

4-Time Stanley Cup Champion Tomas HOIMSTOM signing autographs to support Wayne Goodfellows

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Dispatch

Holmstrom helps Goodfellows

By Jenny Johnson

It's a long time until Christmas but the Wayne Goodfellows are already in action to make sure there is No Child Without a Christmas in Wayne. And they have a little help.

Former Detroit Red Wing player Tomas Holmstrom will do an autograph signing at 7 p.m. on March 13 at Avenue Downtown Wayne, 3632 Elizabeth.

The cost is \$10 and you must bring your own memorabilia. All proceeds will go to support the Wayne Goodfellows.

In 2012 the Wayne Goodfellows raised \$22,000 and provided 300 Wayne children with a Christmas. They also gave 150 food vouchers to Wayne families and seniors, said Shawn Bell, Goodfellows president.

"We have been looking for new ways to fundraise throughout the year and one of those ways is with an autograph signing. We have never done anything like this before but I think it will be cool and it will be fun," he said.

Holmstrom said he is happy to help children in Wayne.

"Its always fun to meet the fans, especially the kids and it's for a good cause," he said.

"It will be fun."

Tomas Holmstrom, played 15 seasons with the Red Wings and retired in January. He played 1,026 career games and won four Stanley Cup Championships in 1997, 1998, 2002 and 2008 with teammates Nicklas Lidstrom, Kris Draper, Kirk Maltby and Darren McCarty.

His impressive record also includes a gold medal at the Winter Olympics in 2006.

Besides lending himself to charitable events, Holmstrom has kept busy since hanging up his skates. He is enjoying other winter sports including snowmobiling in the upper -



Tomas Holmstrom serves Matt Gietzen, owner of Henry's Service Center a drink from Lord Stanley's Cup.

peninsula and skiing for the first time in 20 years.

"I love the outdoor life, jumping on the sled and going for a ride. . . snowmobiling and fishing, " he said. It's also nice to not be in pain he said.

"My knees were hurting when playing. I haven't taken any medicine since I stopped playing," he said. He is now playing tennis 2-3 times a week and doing boot camp.

"After the season I couldn't sleep on my left side for months because of my shoulder," he said. But he sleeps fine now.

He is also staying close to the ice by coaching his kids' hockey teams.

"I am on the ice almost everyday," he said. While it was an adjustment to watch and not play, he likes coaching his kids. "They are all doing pretty good."

Will he ever pursue professional coaching?

is enjoying other winter sports including snowmobiling in the upper - don't want to coach right now," he

said.

He likes having more time with his family whether teaching them skills on the ice or shuttling them between birthday parties and sleepovers.

"I couldn't believe it was that busy!" he said of his kids' schedules. He has spent a little bit of time at Joe Louis Arena too.

"I've seen four games at the Joe and been to one practice," he said. Former teammate Nicklas Lidstrom was in town recently and stayed with Holmstrom and his family. They went to a game together.

He also keeps in contact with some other former teammates including Vladimir Konstantinov who was injured in a limousine accident days after the 1997 Stanley Cup Championship.

"He is good," Holmstrom said.

Holmstrom has many good memories of his days on the Wings. Rooming with Hockey Hall of Famer Igor Larionov was one. "Growing up (in Sweden) we watched the Russian National Team. We didn't get NHL teams," he said.

In 2002 Holmstrom was on the same line with Larionov and Luc Robitaille.

"Those were some of the best players- Draper, Maltby, lots of good memories together," he said.

Will we see him at any Red Wing alumni events any time soon?

"Everything has a time and when I feel it, I will start doing it. I still love the game but I need a break," he said.

Holmstrom predicts the Wings will do well this year.

"The league is so tight and if someone gets injured it's tough to get them going. That's frustrating for coaches and players," he said. "It's uphill right now. Just play your game."

Holmstrom is no stranger to Wayne. After the Franks Furniture disaster he donated signed hockey pucks and presented signed jerseys to US-12 and Avenue Downtown Wayne as a thank you for the fundraisers they held for the families of the victims.

Remember the Wayne Goodfellows will accept donations year round.

