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WESTLAND

Plans taking shape for YMCA rec center

Shelby Tankersley Hometownlife.com
USA TODAY NETWORK - MICHIGAN

Two years from now, the old Marshall Upper Elementary School in Westland likely will be unrecognizable. City officials have been working to

turn the closed school building at 35100 Bayview St. into a recreation and community center since early 2021. A project consultant estimates the retrofit will cost \$15 million.

The center, if redeveloped, will include a YMCA, house the Wayne Metro

Community Action Agency's Head Start program and provide space for city services and events.

As the city prepares to purchase the property from Wayne-Westland Community Schools early next year, plans for the space are beginning to take a

clearer shape. The center would open near the summer of 2024.

"There's a million moving parts," said Aubrey Berman, Westland's economic development director.

See REC CENTER, Page 3A

Rocking to diversity



Ismael Ahmed at his Farmington Hills home with his wife, Margaret, and their dog, Satan. SUSAN VELA/HOMETOWNLIFE.COM

Farmington Hills couple invested in music activism

Susan Vela Hometownlife.com
USA TODAY NETWORK - MICHIGAN

Ismael Ahmed already had spent decades promoting music to break through differences when he and his wife, Margaret, found their home in Farmington Hills.

The city's diversity was a selling point when they chose about five years ago to settle on quiet Parklane Street, near the intersection of Nine Mile and Gill roads.

Soon, they discovered that one neighbor was a horn player for a symphony orchestra. Another was a blues

band vocalist.

"We didn't know that. We just moved in," Ismael Ahmed said.

The neighborhood is almost perfect for the couple committed to music activism in Detroit.

See DIVERSITY, Page 4A

Abortion rights signs in Livonia yard go viral

Lead to legal action, big TikTok following

Shelby Tankersley Hometownlife.com
USA TODAY NETWORK - MICHIGAN

The U.S. Supreme Court's overturning of Roe vs. Wade was devastating for Livonia resident Amanda Carravallah. When the decision came down on June 24, she ventured to downtown Detroit with her husband to protest.

But, she felt making a sign and attending a demonstration wasn't enough.

"I had a sign, and it sat in my house for two days," Carravallah said. "I just thought, 'What am I going to do with this? It's not good enough to just go walk around downtown.' So, I painted the sign in brighter colors and I put it in my yard."

That abortion rights sign and others have led to online harassment and legal action against her. Most of her signs include explicit language or references to female genitalia and are intended to be eye-catching and provocative. But whether people consider them offensive or not, Carravallah says it's her First Amendment right to display them.

"If there's women in this country who don't have reproductive freedom, then my signs stay," she said.

A question of free speech

By Carravallah's recollection, Livonia police came to her house within 90 minutes of her sign going up in response to a disturbance of the peace

See SIGNS, Page 2A

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FARMINGTON FOUNDERS FESTIVAL



Fido Fest, one of the most popular attractions at the Farmington Founders Festival, invites owners to show of their dogs' talents.

PHOTOS BY SHELBY TANKERSLEY/HOMETOWNLIFE.COM



The "Amazing Clark," left, and volunteer Jacob entertain kids with a magic show.



Laura Falecki, left, of Falecki Farms sells maple syrup and other goodies at the crafters market.



People peruse the booths at the Farmington Founders Festival crafters market July 15.



Fido Fest was well underway the morning of July 15.

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Amanda Carravallah outside her Livonia home with two of her homemade yard signs, which have drawn complaints and legal action with critics calling the abortion rights-focused signs offensive.

SHELBY TANKERSLEY/HOMETOWNLIFE.COM

Signs

Continued from Page 1A

complaint from one of her neighbors. Carravallah had been in her yard painting other signs and playing music when officers arrived.

Local police returned twice over the next 24 hours. In total, neighbors contacted police five times in three days.

"All those calls for service were related to complaints by neighbors of loud music disturbing the peace," Livonia police Lt. Charles Lister said in an email. "During our interaction with the resident, our officers only addressed the loud music and disturbing the peace complaints. The officers did not address any

issues related to the content of signs posted in the yard of the residence."

According to incident reports Hometown Life acquired through a Freedom of Information Act request, officers never found Carravallah's music too loud or decided any action needed to be taken. The source of the complaints were redacted or not included in some of the reports.

Three officers responded to each call. Lister said the department usually sends two vehicles to a noise complaint and, because of a recent influx in hiring, more police vehicles have two officers in them because one of those officers is being trained.

Carravallah has documented and expressed her opinion on some of her interactions with police on her TikTok account, as well as additional information and footage she's obtained via Freedom of Information Act requests.

Additionally, Carravallah says she's been "doxed," meaning someone shared her address online with malicious intent, and a nearby neighbor filed a personal protection order against her that took effect July 3.

Carravallah is appealing the personal protection order and receiving help from the American Civil Liberties Union of Michigan.

The neighbor who filed the order declined to speak with Hometown Life.

"We're confident that all of Amanda's conduct, both on and off the internet, is classic First Amendment-protected speech," said Allison Kriger, Carravallah's attorney. "It's the free expression of ideas on a political issue — even if other people find that expression



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See SIGNS, Page 3A

Rec center

Continued from Page 1A

A YMCA that looks like a modern recreation center

Part of Marshall would be redeveloped into a YMCA. But, officials don't want the center to continue looking like a school. Mayor Bill Wild said the building will have a more open feel, and the YMCA will bring \$500,000 to pay for branding and furnishing.

"It's got to be modern, have the nicest amenities and not look like a school," Berman said. "So, we're kind of planning the design of everything that way."

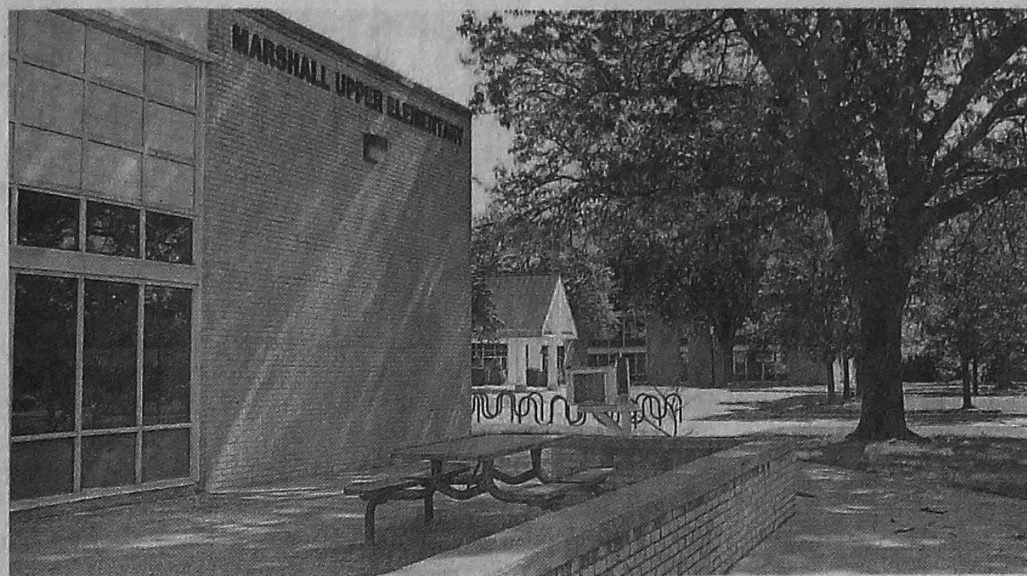
Planned changes include redesigned locker rooms, courtyard space, classrooms outfitted to accommodate group workout classes like yoga and spin, and workout equipment in the former cafeteria.

"We want it to look like a modern YMCA," Wild said.

Wild said the city's relationship with the YMCA is longstanding — years ago, the Aldi at Wayne Road and Bayview Street was a YMCA — and the nonprofit plans to make Westland its main presence in western Wayne County. Having a nonprofit run the recreation center will also help keep membership costs affordable.

"That's part of our interest in partnering with the Y — they offer affordability," Wild said. "They're a nonprofit and can subsidize memberships for those who are low income."

Officials are also hoping to keep the cost of renovation as low as possible.



The old Marshall Upper Elementary School on Bayview Street in Westland. SHELBY TANKERSLEY/HOMETOWNLIFE.COM

U.S. Sen. Gary Peters (D) and U.S. Congresswoman Rashida Tlaib (D-Detroit) have asked for a combined \$6 million in federal funds for the project, and Wayne County has expressed interest in chipping in. Westland's council recently pledged \$8 million of the city's American Rescue Plan funds toward Marshall.

"We've been working closely with Wayne County development," Berman said. "They signaled to us that once the city puts some skin in the game in terms of a financial commitment, they'd be willing to come to the table and potentially match that."

Splash pad, additions outside

One thing many residents have said they want in a recreation center is a pool. But, due to the cost of upkeep on

an aquatic center, Wild said Marshall won't have one. He said he's looking into a partnership with Wayne-Westland schools that would allow Marshall members to use the two high school pools.

But, there are plans for a year-round splash pad at Marshall.

"We've thought about having some, maybe, garage doors or something so a portion of it would be available year round," Wild said.

Other outdoor changes to Marshall will include a playground, updated tennis and pickleball courts and the elimination of the baseball diamond on the property. The city may not keep the football field because, like the baseball diamond, residents can use those amenities at other parks.

stankersle@hometownlife.com

Police arraign man accused of killing Wayne sisters

Susan Vela Hometownlife.com
USA TODAY NETWORK - MICHIGAN

Law enforcers have arrested a 32-year-old man they suspect killed two Wayne sisters early this year.

Wayne police announced the arrest of Christopher Greer in June. Greer was arraigned July 15 in Wayne's 29th District Court on two counts of first-degree murder and four counts involving weapons.

He is scheduled to return to court later this month.

Police have said he used a 9 mm handgun to shoot Dominique Parchmon, 30, and her sister Shyanna Hall, 18, multiple times at their Niagara Street home the night of Jan. 5.

Greer and Parchmon were romantically involved for several years when an argument between them apparently escalated.

Greer then escaped in Parchmon's Dodge Charger, which was found abandoned in Ypsilanti Township.

Law enforcers had a description of Greer's clothing and facial scar when searching.

Contact reporter Susan Vela at svela@hometownlife.com or 248-303-8432. Follow her on Twitter @susanvela.

Signs

Continued from Page 2A

disagreeable, distasteful, discomforting."

There's little that isn't protected under freedom of speech in the U.S. Examples of unprotected speech include incitement of lawless action, defamation and child pornography.

Other Livonia demonstrations, like those outside the Planned Parenthood on Farmington Road, are also protected

by the First Amendment.

