

THE WAYNE Dispatch

OCTOBER 2019



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King & Queen

WAYNE MEMORIAL'S
DeShawn Will and Gloria Jarvis

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There's a new band director in town

By Carolyn Marnon

Longtime band director Matt Diroff resigned at the end of the last school year. A new band director is in town at Wayne Memorial High School. Let's get to know him.

What is your background in music?

I have played saxophone since 5th grade. In high school I was very active in band having participated in the band program at Plymouth-Canton High School. During my time there I was in the marching band, wind ensemble, saxophone quartet and pit orchestra. I credit my love for music and band to my experiences that I had in high school.

Recently, I graduated from Wayne State University where I was active in the marching band, pep band, wind symphony, saxophone quartet and saxophone choir. Along with my studies at WSU, I have been active as a marching band instructor for the past few years working with L'Anse Creuse HS North, L'Anse Creuse HS Central, Rockford HS and more. My instructor responsibilities have included teaching woodwind sections, teaching marching technique and even working with winter drumline!

Currently, I am the Director of Bands and Orchestras at Wayne Memorial HS.

How did you hear about the band director position and why did you apply?

I heard that the band director position had opened from a friend who works in the district. I applied right away! I applied because I knew how supported the music program was at



Michael Wolf, Director of Bands and Orchestra at Wayne Memorial High School, watches from the press box as the band practices on the field.

Wayne Memorial HS. My first experience with the program was attending a Blue Stars Drum and Bugle Corp rehearsal happening at Wayne Memorial HS in the summer 2018. I was impressed with how engaged the students were with the rehearsal and that the community supported housing a Drum Corp for the week.

What has been your biggest challenge in this new position?

The biggest challenge has been making sure I start building a relationship and making connections with every student. This is my primary goal as a teacher. I want to make sure I build strong relationships with students so that they get the most out of their time in the Zebra Marching Band.

Has anything surprised you about working with the Zebra band?

The culture of the Zebra Marching Band continues to impress me every day. When I met all the students on day 1, I knew that there was something special about this program. The community support

for the program is amazing. The students would not be able to accomplish what they do without the culture and support that the program already has.

What musical groups are you band director over? Is there just one band and one orchestra? Do you direct the orchestra?

I direct all instrumental music classes at Wayne Memorial HS. I am responsible for two bands and two orchestras. Other duties include jazz band, marching band, chamber groups and pit orchestra.

How did the theme for United come about? (United is the theme of the WMHS band program this year.) What is involved with this program for the year?

The theme for United was already in place when I took the position. However, I feel that it is very relevant and symbolic for this season. Having a new director is not easy, but these students have really come together to continue growing and learning as

a program. They work hard every day to reach a new level of success!

What are 5 things about yourself that could let the Wayne community get to know you better as a person?

I graduated from Wayne State University.

I was drum major in both high school and college.

I'm a VERY passionate Indianapolis Colts fan (I also love the Lions).

I love to play golf!

My wife and I love to spend time outside playing golf, taking walks, camping, fishing and kayaking.



Wayne Memorial Zebra Marching Band were the top performers at Gibraltar Carlson Spectacular Spectacular, Drum Major Andres Ochoa and Field Commander Delaney Green with the bands Class A First Place Trophy, Awards for Best Music, Best Marching, Best Percussion. The WMHS ZMB score of 78.7 was the top score in all three competition divisions. Photo by Kevin McKay

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How to keep your mouth healthy

Halloween is around the corner, here is how you can help your family stay mouth healthy on Halloween and year around.

Facts: Americans spend close to \$9 billion on candy, and in October a lot of that candy will end up damaging the teeth of trick-or-treating children. You might be surprised to learn, however, that when it comes to causing cavities, not all candy is created equal.

Halloween is a great time for parents to think about their children's teeth, but oral health should be a year-round concern. Regularly encourage good oral health habits with your children, including flossing daily, brushing at least twice a day and visiting the dentist regularly. That way you'll ensure the sugary villains don't stick around on your children's teeth long after Halloween is over.

For healthy living and for healthy teeth and gums, think before you eat and drink. It's not only what you eat but when you eat that can affect your dental health. Eat a balanced diet and limit between-meal snacks. If you are on a special diet, keep your physician's advice in mind when choosing foods.

