

CANTON DBSERVER

THURSDAY, FEBRUARY 21, 2019 🛚 HOMETOWNLIFE.COM

Stella's owner Bob Ostendorf clears dishes from a table while he chats with longtime customers at one of his restaurants. PHOTOS BY JOHN HEIDER/HOMETOWNLIFE.COM



PART OF THE USA TODAY NETWORK

Call in those terrible potholes

Ed Wright Hometownlife.com USA TODAY NETWORK – MICHIGAN

If you live (or drive a lot) in Canton Township and are tempted to invest in one of those "I'm not drunk, I'm avoiding potholes!" bumper stickers, hold your horses.

Township Supervisor Pat Williams suggests an alternative that should be more effective: Visit the Wayne County Public Services website and fill out a ticket that lets the pothole-patching decision-makers know where the rimrattling breeding grounds are popping up (or down).

"It just takes a moment," said Williams. "I know. I fill out about three or four a week, for myself and for the township's residents. When the pothole you report is fixed, they'll send you a confirmation email.

"It's a case where the squeaky wheel gets the oil."

If township residents are wondering why the "oil" has to come from the county and not the township in the wake of last year's successful roadsimprovement millage, Williams has the answer. "Not one cent of the money raised by the millage will go toward fixing a pothole," Williams said. "Pothole repairs are 100 percent the responsibility of the county. Nothing has changed in that regard. Funds generated by the millage will be used incrementally on major road work done in the township by Wayne County and MDOT." Drivers whose vehicles were damaged along one of Canton's pothole breeding grounds that are under the jurisdiction of the county - for example, Sheldon and Canton Center roads - can file a damage claim on the Wayne County website and potentially receive a refund for the amount of their car repair. "I've heard of people having success with this, but it depends upon the amount of evidence they have and whether the stretch of road where the damage occurred was reported before the incident," Williams said.

downtown Plymouth

Ed Wright Hometownlife.com USA TODAY NETWORK — MICHIGAN

The furry and friendly namesake of Plymouth's newest restaurant is still getting accustomed to the freight trains that rumble past her owner's latest venture at 885 Starkweather Road.

The transition has been smooth, however, for the faithful foodie following that Bob Ostendorf has developed with his growing brand of Stella's eateries.

Ostendorf, whose Bernese mountain dog Stella is the centerpiece of his growing dining empire's marketing plan, is bringing the taste of New Orleans to Plymouth's Old Village with the opening of his two-of-a-kind hybrid restaurant Stella's Too/Stella's Trackside.

See STELLA'S, Page 5A

L KK



Stella's Trackside in Plymouth now offers a Friday afternoon happy hour.

Drivers can also call1-888-762-3273 to report road hazards.

"It's better to submit a ticket online," Williams advised, "because that

See POTHOLES, Page 2A

Livonia police arrest I-96 Speedway robbery suspect

David Veselenak Hometownlife.com USA TODAY NETWORK – MICHIGAN

Livonia police say they have arrested a suspect accused of holding up a gas station off of Interstate 96 last week.

Police say they, with the assistance of the United States Marshal Service, arrested Sean Ragland, 26, of Highland Park, on Feb. 15. Ragland, a former employee at the gas station, is accused of entering the Speedway at 31374 Schoolcraft in the early morning hours Feb. 14 and robbing the store clerk at gun point.

The store clerk working at the time called police after running from the store after the suspect arrived.

Police say Ragland entered wearing a bandanna over his face and brandished a semiautomatic handgun, demanding



cash. Police say he took the cash and left the store on foot.

He was unable to be located by police immediately after the incident. Ragland was ar-

raigned on charges of armed robbery and felony firearm in

district court. He was given a \$150,000

cash/surety bond and is due in Livonia's 16th District Court for a probable cause conference at 9 a.m. Feb. 28.

Wayne County Jail online records show Ragland still in the county jail as of Monday morning. If convicted, Ragland faces up to life in prison.

Contact David Veselenak at dveselenak@hometownlife.com or 734-678-6728. Twitter: @davidveselenak.

CONTACT US: Call 866-887-2737. **Press 1)** for Classified, Death Notices; **2)** Retail Advertising; **3)** Billing, Subscription, Back Copies, Delivery Issues; **4)** leave message for newsroom. Send press releases, calendar items to LIV-OENewstip@hometownlife.com

Volume 44 | No. 71 Home delivery pricing inside ©2019



CANTON PUBLIC LIBI

New app rewards walking in Livonia

David Veselenak Hometownlife.com USA TODAY NETWORK - MICHIGAN

Have you always wanted a little extra reward for taking that half-hour walk? Livonia residents can now have just that

The Healthy Livonia initiative, a program launched by the city, St. Mary Mercy Hospital and other groups, is a fitness challenge program that rewards users with a digital currency for the steps they take.

Using an app called Carrot, participants can sign up for the challenge with Healthy Livonia and receive a step goal. Then, their pedometer-enabled smartphone can track their steps and determine whether or not they've hit their goal for the day. Participants can then use the coins to purchase goodies such as gift cards through the app.

The best part of the program, said Healthy Livonia Program Coordinator

hometownlife.com

Observer & Eccentric Newspapers PART OF THE USA TODAY NETWORK

Published Sunday and Thursday by **Observer & Eccentric Media**

Newsroom Contacts:

Phil Allmen, Consumer Experience Director Mobile: 248-396-3870 Email: pallmen@hometownlife.com

Follow us on Faceboook: @OEHometown

Subscription Rates: Newsstand price: \$1.50 \$104 per 12 months home delivery

Home Delivery:

Customer Service: 866-887-2737 Mon.-Fri. 8:30 a.m. to 4 p.m. Sunday 7:30 a.m. to noon Afterhours, leave voicemail Email: custserv@hometownlife.com

Advertising Policy:

All advertising published in this newspaper is subject to the conditions stated in the applicable rate card, copies of which are available from the advertising department. We reserve the right not to accept an advertiser's order. Our ad-takers have no authority to bind this newspaper and only publication of an ad constitutes acceptance of the advertiser's order.

Jexas

RUBY RED

GRAPEFRUIT

10/

Jane Muszynski, is that goals are determined by daily activity and not at an arbitrary figure. If a participant does more sitting at a desk during the day, their goal will be different than a more active person.

"Then your goal is going to be set lower," she said. "You wouldn't have the same goal as a mailman who walks all day does.'

Users who sign up can also link their fitness tracker, such as a FitBit, to the app to count their steps as well. The app is available in the App Store for Apple and the Google Play Store for Android devices.

Muszynski said the program launched at the 100 Days to Health event at the Jack E. Kirksey Recreation Center last month and has seen more than 150 participants sign up. Of those participants, she said, more than 41 percent have been routinely hitting their daily step goals.

In addition to the accumulation of regular steps, users who travel to one of 12 spots around Livonia can earn 1,000 bonus steps just for visiting. These locations have special beacons that will recognize users within several hundred feet. They range from city facilities and parks to local businesses and eateries.

Once such beacon location is Merri-



Rich Glomb, right, an owner of Merri-Bowl, and Teri Gasser, supervisor, hold up a Carrot beacon at the bowling alley on Five Mile. Merri-Bowl is one of a dozen locations across Livonia with beacons, which earns Carrot app users 1,000 steps. COURTESY OF JANE MUSZYNSKI

Bowl Lanes, 30950 Five Mile. Richard Glomb, one of the bowling alley's owners, said he heard about the program from an employee and got involved with Healthy Livonia. In addition to promoting the program, he saw it as a way to get people talking about the benefits of bowling.

"What we saw was an opportunity to promote Merri-Bowl but also the activ-

ity of bowling," he said. "That's why we jumped all over this."

Other places with Carrot beacons include

Biggby Coffee, 37403 Ann Arbor Road

Community Alliance Credit Union, 37401 Plymouth

Community Choice Credit Union, 15420 Farmington

Embassy Title, 15704 Farmington Jimmy John's, 37671 Six Mile and 33177 Eight Mile

Jack E. Kirksey Recreation Center, 15100 Hubbard

Livonia Chamber of Commerce, 33300 Five Mile

New 5 Nutrition, 37665 Five Mile

Rotary Park, 32184 Six Mile

Tatigian Park and Nature Preserve Bridge, 34501 Curtis

Healthy Livonia has launched several programs and assisted in several areas since it launched, including assisting with the new universally-accessible playground that opened at Rotary Park last year.

Ted Davis, superintendent of parks and recreation for the city, said in addition to encouraging people to visit sites such as Tatigian Park, the program will help move Livonia residents closer to living a more healthy lifestyle.

Potholes

Continued from Page 1A

way you will receive a confirmation once the problem is fixed."

Millage-related repairs

An overview of what millage-funded Canton Road Program projects are expected to unfold in 2019 can be found on the Canton Township website.

Fifty-five percent of the funds generated by the 20-year millage will go toward matching projects on major county roads, 30 percent will go toward local county subdivision roads and 15 percent will go toward state roads, the biggest chunk being the Ford Rd. boulevard proiect.

"One year ago, the Ford Road project was not in MDOT's five-year plan; now it is because of the money we will be able to match from the millage," said Williams.

"I think it's important to emphasize that the Canton Road Program is a longterm plan, the funds will stretch over 20 years. As a result, residents may not be saying 'Wow!' until we're eight to 10 years into this."

