

YOUR SOURCE FOR POSITIVE COMMUNITY NEWS

P.O. Box 156 · Wayne, MI 48184



Prom Closet

Look inside for cost saving prom and formal attire for teens an adults

See page 9



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ПОТОТИТЕТЬ В БОЕЛЬВЕВ В БОЕЛЬВЕР В БОЕЛ



Vision of the future

By Jenny Johnson

A new plan is on the way. The City of Wayne is in the process of updating the Master Plan. Adopted in 1964, this will be the first major revision of the plan. The area of study will include the downtown area. The boundaries are the Norfolk Southern Railroad on the south, the CSX Railroad on the west, the Rouge River on the north, and Howe Road on the east. It may also include additional portions of South Wayne Road.

"A Master Plan is a guide for the physical development of a city. It surveys and studies the present conditions and projects future growth," said Matthew Miller, City Planner. The Master Plan looks at neighboring jurisdictions and addresses land use and infrastructure issues. It is a 20 year redevelopment and design plan for the future. It will help assure development is done in an orderly fashion and the results will look like the community envisioned, Miller said.

"We want a realistic Master Plan that takes into consideration land availability and zoning, the financial situation and gives a vision for the future," said Mayor Al Haidous.

The City has hired LSL Planning Inc. of Royal Oak as consultants to assist in preparing a new Master Plan. Carmine Aventini from LSL presented a draft of the Master Plan at a stakeholders meeting in March. They will also host an open house for public input this spring. This will give residents an opportunity to review the work done so far and have a hand in the outcome of the plan. "We want a lot of public involvement. We want the residents, businesses and industry all to be involved," Haidous said.

Key concepts for the improved Master Plan include an active and vibrant downtown area that is a great place to live, work and visit. One way to achieve this is with mixed use buildings that would offer first floor retail space and second floor office or living space. Designers also envision small specialty shops that



The Master Plan is presented by Carmine Avantini of LSL planning at the Wayne Recreation Center. Photo by the Wayne Dispatch

would help to create a regional market niche. Walkable, pedestrian friendly streets and the addition of some pocket parks around he downtown area with public art like statues and fountains with benches nearby, would also help revitalize the downtown area.

Having buildings close to the street naturally reduces traffic speed and makes areas more pedestrian friendly, Aventini said. According to their research, some of the challenges the City has to face are the high speed of Michigan Avenue and Wayne Road traffic, the disconnected retail areas, and a lack of connected streets, Aventini said. Retail areas that are under supplied in Wayne include: specialty foods, clothing, electronics and appliances.

Some of the strengths Wayne has include strong neighborhoods within walking distance of downtown, high traffic volumes, city controlled properties and a large market area within 10-15 minutes of the city.

How to turn the plan into reality? Recruiting and retaining a mix of

businesses and marketing the downtown is crucial. In the short term the City can retain and support the current businesses in Wayne. Long term the City can continue capital improvements like streetscapes, parks and infrastructure to make Wayne a place where businesses will want to come and stay.

"People have asked why now with such a difficult economy? It's like waiting at a bus stop. If you are not at the bus stop when the bus comes, you are going to miss the bus. We must plan now so when the economy turns around we have something to offer," Haidous said.

The current Master Plan is available for review at City Hall and at the library. It will be adopted this summer. There will be a Master Plan Open House for the public from 5 - 8 p.m. on April 30 at the Wayne Public Library.

If you have any questions, please contact the Community Development Department at 722-2002.



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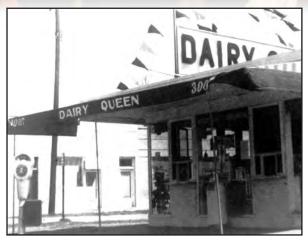
othing says spring like Dairy Queen. Who hasn't spent a blustery winter day dreaming of sitting in the sunshine and eating their favorite blizzard, arctic rush, sundae or a cone dipped in chocolate?

"And don't call it ice cream. It is Dairy Queen soft serve," said Eileen Lekas, former owner of the Dairy Queen on Wayne Road. Eileen and Peter Lekas of Wayne owned the Dairy Queen for 28 years.

They bought it in 1959. Eileen recalls the busy summer nights spent at the windows. "Our line never stayed long because we really moved," she said. "One of us worked at each window. That's what we did for 28 years." They said they enjoyed every minute of watching Wayne from their small windows at the front of the store.

The good old days

Back then Wayne Road looked a lot different. It was one lane each way and there were parking meters at the curbs. Stores like Mulhollands, Gladstone Shoes and Kresge were within walking distance. Dairy Queen was around before Michigan Avenue was a divided highway. "Baby cones were a nickel and the other cones were 10,



15 and 20 cents," said Peter. "And a large was really a large," Eileen said. "We insisted on excellence. All of our cones had a loop. Just like the pictures."

For the first 8 years Eileen kept her day job at Grand Trunk Western Railroad and Peter ran the store by himself during the day. Why work so hard for so long? "Because we loved it -- the people, the work, the challenge," she said. And it was a challenge to get all of

the orders out the window quickly and correctly. Eileen fondly remembers two of her favorite customers -- St. Bernard dogs. Their heads would just reach the counter and they couldn't wait to get their cones. "They would eat it gone in one bite," she laughs.

Dogs weren't the only ones who enjoyed soft serve. A pet store used to be a few doors down on Wayne Road and in it lived a very clever monkey. The monkey knew how to get out of its cage, out of the store, and on the front counter of Dairy Queen. It would sit there patiently until Peter would make it a vanilla cone and alert its owner. Peter shrugs his shoulders and said, "It liked Dairy Queen."

Even though they sold the Dairy Queen in 1986, the Lekas continue to live in Wayne. "It's a small friendly community where everything is handy -- the banks, the stores, and we like the people," Eileen said.

Still serving smiles

Today their nephew John and his wife, Anna, own it. This is the Petrous 21st year at the corner of Wayne Road and Chestnut. Anna loves seeing the customers coming

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YOUR SOURCE FOR POSITIVE COMMUNITY NEWS



Memories, continued from page 3

to the window to celebrate all of the different milestones in their lives. "Dairy Queen is an after prom tradition for many teens. We even have women in labor coming to the window for one last treat," Anna said. Any yes, women in labor can cut to the front of the line.

Other regular customers include baseball teams, police officers, fire fighters and school groups. For many customers, Dairy Queen has been the site for some of life's milestones. Frank and Barbara Caudill met at the Dairy Queen and still celebrate their anniversary every year for the past 30 years with a Dairy Queen treat.

It was the summer of 1988 when one former Dairy Queen employee met her future spouse while working behind the window. He was a customer. Seven years later he knew just the place to take her to propose. "I took her back to the place where we first met," said Kelley Johnson of Westland. On bended knee he proposed on the picnic tables under the awning. Fourteen years later they make regular trips to the Dairy Queen with their two kids.

Anna has started a book of memories that the customers are happy to contribute to. They talk about walking to Dairy Queen for Saturday banana splits when they were kids. Many talk about bringing their kids to get their first treat from the Dairy Queen.

The book is filled with thank you letters from customers who appreciate their friendly service even when they pepper their orders with extra this, hold this, and add this requests.

Customers and staff both say they feel like part of the family. Generations of families have continued the Dairy Queen tradition.