Checks can be made out to Wayne Goodfellows and mailed to Wayne Goodfellows, 3300 S. Wayne Road, Wayne, MI 48184. For more information on how you can help the Wayne Goodfellows, call 734-722-1111 or email support@waynegoodfellows.org.

Remember, Holmstrom and the Wayne Goodfellows would love to see you on March 13 at Avenue Downtown Wayne. The generous support of Henry's Service Center, Avenue Downtown Wayne, The Wayne Dispatch, AKA Sports and Sparks Towing made the event possible.



Dispatch

Recipe for Success

I'd like to say congratulations to those who have been participating in the Buddy Up program!! For the last 5 weeks, about 300-400 people have been showing up, weighing in, exercising, and learning about nutrition. As of last week, almost all participants were reporting a weight loss of some kind, and there were about 40 people who had lost at least 10 pounds since the program started!

I'd like to share a recipe that I gave at the program so that anyone who wants can try it. Admittedly, it sounds pretty gross. That being said, almost everyone who has tasted it thus far has said that it actually tastes good. So give it a try!

Get out your blender. Add 12 ounces of unsweetened almond milk. Add 1 scoop of protein powder. (any kind will do, I use the Jillian Michael's brand) Add 1 Tablespoon of fiber powder. (I get the generic Kroger brand) Add a pinch of cinnamon and one packet of Truvia sweetener. Add 3 cups of organic baby spinach. (fresh spinach) Add one cup of frozen berries. Blend it up



This shake is about 250-350 calories, and has fiber and protein in it. It's a great breakfast shake. One of the other great things is all that spinach. Popeye had it right! Turns out that studies have shown that of all the vegetables, spinach is the best

for preventing prostate cancer! You see, health is what it's all

about. I encourage you to get healthier. Too often we wait until that bad thing happens...till we are taking meds....till we put ourselves in the hospital...till we even have a hard time walking. I know because I did that. But now things are different. I'm trying to be proactive. I'm trying to do the right thing as a lifestyle, because I know it's what I really want.



'Buddy Up" participants work out at a Water Fitness Jam at the Ted D'Pulos Aquatic Area in the Wayne Recreation Center.

One last thought for this month... health is an all-around thing. I encourage you to invest in yourself in any way that is healthy. If you have emotional wounds, I encourage you to talk to someone about that. If you have been meaning to get back to church for your spiritual health, now's the time. If you don't have a church, I'm inviting you to my church. It's called Journey Community Church and we meet at the Friendship Center on Sunday mornings at 10:30.

I hope you make healthy choices for yourself and your family. I'll try to do what I can to help you along those lines. That's all for now, but next month, there'll be more to the story...





NEWS BRIEFS

Free Movie Night

State Representative Robert Kosowski is hosting a Rep on the Road on March 11 at State Wayne Phoenix Theaters. Return to Oz will be shown for free to the first 250 Wayne and Westland residents who reserve their tickets at 1-517-373-2576. There will also be many fun activities and a chance to talk about what is important in the community. The event starts at 5:30 and the movie at 6:30 p.m. Come join the fun.



Wayne's new K-9

There is a new officer at the Wayne Police Department. Zeto, a 14month-old German shepherd, is the city's new K-9 dog.

"Zeto is all graduated and fully certified. He has been in service for three to four weeks," said Jason Wright, police chief. "He is on the road."

Along with his partner Officer Bill Mangan, Zeto is called in on missing persons, building and evidence searches, tracking, and narcotics detection calls. The K-9 team helps police departments in neighboring communities too.

"He is an excellent demeanor dog and is excellent at what he does. Zeto is extremely friendly but when it is time to do work he puts his game face on," said Wright.

Irish Music

The Wayne Public Library will host Jim Perkins of Finvara's Wren at 7 p.m. on March 5. This promises to be an evening of fun and song as only the Irish can do it! This is a free program but please register at 734-721-7832.

Euchre Tournament

The Wayne-Westland Parks and Recreation and Wayne Rotary Club are hosting a Euchre Tournament at 7 p.m. on March 9 at the Wayne Community Center. Check in begins at 6:15 p.m. The cost is \$20 per person. Pizza, pop and beer will be available for purchase.