Signs draw support, eyes of TikTok users

Carravallah said most of the feedback she's received has been positive.

"A lot of younger girls in the neighborhood have reached out directly to us on social media to thank us for our signs," she said. "One said, 'Had I seen something like that in Old Rosedale Gardens when I was growing up, it would have changed my life.'"

Other supporters include Rep. Laurie

Pohutsky, Congresswoman Debbie Dingell and Congresswoman Rashida Tlaib. Carravallah recently spoke with Tlaib, who's also been criticized for her use of explicit language, on the phone.

Erin Curd, a neighbor, said she's supportive of Carravallah's display. The two met through the Reproductive Freedom For All ballot initiative after Curd heard about the display online.

"It's absolutely within her rights to put whatever signs she wants up on her property," she said. "I don't think I would, personally, use vulgarity on my own property. But, I agree with the sen-

timent of the signs and I agree these are unprecedented times."

Carravallah now has a sizable following on TikTok. Before displaying her signs on June 27, she had roughly 1,300 followers on the platform.

Now she has over 54,300. Even if the signs eventually come down, she plans to keep using her new-found platform.

"I'll use it for grassroot campaigns," Carravallah said. "I'll use it to get people elected that aren't bums who only care about the elite."

"It's actually amazing."

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Diversity

Continued from Page 1A

He established Detroit's free music festival, Concert of Colors, which runs through July 24 for its 30th anniversary. She is a musician, yogi and retired Dearborn educator who founded a peaceful parenting program for the school district.

They have been together for about 40 years. She likens their family to the Brady Bunch, since she and her husband are on their second marriage. They met while Margaret Ahmed was managing her sister's punk band. They have five children and eight grandchildren, and Ismael Ahmed said they're multicultural and multiracial, just like the music crowds he most enjoys.

Ahmed's heritage is Egyptian and Lebanese. His father brought his family from New York to Detroit to open a record store, but it ultimately failed.

Ahmed graduated from Dearborn's Fordson High School before he joined the Army and served in Korea.

"I came home and became an activist in a big way," he said. "Traveling around the world and being in the Army in a country divided like Korea really changed my worldview. So I became kind of a super activist."

"I won't go through the list, but very active in the anti-war movement, very active in (the) neighborhood urban renewal fight."

He has stood before bulldozers threatening an Arab neighborhood and enrolled in college classes when, in the early '70s, he co-founded the Arab Community Center for Economic and Social Services (ACCESS), now the country's largest Arab American human services organization.

His accomplishments since then are numerous,



Farmington Hills resident Ismael Ahmed, left, sits with Grammy-winning producer Don Was, who is from Detroit. COURTESY OF MARX LAYNE & CO.

and they include the music shows he began organizing to bring together people of all backgrounds.

Detroit Mayor Coleman Young eventually asked for a Chene Park show, which has grown into a premier summer event in Detroit, attracting thousands. A vast array of musicians from around the world will attend.

"I don't want to exaggerate," said Ahmed, who also has been working on a documentary about the 30 years of Concert of Colors. "Racism is not going to go away because there's a Concert of Colors, but people can get to know each other, take on things together. That certainly happens through the Concert of Colors."

He's most looking forward to performances by bassist Marion Hayden, a Detroit native; Battle of Santiago, an Afro Cuban Orisha Rock band; DakhaBrakha,

a world-music quartet from Kyiv, Ukraine; and Burnt Sugar The Arkestra Chamber, known as a multiracial jam army that freestyles.

Ahmed is hoping to move toward retirement in the next few years although he anticipates grooving with as many Concert of Colors crowds as possible.

"It's starting to get to be around the time to transition," Ahmed said. "There's a lot of great young people that we're working with. I hope over the next couple of years to transition much of what we do to them."

The 30th anniversary for Concert of Colors will have Ahmed, 74, and Margaret, 65, driving back and forth from their home.

They're looking forward to the familiar routine.

In her lifetime, Margaret Ahmed has performed as a percussionist and vocalist in several activist bands. She enjoys her husband's musical taste, which is clear from the songs played on his WDET radio program, "This Island Earth."

"I'm always introduced to new groups," she said. "He's so astute about finding stuff all over the world and just sharing it with the people that are interested."

When life becomes normal again, they'll have more time to enjoy their favorite Farmington Hills locations, like the farmers market.

"Everything is accessible — any kind of food you want, any store you want to go to. Pretty much anything you want to do, you can do in Farmington Hills," Ahmed said. "I don't know what it is everywhere else but this neighborhood is highly diverse. I like that."

According to the U.S. Census Bureau, 62% of Farmington Hills' population consists of white people. Black residents make up nearly 20% of the city and Asian residents comprise about 14% of the city.

Find more on the Concert of Colors at concertofcolors.com.

Obituaries

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In Memoriam



Helen McGill

NORTHVILLE

Passed away July 14, 2022 at the age of 95. Beloved wife of the late Robert. Loving mother of Robert (Stacy), Cheryl (Richard) Schairer, Debra (Glen Hanson) McGill, and DawnMarie (David) Ozog. Cherished grandmother of 7 and great-grandmother of 8. Dear sister of Shirley Kirby. A memorial service was held at St. Andrew Presbyterian Church. Share a "Memorial Tribute" with the family at griffinfuneralhome.com

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Marilyn Ruth Van Giesen

BLOOMFIELD HILLS - Marilyn Ruth Van Giesen, 94, of Bloomfield Hills passed away on July 2nd following a stroke. Loved ones were beside her at the time of her passing.

Marilyn was born on October 26, 1927, to Earl E. and Ruth Norman in Kalamazoo, Michigan. She graduated from the University of Michigan with a teaching degree and music minor. Marilyn married her high school sweetheart Jim Van Giesen, a successful, loving family man. She taught elementary school before devoting herself to her children. The family made many moves to several states and Canada before settling in the Oakland County area where she taught private flute and piano lessons. After the kids were grown, she worked for florists Moss Lipinski, Green Plant Design, and Eaton Nursery.

Marilyn was an independent, optimistic, kind, determined, multi-talented individual. She built her beloved cottage in Glen Arbor after the hardship of Jim's premature passing because it was a shared dream. Marilyn was the foundation of the family, hosting beautiful gatherings with great food, music, and love. A favorite time was 4th of July fireworks at her house on Hammond Lake. This is where she was fortunate to meet her wonderful second husband Dr. Robert James. They had two great years of travel and fun before his unexpected passing.

Marilyn never backed down from a request for assistance or a challenge especially when it benefited others. She raised funds to help students attend U of M through Dollars for Scholars and her Alumni Council and volunteered at Goodwill for many years. She was an active member of many musical groups including Oakville Symphony, Quintet, Birmingham Musicale, Flute Choir, Clarkston Senior Band, and Rainbow Rhythms. Her performances brought joy to family, friends, and community. Marilyn was a member of the



Village Club and loved hosting Easter brunch for the family there. She was a member of Kirk in the Hills for decades, serving as a deacon, participating in Kirk Seniors, and volunteering as a docent for Open Door.

Marilyn's passions included traveling, bridge, gardening, decorating, music, art, nature, Interlochen Arts Academy where she attended summer camp, anything maize and blue or Wolverine related, and gatherings of family and friends. She has shared her passions and passed many down to children and grandchildren. Marilyn will be deeply missed.

Marilyn was predeceased by her parents Earl E. and Ruth Norman, sister Eleanor Norman, brother Doug Norman, husbands Jim Van Giesen and Dr. Robert James, and brother-in-law Robert Van Giesen.

Marilyn is survived by daughters Jill Van Giesen, Darby McEvelly, Gayle Trudell, son-in-law Patrick McEvelly, sisters-in-law Arlene Norman and Joyce Van Giesen, grandchildren Sarah Rohlfs (Luke), Caitlin Rosenbach (Michael), Kelsey Reinhold (Michael), Jimmy McEvelly (Heather Colohan), and Ava Coram, great grandchildren Jude Rohlfs, Wesley Rohlfs, Darby Rosenbach, Lila Reinhold, Connelly Rosenbach and Francis McEvelly, nieces and nephews.

There will be a memorial service for Marilyn at Kirk in the Hills on Wednesday July 20th at 11:00am, 1340 West Long Lake Road, Bloomfield Hills, Michigan.

Memorial donations can be made to:
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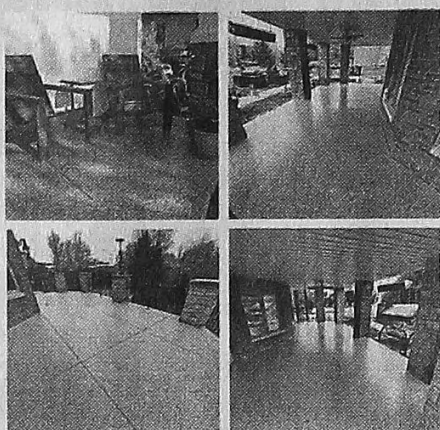
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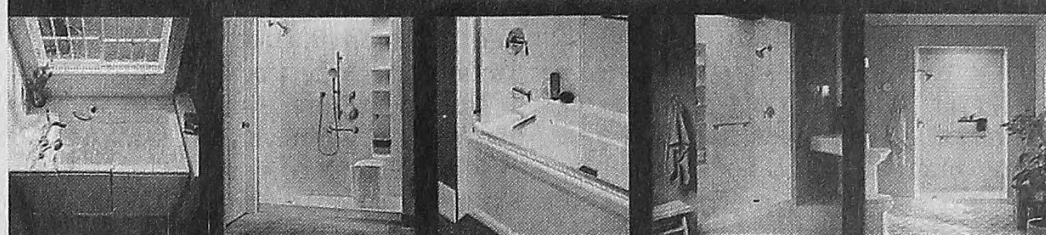
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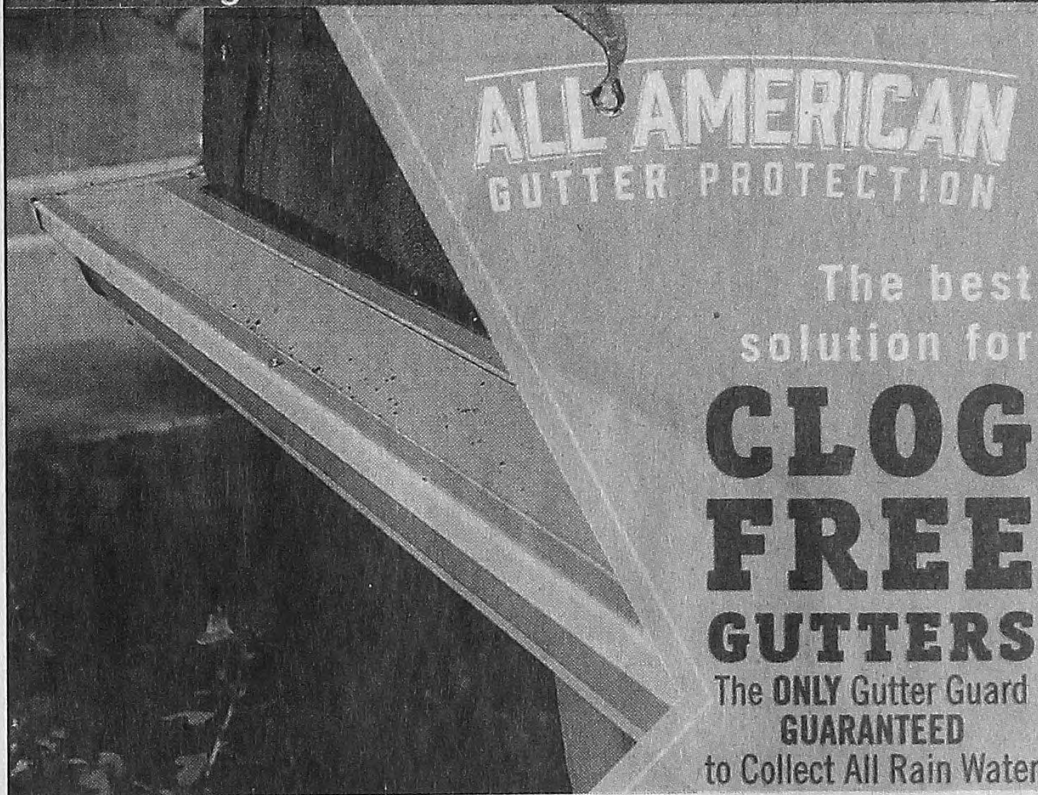
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Find healthiest bargains in town at the market



