dropped to 0-2 with Monday's 38-37 defeat to Allen Park. Scoring 14 points for the Wildcats was Alexa Ebeling, including four treys.

Adding nine points was Chantal LeDoux.

"I was proud of our effort in the second half," Plymouth coach Ryan Ballard said. "We

dug ourselves in a hole, but found a way to take the lead with 18 seconds left.

"Details matter in a game like this and, unfortunately, we came up short."

Senior captain Mikayla Rose said the Wildcats demonstrated their "true colors because we were down the whole game and were able to come back. ... Allen Park made the shots they needed to make. They were a tough team to play against."

Staff writer Tim Smith contributed to this report.

BOYS BASKETBALL ROUNDUP

Salem gets big road win to open season

Tim Smith
hometownlife.com

Salem was clutch at both ends of the floor Tuesday and knocked off Ann Arbor Skyline, 72-67, in the Rocks' first game of the season.

Leading the way with 20 points and 15 rebounds was senior Cameron Grace, while senior Kyle Winfrey chipped in 19 points and seven boards.

Also solid with 11 points was Jordan Ingram.

"The game was closely contested throughout, with neither team able to gain much of a lead or momentum," Salem head coach Bob Brodie said.

A 28-point fourth quarter turned out to be the difference for the Rocks, idle until facing campus rival Canton at 7 p.m. Tuesday, Dec. 13.

Chiefs edged

Speaking of Canton, the Chiefs were defeated 58-53 by host Detroit Country Day.

Canton built an early lead (21-10 after one) and maintained a 31-20 halftime edge, but the Yellowjackets roared back in the second half.

Chiefs sophomore guard B. Artis White scored 17 points

and Vinson Sigmon had 10. Adding seven points was Colin Troup.

Chargers fall short

Livonia Churchill dropped a 69-55 decision Tuesday to Dearborn, despite 16 points from Trajan Stinson and 13 points from Evan Cummins.

Dearborn went up 17-7 after one, but the Chargers got to within 25-22 at halftime. The Pioneers pulled away again in the third, with Shane Moran (18 points), Youssef Saad (16 points) and Mahdi Hamade (16 points) leading the way.

"It was a tough-fought game where both teams played incredibly hard," Churchill coach James McCulloh said. "We got the lead down to seven, but just weren't able to get it any closer in the second half."

PCA prevails

A strong first quarter (21-4) propelled host Plymouth Christian Academy to a 49-48 win Tuesday over Ann Arbor Greenhills. The Eagles were led by Levi Yakuber, who scored 20 points.

Adding eight points each were Brian Schlientz and Max

Okolo.

"Levi really guided our offense tonight through our struggles," PCA head coach Matt Windle said about the opening win. "Attacked well and took the shots he needed to take. Definitely was big for us tonight."

Lutheran Westland wins

Lutheran Westland senior Zach Burk scored 25 points and pulled down 13 rebounds Tuesday to spark the Warriors to a 78-59 win over Canton Prep in the season opener.

Also having strong nights were seniors Luke Smith (14 points, 15 boards), Kyle Farley (nine points) and Kory Barikmo (eight points, 10 assists).

Will Lyles and Yosin Muhammed scored 14 and 12 points, respectively for Canton Prep.

"It was good to start the season on the winning end," Warriors head coach Jim Hoeft said. "We seized momentum right away in this one. We got out to a 25-6 lead early in the second quarter, but we got a little lazy on defense."

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BOYS HOCKEY ROUNDUP

Plymouth, Canton on opposite end of routs

Franklin earns clutch 3-2 victory over Milford

Tim Smith
hometownlife.com

KLAA South Division varsity boys hockey action ran the gauntlet from Saturday night blowouts to Monday's nail-biter, the latter a big 3-2 win by Livonia Franklin over Milford and former Patriots coach Dave Gagnon.

Saturday night's twinbill at Arctic Edge in Canton featured back-to-back routs. Plymouth rolled to a 7-0 victory over Livonia Franklin and Canton took a 10-1 shellacking at the hands of Livonia Churchill.

Plymouth head coach Gerry Vento said the win was notable for his team because sophomore goalie Josh Montroy made 15 saves to record a shutout in his first high school game.

Scoring two goals and adding two assists was junior forward Jack Chumley, while junior forward Tim Baldwin recorded a goal and four assists. Other Plymouth contributions were turned in by senior forward Nick Yankee (goal, two assists), junior forward Jacob Back (first high school goal), junior forward Josh Weber (goal, assist) and sophomore defenseman Adam Rebecca (first high school goal, two assists).

The bright spot for the Patriots was the play of sophomore goalie Will Augustine, who made 57 saves.

"We saw something tonight that many would not glare on," Franklin head coach Dan Phelps said. "We played and competed with a highly skilled Wildcat team for almost the entire first period and throughout good portions of the second and third. That is progress for us."

"Our boys are moving in the right direction. As time progresses, it will be our goal to compete consistently for three periods, which when combined with discipline and work ethic, that can give any team a chance to win."

Churchill wins big

Also enjoying a big offensive night Saturday were the Chargers, who spotted host Canton an early goal (by Hugo Fonovic, from Matt Eastman at 3:26) and then scored 10 unanswered.

By the end of the first period, Churchill (3-1, 1-0) led 4-1 after goals by Matt Gibboney, John Doyle (power play), Jordan Venegoni and Dane Allen.