The Canton Township Board of Trustees has allotted \$1.5 million (30 percent) of the funds generated from the road millage to repairs on local public roads.

Throughout 2019, the township will focus on completing work centered on preventative maintenance and drainage repairs throughout the area. The drainage work will occur for the most part north of Ford Road in 2019 and south of Ford Road in 2020.

The township is currently soliciting homeowners associations to submit project ideas for matched work in residential subdivisions and other residential roads.

The projects will require the HOAs to contribute matching funds for the projects, which will range in cost from \$20,000 to \$200,000.

To be considered for match work in 2020, interested parties must submit a completed "Letter of Interest" to the township by 4:30 p.m. on April 30.

Contact Ed Wright at eawright@ hometownlife.com or 517-375-1113.





SALE VALID 2/21-27, 2019 LIVONIA . PLYMOUTH







10/\$10

Fresh PORK TENDERLOIN Reg. \$4.99-5.99 lb.

Better Made **FAMILY SIZE POTATO CHIPS**



13

Reg. \$3.69 / 9.5-10 oz.

Simply ORANGE JUICE Reg. \$4.49 | 52 oz.

Delallo **EXTRA VIRGIN OLIVE OIL**

44 Reg. \$14.99 / 1 liter

Events worth checking out this weekend

David Veselenak Hometownlife.com USA TODAY NETWORK – MICHIGAN

Getting over the constant freeze/ thaw process of winter? So are we.

But here we are, the last weekend of February with March around the corner (though truth be told, that's sometimes not much better). But now's the best time to enjoy what's left of the cold and have a little fun this weekend.

Here are three events work checking out this weekend across the region.

Winter Jamboree in Westland

If you haven't had the chance to ever visit the Jefferson Barns Community Vitality Center in Westland, this weekend is the perfect excuse.

The former elementary in the historic Norwayne neighborhood off of Merriman at 32150 Dorsey will host the Norwayne Citizen's Council Winter Jamboree from 11 a.m. to 1 p.m. Saturday. There, families can play dodgeball with police officers, do library crafts, enjoy some walking tacos for lunch and compete in a paper airplane contest. A scavenger hunt will also take place, along with a school supplies giveaway.

For more information on the event, call 734-595-0288

Indoor triathlon in Livonia

If you promised yourself you'd get back in shape this winter, the Jack E. Kirksey Recreation Center in Livonia will be where you want to go Sunday.

The annual indoor triathlon will take place Sunday at the rec center, 15100 Hubbard. There, participants will compete in a 20-minute swim, a 20-minute cycling ride and a 20-minute run, all with 10 minutes in-between. Swimming takes place in the 25-yard lap pool, cycling will be on upright stationary bikes and running will take place on treadmills. Total distance will determine scoring and placement.

Awards will be given to the top male and female in several age groups: 18-30, 31-40, 41-50, 51-60, and 61 and over. Registration is \$35 and must be done by Friday at the rec center.

For more information, contact the rec center at 734-466-2900.



Detroit resident Mike Gumbel and Jon Rudd of Livonia take part in the cycling portion of the Arctic Chill Indoor Triathlon at the Livonia Recreation Center. The annual indoor triathlon will take place Sunday at the rec center. FILE PHOTOS

Black History Month at the Detroit Institute of Arts

It's not too late to take part in Black History Month. And the Detroit Institute of Arts is a great place to do just that this weekend.

In addition to viewing influential pieces of artwork by black artists, enjoy the final program celebrating the month at the DIA begins at 7 p.m. Friday night.

There, Friday Night Live featuring Charenée Wade, a jazz and soul/R&B musician will perform. She'll be joined by other members of her working band including Oscar Perez (piano), Paul Beaudry (bass), and Timothy Angulo (drums).

Admission to the DIA is free for Wayne, Oakland and Macomb County residents, and the concert is also free.

Contact David Veselenak at dveselenak@hometownlife.com or 734-678-6728. Twitter: @davidveselenak.



Jefferson Barns at 32150 Dorsey in Westland will host the Norwayne Citizen's Council Winter Jamboree from 11 a.m. to 1 p.m. Saturday.



1994-2019

IHA Medical Center @ Schoolcraft

Jeffress Center | 39201 W. Seven Mile Road, Livonia

IHA Family & Internal Medicine @ Schoolcraft

734.213.3685

6000

Rm. 140-A | Mon - Fri: 8:00 am to 5:00 pm

Family Medicine



Jessica Haddad, MD, is a board-certified family medicine physician. She has clinical interests in women's health, pediatrics, preventive care, cryotherapy and the management of chronic diseases.

MEDICAL EDUCATION American University of the Caribbean School of Medicine, Sint Maarten RESIDENCY Presence Saints Mary and Elizabeth Medical Center, Chicago

OPENING MONDAY, FEBRUARY 4!

Internal Medicine



Li Li, MD, PhD is board-certified in Internal Medicine. Dr. Li focuses on listening to her patients' needs and concerns, and educating them on preventive care, allowing her to build relationships with the whole family. She is fluent in Chinese.

MEDICAL EDUCATION Fudan University Shanghai Medical College, China RESIDENCY Wayne State University Detroit Medical Center

Make an appointment online: www.IHAcares.com/Schoolcraft

IHA Urgent Care @ Schoolcraft

734.213.3688

Rm. 140-B | Mon - Fri: 7:00 am to 9:00 pm | Sat - Sun: 8:00 am to 4:00 pm

OPENING MONDAY, FEBRUARY 4!



O-DET001150

Save Your Spot Skip the wait and save your spot at our urgent care location. Your saved spot is not a guaranteed appointment, but an option that allows you – or a sick family member – to seek care at a time that is convenient.

IHAcares.com/saveyourspot

IHA Family & Internal Medicine @ Schoolcraft and IHA Urgent Care @ Schoolcraft accept most major insurances.

Amazon confirms big money for Plymouth Township startup

Eric D. Lawrence Detroit Free Press USA TODAY NETWORK

Amazon will lead a \$700 million investment in Detroit-area electric vehicle startup Rivian.

Recent reports have focused on a likely large investment in the company from the online package delivery behemoth and possibly General Motors, but the news, minus a GM announcement, was confirmed Friday.

"This investment is an important milestone for Rivian and the shift to sustainable mobility," R.J. Scaringe, Rivian founder and CEO, said in a news release. "Beyond simply eliminating compromises that exist around performance, capability and efficiency, we are working to drive innovation across the entire customer experience. Delivering on this vision requires the right partners, and we are excited to have Amazon with us on our journey to create products, technology and experiences that reset expectations of what is possible."

In the same release, Jeff Wilke, Amazon CEO for Worldwide Consumer, praised Rivian and its founder: "We're inspired by Rivian's vision for the future of electric transportation. R.J. has built an impressive organization, with a product portfolio and technology to match. We're thrilled to invest in such an innovative company."

Rivian, which is headquartered in Plymouth Township west of Detroit, debuted two vehicles at the Los Angeles Auto Show last year — the all-electric RIT pickup and RIS SUV.

The vehicles, which are expected to be delivered to customers in late 2020 with more than 400 miles possible on a charge, are to be built at the company's manufacturing plant in Normal, Illinois.

The news release said Rivian will remain independent, and that the funding round will be led by Amazon while including participation from existing shareholders.

While GM has remained tight-lipped about its part in any investment, a



Rivian, a startup with an engineering base in Plymouth Township, has received a \$700 million boost from Amazon. BEN MOON

source familiar with the matter told the Free Press on Friday that there is nothing "imminent" to announce on Rivian. The source did not deny talks are ongoing. Bloomberg, quoting people familiar with the matter, also has reported that Rivian remains in talks with the automaker.

GM has hinted at developing an electric pickup in the future. During a talk at Harvard last fall, CEO Mary Barra teased that GM has given a "tiny bit" of thought to producing an electric pickup truck someday.

But when pressed, she declined to comment on future product programs. She has been asked about it since and has reiterated the line that GM envisions an all-EV future, but declines to offer specifics.

Michelle Krebs, executive analyst, Autotrader, said the Amazon investment will mean a lot to the Michigan startup.

"The investment is a drop in the bucket for Amazon, but it is huge for Rivian in terms of the amount of money and in terms of raising the profile of Rivian," she said. "Amazon is exploring ways to reinvent its delivery fleet, and Rivian's electric-powered skateboard concept, which could carry a variety of body styles, offers an interesting possibility.

She continued: "While Rivian has shown a concept pickup truck and SUV, it could just as easily be offered as a delivery van. Electric vehicles for fleets makes more sense than individual ownership as routes, with charging stations strategically located, can be planned to optimize charging and range."

Brian Moody, executive editor at Autotrader, said that while Rivian's pickup design is "really like nothing the industry has seen, with the battery strategy creating all sorts of opportunities for improved storage and functionality," there is always a question about production.

"Amazon does not bring vehicle production capability to the party, something Rivian would desperately need," Moody said. "Of course, with Amazon money, Rivian can easily make the Normal, Illinois, plant state of the art fairly quickly."





