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THURSDAY, DECEMBER 5, 2019 ■ HOMETOWNLIFE.COM

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Novi schools propose later start times

Susan Bromley Hometownlife.com
USA TODAY NETWORK - MICHIGAN

Teens aren't getting enough sleep, and an early start to the school day doesn't help.

Classes shouldn't start before 8:30 a.m. for high school and middle school students, according to the Centers for Disease Control and Prevention.

But the morning bell rings at least an hour earlier at most local high schools and before 8 a.m. at many middle schools.

One local district is looking to change that.

Administrators in the Novi Community School District recently presented their findings from a year-long investigation into school start times to the

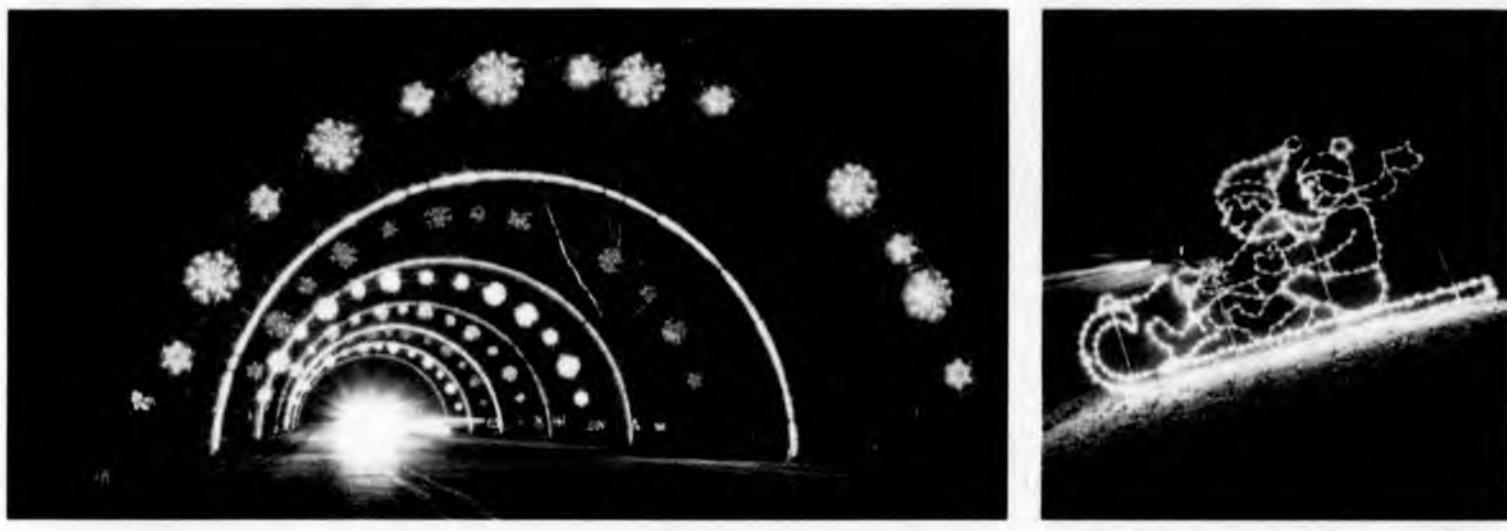
board of education.

"Sleep is the most researched component for kids to stay healthy mentally at school," said Andrew Comb, Novi Middle School assistant principal. Comb said the committee recommends delaying the start times for high school and middle school by 45 minutes.

He noted that adolescents ages 12-18 do best with at least nine hours of sleep

and quoted statistics from the CDC that 58% of middle schoolers and 73% of high schoolers are getting less sleep than they need, resulting in increased risks of depression, poor academic performance and negative behaviors, including substance abuse and unprotected sex.

See SCHOOLS, Page 10A



At top left, a tunnel of snowflakes greets drivers along Hines Drive as part of the Wayne County Lightfest. At top right, some sledders head downhill. The 5-mile course begins with at 7651 Merriman Road in Westland for \$5 per car, cash only. PHOTOS BY JOHN HEIDER/HOMETOWNLIFE.COM

Wayne County Lightfest shines with holiday cheer

Shelby Tankersley Hometownlife.com
USA TODAY NETWORK - MICHIGAN

Thanksgiving has passed. It's full-speed Christmas from here until the new year.

Families from all over Michigan will get into the holiday spirit with the Wayne County Lightfest this year, which runs through Dec. 31. The only night the show won't be up and running is Christmas Day.

"It's a tradition for families all over the metro Detroit area," said Kim Healy, events manager for Wayne County. "We have people that come up from Ohio for it."

Setup for the five-mile course, which starts at Merriman Hollow Park in Westland and ends at Warrendale Park, begins in early October and takes about six weeks to complete.

The course costs \$5 in cash a vehicle, and there's a Santa Shelter, open until

Dec. 23, at the end where people can take a photo with the big guy.

"You can get out of your car, take some photos with Santa and have some refreshments," Healy said.

For people who don't like braving the cold, Healy said there's no need to get out of your car when taking in the lights.

"The nice thing about our light show

See LIGHTFEST, Page 10A

COLD CASES

Solving crimes gets tougher as time passes without clues

Susan Vela Hometownlife.com
USA TODAY NETWORK - MICHIGAN

This is suburban Detroit, and police agencies have few cold homicide cases to investigate.

Perhaps because of their rarity, they carry significant weight for the officers who are handed these as-of-yet-unresolved mysteries.

There are emotional attachments to the cases and the families, who are continuously grieving because they're not sure what happened.

Cases get colder and tougher to solve as time passes without significant clues. And there's the turmoil from bodies missing, evidence lacking and crime scenes still to be found.

Crime statisticians warn of a cold case crisis. According to the U.S. Department of Justice, the nation has about 250,000 unsolved murders, and the number rises by several thousand each year.

In western Oakland and Wayne counties, police say they don't have enough cold cases — or the staffing and money — to warrant full-time cold case teams or full-time cold case investigators like some metropolitan agencies. But most agencies review their cold cases at least annually to see if there's something more they can do.

"No one ever gives up," said Livonia's Lt. Charles Lister, the department's investigative bureau commander. "You always hope for the best. You just never know if some fleeting scrap of information will come forward that makes a case."

He provided a sheet of paper not entirely filled that describes the department's eight cold homicide cases:

■ July 26, 1964: Dr. William Parsons and his two sisters were found dead in the closet of their Rosedale Gardens home after an apparent robbery.

■ March 22, 1977: Timothy King, an 11-year-old boy associated with the Oakland County Child Killer, was found dead on Gill Road, south of Eight Mile Road.

■ Aug. 10, 1984: Ralph Proctor, a retired Teamsters union official, was found fatally shot in his car on Six Mile Road, between Newburgh and Levan roads. According to media reports,

See COLD CASES, Page 9A

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Retired Northville teacher touched many lives

Ed Wright Hometownlife.com
USA TODAY NETWORK – MICHIGAN

You'd be hard-pressed to find someone who stuffed more goodwill into 70 years of life than Kurt Kinde.

Kinde, who taught English, theater and mass media at Northville High School until his 2015 retirement, died unexpectedly Nov. 22. He was 70 years old.

"Kurt lived a giving life," said Northville High School principal Tony Koski. "He was one of the nicest human beings I've ever met. He was one of those teachers who brought his classroom to life. And he was always there to help others, especially kids in need."

Kinde, of Redford, died of a heart attack at his home.

Kinde's teaching career was highlighted by several noteworthy accolades, including Teacher of the Year awards, a full-ride scholarship to England to participate in a teacher-exchange program and being named "King" at Northville High School's inaugural staff homecoming.

A highly-acclaimed actor in area theater productions, Kinde enjoyed playing Santa, was the longtime announcer for Northville High School basketball games and a member of the Harmony Town Chorus.

Kinde was a highly-respected member of the Northville teaching community.

"I began my career 20 years ago when Kurt was more than halfway through his 45-year career," said Northville High School educator David Bowen. "His compassion, his interaction and care for students inspired me – proved an example I hoped to emulate in my career at those early, foundational moments."

"But now, more than halfway through my career, I think of him as one of the greatest inspirations not for how to be an effective teacher, but how to be a good person."

Bowen said Kinde's kindness flowed beyond his classroom.



Kurt Kinde, right, shakes hands with fellow Northville High teacher Douglas Dent. Kinde, 70, died Nov. 22.

HOMETOWNLIFE.COM FILE

"Kurt fostered over 50 young people, looking for homes and love when they were otherwise alone," Bowen said. "And he and his wife, Deb, adopted three babies, with different physical and mental special needs, because they feared the children may end up separated or left without anyone to love them at all."

Kurt is survived by his wife of 45 years, Deb Kinde; children Jessica Campbell, Reid Kinde, Anthony

Kinde, and Benjamin Kinde; sister Katheryn (Dennis) McCreary; and grandchildren, Jeremiah, Nathan, and Christopher. He was preceded in death by his parents and his daughter, Cari Kinde.

Private services have been held. Memorial contributions would be appreciated to the Marine Toys for Tots Foundation, Gift Processing Administrator, 18251 Quantico Gateway Drive, Triangle, VA 22172.

hometownlife.com

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Newsroom Contacts:

Phil Allmen, Consumer Experience Director

Mobile: 248-396-3870

Email: pallmen@hometownlife.com

Follow us on Facebook: @OEHometown

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CITY OF NOVI PUBLIC HEARING NOTICE 2020-24 STRATEGIC COMMUNITY RECREATION & MASTER PARK PLAN

NOTICE IS HEREBY GIVEN that the City of Novi will host a public hearing for comments on the 2020-24 Strategic Community Recreation & Master Park Plan 7 p.m. December 9, 2019, in Council Chambers at the Novi Civic Center, 45175 Ten Mile Road, Novi, Michigan 48375.

Members of the public interested in viewing the plan can do so in the Parks, Recreation and Cultural Services section at cityofnovi.org or directly through <http://bit.ly/NoviParksMasterPlan>. Feedback and comments can be sent to the Clerks Office at 45175 Ten Mile Road, Novi, Michigan 48375 by 4 p.m. Dec. 9.

Publish: December 5, 2019

CITY OF NOVI PUBLIC HEARING NOTICE CORRECTION TO NOTICE PUBLISHED 11/21/2019

NOTICE IS HEREBY GIVEN THAT the Zoning Board of Appeals for the City of Novi will hold a public hearing on December 10, 2019 at 7:00PM in the Council Chambers of the Novi Civic Center, 45175 Ten Mile Road, Novi, MI to consider:

PZ19-0032 (North Hills Village Apartments) 44840 North Hills Drive, West of Novi Road and South Of Nine Mile Road, Parcel # 50-22-34-127-003. The applicant is requesting variances from the City of Novi Zoning Ordinances Section 5.11.C for a fence with horizontal support boards facing neighboring properties. The code requires that where a fence has finished and an unfinished side, the finished or more decorative side shall face outward the adjoining property or street. This property is zoned Low-Density Multiple-Family (RM-1).

PZ19-0044 (Zach Gielow) 623 South Lake Drive, East of West Lake Drive and South of South Lake Drive, Parcel #50-22-03-455-001. The applicant is requesting variances from the City of Novi Zoning Ordinance Section 5.11.A ii to allow the installation of a fence to the property line. Fence shall not extend toward the front of the property near than the minimum front yard setback distance, R4 front setback is 30 feet minimum allowed. This property is zoned Single Family Residential (R-4).