Giving back

The Dairy Queen of Wayne also supports the community. They have sponsored baseball teams, passed out hundreds of tokens at the annual Wheelfest parade, and offer tours and discounts to local schools. They have sponsored the Diamond of the Community Award for the past two years. This award recognizes an outstanding senior citizen volunteer.

They also participate in the Children's Miracle Network's annual fundraiser where they donate a portion of the proceeds from the sales of blizzards for a day in August. "We help anybody and everybody we can. We try to do a little bit for all," Anna said.

John said it's easy to want to be a part of the Wayne community. "This city is amazing. Look at how they came together for Kimberly Loveless. There is lots of caring and lots of good people in Wayne, "John said.

Well loved staff

John and Anna have a crew of 11 employees this season. Anna loves all of her staff, past and present. In fact, she still gets Christmas cards from many of them. "They have told me that what they learned here has helped them in their later jobs," Anna said.

When it comes time for hiring help for the season, the Petrous have never had to advertise. "Most of our kids are referrals from our current staff or from other people we know," she said. The staff agrees the Dairy Queen is a great job. "They are the most amazing employers to work for," said Jared Smart, 18, a second year employee and night manager.

Stephanie Wilcox, 19, night manager, started working at Dairy Queen at age 14. Before that she was a frequent customer who would come and order extra Reese cup in her



blizzard. Anna still writes Reese Cup on the envelope of her paycheck each week.

"When my mom passed away the staff gave me a card with all of the tips they had collected while I was off for a week. I used the tips to buy a necklace with my mom's ashes in it."

"We have really good kids here," Anna said.

At one time the staff included John and Anna's three kids -- Michael, Niko and Katina. They learned to fill spoons, clean counters and eventually graduated to working the window. They are all grown up now but the Dairy Queen is where they learned the lessons of hard work and excellent customer service.

Another employee Nicole Ives, 17, has worked at Dairy Queen for three years. "Everyone gets along really good," said Nicole. She also likes the customers. Even if one customer accidently shoved a cone in her face one time. "The customer was trying to carry five cones at once and as I leaned over to ask if she needed help, she lifted the cones up and I got a face full of cone," she said.

Megan Luke, 16, likes her job so much that this year she recruited her sister to work with her. She said the staff gets along really well and she likes the customers too.

"You have all happy faces coming to the window," Anna said. "I love what I do and the happy faces. In the winter I think of all my smiling faces and I can't wait to get back and see them," said Anna.

The Dairy Queen is open from 11 a.m. to 10 p.m. Monday – Thursday and 11 a.m. to 11 p.m. Friday – Sunday. From March until October you can count on your favorite Dairy Queen treats being served with a smile. To order a cake, arrange a field trip or place large orders, please call 734-729-1020.

Editor's note: The lucky young lady who got engaged at the Dairy Queen still works in Wayne today. She is the editor of the Wayne Dispatch!







The Petrous Family Niko, Katina, John, Anna and Michael.

Petrous Family Through the Years











Alissa Jennings

Alissa Jennings update

She's making progress. Alissa Jennings is the 9-year old Hoover Elementary School student who was diagnosed with a cancerous brain tumor in September. She has been fighting a fierce battle with aggressive chemotherapy treatments since she was diagnosed in September.

"Alissa is doing really good. She is half-way through her maintenance chemotherapy. She has three months to go. She will finish at the end of June," said her mom, Nicole Jennings. She has an MRI scheduled for April 1 to see if the tumor has shrunk.

Alissa recently celebrated her ninth birthday. The Make-A-Wish foundation has met with Alissa and her family and are going to grant one of Alissa's wishes. Alissa is getting excited to hear the news.

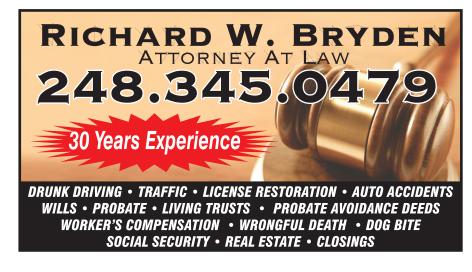
Family and friends continue to support the Jennings family with prayers, support and fundraisers. The most recent fundraiser was at Wayne Bowl. More than 250 people helped to raise \$4100 for the Jennings family.

"It was a very nice turn-out. Lots of people came out to show their support for her, including Miss Michigan," Nicole said.

The business community also helped to support Alissa. Mark Chevrolet, Cal Signs, Jan Signs, The Acorn Shop, Dairy Queen and the Wayne Goodfellows all donated to the fundraiser.

"We are very pleased and blessed to see how well Alissa is getting through all of her treatments. She is a trooper and has inspired so many throughout her journey," Nicole said.

Alissa has been invited to release a dove at the Westland Relay for Life in May. She is really looking forward to being a part of that, her mom said.







Worthy applauds and warns Wayne Rotary Club

Wayne County Prosecutor Kym Worthy was the keynote speaker at a recent Rotary luncheon. Worthy was sworn in as Wayne County Prosecutor in January 2004 and is the first African American and first female women in this position. "She is a strong believer in community service," said Judge Laura Mack.

Worthy congratulated the Rotary on their efforts to keep the Teen Court program in use after the county lost the grant to run the program. "I am happy to be here today. I feel even more at home because I'm involved in the Teen Court which started as a satellite of my office," she said.

The Teen Court is a program currently located at Wayne Memorial High School as part of the business and personal law class. High school students act as jurors in real first time low level juvenile cases with 29th District Court Judge Laura Mack presiding over the proceedings.

She credited the Wayne Rotary Club with supporting the Teen Court program after the county lost the grant that allowed them to start this worthwhile program. Wayne County still supplies the cases for the court program. The 29th District Court supplies the judge and the juvenile probation officers. The Wavne Rotary Club provided the funds to build the courtroom in the classroom at Wayne Memorial and the Teen Court is now part of the curriculum in the business and personal law class.

"It's important to get the youth involved in the civic process," Worthy said. She gives an example of a teenage girl who got caught shoplifting promitems at a local mall after her parents had given her money to buy them. She was charged with retail fraud. Worthy said she agreed to be in the Teen Court program and abide by the punishment the jury of her teen peers came up with. Their sentence was that she could not go to the prom. The defendant was devastated.

"That's no sentence an adult would think of. That's the value of this program. We value their input in the criminal justice program. My hope is that teens who serve as



Wayne County Prosecutor Kym Worthy. Photo by The Wayne Dispatch

jurors and respondents won't become a part of the adult criminal process," Worthy said.

Worthy said we must be proactive in crime prevention and she is proud that the Wayne Rotary Club supports the Teen Court. "I applaud you for that," she said. Her office has heard from many parents and teens who have said the Teen Court program has made a difference for them.

Worthy said her office has just submitted plans and programs for Federal Economic Stimulus Funds and the Teen Court was among them. If it is granted she would like to run the program across the county. She said this program is a great crime prevention tactic and can help turn students away from crime.

She was also happy to hear that First Step is relocating to Wayne. First Step is a domestic violence shelter for women and children.

"No community in Wayne County is immune to domestic violence," she said. Domestic violence is a huge problem not only in Wayne County but nationwide. Domestic violence reaches all cities and all classes. Wayne is the largest county in

Michigan and has the 11th largest prosecutors office in the country. There are 170 prosecutors in Wayne County who try 80,000 cases per year. About 8,000 are domestic violence cases.