MADE POSSIBLE BY THE WILLIAM DAVIDSON FOUNDATION

THE DSO COMES TO YOUR NEIGHBORHOOD

Dmitry Sinkovsky, conductor, violin & countertenor

GEMINIANI Concerto grosso in D minor (La folia) VIVALDI The Four Seasons HASSE Grave and Fugue in G minor HANDEL Selected Arias



Thu., Feb. 28 at 7:30 p.m. The Berman Center for the Performing Arts, 6600 W. Maple Road



Sat., Mar. 2 at 8 p.m. Kirk in the Hills Presbyterian Church 1340 W. Long Lake Road



SINKOVSKY

Fri., Mar. 1 at 8 p.m. Our Lady of Good Counsel 47650 N. Territorial Road



Sun., Mar. 3 at 3 p.m. Our Lady Star of the Sea 467 Fairford Road

TICKET

FROM

PURCHASE TICKETS AT dso.org/neighborhood Or call 313.576.5111

Special pricing on all CR Laine Furniture For all of February



33125 Plymouth Rd. at Farmington Rd. in Livonia 734.427.3080

www.chrisfurnitureinc.com Mon. & Fri. 9:30-8pm • Tues., Wed., Thurs. & Sat. 9:30-6pm • Closed Sundays

KI

Red Wings announcer Daniels to share family opioid tragedy

His voice has described Red Wings games on television for two decades, but Ken Daniels is also using his voice for a more serious matter.

Daniels lost his son to an overdose in December 2016, at a time his family thought he was nearing successful completion of an opioid rehabilitation program. Jamie Daniels was 23 years old.

Inspired to use his family's tragedy to save lives, Ken Daniels started a foundation in his son's honor and speaks about opioids, its horrors and the importance of getting the addicted to help.

Daniels is scheduled to appear and share his mes-



sage at a Livonia Chamber of Commerce luncheon Feb. 27 at the Schoolcraft College VisTaTech Center. The 11:30 a.m. luncheon is sponsored by St. Mary Mercy Livonia and Growth Works, as both are becoming more involved in the opioid fight in Western Wayne County. "For those who want to judge, and

you hope like hell it is not happening in your house, and if it's not, it is happening two, three doors down because the numbers show it," Daniels said in an interview with Fox Sports Detroit. At the Livonia Chamber event, Daniels will talk about hockey, his family, coping with a tragedy, and how to support those dealing with addiction. The audience for this luncheon will feature a collection of business people and high school students.

"This is an issue that impacts many families and our businesses right in our backyard," said Dan West, president of the Livonia Chamber of Commerce. "We are grateful that someone of Ken's stature and personal passion has made himself available to us to share this important message in the hope of saving people's lives."

Stella's

Continued from Page 1A

One side of the 8,000-square-foot space will feature a higher-end Creole-themed dining experience while the other side will offer a family-oriented atmosphere, similar to Ostendorf's other Plymouth restaurant, Stella's Black Dog Tavern.

"Stella's (Black Dog Tavern) has done really well, and we maxed out there with only 1,200 square feet of dining space, 800 feet for the kitchen and just 29 parking spots," said Ostendorf, 68, a private equity turnaround specialist. "It was either grow, or not.

"(The previous owners of Station 885) had been in business quite a while and they wanted out, so we cut a deal. We have 255 seats here (compared to 120 at the Black Dog Tavern), so we feel we can grow. A big thing, too, is that we have 145 parking spots now and we're excited to be a part of the Old Village resurgence."

Ostendorf revealed he was initially interested in purchasing the Courthouse Grille site in Plymouth, but switched gears due to that building's structural issues.

He also made sure everyone knew that Stella's Black Dog Tavern is staying put — Stella would have it no other way.

"She's not a big fan of the noise the trains make here," Ostendorf said from a seat in his new venue. "We're definitely going to keep our other Plymouth location open. With Trackside and Stella's Too, we want to give people more options and to marry the best of both worlds. ...

"By opening this place, we can grow and make life easier for our faithful customers."

Ostendorf's plan is to make Friday and Saturday nights at Stella's Trackside a festive, Mardi Gras-esque atmosphere with dueling pianos, a singing wait staff, and a cajun-style menu.

Ostendorf has plans to add a caboose and a beer garden on the exterior of his new place.

"The food will be a little bit more expensive than the food we normally sell, but it won't be off the wall," he said. "It will probably cost 10 percent more. With that added cost, though, we'll give you a whole different dining experience."

The kitchen-orchestrating duties at Stella's Too/ Stella's Trackside will be handled by chef Brian Doyle, who was head chef at Doyle's Tavern and the Black Dog Tavern. Doyle has already developed a Trackside menu that will be highlighted by everything from shrimp gumbo dip to oysters rockefeller.



Stella's Trackside chef Mark Hincker pulls a pizza out of the oven at the Starkweather Road restaurant. PHOTOS JOHN HEIDER/HOMETOWNLIFE.COM

plant-based Impossible Burger, and the Angus-based Slop Burger and Tavern Burger.

Among the popular entree offering are various serving sizes of filet mignon, baby back ribs and prime rib.

The pizza portion of the menu is highlighted by a build-your-own pizza.

Ostendorf is making it a point to give something back to the community he so greatly admires.

For instance, Friday night is "Teachers Night" and educators are the beneficiaries of discounted prices. The proceeds from two children's books featuring Stella will be donated to veterans-related causes and the Plymouth Library. "I love Plymouth: it's one of those solid Midwestern cities where you see what you get and get what you see," he said. "I think it's important to give back to the community where you live and work. Before he's done with the restaurant industry, Ostendorf hinted that a third Stella's location may be down the road. "If this place launches well and as long as my team is able and willing to stand behind me, I'd like to someday add a third place, maybe like a Stella's Hole In The Wall that is across the street from a transmission plant," he said. "It'd be a place you could come for some good appetizers, a good burger, but a place you wouldn't feel bad about bringing your wife to.



"We want this room (Trackside) to be booked every Friday and Saturday for weeks in advance," Doyle said.

"We're trying to make this a fun place," Ostendorf added. "It's going to be a little bit above, so you can come here and have a nice dinner with your wife, hold a birthday party. If you make reservations at the Trackside, you'll be guaranteed to be entertained and enjoy a great meal."

The Stella's Too menu will feature an integration of the Black Dog Tavern's offerings along with some favorites from Station 885.

"For example, we're going to continue to offer the escargot that (Station 885) served," Ostendorf said. "I'm not sure we're going to keep the frog legs, though."

Other favorites on the Stella's Too menu include the

"That's a little premature to talk about now, though. We need to get this place going."

Stella's Trackside/Stella's Too will hold its official grand opening, March 5 — Mardi Gras.

Stella's owner Bob Ostendorf talks about changes to the Starkweather restaurant as its namesake, his Bernese Mountain dog, Stella, sits near his feet.





Bill and Helen Barz, married for 59 years, hold hands at their West Bloomfield residence. They met at a dance in Detroit in the late 1950s. JOHN HEIDER/HOMETOWNLIFE.COM

A WEST BLOOMFIELD VALENTINE'S LOVE STORY

Susan Bromley Hometownlife.com USA TODAY NETWORK – MICHIGAN

Bill and Helen Barz have been sweethearts for six decades.

The happy couple met at a dance in Detroit in the late 1950s, and while they aren't exactly doing the tango anymore, Bill, 95, and Helen, 92, are still the perfect partners through life. "It took a little while to find the right woman," Bill said as he sat next to Helen at the American House Senior Living Community in West Bloomfield, their home for the last two years.

Bill was 34, an Army veteran and former World War II prisoner of war when he met Helen, then a 30-year-old bilingual secretary at a social services agency in a Polish neighborhood in Detroit. "She was with her sister and I said, 'I'll take her home,' and I drove her home," Bill recalled. "We started going out every once in awhile, polkas and dancing."

Helen remembers "very nice" dates, which also included sambas, cha-chas, waltzes and fox trots. The pair were good on the dance floor and even won a couple prizes, Bill said. After about three years of dating, and after standing up as best man in five weddings, Bill proposed to Helen one night in his car.

"All of my friends were married, and I thought, 'I better get married, too,' " he laughed as he gazed at Helen sitting next to him. "It took a little while to find

See LOVE, Page 7A

The Villas at Woodbridge Estates Canton, Michigan



CONTEMPORARY QUALITY DESIGN | SCENIC WOODED SITES/LANDSCAPING & POND | CLUBHOUSE/POOL

The Villas lifestyle emerges with enchanting 2 or 3 bedroom condominium homes with lofts, fabulous gourmet kitchens, convenient 1st floor laundries, rejuvenating master suites, ceramic tile in the fireplace and baths, full basements and attached 2-car garages. From 1,450 to 2,000 sq. ft. of space in all...all from the unbelievable mid-\$200's.



SALES CENTER: 12:00-6:00PM CLOSED WEDNESDAY & THURSDAY 734.844.8300 www.woodbridgecondos.com WOODBRIDGE

FURNISHED MODEL LOCATION 48610 EASTBRIDGE CANTON, MI 48188 LOCATED OFF OF GEDDES ROAD



nake channed neten was accurate at the time of publication. In order to maintain the high degree of quality and incorporate management with greater flexibility and economy, we reserve the right changes in price, spectheatrons, materials, or to change or discontinue models without notice or obligation. Floor plan dimensions are approximate, of Alexander Boggerts & Associates 2003.

Love

Continued from Page 6A

the right woman."