Relay for Life Kick off

The Westland-Wayne Relay for Life will have a kick off meeting from 6:30-8 p.m. on March 14 at the Wayne Community Center. Anyone interested in joining the fight against cancer is welcome to attend. Relay for Life will be June 8 and 9 at Attwood Park.

Zebra Safari

The Wayne Memorial High School ZPAC committee will host a Zebra Safari dinner and fundraiser on April 12 at the Wayne Community Center. Doors open at 6 p.m. and dinner is at 7 p.m. Tickets are \$30 per person or \$200 for a table of eight. Call 734-419-2206 for tickets.

The proceeds benefit the WMHS Class of 2013 Farewell Dinner and other student activities. Chef Tony and his students at the William D. Ford Career-Technical Center will prepare dinner. There will be silent and live auctions, raffles, and entertainment.

For more information, view the flyer at http://wayne.wwcsd.net.

Project Healthy Living

Channel 7 Project Healthy Living will conduct free and low cost health screenings from 10 a.m. to 2 p.m. on March 19 at the Wayne Community Center. They will offer free testing services for height and weight, grip strength, body mass index (BMI), hearing, vision and blood pressure. Participants must be 18 years or older.

Marshmallow Drop

The 33rd Annual Marshmallow Drop, sponsored by Crosspointe Community Church, will be at 10 a.m. on March 29 at Attwood Park. Don't miss watching the helicopter drop thousands of marshmallows from the sky! This free event will have three drops. The first is for walking toddlers to age four and children with a disability. The second is for ages five to seven and the last drop is for ages eight to ten.

Bunny Breakfast

After the Marshmallow Drop enjoy the Bunny Breakfast from 10:30 a.m. to 12 p.m. on March 29 at the Wayne Community Center. Tickets are \$4 for residents and \$5 for non-residents for pancakes, sausage, juice, arts and crafts and clowns. Photos with the Easter Bunny are \$3. Children 2 and under are free. Tickets sell out fast so get yours today at the Wayne Community Center, 4635 Howe Road or call 734-721-7400.

Get to know Wayne Rotary

The Wayne Rotary Club is having an open house from 6:30-8:30 p.m. on March 19 at the Wayne Community Center.

The purpose of the evening is to acquaint you with the Wayne Rotarians and give you the opportunity to consider what membership in Rotary can do for you and what you can do for Rotary. Refreshments will be served. There is no charge to attend. Please RSVP by March 15 by calling Art Quintal at 734-890-6934. Or send an email to trish@markchevrolet.com.

Clean Up Day

The Wayne Ripple Effect is looking for volunteers for their 3rd Annual Downtown Clean Up Day at 9 a.m. on April 27 at Wayne City Hall parking lot.

The group will be picking up trash and debris from the downtown area. Please bring gloves and rakes. Refreshments will be served.

Nature Walk

Think spring and plan to join in at the next Dynamite Park Nature Area Walk at 10 a.m. on May 18. This walk is hosted by Friends of the Rouge member and Wayne resident, Kurt Kuban. This free event is open to the public, but please RSVP to waynerippleeffect@gmail.com.

TV Writer visits Wayne

Mark Rothman, the writer behind such classic television shows as Laverne & Shirley, Happy Days, and The Odd Couple, will share his stories at 6:30 p.m. on March 20 at the Wayne Public Library. He is the author of the book "Mark Rothman's Essays: Many About Show Biz and All About Life." Copies of the book will be available for sale. Please register for this free event by calling (734) 721-7832.



Anti-bullying assembly

The Wayne and Westland Rotary Clubs joined together to offer anti-bullying assemblies to elementary students at Hoover, Walker-Winter, Roosevelt-McGrath, Taft-Galloway and Schweitzer Elementary Schools and Adams Upper Elementary School.

Oakwood EMT returns from Afghanistan

It was a proud day when Oakwood Annapolis got the chance to welcome back a hometown hero. Jeremy Johnston, a paramedic technician spent the last year deployed in Afghanistan as a First Sergeant in the Army Reserves 948th Forward Surgical Team. He was the highest non-commissioned officer on the 20-member unit and has earned a Bronze Star.

A Forward Surgical Team is similar to a smaller M.A.S.H. unit. Johnston was stationed in Asadabad, about five miles from the Pakistani border and very near the front lines.