PZ19-0045 (Jill and Reuben Levy) 42630 Morgan Creek Ct, West of Novi Road and North of Thirteen Mile Road, Parcel # 50-22-02-177-043. The applicant is requesting variance from the City of Novi Zoning Ordinance Section 5.1 to park a recreational vehicle over 6 feet tall in the side yard. This property is zoned Single Family Residential (R-4).

PZ19-0048 (Mark Zawaiden) 40020 Twelve Mile Rd, West of Haggerty Road and North of Twelve Mile Road, Parcel # 50-22-12-400-063. The applicant is requesting variance from the City of Novi Code of Ordinances Section 28-(a); and 28-5(d)(2) for a second wall sign facing southwest measuring 336" x 36" (84 sq. ft.). The applicant was previously granted lesser variances during the April 2019 proceedings of case PZ19-0011. This property is zoned Office Service Technology (OST).

PZ19-0050 (Benchmark Group/Wal-mart) 26090 Ingersol Dr, East of Novi Road and North of Grand River Ave, Parcel #50-22-14-351-064. The applicant is requesting a variance from the City of Novi Code of Ordinance Section 28-5(a) for 12 ground signs for parking space indicators, 1 ground sign permitted per parcel. 28-7(b)(2) for 9 ground pole signs to be posted at the parking lot entrances, 2 of the entrances will have 2 ground pole signs. 1 ground pole sign is permitted at each entrance per code. Section 28-5 for a 65.43 square foot wall sign on the west elevation - north side of building, this sign exceeds number of signs permitted. This property is zoned Town Center (TC).

Publish: December 5, 2019

Novi Fire responds to Zeiss on possible gas leak

Susan Bromley

Hometownlife.com
USA TODAY NETWORK – MICH.

Firefighters responded at about 10 a.m. Nov. 26 to a possible gas leak at Carl Zeiss Industrial Metrology in Novi.

More than a dozen employees were standing outside the building at 46425 Peary Court, with some reporting a possible natural gas leak occurred.

Novi Fire Captain Todd Seog was on scene, accompanied by several firefighters with multiple emergency ve-



Novi firefighters responded to the Carl Zeiss Industrial Metrology facility Nov. 26 for a report of a possible gas leak. SUSAN BROMLEY/HOMETOWNLIFE.COM

hicles, including tanker trucks.

Seog said fire personnel were checking the building's carbon monox-

ide levels.

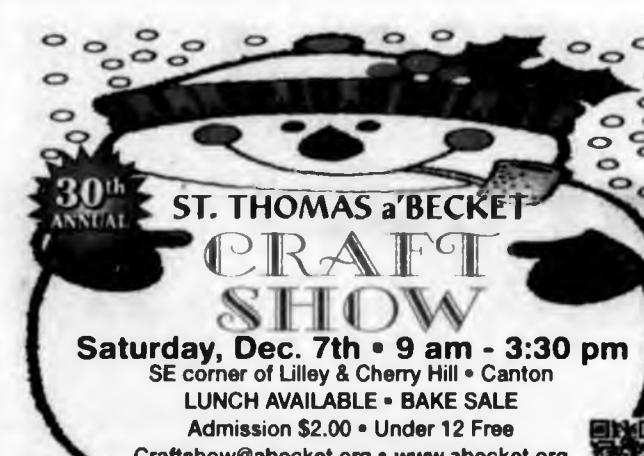
Zeiss Industrial Metrology is a manufacturer of "measuring machines, optical and multisensor

systems and metrology software for the automotive, aircraft, mechanical engineering, plastics and medical technology industries," according to its website.

Firefighters were still on scene as of nearly 11 a.m. It was at least the second time in a 24-hour period that local firefighters were checking for carbon monoxide.

On Nov. 25, White Lake firefighters found elevated carbon monoxide levels ranging between 10 and 70 ppm at Lakeland High School. The school was evacuated for the day while the problem, exhaust ventilation from a boiler system, was fixed.

Contact reporter Susan Bromley at sbromley@hometownlife.com or 517-281-2412. Follow her on Twitter @SusanBromley10.



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Published: December 5, 2019

Lakeland High evacuated due to carbon monoxide

Susan Bromley Hometownlife.com
USA TODAY NETWORK - MICHIGAN

Lakeland High School and International Academy West students got an unexpected early dismissal last week after being evacuated for elevated levels of carbon monoxide in their building.

Kim Root, spokeswoman for Huron Valley Schools, said White Lake firefighters had cleared the building of the colorless, odorless, toxic gas after classes were canceled Nov. 25.

The school, like many schools, Root said, does not have carbon monoxide detectors. Elevated levels of the gas were discovered when first responders carrying mobile carbon monoxide de-

tectors arrived at the school for an unrelated student medical emergency.

White Lake Fire Chief Rich Marinucci said further investigation revealed that carbon monoxide levels in various areas of the building ranged from 10 parts per million to 70 parts per million.

While the ideal level is zero, he refers to Occupational Safety and Health Administration standards, under which workers can be in an environment with up to 35 ppm over an 8-hour period before it is considered unsafe.

Students without their own transportation were evacuated to the field house and the cafeteria, both areas with safe levels, prior to release from school "out of an abundance of caution."

Marinucci said students were in "no immediate danger because it was caught early enough."

"It's not ideal, don't get me wrong," said Marinucci, who added that 70 ppm at a long enough exposure could cause drowsiness, light-headedness or flu-like symptoms.

The source of the elevated levels of carbon monoxide was found to be discharge from a boiler that was flowing back into the return air system. Once it was isolated, the unit was shut down and the building aerated.

"They are doing repairs to the building," Marinucci said. "What they are going to do is extend the chimney so it doesn't carry it back into the return air

system. An engineer will look at it and have to change the way the exhaust is leaving."

Voters in the Huron Valley Schools approved earlier this month a renewal of the district's building and site sinking fund, as well as a \$182 million bond intended to fund improvements at all buildings.

Marinucci said his understanding is the school will put some carbon monoxide detectors around the building.

"There are so many wide open spaces in a school, it's not typically an issue," he said. "I wouldn't call this a fluke, but it's not a normal thing to happen, either. ... If you don't have a carbon monoxide detector, get one."

Training teaches what to do if someone overdoses

Susan Vela Hometownlife.com
USA TODAY NETWORK - MICHIGAN

Farmington Hills emergency responders recently shared snapshots of the opioid overdoses they've witnessed in the past year:

■ A mother and son overdosing on opioids in a retail establishment's bathroom;

■ A husband and wife overdosing in a vehicle that veered off Interstate 696; and

■ An opioid user getting resuscitated by family members at least two dozen times.

"That's a family within our community," Farmington Hills EMS Coordinator James Etzin told more than 50 people gathered for a naloxone training session Nov. 21. "This young person who fortunately is alive today was in and out of treatment on numerous occasions (and) is still with us."

The city's police and fire departments partnered with the Alliance of Coalitions for Healthy Communities to help teach others how to prevent opioid overdoses over the holidays.

"We want you to feel educated, equipped and empowered to save lives," said Tracy Chirikas, an alliance representative.



Farmington Hills Emergency Medical Services Coordinator James Etzin demonstrates how to check whether a person is conscious during Narcan training Nov. 21 at Farmington Hills City Hall. SUSAN VELA/HOMETOWNLIFE.COM

Community members were told to look for symptoms like pinpoint pupils, shallow breathing and pale, blue or cold

skin. Participants 18 and over received free "Save A Life" kits including two 4-milligram doses of naloxone, a nasal spray commonly known as Narcan, which is known to reverse the symptoms of opioid overdoses.

Participants also were told to follow these steps if they have to administer naloxone: Call 9-1-1 (dispatcher can help walk the person through the steps); check the user's consciousness by placing a fist in the center of his or her chest and rubbing in circles with as much pressure as possible; administer, if there's no response, one of the 4-milligram Narcan doses; perform chest compressions; and administer, if needed, the second dose in the other nostril.

Once the user is conscious, watch for withdrawal signs. If the person starts throwing up, put them on their side so their airway stays open.

"Overdose rates sharply increase at the holidays," Farmington Hills Police Commander Bonnie Unruh warned in a news release. "People need to know this information to be able to potentially save a loved one's life."

For more information or to register for free Narcan training, contact Tracy Chirikas, the alliance's community relations manager, at 248-221-7101.

Police arrest habitual no-license driver, 20

Susan Vela Hometownlife.com
USA TODAY NETWORK - MICHIGAN

Milford police recently caught up with a 20-year-old local resident already in trouble with several departments in the region because of his driving tendencies.

Police said in a report they noticed a westbound vehicle with possible light violations traveling on Pontiac Trail the night of Nov. 8 and initiated a traffic stop.

Police said the man admitted he didn't have a valid driver's license and that traffic warrants had been issued against him.

Police confirmed that there were numerous reasons the driver did not have a valid driver's license. The warrants were issued by multiple departments including Milford Police Department, according to the report.

The man was taken into custody for driving without a valid license.

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"The popularity of the first-floor master suite has never been greater, especially with those buyers who are ready to right-size their homes for a more streamlined way of life," said Brooks Belhart, Sales Manager at Ridgeview of Novi. "The Henderson is perfect for buyers with high school and college-age children or frequent out-of-town guests who can utilize the second-floor bedrooms while the owners enjoy one-level living on the first floor."

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design. The first-floor of the Pentwater is an open-concept space with a well-appointed gourmet kitchen and center island, spacious family room, and formal dining area. The second-floor offers an expansive master suite with large walk-in closet and lavish bath, and two additional bedrooms share a secondary full bath. The Pentwater is exceptionally priced at \$449,995.

"All of our final opportunity villas include upgraded standard features that exceed the standards of other area communities. Toll Brothers is known for

the outstanding design, construction and features that have made it a national leader in the industry," Belhart said. "Buyers should hurry in before they miss their chance at luxury living in this one-of-a-kind, intimate community."

With interest rates still at a historical low, there has never been a better time to buy new. For more details on Ridgeview of Novi and to see why it is the ideal place to call home, visit [RidgeviewVillas.com](#) or call (248) 904-8515.

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Seasonal events abound in Hometown Life area

From Staff Reports [Hometownlife.com](#)
USA TODAY NETWORK - MICHIGAN

Time to get in the festive spirit. There are plenty of opportunities to celebrate the season for young and old alike throughout the region.

Here are some of the events:

Northville City Lights Chorus Festival of City Lights will show the season is full of song. Northville's award-winning City Light Chorus will perform its holiday show at 8 p.m. Friday at Ward Church, 40000 Six Mile Road in Northville. \$15. [www.citylightschorus.com](#).

Birmingham Holiday Greens, Decor & Tree Lighting at Birmingham Winter Markt runs Friday through Sunday at Shain Park. The park will be illuminated with more than 65 booths featuring gift items. Lighting of the tree, carols and a visit from Santa starts at 6 p.m. Friday. Market attendees can enjoy European food and drinks, gift items,

holiday greens, crafts, ice sculptures, live reindeer, warming stations, marshmallow roasting stations, a Kinderhaus children's activity area, the Santa House, and live entertainment. New this year, about 300 random shoppers will be the lucky recipients of ornaments with a voucher for a free gift attached.