The onslaught intensified in the second with seven more goals. Doyle assisted on five of those goals and ended up with six assists for the night.

Tyler Haydu's shorthanded goal made it 5-1 and subsequent goals were scored by Zack Vendittelli, Joe Wozniak (power play), Vaughn Kendall (two goals), Josh Friend (power play) and Haydu again.

Even though the Chargers clearly were in command, head coach Jason Reynolds saw some things his team needs to address.

"I wasn't happy with the first-period effort," Reynolds said. "We have to continue to focus on dictating the pace of play, game in and game out. I was happy to see that we finished with a stronger effort, but we need to find some consistency in our approach."

"Our schedule will continue to get more challenging as the season rolls on, so now is the time to build those strong habits."

Canton dropped to 1-3 overall and 0-2 in the division.

Franklin prevails

The Patriots faced Milford and former Franklin coach Dave Gagnon and came away with an impressive 3-2 victory Monday.

Scoring the game winning goal with about 11 minutes to go was Kody Dewhirst, cashing in on the power play. It was Dewhirst's second of the night.

Also scoring for the Patriots was Dakota Keaton, who made it 2-2 in the third less than a minute after Milford went up a goal.

Nick Anderson and Trevor Van Vliet drew assists on Dewhirst's first goal.

"We started just a little quicker, played defensively just a little better and competed more consistently in all three periods," Phelps said. "Great win for our guys on a total team effort start to finish."

SALEM 2, NOVI 2: Saturday at Western Michigan University, Salem and Novi played to a 2-2 tie. The Rocks and Wildcats both scored a goal in the first and third periods.

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GIRLS BASKETBALL ROUNDUP

Eagles get jump on season, win 40-18

Tim Smith
hometownlife.com

Plymouth Christian Academy's varsity girls basketball team opened the season Tuesday with a 40-18 victory over host Oakland Christian.

Kennedy Horne and Harlee Collins scored eight points each for PCA, with Aliyah Pries (seven points), Robin Albert (six points) and Lydia Chapel (five points) helping the cause.

The Eagles led 8-7 after one quarter and then took control with a 13-4 edge in the second to go up 21-11 at halftime.

"Our team defense did a good job of limiting shots tonight," PCA coach Rod Windle said. "It was nice to see so many contributing on the offensive side of the ball tonight."

Salem fall short

Despite 15 points from Lyniah Wilson, host Salem (0-2) lost to Dearborn Divine Child, 46-34.

Madalyn Simko and Natalia Lewandowski added six points each for the Rocks.

Warriors hold on

Lutheran Westland earned a 47-39 win Tuesday against Canton Prep, despite being outscored 17-9 in the fourth.

Top scorers for the Warriors were Rachel Reddeman (11 points, 14 rebounds) and Taylor Jones (11 points), while Emma Johnson added 10 points and 12 boards.

Blazers win first

Maggie Shirk led a balanced attack with nine points Tuesday as host Livonia Ladywood (1-3) picked up its first victory of the season with a 42-27 triumph over host Grosse Ile (0-2).

The Blazers, who led 18-7 at halftime and 26-14 after three quarters, also got seven points and 12 rebounds from Abbey Reppen and seven points and 10 rebounds from Kate Roney.

Madison Swick led the Red Devils with 10 points.

"I was ecstatic about our defensive pressure all night long," Ladywood first-year coach Sam Lamb said. "Kate Roney and Bri Rogers really harassed their ball-handlers and forced them into a lot of turnovers. We still struggled

offensively, but we had eight girls score, so we were very balanced. We continue to battle and get better each game."

Ladywood opens Catholic League play at 7 p.m. Friday at home against Macomb Lutheran North.

Panthers lose

Lizzy Truck scored 20 points as Wixom St. Catherine (2-1) earned a 52-46 victory Tuesday at Redford Union.

Gabby Green added eight points for the Siena Stars, who led 28-27 at halftime and 38-34 after three quarters.

Sisters Johnnae and Johnna Steel scored 20 and 16 points, respectively, for the Panthers, who made only 11-of-27 free throws (40.7 percent).

"We played a really good team tonight who has beat us the last couple of years by 20-plus points," RU coach Scott Purdy said. "We made a couple of mistakes down the stretch that led to some turnovers and missed five open layups in the last three minutes."

Staff writer Brad Emons contributed to this report.

USA HOCKEY

Chicago skates past U18s, 4-1

Pete Krupsky
Correspondent

On Saturday night, during the National Team Development Programs' annual Teddy Bear Toss at USA Hockey Arena, the NTDP U18 squad gave the Chicago Steel all it could handle and then some — for two periods.

The U18s carried the play for much of the first two periods against the USHL's best team, outshooting the Steel, 22-12, while hitting a couple of goal posts. And when U18 defenseman Tyler Inamoto scored at 18:56 of the second period to tie the game at 1-1, the teddy bears came raining down from the stands onto the ice surface.

Then Chicago showed why it is the best team in the USHL

with three unanswered goals in the third period to defeat the U.S., 4-1, breaking the U18 team's four-game winning streak while raising its record to a league-best 16-4-1-1.

The Steel scored three goals in a span of 1:39 to break the 1-1 tie. Second star Jack Badini scored the game-winning goal at 5:43 of the third period, wristing a hard shot from the left circle by U.S. goaltender Adam Scheel. Thirty-five seconds later, Derek Daschke scored from the high slot to give Chicago a 3-1 lead. First star Tyler Gratto completed the scoring at 7:22 to give the Steel a three-goal cushion.