"We go where the fighting is," he said. "It was weekly occurrence, getting bombed or shot at or something like that."

This was the second deployment. He said it's difficult to leave his family behind.

Upon his return home, he spent a month getting reaquainted with his wife. Juliet. and daughter. Lucienne, and met his son, Athrun, for the first time. He was born

while Johnston was overseas but Johnston was able to watch via Skype.

"It took some time to get re-oriented," he said. "I'm just looking forward to going back to work with all my old co-workers."

When Johnston reported to work for the first time he saw a new emergency department and electronic medical records system. Johnston has worked at Annapolis since 2005.

The staff at Oakwood Annapolis was proud to host a welcome back party for him.

Eric Widner, division president of Oakwood Annapolis Hospital, said it was a privilege to do it.

"As an American, I am deeply grateful for Jeremy's service to our country. As a health system, we are committed to honoring his service by supporting a program which encourages a healthy transition back into the workplace," said Widner. "We are proud knowing Jeremy is delivering excellent care to our patients."



Aispate

Jeremy Johnston has been spending time with his family, including wife Juliet, daughter, Lucienne, 2, and son, Athrun, who was born about six months ago. Johnston witnessed the birth via skype.

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City Council discusses goals for the city

City council met with City Manager Robert English and city department heads to discuss their goals for the next year. On their agenda was increased communication with administration, revisiting the master plan and finding methods of alternative funding.

Councilman Albert Damitio said, "We need to understand what our stable income is and size our city services to that stable income."

The theme among the council members was they want to be more involved in the business of the city.

"I'm sick of being reactive," said Councilman Jim Henley. "We want to go back to proactive."

He said improving communication and focusing on alternative funding methods will help council be ahead of the game so they are not reacting with budget cuts halfway through the year.

He and the other council members agreed that regular goals meetings or study sessions would be beneficial to the council and the city.

Councilman Skip Monit said he wants to stop hearing "past practice." "We need to be able to think be-

yond that. What was good for us then is not good for us now," he said. Councilman John Rhaesa said,

"We really need to work on the downtown." He would like to find \$20,000 in the city budget to contribute toward the Main Street Manager.

He would also like to see an update to the technology in the city.

"We are way behind and we need to get our employees the right tools," he said.

Council also wants residents and business owners to be able to participate in positive community events.

"I'm sick of being reactive," "We want to go back to proactive."

Councilman **Jim Henley**

Mayor Pro Tem Pam Dobrowolski wants events like festivals and increased parks and recreation activities.

"The city has always been very family oriented and has taken care of our families and seniors. I would like to see us hold on to all of that," she said. "I chose to live here and raise my family here because it is a small town city- a hometown feeling."

Councilman Jim Hawley wants greater involvement from the city's boards and committees.

"When agenda items come before council, I want to hear that committee's support on an issue or item," he said.

He also said the council is not given enough opportunity to provide input on big issues like the budget and McDonalds coming to Wayne.

"We have to have input before it happens," he said and as an example mentioned the possible merger of Wayne and Westland senior services and 911 dispatch.

Hawley also said Wayne needs more support from Westland for the parks and recreation merger.

"There is too much inexperience and not enough staff," at the Wayne Community Center, he said.

Council was in agreement of not doing business as usual anymore.





WMHS student heads to West Point

Wayne Memorial High School senior Dionte Burton will head to West Point next year. The JROTC Zebra Battalion Commander has worked hard to improve his academic standing and physical fitness to earn this honor.

Burton is also a member of the JROTC Raider Team, Commander of the Drill Team, a varsity athlete, and member of the Wayne High Student Senate.

"I am honored to receive this appointment," said Burton. "I fully intend to follow through, receive my Commission as an Officer in the United States Army, and make the Army my career."

In addition, Burton will address the House of Representatives and the Senate of the State of Michigan on April 11th. The Raider, Drill and JLAB Teams will be honored that day for their accomplishments over the past years.



Dionte Burton



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City hires consulting firm for grant writing

After tabling it at their last meeting, city council voted 6-1 to enter into a professional services agreement with Winchester Consulting Group. Councilman Jim Hawley voted no.