Throughout the weekend, local school choirs will perform live. The Scottish Highland Dance School and The Community House Dance Academy are also set to perform. The Village Youth Theater's cast of "Frozen Junior," Four Stories, Collision Six and the Birmingham Concert Band will also take the stage. Topping off the magic, board a free horse-drawn carriage for an illuminated tour through the decorated downtown area all throughout the holiday season. Event hours run 4-9 p.m. Friday; 10 a.m. to 9 p.m. Saturday; and 10 a.m. to 4 p.m. Sunday. [www.allin-](#)

[birmingham.com/wintermarkt](#).

Huron Valley Community Theatre will perform "Jingle All the Way" at 7 p.m. Friday and at 2 and 7 p.m. Saturday. Combine six adults looking for peace and quiet, an isolated cabin and a large group of lost teenagers, and you have the mix for a fun adventure to officially kick off the holiday season, complete with "name that tune," holiday-style, in this original musical. Canned goods donations are accepted for Highland Community Sharing Outreach Center. Bring letters to Santa and get a picture, too. Reserved seating tickets are \$10 each and can be purchased online at [hvcommunitytheater.org](#) or at the door.

Merry & Bright: Livonia's Holiday Parade and Tree Lighting is at 4 p.m. Sunday, and will feature floats, high school bands, honor guards, entertainers, cheer teams, scout groups, Santa and Mrs. Claus, and more. The parade

runs from Frost Middle School to Livonia City Hall. Enjoy music, hot cocoa, cookies, entertainment and visit with Santa and Mrs. Claus.

Deck the City Hall in Westland starts at 5:30 p.m. Monday. Sing carols and welcome Santa and Mrs. Claus to Westland. After lighting the official Christmas tree and city hall grounds, come inside for cookies, hot cocoa, crafts, a chance to write and mail a letter to Santa and more. There will also be interactive dance activities to promote Westland's Healthy City initiative.

Farmington Musicals' Winter Holiday day celebrates the season with a holiday concert at 1 p.m. Wednesday at St. John Lutheran Church, 23225 Gill Road in Farmington Hills. The concert features vocalists, a clarinet choir with percussion and pianists. All are welcome to enjoy an afternoon of lovely music.

Send your holiday event listing to liv-oenewstip@hometownlife.com.

The best 12 holiday gifts for people who love Michigan

From Staff Reports [Detroit Free Press](#)
USA TODAY NETWORK

- Recommendations are independently chosen by Reviewed's editors.

Those who call the state home know there is nothing like celebrating Christmas in Michigan. So whether you're in Detroit, Grand Rapids, Ann Arbor or the Upper Peninsula — or if your travels have taken you far from the lakes — here are a few gifts we recommend for anyone who wants to rock their Michigan pride this holiday season.

1. For the one who wants a timeless way to remember Michigan: A Petoskey stone watch or pocket knife from Shinola

Shinola has a Petoskey stone watch. Can you get more Michigan than that? The born-in-Detroit fashionable watch company incorporates ancient only-from-Michigan Petoskey stones into its timepieces and accessories.

I Get the Petoskey Vinton from



HOMESICK

Shinola for \$650

I Get the Petoskey Stone Buck Knife from Shinola for \$175

2. For the one with a sweet tooth:

You can tell if someone has spent a

lot of time in Michigan by their excited reaction to the names "Cherry Republic" or "Sanders." This year, give your loved one delicious chocolate-covered cherries or the best sundae toppings this side of the Great Lakes. After all, who wouldn't be delighted by a taste of home?

I Get Cherry Republic Dark Chocolate-Covered Cherries on Amazon for \$24.99

I Get Sanders Hot Fudge Sundae Topping on Amazon for \$12.49

3. For the one who likes to celebrate the area: Frame-worthy maps

A beautiful map of your favorite area is a sophisticated way to decorate any office, library, living room, or bedroom. You can get an unframed Detroit wall map from Amazon starting at \$6 for a 5-inch-by-7-inch version — prices go up for larger orders. Or, if you want to high-

See GIFTS, Page 7A

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If you are experiencing a major emergency, go to the ER as soon as possible or dial 911.

*Based on 2018 market share data, hospital discharges, July 2017-June 2018.

Ascension Providence



Gifts

Continued from Page 6A

light a specific area, you can order a custom map from Grafomap, which can center the map wherever you like — down to a specific street address — and print the results on paper, canvas, or even metal.

I Get the framed Detroit street map on Amazon starting at \$6

I Get a custom map from Grafomap starting at \$49

4. For the spirits fan: Detroit urban map rocks glass and Detroit skyline wine glass

This duo of barware is a great gift for the person who has it all. The urban maps rocks glass comes with a street map of Detroit beautifully etched into the glass. If grapes are more your recipient's speed, check out the wine glass etched with a silhouette of the Detroit skyline.

I Get the Detroit urban map rocks glass on Uncommon Goods for \$16

I Get the Detroit skyline etched wine glass on Uncommon Goods for \$24

5. For the one who loves to bake: Michigan oven mitt

Every kid growing up in the Lower Peninsula knows how to point to their hand to indicate where they're from. This mitt lets the Upper Peninsula in on the fun: One side is the traditional mitten, the other the U.P. And because this also serves as functional oven mitt, both peninsulas can work together to serve holiday cheer.

I Get the Michigan Mitts on Amazon for \$18.95

6. For the one who misses the ambience: Michigan Homesick Candle

Homesick makes high-quality candles that are designed to evoke an area with their aroma. The Michigan scent is a mixture of honeysuckle, chocolate, cherry, and rose.

I Get the Michigan Homesick candle on Uncommon Goods for \$30

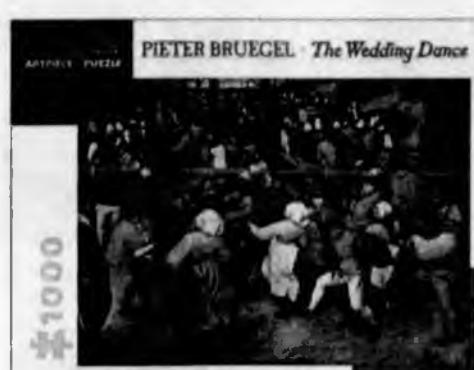
7. For your dear newborn:



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can be crafted to showcase any specific waterway you can name, and can have as much detail as you wish.

I Get the Lake Topography Map from Uncommon Goods from \$99 to \$549

9. For the person who keeps humming 'What Christmas Means to Me': Motown label Christmas ornaments

Looking for a keepsake that will delight the music fan in your life? These Motown ornaments will bring a little holiday cheer to the tree.

I Get the M Label Ornament from the Motown Museum store for \$10

10. For the fashionista: Detroit seat belt fashion

Wear your Michigan pride with a one-of-a-kind belt made from real seat belts. Options include Cadillac, GM and Ford.

I Get Ford and GM buckle-up belts for \$35

11. For the one who likes to make it all fit: Detroit Institute of Arts puzzle

Pieter Bruegel the Elder's 1566 painting "The Wedding Dance" is the most valuable piece of art owned by the city of Detroit, worth an estimated \$100 million. For just \$19.95 — and after a few hours fitting it all together — your giftee will be able to have this masterpiece in their home.

I Get The Wedding Dance puzzle from the Detroit Institute of Arts for \$19.95

12. For the one interested in history: Detroit Memories III

Any historian would love this beautiful coffee table book filled with pictures from Detroit in the 1950s, taken by Free Press photographers.

I Get Detroit Memories III on Amazon for \$44.95

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1 Hoffman, H. and Reed, G. (2004) Epidemiology of tinnitus. In: *Tinnitus: Theory and Management*. Lissone, NY: BC Decker Inc., 16-61. 2 Professional fees may apply. Annual subscription begins the first day of trial. Lyric is not appropriate for all patients. See a Lyric provider to determine if Lyric is right for you. 3 Power, D. (2018) Is Lyric an effective option for tinnitus? Investigating the benefits of a hearing aid that can be worn 24/7 (submitted for peer review publication).

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MILFORD PARADE WELCOMES CHRISTMAS SEASON

Thousands lined Main Street in downtown Milford on Saturday for the annual Milford Christmas Parade, organized by the Huron Valley Chamber of Commerce.

Dance studios, school bands, scout troops, churches and more celebrated the beginning of the holiday season, starting the Saturday after Thanksgiving.

The guest of honor in the parade was Santa Claus, who will be making several visits to downtown Milford this month for those wishing for a one-on-one visit with St. Nick. He'll be at Center Street Park at 6 p.m. Dec. 5 for the Christmas Open House.

Every Saturday until Christmas, he'll be at Village Center Mall from 11 a.m. to 1 p.m. and on Thursday evenings.



Children wave to the people along Main Street in downtown Milford on Saturday during the annual Christmas parade.

PHOTOS BY TOM BEAUDOIN/SPECIAL TO HOMETOWNLIFE.COM



Tiny reindeer take over the streets of downtown Milford.



Santa and his helper wave to the crowds from a mountain of Christmas presents.



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Plymouth
MI



The Gorecki family was all smiles while they waited for the parade to begin.



The camel is part of Christ Lutheran Church's Interactive Nativity Walk.



The four victims of the Oakland County child killer. From left to right: Kristine Mihelich, Jill Robinson, Kristine Mihelich and Timmy King. COURTESY OF THE BIRMINGHAM POLICE DEPARTMENT

Cold cases

Continued from Page 1A

police labeled it a professional killing. Proctor was shot three times in the head with a small-caliber gun.

■ Aug. 13, 1986: Samuel DeLarosa was found beaten to death in a Five Mile Road dumpster.

■ Jan. 14, 1990: Jason Bickel, 22, of Westland, was fatally shot while working as a security guard at the GM Delco property on Eckles Road.

■ Dec. 11, 1994: D'Wan Simms, 4, went missing while shopping with his mother at Wonder Mall's Target store.

■ Dec. 17, 1996: Francisco Portillo, 54, was fatally shot inside his home by someone posing as a delivery person. His wife, Judy, also was shot. She survived.

■ Jan. 12, 2001: Marlene Ondercin, 48, was fatally stabbed in her Bretton home.

Westland also continues to investigate eight unsolved homicide cases dating back to the 1970s.

"Anytime we, as a police agency, reach out to a victim's family, it opens up a painful memory for them," Westland Police Chief Jeff Jedrusik said. "Every case has its own unique circumstances. Some cases have hit dead ends, while some cases have suspects but not enough evidence to charge."

The Farmington Hills Police Department investigates seven cold homicide cases dating to the mid-1970s. Four detectives and a sergeant try to meet bi-monthly to discuss the cases, but Detective Sgt. Chad Double said old homicide cases remain just part of their overall responsibilities.

Novi police meet every quarter to discuss three cold homicide cases dating back more than two decades.

Milford police have posted details about two unsolved homicides: Anne Doroghazi, a 20-year-old who was strangled and found partially clothed in a ditch near Camp Dearborn in 1981, and Walter Rubel, 50, of Walled Lake, who was found fatally shot in the Proud Lake State Recreation Area in April 1980.

Bloomfield Township has a whopper on its cold case investigation plate — the disappeared and assumed dead former Teamsters President Jimmy Hoffa.

Hoffa's family told investigators he was scheduled for a meeting at 2 p.m. July 30, 1975, at the Machus Red Fox restaurant on Telegraph Road.

"The most significant cold case would be the Jimmy Hoffa disappearance," Lt. Paul Schwab of the township's investigations division wrote in an email. "But we have not reviewed anything in probably over a year."

Missing person cases

Local police officers assigned to cold cases often turn to other officers and agencies for advice. Michigan State Police Lt. Sarah Krebs, a Metro North assistant post commander, is ready to lend an ear and share her experience.