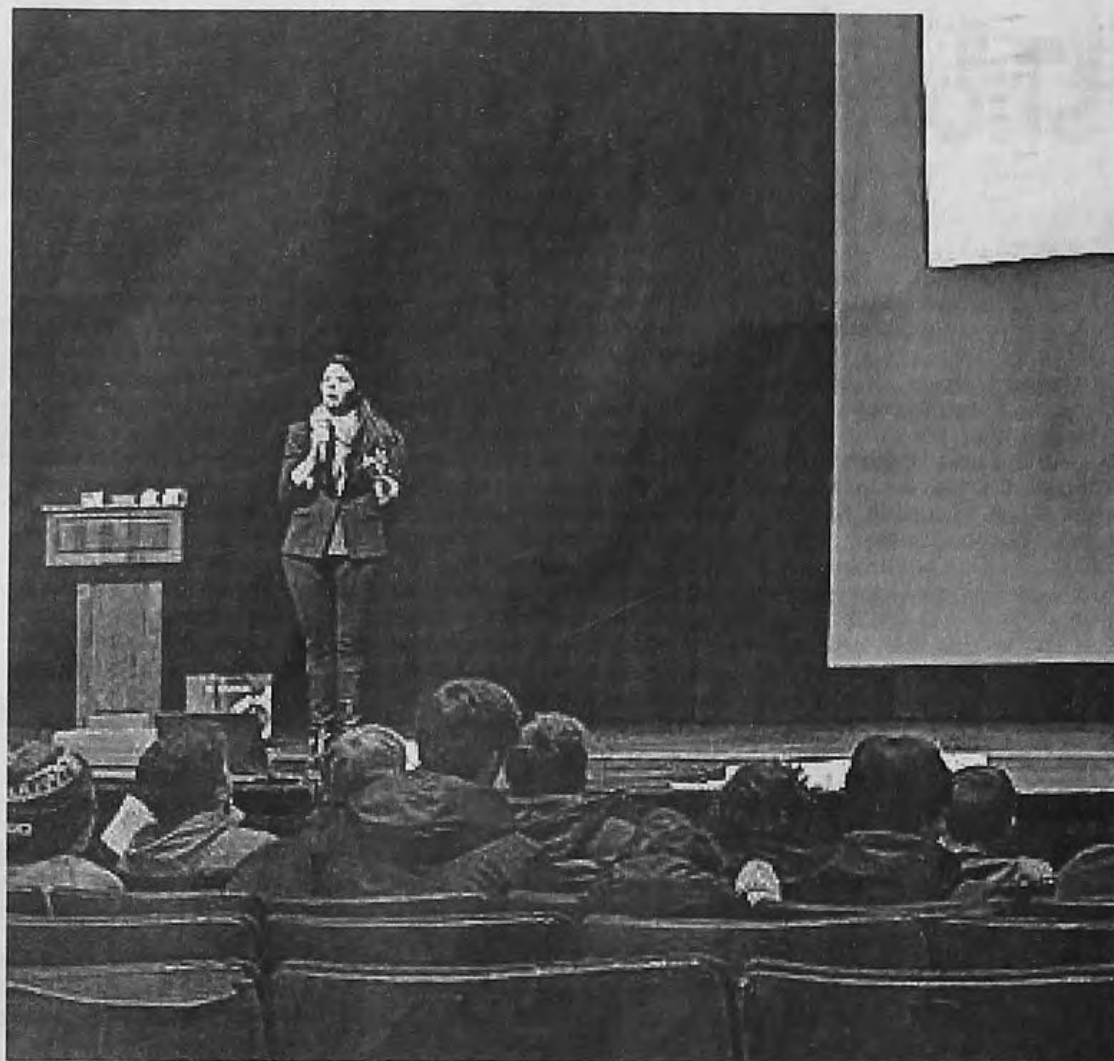
The U.S. outshot Chicago, 31-23.

The U18 squad (11-13-0-2) returns home at 7 p.m. Thursday against Cedar Rapids.



David Farrance (right) of the U.S. NTDP Under-18 team tries to move Chicago player Marc Johnstone away from his goal.

RENA LAVERTY



Lisa McDowell of the Detroit Red Wings talks to Salem boys hockey players about the importance of good nutrition.

MILK

Continued from Page B1

hydrate-to-protein ratio. It allows the recovery process to start."

Whatever it takes to maximize performance, hasten recovery and get elite athletes ready for the next morning's skate.

"She's fantastic," said Salem varsity boys hockey coach Ryan Ossenmacher, a former college player who remembered always eating piles of pasta before games. "I've listened to professional coaches, college coaches, junior coaches. All different sports and models.

"Her message is more applicable to our students than any X's and O's, any other type of presentation, because it's something they can take with them. Not only now, but in their life in general."

About the basics

McDowell — who regularly talks to high school and youth hockey teams about nutritional do's and don'ts — discussed the meaty subject to Salem hockey players, parents and other varsity athletes.

Second-year Red Wings forward Dylan Larkin, a Watertown native who played in the USA Hockey National Team Development Program, isn't much older than Salem players. He's heeding McDowell's words of advice about healthy choices.

"One of our guys, Dylan Larkin, he doesn't like sweet potatoes," McDowell said. "But now, he eats them. You have to find a way to make it acceptable."

One veteran Red Wings player's smoothie is, unbeknownst to him, tampered with the addition of spinach. Gulp. No worries.