Halloween tips from dentist: Sugar has long been identified by oral health experts as a major cause of tooth decay and cavities. Naturally occurring bacteria in the mouth feed on sugar in candy and other foods and turn it into acid. This acid attacks tooth enamel and causes decay.

Sticky or chewy candies result in sugar being in contact with teeth for longer periods of time. When children chew sticky candies such as caramels or taffy, candy gets stuck on the surface and in between crevices. The longer the sugar is stuck to the teeth, the more time the



If you are looking for a dentist look no further than Dr. Bhavani Swarna at Wayne Family Dental at 35102 W. Michigan Avenue in Downtown Wayne.

bacteria have to feed on the candy and produce acid. The more acid is produced and the longer the amount of time the teeth are exposed to it, the more chance your child has of developing cavities. Sweets like chocolate that quickly dissolve in the mouth and can be eaten easily lessen the amount of time sugar stays in contact with teeth.

Tips for limiting the effects of sugary treats:

- Be selective, choose candy that can be eaten quickly and easily to limit the amount of time sugar is in contact with the teeth.
- Steer away from sticky candies like gummy fruit snacks, caramels, taffy, popcorn balls and other candies that expose the teeth to sugar for long periods of time.
- Limit consumption of sour candies that may contain acids (such as citric acid) to intensify the sour fla-

vor. These acids can contribute to dental erosion and cavities.

- Encourage children to eat a small amount of candy in one sitting followed by a glass of water or a thorough tooth brushing.

- Encourage children to eat a good meal prior to trick-or-treating, so there will be less temptation to fill up on candy.

- Consider purchasing non-food treats for those who visit your home, such as coloring books or pens and pencils.

Good foods for your teeth:

Water, especially fluoridated water, is the best beverage for maintaining your oral health. That's because fluoride helps to make teeth more resistant to the acid attacks that can cause cavities. As of 2012, nearly 75 percent of the U.S. population had access to fluoridated water, so drinking water from your own kitchen sink can help prevent dental problems.

Milk and other dairy products, such as cheese and yogurt, are low in sugar, which is a good thing for your dental health. Plus, they contain protein and are full of calcium, which can help to strengthen your teeth.

Phosphorus-rich foods such as meat, poultry, fish, milk and eggs help to strengthen your teeth and contain valuable protein.

Fruits and veggies are an important part of any balanced diet, and they are also good for your teeth. Since they are high in water and fiber, they help to balance the sugars they contain and help to clean your teeth. Chewing also helps to stimulate saliva production, which washes harmful acids and food particles away from your teeth.

Nuts contain protein and minerals important for overall health. In addition, nuts that are low in carbohydrates don't add to your risk of cavities. Why? Because tooth decay is caused by acid-producing bacteria that are activated by carbs. Another benefit is that chewing nuts stimulates saliva production, which can reduce your risk for tooth decay.

Top nine foods that damage your teeth:

What you eat matters: While these hard candies seem harmless, eat too many and the constant exposure to sugar can be harmful to your teeth. Hard candies also put your teeth at risk because in addition to being full of sugar, they can also trigger a dental emergency such as a broken or chipped tooth. Better alternative? Chew sugarless gum that carries the ADA Seal.

Ice is for chilling, not chewing: You'd be surprised at how many people think ice is good for their teeth. It's made of water, after all, and doesn't contain any sugar or other additives. But chewing on hard substances can leave your teeth vulnerable to a dental emergency and damage enamel.

Watch your citrus intake: The truth is that frequent exposures to acidic foods can erode enamel, making teeth more susceptible to decay over time. So even though a squeeze of lemon or lime can turn a simple glass of water into a fun beverage, it's not always the best choice for your mouth. Citric fruits and juices can also irritate mouth sores. Make sure to drink plenty of plain water.

Not all coffee is good for you: In their natural form, coffee and tea can be healthy beverage choices. Unfortunately too many people can't resist adding sugar. Caffeinated coffee and tea can also dry out your mouth. Fre-

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The Wayne Dispatch is a monthly publication direct mailed to the entire City of Wayne.

HALLOWEEN HAPPENINGS

Saturday, October 12

State Wayne Theater

35310 W. Michigan Avenue
11:15 p.m.

The Michigan Rocky Horror Preservation Society will be celebrating Rockytober with special Halloween-themed pre-shows before the showing of the Rocky Horror Picture Show. There will be an additional costume contest at the October 26 show.