Walt Gajewski
Guest columnist

It should come as no surprise that I get my fruits and vegetables at the market. For one thing, I'm there when the farm trucks bounce in as the sun is coming up over a still-sleeping town, each truck making its way to its own carved-out space. Their cargo is the food they picked the night before — sometimes even the morning of!

I hear the tailgate doors unlatching and furling up, the noise breaking the stillness of a Saturday that is yawning itself awake to the clackety-clackety sounds of a market coming to life. I see crates, bins and racks of all that is fresh picked and dew laden.

Before my eyes, farmers transform themselves into artisans, building and shaping marvelous displays of earthen bounty atop old worn sawhorse tables groaning from the weight of "farm fresh." So I got to thinking.

Gas prices are high, labor costs have gone up. Shortages persist. Food at grocery stores costs more. Words like "logistics" and "supply chain management" are populating storylines and making their way into people's vocabulary along with "Where are the deals?"

I know the best bang for your buck for fruits and vegetables comes at a farmers market. Think about a shipped tomato coming from Mexico. Wow, you have to pay for all that gas! Think hundreds of gallons of gas! And the handling and storage and packaging. Let's not forget that little tomato had to be plucked off the vine earlier than it should be so it could ripen on the road. How many days

So next time you're at market, think about the farmers who brought you your food: cultivating the land, planting the seeds, nurturing the growth of that little tomato, picking it just right, packing it up, driving to town and bagging it up for you.

pass before that tomato finds its way into a store? Yes, you may pay less. But you are going to get what you pay for in terms of eroded nutrition and lack of flavor.

Give me an open-air market without walls, aisles, display cases, wheeled carts, loading docks, fluorescent lights, check-out lines where your experience culminates with "will that be paper or plastic?"

So next time you're at market, think about the farmers who brought you your food: cultivating the land, planting the seeds, nurturing the growth of that little tomato, picking it just right, packing it up, driving to town and bagging it up for you. Now that's Pure Michigan!

Looking for votes

Voting for the best farmers market started July 15 with the annual WDIV "VOTE 4 THE BEST" competition. We have won five straight years because people with passion for the Farmington market vote to make it so. Will you join in the effort this year? It takes a village, right? You can find out more at farmingtonfarmersmarket.com.

Until next time, then and as always, here's saying, "See you at the market!"

Walt Gajewski is the Farmington Farmers Market manager. The market runs 9 a.m. to 2 p.m. Saturdays in downtown Farmington.



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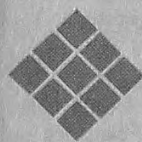
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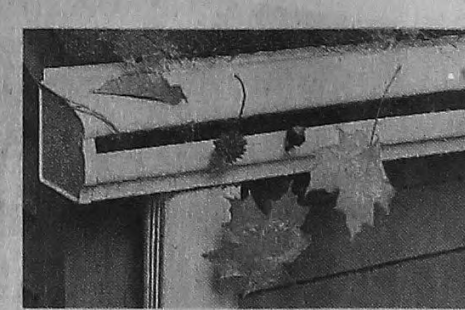
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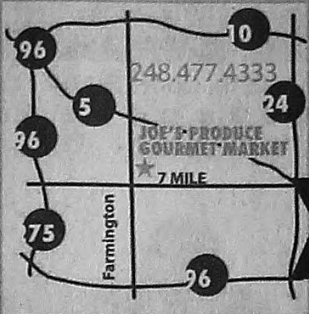


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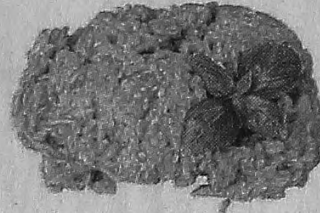
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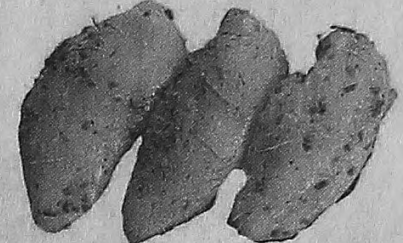
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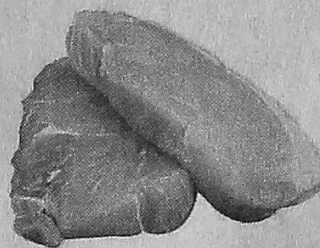
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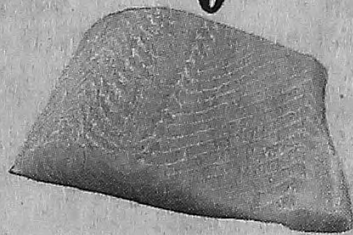
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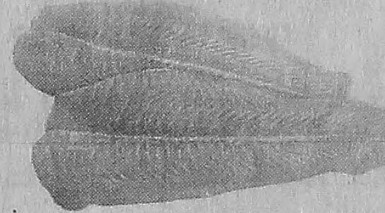
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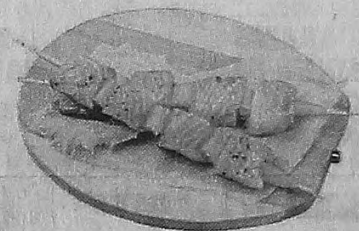
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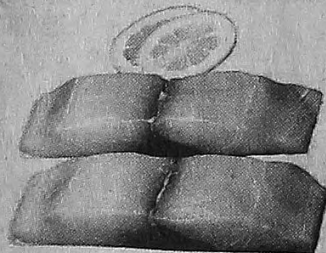
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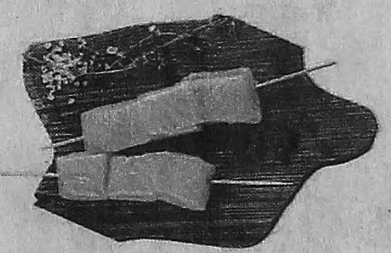
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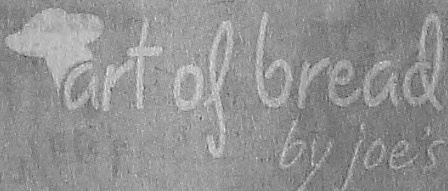
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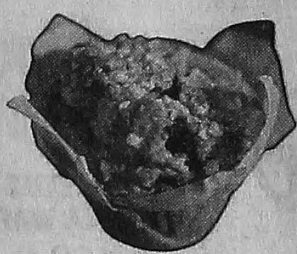


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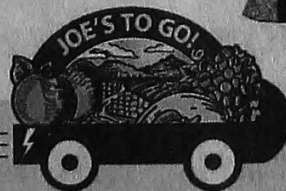
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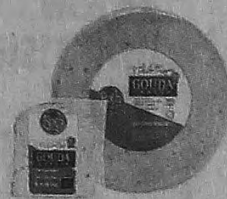
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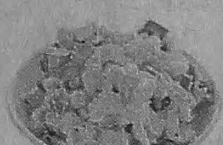