Krebs, who has spent about 20 years working with missing person cases, founded Missing in Michigan, a non-profit group supporting law enforcement and families of missing persons in

"Every case has its own unique circumstances. Some cases have hit dead ends, while some cases have suspects but not enough evidence to charge."

Jeff Jedrusik Westland Police Chief



About this series

Hometown Life is talking with some of the investigators who are involved in various cold cases in metro Detroit and highlighting some of those files.

Krebs began her law enforcement career as a forensic artist, using skeletal remains to illustrate and identify missing people. She drew the sketch that helped Livonia police arrest Floyd Galloway and get him convicted for assaulting a Hines Park runner.

Galloway now faces charges for murdering Danielle Stislicki, a 28-year-old Farmington Hills woman who went missing Dec. 2, 2016. She has not been found.

Cameras, cellphones and DNA have been aiding officers in various investigations, and such evidence was used for the two-day preliminary examination that concluded with a judge ruling there was enough evidence for a murder trial.

"That's one of the reasons why the Danielle Stislicki case was so important for missing persons, because there was a charge on a no-body homicide," Krebs said. "That really rarely happens. Hopefully, we'll see that trending more in the future. Prosecutors will take that leap without having the body."

"It seems too easy that these predators think if they can just hide the body well enough that they'll just get away with it. And they have."

Krebs is haunted by many of Michigan's unsolved murders and missing persons cases including the Oakland County killings of four children and the May 24, 1990, disappearance of Paige Renkoski.

The Okemos woman had dropped off her mother at the Detroit airport in the morning. Her purse and shoes were inside her car discovered still running along Interstate 96 just east of the Fowlerville exit.

"(But) law enforcement resources are very thin," Krebs said. "A lot of the cases that have decent solvability to them get put on the back burner way too soon. I do feel that that happens."

Download the Michigan State Police app for more information about cold homicide cases throughout the state.

Contact reporter Susan Vela at svela@hometownlife.com or 248-303-8432. Twitter: @susunvela.

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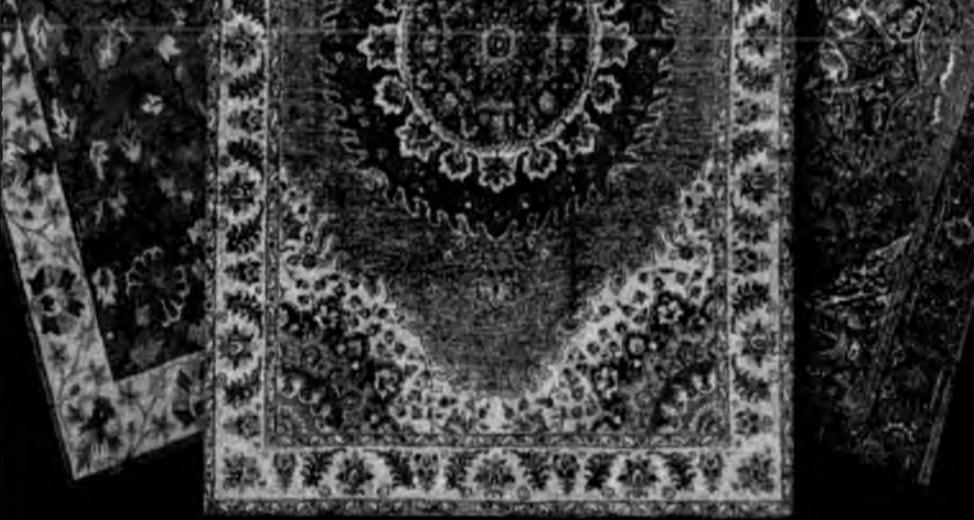
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Money Matters
Rick Bloom
Guest columnist

Dear Rick:

I read one of your recent columns where you talked about converting money into a Roth IRA, and using your required minimum distributions for charitable contributions.

Am I allowed to convert my minimum required distribution for this year? I am in my early 70s, and have not taken my minimum required distribution for this

year; am I still required to take it?

If I am required to take a minimum required distribution this year, is that eligible to be donated to a charity even though I'm doing the Roth conversion?

Thank you, Jeffrey

Dear Jeffrey:

First, I think it is great that you've done a Roth conversion. That being said, you're not allowed to convert your minimum required distribution. Your minimum required distribution is determined by the balance of your account as of Dec. 31 of the previous year.

With regard to donating your minimum required distribution, you can do-

nate to as many charities as you choose.

With regard to both Roth conversions and charitable contributions from your IRA, these transactions must be completed by the end of the year.

Unfortunately, too many seniors do not take advantage of the opportunity to donate their minimum required distribution to a charity. It is not that these seniors are not making charitable contributions; however, they're not doing it in the most tax-efficient manner.

When you use your minimum required distribution and donate that to a charity, you are not paying tax on the distribution which you normally

would have.

I certainly am not telling people that they should donate their minimum required distributions to a charity. However, for people who are charitable in nature, who make charitable contributions, and who are no longer itemizing their deductions, it is a strategy to consider.

When it comes to our tax laws, it is important to dot the I's and cross the T's. If the money is directly distributed to you and then you transfer it to the charity, unfortunately, you won't get the tax breaks.

Rick@bloomassetmanagement.com.



The lightfest's Time Tunnel display runs underneath a bridge along Hines Drive.
JOHN HEIDER/HOMETOWNLIFE.COM

Lightfest

Continued from Page 1A

is that you stay in your car the whole time," she said. "So, if you're cold you just stay in your car and drive through Hines Drive. There's displays on both sides of the road."

In celebration of Wayne County Parks' 100th birthday, a few new displays were thrown into the mix this year.

For anyone wanting to brighten the holidays for someone else, Dec. 3, 10 and 17 are Toy Night Tuesdays, where drivers can bring an unwrapped toy instead of paying the entrance fee.

The light show's hours are 7-10 p.m. weekdays and 6-10 p.m. Saturdays and Sundays. For more information, call 734-261-1990.

Contact reporter Shelby Tankersley at stankersle@hometownlife.com or 248-305-0448. Follow her on Twitter @shelby_tankkk.

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Schools

Continued from Page 1A

Citing sleep studies

By contrast, studies done on schools with delayed start times in Colorado, Minnesota and Virginia showed conclusive results of increased attendance rates, longer attention spans, and better student-family interaction and grade-point averages, as well as decreased disciplinary action and daytime sleepiness. These results came from urban and rural schools that had later start times, regardless of students' socio-economic background, he said.

Jill Minnick, Novi assistant superintendent for business and operations, pointed to California, which last month approved legislation for later school start times statewide.

Minnick said the Novi committee researched how school start times could be changed locally, studying transportation and sports schedules and taking into consideration child care schedules, with a goal of minimizing disruption while maximizing benefit.

"Individual situations change as children age," she said. "A lot of families depend on the older kids, but one of our district's goals is to promote a culture of well-being, and if we are to honor that, (later start times are) an element."

The committee ultimately settled on several recommendations for school days in coordination with the transportation and athletic directors:

- Novi High School: 8 a.m. to 2:44 p.m.
- Novi Middle School: 8:30 a.m. to 3:11 p.m.
- All elementary schools: 9 a.m. to 3:52 p.m.
- Novi Meadows, which houses fifth and sixth grades: 7:30 a.m. to 2:22 p.m.

Advantages cited by the committee included the high school and middle school students potentially getting 45 more minutes of sleep each morning; Meadows students being dismissed earlier than elementary schools, allowing older students to be home before their younger siblings; equity for all elementary schools to be on the same schedule; no change in CARE or ECEC bell times; maintaining bus driver hours and traffic flow on Taft.

Drawbacks and concerns included still not meeting the 8:30 a.m. recommended start time for high school; younger students at bus stops in the dark; and possible impacts to after-school activities and athletic schedules and transportation.

"One thing we can control is what we do here in Novi," Athletic Director Brian Gordon said. "With us getting out at 2:44 p.m. and most of the spring contests starting at 4 p.m., we would be in good shape."

Gordon said potential obstacles include a lack of lights at the majority of athletic facilities, as well as the distance to be traveled to schools in the multi-county league and the traffic backups in the northwest suburbs. Still, he believes the proposed starting times for both the middle school and high school are doable.

"It will absolutely work in athletics, as long as we work with transportation," he said.

Superintendent Steve Matthews said the district would limit before-school activities, as well, such as swim and dive practices, which typically occur early in the morning, and discuss scheduling everything for after school, instead.

"We think this has the potential to be successful," Matthews said. "Every year, especially with eighth grade students going into ninth grade, we have parents who say high school starts too early."

"We think this has the potential to be successful."

Every year ... we have parents who say high school starts too early."

Steve Matthews
Superintendent, Novi Community School District

Talking to families

Several mothers approached during a recent book club meeting at the Novi Library supported the idea of delaying school start times.

Melissa Morse said she and her eighth-grade son are excited about the proposed change, particularly because her son has to get up at 6:30 a.m. and isn't ready for bed at 10 p.m. on any given day. Her daughter, facing an earlier time next year when she starts fifth grade, is a different story.

"She's not excited, but she will get home by 2:22 and can manage her time by herself," she said. "She's also a kid who wants to do after-school stuff."

Sharon Trumpy said her two sons, one who will be at the middle school next year and one in high school, would be relieved, as they are constantly exhausted. The idea appeals to her, too.

"I am grateful to see the district is following the research to the benefit of my boys," she said.

Middle school parent Jen Alindogan, who was dropping off her son at school just before Thanksgiving break, said she would prefer keeping current school hours.

"I'd rather be earlier than late," she said. "If you do later, it would be dark."

Scott Stowitts, who has one child at the middle school and one at the high school, said he would have to rearrange his schedule to get to work in Detroit, but it could be managed.

"It's really about traffic, but I understand (the change) would be beneficial," he said. "I'm not opposed, it's just an adjustment. I'm sure the kids would be happy."

Jack Reddy, an Novi High sophomore, said he would be among those happy students. He usually falls asleep at about 12:30 a.m. and is tired for the first two hours of the school day.

"Parents don't really know. I can't get to sleep on time," Reddy said. "I think (a later start time) would be helpful for students. They can get more sleep and be more focused in the morning."

But Abbey Pheiffer, a Novi junior, said she would not like the change, particularly as a soccer player whose practices and homework time would be pushed later.

"Right now I go to bed earlier, because I get stuff done early," she said. "When I play club soccer, practices don't change and I try to get homework done before. I wouldn't have time (with a later school start) and would also have to eat after and do homework after and all that."

"I would get the same amount of sleep, just later."

Next steps

The proposed changes to school start times in Novi will be a topic of discussion at the Dec. 5 board of education meeting. Matthews said he hopes the board will take a vote on the proposed change at the Dec. 19 meeting.

"We want to communicate early and often to families in (the) district and to staff, for what the changes would be for the 2020-21 school year," he said.

Board Secretary Willy Mena said he was interested in parents' reactions. The district has not conducted any parent surveys or similar measures to gauge public opinion.

"We have to look at the best interest of students, but a change to start times could alter the family structure," he said. "Parents pay the bills and should have a say."



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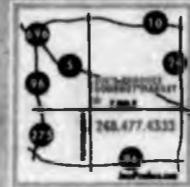
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Max Martin shifts focus from football to music



For the first time in his life, after finding success as a high school QB, Max Martin is turning his life-long passion for music into a priority.