Bill and Helen were married Aug. 27, 1960, at St. Peter and Paul Church on the west side of Detroit.

Their first child, Mary Ann, was born in 1961, followed by two sons, William John, born in 1963, and John Joseph, born in 1965.

Bill worked as a tool designer, while Helen was a stay-at-home mom.

They had a home on St. Lawrence Street in Detroit and one on Vaughn Street in the early years of their marriage.

In 1968, they bought a home adjacent to the Shenandoah Golf Course in West Bloomfield, where they lived for almost 50 years until moving to the American House community two years ago.

Asked what is the key to a long and happy marriage, the grandparents of seven keep their answers short, making a lifelong partnership look easy, when many couples think it is anything but.

Helen thinks it helps to be the same nationality and the same religion, in their case, Polish and Catholic. Bill never objected to anything she wanted to do.

"I did a lot of crocheting, he did a lot of golf," she said.

"We never argued," Bill says simply, to which their son John laughs and responds, "I plead the Fifth."

Helen's next words are so earnest though, it makes success in love look basic, if the rule could just be met by two people, day after day, decade after decade.

"Care about each other and do things for each other," she said. "It's just living every day doing for one another and telling each other you care."

Bill and Helen did, and they still do, Valentine's Day and every day.

Contact Susan Bromley at sbromley@hometownlife.com. Follow her on Twitter @SusanBromley10.



Helen Barz's advice for a long, successful marriage is simple: "Care about each other and do things for each other." JOHN HEIDER/HOMETOWNLIFE.COM



Bill and Helen Barz's wedding photo. COURTESY OF BILL AND HELEN BARZ





DO SOMETHING AMAZING THIS YEAR!

DETROIT FREE PRESS/CHEMICAL BANK MARATHON





WE ARE A FAMILY OWNED GOURMET MARKET WHO HAS PROVIDED OUR COMMUNITIES WITH THE FRESHEST PRODUCE, QUALITY MEATS, FINE WINES + MORE FOR OVER 55 YEARS.

WE BELIEVE THAT LIFE IS TOO SHORT NOT TO EAT GOOD FOOD.



DEARBORN (313) 274-6100 • 21755 Michigan Ave.
BERKLEY (248) 547-1000 • 27659 Woodward Ave.
LIVONIA (734) 524-1000 • 14925 Middlebelt Rd.
PLYMOUTH (734) 233-3000 • 860 Penniman Ave.

WESTBORNMARKET.COM

REGISTER AND SAVE! FREEPMARATHON.COM OUR LOWEST PRICE ENDS FEBRUARY 28.

October 19 - 20, 2019

FREEPMARATHON.COM



Gift cards, cash taken from man's wallet at LA Fitness

David Veselenak Hometownlife.com USA TODAY NETWORK – MICHIGAN

Livonia police continue to warn gymgoers to keep their valuables secured after a gym patron reported cash stolen out of his wallet while in his car.

A 57-year-old Garden City man came into the Livonia police station the morning of Feb. 12 to report his car had been entered illegally while he was at LA Fitness, 30273 Plymouth, the previous Saturday.

He said he arrived at the gym at about 2:30 p.m. and locked his vehicle when he parked in the lot. He put his keys in a locker without a lock and left his wallet in the car.

When he was done at the gym a few hours later, he grabbed his keys and went back out to his car to find his wallet felt thinner than before.

He checked it and discovered several gift cards were missing, as well as some cash. He told police he believed the suspect grabbed his keys from inside the unlocked locker, unlocked the car, took the items from his wallet and returned the keys to the locker.

Later on, the victim received a text from his bank telling him there was a fraudulent charge on his credit card on Walmart.com. He still had possession of his card, so he believed the suspect took a photo of it and used it fraudulently.

Anyone with information is encouraged to contact Livonia police at 734-466-2470.

Contact David Veselenak at dveselenak@hometownlife.com or 734-678-6728. Follow him on Twitter @davidveselenak.



A Garden City man told Livonia police his car had been entered illegally while he was at LA Fitness. FILE

78-year-old out \$8K in 'grandparent scam'

David Veselenak Hometownlife.com USA TODAY NETWORK – MICHIGAN

Be careful who's calling pretending to be a relative.

When the suspect called back, the Livonia resident read out the card numbers to the suspect. She received a call the next day from the suspect again, which is when she realized she may

That's the message Livonia police are sending out after yet another 'grandparent' scam, this one costing one resident thousands of dollars.

A 78-year-old Livonia woman came into the Livonia police station Jan. 30 to report she had been scammed out of \$8,000. She said she received several phone calls from "unavailable" numbers. She answered one of them, with the caller claiming to be her grandson.

He said he was arrested and in a jail in Winnipeg, Manitoba, and needed money for bail.

Believing the caller to be her grandson, the woman then went out and bought \$8,000 worth of eBay and Home Depot gift cards as payment to help get him out. have been scammed.

She then called her actual grandson, who said he had not been arrested in Canada. She then came to the police station to file a report.

Such scams are fairly common. The Michigan attorney general's office provides plenty of information, including the signs to look for when such as call is made.

Anyone who believes they have fallen victim to such a scam is encouraged to report it to their local police department, as well as the Federal Trade Commission by visiting that agency's website or by calling 877-FTC-HELP.

Contact David Veselenak at dveselenak@hometownlife.com or 734-678-6728. Twitter: @davidveselenak.

Brick thrown at driver in road rage incident

David Veselenak Hometownlife.com USA TODAY NETWORK – MICHIGAN

Livonia police say a road rage incident that spanned several communities ended with a brick thrown at another motorist earlier this month.

Police say the incident, which took place Feb. 5, began when one driver, a 41-year-old Romulus man, and a 41year-old Taylor woman were driving to their jobs in Livonia.

Somewhere in Inkster, the driver said a gray Jeep Grand Cherokee cut them off and a road rage incident occurred.

The driver said the man in the Jeep stopped near Joy and Middlebelt in a residential neighborhood and picked up a landscaping brick, while the two driving to work in Livonia arrived at their place of employment in the 31000 block of Industrial.

A few minutes later, the Jeep driven by the suspect pulled up driving fast and parked behind the victim's vehicle. The suspect appeared to throw the brick, striking the car and then hitting the Romulus man in the head.

It then bounced off the dashboard and into the back seat. The suspect then drove away, turning left onto Industrial.

The victim had a laceration on his ear and the vehicle's window was smashed.

A license plate number could not be read by the victim, but the Jeep is described as being 2005-2007, gray with tinted black windows and shiny rims. The suspect was described as a 6-foot-1 male with a goatee and a medium build wearing dark clothing.

Anyone with information is encouraged to contact Livonia police at 734-466-2470.

Contact David Veselenak at dveselenak@hometownlife.com or 734-678-6728. Follow him on Twitter @davidveselenak.

8)

SERVICE

SHOP

SELL

(cars.com)

FOR EVERY TURN[™]

N.

(CP) HOMETOWNLIFE.COM I THURSDAY, FEBRUARY 21, 2019 I 9A



Joe's Produce Our produce is hand-selected, so you get the freshest and finest fruits and vegetables available.



WINE CELLAR

Ask Paul & Spencer

about Cheese &

Wine Pairings

Lindemans

All Varietals

2/\$10.00

14 Hands

All Varietals

\$9.99

Apothic

All Varietals

\$1.00 off regular price

Re Is What You Make It At Jost

33066 W. Seven Mile Road Livonia, MI 48152 248.477.4323 STORE HOURS: SUN 9-7; MON - SAT 9-8



Sale valid 02/20/19 - 02/26/19 While Supplies Last • Prices subject to change. Largest Fresh Meat & Seafood Counter In the Area!

Josh Legacy

Cab & Merlot

\$11.99

Carnivor

\$8.99



USDA Premium Choice Angus Flank Steak \$11.99 ib Save \$2.00

Premium Fresh All Natural Baby Back Ribs \$3.99 ib Save \$1.50 MEAT USDA Premium Choice Angus Cowboy Ribeye Steaks \$10.99 ih

> Save \$4.00 Fresh All Natural Veal Rib Chons

518.99 lb Save \$1.00

Premium Fresh All Natural Chicken Leg Quarters 996 in

Save 30¢ Joe's Fresh Housemade Italian Chicken



Fresh All Natural **Pork Sirloin** Chops \$2.99 in





Dynamite Red Blend

S9.99

Entrees to Go Prepared Stuffed Chicken Breasts Muenster Bacon, Cordon Bleu, & Bacon Cheddar \$4.99 lb Save \$1.00









L

ł

Observer & Eccentric Media I THURSDAY, FEBRUANDA PUBLIC UBRARY.

USA TODAY SPORTS

Check us out at RomerownLife.com



Sports

Howell's Josh Palo reached the 1,000-point career milestone when he made this jump shot over the outstretched arm of Novi's Jiovanni Miles on Feb. 15. GILLIS BENEDICT/LIVINGSTON DAILY

GILLIS BENEDICI/LIVINGSTON DAILT

PREP BOYS BASKETBALL

Tech sends Novi star to bench in loss to Howell

Bill Khan

Hometownlife.com USA TODAY NETWORK — MICHIGAN

Winning a basketball game wasn't the priority for Novi coach Chris Housey.

It was more important to provide a teachable moment, even if it jeopardized the Wildcats' chances of beating Howell Friday night.