Wednesday, October 16

Wayne Public Library

6:00-7:00 p.m.

Teens who love pumpkin spice might want to join the team at the library as they help participants make a few pumpkin spice snacks of their own! The recipes don't require any baking, and participants will be supplied with recipe cards if they want to make the treats again at home. Participants will need to bring a microwave-safe coffee mug; everything else will be supplied. Must be age 12 or a teenager for this program. No sign-up is required.

Saturday, October 19

Westland Shopping Center

2:00-4:00 p.m.

Free and open to the public, Parkside Credit Union and the City of Westland invite you to the 3rd Annual Mall-o-Ween Spooktacular. There will be a trick-or-treat trail along with activities including bounce houses and inflatable slides, face painting, balloon twisting, airbrush tattoos, photo booth with a free 4x6 photo, craft table, games and music. Children are welcome to dress in costume.

Wayne Historical Museum

7:00-11:30 p.m.

The Wayne Historical Society will be holding their 2nd Annual Happening. The museum will be themed with live actors telling stories from Wayne's past with a spooky twist. \$5 entry fee.

Saturday, October 26

State Wayne Theater

35310 W. Michigan Avenue

11:30 p.m.

The Michigan Rocky Horror Preservation Society will be celebrating Rockytober with special Halloween-themed pre-shows before the showing of the Rocky Horror Picture Show. There will be an additional costume contest at the October 26 show.

Wayne Westland

Federal Credit Union

500 S Wayne Rd, Westland
2:30-4:30 p.m.

All ages are welcome at Wayne Westland Federal Credit Union for cider, donuts and treats at the annual Trunk or Treat.

Costas Village Bar and Grille

35234 W. Michigan Ave., Wayne
9:00 p.m.-1:00 a.m.

Costas will have live music with Missing Link; there is no cover charge.

Sunday, October 27

HYPE Athletics-Wayne

4635 Howe Rd.

2:00-6:00 p.m.

The Annual Hype Up for Halloween free family event will have trick-or-treaters walking through the "haunted" facility collecting candy and goodies from community partners. There will be apple cider and donuts while supplies last. For more information, call (734) 721-7400.

Thursday, October 31

Wayne Masonic Temple

37137 Palmer Rd, Westland

5:30-7:00 p.m.

If you are looking for a place where treats can be gathered in one small area, consider stopping by the Trunk-or-Treat at the Wayne Masonic Temple on Halloween.

Hill Crest Bible Church

3 Towne Square, Wayne

6:00-8:00 p.m.

Hill Crest Bible Church members will be on Biddle Street by First United Methodist Church in Wayne for Trunk or Treat. They will be passing out candy from their decorated cars to the community as well as to their own kids.

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ROTARY WORLD POLIO DAY OCTOBER 24, 2019

A New Strategy To End Polio

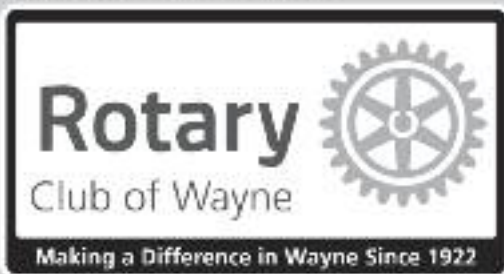
Why do Rotarians need a new strategy to end polio when they have been working on the elimination of this dreaded disease for more than 25 years? The million and a half Rotarians focused on this goal have succeeded in eradicating the pain and suffering in all but 2 countries in the world, Pakistan and Afghanistan. It is not so simple to evaluate the lack of cases from year to year because it takes 3 or more years to be sure that these wild polio viruses are dead.

The new strategy has three goals. First goal is to eradicate the disease. The second is to integrate this effort with other World Health organizations. The third is to prove through surveillance that we have interrupted the transmission of the virus. Vaccinations must continue for every child until that declaration can be made.

It will take \$3.27 billion dollars to close the funding gap that is needed to reach this goal. The Bill and Melinda Gates Foundation will match 2-to-1 the money raised by Rotarians in the coming years.

The world becomes closer everyday through air travel and a person carrying the polio germ could enter your community and spread death and crippling paralysis to any unvaccinated person. Adults and children are susceptible to sustaining a lifetime of misery.