HOMETOWNLIFE.COM FILE

Colin Gay Hometownlife.com
USA TODAY NETWORK - MICHIGAN

When he was in elementary school, Max Martin received an assignment: creatively explain a historical event to his class.

He immediately asked his teacher if he could write a rap.

It was a familiar pastime, having written raps for family occasions such as weddings and birthdays. And with this assignment, whether it was describing the War of 1812 or a population growth issue, rapping was the way to get his point across.

As soon as he turned in the assignment and performed it for the class, his teacher did not know what to say.

"She called me and was like 'Oh my gosh. Where did he get this?'" Joann

Martin, Max's mother said. "I'm like 'From himself.'"

From an early age, Max Martin made music his love language, using the dance floor and his basement as a canvas, writing music and lyrics to convey how he was feeling.

And while his schedule filled up with sports such as basketball and football, music always remained.

For the first time in his life, after finding success as a high school quarterback, Martin is turning his life-long passion into his priority.

He is trading his helmet for headphones.

"Since I love what music can do, I want to start doing it, start creating it," Martin said.

See MARTIN, Page 2B



White ribbons are appearing around South Lyon to honor Trevon Tyler, a South Lyon East junior who died unexpectedly Nov. 29 due to complications from a surgery.

COURTESY OF LYON TOWNSHIP FIRE DEPARTMENT

South Lyon East mourns death of Trevon Tyler

Colin Gay Hometownlife.com
USA TODAY NETWORK - MICHIGAN

Trevon Tyler had a big heart. It did not matter who you were — a teacher, coach, administrator, classmate or teammate. When he would pass you, he would smile and say hello.

This is the Tyler that South Lyon East head football coach Joe Pesci remembers. This was the Tyler that Pesci assumed he would see roaming the hallways of South Lyon East after Thanksgiving break.

"He just had a big, big, soft heart that seemed to love everyone," Pesci said.

That would not be the case.

Tyler died Friday from complications from a surgery he had last week. The junior offensive lineman was in the final

See TYLER, Page 2B

Mercy still celebrating 1st volleyball state title

Colin Gay Hometownlife.com
USA TODAY NETWORK - MICHIGAN

Julia Bishop knew three weeks into the season what Farmington Hills Mercy's state title celebration was going to be.

After the final point was secured in the MHSAA high school volleyball state final, which would be the first in Mercy history, the junior setter said she and her teammates would make a dog pile in the middle of the court.

Three weeks into the season, senior outside hitter Jess Mrusik laughed at Bishop.

"We were all like 'Oh stop, it's not going to be that cheesy,'" Mrusik said. "But it was."

Facing Lowell in the Nov. 23 state final game, Mrusik recorded the final point on a soft hit over two Red Arrow defenders, securing the final point of a

See MERCY, Page 2B



Detroit Country Day players crash into the offensive line of Grand Rapids Catholic Central during their state final game at Ford Field on Nov. 29. Country Day lost, 44-0. JOHN HEIDER/HOMETOWNLIFE.COM

Country Day struggles in Division 4 state final game

Colin Gay Hometownlife.com
USA TODAY NETWORK - MICHIGAN

Detroit Country Day has not seen much adversity in the 2019 season.

The Yellowjackets came into the Division 4 state title game 13-0, trying for its first undefeated season in school history and its first state title since 1999. Things had gone their way up to that point, averaging 34.8 points per game on offense and not allowing more than 12 points in a single game this season.

But Joey Silveri and Grand Rapids Catholic Central quickly changed the narrative. The sophomore quarterback found wide receiver Jace Williams

streaking down the sideline, pumping once and firing, securing the fourth touchdown Detroit Country Day has allowed in the past six games.

It proved to be the first of many for the Cougars, who put on an offensive show in the Division 4 state final, defeating Country Day, 44-0, at Ford Field for their third state final in the past four years.

The Yellowjackets have lost five state title games since 2007 by an average of 21.8 points.

"Give them credit," Country Day head coach Dan MacLean said. "They played well. We didn't."

Here are three takeaways from the Division 4 state final game.

The Joey Silveri show

After Silveri's first pass attempt of the day, things seemed to be looking good for the Country Day defense.

With a distinct pass rush, the Catholic Central quarterback rolled left and threw a low pass, trying to find a short receiver across his body. Country Day junior defensive lineman Caleb Tiernan jumped up, batted the pass down.

Instead of getting rattled, Silveri opened up the offense with his legs, carrying the ball the next two plays for 22 yards.

See COUNTRY DAY, Page 2B



Country Day

Continued from Page 1B

And, with that, the Silveri show had begun. The sophomore quarterback completed 15-of-22 pass attempts for 236 yards, recorded 139 rushing yards, averaging 7.7 yards per carry and scored all six of the Cougars' touchdowns.

"We prepared all week, and we believed we could get it done," Silveri said. "We firmly believe that we outworked them."

While senior Malachi Love was the leading receiver for Catholic Central, junior wide receiver Jace Williams was the one that Silveri consistently found for six points.

Three of Williams' four catches were for touchdowns, tying an MHSAA state final record and ending the game with 62 receiving yards.

With Williams 6-foot-4 frame and his speed, MacLean said that Catholic Central had multiple opportunities to exploit that matchup one-on-one.

The Cougars finished with 395 total yards: 236 through the air and 159 on the ground.

Yellowjackets offense continues to sputter

The Catholic Central offense could not convert on its extra-point attempts. Of the seven touchdowns scored, Country Day blocked five extra-point tries.

The Yellowjackets recorded more extra-point blocks in its state final loss to the Cougars than they did first downs.

Country Day failed to record a first down in the second half, recording 60 yards of offense and averaging 16 yards per play against a Cougar defense that

had recorded four shutouts in 2019.

When asked about his defense allowing 44 points, MacLean immediately pointed to his offense's inability to move the ball.

"We have to move the ball a little bit," MacLean said. "We didn't help ourselves there, and so we were run defense all the time."

Senior quarterback Ahlon Mitchell finished his high school career completing 6-of-10 passes for 42 yards, throwing an interception. Danny MacLean added an interception in the third quarter, which Catholic Central defensive lineman Jake Passinault brought back 18 yards for a touchdown.

Country Day running back Anthony Ammori could not find holes from his offensive line, recording seven yards on 14 carries.

'Back to the drawing board'

Country Day came into Ford Field Friday in the same way it did in 2016. Both Yellowjackets teams were undefeated heading into the state final. Both teams came in scoring over 400 points on offense and allowing less than 150 points defensively.

MacLean was not satisfied with just making the state title game.

"It's obvious we have work to do," MacLean said.

For him, it's back to the drawing board, building a team without Mitchell and Ammori, putting together a defense without Marcus Sheppard.

But even after leaving Ford Field the way he did, after that loss, MacLean had a sense of confidence that his team would return for an attempt at its first state title since 1999.

"Country Day will come back," MacLean said.

Tyler

Continued from Page 1B

stages of recovering from a torn meniscus suffered during Week 7 of the football season against Milford.

Pesci said Tyler was nearing the end of the rehab process on his knee, and had surgery Nov. 25 to "clean some things up." When Pesci talked to his offensive lineman the day after the surgery, he described Tyler as being in "good spirits."

Pesci was notified of Tyler's death 9 a.m. Friday morning after a phone call from offensive line coach Chad Stuckey.

The South Lyon East head coach called a meeting at the school, addressing 20 players, six coaches and athletic director Greg Michaels.

"It was probably one of the toughest hours of my life," Pesci said.

The head coach encouraged those in attendance not to keep emotions bottled up, to address the feelings. But then, it turned to how the Cougars remember Tyler.

On the field, Pesci remembers seeing promise as soon as he laid eyes on him as an incoming freshman. The head coach described him as a "big-bodied kid" who had the potential to be a "big-time" offensive lineman for the Cougars.

"When he got on guys, he was able to drive them, move them, pretty much take them wherever he wanted to," Pesci said.

Taking his sophomore season off after playing as a freshman, Tyler returned to the team in 2019, starting on the offensive line and playing in the defensive line rotation.

However, more importantly, he was a leader, an example off the field.

He was loved by all, always smiling. Pesci said he was always happy to be around his teammates.

"The emotion on the players' faces, it just really showed how much Trevor meant to those guys," Pesci said.

"He was someone that was willing to do anything for us. He loved being a part of this program and being with these guys."

While conversations are being had within the school about how to honor the junior offensive lineman — students planned a "white-out" to honor their former classmate at school Monday — Pesci said the football program already has some things planned.

He said he will dedicate one of the three fall football scholarships to Tyler next fall.

However, as South Lyon East prepares for another season, a season without Tyler, junior quarterback Zander Desentz stood up.

"Everything we do for the program, we're going to do it for Tre," Desentz told the room of teammates and coaches.

While the South Lyon community mourns the loss of one of its own, the football team is already working. They are going to "play for Tre."

That's what Tyler would have wanted.

Members of the South Lyon community have set up a GoFundMe page to raise money to support the Tyler family. Arrangements were not immediately available but were being handled through O.H. Pye III Funeral Home in Detroit.

Contact reporter Colin Gay at cgay@hometownlife.com or 248-330-6710. Follow him on Twitter @ColinGay17.

Martin

Continued from Page 1B

It's something the Farmington High School senior has already accomplished. Martin released a nine-track album earlier this year, meeting his goal of releasing a full-length record before his 17th birthday.

Now with his final season as the starting quarterback at Farmington complete, he is going all-in, at least in the six months before college.

"We know college is there for him," Maurice Martin, Max's father said. "Right now is the age where you can take the risk, take chances."

The football Max Martin

"Who is Max Martin?"

From the moment that Martin stepped into the Farmington locker room for the first time, that was the question he had to answer.

His teammates and the coaching staff knew they were inheriting Harrison's last starting quarterback, who, after suffering a knee injury, moved to tight end late in the season, failing to earn his starting job back.

Despite not being named captain after missing summer workouts, Martin stepped up as a leader in the locker room, coming together with his new teammates to accomplish something special in his final season in a football uniform.

"I've never really had that many people by my side, fighting for the same thing, trying to make it happen," Martin said. "It definitely felt like a special year."

Martin led Farmington to an 8-2 record as starting quarterback, with the offense averaging 29.6 points per game, its highest average since 2014.

However, knowing it was going to be the final season of his football career, Martin's emotions were heightened.

After the late-season loss to rival North Farmington, Martin fell to the ground at the 30-yard line, breaking down after failing to beat his old coaching staff, the one who, he felt, doubted his ability as a quarterback.

After the upset win against Oak Park in the pre-district round of the playoffs, Martin struggled against University of Detroit Jesuit in the district final, watching from the home sideline as the Cubs celebrated their regional-final bid.

Each of these experiences were hard for Martin to go through. But throughout his football career, he learned something he will apply and use for the rest of his life, especially as he continues to pursue music.

"Football taught me if stuff isn't going your way, you still got to keep going," Martin said. "The world is not going to stop for you."

However, Martin said he is not going to remember the wins and losses, his particular stats and his particular performances 10 or 20 years from now. He



Max Martin works on his first album in a local recording studio. "I think I'm doing all I can to make sure I have a fun life and that I help out others along the way," he said.

COURTESY OF JOANN MARTIN

said it is the friendships made, the brotherhood created that he will remember forever.

After the playoff loss, Martin said the Farmington seniors lined up, five yards apart on the field. It was at that point his teammates said goodbye to him.