The game was very much hanging in the balance when Jiovanni Miles, Novi's best player, picked up a technical foul with 4:07 remaining in the fourth quarter.

It wasn't Miles' fifth foul, so he was free to remain in the game, but Housey put him on the bench the rest of the night.

Howell, which led 43-42 at the time, went on to win, 57-45.

"We talk to the kids all the time about maintaining your composure and moving forward to the next play, the next play after stuff happens," Housey said. "We kind of just lost ours at the end there. It ended up costing us. It's never one guy, it's never one moment. If we had been winning by 20, instead of the 10 we were, it might not have made that big of a difference. It ended up costing us, but we'll learn from it."

Miles had a team-high 12 points and might have provided a counter-punch to Howell senior Josh Palo, who took over the game in the second half.

Palo scored the 1,000th point of his four-year career with his only basket of the first half, then went off for 25 second-half points. Novi held a 37-25 lead with 2:36 left in the third quarter.

From that point on, Palo scored 22 points during a 32-6 run. He had 15

points in the fourth quarter, going 9-for-9 from the line.

"We were down a lot," Palo said. "We really didn't have anything going, so I knew I had to make stuff start happening. That's what I was doing. I was just attacking, I was finishing my layups."

Novi was able to limit Palo's chances in the first half, with Jacob Clay and Miles Sloan taking turns guarding him.

"We played good defense on him in the first half," Novi coach Chris Housey said. "We played really good defense on him in the second half. He's just a really good player and made plays. He just beat us; he just flat-out came out and beat us."

Ashton Smith scored 11 points off the bench for Novi (8-10, 7-7 KLAA West). Jett Porter scored all eight of his points in the first half.



PREP ATHLETICS South Lyon cheering sections add flavor

Ed Wright Hometownlife.com USA TODAY NETWORK — MICHIGAN

When student-athletes need a quick

Members of Northville High School's hockey greet their visitors from Neinas Elementary in Detroit at the Novi Ice Arena. PHOTOS BY JOHN HEIDER/HOMETOWNLIFE.COM

Detroit, Northville kids make a connection on ice

Susan Bromley Hometownlife.com USA TODAY NETWORK — MICHIGAN

Their communities are 40 miles apart, their age difference is about 7 years, and their economic advantages are different, but last week, 80 kids from Detroit and Northville made a connection on ice.

About 45 Northville High School hockey players and 35 fourth graders from Neinas Dual Language Academy met on Feb. 13 for a day many will never

See ICE, Page 2B



Northville High School varsity hockey coach John Gates and Mustang Derek Fiebig help Neinas Elementary visitor Yadira Hernandez, center, around the ice. in-game pick-me-up (think spinach for Popeye), they often turn to their student-cheering sections — the best of which provide choreographed chants and cheers for their hometown heroes.

Earlier this month, two of the area's most rambunctious momentum generators were stationed 25 rows deep and just over the length of a basketball court from one another in the South Lyon East High School gymnasium, adding some pizzazz to a rivalry game between the host Cougars and the visiting South Lyon contingent that was already overflowing with electricity.

Cohesive in their theme-of-the-night sports jerseys — there were a lot of yellow Lion jerseys and one bright-orange Tim Tebow uniform in the mix — South Lyon's mojo igniters were their usual spontaneous selves, going bonkers when their team knocked down a long three-point shot and displaying perfect harmony with "You can't do that!" when an unfortunate East player was whistled for double-dribble.

And, yes, there were a few choruses of "Airball!", aimed at unnerving (at least temporarily) a shooter whose shot failed to even nick the rim.

The home team's supportive throng opted to go with a white-out apparel theme, turning their collective backs whenever a Lion stepped to the

See CHEERING, Page 4B





*Stated Annual Percentage Yields (APYs) as of 12/26/18, subject to change. Fees, if any, may reduce earnings. APY depends on Member Reward Club status. Federally insured by NCUA. ©2019 Community Financial Community Financial

right here right for you

CFCU.ORG/CD (877) 937-2328

Brighton topples Northville, now 17-1

Ed Wright Hometownlife.com

USA TODAY NETWORK - MICHIGAN

With the precision of a world-class surgeon, Brighton's girls basketball team proved Friday night against host Northville why it's regarded as one of the best teams in the state.

Applying a full-court pressure defense that gave the Mustangs little room to breathe, let alone execute, the Bulldogs forced more turnovers in the first quarter (12) than they allowed shots (seven).

Now 17-1 overall, 13-1 in the Kensington Lakes Activities Association's West Division and ranked ninth in Class A by MaxPreps.com, Brighton led 20-3 after one quarter and 42-16 at the half.

Brighton's top weapon was first-player-off-the-bench Kylie Seiter who scored 15 points — nine the result of a trio of threes — and was a hawk on defense for the winners three steals and a perpetual get-after-it tenacity on defense.

Also turning in valiant efforts for Brighton were junior center Sophie Dziekan, who netted 13 points and six rebounds while proving to be a menace in the paint on defense; and senior guard Lauren Brown, who scored 13 points while swiping five steals.

Brighton drained eight threes — seven in the first half.

Despite the lopsided outcome, several Mustangs distinguished themselves with strong games, namely junior post player Morgan Thompson, who registered 10 points, six rebounds and three blocked shots.

Senior center Julia Straky (seven points) and Lauren Marshall (eight points, four rebounds) also excelled.

The Mustangs slipped to 9-9 overall and 5-9 in the division.

Here are four takeaways from Friday night's action:

No wasted energy

The Bulldogs' efficiency on both ends of the court was stellar. Dribbling on offense was minimal while sharp withoutthe-ball cuts and crisp passing were maximized as is reflected by their five turnovers over the first three quarters.

On two occasions late in the third quarter and throughout the fourth, the Bulldogs milked big chunks off the clock with impatient examples of unselfish ball control. Following a timeout with 1:20 left in the third, Brighton ran the clock down to 0:02 when Brown launched a right-wing triple that found nothing but net.



Mustang Lauren Marshall runs into a lot of Bulldogs near the basket. PHOTOS BY JOHN HEIDER/HOMETOWNLIFE.COM

The Mustangs showed a lot of spunk in the second half, playing Brighton toeto-toe on the scoreboard (19-19) even though the Bulldogs' starters remained in the game for the most part until the final four minutes of the contest.

Pressure cookers

At times, it seemed as if there were seven Brighton defenders on the floor that's how daunting the team's fullcourt, girl-to-girl press appeared.

Brown and Seiter were the defensive catalysts, filling passing lanes with lightning-quick bursts and exhibiting in-your-face technique that often led to poor passes by Northville and subsequent layups for the Bulldogs.

The best example of how Brighton's defense produced offense played out with 1:42 remaining in the first quarter when Elaine Halonen secured a loose ball caused by a turnover and finished off a smooth left-handed layup to extend her team's 10-0 run.



Hustle not the problem

Even though their odds of pulling out a victory grew slimmer by the quarter, the Mustangs never hit the brakes on their effort.

A prime example unfolded with 4:10 remaining in the game and the hosts trailing 59-28. Sophomore reserve guard Avery Tolstyka sprinted more than a quarter of the quarter after a loose ball before laying out for a lastgasp dive for the sphere and ultimately sliding 10 feet across the floor just beyond the baseline. Lady Luck played a small role in the Bulldogs fortunes midway through the first stanza when Dziekan banked in a three-point shot before smiling and putting her hand over mouth, signaling she didn't call bank on the release.

Plenty of positives

Other than failing to handle Brighton's pressure, the mostly-underclassmen Mustangs hung tough.

Senior guard Jenna Lauderback doubled-down on the much taller Dziekan on one Bulldog possession, forcing a Sophie Dziekan had 13 points and six rebounds for Brighton.

jump ball with the possession arrow pointing Northville's way.

Just before halftime, Lauderback defied a Brighton double team and threaded a slick pass to Thompson, who had gotten behind the Bulldogs' defense.

Thompson returned the favor a short time later when she stole a pass near mid-court and lasered a pass to Marshall, who finished the play with a smooth left-handed layup.

Brighton canned nearly half of its shots (24-for-50) while the Mustangs found net on 11 of 31 attempts.

Contact Ed Wright at eawright@hometownlife.com or 517-375-1113.

Ice

Continued from Page 1B

forget.

It began that morning with the Northville teens raising their arms and linking hands across from each other, forming a human tunnel into the Novi ice arena and cheering as the grinning Detroit students ran through and into the building, for something extraordinary.

"Most of these kids have never skated," said Susan Evans, a member of the board of directors with Bridgepointe, a non-profit that organized the event. "They are not exposed to hockey in their community like they are soccer and baseball."

In an even broader sense, just getting exposure to a new experience is special, she added.

About 65% of the students from Neinas, a southwest Detroit public school, qualify for free or reduced meals. Evans said a quarter of the students' families don't own a vehicle and are limited from attending events happening in their own city. Exposure to cultural events, field trips like going to the zoo or even visiting a park, are essential hands-on learning experiences that are often in short supply for inner-city children.

After strapping on their borrowed skates, the littler kids were venturing on to the ice, with help from their older mentors, clad in full hockey regalia. Small hands clasped large ones, sometimes with a fourth-grader paired with two high schoolers for double the assistance.