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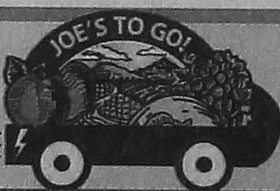
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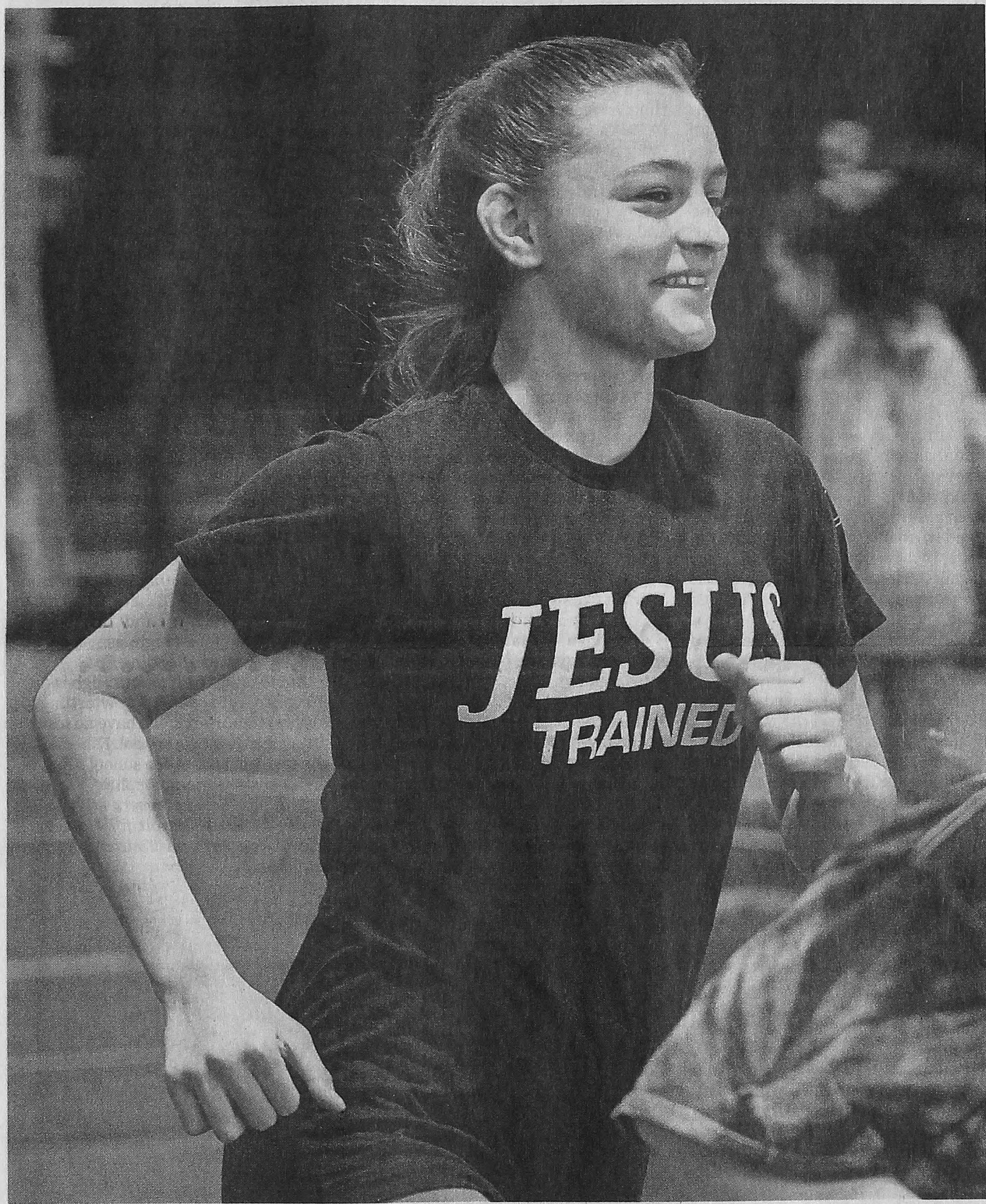
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SPORTS

Jiu-jitsu world champion sets sights on top wrestling rank



Plymouth Christian wrestler Alexis Lazar warms up at the Michigan Revolution Training Center in Highland on April 27.
 JOHN HEIDER/HOMETOWNLIFE.COM

Student transfers to Plymouth High to continue career after policy change

Brandon Folsom Hometownlife.com
 USA TODAY NETWORK - MICHIGAN

Plymouth native Jim Lazar grew up boxing and later developed an interest in mixed martial arts. He even boxed in a few Detroit Golden Gloves tournaments before he blew out one of his shoulders and decided to step away from the competitive aspect

of the sport. But he still spars from time to time to feel young again. So, naturally, when his daughters became old enough to compete in sports, Lazar took them to the dojo instead of the youth soccer fields or the junior basketball leagues. It just made sense. Lazar was big into combat sports, plus his buddy John Toth owned the Plymouth-based For-

mula Brazilian Jiu-Jitsu Academy not too far from their home. Alexis, his oldest daughter of three, was a quick study when she first started rolling on the mat at 8 years old. Success at local tournaments turned into her going on to compete in North American Grappling Association

See CHAMPION, Page 2B

Vote for Hometown Life girls soccer Player of the Year

Brandon Folsom Hometownlife.com
 USA TODAY NETWORK - MICHIGAN

I released the Hometown Life All-Area girls soccer team and named Bloomfield Hills senior Ava Badallo as the Player of the Year. But there were easily 20 other players who could've been named the top player in our newspaper footprint. So now it's your turn. Listed below are 16 of my favorite players from this past spring. Here's your chance to vote for which one you felt was the best. Online voting continues until 10 p.m. July 20. You may vote as many times as you wish, but please know that only one vote counts per email every three hours. I'm looking forward to seeing who you, our loyal leaders, pick as our Player of the Year. Let's take a look at the candidates up for this honor:

F - Ava Badallo, senior, Bloomfield Hills

This West Virginia Wesleyan signee was a linebacker in a striker's body. Regardless of the competition, she was always the toughest player on the pitch. She totaled 17 goals and six assists, was an MHSSCA third-teamer and, most importantly, booted in the penalty kick that gave the Black Hawks their state championship.

F - Isa Agrusso, senior, Bloomfield Hills Marian

The Michigan State signee was a national champion at the club level. So, of course, she was going to be successful the one year she spent playing high school soccer. She totaled 21 goals and six assists, was the perfect complement to strike Elle Ervin and finished as an MHSSCA All-State first-teamer.

F - Kirsten Fitzgerald, senior, Farmington Hills Mercy

The MHSSCA All-State second-teamer was just too quick for opposing defenses. She posted 14 goals and five assists. But none of her goals were as big as the game-winner in overtime that gave the Marlins their first district championship since 2012.

F - Mackenzie Gregor, senior, Livonia Stevenson

Very few attackers in Michigan

See VOTE, Page 2B

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Champion

Continued from Page 1B

world championships. She won in Morristown, New Jersey, and then she won in Dallas. By the time she was 11, she was a two-time world champion.

With Alexis improving each day, Jim wanted to do whatever he could so she'd continue to be the best. He asked around to see if anyone knew what else could help her improve. One of his friends suggested wrestling.

"I've been around MMA for a long time. I've boxed for a long time. But no one in my family has ever wrestled," Jim told Hometown Life. "I knew nothing about the sport, but we just wanted her to get better with jujitsu. At that point, that's when we realized just how much more wrestling had to offer.

There were tournaments every weekend, and it was all new to us. So we made that transition, and she kind of hit the ground running with it."

Once again, Jim took Alexis to another one of his buddies, this time it was Jason Crothers with the Wayne Wrestling Club, which practices another short jaunt from their home.

A difference between jujitsu and wrestling

Alexis' first time wrestling saw her pull guard against her opponent, which is a Brazilian jujitsu takedown tactic that's a little more violent than the takedown wrestlers are used to inside the circle.

"I knew nothing about wrestling," Jim admitted. "I didn't even know wrestling had seasons. I knew nothing about anything. People involved in the sport had to guide her and us as a family. I didn't even know the difference between a national tournament and MYWAY (Michigan Youth Wrestling Association) tournament. How different life was for us back then."

The losses added up, yet Alexis kept coming back and trying again. She kept learning, too.

Jim remembers when Alexis was 3 years old and wanted to be the fastest on the monkey bars at the playground. Sometimes she'd return home with bloody hands because she swung so much.

He saw that same competitive spirit in her when she competed in BJJ. And he was seeing it again while she was grappling on the mat.

The wins started coming. So did some notoriety. And, in no time, she was ready to take wrestling to the next level.

"It went from something new to her to, 'Hey, she's actually pretty good at this!'" Jim said. "Beyond anything else, I saw in her something you don't see too much in other kids. That was the heart to take the losses and still come back and fight. She'd get beat up so many times and use the losses to push herself."

Top athletes seek this Highland trainer

Mario Flores, who has trained wrestlers for 20 years, opened Michigan Revolution Training Center in Highland just over 5 years ago.

He's one of the go-to coaches who parents from all over the country send their kids to.

Just how good is he?

This past winter was the first time the Michigan High School Athletic Association allowed girls wrestlers to compete alongside the boys at the state finals at Ford Field. Ten of the 14 individual state champions had previously trained with Flores. Several of them still continue to work with him.

Sending Alexis to Flores is probably the smartest thing the Lazar family has done for her career.

Not too long after she started going to Revolution, the COVID-19 pandemic hit. That forced most kids behind a laptop to do their schooling from home.

Flores came up with a better solution. He took one of the all-purpose rooms in his training facility and turned it into a classroom for his wrestlers. They got to do their homework and take their classes there, and then they got to train on the mat 2-3 times per day.

What's more, parents volunteered to make breakfast and lunch for the kids. Each wrestler got to follow their diet plans, whether it was bulking or cutting, to stay on track with their weight classes.

That attracted some of the greatest grapplers from around the country to move to the area and do their schooling at Flores' facility. Girls from Arizona, California, Minnesota and Washington, among other places, flocked to Highland during the pandemic. At one point, Flores had 15 of the top-20 ranked high school wrestlers training at his place. That included three different girls ranked No. 1 in the country in their respective weight classes.

And that allowed Alexis, who was still in middle school, to train with some of the best in the world. She got to spar with the likes of Minnesota's Gigi Bragg, who just recently won a junior folkstyle national championship at 100 pounds, and several others who've gone on to do big things in the wrestling world.

The results from that experience showed when she went to tournaments.

As only a middle schooler, she beat some of the best wrestlers in the world. Some of these girls are headed to college to compete for Division I programs. Some are even representing the United States in future world tournaments overseas.

She's beaten Illinois-based wrestler Gabby Gomez, who recently became a U-17 national champion at 100 pounds.

She's beaten Virginia Ford, arguably one of the five best wrestlers in the country, who is from Wyoming Seminary College Preparatory Academy in Pennsylvania, one of the most prestigious high school wrestling teams



Plymouth Christian wrestler Alexis Lazar spars with Clarkston Jr. High's Paisley Denault at the Michigan Revolution Training Center in Highland. JOHN HEIDER/HOMETOWNLIFE.COM

around.

And just this past winter, as only an eighth-grader, she downed junior Kate Cooper, a state champion from Missouri, to win the Michigan Border Brawl. She's also won the Mid-Michigan Wrestling Association tournament and the MYWAY state championship this year, too.

"I really like to compete, and I love going to travel to all the tournaments where I can meet all these new people and wrestlers, and the comraderies with the girls are great," Alexis said. "My favorite moments are at tournaments when I win a match I'm not supposed to win, and the girls are giving me hugs and being super supportive. I'm always the youngest on the team, and it's really cool to hang out with all these older girls who support me."

She recently tried out for a national team to represent the U.S. in a world tournament before she suffered a hip injury and couldn't carry on. But she has since returned to the mat and has gotten back to work.

"Alexis is probably a once-in-an-age group type of athlete," Flores said. "What that means is she's really special. Just her work ethic and her ability to understand and ask the right questions. Her confidence to take risks is what separates her from the other girls she competes against. She's fearless. When it comes to competition, especially against the bigger-name girls and the nationally-ranked girls, Alexis takes the fight to them where other people might be hesitant to want that matchup or competition.

"She's got a handful or more of those significant wins, and she's only in the eighth grade. It's crazy. It really is. I call

her the phenom, and she's not even in high school yet."