"A lot of the things stood out to me and, kind of, brought my spirits up and just reminded me of all the friendships and just all the love that was shared on that team," Martin said.

After he watched University of Detroit Jesuit secure its final first down to ensure victory, Martin acknowledged the end of an era, but immediately shifted focus to what was next.

"I thought to myself: 'It's time for me to get back into my music,'" Martin said.

The music Max Martin

With school and practice taking up the majority of his days, the only time Martin finds time to write music is at night.

"I'll get started, say at 8:30 — because I can't go to bed at 8:30 — go until 9:30 and then it keeps going and going, and I

looked at the clock: It was 7 a.m. and I had to get ready for school," Martin said.

Joann Martin knows that her son does not sleep a lot, threatening him in the past with turning off the electricity because he is up writing at 2 a.m.

"There is always going to be something that keeps me up at night and keeps me working," Max Martin said.

Music is something Max Martin cannot live without.

He said he constantly has to put his ideas down on paper, letting his ideas flow into a beat and, eventually, into a song.

Through his music Martin said he wants to influence people, communicate positive messages through his lyrics and give listeners an inside look at who he is as a person.

"I feel that God has kind of given me some talent and I want to just work with Him in a way that makes sure I am staying positive, makes sure I am delivering a good message," Martin said. "My strong faith kind of helps me through making music."

That is his main priority. Success is not.

Martin said he does not like to promote himself. He hates when artists shove their music into other people's faces.

It is more about the process of writing, feeling, a level of satisfaction when its complete rather than when people hear it and respond to it.

"It's that weird artist mentality, that when they are done, they don't care anymore," Joann Martin said. "Van Gogh never cared if we hung up his paintings. He just wanted to finish the painting."

The future Max Martin

Martin knows his future can go in many directions.

His ideal plan is simple.

"My plan A is that I create something so good that people tell people, and those people tell people, and all of a sudden; I don't even want to say that I am famous, but all of a sudden, I'm at a place where I can write music for the rest of my life," Martin said.

Although this is something both of his parents felt like Max's path would be from the moment he started writing lyrics, they know the reality of his situation.

"We know not everybody becomes famous. Not everybody makes it who has talent to make it," Maurice Martin said. "We try not to get too excited about it, but give him the support and the love that 'Hey, you can do this.' Let's try to do this."

While she is in full support of her son's pursuits, Joann Martin knows that "being famous" is not something colleges want to hear in terms of goals for the future.

Max Martin does have a back-up plan, though. He plans to major in education with the goal of becoming a kindergarten teacher. He says he wants to influence young kids while they are young, before they have preconceived notions about society, while they are innocent.

Simply, no matter what Martin wants to do in his short-term and long-term future, he wants to make an impact. He wants to make a difference. He wants to make relationships with others through his example and actions.

That, he says, is who the real Max Martin is.

And if fame does not come with that, then so be it. But he wants to make an impact somewhere.

"I think I'm doing all I can to make sure I have a fun life and that I help out others along the way," Martin said.

But from the moment he started performing for people, Martin's parents knew he was going to be famous. Maurice Martin even said there is a place in Hollywood that is already prepared for his son.

"My theory in the back of my head is like this, because I am old-school," Maurice Martin said. "You got Arnold Schwarzenegger and Sylvester Stallone: generational. Then you got Dwayne Johnson. Arnold and Sly can't go on forever. Hell, next is Max."

Brighton woman 10th-fastest female 100-mile runner in US

Sean Bradley Livingston Daily
USA TODAY NETWORK - MICHIGAN

Loretta Tobolske-Horn ran for 17 hours, 21 minutes and 56 seconds.

"It takes a lot of mental strength to get through those miles," said Tobolske-Horn, 48, from Brighton.

That strength helped her finish in first place in the Tunnel Hill 100 race last month in Vienna, Illinois, out of more than 500 other runners. Her time made her the 10th fastest female 100-mile runner in the nation, according to Ultra Running Magazine.

Not only did her mental strength and training help her, but so did her family and friends, who provided support and food and water along the way.

The limestone path at the Tunnel Hill State Trail is 45 miles and she looped around it to complete 100 miles.

She would break down the race by

hour, eating food and drinking water every half hour at aid stations, she said. In the last 24 miles of the race, her team, consisting of her daughter Maddelynn; her husband, Derek; and her friends Teddy, Chris and Jeff, took turns running with her.

"My goal was to not stop," she said.

She began training in February with running coach Zach Bitter.

Bitter holds world records in the 100-mile run and for a 12-hour run and, for the past six years, has held the U.S. record for fastest 100-mile run.

Working remotely with Tobolske-Horn — Bitter lives in Arizona — he helped her with her goals of completing a marathon, or a 26.2-mile race, and completing a 100-mile race.

He helped Tobolske-Horn with three sessions each week in building a "strong aerobic base" and to build up her ability to complete long runs, he said.

At the peak of their training, Tobolske-Horn would run 20 miles, of which 14 or 15 miles would be run at a pace to complete a marathon, Bitter said.

She also said she would work on gradually increasing the miles she ran.

Also, her nutrition and hydration during, before, and after events such as this are key.

"If you're not taking enough, you might not finish," Tobolske-Horn said.

"She's just a competitor," said her husband, Derek Horn.

Despite her finish, Tobolske-Horn said she knows she can do better.

"Also (I thought) like 'OK, I know I can go faster. I know I can be better,'" Tobolske-Horn said.

She'll test herself when she runs in the 2020 Boston Marathon in April, which she qualified for by running in the Bayshore Marathon in Traverse City.



Jeff Hickman gives Loretta Tobolske-Horn a drink while Tobolske-Horn runs in the Tunnel Hill 100 race Nov. 9. Hickman was part of Tobolske-Horn's team during the race. COURTESY

Mercy

Continued from Page 1B

four-set win and Mercy's first state title in school history.

During their state title run, the Marlins recorded five three-set sweeps, winning 15-of-24 total sets en route to the state title. Mercy won 58-of-59 games in the 2019 season, falling to Lowell on Sept. 14.

From the outside, many thought Mercy would not be in this dominant position in 2019. From outside the gym, Mrusik said there were many "outside sources" doubting the validity of the Marlins' chances at its first state title.

"We wanted to prove everybody wrong, and that's what we talked about," Mrusik said. "We knew we could achieve the goal of a state championship this year, and that's what we did."

From the moment tryouts began for the 2019 season, Bishop, a junior Michigan State commit, knew this particular team, on paper, had the talent to make a run. With that in mind, she made it her goal to prioritize team chemistry to make sure the team gels together as a whole.

For her, it was the moment where the team was clicking on all cylinders, having what it takes mentally, physically and emotionally to go all the way, that she knew a state title was not only possible, but achievable, even expected.

This is a mindset head coach Loretta Vogel never had, though.

"I don't even think that way," Vogel said. "It's very difficult to make it back there, even if you are in the semis. I really just take it one day at a time."

When the final point and the state championship secured, Vogel was in a state of shock. She said she remembers looking at the referees to make sure they were correct and looking at the scoreboard before it hit her.

To the head coach, it comes down to consistency, how she knew what her team was going to look like every time it stepped out onto the court, from junior Charli Atiemo's blocks up front, Bishop's sets and Mrusik's devastating finishes.

For Mercy, during its playoff run, it came down to overcoming adversity.

Before the regional semifinal against Bloomfield Hills Marian, the Marlins lost a key outside hitter, Kaylin Collins, to injury, forcing Bishop to change her game plan as a setter and others to step

up in the front.

In the five-set win against Marian, the only time in the playoff run Mercy was forced to a fifth set, Bishop said she felt a sigh of relief after getting past a state title contender.

But she also raved about how Mrusik, against Marian and throughout the playoff run, stepped up in a big way.

"I've never seen her play like that," Bishop said. "I can say for the past six games, I have never seen a hitter like that. She was unbelievable."

For Mrusik, the senior Michigan commit awarded with the Michigan Miss Volleyball award, the state title was just a cherry on top of what proved to be as close to a perfect final high school season as someone can get.

"I couldn't have thought of a better way to end it," Mrusik said. "What an amazing year it's been for me, this team and this program. It's kind of been historic for us."

But while her team just won the state championship, and the season just ended, Bishop is waiting for the day for her to take ownership of the 2020 team as a senior, trying to lead Mercy to back-to-back state titles.

Bishop said there will be a pressure there, but it has not come yet.

"It's more of we have always had the expectation to make it to this spot, and to be able to finally make it, either people are going to think we should make it again right away or people are going to think they are going to settle," Bishop said.

But like the approach in 2019, Mrusik said the 2020 team will need to block out those same outside sources, those who are doubting Mercy's ability to make it back to the state title game.

The senior outside hitter said the Marlins have all the pieces to continue this run.

"I know all of these girls who are staying are going to do an amazing job," Mrusik said. "I'm leaving the program in really, really good hands."

That's not what Vogel is focused on now. She said the team and the coaching staff is at a point where it finally hit them how tired they are after the run Mercy just completed.

For her, it's time to rest, time to remember.

"Those memories stay with you quite awhile. We'll all smile over it," Vogel said. "Next year starts in August, how's that?"

Contact Colin Gay at cgay@hometownlife.com or 248-330-6710.

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Final rankings: HTL top 10 HS football teams

Andrew Vaillencourt
Hometownlife.com
USA TODAY NETWORK - MICHIGAN

The playoffs have come to an end and Hometown Life Sports is back with its weekly top-10 teams in the area. Each week, we rank the top 10 teams in our coverage area based on record, strength of schedule, experience and of course, the game results. The ranking will be decided on by our two sports reporters: Andrew Vaillencourt and Colin Gay.

These are the final rankings for the 2019 season:

1. Livonia Churchill
(7-5, Last Week: No. 2)

Churchill ended its magical season with a close, 21-14, loss to Walled Lake Western in the regional final. After starting the season 1-4, the Chargers won six straight to get a shot at its first regional title in school history. Quarterback Gavin Brooks returns next year and should have the Chargers positioned for another good season.

2. Birmingham Seaholm
(9-3, Last Week: No. 1)

Seaholm was clobbered by Detroit Martin Luther King in the state semifinals, but still was an exciting postseason team that advanced much farther than expected. Blowing out rival Groves was the highlight of the team's playoff run.

3. Livonia Franklin
(8-3, Last Week: No. 3)

Franklin was powered by its best offense in school history before falling to Division 2 runner-up Detroit Martin Luther King in the playoffs.

The Patriots will have to replace senior quarterback Jake Kelbert next season.

4. Detroit Country Day
(13-1, Last Week: No. 4)

The Yellowjackets had an opportunity to take the top spot in these rankings with a state championship in Division 4, but collapsed against Grand Rapids



Detroit Country Day had an opportunity to take the top HTL rankings spot with a state championship in Division 4.

TOM BEAUDOIN/SPECIAL TO HOMETOWNLIFE.COM

Catholic Central, losing 44-0.

The loss exposed an otherwise outstanding defense as Country Day lost its perfect record. Despite the loss, the team had a great year, nearly becoming the first team in school history to go 14-0.

5. North Farmington
(9-1, Last Week: No. 5)

In its first season under head coach Jon Herstein, North Farmington recorded an undefeated regular season, scoring the most points in school history, while allowing the least since 2002.

6. Farmington
(8-2, Last Week: No. 6)

Farmington surprised everyone with a big upset win over Oak Park in the opening round of the playoffs but couldn't get past U-D Jesuit in round two. With 16 wins in two seasons, the Falcons have their best two-season stretch since 2002-03.