If you observe Rotarians working or fundraising in your community, the elimination of Polio is one of their primary goals.



Please Join us for lunch on Tuesdays at 12:00 p.m.
Wayne Public Library 3737 S. Wayne Rd.

Statistics taken from THE Rotarian magazine: October 2019

HALLOWEEN, Continued from page 4

quent drinks of coffee and tea may also stain your teeth. If you do consume, make sure to drink plenty of water and try to keep the add-ons to a minimum.

Sticky foods are your mouth's worst nightmare: When it comes to picking healthy snacks, many people put dried fruit at the top of the list. But many dried fruits are sticky. Sticky foods can damage your teeth since they tend to stay on the teeth longer than other types of food. If you find yourself eating dried fruits or trail mix often, make sure to rinse with water after and to brush and floss carefully.

Beware of things that go "crunch": Who doesn't love the nice, satisfying crunch of a potato chip? Unfortunately potato chips are filled with starch, which tends to get trapped in your teeth. If you choose to indulge in snacks like these, take extra care when you floss that day to remove all the food particles that can lead to plaque build-up.

Swap out soda with water: When you eat sugary foods or sip sugary drinks for long periods of time,

plaque bacteria use that sugar to produce acids that attack your enamel, the hard surface of your tooth. Most carbonated soft drinks, including diet soda, are acidic and therefore, bad for your teeth. Caffeinated beverages, such as colas can also dry out your mouth. If you do consume soft drinks, try to drink alongside a cup of water.

Limit alcohol consumption: Alcohol causes dehydration and dry mouth. People who drink excessively may find their saliva flow is reduced over time, which can lead to tooth decay and other oral infections such as gum disease. Heavy alcohol use also increases your risk for mouth cancer.

Watch out for sports drinks: They sound healthy, but sugar is a top ingredient for many sports and energy drinks. The American Academy of Pediatrics says sports drinks can be helpful for young athletes engaged in prolonged, vigorous physical activities, but unnecessary in most cases. Before your next sip, check the label to make sure your drink of choice is low in sugar or drink water.

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- 2.) SECURITY STEEL PROCESSING - By Claudia Buckalew
- 3.) CANDY CORN - By the Wayne Historical Society
- 4.) SKELO-WOODY™ - By Dale, Chris and Evan Daggett
- 5.) CAT LADY - By Wayne St. Mary's Outreach
- 6.) DEMMER DETAILS - By Matthew Demmer
- 7.) Support "HOLIDAY MEALS FOR SENIORS" Visit thesenioralliance.org - By The Senior Alliance
- 8.) SKELZAZOR - By Summer, Bella, and Jason
- 9.) By Tiffany Fuller
- 10.) FIN - By Walker-Winter PTO
- 11.) MILLIE THE MOOSE - By Wayne/Westland Women of the Moose
- 12.) ARTISTA, EXPLORING THE ARTS WITHIN - By Michelle Guernsey
- 13.) LILY - By the Harper Family
- 14.) BLACK CAULDRON - By Maci, Harper, Matthew, & B
- 15.) THE WORKING MAN - By Kurt's Caps
- 16.) POPCORN LADY - By Kurt's Caps
- 17.) All Star Patriots Dance and Gym
- 18.) THE MECHANIC - By K&S Auto
- 19.) WOODSTOCK - In Memory of Caron Milam - By Pam Kempainon
- 20.) In Memory of Eric Wayne Rose - By Kicks Tae Kwon Do
- 21.) Lower Huron Company
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- 23.) DIA DE MUERTOS - By the Mata Family
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- 31.) MERRY MINION - By St. Mary's CSA Girl Scout Troop #40037
- 32.) DAISY - By St. Mary's Daisy Troop #20445
- 33.) WITCH'S NIGHT OUT - By St. Mary's Junior Girl Scout Troop #20921
- 34.) DAY OF THE DEAD - By the Thelsen Family
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- 36.) PLAN AND PRACTICE YOUR FIRE ESCAPE - By Wayne Fire Department
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- 38.) TROOPER - By Remax Classic Pat Rice
- 39.) POLIO ERADICATION - By the Wayne Rotary Club
- 40.) DR. SCARE - By R. Webb
- 41.) ROSIE THE RIVETER - The Webb Family
- 42.) JOHNNY - By Alice Webb
- 43.) TAKEN BY THE HEADLESS HORSEMAN - By Brooke, Temperance, and Verity
- 44.) HEAD OVER HEALS FOR THE LIBRARY! - By the Wayne Public Library
- 45.) DR. EYE - By LensCrafters Westland
- 46.) COMFY - By Ann Zimmerman- License Massage Therapist
- 47.) IRON MAN JR. - By the Noel Family
- 48.) HULA - By STEP Thrift Store
- 49.) OOMPA LOOMPA - By My Place Restaurant
- 50.) MINNIE - By the Baum Green Family
- 51.) BAZAAR BEAR - By First Congregational Church
- 52.) SALUTE - By the Wayne Memorial JROTC
- 53.) SUGAR SKULL TOOTH FAIRY - By Village Dental
- 54.) Revamp Homes LLC
- 55.) STRANGER THING IN WAYNE - By the Smith Family