During a recent game at New Jersey, McDowell was preparing peanut butter and jelly sandwiches for players to consume before heading into overtime. Even for NHL players who earn salaries in the millions, nutrition can be pretty basic.

And so was her overall message, which also dealt with proper rest.

"Put the (cell) phones away, the girls will be there," McDowell said. "Sleep is as important as training. Sleeping is working, sleeping is recovering. There's a 68-percent reduction in injuries when you get a good night's sleep."

Don't be that guy

Moreover, McDowell emphasized the importance of having enough energy to kick it into higher gear down the stretch of a close game.

That means eating a good, balanced meal some four hours before hitting the ice. And, don't skip breakfast or think grabbing a bagel on the run is sufficient to get the day started.

"You're eating for the team, not just yourself," McDowell said. "If you're trying to get to that puck in overtime, you don't want to be the guy who can't skate because you didn't eat breakfast."

Her message gave players such as senior defenseman Austin Marthaler something to

chew on.

"I thought it was really cool. It was a great experience to have someone like the Detroit Red Wings nutritionist to come and talk to us," Marthaler said. "It was very valuable.

"Everyone seemed (like) they were really interested in it and I hope it can help our team."

Marthaler smiled about getting so much information about the need to eat, sleep and live right in about 90 minutes.

"Yeah, it's a lot, but we all got a little packet to go along with the information," Marthaler said. "We'll go over it. Our team is really engaged in that kind of thing, so I think we'll figure out what we need to do."

Taking responsibility

For Salem hockey moms such as Anne Driscoll, senior son Joey will get as much help from her as possible. Having the breakdown as served up by McDowell will help get the right choices on the table.

"It is a lot of responsibility, not only to have the right foods available for him to eat, but at the right times," Driscoll said in a series of text messages.

"A good meal an hour after practice and four hours before a game, plus pregame snacks.

"At our house, I supply the snacks and it's Joey's responsibility to make sure he has what he needs at practice and games. I find her information very interesting. We try to incorporate Lisa's suggestions in hopes that Joey will be able to perform at a high level on game day."

But it shouldn't be up to parents to bear all the responsibility, McDowell emphasized following her PowerPoint presentation (which she also has taken to other schools, including Plymouth, Birmingham Brother Rice and Ann Arbor Pioneer).

"I want them to be empowered," McDowell said.

"They're of the age where mom and dad shouldn't have to make all the decisions. They need to start making decisions. They need to look at products, they need to look at labels and understand what they're putting into their body. Garbage in, garbage out.

"If you fuel well with foods that are more alive, you feel alive. If you have a great game, pay attention to what you did the night before."

Drink it in

The Rocks already are all-in on nutrition and those efforts received a boost when they were one of more than 80 Michigan high school sports teams to receive the UDIM Chocolate Milk: Nature's Sports Drink grant.

"According to the 2015 dietary guidelines, Americans of all activity levels over the age of 8 should include three servings of low-fat or fat-free milk or milk products in their diet every day," UDIM dietician Melissa Gerharter noted in a press release. "Chocolate milk is a nutritious option to help meet these recommendations. And what's really great about chocolate milk is that it packs a powerful nutrient punch, it's affordable and it tastes great."

Ossenmacher, who graduat-

ed from Detroit Catholic Central but did not play for the Shamrocks, tipped his cap to parents Anne Driscoll and Pam Homrich (mom of Salem junior Matthew Homrich) for making the grant application on behalf of the team.

"It really is a benefit, because now we don't have to worry about, 'Are we going out to get it every week, how is it being supplied to us?'" Ossenmacher said. "We just have it. It gets delivered, we bring it in the locker room and we go through a week's worth of supply and then we replenish it at the end of the week. It makes it easier on our players.

"Truthfully, our guys have a lot to worry about. So if we can make things like that easy for them, it just makes their life easier and it makes our team better."

With a laugh, Ossenmacher remembered his own playing days in the 1990s and early 2000s, including at the University of Dayton.

"It was way different then; the only thing you thought of was eating pasta, right? That was the idea," he said. "Before a game, you wanted to eat pasta. We know now that that's not true, that's not really what you want to eat. You want to eat a balanced meal. For me, everything I knew and learned is out the window."

Of course, he added the caveat that life and hockey were much different back then.

"At the same time, the knowledge wasn't there, it wasn't expected, at least at the levels I played," Ossenmacher said. "Even in the NHL, you look back in the '80s and the '90s and the way those guys handled themselves.

"But it was a different game, too. The players now are expected to do more, the game's faster. It's played at a harder rate than it was 20 years ago."

Habits for life

As Salem skates this season in the highly competitive KLAA, opponents such as Livonia Stevenson also are tuned in to how athletes must buy in to nutrition as an essential part of competing.

Spartans varsity boys hockey coach David Mitchell heard McDowell's presentation during a preseason meeting of the Michigan High School Hockey Coaches Association.

"We have always had the 'no pop' rule and things like that," Mitchell wrote in an email. "But this year, with this group, we are taking that a step further and explaining to them how to eat with a purpose and how food and such can be a vital part in performance."

"We are big in creating habits and in today's ever-changing, competitive realm of educational athletics, if we can have our players learn that what they consume will help them train, play and ultimately feel better, then that is a lifelong skill that transcends far beyond the ice rink or athletic field."