Two rising crimes that Worthy warned the audience about are elder abuse and credit card fraud. She has seen an increase of senior citizens who are either abused or financially exploited by healthcare workers or even members of their own family.

Credit card fraud is happening to many people. Worthy has even fallen victim to it. She said cashiers, food service workers and even the person behind you in line can use their cell phones to take a photo of your credit or debit card when you take it out to use. How many times does the waiter or waitress walk away with your credit card in hand when you pay your bill? Since your card is never lost or stolen, you won't know this happened until charges show up on your monthly statements. "Tell all of your friends," she warned.





Girl Scout makes donation

Erin Mott, Cadette Girl Scout Troop #1572 Livonia, is pictured with Deputy Chief/Fire Marshall Mike McKee and her brother donating a bag full of stuffed animals as part of her Silver Award Project for Girl Scouts. The Wayne Fire Department will use the new stuffed animals as a comfort and keepsake item when transporting and caring for children.



My biggest pet peeves

We all have them. You know, those little quirky things that others do that just baffle the rest of us. You'll notice that I say the rest of us, as if to imply that I am not the only person that is confounded by these minor annoyances. Perhaps it's because I believe that there is strength in numbers. Here are a few of mine.

Each day as I commute to work, I stop by an establishment that sells coffee and baked goods. Without fail, at least once or twice a week I encounter a fellow customer who arrives at about the same time. If I reach the door first, I hold the door open and allow them to pass through. As we approach the counter, the friendly staff bellows out, "I can help who is next". You would think that once inside, that the other patron would turn to me and say "go ahead, you were here first", but it never seems to play out that way. That's pet peeve #1.

Let me make it clear that I am not speaking of one particular individual, but rather several customers that share this same odd proclivity.

Now comes pet peeve #2. As this same customer now places her order, I do admire the fact that she wants to bring tasty calorie packed goodies to her fellow co-workers. But then the unthinkable happens! Now she wants to personally select



each and every donut and danish. All 48 of them! And then, with all the anguish of Meryl Streep in the movie Sophie's Choice, she painstakingly decides what her co-workers will or will not enjoy.

There have been times when I can't contain myself any longer and I lean toward this bewildered person and verbalize my utter amazement that they have the ability to remember the personal favorites of each co-worker. The response is always the same, "Oh, I have no idea what the others like, I'm just guessing."

So in the interest of speeding up lines throughout the world, please follow this simple request. When requesting large orders, pick out your personal favorites and then tell them to mix the rest. The pros behind the counter will love you, as will the line of customers behind you.

Where I work, the food doesn't have to be good, just free......

Hal@TheWayneDispatch.com

NEWS BRIEFS

Wayne Dispatch on the web

Do you have friends and family who don't live in Wayne and would like to read the Wayne Dispatch? Well now they can. Check out each month to read the entire newspaper--stories, photographs and ads. It's all there.

Finance Department wins award

The City of Wayne Finance Department received an award for Quality Financial Reporting for the 19th consecutive year. They were recognized for their outstanding financial reporting by the Government Finance Officers Association of the United States and Canada (GFOA).

Buy American

City Council voted to endorse the "Resolution on the Spending of Federal Economic Renewal Grants" which is an effort by local municipalities to work to spend economic recovery plan funds on products and services that create jobs and help keep Americans employed. Wayne joined Brownstown, Trenton, Wyandotte, Gibraltar, Flat Rock, Taylor, Ecorse, Southgate, Rockwood and River Rouge in this effort.

The American Alliance for Manufacturing is asking local municipalities for help in saving manufacturing jobs in Michigan. "This body has been promoting buy American and we will continue to support that," Mayor Al Haidous said after the council approved the request.

Richard Massengill on behalf of the steelworkers asked the City Council to approve a resolution that asks for American products and services be used whenever possible when using Federal Economic Stimulus Funds.

State Wayne Theater

The movie listings for State Wayne Theater are not in the daily newspaper anymore. Look online at www.ci.wayne.mi.us/ or call 734-326-4600.



New fire truck on the road

The Wayne Fire Department has their new 2008 Sutphen Pumper in service. The pumper was paid for with a grant from the Federal Emergency Management Agency Fire Grant program with a 5% match from the City. The fire department currently has a ladder truck, two engines and three rescue units.



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We Want to Hear From You

The Wayne Dispatch wants to know what you think. How are we doing? Tell us what you like and what you would like to see in the Wayne Dispatch.

Does your church, school, group or organization have an upcoming event? Do you want to let the public know about it? Please send the details at least one month in advance to jenny@thewaynedispatch.com.

Do you know a business that was not mentioned in the paper? Would they like to advertise in a positive news only publication? Have them contact John at 734-641-6550.

The Wayne Dispatch is a monthly publication distributing to the entire City of Wayne. The Wayne Dispatch is a non-partisan publication. The Wayne Dispatch does not include the endorsement of any political candidate or political view. The Wayne Dispatch will continue to be non-partisan and will include only advertisements paid for by candidates with a disclaimer by that candidate. There can be no exceptions.

COMMUNITY CALENDAR

Does your church, school, group or organization have an upcoming event?

Do you want to let the public know about it? Please send the details at least one month in advance to or mail information to The Wayne Dispatch P.O. Box 156 Wayne, MI 48184.

City Council Meeting

April 7 - 8:00 p.m. City Hall 3355 S. Wayne Road

Marshmallow Drop

Friday, April 10 at 10 a.m-Attwood Park First Drop: Walking toddlers to age 4 and children with a disability; Second Drop: Ages 5-7; Third Drop: Ages 8-10.

Bunny Breakfast

Friday, April 10
10:45 a.m. - 12:00 p.m.
Tickets are \$4 Resident/
\$5 Non-Resident.
Fee includes pancakes,
sausage, juice, arts and crafts
and clowns. Pictures with the
Easter bunny \$2.00.
Children 2 and under are free.
Limited to the first 200 people.

Westland Relay for Life Fundraiser

April 14 - 6 - 9 p.m. at Wayne Community Center
The event will feature hair cuts for a nominal donation, a balloon twisting clown, face painting, magic, and other family-geared entertainment.
All services will be provided by local Wayne businesses and all donations will be given to the American Cancer Society.
Westland Relay for Life will be held on May 30 and 31 at JayCee Park in Westland.

City Council Meeting

April 21 - 8:00 p.m. City Hall, 3355 S. Wayne Road

Café Marquette Dinner Buffet

4:45 · 6:16 p.m. 36455 Marquette \$10 for all you can eat April 1 – Asian Cuisine April 8 – Spring Buffet April 15 – CLOSED April 22 – Italian Night April 29 – Polish Night

Wizard of Oz

Follow the yellow brick road all the way to the State Wayne Theater. That's where the City of Wayne Adult Community Theatre will present "The Wizard of Oz." Show dates are April 24, 25, and 26 and May 1, 2 and 3. Tickets are \$15 for adults/\$13 for students and seniors/\$10 kids 12 and under.

Off to the Races

Wayne Rotary and Wayne
Recreation Foundation will hold
their annual fundraiser on April
24 at the Wayne Community
Center. Doors open at 6:00
p.m. Live and silent auctions,
mock horse races, food and a
cash bar. Leos's Jewelry will
have merchandise for sale too.
Tickets are \$15 and are
available from Wayne Rotarians
or by calling Jeff Rutter at
734-721-7400 ext 1304.