"A special thank you to
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Fashion show to raise funds

Have you ever wondered what it would be like to attend Fashion Week in New York, London, Milan or Paris? The members of the Wayne Ladies Literary Club might have wondered that too. They can't bring you that full-sensory experience. However, they can bring you "Fall Into Fashion," their 2019 Fashion Show Fundraiser. The Coral Sash, a modern boutique with vintage charm located in South Lyon, will be bringing their latest styles to the runway using real women as models. The Coral Sash bills itself as a space where "grandmothers, mothers, and daughters could shop together in one place."

The Ladies Literary Club has been in existence since 1896. Their mission is to stimulate intellectual development, give service to others, grant student scholarships and promote good fellowship among its members. The club gives two \$1,000 scholarships to female students each year: one to a senior at Wayne Memorial High School and one to a senior at John Glenn High School. "Fall

Into Fashion" will be Tuesday, October 15, at the First Congregational Church of Wayne, 2 Towne Square in Wayne. Doors will open at 6:30 p.m. There will be light refreshments, basket raffles, 50/50 drawing, shopping and fun. Tickets are \$35 each and are available by calling Mary Ann (734) 729-7247. After the fashion show, there will be an opportunity for you to shop and ask questions about the fashions you saw on the runway.

"I am so excited about this fundraiser because the community is supporting the youth of today to further their education for they are our future. I am also looking forward to visiting with other women in the area. I have been to several of Coral Sash's Fashion Shows and they are great and you can shop and purchase a special outfit if you like. I am looking forward to laughing, having fun and maybe winning a basket or the 50/50 drawing. The tickets are going quickly so call and get your ticket," said Fashion Show Chairman Judy Howton.



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WWFCU is joining over 56,000 credit unions worldwide to celebrate International Credit Union (ICU) Day® on Thursday, October 17. ICU Day has been honoring the spirit of the global credit union movement since 1948.

We feel ICU Day is a time to thank our members for supporting us and the credit union movement. That's why we're hosting several events for the day.

Stop by October 17 to enjoy the following FREE events:

- 9:30 a.m. - 11:00 a.m. Coffee and donuts
- Noon - 3:00 p.m. Hot dogs and pop
- 3:00 - 6:00 p.m. Clowns, face painting and balloons (for youngsters)

Throughout the day, members of all ages will receive goody bags filled with fun giveaways!

Thank you for being a WWFCU member.



Zebra athletes of the Month

11th grade student Brookelynn Robertson is involved in sideline cheerleading. She did gymnastics for 6 years prior to cheerleading. On being chosen Student Athlete of the Month, Brookelynn said, "I feel really special, but it's good to be the first one this year."



Robertson



Williams

She also says she's always been a leader and very competitive. She wants to inspire her team to be the best.

Her coach, Amber Goachee, commented, "Brookelynn is committed to pushing herself and teammates with tumbling and stunting. She doesn't stop until something is perfect, whether it's flipping in a stunt or helping a teammate achieve their tumbling goals. Her energy is infectious and always makes practices worthwhile."

12th grade student Mitez

Williams is involved in varsity football. He says he started playing football when he was 9 years old. After that, he didn't play much until he entered high school. He's been playing ever since and loves the game. On being chosen Student Athlete of the Month, Mitez said, "It really means a lot to me, I took pride in it because not many people get the opportunity to show off what this team has done and what I'm doing for the community as well."