School policy prevents girls to wrestle at Lutheran West

While Alexis' journey has been an unbelievable one, and it'll likely lead to many more great moments for her as she enters high school with the goal of winning an MHSAA state championship as a freshman, there's been one problem that has soured her career.

And it has nothing to do with her as a wrestler.

It has everything to do with her being a girl.

Alexis attended middle school at Plymouth Christian Academy in Canton. The Eagles do not field a high school wrestling team because they do not have enough athletes interested in the sport. So, like do they with football, they co-op with nearby Lutheran Westland for wrestling.

This past year, PCA junior Noah Etnyre became the 171-pound state runner-up for Lutheran at Ford Field. And Etnyre even quarterbacked Lutheran to its first-ever league title in school history last fall.

So while the co-op has worked great for athletes such as Etnyre, it does nothing for Alexis, who was told she wouldn't be allowed to wrestle at Lutheran because girls aren't allowed in the program, despite PCA athletic director Matt Windle pushing for Lutheran to change its policy.

When asked why Alexis wouldn't be allowed to compete for the wrestling team, Lutheran responded with the following statement on May 16: "Our Lutheran High School Association prohibits its girls from wrestling on the boys wrestling team. However, provided guidelines and parameters set by the MHSAA are met, schools may co-op with another school of their own choice for a sport they do not provide. In addition, Lutheran Westland has not had a girls wrestling team as we have not had interest by our students."

Jim said his family was shocked by Lutheran's decision to not allow Alexis to wrestle.

That's forced the Lazars to pull out Alexis from PCA, a school the family thoroughly enjoyed. She has since enrolled with Plymouth-Canton Community Schools and will be attending Plymouth High School.

While a school change doesn't impact her goals, she'll have to adapt to new surroundings and make new friends. That'll be tough, especially because she loved attending PCA.

But if going to Plymouth High is anything like trying out BJJ or wrestling for the first time, Alexis will have no trouble fitting in at her new school. Especially if she can bring home the school's first individual state championship.

Brandon Folsom covers high school sports in metro Detroit for Hometown Life. Follow him on Twitter @folsombrandonj.

Vote

Continued from Page 1B

were as dangerous around the penalty box as this MHSSCA All-State second-team selection, as the fourth-year player finished with a staggering 30 goals and nine assists.

F - Kate Creighton, sophomore, Plymouth Christian Academy

Most players cower against double and triple teams. Not the MIAC MVP. She posted 27 goals and seven assists, good enough for MHSSCA All-State first-team honors.

F - Rhianna Schermerhorn, junior, South Lyon

As the leader of the Lions' attack, she was an All-District and MHSSCA All-State third-teamer.

F - Emma Pompo, senior, South Lyon East

The Cleveland State signee not only totaled 25 goals and 21 assists en route to MHSSCA All-State first-team honors but she also qualified for the state finals in track and field. Her speed set her apart.

F/M - Natalia and Sofia Salinas, freshmen, Bloomfield Hills Roepert

Despite not fielding a team in 3 years, the Roughriders returned to the pitch and won the MIAC-Red. They can thank the Salinas sisters for that. Natalia totaled 20 goals and 18 assists, while Sofia added 15 goals and 16 assists.

M - Rachael Claxton, junior, Cranbrook Kingswood

This MHSSCA All-State third teamer knew how to run the field and create scoring opportunities, whether it was for her teammates or herself. But no play was bigger than her game-winning goal to help the Cranes win their first-ever CHSL tournament title.

M - Madi Webb, junior, Lutheran Westland

Some players have a knack for finding the back of the net, and then there's Madi Webb. This MIAC-Red first-teamer tallied a staggering 33 goals and four assists to help the Warriors place second in their league.

M - Talie Burns, sophomore, Novi

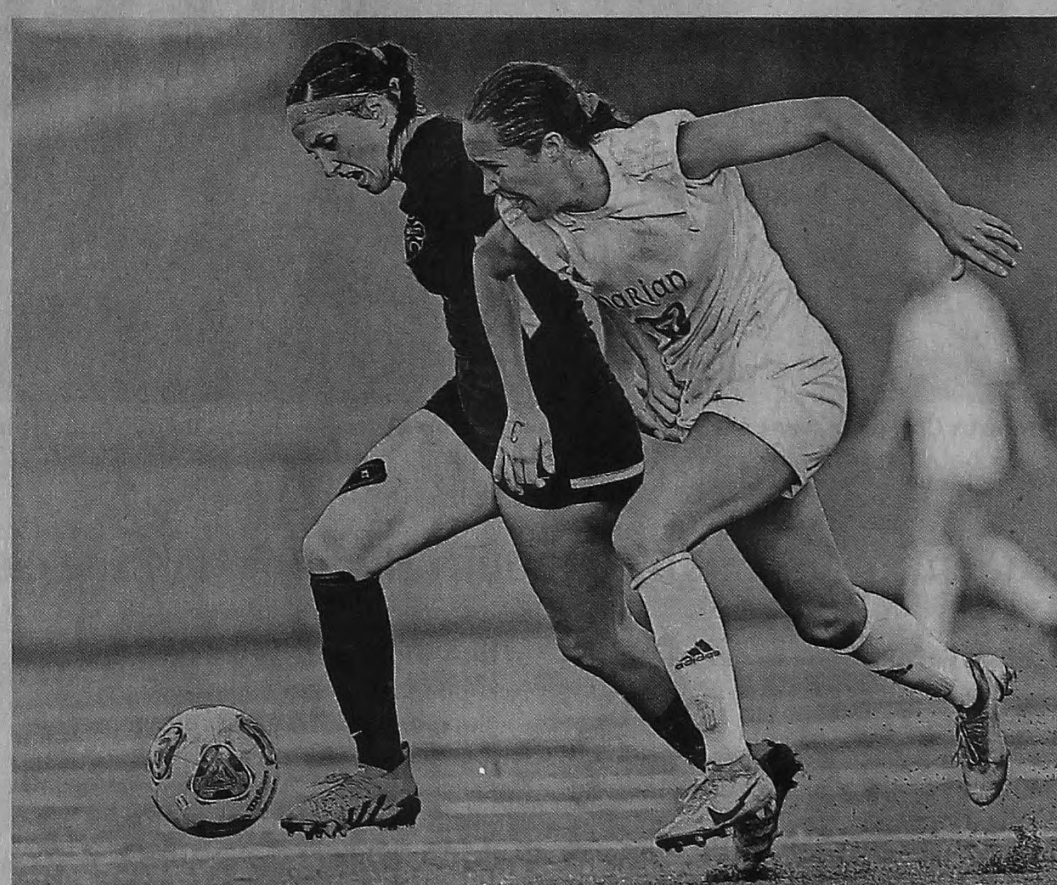
It takes a lot of brainpower to successfully organize a defense and shut down an opponent's best player. So it's no surprise the Wildcats' best defender carries a 4.0 grade-point average. She also added two goals and six assists en route to earning MHSSCA All-State honorable mention honors.

M - Megan Wu, senior, Plymouth

The Wildcats' leading scorer was both the team captain and an MHSSCA All-State honorable mention.

D - Sarah Gaffka, senior, Livonia Churchill

The fourth-year player was the heart and soul of the Chargers' back line. Reading the field was never an issue for this center-back, who also posted two goals and two assists.



Haslett's Sophie Novak, left, and Bloomfield Hills Marian's Isa Agrusso go after the ball June 15 at Northville High School. NICK KING/LANSING STATE JOURNAL

D - Lauren Moraitis, senior, Northville

The Cincinnati signee spent just one season playing high school soccer, and the MHSSCA All-State first-teamer didn't disappoint, as she was an integral part of the Mustangs' first trip to the state finals since 2014.

GK - Grace Kenopatzki, senior, Garden City

This MHSSCA All-State third-teamer posted eight shutouts. That meant the team captain got to play in the field at

times, and she made the most of it, scoring three goals and even assisting on a handful of others.

GK - Ava Holloway, senior, Salem

Despite playing in arguably the best conference in Michigan, the fourth-year player recorded seven shutouts en route to earning MHSSCA All-State honorable mention honors.

Brandon Folsom covers high school sports in metro Detroit for Hometown Life. Follow him on Twitter @folsombrandonj.



GETTY IMAGES

MUSCLE CARE

before and after a run

Angie Ferguson

Special to Fort Myers News-Press
USA TODAY NETWORK - FLORIDA

Running is a great way to stay fit and have fun either alone or as part of a group. Triathlon, duathlon and trail running have become increasingly popular in recent years, as have more traditional fun runs. Even with the absence of in-person events for much of 2020-21, the pavement grew ever busier with people adopting new running habits. Whatever your discipline, if you work hard, your muscles will too.

Whether you're a competitive athlete or recreational runner, the training that you do can cause the following:

- tightness in muscles
- wear and tear on tendons and ligaments
- overload of the connective tissue that supports our musculoskeletal system

These changes tend to share one common characteristic ... PAIN! Fortunately we have a very valuable tool at our disposal - massage therapy. Massage therapy can be a very useful addition to a runner's training and recovery regime, no matter what level they are at. Regular massage treatments during the training phase can be a great way to maintain optimal soft tissue (muscle/tendon/ligament) health.

In fact, one of the greatest benefits of massage for runners is pain relief. Pain-free athletes can train sooner after a race or hard workout, and one of the primary indicators for successfully reaching performance goals is the ability to remain injury free.

Before you run ...

Massage should never replace an adequate warm-up and preparation before a run/race, but it can be a part of it. Ideally, a pre-event massage should be administered close to the event in order to be most effective. Somewhere between 60 to 30 minutes out from the start is a good marker. At this time, the runner can enjoy the benefit of:

- conserving energy while muscles and fascia are being stretched
- focusing on the upcoming race
- settling any pre-race nerves.

After you run ...

The best time to have a massage is actually not directly after your workout or race.

If the body is fatigued from a long and arduous effort, it is best to let the initial muscle recovery take place and schedule your massage for 48 to 72-hours afterward. Especially if you are partial to deeper tissue work.

Which muscles should be targeted for best results?

It is easy to understand that massaging the leg muscles is a must for runners, but to get the best out of your massage treatment it would be wise to also include the back muscles (erector spinae and QL particularly) and the muscles that are responsible for hip movement (glutes, piriformis and the deep rotators). A good massage therapist will use techniques that both lengthen and broaden the muscle fibers, some neuromuscular techniques to normalize tension in the muscles and some myofascial release techniques to address restrictions in the connective tissue/myofascial.