School Board Meeting

April 27 - 7:00 p.m. Timothy J. Dyer Service Center 36745 Marquette, Westland

White Cane Days Fundraiser

April 25 and 26
May 2 and 3
Lions Club White Cane Days
at Northside Hardware

This fund raiser promotes awareness of the White Cane Law. We want to educate the public to be aware of pedestrians carrying canes, using walkers, or having a service dog. The White Cane Law is to help prevent pedestrian and vehicle accidents.

Westland Relay For Life You can join the Ninth Annual

American Cancer Society Relay

For Life of Westland on
Saturday, May 30, from 10
a.m. to Sunday, May 31, at 10
a.m. at Jaycee Park
on the corner of Hunter and
Wildwood in Westland.
For more information about
how you can Celebrate,
Remember and Fight Back
through the American Cancer
Society Relay For Life of
Westland, visit
www.relayforlife.org and click
on Find Events or call Holly

Sorano at 248-663-3452.

Wayne Memorial High School Class Reunion

24th Annual ALL CLASS
Reunion Banquet
5:00 - 10:00 p.m.
Friday, May 15, 2009
Wayne Tree Manor
35100 Van Born Rd.

For more info, call Wanda Boice at 734-326-7767 or email waynehighalumni@aol.com

OBIT



NETTIE HURLEY

Former Wayne resident, Nettie Hurley, was one of the oldest living residents in Michigan. She was born Aug. 6, 1900, in Searcy County in northern Arkansas. She was the second oldest of 10 children. Nettie married Luke Hurley in 1926 and they moved to Michigan in the 1950s. They both worked for Burroughs Corporation.

While the couple never had children, they had many nieces and nephews.

"She was quite a woman. She was a very gregarious person. She liked being with people and going place," said Errol Lewis, her nephew.

She was a member of the Golden Hour at the Wayne Senior Activity Center and enjoyed taking many trips with the club. Nettie lived in her home on Edmund Street in Wayne until she was 100 years old. She died last month at 108 years old. She was a resident of Westland Convalescent and Rehab Center. She is survived by a brother, Lloyd Lewis, and many nieces and nephews. Her funeral service was held at Uht Funeral Home and she was buried in Cadillac Memorial Gardens West in Westland.

Help Wanted

The Wayne Dispatch is looking for an outgoing, professional sales person to join our team. The position is commission based and allows for a flexible schedule. Please respond via e-mail to helpwanted@thewaynedispatch.com or by mail to:

The Wayne Dispatch P.O. Box 156 Wayne, Ml. 48184



Prom Closet offers affordable prom option

By Alyssa Jones

As the end of the school year draws near, high school seniors begin looking toward the future. But they still have one last high school occasion to celebrate. What would the high school finale be without prom, a timeless and joyful day that takes its toll on countless high school ladies who vigorously plan and prepare for the occasion every year.

As with any extravagant celebration, there is a hefty cost involved that is bound to put a dent in students' and parents' wallets. With the main objective of putting a slight ease on the financial aspect of prom, The Prom Closet opens their facility up to the entire community. They offer over 300 dresses, and a number of suit jackets for the guys that can be worn for not only prom, but for other formal occasions too. No matter what the household income, everyone enjoys a good bargain. The Prom Closet offers the rentals for a maximum total of \$10.

After contributing to the cost of

daughters, Tonia Szabo, founder of The Prom Closet, felt a sense of motivation to create a place where other young girls could shop for their ideal prom dress, but without having to pay the outrageous expenses that malls and other stores charge. The Prom Closet was brought to life with the help of United Methodist, Ms. Szabo's church, where The Prom Closet facility is currently located. If anyone is unable to afford the rental fee, the United Methodist Women volunteering at the closet are willing to help. "We are a church. We aren't in this for the money" said Szabo.

Beautiful gowns do not grow on trees and The Prom Closet runs on donations alone. All dresses have been donated by organizations such as St. Mary Resource Center and individuals like Szabos own daughters.

The current Miss Michigan, Ashlee Baracy, donated a total of four dresses to the organization, and even offers a piece of advice to those considering using The Prom Closet. prom dresses for her three "I for one am a bargain shopper.



Sisters Jenise Blair and Shreen Blair model two dresses with Tonia Szabo, founder of The Prom Closet. Photo by the Wayne Dispatch



Tonia Szabo drops off 50 dresses for dry cleaning to Angela Ali of Bowers Cleaners.

Growing up I was taught that you shouldn't define yourself by materialism. I also like to share with girls that when I won Miss Michigan, I wore the most inexpensive gown that I owned! It is not about the dress, it is how you wear the dress! If anyone questions your worth based on a price tag, they are not a true friend. Wear your dress with pride and humility" said Baracy.

With the help of a generous discount by Bowers Cleaners, the \$10 rental fee is able to cover the dry cleaning. Even among the staff, The Prom Closet is seen as a well constructed and much needed organization. "I love The Prom Closet idea. I never got to go to my own dances because I could never afford it, but now, this provides a way for all girls to attend their dances, regardless of financial circumstances" said the owner of Bowers Cleaners, Angela Ali.

The Prom Closet, just over a year old, is expected to have an increase of clientele this prom season considering the state of the current economy. Dresses are already being put on hold by those anticipating wearing them for prom and other occasions. The Closet has a number of selections to choose from in all sizes and styles. "Why spend all the money for prom when you can still have the life experience and borrow a dress here," said Szabo. It seems finding a date is all that is left to do after a visit to The Prom Closet.

In order to maintain a 100% confidentiality policy with customers, The Prom Closet asks that potential customers call Tonia Szabo to schedule an appointment at (734) 564-9791 prior to browsing The Prom Closet's selection.



Jenise Blair looks for the perfect dress from the large selection available.





Littlest students needed

Registration for Head Start, Kids Plus and SPARKEY preschool programs at the Stottlemyer Early Childhood Center, 36745 Marquette, Westland, begins April 1, 2009. Registration is by appointment only. Office hours are 7:30 a.m. to 4:00 p.m. until June 17. Program space is limited.

Head Start

Head Start is a free federally funded program to benefit low-income, preschool children ages 3-4 (by December 1) and children with a disability. Classes meet four half-days per week. For more information, call 734-419-2630.

Kids Plus Preschool (Great Start Readiness Program)

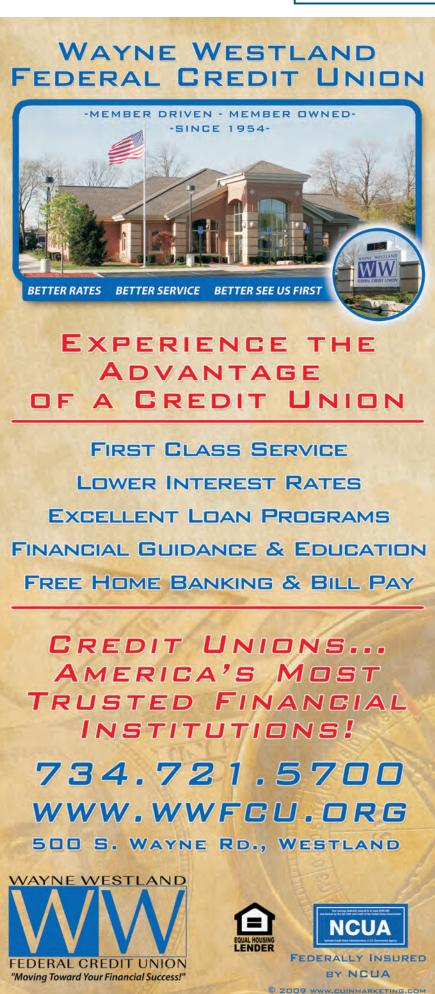
Kids Plus is a free, state funded program designed for children who will be 4 years old by December 1st, who meet "at risk" factors to qualify, and reside in the Wayne-Westland Community School District. Classes run four half days a week for 32 weeks. For an appointment, call 734-419-2640.