He also said, "I feel like the football team needed somebody that was going to be the backbone and foundation of the school and the team. I decided to step up from freshman year on up and keep on fighting."

Upcoming sporting events at Wayne Memorial High School:

October 18: Football against John Glenn at 7:00 p.m.

October 22: Swimming against Divine Child at 6:00 p.m.

October 22: Volleyball against John Glenn at 7:00 p.m. (Pink Out Night)



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NEWS BRIEFS

Coats for Veterans coat drive

The City of Wayne will be joining several other communities from now until October 21 for a Veterans Coat Drive.

The collection box is located in the City Hall vestibule. Men's and women's new or gently used coats of any size are being sought.

Donations will benefit veterans in our area and go to Veterans Haven in Wayne and House by the Side of the Road in Ann Arbor.

The coat drive is being sponsored by Veterans of The Foreign Wars Post 6695: Mayflower-Lt. Gamble; Vietnam Veterans of America Chapter #528; American Legion Post 398: Passage-Gayde; and Knights of Columbus Assembly #1536: Pope John XXIII.

Gone with the wind

The Wayne Historical Society and the Wayne Public Library will be hosting a presentation at the Wayne Public Library, 3737 S. Wayne Rd, about the book and movie versions of the 1939 classic "Gone with the Wind" on Thursday, October 10, at 7:00 p.m.

Since 1994, Kathleen Marcaccio has presented her program on Margaret Mitchell and "Gone With The Wind" to hundreds of people in a variety of settings, including libraries, community colleges, retirement communities, historical societies, book clubs, women's groups, and Civil War Round Tables, as well as at GWTW events.

Marcaccio's GWTW presentation provides background on author Margaret Mitchell and her Pulitzer Prize-

winning novel "Gone With The Wind;" the 1939 film by the same name; Margaret Mitchell's post-GWTW life; and Gone With The Wind in popular culture.

Marcaccio has spoken at the Clark Gable Foundation 100th Celebration in Cadiz, Ohio and the 2010 Gateway to the Wind event in St. Louis. In 2008, she cohosted a GWTW Weekend at Meadow Brook Theatre, featuring cast member Mickey Kuhn. In 2012, Marcaccio hosted a GWTW weekend at the Redford Theatre, including a sold-out GWTW talk. In 2015, she hosted a 2nd GWTW weekend honoring Mickey Kuhn. Marcaccio has organized group GWTW gatherings and tours in Atlanta, Hollywood, Cadiz, and Austin, Texas as well as in the metro Detroit area; displayed her collection in the Detroiters Collect! Exhibition and at the Fellowship of American Bibliophilic Societies 2010 dinner; and has been featured in Detroit-area newspapers and other publications. In 2012, she received the inaugural Windie of the Year award from the Gone With The Wind Museum in Marietta, Georgia. She has worked with 9 Midwest community and professional theatres on their productions of Moonlight and Magnolias, providing GWTW background and lobby displays to enhance the theatergoer experience.

Pumpkin spice and everything nice

Teens! Are you a pumpkin spice lover? Then join the team at the Wayne Public Library as they help you make a few pumpkin spice snacks of your own! The recipes

don't require any baking, and you will be supplied with recipe cards if you want to make the treats again at home. You will need to bring a microwave-safe coffee mug; everything else will be supplied. Must be age 12 or a teenager for this program. No sign-up required for this event on Wednesday, October 16, from 6:00-7:00 p.m.

Hype up for Halloween

HYPE Athletics-Wayne will be holding their annual Hype Up for Halloween event on Sunday, October 27, from 2:00-6:00 p.m. This free Spooktacular family event will have trick-or-treaters walking through the "haunted" facility collecting candy and goodies from community partners. There will be apple cider and donuts while supplies last. For more information, call (734) 721-7400.

Strike a pose: vogue

The clothing you wear can say a lot about who you are. DIA: Behind the Seen Talk: Vogue explores costuming and adornment throughout time and discovers the many ways that personal, political and cultural identity is communicated through our clothing and body art. A volunteer from the DIA will present this program on Wednesday, October 30, at 6:00 p.m. at the Wayne Public Library.