The degrees of confidence varied, with some children staying close to the walls of the rink, or using cones for support, while others soon let go of the supporting hands and skated toward the center of the ice, arms out for balance. There were frequent spills, but also frequent laughs and near constant smiles.

Daniel Roblero, 9, a first-time skater, fell a few times, but proudly shared that he then "got the hang of it" and also shot a puck five times into the net in a sport he has never seen.

"I had a good coach to show me how," he said. "I want to play hockey and skate when I grow up. It was cool being here."

Northville Varsity Assistant Coach Jon Gates said the hockey players teaching the Neinas kids were just as excited. He noted the 15- to 18-year-olds often don't let their guards down as they are kids trying to become adults. But on this day, he said, one could catch a glimpse behind the façade. "You get to see energy, love, caring and when you see the smiles on their faces, you see they are still kids at heart," Gates said. "You see they care about the kids of the future."

The Northville Hockey program first joined the Bridgepointe community service program four years ago, making two treks to Ross Hill Academy to participate in skill-building activities with those students before the school closed. Last year, the Northville students went to Neinas for the first time, playing basketball and field hockey with fourth-graders who hadn't had a physical education teacher at the school for eight years.

This is the first time the Northville players have been able to welcome Detroit students to their own "turf."

"It's really fun, I'love seeing these kids try something new," Grace Lapinski, a Northville High School senior who has played hockey for nine years, said. "They're nervous, but it is good to see them get some confidence on the ice. I'd love to see them try it later in life, especially the girls."

Melissa Castellanos, a 10-year-old Neinas student, said she also was excited to skate with a girl.

"It was really hard, but it was fun," she said. "I want to do this again."

Rose Becker, a fourth grade teacher

at Neinas, accompanied her students to the Novi Ice Arena for what she called "an amazing opportunity."

"You read stories to kids, but when they experience something, it means so much more," she said. "This feels foreign to them, but now it also feels like something in reach and possible... Sometimes when you live in the big city, you don't leave the big city."

For the Northville kids, the all-day experience, which also included lunch and off-ice games, was just as valuable.

"We look forward to this," Nick Bogenhagen, captain of the Northville varsity hockey team, said.

This was his third straight year doing the program in which the team also donates food and school supplies to Neinas.

"The kids have a great time and we have a great time with them," he continued. "They're nervous, they don't want to fall, but holding on to us, they gain trust. And then they want to shoot pucks."

Lisa Cruz, 9, said it was scary. But as she leaves the ice with a grin, she gives a thumbs up, and adds, "It was awesome."

Contact Susan Bromley at sbromley@hometownlife.com. Follow her on Twitter @SusanBromley10.

Physical activity is essential for quality of life

Angie Ferguson | Guest Columnist | USA TODAY NETWORK - FLORIDA

How much physical activity do adults aged 65 and over need to do to stay healthy?

Well, that depends. The amount of physical activity you need to do each week depends on your age, current health status and fitness goals.

To stay healthy or to improve health, older adults do need to engage primarily in two types of physical activity each week: aerobic conditioning and muscle-strengthening activity.

Of course, regular physical activity has many benefits for persons of all ages but it is especially beneficial for our mature adult population. It not only helps you to feel better physically and emotionally, it also does the following:

Helps to control weight, blood pressure, cholesterol, diabetes and bone and joint problems like arthritis

Reduces the risk of heart disease, stroke and some cancers

Helps manage pain

Helps maintain and increase joint movement

Regular physical activity helps improve balance and stability, and in turn helps to reduce the risk of injury from falls, a major concern with aging.

Adults aged 65 or older, who are generally fit and have no health conditions that limit their mobility, should try to be active daily. It's recommended that adults aged 65 or older do at least 30 minutes of moderate intensity physical activity on most, preferably all, days. Some activity, however light, is better for your health than none at all - you should aim to do something, no matter what your age, weight, health problems or abilities. You should aim to be active every day in as many ways as possible, doing a range of physical activities that incorporate fitness, strength, balance and flexibility.

Moderate-intensity aerobic activity means you're working hard enough to raise your heart rate and break a sweat. One way to tell if you're working at a moderate intensity is if you can still talk but you can't sing the words to a song.

Examples of activities that require moderate effort for most people include walking fast; doing water aerobics; ballroom and line dancing; riding a bike on level ground or with a few hills; playing doubles tennis and canoeing

> Daily activities such as shopping, cooking or housework don't count towards your daily 30 minutes of moderate-intensity activity. This is because the effort required isn't hard enough to increase your heart rate.

Vigorous-intensity aerobic activity means you're breathing hard and fast, and your heart rate has gone up quite a bit. If you're working at this level, you won't be able to say more than a few words without pausing for a breath, and you should stop if you feel unwell. It is not recommended that beginners start out with vigorous activity, however, if you have enjoyed a lifetime of vigorous physical activity, you should carry on doing it in a way that suits you now, provided you stick to recommended safety procedures and guidelines.

Make time to exercise most days of the week and not only will you enjoy improved fitness but you'll find the quality to your years improve as well.

"我的过去?



02

Angie Ferguson is an exercise physiologist from Fort Myers, Florida. She is a USA Triathlon Advanced Level 2 coach, USA Cycling coach, has a Specialty in Sports Nutrition certification and a PhD in results! For more training tips, contact her at www.gearedup.biz.

GETTY IMAGES

Cheering

Continued from Page 1B

free-throw line that was just a bounce pass away.

"It seems like we have more participants this year since a lot of us are seniors," said the Lions' section orchestrator Nate Logan, possibly the only person on the planet sporting a Orange Crush Denver Broncos Tebow jersey at the time. "Our team has had a rough start (the Lions had won just one game prior to their Feb. 8 triumph over East), so we want to show them as much support as possible.

"We try to think of a theme for each game. Tonight was jersey night. The last time we played East, it was an ESPN theme. A bunch of us wore suits and we had an anchor desk, stuff like that. We try to get creative, especially for the rivalry games."

Logan said the section's goal is twofold: encourage the Lions while providing some ribbing to the opponents.

"When we play East, sometimes we like to pick out an individual player and get on them a little bit, because we went to elementary and middle school with most of them, so we know them. Anything we can use to our advantage ... as long as it's not over the top.'

South Lyon principal Chad Scaling is a huge fan of his school's huge studentcheering section, which knows how to have a good time without crossing the line into questionable behavior.

"They provide a lot of energy for the athletes and they get the rest of the crowd going," said Scaling. "It makes for a better event when we get a good turnout like tonight.

"They're kids; they're going to get excited. We tell them to just make sure to keep it fun and be respectful. We've never had a problem with bad sportsmanship.'

East athletic director Greg Michaels concurred with Scaling that the school spirit the loud and proud supporters supply is priceless.

'We emphasize that sportsmanship is always first," said Michaels. "A lot of the kids have gone to school together since elementary, so they're friends even though they go to different high schools. The cross-town rivalry games are always fun because the students get into it and we usually have a packed house."

Michaels said he is impressed by his



The South Lyon East student fans go nuts after their team scores a point against South Lyon during the Feb. 8 match.



South Lyon students react to a basket by their team. PHOTOS BY JOHN HEIDER/HOMETOWNLIFE.COM

student fans' knowledge of the sports.

"They understand basketball and they'll cheer when there's a good play," Michaels said. "And they'll cringe when or 'ooohhh' and 'aaahhh' when there's a blocked shot."

East senior Tommy McKeon, who is the unofficial manager of the Cougars' student-cheering section, said his school's crew has been growing steadily as the 12-year-old school's teams get better.

"We usually fill up the section almost all the way to the top and everyone is loud, which is nice," said McKeon. The rivalry games are the best, obviously, but we'll get good turnouts at other home games as well."

McKeon said there is usually not a game plan going into a game, but the students who decide what chants to unleash try to get as creative as they can.

"When the other team is shooting free throws right in front of us, we'll turn our backs," he said. "If that doesn't work, we'll get really loud. Whatever it takes."

High school student-cheering sections have become so prominent at basketball, football and volleyball games over the years that the Michigan High School Athletic Association started a "Battle of the Fans", which is in its eighth vear.

This year's finalists are Midland Dow, Saginaw Heritage, Parchment, Buchanan, Montague and North Muskegon.

Contact Ed Wright at eawright@hometownlife.com or 517-375-1113.



Turn Your Backyaj a Resort Style Geta y a Vacation!

47705 West Rd Suite B-106 Wixom, Mi 48393

AL







Complimentary A

e store for details. Offer expires 3/10/2019 With purchase of a Surpoon 8" x 16" on larger. Ontroducing the TEMO Solia 5 person Spal

> Deatures • 24 Jets w/ Doot Jets • 2 Captain's-Chains & 3 Bench Seats 110 will Plug & Play Distallation . Est. Operating Cost \$9-\$19 per Month Warranty • Tyrs Shell, Syrs Cabinet, Syrs Rump & Equipment!

> > CALL TODAY!

313-241-9160

Choose the Exclusive TEMO Sofia 5 person Spa OR Ask About Oup Sky View Roof!





The Be My Guest decorative trav says it all. \$48 at anthropologie.com. USA TODAY NETWORK





Your company can unplug and go analog with the Crosley vintage modern twin bell alarm table clock. \$12.99 at target.com. USA TODAY NETWORK

USA TODAY NETWORK

Creating a comfortable place for friends and family to stay can make them feel right at home. Be careful: They might never leave.