SPARKEY Preschool

The purpose of the SPARKEY Preschool Program is to improve the readiness and subsequent achievement of children who are 3 and 4 years old by December 1st. The SPARKEY Program is a 30 week tuition-based program for residents and non-residents providing a multi-faceted school experience. Out of district children are welcome. For more information, call 734-419-2640.









Wayne-Westland Community Schools offer a number of curriculum initiatives that help prepare your child for life success...









Reading Recovery

An early learning intervention program designed to assist young readers at the frst grade level.

Advanced Placement & Online Classes

Fifteen types of advanced placement courses are offered to high school students to earn college credit, along with online courses and dual enrollment college opportunities.

Junior Reserve Officers Training Corps

This leadership development program is offered at both John Glenn and Wayne Memorial High Schools.

Media and Technology

Elementary schools are serviced by media information teachers. All district libraries have automated catalogs. Wireless access allows students and staff to use laptops throughout our facilities. Wayne-Westland has adopted the International Society for Technology in Education literacy standards for students, teachers and administrators, which create rich experiences for our students.

Service Learning

Service Learning integrates civic management and service to the community into the curriculum. It's another way our schools teach basic values as well as responsibility to our community.







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Help warm the life of others

By Erica Perdue

The Lighthouse Home Mission is more than just a food program; they provide shelter, clothing, and any other appliances they can afford to offer to the needy. They are located in the Full Gospel Temple on Palmer Road in Westland, and are always accepting donations.

The director, R.C. Ruby Beneteau, said that their goal is, "to help the indigent to take on life in society with a new vigor, to help them find the means to clothe and vigor themselves, and to provide listings and/or referrals to agencies which provide various services."

They are looking for donations of food products, clothing and household items, computers and electronics, furniture and appliances. All donations will be used to help the needy. There is no paid administration. Everyone who works there is a volunteer. Volunteers are something that they could always use too.

One thing they really need help with currently is the purchase of a

new furnace. The Lighthouse Home Mission operates a warming center, but with a furnace that is 20 years old, it is becoming a difficult task to have warmth in the warming center.

This building provides overnight accommodations for 45 homeless men and women. They also run a soup kitchen Monday through Friday every week. There is a clothing and food bank there as well. Without proper heat, all of these helpful gestures will have to be stopped.

All donations are appreciated. They need \$9,000 for a new furnace to be installed. Since they are putting so much money towards this new heating unit, they will have a dire need for food and clothing donations. After you do your spring cleaning, instead of just throwing things out, bag them and take them to the Lighthouse Mission Home!

Donations can be sent to the Lighthouse Home Mission at 34033 Palmer, Westland MI, 48186. For more information you can call 734-326-3885 on weekdays between 10 a.m. and 2 p.m.

Outreach center needs your help

By Erica Perdue

The St. Mary's Community Outreach Center is looking for help. They rely on volunteers, donations and sponsors to keep them up and running. Those who are in need benefit a great deal from this program.

They have a high need for food donations right now. Food donations can be dropped off at the Outreach Center at 34646 Sims Road on the corner of Second Street. They also need clothing, appliances, and household items.

The Food Depot is open Monday through Friday. Their hours are: Mondays, Wednesday and Fridays from 9:30 a.m. to 12 p.m, Tuesdays and Thursdays from 9:00 a.m. to 12 p.m.

The Open Closet is another sector of the St. Mary's Community Outreach Center. Here they provide clothes, shoes, books, appliances and other items donated by the public. They are open Monday through Friday, from $10\,a.m.$ to 1p.m. On Wednesdays and Thursdays they reopen from $4\,p.m.$ to $7\,p.m.$ The last two Saturdays of the month they open from $9\,a.m.$ to $12\,p.m.$

Volunteers are always welcome at the Outreach Center. Their dedication and help is always appreciated from those that they serve.

If you are too busy to volunteer, and out of spare items around the house, monetary donations are also extremely helpful. These donations can be sent to St. Mary Catholic Church, 34530 W. Michigan Ave., Wayne, MI 48184. Checks can be made payable to St. Mary Community Outreach Center.

These volunteers dedicate a lot of their time to helping those in need. We should all help out those in need in our own city. St. Mary's and their food depot are both conveniently located in our own city, who better to help than the residents of Wayne.



Jack's Sport Center, quality service for over 30 years

If you see someone wearing a shirt or jacket emblazoned with Wayne Zebras, Dolphins Swim Club or Franklin Patriots, chances are it has been designed, silk screened or embroidered at Jack's Sport Center. If you are the best lady bowler on the league and the team honors you with a trophy, or if the community appreciates your volunteer work and presents you with a plaque, it was probably engraved at Jack's.

That's what they do...silk screening, embroidery and engraving. They've been doing, designing and creating for 30 years. Founded by their Dad, the late **John Rowland Sr.**, Jack's Sport Center is now run by **John Jr.**, his brother, **Scott**, and Mom, **Gloria**.

John can silk screen a small order – say 10 tee shirts for a family reunion, or a very large order, in case you want to invite the whole town. All the work is done on the premises. The equipment is in the back room and John gave me the tour, while explaining the process of silk screening. Computers do much of the preparatory work and can keep the many designs on file. Silk screening is really just that...ink is forced through a screen. At one time the screen was made of silk. Hence the name...silk screening.

Now Scott takes over. In charge of the embroidery unit, he can create patches from your school or work logo. His department can embroider hats and jackets "by the carload". He embroiders the logo and names of all the area high school varsity jackets, some as far away as Toledo. U Per's will love this...Scott has created shirts for "Babycakes", that well known bakery in Marquette, MI.

Gloria Rowland, according to John, is the "chief cook and bottle washer". She does the books and special orders all the varsity jackets. Gloria comes to work accompanied by her beloved Dachshund, "Spencer". Gloria is a Trustee and Vice-President of the Wayne Historical Museum. She is also active in the Wayne Garden and Ladies Literary Clubs. On the day I visited, both Gloria and Spencer had the day off. Two other dogs were on the job however...John's Beagle Pug



mix, "Norman", and Scott's "Specs", a Springer Spaniel.

So when you see a tee shirt that proclaims "Jake's Again", "U.S.12", or "WUJA" (Washed Up Jocks of America), you can say "oh yes...I know where that came from".

Both John and Scott are involved with the Wayne Youth Athletic Association and have coached high school football and softball.