Angie Ferguson is an exercise physiologist and Tony Robbins Results Coach from Fort Myers, Florida. She also is a Corrective Biomechanics Specialist, 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

Simple chicken salad a great summer meal

Tammy Algood

Special to Nashville Tennessean
USA TODAY NETWORK - TENNESSEE

There isn't a person who isn't somewhat of a snob about something. It could be anything that others don't even notice, like the way a lawn is mowed or the brand of ketchup you purchase. I am a bit that way about chicken salad. And I am not alone!

At one point in my life, chicken salad was merely a summertime meal to help beat the heat of the day. It was cold and served on toasted white bread slices more often than not. Occasionally it was really fancy and presented in a hollowed-out fresh tomato, which is my

least favorite way of having it. For some reason, tomatoes and chicken salad don't go together because the tomato interferes with my taste buds.

Along the way, some cooks started trying to change what was a perfect recipe. My husband says many do the same with Rice Krispie treats, but that is a conversation for another day! Suddenly I started seeing peaches, pineapple, cranberries, blueberries, strawberries and even pine nuts appearing in recipes for chicken salad.

I have tried them all but keep going back to the original. By that I mean chopped chicken, red onion and celery with a dressing of mayonnaise, sour cream, lemon juice, salt and pepper.

That's it and it's delicious! The celery and onion provide a little crunch, the chicken is allowed to be the star and the dressing holds it all together. It is chilled lunch heaven.

I roast my own chicken for it and honestly what could be simpler? All the bird needs is a sprinkling of salt and pepper, then the oven takes care of it. After it cools you are ready to use it for anything. It is economical, easy and you've got a classic meal that everyone will enjoy.

Tammy Algood is the author of five cookbooks and can be seen on "Volunteer Gardener" on PBS stations in Tennessee. Follow her at www.hauteflavor.com



Chicken salad is always a great summertime meal. FILE / THE TENNESSEAN

Tech CEO charged in '92 cold case murder after DNA found

Police: New analysis ties him to rope used in crime

Scott Gleeson
USA TODAY



Laurie Anne Houts was killed in 1992. Police say updated DNA technology points toward a previous suspect.

A California tech company executive was arrested and charged in the 1992 murder of his former roommate's girlfriend, the Santa Clara County District Attorney's office said Monday.

John Kevin Woodward, a 58-year-old president and CEO of Readytech, was charged with the murder of Laurie Houts, a 25-year-old computer engineer who was found strangled in her car in Mountain View, according to a news release.

Woodward is in custody and was arrested Saturday at John F. Kennedy International Airport in New York after arriving from Amsterdam. He resides in the Netherlands. He faces life in prison if convicted.

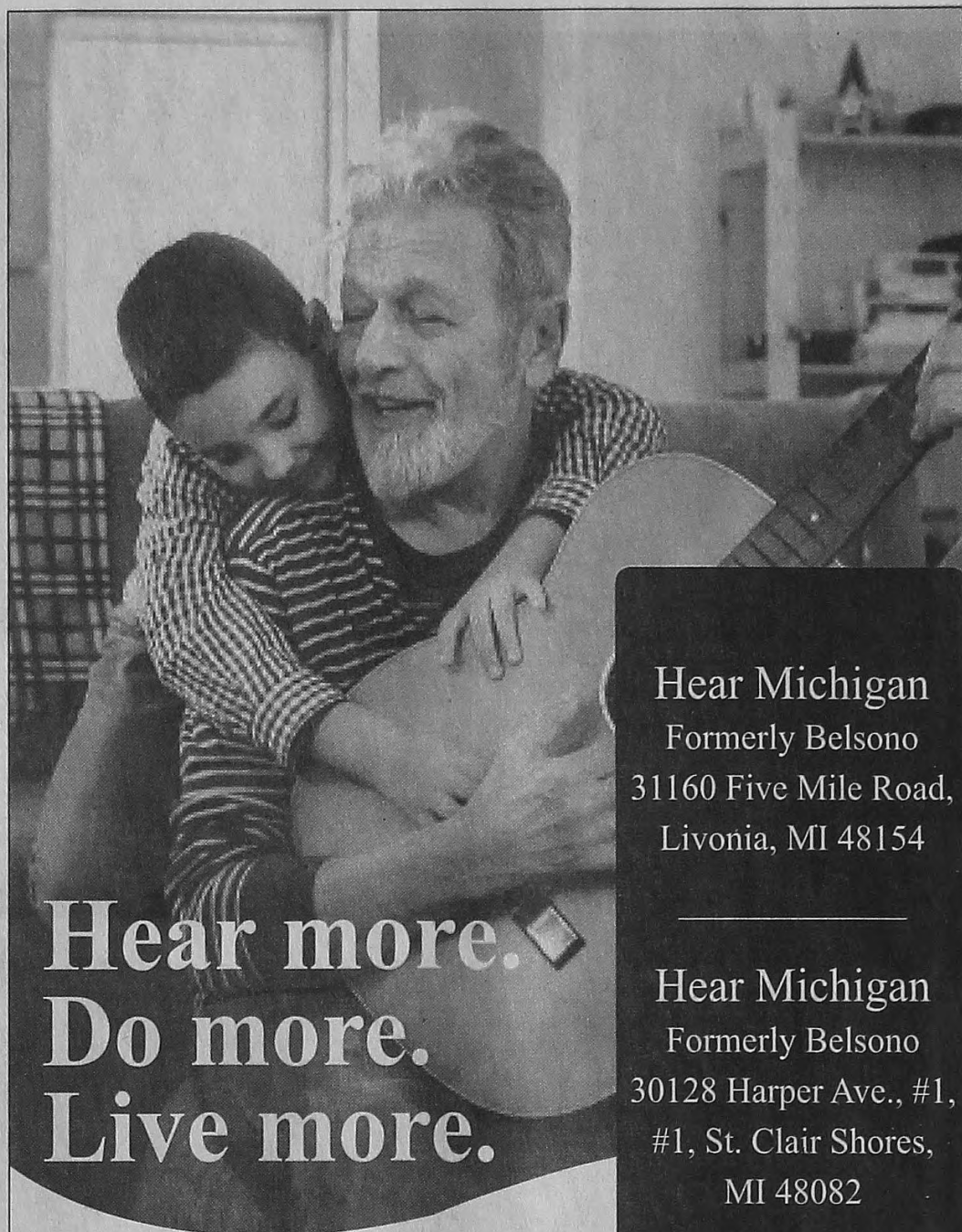
Houts was discovered dead in her vehicle near a garbage dump site in 1992, according to the Mountain View Police Department. Her cause of death was strangulation and the rope used to kill her was originally not traced to Woodward, although his fingerprints were found outside her vehicle. Updates in DNA technology over the last 30 years allowed police to connect Woodward to the rope used in the crime.

Items from the case were reexamined in 2020 from the 1992 investigation and then resubmitted to the Santa Clara County Crime Lab for analysis. With the advancements, DNA samples collected from evidence at the scene came back matching Woodward's DNA. Additionally, 80 latent fingerprints collected at the time of Houts' death were reexamined by the Santa Clara County Sheriff's Identification Unit, which matched Woodward.

Woodward was the roommate of Houts' boyfriend and was arrested in 1992 with a connection to the homicide. He was tried twice for the crime and never convicted after two hung juries, CBS San Francisco reports. According to the Santa Clara County District Attorney's Office, Woodward was jealous of Houts and had developed romantic feelings for his roommate. He also had no alibi for the night of Houts' murder. The lack of practical evidence was detrimental in the case, however.

"This case is the culmination of incredible determination by our detectives over the decades and with phenomenal teamwork with our agency partners here in Santa Clara County and in New York," Mountain View Police Chief Chris Hsiung said in a statement. "I am honored that our agency finally gets to give hope to Laurie's family that they can see a successful prosecution carried out. It bears repeating - we do not give up on justice for victims, no matter what."

The family released the following statement in a news release: "Laurie Anne Houts was a beloved family member and friend to many. Although she was only 5' tall, she had a huge heart and her humor and spunk were endearing to all. The way Laurie lived and treated people was a stunning example of what was right in the world. She was a gem to so many, but her bright life was taken from us at the age of 25. We are hopeful that justice can finally be served for Laurie and incredibly appreciative of the law enforcement agencies who have never given up on her."



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**CHARTER TOWNSHIP OF PLYMOUTH
ZONING BOARD OF APPEALS
THURSDAY AUGUST 4, 2022
6:00 P.M.**

PLEASE NOTE that the Zoning Board of Appeals will hold its Regular Meeting on Thursday, August 4, 2022 commencing at 6:00 p.m., to consider:

1. Application 1645, 78-051-02-0016-000, 9074 Cobblestone, R-1-H zoning district is requesting one variance to construct a roof over the existing deck, which is allowed as an exception to Footnote (bb)(10). Variance requested is twenty-nine (29') feet in reduced rear yard setback.
2. Application 1646, 78-005-99-0009-301, 15005 Beck RD, C-2 zoning is a request to allow Starbucks, located in the Plymouth Commercial Plaza, which is a PUD with underlying C-2 zoning requirements, to have a wall sign on the south wall without a public means of ingress/egress whereas wall signs are not allowed without a public means of ingress/egress. Variance requested is to allow a wall sign on the south wall of Starbucks without a public means of ingress/egress

The meeting will be held at Plymouth Township Hall, 9955 N. Haggerty Road in the Town Hall Meeting Room.

Publish: July 21, 2022

LO-0008789360 3x3

**DEPARTMENT OF HOMELAND SECURITY
FEDERAL EMERGENCY MANAGEMENT AGENCY**

Proposed Flood Hazard Determinations for the Township of Canton, Wayne County, Michigan, and Case No. 22-05-0850P. The Department of Homeland Security's Federal Emergency Management Agency (FEMA) solicits technical information or comments on proposed flood hazard determinations for the Flood Insurance Rate Map (FIRM), and where applicable, the Flood Insurance Study (FIS) report for your community. These flood hazard determinations may include the addition or modification of Base Flood Elevations, base flood depths, Special Flood Hazard Area boundaries or zone designations, or the regulatory floodway. The FIRM and, if applicable, the FIS report have been revised to reflect these flood hazard determinations through issuance of a Letter of Map Revision (LOMR), in accordance with Title 44, Part 65 of the Code of Federal Regulations. These determinations are the basis for the floodplain management measures that your community is required to adopt or show evidence of having in effect to qualify or remain qualified for participation in the National Flood Insurance Program. For more information on the proposed flood hazard determinations and information on the statutory 90-day period provided for appeals, please visit FEMA's website at <https://www.floodmaps.fema.gov/fhm/BFE> Status/bfe_main.asp, or call the FEMA Mapping and Insurance eXchange (FMIX) toll free at 1-877-FEMA MAP (1-877-336-2627).