7. Birmingham Groves
(8-3, Last Week: No. 7)

Groves started off the year red-hot, but cooled dramatically as the season went on before ultimately getting

smacked around by rival Seaholm in the playoffs.

8. Plymouth
(9-2, Last Week: No. 8)

After a convincing, 29-13, win against Lakeland in the first round, Plymouth failed to score against West Bloomfield in the district final. The Wildcats recorded its best defensive season since 2011, allowing 14.3 points per game.

Despite winning the KLAA West, the Wildcats failed to stand out in the playoffs, as division rival Brighton took

See TOP 10, Page 5B

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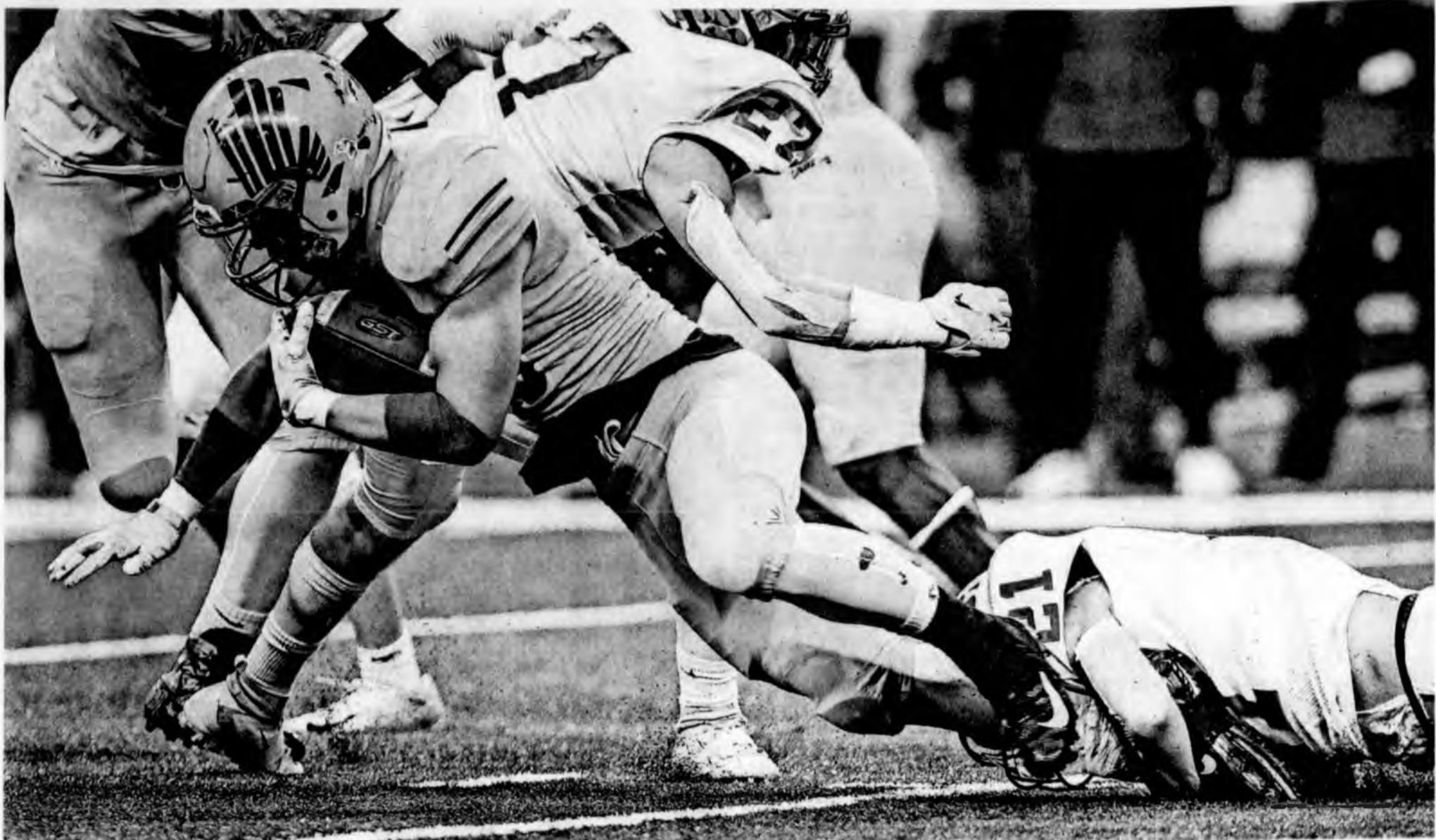
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Brighton's Ian Hummel, right, tackles Davison's Carter Cryderman during the first quarter of the Division 1 state football championship Nov. 30 at Ford Field.

PHOTOS BY NICK KING/LANSING STATE JOURNAL

BRIGHTON'S HISTORIC RUN ENDS

Bill Khan Livingston Daily
USA TODAY NETWORK - MICHIGAN

DETROIT — In the moment, it didn't matter that they made history, that they will be forever revered in their hometown.

Brighton wasn't content with merely making it to Ford Field, as monumental an accomplishment as it was for its school and county.

Never mind that Brighton wasn't even expected to be at Ford Field after a 7-2 regular season and second-place finish in its own division of the KLA. Getting this close to the ultimate prize hurts, and it will hurt for some time.

But in the days, weeks, months and years that follow, the Bulldogs' pride in what they achieved in the fall of 2019 will deepen.

In the immediate aftermath of a 35-25 loss to Davison Saturday in the state Division 1 championship football game, however, they were reduced to tears.

"We were so close," senior linebacker Cole Riddle said. "We just couldn't finish."

For four weeks, the Bulldogs left a trail of heartbreak in their wake as they wrecked the championship dreams of Holt, East Kentwood, Hudsonville and Belleville. On Saturday, it was Brighton feeling the crushing weight of a season-ending loss on the sport's biggest stage while the opposition celebrated its own historic victory.

"We were right there for the trophy and the rings," Brighton senior quarterback Colby Newburg said. "This hurts a little more, but I know our guys came out and fought hard. We fought 'til the very end. Give credit where credit is due. They're a good team. They came out hard and kept playing hard."

Brighton chased the game all afternoon, allowing a touchdown on Davison's first drive, falling behind 21-3 by halftime and trailing 28-3 after surrendering a touchdown on the first drive of the second half.

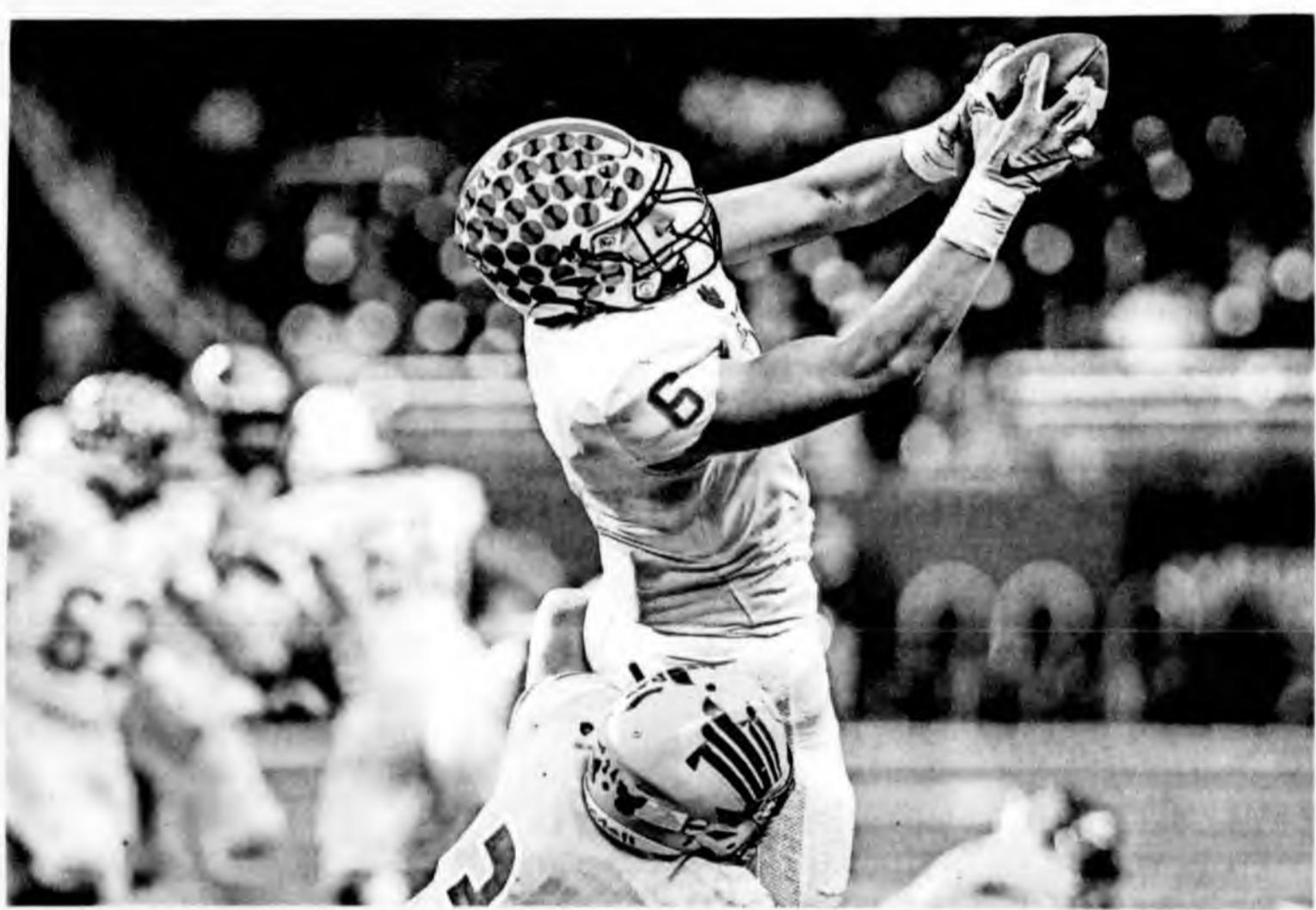
The Bulldogs were in a position to make it a one-possession game with 43 seconds remaining when AJ Lin caught a 3-yard touchdown pass from Newburg. Newburg's 2-point pass intended for Ruben Salinas was broken up, leaving the Cardinals ahead by 10.

Davison recovered the onside kick and took a knee to secure the school's first state football championship and the first by a Genesee County school in the state's largest division.

"It feels just like every other loss," Brighton coach Brian Lemons said. "I'm disappointed we didn't play better, disappointed we didn't win. I'm not disappointed that our kids played to the very end. I'm not disappointed in the effort that they put in. Our kids and our coaches have done a good job of committing everything they had. I'm very happy to get our community together to rally behind something. I just wish we could have finished."

A shanked punt gave Davison a short field on its first possession. A 1-yard run by quarterback Brendan Sullivan capped a 39-yard drive with 7:23 left in the first quarter.

Brighton got within 7-3 on a 21-yard



Brighton's Luke Stanton catches a pass during the second quarter of the Division 1 state football championship.



Brighton's Mason McGuire, left, hugs teammate Matthew Copple during the fourth quarter of the Division 1 state football championship. Davison won, 35-25.

field goal by Jacob Moraschinelli with 9:42 left in the second quarter, but Davison took a 21-3 halftime lead on a 74-yard pass from Sullivan to Latrell Fordham and a 1-yard run by Carter Cryderman.