The firm will provide the city with grant writing, legislative advocacy, economic development, public relations and website update services.

Winchester Consulting Group is a new company that launched in Jan. 2013.

"We are a new firm but not new to the business. I have over 14 years experience in this industry and Stephanie has six years," said Lisa Nocerini, vice president WCG.

Stephanie Moran is the director of communications and grant services. City attorney Paul Bohn is executive director of the firm.

At their past employer, Nocerini and Moran worked on the \$791,000 grant the Wayne-Westland Fire Department received to go forward with their merger.

Councilman Skip Monit asked about the experience of the rest of the staff at WCG.

"We are a newly formed group. Stephanie and I are the staff," Nocerini said. At this time they do not have any other clients. "We will work very hard and will not disappoint you."

Lisa Nocerini

Vice President of Winchester Consulting Group

Councilman Jim Hawley expressed concern with city attorney Paul Bohn being on the board at WCG.

"It may not be a legal issue but it may be an issue down the road," he said.

"Our big issue is survival of the city and budget wise we are talking about deficits. Grants are usually associated with projects. I know there are some ongoing cost that might come from that," he said. "I don't know if I can convince myself to be in favor of the contract or not."

Hawley asked why the city didn't go through the bidding process.

"We usually don't with professional services," said City Manager Robert English. "I think if you pieced this out you would pay more than \$5000 a month."

"You don't know that because we didn't go through the selection process," Hawley said.

They city will pay them \$60,000 per year (\$5,000 per month). The fee is being paid from a refund from the Michigan Municipal Risk Management Authority, said English. The one-year agreement can be cancelled with a 30-day notice.

How will it be paid for next year? "It will be in the budget," English said. "We don't have the staff anymore to be able to write grants or look at the website." Councilman Albert Damitio said, "I don't see this as replacing people who are writing grants. I see this as additional research. I don't see this as everyone else stops writing grants. We have to continue doing it as the city has done but we have to take more advantage of what is out there so we can fill in the cracks and holes."

Councilman John Rhaesa said, "I called a couple people you have worked with and got glowing recommendations. I like it because it is something we haven't done."

"We think this community has assets and capabilities and we want to work with you," Nocerini said. "We will work very hard and will not disappoint you."



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Livin' large with the left

Not to worry, I haven't abandoned my well grounded conservative values and adopted an extreme left wing liberal agenda.

Instead, what I am referring to is my new, but temporary status as a lefty. While I am not into bondage, for the past four weeks I have had my right arm immobilized by a rather large sling, complete with a foam block and a strap that wraps around my waist to further restrict any movement of my right arm and shoulder. Near the end of January, I underwent surgery to have the supraspinatus muscle in my right shoulder reattached to the right humerus bone. According to my orthopaedic surgeon, this is a rather common type of rotator cuff injury, often attributed to having an extremely athletic or physical lifestyle. A lifestyle in which one constantly pushes the envelope and tests the limits of human endurance just for the thrill of victory and yet sometimes feels the agony of defeat. Do you think this surgeon thinks I'm athletic? Could he be reading someone else's MRI results? My BMI is closer to that of the Pillsbury Dough Boy than an athlete. I've often heard muscle heads grunt out NO PAIN, NO GAIN! I always thought that pain was your body's way of telling you that you are doing something harmful and to stop.

While those that know me might readily assume that I injured my arm in some Ultimate Fighting Championship competition or perhaps arm wrestling with some steroid abusing Popeye wannabe, my orthopaedic surgeon has suggested that it just might be part of the aging process and a result of numerous injuries over the years. I guess my daily rituals of brushing my teeth, getting dressed, going to work and taking out the garbage has taken its toll on this old body.

Being right handed and a former Boy Scout where the motto is Be Prepared, prior to surgery I practiced my daily routines using my left hand instead. Brushing teeth, shaving, combing hair and other hygiene matters created a whole new challenge when done with the opposite hand.



Further complications arose when I realized that I would also only have the use of one hand. Suddenly, opening a new, vacuum sealed jar of pickles is impossible. This whole ordeal has been very enlightening to say the least. I vowed from the beginning that I would never complain because I am well aware that there are others that face much greater challenges everyday of their lives compared to my little inconvenience. No whining from this guy, no way!