Publish: July 21 & 28, 2022

LO-0008789364 3x3

**City of Plymouth
Zoning Board of Appeals Notice
Thursday, August 4, 2022 - 7:00 p.m.
Located at City Hall**

201 S. Main Street Plymouth, Michigan 48170
Website: www.plymouthmi.gov Phone: (734) 453-1234 ext. 232

A regular meeting of the Zoning Board of Appeals will be held on Thursday, August 4, 2022, at 7:00 P.M. at City Hall to consider the following:

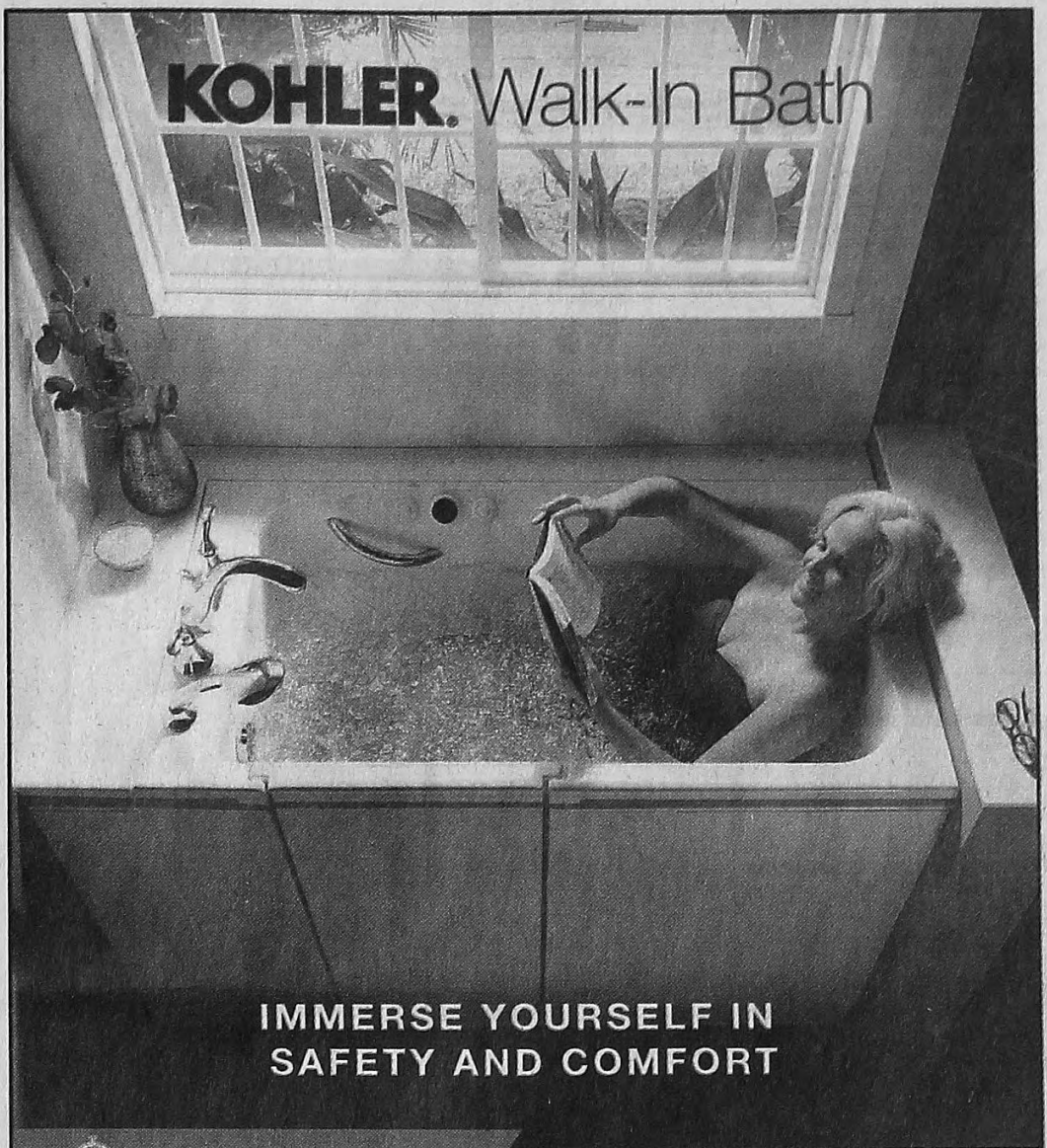
- Z 22-09 Non-Use Variance Request for 860 Penniman Signage
Zoned: B-2, Central Business District
Applicant: Phillips Sign & Lighting
- Z 22-10 Non-Use Variance Request for 980 Carol Front Yard Setback along S. Harvey
Zoned: R-1, Single Family Residential
Applicant: Matthew McNulty

All interested persons are invited to attend.

In compliance with the Americans with Disabilities Act, the City of Plymouth will provide necessary reasonable auxiliary aids and services, such as signers for the hearing impaired and audiotapes of printed materials being considered at the meeting/hearing, to individuals with disabilities. Requests for auxiliary aids or services may be made by writing or calling the following:
Maureen Brodie, ADA Coordinator
201 S. Main Street
Plymouth, MI 48170, (734) 453-1234, Ext. 234

Publish: July 21, 2022

LO-0008789352 3x4



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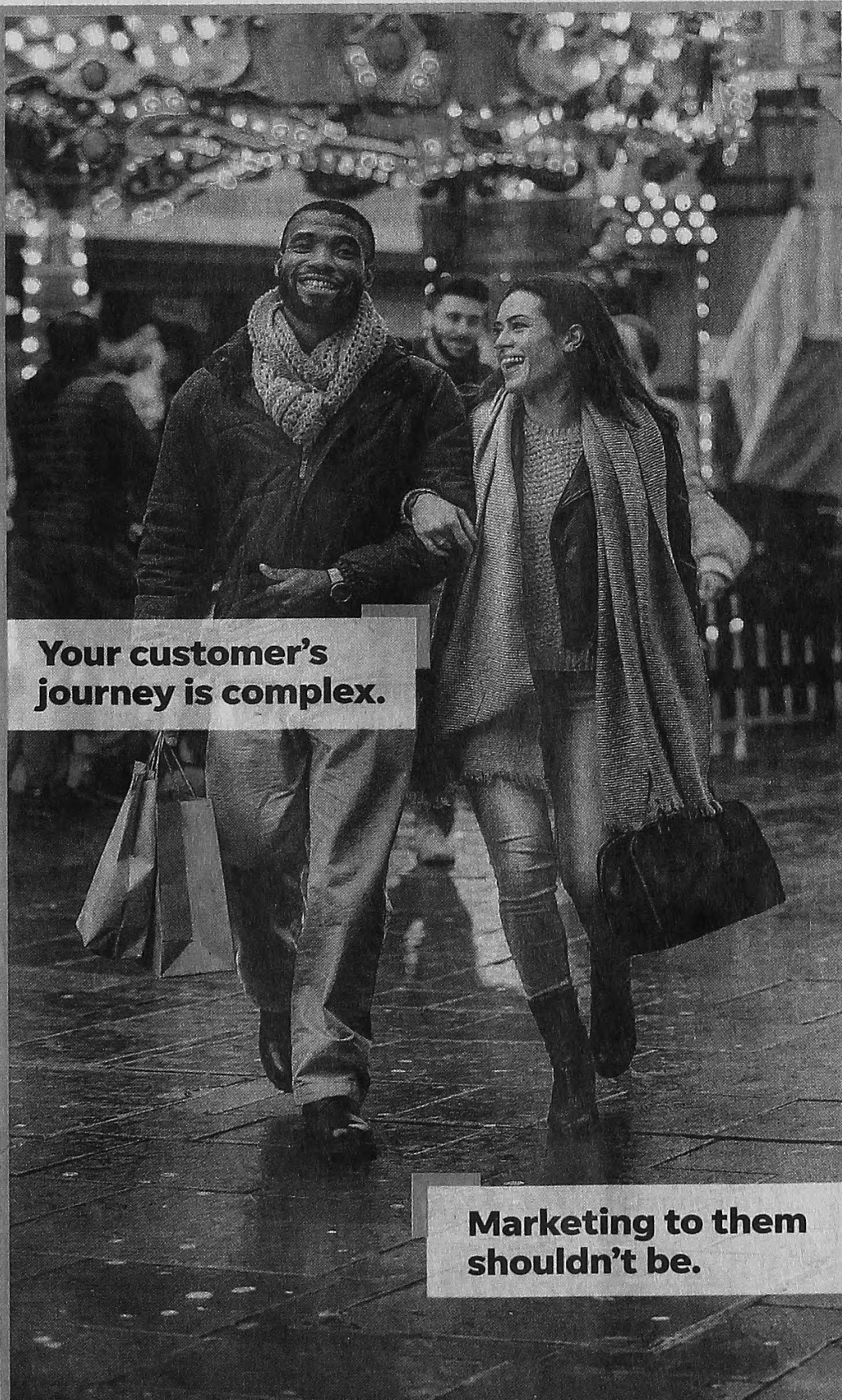
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FIND THE WORDS

This is a theme puzzle with the subject stated at right. Find the listed words in the grid. They may run in any direction but always in a straight line. Some letters are used more than once. Ring each word as you find it and when you have completed the puzzle, there will be 26 letters left over. They spell out the alternative theme of the puzzle. australianwordgames.com.au

- | | | |
|----------|------------------|-----------------|
| Bay | Francis Greenway | Merino |
| Captain | Hate | Musty |
| Cat | Heat | Mutiny |
| Cells | Holds | Navy |
| Convoy | Hulk | Poor |
| Cove | Hungry | Ration |
| England | Indigenous | Rummy |
| Exile | King | Sails |
| Fear | Leg Irons | Settlement |
| Fishburn | Lone | Shipwreck |
| Flog | Macquarie | Sydney Town |
| Forger | Mast | Ticket of leave |