For a store to be in business 30 years means quality work is being done. John Rowland Sr. would be proud to see Jack's Sport Center, the store he started many years ago, now being run so successfully by Gloria, John Jr. and Scott.

Its name is Abitibi. Her name is **Sandy Smith**. An Abitibi is a fancy name for a colorfully painted bin that collects paper for recycling. Sandy Smith is the young woman who proposed the idea and got the support of St. Michaels Lutheran Church members. She then came to the City of Wayne and got permission to place the bin in front of the Church. This recycling project now raises \$60.00 each month and is used for items needed at St Michaels School.

Sandy Smith does much, much more. She and **Tammy Niediffer** are Brownie Leaders at St. Michaels. Sandy calls it "the best experience of my life". In the past year or so the Brownie troop has taken field trips to see Judge Laura Mack's court, and has visited with a female detective while touring the Van Buren Police Dept. Sandy thinks it's important to show girls at a young age that they can be anything they desire.

Her Brownies have collected 396 books for the "Little Red Wagon" program. The girls then distributed the books to other children in the Nor-Wayne neighborhood. Each year they adopt a soldier and send Care packages. These second and

third graders are learning lessons in kindness as they give an older neighbor a box of Girl Scout Cookies for every 100 boxes that they sell.

Sandy Smith has three children: Samantha, 3; Brook, 9; and Brandon, 12. Along with their dog, Jasmine, there are two cats, Ranger and **Scout**. But we can't finish this story without mentioning Mike Smith, Sandy's husband. Mike, who works at the Wayne Assembly Plant, called the Dispatch recently and said he'd like to remain anonymous, but wanted to tell us about this wonderful lady he knew. Didn't admit at first that the "wonderful lady" was his wife. His love and admiration for Sandy was just as inspiring, as all the good things that Sandy has been doing. Thanks to both for giving us a glimpse of the care you give to each other and to the community.

The Rotary's Annual Auction will be shared this year with City of Wayne Recreation. **Donna McEachern** tells me Leo's Jewelry will bring gift items for auction and also will buy your old gold that evening. So gather your 'bling' and come to the Community Center at 7 p.m. on April 24.

Proceeds will be split between improvements at Walz Park and Scholarships for WMHS seniors whose parents are out of work.

The Ladies' Literary Club Celebrated St. Patrick's Day by raising the "green". Green meaning LLC's "Funny Funding Night" benefits two young women; a Wayne Memorial grad and one from John Glenn with money toward scholarships. This is the second year for "Funny Funding". Darlene Hawley says..."We've tried rummage sales, bake sales, junk and jewelry sales, and just about every type of sale imaginable. Finally we just asked everyone to come out and bring money." And it worked. A large group of gals enjoyed an evening at the First Congregational Church. We talked to old friends, had delicious refreshments, exchanged books, and took home a white elephant. Linda Beasley, secretary at the church, gave us a step by step tutorial on how to write a book. She has done that..."Tipped in Blue."

Mary Lynn Baker and Darlene Hawley planned the evening. In charge of refreshments were: Louise Steinhauer, Jane Elery, Helen Esper, and Gloria Rowland. Sue Damitio made sure that all the white elephants stayed in their proper places.

This year's programs included "All About Chocolate", "An Explorer's Guide of Michigan" and "A Theater Night". The book we read and reviewed was "Three Cups of Tea."

The Ladies' Literary Club invites you to join us. All you need is a love of reading, a night out at a performance, an enjoyment of yummy desserts, and the friendship of likeminded gals. Interested? Call me at 729-1203.

Dave Gagnon was raised in Wayne. One of ten kids, he lived on Second Street and went to St Mary's for all twelve grades. He began playing football in 4th grade and in 9th grade played varsity football. He also participated in track and JV basketball. Although he sat out his sophomore year to concentrate on academics, Dave emerged as an outstanding linebacker in his senior year. He was named all league and received an honorable mention as "All State". Gagnon attended Ferris State, became a four-year letterman from '70 -'73, and was an Honorable Mention All-America running back in Named to the NAIA All America football team in 1973, he completed college and then signed with the Chicago Bears. Gagnon remains the only graduate of Wayne St. Mary's to play on any professional team. He played with the Bears for two seasons as a tailback behind Walter Payton and as captain of the special teams. He made the Tampa Bay roster in 1976, but a neck injury ended his career. Dave lives in Land O' Lakes, Florida and is self-employed in pool construction and general repairs. Most of this information came from the Wall of Fame at Jake's Again, written by one of the aforementioned WUJA's...Bill Sexton.

dee @thewaynedispatch.com



Another kind of railroad

Part of our history is slavery and from every evil comes something That good was the underground railroad which provided hiding places where runaway slaves could get something to eat, rest during the day and continue to the next station in the cover of darkness. One of the most documented stations in this area was at the farm of Glode Dugar and Pamelia Pattinson Chubb. The 80 acre farm was located at the northeast corner of Venov Road and Michigan Avenue. The farm went from the river to just south of the railroad tracks and from Venoy Road east to Mildred Street.

Glode belonged to the Whig and Abolitionist political parties and was a member of the Weslevan Methodist Church for over 50 years. He was an exemplary Christian man, who lived his religion every day of his life. Though this successful farmer was forthright by every standard, he believed in the anti-slavery movement so much that he put his life in danger by operating a station



of the underground railroad.

The house sat at the crest of the river bank and was surrounded by trees. A cave was dug from the bank of the river and a tunnel was dug to the cellar of the house. The opening of the cave was covered by heavy brush. The runaways were brought down the river in the cover of night and came into the cellar. Here they were given dry clothes, food and rest. A conductor often came with the slaves and would scout out the best route and find the next station. By the time the runaways were in this area they were getting close to freedom. These poor souls were getting weary as they had been walking for thousands of miles and were near the end of their journey.



Glode Dugar Chubb Photo courtesy of The Wayne Historical Museum.

Glode provided them inspiration to continue on and involved the entire family in the station operation. His voungest daughter Olive (she is on the Wayne History Mural) played an important role as she cared for the slaves late into the night.

All this activity took place under strict secrecy because it was against the law to aid runaway slaves. What a secret to carry? The next time you are at Walgreen's think about the



Pamelia Pattinson Chubb Photo courtesy of The Wayne Historical Museum.

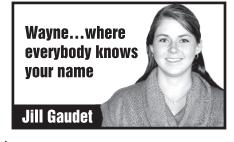
history there. It is humbling to know that a small farm in Wayne, Michigan played such an important role in our nation's history.

As with all of my articles, you can learn more about Wayne's history by visiting the Wayne Historical Museum 734-722-0113. museum is open each Friday and Saturday from 1:00 p.m. to 4:00 p.m. You can also contact me at matt@thewaynedispatch.com.

Spring is here, it's time to get ready for summer

As the snow begins to melt and spring is around the corner, many of us get the itch to start cleaning out our closets and getting our homes ready for summer. Reducing the clutter that happens during the cold winter months not only helps to add extra space within your home, but also provides personal satisfaction. Most of us look for ways to get something back for our clutter. It could be through a tax write off by means of a donation or cash, by means of a garage sale, or Craig's list. What you may not realize is that there are businesses within Wayne that can help you find a home for your clutter.

If donation is your style, Salvation Army and Tried & True Thrift Store on Michigan Avenue are great places to take your gently used items. They accept anything from books and toys to clothing and furniture. All items are tax deductible and find a new home with someone who needs them. Donation



is a much better alternative than throwing items out.