And who knows, maybe the Spartans can get their hockey gloves on some of Salem's chocolate milk supply.

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CHIEFS

Continued from Page B1

Taylor knows better than either of them, of course, having starred in the 1980s at Chickasha High School and Central State in the 118-pound weight class.

"You have to be mentally tough in this sport, because it's one-on-one," Taylor said. "Not to take anything away from any other sport, but on the mat it's just you and me.

"The person who wants it the most and (has) the biggest heart is the one who's going to take it."

They'll work hard

He added that his coaching philosophy is pretty simple: work, improve, keep working.

"No. 1 is they have to have the basics to be a good wrestler and also conditioning," Taylor said. "If my conditioning is better than my opponent's, most likely I will out-wrestle this guy for six minutes.

"If you have no conditioning, I don't care if you're a two-time state champion; if your conditioning is nowhere close to where it should be and my guys are, we're going to win every time."

The 2016-17 Chiefs, who are coming off a 3-5 season (1-4 in the KLAA South Division), have room to grow. But Taylor is enthusiastic about a trio of returnees who will be team leaders in the wrestling room and during dual meets.

Those include senior co-captains Justin Winnie (135), Jeremy Van Berkel (152) and junior co-captain Zach Dehnke (140).

"We have two seniors right now and both of those guys are solid wrestlers," Taylor said. "Winnie, in my eyes, I think he should win states. Those guys give 100 percent every time on the wrestling mat. I look for high results from these guys.

"And Dehnke, if he keeps doing what he is doing right now, he should either be a state champion or a runner-up himself. I never seen a kid that worked so hard in my life."

That trio will need to excel, because the Chiefs have only 17 wrestlers and lack numbers in the upper weights.

The team has: three juniors, Dehnke, Ben Samoy (130) and Robert Laird (145); and six sophomores, Collin Mueller (112), Lawrence Austin (285), Chris Little (160/171), Alex Nesovski (130), Austin Rosenau (189) and Jon Valchine (215).



TIM SMITH

Billy Taylor is the new varsity wrestling coach at Canton. He wrestled during his high school and college years in Oklahoma.

Taylor will help fill out his middleweight lineup with three freshmen set to wrestle between 130 and 152 — Yacoub Hamed, Dylan Slowitz and Mario Succurro.

Other freshmen include 103-pounder Gabe Dicola, who Taylor says is showing much promise, Mitch Winnie (119/125) and Sam Wolfe (103).

The Chiefs were scheduled to open the season Wednesday at Salem High School in a tri-meet involving all three Park teams.

Plymouth preview

The Plymouth Wildcats also have a new coach for 2016-17, with Josh Leege taking over from Quinn Guernsey.

"I am very excited about joining the team this year," Leege noted. "They have built a strong history, which I believe we can further develop.

"We are slightly down in numbers from years before, but there are many contenders on this team, especially among the upper weights."

Seniors include Joseph Ahearn, Richard Burke, Alan Farmer, Lucas Harden, Zach Lohrmann, Zach Lundberg, Ethan Pattison and Ethan Shulaw.

Juniors include Tyler Campbell, Angel DelToro, Artis Jackson, Anthony Moore, Jeezan Sukhadia and Calvin Vos.

Rounding out the roster are sophomores Andrew Atallah, Nicholas Fluegemann, Joshua Kne, Hunter Leforge, Melanie McKeenan, Andrew Salamey; and freshmen Hayden Clark, Luke Florence, Justin Fowler, Adam Lenart, Pritpal Sihota and Ian Udell.

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SALEM WRESTLING

Salem wrestling's senior co-captains for 2016-17 are (from left) Akash Rai, Taj Traylor and Bruce Haslitt.

ROCKS

Continued from Page B1

160) to set the example in the room. Rai and Haslitt are returning regional qualifiers and "we are counting on them to lead the way for the young guys."

Traylor and senior heavyweight Jake Giorgi also will be called upon to provide a mix of talent and teamwork for the young group.

Junior Nate Gaubatz won 31 matches as a sophomore and Henderson is optimistic that he will add to that total this winter.

Other juniors who will be called upon include Ali Kobeissi (125/130), Tyler Knop (135/140) and Cullen Strocchiem (152/160).

Sophomores Max Hirvela (119/125), Grant Schilis (189) and JaQuan Baker (171) provide depth, while Henderson noted a promising freshman



Henderson

class. "A couple who could find their way into the lineup early would be Corbin Scarcelli (103), Don Valdevia (135) and Evan Kirkpatrick (215)," Henderson said. "A lot of others will be challenging for spots every week with how young our team is."

Henderson added that it is exciting to be the head coach of the team he wrestled for. He served along with Israel in recent seasons, but "the plan for the last four or five years has always kind of been to eventually give the reins to me."

As for Israel, he won't be too far away.

"Pete is still working behind the scenes, doing some coaching for us as far as setting up tournaments," Henderson said.

This season opened with Wednesday's tri-meet against Park rivals Canton and Plymouth.