TODAY'S ANSWER

Life was much tougher back then

Early settlers

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

NEWSDAY CROSSWORD

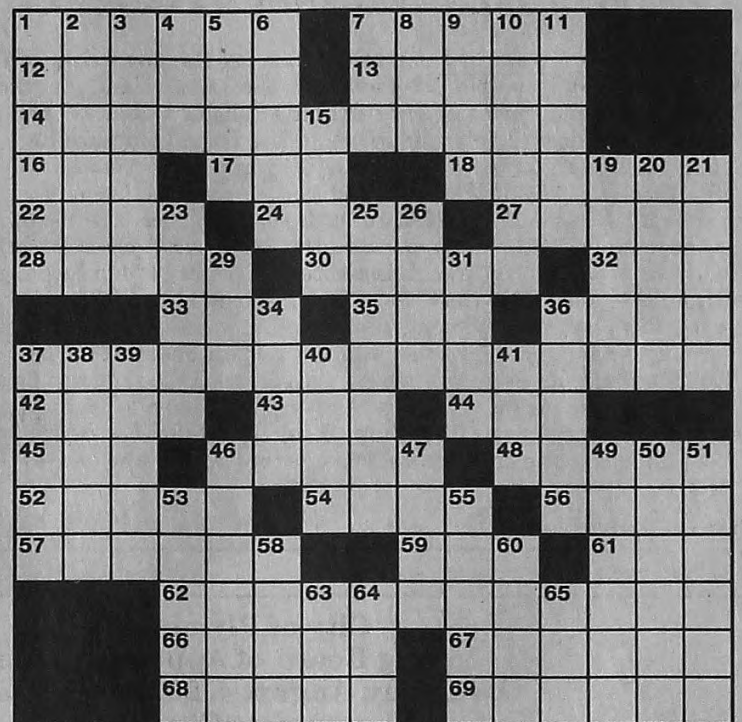
ACROSS

- 1 How to enter this answer
- 7 Formal accords
- 12 Without delay
- 13 Word on mazes
- 14 ... in New Orleans, in a sandwich chain
- 16 Well-worn pencil
- 17 Some ballot marks
- 18 "Just the same ..."
- 22 Working busily
- 24 Tattered attire
- 27 Yale of Yale
- 28 Looks closely
- 30 Verb on all quarters
- 32 Bed on wheels
- 33 Sound of inspiration
- 35 Guest house
- 36 Singing star since the '60s
- 37 ... in Pennsylvania, most anywhere, in New York City
- 42 Rotational line
- 43 Paired with
- 44 Cote complaint
- 45 Party supply
- 46 Spy's acquisition
- 48 Coffee flavor
- 52 Summing-up
- 54 At first, in the OED
- 56 Carbonized dust
- 57 TV news hour
- 59 Les ...
- 61 "I don't wanna"
- 62 ... in Maine, in suburban New York City
- 66 Pry bar
- 67 Focus (on)

- 68 Sports venue
 - 69 Two-medium, as some rescues
- DOWN**
- 1 Apple's battery saver
 - 2 Crust, in French cuisine
 - 3 Actress Margot
 - 4 John ... Lennon
 - 5 River of myth
 - 6 Clear-thinking
 - 7 Pressure meas.
 - 8 Source of PIN money
 - 9 Part of a Dracula costume
 - 10 Stand for hot food
 - 11 Mill product
 - 15 Early step toward a JD degree

- 19 Specialty market
- 20 Blacksmith, often
- 21 Closing bit of music
- 23 Leaves no escape for
- 25 ... in New England
- 26 Arizona hoopsters
- 29 That aircraft carrier
- 31 Social slight
- 34 Moonwalker Shepard
- 36 Mass disorder
- 37 Former name of a Tanzanian neighbor
- 38 Do very well
- 39 Pianist's selection

- 40 A big fan of
- 41 Explosive sound
- 46 Epistle after James
- 47 Bean in some stews
- 49 Many big-city apartments
- 50 ... in Philadelphia
- 51 Minerva alias
- 53 Walled city of Spain
- 55 Tokyo district
- 58 Cathedral space
- 60 Teutonic two
- 63 Quarterback great Dawson
- 64 What many a senior draws from
- 65 Lose one's way

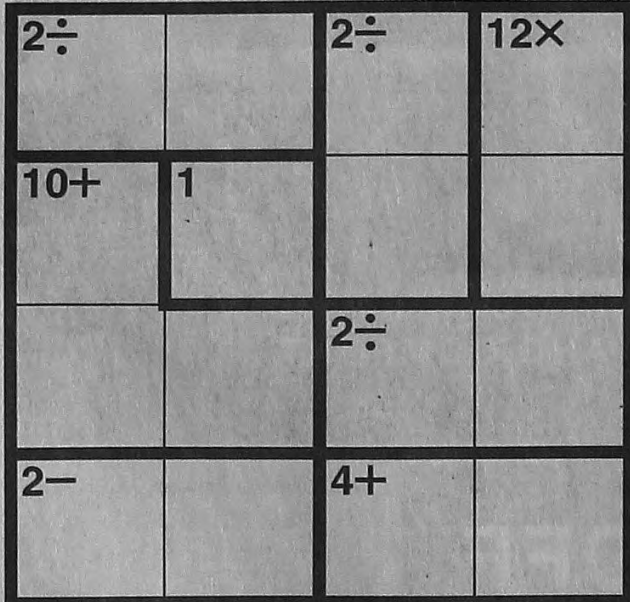
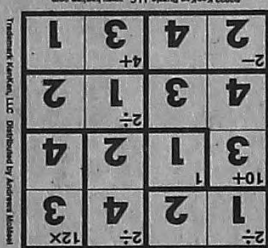


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KENKEN

- 1. Each row and column must contain the numbers 1 through 4 (easy) or 1 through 6 (challenging) without repeating.
- 2. The numbers within the heavily outlined boxes, called cages, must combine using the given operation (in any order) to produce the target numbers in the top-left corners.
- 3. Freebies: fill in single-box cages with the number in the top-left corner.

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SUDOKU | CREATORS

Insert numbers 1-9 in each box with every row, column and 3x3 box containing the digits just once. Difficulty level ranges from Bronze (easiest) to Silver to Gold (hardest) **RATING: BRONZE**

TODAY'S ANSWER

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

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

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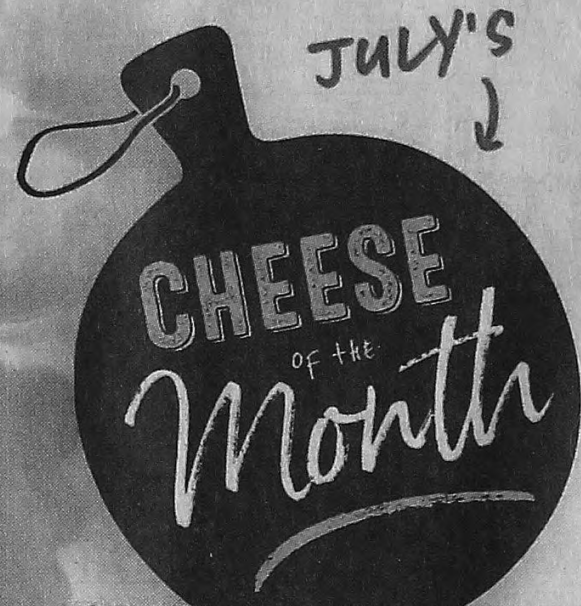
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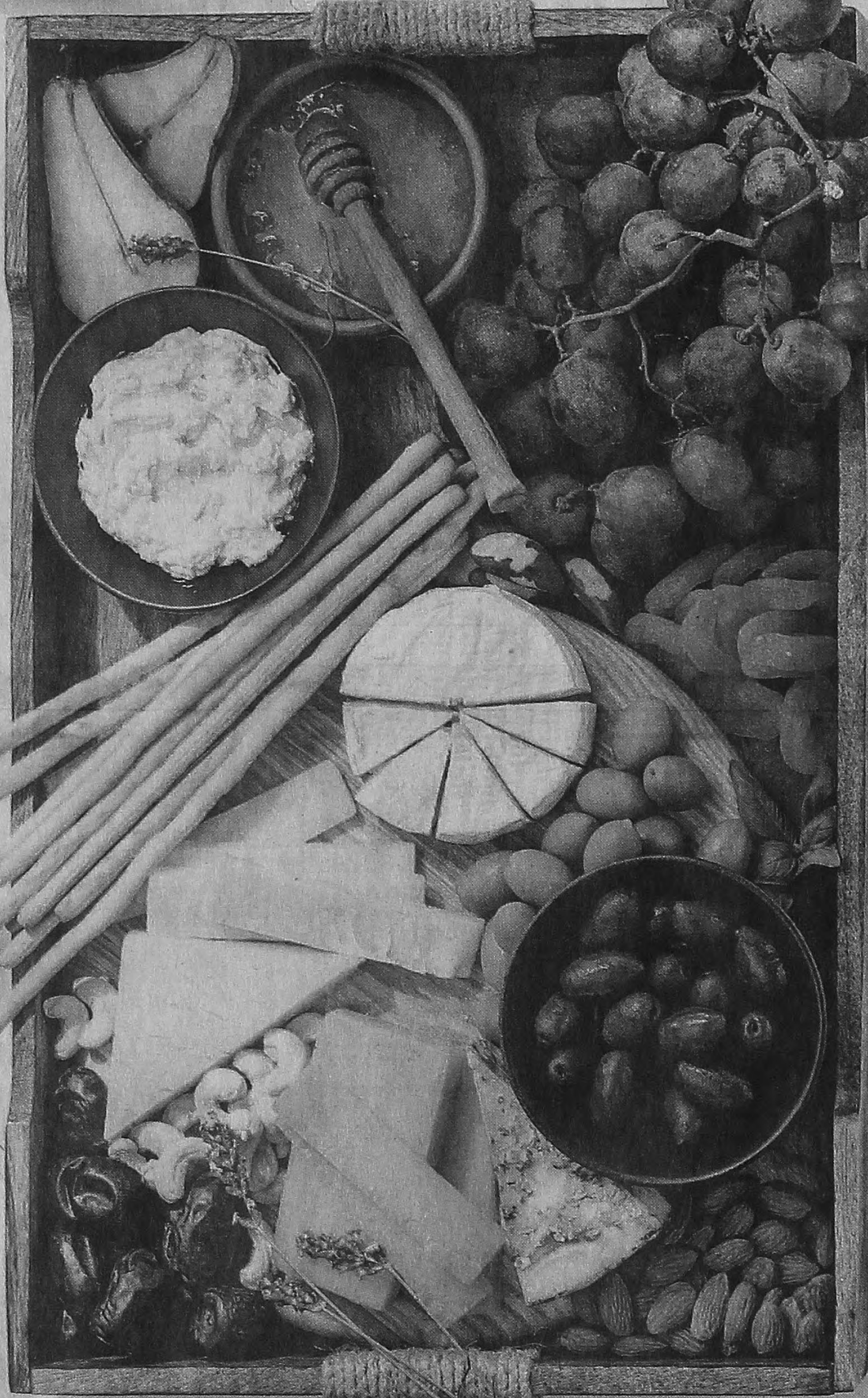


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