If you find yourself with a lot of books on your shelves, Wayne Used Books & More on Wayne Road accepts used books and also gives you a discount on the purchase of a new used book when you trade in an old book of your own. Wayne Used Books & More carries a wide variety of categories of books and almost every author you can imagine. It is a great place to pick up some summer reads!

While cleaning out your garage you may find old scrap metal Michigan Avenue. Many of us have

including copper, aluminum, sheet metal, motors, etc. Weiser Recycling Inc. pays top dollar for scrap metal. They have been in business for over 25 years and are located here in Wayne. They have 24 hour industrial pick up to help those with large loads. This is a great way to get some extra cash for the scraps sitting in your garage. Weiser Recycling at 734-629-5543 to see if your metal qualifies.

Squeaky Clean Window Service located on S. Wayne Road is also a great company within our community that can help with spring cleaning. They offer window cleaning and power washing services for both residential and businesses. Also consider calling Squeaky Clean to help get your house ready to list on the market.

Another local business that pays top dollar is Leo's Jewelry on jewelry sitting around that we no longer wear or that is broken but we don't know what to do about it. As you may know gold is at an industry high right now; due to this many jewelry stores, including Leo's, will purchase your unwanted gold at industry prices. What a great way to clean out the broken jewelry and gold items within you home.

So as you start to clean out your house and garage over the next few weeks, consider taking your clutter to some of the businesses listed above. Not only will you potentially make some money or get a tax write off, you will be helping support the businesses within our community which is invaluable.

For more information on the businesses listed above or other businesses within our community, contact the Wayne Chamber of Commerce at 734-721-0100 or by email at jill@waynechamber.net.



Giving a helping hand makes a difference

Harriet Naylor, former Director of the Office of Volunteer Development, once said, "Volunteering can be an exciting, growing, enjoyable experience. It is truly gratifying to serve a cause, practice one's ideals, work with people, solve problems, see benefits, and know one had a hand in them."

April 19th - 25th is National





Volunteer Week. Everyone is encouraged to assist in any way. To contribute to this, teens in the City of Wayne are finding various ways to help out.

One of the biggest volunteer groups in the area is the Friends of the Rouge group. They are a group that promotes restoration and stewardship of the Rouge River. Part of their mission statement is, "improving the quality of life of the people, plants and animals of the watershed."

The Rouge River is 438 square miles and includes 48 cities, one being Wayne. On April 25th, the last day of National Volunteer Week, Friends of the Rouge will be holding the spring Bug Hunt.

The Bug Hunt takes place twice a year, once in the spring and once in the fall. Teams of volunteers visit areas throughout the watershed and search for aquatic invertebrates. They keep track of which bugs they have found, and use this to record the changes in the river quality over time.

It is an event that is important and fun at the same time. Anyone can help, just pre-register to be placed on a team. They are also looking for people to be even more involved by being a team leader. There is training on April 5th to become a team leader for the Spring Bug Hunt.

If bugs aren't in your interest, Wayne also has a Youth Team group. The Wayne Youth Team is a group of teenagers that participates in many different events. On April 10th, they will be helping out with the Marshmallow Drop at the Anderson Ball Field.

The schools also have programs to assist in volunteering. Franklin Middle School offers a National

Junior Honor Society for 7th and 8th graders with a 3.0 grade point average. Wayne Memorial High School has a National Honor Society for students as well. It helps students keep grades up while giving many volunteer hours to various causes.

Wayne Memorial also has a Rotary Club. This club started in the 2007-2008 school year. They do a lot of volunteer work throughout the year. One thing they do to help children in their own district is volunteering at the after school programs at Jefferson-Barnes Elementary and Lincoln Elementary.

The Wayne Library also asks for volunteers to help shelve books. This is a small task that is a big help to the library and the public.

There are always opportunities for teenagers to volunteer in Wayne. National Volunteer Week is the perfect time to get started or continue with the hard work. It is always a great thing for a teen to feel like they have worked towards a grand accomplishment.



To View, Call 734-730-3628





CERT training a success

The City of Wayne has added 16 more volunteers to the Community Emergency Response Team. CERT now has 42 trained participants who can assist emergency personnel with disaster first aid, traffic and crowd control, basic fire extinguisher use, how to properly shut off gas lines, and assist Wayne residents in a time of need.

According to Fire Chief Mel Moore, the CERT program is a valuable resource in the community. Members have assisted with traffic control during parades, fire works, and Oakwood Annapolis Hospital's Red October Run. They have assisted police in locating a lost child. The child was found unharmed and returned safely to her mother. CERT members taught the public how to operate a fire extinguisher at last summer's Wheelfest.

The CERT classes were taught by Fire Lieutenants Bill Thomas, Shawn Bell, Fire Fighter Dave Wylie, Police Officer Matt Spunar, and team leader, Richard Story, who is a trained CERT instructor.

If you are interested in future CERT training classes, please contact Lieutenant Shawn Bell at the Wayne Fire Department 722-1111 or Officer Matt Spunar at the Wayne Police Department 721-1414. It's a great way to help yourself, your family and your community



Kevin McNamara's St. Patrick's Party

Wayne County Commissioner Kevin McNamara hosted his annual St. Patrick's Party on Saturday, March 14, 2009, at the Wayne Tree Manor banquet hall. McNamara welcomed his many guests with a bag piper leading his family processional, followed by the invocation by Father Russell Kohler from The Most Holy Trinity Catholic Church.

The evening's festivities included performances by the Arden Academy of Irish Dance, Irish music by Mick Gavin, bag piping by Bruce Burt, caricatures, fortune tellers, and dancing – music provided by K and C Sounds. The menu for the evening included corned beef and cabbage, Irish stew and many other fabulous treats.



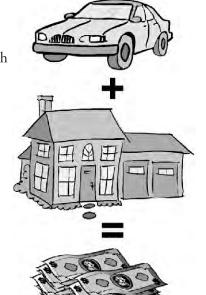


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Farmer's market on the way

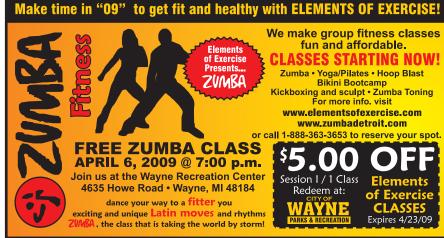
Where an you buy fresh in-season fruits, vegetables and flowers? Right here in Wayne! Beginning in May the City of Wayne will have a Farmer's Market from 3-7 p.m. on Wednesdays in the parking lot of the State Wayne Theater. The Market will run from May 6 through October 29.

"This will take advantage of the weekday traffic which is 18,000 vehicles per day on Michigan Avenue west," said Matthew Miller, City Planner.

"We have high hopes. We will be hiring a market coordinator who will work to attract vendors and to also create an interest and draw people in," Miller said.

City Council approved using \$29,000 from the DDA budget to fund the necessities needed to start the market and pay for a part time market manager. Because several DDA projects like the Palace theater demolition came in under budget, there are still DDA funds available to launch the Farmers Market according to Peter McInerney, Community Development Director.

Miller said the City is planning to have mini events each week to help attract shoppers and the market should eventually pay for itself with revenue from space rental.