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3 bdrm ranch, 2 BA's, Formal LR & Dining rm, Oak kitchen w/breakfast nook, all appliances, Fam Rm w/fireplace, Florida rm w/deck off back, CA \$110,000
Century 21 Castelli 734-525-7900

GARDEN CITY
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WESTLAND Great Value
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Ameriplus Mortgage Corp.	127931	(248) 740-2323	3.875	0	3.125	0
Dearborn Federal Savings Bank	399721	(313) 565-3100	4	0	3.125	0
Fifth Third Bank	403245	(800) 792-8830	4.125	0	3.5	0
Lenderful.com	1326443	lenderful.com	3.875	0.5	3.25	0
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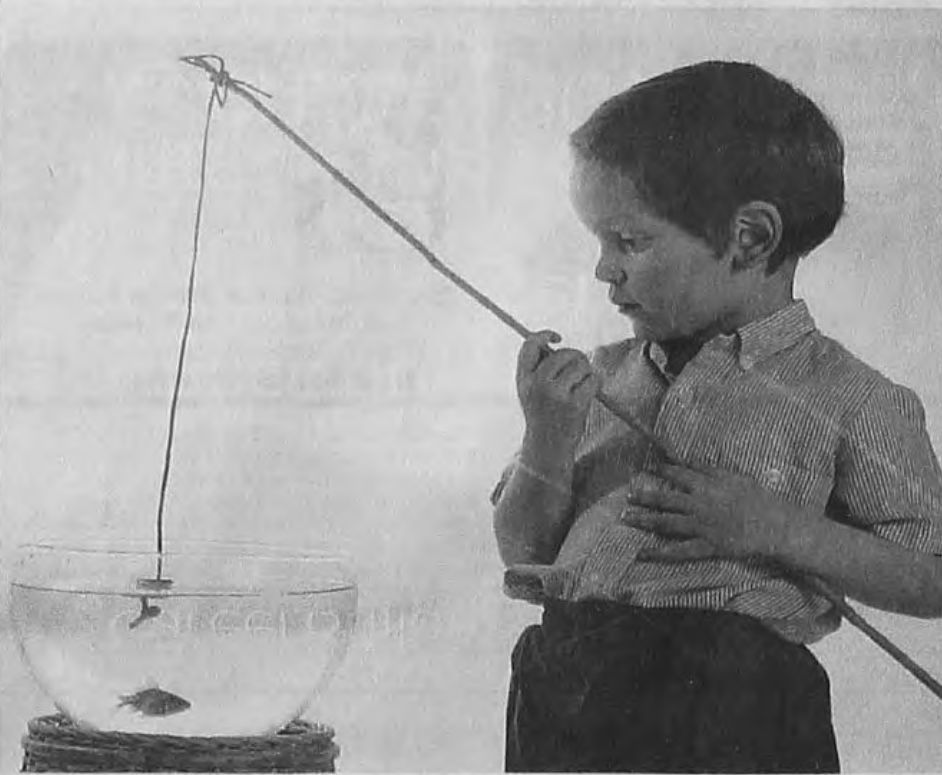
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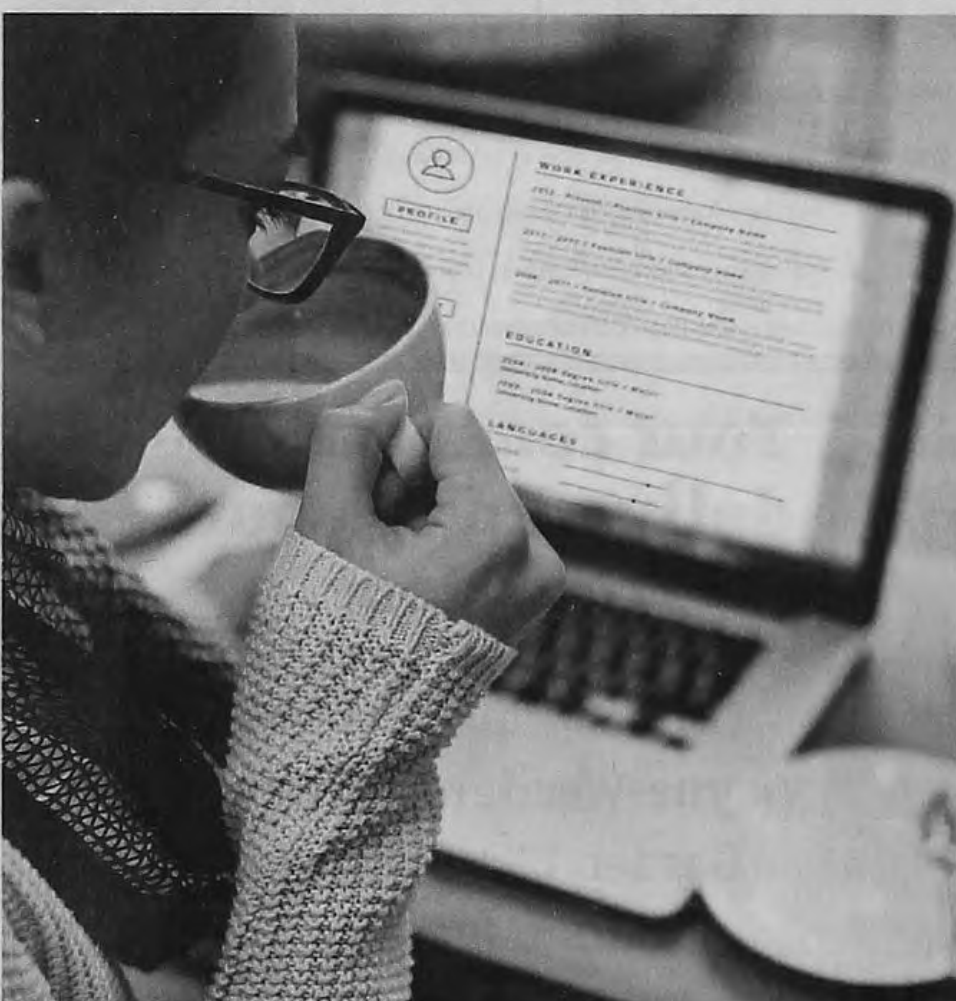