One challenge I never anticipated though, was that I would be restricted from driving during this period of recovery. My surgeon stated that the State of Michigan would consider having me behind the wheel as "driving impaired". I didn't see that one coming.

Making this whole situation more bearable is having the support of family and friends. My neighbors Ron & Don have seen to it that I don't need to worry about any snow removal. Cheryl, the love of my life, has seen to it that I am not wanting for anything. She has been like a concierge on steroids and goes out of her way to see that I get to where I need to go, that meals are in the house and that I get out socially as well. I can never put into words how much her help has meant to me. I guess you could say that she has spoiled me.

Hopefully, I will be out of this sling soon and after I complete physical therapy my life can return to normal. Oh wait a minute, that means going back to work, which means waking up to an alarm clock while it's still dark outside.

I don't know if I'm ready for that quite yet. I was kind of getting used to this pseudo form of retirement. I guess there is a life outside of work after all.

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OBITUARY

Wayne loses long-time business partner

The City of Wayne lost a longtime businessman with the untimely death of Ray Morsky. He started his career as a body man at Fisher Body. In the 1960s he

and Pat.

opened a collision shop.

dream was to one day own a salvage

vard. He acquired Broome's Auto

Parts in 1975 from long time owners

Frank and Oliver Broome. Because

of the success and popularity of

Broome's, he didn't bother changing

the name. The company is still at

the same location in Wayne on An-

napolis and Walker and is operated

by Ray's two youngest sons, Terry



Ray Morsky

Rav's

"We've learned so much over the years, that if I realized his time was coming, I guess I would have paid more attention to the other half of what he was teaching us, " said Pat, reminiscing on growing up at the business. "Back then, we just wanted to be kids, but when it was time to go to the shop, it was work, no fun and games."

For 38 years, Ray made many friends, and a lifetime of great memories with other businesses and colleagues in Wayne. From the police chief, to the ladies at the Chamber office, Ray chose Wayne as his home for business. He was well respected in the community and will be deeply missed. And as the family continues the business operations, we wish them the greatest of luck, and best wishes for many years to come.



Figure skating winners

The Wayne Figure Skating Club hosted their annual District I.S.I. competition at the Wayne Community Center for 220 skaters from Michigan and Ohio. The Wayne Jazz synchronized team, coached by Julie Marchand, once again took first place.





YOUR SOURCE FOR POSITIVE COMMUNITY NEWS

Dispatch

Enjoy reading month

Literary Club women and friends are looking forward to their annual fundraiser. The money raised will generate scholarships for two young women. Each year the Literary Club gives a graduate from Wayne Memorial and another from John Glenn \$1000 each for college. The young ladies, to whom the scholarships go, are chosen by their grades and their involvement in community activities.

The fundraiser will be at 7 p.m. on March 19. Once again the Congregational Church will be the location.

All club members are asked to bring two good used books and two baked items, such as one dozen cookies, divided into two packages. We are also asking that you bring at least one friend or neighbor as a guest. Members of the Literary Club are asked to donate \$20, or more if possible. Guests may donate whatever they wish.

You'll have an enjoyable evening of socializing, fun word games, prizes and delicious refreshments. (I understand Bev Woodard is making cream puffs—yum!) Everyone will go home with a good book, a baked treat, and a bestselling book list. On top of that, you will have the satisfaction, and good feeling that comes in knowing you helped two young local women get started in college.

Library news...coming soon—A Musical Program with Jim Perkins will be Tuesday, March 5, at 7:p.m.

A little bit of Irish will be on hand when Mr. Perkins of Finvara's Wren returns to entertain us. This prom-





ises to be an evening of fun and song as only the Irish can do it.

At 6:30 p.m. on March 20, Mark Rothman, the writer behind such classic television shows as "Laverne and Shirley," "Happy Days," and "The Odd Couple," will tell us about his time as a sitcom writer. Mr. Rothman is the author of "Mark Rothman's Essay: Many About Show Biz and All About Life", copies of which will be for sale after his presentation.