Visitors can cuddle up with this soft cable-knit throw. \$32 at dormify.com. USA TODAY NETWORK

The Addison night stand is perfect for bedside storage. \$99 at shopthenovogratz.com. USA TODAY NETWORK



They'll be soothed and transported by the Apotheke bamboo reed diffuser. \$32 at burkedecor.com. USA TODAY NETWORK





Guests will slip into slumber with the luxurious Slip silk sleep mask. \$50 at slip.com. USA TODAY NETWORK

Stash favorite books and magazines in this handcrafted braided console basket. \$29 at westelm.com. USA TODAY NETWORK



Display your Wi-Fi password, garage code or other helpful notes in this white gold photo frame. \$29.99 at pier1.com. USA TODAY NETWORK





Jexas

RUBY RED

GRAPEFRUIT







10/\$

LB.

LB

Reg. \$4,99-5.99 lh.



Salad Jopper

TOMATOES

GRAPE

Lean

BEEF

STEW

Better Made **FAMILY SIZE POTATO CHIPS**

Simply ORANGE

JUICE

Reg. \$4.49 | 52 oz.



Delallo **EXTRA VIRGIN OLIVE OIL**

Reg. \$14.99 / 1 liter

9

6B I THURSDAY, FEBRUARY 21, 2019 I O&EMEDIA (*)

CLASSIFIED ADVERTISING: 1-800-579-7355



All advertising published in Hometownlife/O&E Media newspapers is subject to the conditions stated in the applicable rate card(s). Copies are available from the classified advertising department: 6200 Metropolitan Pkwy, Sterling Heights, MI 48312, or call 800-579-7355. The Newspaper reserves the right not to accept an advertiser's order. The Newspaper reserves the right to edit, refuse, reject, classify or cancel and ad at any time. All ads are subject to approval before publication. Our sales representatives have no authority to bind this newspaper and only publication of an advertisement shall constitute final acceptance of the advertiser's order. Advertisers are responsible for reading their ad(s) the first time it appears & reporting any errors immediately. When more than one insertion of the same advertisement is ordered, only the first incorrect insertion will be credited. The Newspaper shall not be liable for any loss or expense that results from an error or omission of an advertiser any preference, limitation, or discrimination." This newspaper will not knowingly accept any advertising for real estate which is in violation of the law. Our readers are hereby informed that all dwellings advertised in this newspaper are available on an equal housing opportunity basis. (FR Doc, 724983 3-31-72). **Equal Housing Opportunity Statement:** We are pledged to the letter & spirit of U.S. policy for the achievement of equal housing opportunity, throughout the nation. We encourage & support an affirmative advertising & marketing program in which there are no barriers to obtain housing because of race, color, religion or national origin.

Adopt Me	Careers	Real Estate	Cars,	I cool more
Pets	ر کی Jobs	Rentals 2	17' FOCUS 39K \$11000 P23246 Ford Dealership 734-928-2108	Local news.
find a new friend	new beginnings	great place to live	17' FOCUS SE 43K MILES \$11000 P23213 North Bros. 734-928-2108	A Contraction
🖓 Domestic Pets	Engineering & IT	Condo/Duplexes/ Townhouses Rent	14' FOCUS SE 45K \$9000 P23161A Ford Dealership 734-928-2108	
- A A A A A A A A A A A A A A A A A A A	Lab Scientist II at Aramco Services Company (Novi, Michigan) research		17' FUSION SE 31K MILES \$16000 P23190 North Bros. 734-928-2108	
	Lab Scientist II at Aramco Services Company (Novi, Michigan) research involving investigations of greenhouse gases MS in Comp Sc, Eng. Sci. Physics Math or other industrial sciences + 1 yr rid, work exp in assessment, model development & grendwite of argumentations.	Westland Greenwood Villa Now ac- cepting applications for our 2 & 3 bed- room family units for low income apartments. The waiting list will open from March 11, 2019, at 9:00, am to	SUVs	
1		from March 11, 2019 at 9:00 am fo March 18, 2019 at 4:00 pm. All appli- cations can be accepted via in person, fax, or email. Please call (734) 261-3200 our fax number is (734) 261-7140 email is	13' ESCAPE 109K \$9000 18T9282A Ford Dealership 734-928-2108	
	travel 10% dom and 5% intl. Apply at: https://20130417134029 li2a5ttbele5 ugai.applytojob.com/apply/aXwNEpX 0b9/Lab-Scientist-II- 477037?source=OutsideSource.	(734) 261-3200 our fax number is (734) 261-3740 email is greenwoodvilla@kmgprestige.com	15' FLEX 42K \$24000 P23258 North Bros. 734-928-2108	105-1
Shih Tzu Pups- males, Health guaran- tee, registered, purebred, 1st shots. \$700. Please contact Pat: 248-773-9858	Product Engineer wanted in Troy,	Rooms-Rent	07' MOUNTAINEER 137K \$4800 P23159A Ford Dealership 734-928-2108	
Assorted	Michigan to work on the design, development and release of automo-		Trucks	The second secon
ltems 👌 🚽	tive components and systems. Mail resume to Julie Metz, Human Re- sources Manager, Vehma	Wayne, Room for rent, \$400/mo, kitchen privledges, washer dryer, 734-721-5936 or 734-728-5168	18' F150 KING RANCH 9K \$51000 P23297 Ford Dealership 734-928-2108	22 - 2
all kinds of things	International of America Inc., 750 Tower Drive, Mail Code 4000, Troy,	Transportation	17' F150 27K \$33500 P23307A North Bros. 734-928-2108	You don't have to fish for it.
Cemetery Lots	MI 48098.	Wheels 👌 🤸	16' F150 33K \$29500 P23244 Ford Dealership 734-928-2108	It's right here, from the front
Glen Eden Mem Park in Livonia, 4 plots, \$375 ea, Garden of Forgiveness, 734-748-5077 or 734-486-8511 ly mess	Healthcare-Dental	best deal for you	14' F150 84K \$19500 P23208 North Bros. 734-928-2108	to the back of your Observer &
✓ Wanted to Buy	PHYSICIAN (OB/GYN). Ascension Providence Hospital d/b/a Providence	Autos Wanted	13' F150 73K \$19000 P23210 North Bros. 734-928-2108	Eccentric Media newspapers.
WANTED: Used Fishing Tackle. Deer Hunter & Successful Master	Hospital and Medical Centers is seek- ing a full-time Physician (OB/GYN) in Novi, Southfield, and Howell,		Find what	Totally Local Coverage!
Angler Patches 734-890-1047	Michigan to render professional medical services. The Physician	- d5 -		Totally Local coverage:
We can sell it in	(OB/GYN) will examine, treat, and diagnose disorders and illnesses re- lated to the specialty of obstetrics		you want in	to subscribe, call: 866-887-2737
CLASSIFIED!	and gynecology. Contact Lee-Anne Miskowski MSN MBA, Director Physician Practice Management, Ascension, St. John	. Carrier and the second se	CLASSIFIED!	Observer & Eccentric
	Providence, 2800 Livernois Bldg. E, Suite 275, Troy, MI 48083.	H&W- \$\$ Cash for salvage & scrap ve- hicles. Free towing. Call 734-223-5581		A GAINETT COMPANY



Your job search ends here...

FINDING WORK SHOULDN'T BE WORK. the job network

Get started by visiting jobs.usatoday.com



96		5	97	98			99			100							101	102	103
			104	149. qu		105		106		1			107	1.1.1.1			108		
109	110	111	4				112			113		114			115	116			
117					- at	in a get			118			al year of	119	120					
121				the set	-1.5.00	10.10	- The -		122		(123	1		
124				125					126						• • • • • • •	127			

DEFIBRILLATOR DIASTOLIC DYSPNEA EDEMA EMBOLISM EPICARDIUM FLUTTER HEARTBEAT HYPERTENSION HYPERTENSIVE HYPOTENSION INFARCT MITRAL VALVE MURMUR MUSCLE OCCLUSION PALPITATION PRESSURE PULMONARY THROMBOSIS

D	J.					5		
			A DA					1
10	Y	Y		The second second		é		K B Z R J I
BR	1¢	I I S N		E E E		a H	E Z I H U	T A F A F A
7	8	3	9	L	Ľ	6	9	2
•	G	5	8	6	3	4	L	2
9								
9	1	L	7	2	9	9	8	3
-	1	۲ ۲	4	5 9	111111	9		These
6	٢	Charles and		Contraction of the local distance of the loc	9	Distance of the	8	3
6 9	٢	7	3	9	9 6	L	8 2	8 8

4 5 2 2 1 6 8 6 3

1 4 2 3 8 5 3 6 1

A

C

C

U

S

Ι

N

M

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

More ways to reach us.

We now have multiple channels that you can use to update your account information, report delivery issues, temporarily stop your paper, activate your digital account or address any questions and concerns you may have.

WE OFFER:







Email This option gives you the opportunity to leave more details and have a record of the correspondence

Live Chat Converse directly online with a representative.

Visit our online help portal to access FAQs, subscription services, member benefits and more.

help.hometownlife.com

FROM "NO FOOD ALLOWED."

TO **"HOW OLD ARE THESE** FRIES?"