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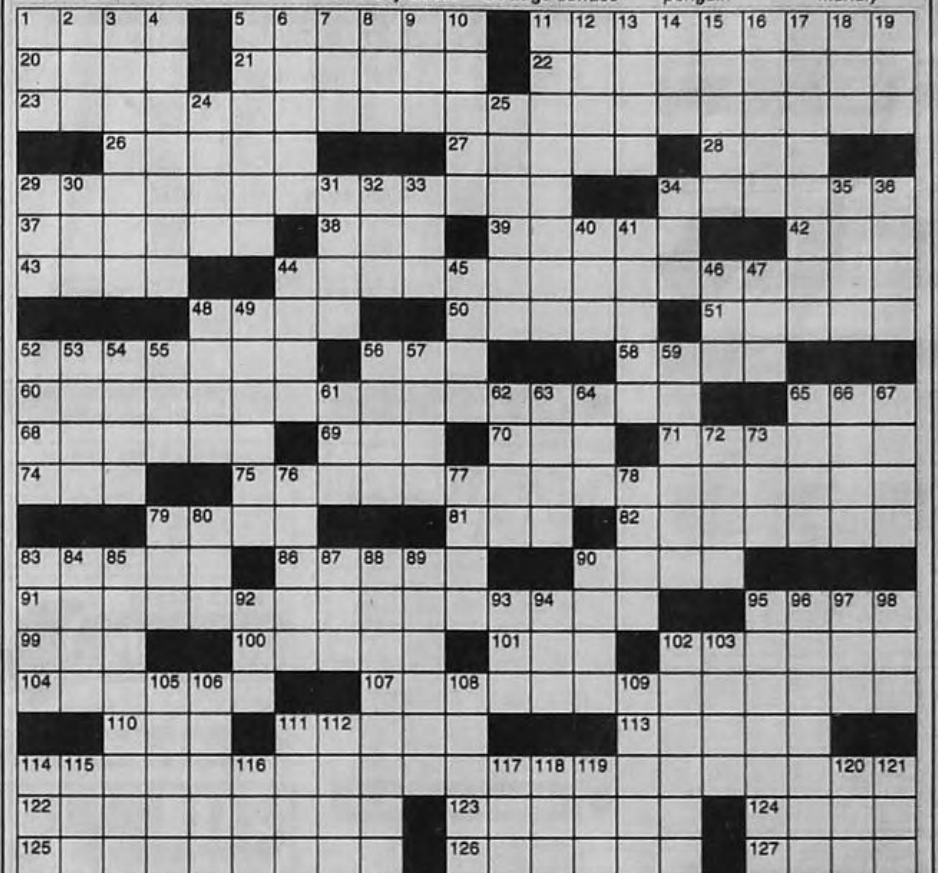
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THURSDAY PUZZLE CORNER

CROSSWORD PUZZLER

- ACROSS**
- 1 Defers (to)
 - 5 Pretenders
 - 11 Animistic religion of northern Asia
 - 20 Adored star
 - 21 How bed linens are often sold
 - 22 Audio product introduced by Bose in 1993
 - 23 CHARM
 - 26 Spending jag
 - 27 "— ed Euridice"
 - 28 "Ben- —"
 - 29 SEE
 - 34 Citi Field MLB team
 - 37 Clothed very shabbily
 - 38 Prefix with color
 - 39 Fleecy beast
 - 42 Lose vigor
 - 43 Not difficult
 - 44 HEIGHTEN
 - 48 Grows older
 - 50 Daisy cousin
 - 51 California's Point —
 - 52 Was of use to
 - 56 See 29-Down
 - 58 "Nothing — it seems"
 - 60 FALL
 - 65 Suffix with host
 - 68 Certify
 - 69 Actress Ortiz or Gasteyer
 - 70 Ghost shout
 - 71 Marketing space in a newspaper, e.g.
 - 74 "Li'l ol' me?!"
 - 75 STEAL
 - 79 Donne, e.g.
 - 81 Lead-in to history
 - 82 E.T.'s human friend
 - 83 Ranch rope
 - 86 Fizzy drinks
 - 90 Holiday song
 - 91 SUPPLY
 - 95 "Aloha Oe" instruments, for short
 - 99 Crux
 - 100 Czar's edict
 - 101 See 103-Down
 - 102 Mint-family herbs
 - 104 Gets more narrow
 - 107 CHANGE
 - 110 "... — mouse?"
 - 111 Davis of "Hot Stuff"
 - 113 Eventual oak
 - 114 ERASE
 - 122 Proper noun in an atlas
 - 123 Ripped thoroughly
 - 124 Huge-scale
 - 125 Person on both sides of an issue
 - 126 Treats with malice
 - 127 Gas brand
 - 15 Don Marquis' "— and Mehitable"
 - 16 Poet Tate
 - 17 "It really seems to me ..."
 - 18 Moral failure
 - 19 Pithy remark
 - 24 Math subj.
 - 25 Cave beings
 - 29 With
 - 56-Across, compete to obtain
 - 30 Suffix with czar
 - 31 LAX info
 - 32 Madras "Mr."
 - 33 Female sib
 - 34 Turner of an insurrection
 - 35 "Tall" story
 - 36 Mil. officers
 - 40 Rd. relative
 - 41 Physicist
 - 44 Curie
 - 45 Funny Foxx
 - 45 English noble
 - 46 Special time
 - 47 Strikes (out)
 - 48 Heady drinks
 - 49 Docile
 - 52 Actor Driver
 - 53 "No" from a higher-up
 - 54 Italian wine area
 - 55 Luge surface
 - 56 Ariel, e.g.
 - 57 Large elliptical fish
 - 59 Not volatile
 - 61 Flying British mil. branch
 - 62 Ridesharing app
 - 63 Sir
 - 64 Curly's bud
 - 65 Ferrari who founded Ferrari
 - 66 Riverbed deposit
 - 67 "Keep it in"
 - 72 Secluded valley
 - 73 Arm of Israel
 - 76 "Don't worry"
 - 77 — dixit (unproven assertion)
 - 78 Cat cry
 - 79 Chi-omega linkup
 - 80 Alley —
 - 83 Gave
 - 83 temporarily
 - 84 Kind of blue
 - 85 Of the region just north of the Antarctic Circle
 - 87 Female gametes
 - 88 Catastrophe
 - 89 Antarctic penguin
 - 90 Scale part (chain for kids)
 - 93 TV "Science Guy"
 - 94 Ruhr article
 - 95 Turnpike toll, e.g.
 - 96 Takes for ransom
 - 97 Wallach of "Nuts"
 - 98 Old aviation inits.
 - 102 What pull-ups work
 - 103 With
 - 101-Across, thus far
 - 105 Actress
 - 106 Evaluated
 - 108 Sends cell messages
 - 109 Unclear
 - 111 Kind of gel
 - 112 Unchanged
 - 114 Photo —
 - 115 Deli staple
 - 116 Cut off
 - 117 Fizzy drink
 - 118 Geller from Israel
 - 119 Bottom-line
 - 120 Prefix with gender
 - 121 Prefix with friendly