It's not too early to put this on your calendar---April 17, at 6:30p.m. Michael Hauser will present a program entitled "Downtown Detroit Theaters." If you loved his program and memorabilia from J.L. Hudson, I know you'll really enjoy "...Theaters". I've been told that he will also do some history on the State Wayne Theater.

Many thanks for Library Friends, Cheryl and Larry McConnell for taking the rare or unusual books from our book sale to the West Side Book Shop in Ann Arbor. They brought back a check for \$100.

While we're saying "Thanks", we send a big "Thank You" to Ford Motor Company. Their most generous gift of \$10,000 to the Friends of the Library is greatly appreciated.

Here's an update---Big Rock



Big Rock chef and Wayne Memorial High School graduate Brian Henson.

Chophouse, Executive Chef (a graduate of Wayne Memorial) Brian Henson was recently named Chef of the Year by the Michigan Chefs de Cuisine. Now he's one of four finalists to represent the Central Region. The region consists of 15 states---Arkansas, Indiana, Illinois, Iowa, Kansas, Louisiana, Michigan, Minnesota, Missouri, N. Dakota, Nebraska, Oklahoma, S. Dakota, Texas and Wisconsin.

Chef Henson is now getting ready for the Regional Chef of the Year competition. He has more than 20 years of experience at several renowned restaurants. In the words of Norman LePage, owner of Big Rock Chophouse, "This recognition is a testament to Chef Brian's creative and technically astute culinary skills and his passion for excellence in the industry."

A panel of judges will select the winner based on cooking skills, menu taste and professionalism. The first place recipient will be declared the regional winner and advance to the national competition.

We wish you all the best, Chef Brian Henson.

Another update---from Evelyn Sims, who was chosen to sing at President Obama's inaugural. She's back home, and her trip to Washington D.C. was one she'll never forget. She not only saw President and Mrs. Obama, but also Jesse Jackson, Al Sharpton, the parade and Beyoncé.

This might be the last St. Patrick's Day celebration at 'Jake's Again". He'll have his famous, slow cooked corned beef dinner with all the trimmins' from 12 noon until closing. Also on tap are drink specials and surprises to give away.

The Avenue Downtown Wayne will have green beer and Guinness on tap. Their menu will feature Corned Beef and Irish Stew. They'll have a 5000 sq. foot heated tent: entertainment will be a Celtic band, a Bagpipe Band, and a live broadcast by 89X.

St. Patrick's Day will be celebrated at U S 12 with live entertainment from noon until 2a.m. On the Wayne Brewery side they'll have a D J. starting at noon, the beer will be green and 25 cents. The price will increase gradually through the remaining hours. A tempting menu is planned---Irish Stew, Corned Beef and Cabbage and Shepard's Pie.

May you always walk in sunshine & never want for more may Irish angels rest their wings right beside your door.



A place to call home

By Jenny Johnson

Last month we shared the stories of Wayne-Westland students whose families were homeless. This month we want to share the story of the place that helped the families- the Wayne County Family Center.

The Center, located on Michigan Avenue in Westland, offers transitional shelter for homeless families. They welcome two-parent families, single mothers or fathers with children and pregnant women.

Kristy was pregnant, unemployed and scared when she arrived at the Family Center. She wasn't sure what to expect.

"It was easy to make the call but the drive here was hard," she said of her decision to call the homeless shelter. Kristy had a full time job but was displaced. Then unemployment ran out and she discovered she was pregnant. While she spent time on family and friends couches she knew when the baby came that wouldn't work.

She was referred to the Family Center from United Way.

"I didn't know I was going to have my own room," she said. She was pleased to find out the Wayne County Family Shelter has 25 locked private rooms for families and offers three balanced meals and snacks a day.

They also have a library with books, computers and internet access, a common room with a television and games, and an on site medical clinic.

Kristy has lived at the center for almost one year and is thankful for all of the services that have been offered to her.

"It's been great. I was pregnant

when I came here," she said. "I was paranoid. My water broke here in the building."

The Family Center has been able to give her the help she needed. The first-time mom said she was able to take parenting classes and learn things like how to properly install a car seat.

Her daughter, Lylah, is now six months old and Kristy is ready to move into her own place. She has spent her time getting on waiting lists for housing, attending the Work First program, which helps with job skills like resume and cover letter writing.