Glass mosaic class

A Morning of Arting-Glass Mosaic Class is being offered on Saturday, October 19, at 9:30 a.m. at Helium Studio, 3127 S. Wayne Rd. Attendees will create an original 8x10 framed stained glass mosaic using a

glass on glass technique. Class is limited to 12 students. \$45 covers all supplies. Once you have created your glass piece, instructor Michelle Guernsey will grout the piece and have it available for you to pick up one week after the session. Michelle will also have grouting kits available if you want to grout your own piece at home; no extra charge. If interested, call Helium Studio (734) 725-3811.

Tea at the library

The Friends of the Wayne Public Library will be hosting a sophisticated afternoon fundraising tea on Saturday, November 2, from 1:00-3:00 p.m. at the Wayne Public Library. Tickets are \$35 and can be purchased at the library circulation desk.

The happening-chapter 2

The Wayne Historical Society will be holding their 2nd annual Happening on Saturday, October 19, from 7:00-11:30 p.m. The museum will be themed with live actors telling stories from Wayne's past with a spooky twist. \$5 entry fee.

Holiday fair

First Congregational Church, 2 Towne Square, will be holding their 73rd Annual Christmas Festival on Thursday, November 7, and Friday, November 8, from 10:00 a.m.-8:00 p.m. Christmas decorations, a boutique, home-made candy, a specialty shop, country store, attic treasures, books and more will be available. The church will also have dinner and lunch available for purchase both days. Lunch is 11:00 a.m.-1:00 p.m. and dinner is 5:00-7:00 p.m.



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How yoga changed my life for the better

By Courtney Conover

I had no idea that when I popped a VHS recording of Rodney Yee's Yoga for Energy into my VCR back in 1998 that, over the course of several years, the gift of yoga would far exceed my wildest expectations and transform my life.

Some background on me: I'm a local gal. I was raised in Westland, attended Wayne-Westland Community Schools, and graduated from John Glenn High School in 1995. After earning a bachelor of arts degree in Communications from the University of Michigan in Ann Arbor, my career took me from coast to coast—literally: I was a television reporter for a CBS affiliate in South Carolina and, as a narrator and model for both Honda and Jaguar, I've worked countless auto shows, including San Jose, Detroit, Boston, and numerous cities in between. I eventually found my way back home—even proudly serving the residents of Westland as Deputy Mayor from 2007 until 2009.

And through all the aforementioned fast-paced professions, here's what had remained a constant: Though generally optimistic, I was a worrier and control freak by nature. That's just who I was. As a child, I remember my mother pulling back the covers when waking me up in the morning and jokingly inquiring whether she would find me or a huge wart in my place.

To this day, I credit my yoga practice with giving me the tools necessary to handle all the stress I endured back then. Although I'd be dog tired at the end of the day, I'd unroll my yoga mat in my tiny apartment—or whatever hotel I was staying at during an auto show—and breathe, stretch, and move for as little as 10 minutes, or as long as an hour. It wasn't always much...but it was something. And it helped. Immensely.

You see, far too often, yoga is characterized as solely a physical practice, something reserved for bodies that are young, thin, and bendy, and I'm here to tell you that that is not the full picture. Our breath is far more important than our flexibility. The very definition of the Sanskrit word yoga is to unite (or "yoke") the mind and body in harmony. And our



Courtney Conover recently started teaching at Hype Athletics here in Wayne teaching yoga on Mondays at 10 a.m. and Fridays at 9:30 a.m.

breath is the key.

Contrary to what we may have come to believe, yoga isn't about twisting like a pretzel, or looking good in our workout pants – or our bathing suit, for that matter. The purpose of yoga is to quiet our mind and ultimately find peace and awareness within ourselves.

Let me put it another way: Failing to honor—meaning, focus on—our breath during yoga is like eating pasta with our fingers. Sure, we can do it. But wouldn't the entire experience be more pleasant with utensils?

I finally realized this in my tenth year of practicing yoga—better late than never, right?—and I decided I wanted to teach yoga to help guide others on their own yoga journey. So, in 2011 I earned my RYT-200 teaching certification from Sattva Yoga Center, a Yoga Alliance registered school, in Dearborn, Michigan. And I am humbled and grateful to have since taught in a variety of locales including Taylor Yoga in Taylor, Detroit's Ford Field, Marriott Hotel in Romulus, Wayne Memorial High School, and Detroit Lions Academy in Detroit, just to name a few.

And here's the most important place I've taught: home.