For assistance or suggestions on the Puzzle Corner, contact Steve McClellan at (517) 702-4247 or smcclellan@michigan.com. Want more puzzles? Check out the "Just Right Crossword Puzzles" books at QuillDriverBooks.com

SUDOKU

	7		2		6			
			4	7	2		1	
5	1							
	5		1	8		9	2	
8	6		5	9		3		
						2	8	
7		5	8	6				
		9		2		7		

Here's How It Works:
Sudoku puzzles are formatted as a 9x9 grid, broken into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!

9	7	4	2	5	3	6	8	1
6	1	8	9	4	8	9	2	7
8	2	9	1	7	6	9	4	3
4	3	1	6	2	5	7	9	8
5	9	8	4	3	1	7	6	2
2	6	7	8	9	1	8	9	4
7	4	6	3	8	9	2	1	5
1	5	7	2	6	4	8	3	9
3	8	9	5	1	2	7	4	6

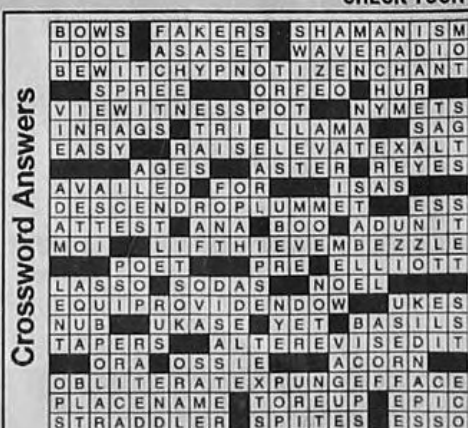
AUTO WORD SEARCH

H Z A P X C B F H U M M E R Y M T T B D
N T U S F Z T A F I G S E C P E R L T W
D W T S T E E R I N G L A J L R I M I
J R O S N Z S U X E E L E O F C Y C R B
U A M R T E K C I T L A R I E E F Y E L
R U O O L T S A S I U V A N E D P J S S
E G T T C R A A D D E D S L B E M S U X
L A I O L A H A I H N E I P A Z L F E M
S J V M W F C I C U T B S I N B E O B T
Y Z E L N F N U Y R O F N H P E A E U G
R H F A F I I H A M N I O S O N S K D W
H I O R D C A D S A L N I R N Z E O V R
C G E E R H E D S Y E A T E T S O Y U O
Y H J N P S L S S V X N A L I H A R L I
I W F E E O I L R Y U C L A A X A K Z R
B A W G E N P J K T S E U E C B F C S E
J Y U H J K T O Y O T A G D U O S I R T
M W G P H O N D A M B G E S R L K U Z N
U S I N F I N I T Y M H R D X F B B G I
D R I V E Z O U P D E S T I N A T I O N

WORDS

ACURA INFINITY
AUDI INTERIOR
AUTOMOTIVE JAGUAR
BMW JEEP
BUICK LEASE
CADILLAC LEXUS
CHEVROLET LICENSE
CHRYSLER MERCEDES BENZ
DEALERSHIP NISSAN
DESTINATION OLDSMOBILE
DRIVE PONTIAC
FINANCE REGULATIONS
FORD STEERING
GENERAL MOTORS SUBARU
HIGHWAY TICKET
HONDA TIRES
HOOD TOYOTA
HUMMER TRADE
HYUNDAI TRAFFIC

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