Students make and send dresses to Africa



Ryan Ross photo by Stephani O'Harris



Corey Wangeman photo by Stephani O'Harris

Canton MI, 48187

info@lifechurchcanton.org

734.927.1175

By Alyssa Jones

What initially began as a sentimental idea from an average Michigander has rapidly developed into a non-profit organization that is now not only changing lives overseas, but affecting the lives of the students at Wayne Memorial High School. Students in Kristin Chiasson's participating in the Little Dresses for Africa Organization, which stresses their primary goal of relieving young girls in Africa much more fortunate we are in from the burden of worrying about what article of clothing will cover their bare body and providing them with the confidence to feel they are beautiful.

The organization is designed to create clothing for young girls out of pillowcases which are transformed into little dresses that are then delivered to orphanages throughout central Although a simple pillowcase dress may not be much in the eyes of many Americans, in comparison with the tattered and torn pieces of cloth the young girls in Africa currently wear, these dresses are just as meaningful, if not more, than the \$250 pair of Abercrombie and Fitch jeans sitting in homes across America.

After reading a profile in the Detroit Free Press on Rachel O'Neill, founder of Little Dresses for Africa, it sparked an idea in Chiasson. She made the choice to take the initiative in bringing the

"I want them to realize how much more fortunate we are in our country and also give them the opportunity to use a skill they learned in school to help benefit others."

Kristin Chiasson

Basic Clothing 2 class are hopes that it would be beneficial during second semester. to the students in her Basic Clothing 2 class.

> "I want them to realize how our country and also give them the opportunity to use a skill they learned in school to help benefit others," said Chiasson.

> Although students are creating the dresses, and adding their own personal touches to them, the students will not be able to distribute the dresses first hand to the young girls in Africa, a wish many of the students have.

> "It would be great to see the look on the young girls' faces when they get the dresses," said senior Corey Wilson, who among others, feels it would be interesting to see the atmosphere in which the young girls live.

> Like Wilson, junior Kara Corbin said she feels it would be a great experience to "actually talk to the people the dresses are going to."

Students are encouraged to continue participating in the Little Dresses for Africa Organization well after they come to a completion with the two dresses program to Wayne Memorial in they are asked to make in class newspaper, The Zebra Print.

In doing something so beneficial for so many young children, often times human nature provides the giver with a sense of self-gratification, but also with a sense of appreciation for the ability to be able to provide for those in need.

"I feel good about what we are doing and I believe it will open our eyes to things. It also makes me feel grateful about what I have and where I am from," said senior Cherish Taylor.

After the dresses are complete, they will be sent to the Dresses for Africa Organization, and then delivered to central Africa. Along with Michigan, five other states are currently involved in providing for the organization and the involvement is still growing.

If you would like to make a dress, or donate materials for the Little Dresses for Africa Organization, log onto their website to learn how at www.littledressesforafrica.org.

Editor's note: Alyssa Jones is a senior reporter for Wayne Memorial High School's





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Regular skate rental prices \$3.00

Gift Certificates available for all Stimulus packages. Great gifts for student graduation or for that someone special.

4635 Howe Road • Wayne • 734-721-7400

You got to move it

The biological machine of the human body adapts to stress. If you do nothing, it adapts to doing nothing. Today we have engineered inactivity into our lives with laborsaving devices to the extent that our muscles rarely need to be pushed very hard. We have large sheds to house our power tools for blowing the leaves or snow (instead of raking and shoveling). At the airport we don't walk or climb stairs because the people mover, elevator and escalator do it for us. And, how many times have you gone to the store and driven around the parking lot several times in order to find the parking spot closest to the door? We have done such a good job avoiding physical labor that we must now make a special effort to get enough activity just to avoid debilitating diseases.

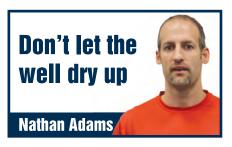
So I ask - How's your activity level? Have you been inspired this year to increase your activity levels to lose weight, lower your blood pressure, reduce lower back pain, Whatever your motive remember it takes time. Adopt a healthy lifestyle and you will be more likely to have a healthy weight and appearance! Stop the healthy behaviors and your health and weight will return to prior levels.

Today, if you have not started already, we will begin a healthy lifestyle incorporating a movement The components include cardiorespiratory fitness (walking, swimming, etc.), muscle strength and endurance, and flexibility. The best part - it should only take 15 - 30 minutes out of your day!

The following is a sample movement plan with the explanation of the benefits and a weekly sample. Please contact me at the Community Center or drop by if you are not comfortable with the following sample plans and I will assist you in getting started. Remember to consult your physician before starting the movement plan.

Sample Movement Plan

Warm-up (5 minutes): Warms vour muscles by increasing blood flow: warms up tendons and ligaments, allowing them to be used more effectively; increases your ability to use oxygen, which helps



you get a better workout; prepares the heart for activity.

Cardiovascular Training (10 minutes): The body's ability to sustain activity for an extended period of time - lowers blood pressure, total cholesterol, body fat, stress, glucose-stimulated insulin, and resting heart rate. Increases HDL and heart function.

Resistance Training (10 minutes): 1 - 2 sets of 10 - 15 reps provides significant functional benefits and overall health (bone mass - leading cause of falls is not always balance/coordination but the bone becoming functionally weak to the stress of the activity). Evidence of reducing high blood pressure and increasing metabolic rate.

Cool Down/Stretch (5 minutes): Prevention of soreness and stiffness the next day; to bring your body back slowly to its normal state.

Weekly Samples (each day's duration of activity should be 30 minutes and days with cardio/stretch can be 15 - 20 minutes):

Monday:

Cardio/Resistance/Stretch (30 minutes)

Tuesday:

Cardio/Stretch (15 minutes)

Wednesday:

Resistance/Cardio/Stretch (30 minutes)

Thursday:

Cardio/Stretch (20 minutes)

Friday:

Cardio/Resistance/Cardio/Stretch (30 minutes)

Saturday:

Cardio/Stretch (20 minutes)

Sunday:

Rest (Nathan would want you to move at least 10 minutes)



Married with 4 kids in the District

Wayne business owner for over 30 Years

John Glenn Graduate, **Class of 1988**

Giving back to the community means everything to me. Extensive business experience as a Wayne Business owner for over 30 years gives me the necessary and unique insight to the financial and administrative side of the school district. Strong leadership skills, dedication and the ability to solve problems effectively and to bring a new perspective to the board.

Paid for by: Friends of John Goci - 6028 Morley, Westland, MI 48185

COMMUNITY SERVICE IS A WAY OF LIFE! Retired Chief Mark Neal

Vies for Wayne-Westland School Board (4 Year Term)



Mark and Patti with their seven grandchildren

Front Row- (left to right) Xander, Alexis, Ashlyn, Dominic, Joshua Middle Row- (left to right) Patti, Mark Back Row-(left to right) Kaylee, Zachary

Patti and Mark have been married for 34 years

Mark graduated from Eastern Michigan University BS degree in Gen. Science and Chemistry

Former Adjunct Professor Madonna University and Jackson Community College



Please cast your vote for Mark Neal on May 5th for the **Wayne-Westland** School Board four year term

Paid for by: Citizens to Elect Mark Neal · 6418 Pembrook Drive · Westland, MI 48185