She has volunteered at St. Vincent DePaul and has secured daycare for her daughter.

She is also searching for a job and plans to return to college to finish the last two classes she needs to complete her bachelor degree.

The Family Center has each person work an action plan while they are residents. They offer help with finding a permanent home, financial planning, job counseling and placement and education and GED resources.

"We help them break down the barriers to getting housing and to work an action plan. They learn how to budget and how to stretch a dollar," said Angela Pilarski, director Wayne County Family Center. "They need to learn to be successful to end the cycle of homelessness."

"They set you up to be successful when you leave. They give you info but it is up to you. We are adults. They aren't going to do everything for you but they shouldn't" Kristy said.

Kristy's plan is to attend Eastern



Six month old Lylah

Michigan University this summer to finish her teaching degree. She wants to join Teach for America, a national non-profit program of recent college graduates who commit two years to teach in low-income communities.

"I think my life experience will help the kids," she said. Long term she wants to be a college professor. What are her hopes for Lylah?

"I just want her to do what she wants to do whether it's a female boxer or President of the United States. I want her to be happy," she said.

She looks forward to bringing Lylah back to the Family Center to volunteer. When she is older she will explain to her about their first home.

"It's hard to swallow your pride to come to a shelter. But this is a family center. They try to make it as comfortable and easy a transition as they can," she said. "If you work for yourself they will advocate for you."





Rocky's Coney & Grill Family Dining IN WESTLAND

Just 🏐



Anniversary Dinner Specials!

Chicken Pot Pie Chicken Kabob Spaghetti Meat Loaf Liver & Onions Stuffed Cabbage Spinach Pie & Rice

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each





The Wayne County Family Shelter

Helping those in need

The Wayne County Family Shelter in Westland provides housing and services for homeless families. It is Michigan's largest shelter for homeless families and one of only a few that provides a private locked room for each family. They are currently serving 80 residents including about 50 children. Homelessness is the only criteria to get help.

The Center is a partnership between Lutheran Social Services of Michigan and Wayne County. The average stay is 60 days but some families stay for a year or more, said Angela Pilarski, director Wayne County Family Center.

"Adult residents work an action plan while they are in the center to help them gain the skills they need to be able to be successful when they get out on their own," said Pilarski.

In addition to providing shelter and assisting with finding a permanent home, the Family Center also helps adult residents with planning finances, job counseling, education resources, parenting classes, support groups, relocation assistance with furniture, food and referrals.

There is also a licensed day care on site for children age three to five and an after school and summer program for children age 5-19.

The center also hosts activities and holiday parties for residents.

They have staff members on site 24 hours a day, seven days a week.

When a family is ready to move out on their own, they are assigned a case manager who will help them get settled into their new home. They will make sure families know where local resources are like the WIC office, health clinics, local library and grocery store.

How you can help

The Wayne County Family Center relies heavily on donations. They are very appreciative of support from in-

dividuals, families, businesses, church, civic and school groups.

The items the Family Center needs most are:

- Gift cards to local stores for unexpected expenses
- New twin bed sheets
- New pillows
- Diapers and wipes
- Kleenex
- New strollers and new car seats
- New laundry baskets
- Fans
- Individual pre-packaged snacks

Individuals or organizations can also adopt one of the 25 private rooms. These funds are used for furniture and upkeep of the rooms. Each room has twin beds, two dressers, a table with two chairs, a shelf and a clothes rack and a nightstand with a lamp.

When a family arrives at the center, their room is ready for them. The beds are made with new sheets and pillows and there are toys and books on the beds for the kids. There are also personal hygiene items in the room. Each room also has a bible.

Outside there is a playground and basketball hoops. There are also a few outdoor ride on toys and bikes but they are in need of outside toys like basketballs, bouncy balls, hulahoops and jump ropes.

They are also looking for an organization that would be interested in sponsoring holiday parties or special activities like arts and crafts for children. Toarmino's Pizza and the Westland Rotary donated pizza for the Valentine party and the City of Westland donated a television for the entertainment room.

If you would like to make a monetary donation, a donation of items, or a donation of your time, please contact the Wayne County Family Center at 734-721-0590 or apila@lssm.org.