You know us for shopping, and now Cars.com is the site for the entire life of your car. So for every turn, turn to Cars.com.







PLYMOUTH TOWNSHIP POLICE DEPT. 734 354-3232 NOTICE OF PUBLIC SALE

Notice is hereby given that on March 1, 2019, at 10:00 am, Mayflower Auto Transport, 1179 Starkweather, Plymouth, MI 48170, a public auction of the following:

2006 Chevy Impala 2G1WS551469273324 Mercury Grand Marquis 1989 2MEBM74F2KX707334 2003 Chevy Monte Carlo 2G1WW12E739185450 WVWMN7AN7BE725669 Volkswagen CC 2011 2008 Ford Taurus 1FAHP25W18G105288 Jeep Liberty 1J4GK58K14W149428 2004 2006 Saturn Ion 1G8AJ55F36Z186479 Ford Expedition AFMPU16L84LB48097 2004 GMC Denali 1GKEK13R7XR916684 1999 2005 Saturn Ion 1G8AZ52F95Z173070 JNKBV61F47M810927 Infiniti G35 2007 2005 **Dodge Stratus** 1B3EL46X15N559254 Dated: 02/04/2019 Plymouth Township, PO Box 15996

Plymouth Township Police Department

Published: February 21, 2019

Relationships Built on Trust Family owned & operated since 1961

ROOFING • WINDOWS • SIDING • BATHROOMS • KITCHENS • GUTTER PROTECTION

At Kroll Construction, we specialize in the installation of the kind of replacement windows that Michigan homeowners need to lower their energy costs and be more comfortable in their homes year round. Call us to schedule your free in-home consultation.



CITY OF PLYMOUTH 2019 MARCH BOARD OF REVIEW

The City of Plymouth Board of Review will be conducting the 2019 March Board of Review and will convene in the City Commission Conference Room, 201 S Main Street, Plymouth, MI 48170.

The regular Board of Review schedule is as follows:

Tuesday, March 5th Organizational meeting 12:00 pm

Wednesday, March 6th First meeting 3-9 pm

Thursday, March 7th Second meeting, 9-4 pm

Monday, March 18th Final meeting 9-12 pm

Other hearing dates and times may be scheduled as needed. Hearings are by appointments only. COMPLETED 2019 BOARD OF REVIEW PETITIONS ARE NECESSARY, and must be submitted to the Front Office located on the First Floor of City Hall prior to your appointment. The "Deadline" for submitting petitions for all persons wishing to appeal in person before the Board of Review is Monday, March 18, 2019 by 12:00 pm.

A resident or non-resident taxpayer may file a petition with the Board of Review without the requirement of a personal appearance by the taxpayer or a representative. An agent must have written authority to represent the owner. Written petitions must be received by Monday, March 18th, 2019 by 12:00 p.m. Postmarks are not accepted.

Copies of the notices stating the dates and times of the meetings will be posted and published in the local newspaper.

All Board of Review Meetings are open meetings in compliance with the "Open Meetings Act".

If you have any questions or concerns, please contact the Assessor's Office at (734) 453-1234, ext 252.

Maureen Brodie City Clerk

LO-0000348730 3x4.5

Published: February 14, 17, & 21, 2019

PLYMOUTH CANTON COMMUNITY SCHOOLS PLYMOUTH, MI 48170

SECTION 00 11 13 ADVERTISEMENT FOR BIDS

Sealed bids for the Plymouth Canton Community Schools' Bid Package #18, consisting of

GOALS PROGRAM EXPANSION

will be received at the office of Ms. Deborah Piesz, Chief Finance and Operations Officer, Plymouth Canton Community Schools, 454 S. Harvey, Plymouth, MI 48170 until **1:30 P.M.**, **local time on Thursday February 28, 2019** at which time they will be opened, read publicly and tabulated.

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

Faxed or e-mailed proposals will not be accepted.

This Project will consist of separate sealed bids for the following Bid Divisions of work:

103: Selective Demolition 108: Carpentry / General Trades 118: Carpet/ Resilient Flooring

140: Plumbing

143: Electrical

105: Concrete Flatwork 115: Metal Studs / Drywall 120: Painting 142: HVAC

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

Bid Documents will be available beginning at 12:00 P.M. on Monday, February 11, 2019 via the following:

Bidders may obtain one (1) set of ½ size bidding documents beginning at 12:00 P.M. on Monday, February 11, 2019, by contacting the Construction Manager, **McCarthy & Smith, Inc.**, at (248) 427-8400.

Bidders may download bid documents from Gradebeam.com by contacting the Construction Manager, **McCarthy & Smith**, **Inc.**, at (248) 427-8400 to obtain log in information for access to the project documents.

Bids are to be submitted in a sealed envelope .The bid division(s) being bid is/are to be identified on the outside of the envelope.

There will be a pre-bid meeting held on Tuesday, February 19, 2019 at 1:30 P.M. at the office of the Construction Manager, McCarthy & Smith, located at 24317 Indoplex Circle, Farmington Hills, MI 48335. The purpose of the meeting will be to review the project, schedule and to answer any questions that bidders may have. All Bidders are encouraged to attend.

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

All bids must be accompanied by a Bid Security, in either the form of a bid bond or certified bank check, in the amount of five (5) percent of the amount of the bid, payable to Plymouth Canton Community Schools, as a guarantee that if the proposal is accepted, the school district



0

UP TO

Roofing

or Siding

is secured from loss or damage by reason of the withdrawal of the bid or failure of the bidder to enter a contract for performance, Further, the bidder will execute the contract and file the required bonds within ten (10) days after notice of award of contract.

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

Published: February 17 & 21, 2019

LO-0000349422 3x8

hometownlife.com

Forget the Tweets - Follow Trusted News

Any Set of

5 Windows

Limited time offer - call now!

UP TO

We provide news on multiple platforms connecting you to communities, people, and places.

Observer & Eccentric hometownlife.com

(CP) HOMETOWNLIFE.COM I THURSDAY, FEBRUARY 21, 2019 1 98





ADT® 24/7 Monitored Home Security

- 24/7 monitoring provides peace of mind
- Yard sign and window decals help deter crime
- Quickly connect to fire and emergency response
- May gualify for a homeowners insurance discount





the #1 horr security company

in the U.S.

is National Replacement Window Month at Renewal by Andersen

Why did we declare February National Replacement Window Month? Because you've just about had it with your drafty rooms that are almost too cold to use! Get this project done and get relief with this special February-only offer!



DETAILS OF OFFER: Offer expires 3/9/2019. You must set your appointment by 2/28/2019 and purchase by 3/9/2019. Not valid with other offers or prior purchases. Get \$300 off each window and \$700 off each patio door and 12 months zero money down, zero monthly payments, zero interest when you purchase four (4) or more windows or patio doors between 2/1/2019 and 3/9/2019. Additional 3% off your order when you purchase four (4) or more windows or patio doors by 3/9/2019. Subject to credit approval. Interest is billed during the promotional period, but all interest is waived if the purchase amount is paid before the expiration of the promotional period. Financing for GreenSky[®] consumer loan programs is provided by federally insured, federal and state chartered financial institutions without regard to age, race, color, religion, national origin, gender, or familial status. Savings comparison based on purchase of a single unit at list price. Available only at participating locations, See your local Renewal by Andersen location for details. License number available upon request. Some Renewal by Andersen locations are independently owned and operated. "Renewal by Andersen" and all other marks where denoted are trademarks of Andersen Corporation. ©2019 Andersen Corporation. All rights reserved. ©2019 Lead Surge LLC. All rights reserved.

1



SALE VALID FEB. 18-24, 2019 Conton 225 S. CANTON CENTER RD. SHOP @ BUSCHS.COM NO FEE ON WEDNESDAYS



FRESH! NEVER FROZEN Farm Fresh Boneless Skinless Chicken Breast



FRESH! NEVER FROZEN True North Salmon Fillets WILD CAUGHT - CANADA



MEAT & SEAFOOD

THESE SALE PRICES ARE FOR CANTON ONLY JOIN MYWAY FOR THESE MEMBER EXCLUSIVE SALES

Elevate your shopping experience with knowledgeable meat/seafood associates and master butchers who can help you get just the right cuts.

WE OFFER USDA CERTIFIED PRIME DRY-AGED BEEF IN CANTON





Coastal Cooked Shrimp 41-50 CT. TAIL ON • 12 DZ. PACKAGE



MEMBER PRICE

LIMIT 2 PACKAGES PER DAY



Whole Boneless 1/2 Pork Loin FREE CUSTOM CUTTING



Ground Chuck

BIG DEAL PACKAGE

Fresh cut & ground!

Our butchers make expert cuts and grinds throughout the day, to ensure you have the freshest selections. They'll also make CUSTOM CUTS or grinds just for you!

> BUSCH'S IS >

MICHIGAN BORN & RAISED

ANN ARBOR-MAIN ST. | ANN ARBOR-PLYMOUTH RD. | BRIGHTON | CANTON | CARLETON | CLINTON | DEXTER | FARMINGTON HILLS LIVONIA | NOVI | PINCKNEY | PLYMOUTH/NORTHVILLE | ROCHESTER HILLS | SALINE | SOUTH LYON | TECUMSEH | WEST BLOOMFIELD