Five months after becoming certified to teach yoga, my husband, Scott, and I welcomed our firstborn, our son Scotty, and then exactly two

their own yoga mats and are pretty adept at certain yoga poses. But before I encouraged them to move on the mat, I made a point to emphasize the importance of harnessing the power of their breath first, so that when they are nervous, scared, or uncertain during real-life situations, their breath can help restore a sense of calm.

That, too, is yoga.

And I'd be remiss if I didn't include my husband in this scenario. Those who know my husband also know that he's hard to miss because he's 6'7" and 295 pounds. He's also a former NFL offensive lineman who played six seasons for the Detroit Lions and spent his entire career blocking for Hall of Fame running back Barry Sanders.

And Scott's got the aches and pains to prove it: I always tell people that you don't collide with 300-pound men for a living and come out unscathed. Every morning, Scott gets out of bed with his three side-kicks, Snap, Crackle, and Pop!

Thankfully, Scott's simple yoga practice, which is comprised of the most basic yoga postures, has helped him maintain range of motion within the areas of his body that have sustained substantial injury.

We all have our own bag of "stuff"—ailments, physical challenges, and even insecurities—and while yoga can't erase these hurdles, it can help us cope better. Yoga gives us the ability to surrender.

My approach to yoga instruction is simple: Just show up on your mat, breathe, and accept your body for what it can do today. That's it.

I invite you to join me: I'm excited to have recently joined the staff of Hype Athletics here in Wayne where I'm teaching yoga on Mondays at 10 a.m. and Fridays at 9:30 a.m. Whether you're a senior who hopes to attain a better sense of balance, a banged up former football player, or a person who can barely touch his or her toes, yoga is for everyone—literally, every body—and I would love to see you in class.

My ultimate goal is to help you unlock your full potential while simultaneously encouraging you to proceed at your own pace.

Come breathe and move with me. See you on the mat.



years later, I gave birth to our daughter, Kennedy. Yes, both kids own

Wayne-Westland makes superintendent transition

In a mutually-agreed upon resolution, the Wayne-Westland Community Schools Board of Education voted October 1 in a Special Session to end the School District's administrative relationship with Superintendent Dr. Shelley Holt.

The Board voted 7-0 to accept a resignation and resolution agreement which allows both the School District and Dr. Holt to accept Dr. Holt's resignation and move forward in a positive manner. "I wish Dr. Holt nothing but the best as she moves on and thank her for the many positive contributions she made to the School District during her time as Superintendent," said Board President David R. Cox.

The mutual agreement addresses not only Dr. Holt's tenure with Wayne-Westland but results in the dismissal of her pending lawsuit against the School District. The resolution of these matters allows the Board of Education to move forward with a search process to hire a new Superintendent.

During the search process, the

District's current Assistant Superintendent for Human Resources and



Jill Simmons, will serve as Interim Superintendent.

Operations, Ms. Jill Simmons, will serve as Interim Superintendent. Ms. Simmons, who earned her Bachelor's degree in Business Administration from Eastern Michigan University and her Master's degree in Human Resources and Employment Relations, with concentrations in Employment Law and Labor Relations, from Penn State University, has been employed by Wayne-Westland for nine years. Ms. Simmons will be supported by Dr. Sue Carnell, with whom the Board will enter into a consultant agreement. Dr. Carnell had served as the Interim Superintendent since July 2019 but was limited by Michigan retirement rules as to the

amount of time she could serve as an administrator.

"The Board of Education will now begin the process of identifying a new superintendent to lead our District in what will surely become one of the most exciting rebuilding eras in District history," said Cox. "With stable finances, new employee contracts in place, major facility upgrades on the horizon, and a new curriculum coming online, the School District is looking forward to

making positive changes in virtually every area of study for every student," he added. "Our mission is to educate and prepare all of our students to be knowledgeable, responsible, contributing members of a global society. This requires a dedicated teaching and administrative staff functioning in an environment that recognizes and appreciates that dedication. The Board is committed to maintaining that environment for all employees."



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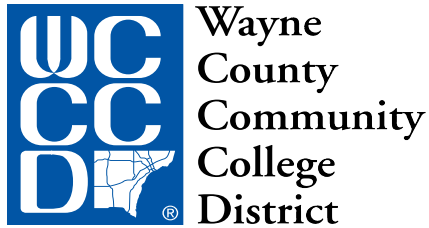
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