It appeared the game would turn into a rout when Sullivan's 10-yard run gave Davison a 28-3 lead with 8:04 left in the third quarter.

Nemecek scored on a 1-yard run and a 27-yard catch from Newburg and, with two 2-point conversions, Brighton was

within 28-19 with 4:09 remaining.

The Cardinals got some breathing room when Cryderman scored on a 1-yard run with 3:27 to go. Lin's 3-yard catch ended the scoring.

"It's been amazing," Nemecek said. "It's been the best sports experience of my life. Being with these boys since we started lifts in November, being with them, growing closer with them all the way through the year is the best."

Sullivan was 14-for-19 for 290 yards and one touchdown. He ran 10 times for



Brighton's Colby Newburg, left, is pushed by teammates Luke Stanton, center, and Sheldon Riley on a run.



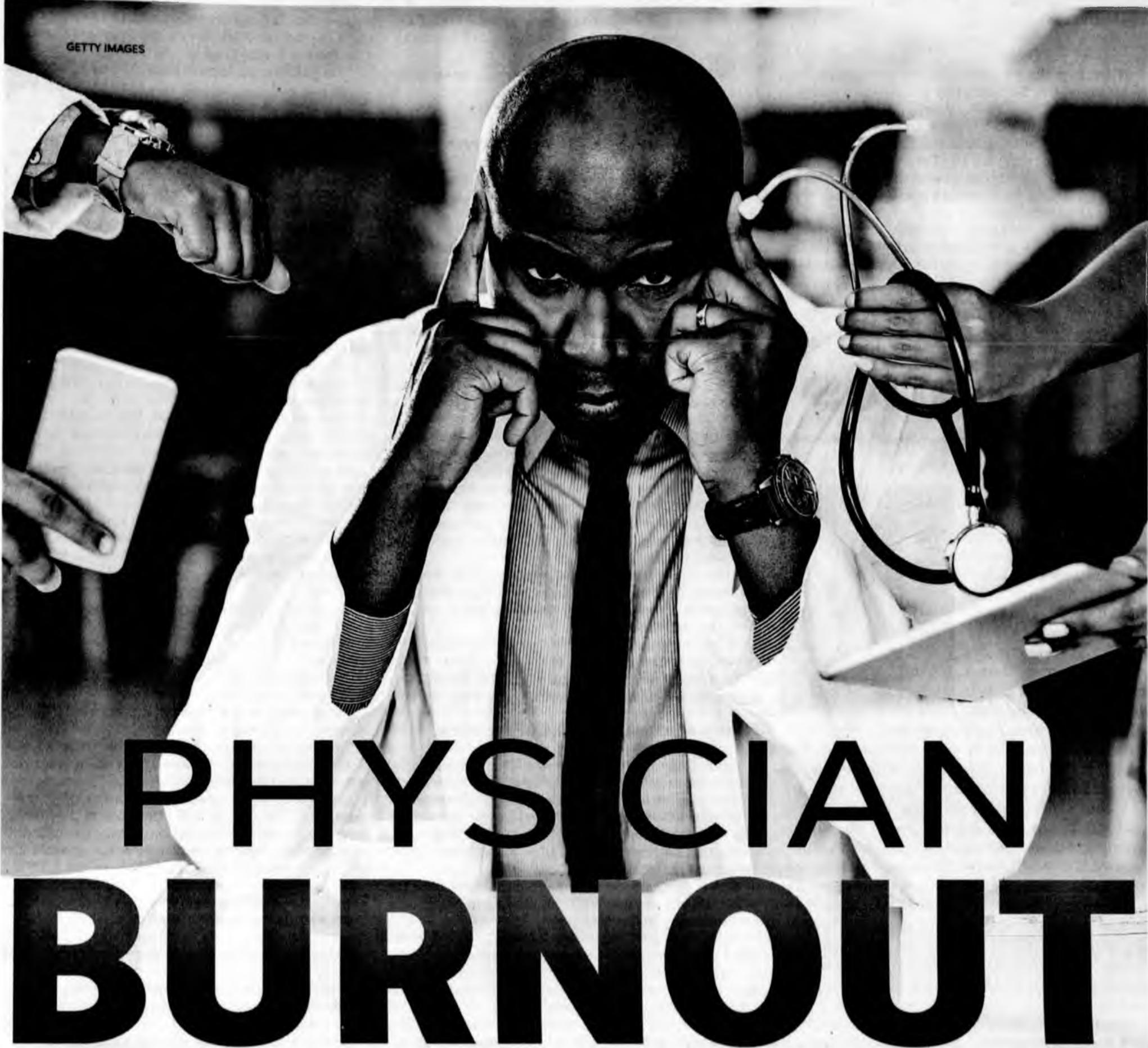
Davison's Lucas Edgar celebrates a touchdown during the second quarter.

40 yards and a score. Carter Cryderman ran 13 times for 80 yards and two scores.

Newburg was 16-for-28 for 249 yards, two touchdowns and one interception. He led Brighton in rushing with 83 yards on 22 carries. Salinas made three spectacular catches to gain 78 yards.

"I didn't expect to make it to the state finals, but we fought hard, we won games and we got to the state final," said Salinas, who moved to Brighton from Texas last winter. "We didn't finish, but it was an amazing experience, for sure."

GETTY IMAGES



PHYSICIAN BURNOUT

As physicians feel the pain, the medical community is starting to respond

Cindy Schweich Handler NorthJersey.com | USA TODAY NETWORK – NEW JERSEY

It was a Friday evening, and Kristen Kim wanted to leave the emergency room at University Hospital in Newark. The Ridgefield Park resident felt overburdened, exhausted and disconnected from the man with whom she was trying to have a conversation. If she'd shared her symptoms with the medical professionals there, they might have told her that she was suffering from burnout. But she wasn't there to get help; she was there to give it. Kim was a third year medical student. Reflecting on the experience later, Kim, who grew up in Leonia, realized the pressure to juggle intensive studying, a large patient load and extensive note-taking was desensitizing her, preventing her from empathizing with the man she was supposed to assess in the ER. See **BURNOUT, Page 9B**

44

Percentage of physicians who reported feeling burned out — 11% were colloquially depressed and 4% were clinically depressed, according to a 2019 report published by Medscape.

50

Percentage of physicians reporting burnout who were women. Women are statistically more likely to admit psychological problems and seek help and may be more likely to acknowledge burnout than their male counterparts, according to Medscape.

14

Percentage of physicians who have had thoughts of suicide. The equivalent of one doctor per day commits suicide in the United States, the highest rate of any profession, according to Medscape.

Michigander bicycling around world

Jennifer Timar Livingston Daily
USA TODAY NETWORK - MICHIGAN

When long-distance bicyclist Bill Saint-Onge turns 70 on Christmas Day, he likely will be somewhere in the desert west of El Paso, Texas.

Saint-Onge will still be riding on his 71st birthday. He is gearing up to embark on a 14-month bicycle ride around the world in early December.

He plans to ride through more than 25 countries, circumnavigating the globe by bicycle and a few plane rides, with camping gear in tow.

"I have a dreadful fear of being retired and watching TV all day. That's driving me to get out and do this stuff, and to show people in their 70s they can do it, too," Saint-Onge said.

Obituaries

Susan M. Evans

On Monday, November 18, 2019, Susan M. Evans, loving wife, mother and grandmother passed away at the age of 72.

Susan was born on March 25, 1947 in Highland Park to John "Pete" and Margaret Barrie. She married her husband, Harold, on July 25, 1970. They had two daughters, Megan and Erin and a son, Brian.

Susan was a kind hearted, generous soul. She had a special way of connecting with people, always taking time to listen and share her support. She could strike up a conversation with anyone and quickly become friends. Susan was always giving to others. She taught in the Huron Valley School District for over 20 years. Upon retirement, she continued to give back volunteering at Community Sharing. Susan had many passions in her life. When she was not spending time in the garden or taking yoga classes, Susan enjoyed being with her family. Her greatest joy came from spending time with her grandchildren Aidan, Ella and Ryder.

Susan was preceded in death by her father, Pete and mother Margaret. She is survived by her husband Harold, their three children and grandchildren, and several cousins, nieces and nephews.

A Celebration of Life Service will be held on December 8, 2019 at Indian Springs Environmental Center. Reception 12:00-2:00 p.m. Celebration 2:00 p.m.

George Roland Kopek

HIGHLAND - KOPEK, George Roland - age 76, of Highland, died Wednesday, November 27, 2019. Funeral services will be held at 12 Noon Monday December 2, 2019 at Sharp Funeral Homes, Fenton Chapel, 1000 Silver Lake Rd. Pastor John Vannest will officiate. Burial will follow at Great Lakes National Cemetery, Holly and then a Polish Feast in his honor will take place at the Fenton Community Center. Visitation will be held 12-4 and 6-8 PM on Sunday at the funeral home. Those desiring may make contributions to the Ronald McDonald House Detroit Chapter or the Spring Arbor University Alice Ella Kopek Memorial Scholarship Fund. George was born on February 2, 1943 in Hamtramck, MI the son of Henry and Marie (Szumiak) Kopek. He was a graduate of Southfield High School and Western Michigan University. George enlisted in the U.S. Navy and served in Vietnam where he was awarded the Vietnam Service Medal with 3 Bronze Stars. George was a Communications Manager at Allstate Insurance Company, a resident of Highland Township for over 40 years and a long time member of Heritage Hills Church. George enjoyed his family, sports, (although he is eternally disappointed that the Lions never won a Super Bowl), woodworking, gardening, and good food! He was "wise and steady and always found the best in people." Surviving are: sons, Travis Kopek, Nathan (Sheila) Kopek and Ben (Lisa) Kopek; his pride and joy grandchildren: Kylee, Charlee, Ella and Andrew; special Papa to Braxten; brothers, Henry "Hank" (Pat) Kopek and Richard (Nancy) Kopek; many beloved nieces and nephews. He was preceded in death by his parents; beloved wife of over 30 years, Alice; and brother, Wallace Kopek. Tributes may be shared at www.sharpfuneralhomes.com



In Europe and central Asia, he'll be joined by an adventurous traveler, Diane Goettlicher, 67, of Fair Oaks, California, for about six months.

Goettlicher, who has taken two other long-distance journeys with Saint-Onge, will join him in Portugal in March and probably turn back somewhere in Asia.

From Palm Springs to Texas and beyond

His route — he has tweaked it several times — has him beginning and ending in Palm Springs, California.

Along the way, he'll ride along the southern U.S. border with Mexico, across Texas and the Gulf states and south to Tampa, Florida, where he will jump on an airplane to meet up with Goettlicher in Porto, Portugal.

The pair will bike across Europe, passing through Spain, France, Italy, Slovenia, Croatia, Hungary, Serbia, Romania and Bulgaria.

They plan to continue into central Asia, including Georgia, Azerbaijan, Kazakhstan, Uzbekistan, Tajikistan, Kyrgyzstan.

More countries on Saint-Onge's planned route include Pakistan, Bangladesh, India, Thailand, Cambodia, Australia and New Zealand.

Saint-Onge said many people who ride around the world do it in phases, with trips home in between.

"My original plan was to do this as a staged ride in a period of four years," he said. "My previous trip to India and Asia was going to be the first stage, but then my bike got wrecked (by a vehicle) in India and that put me back to ground zero. At my age, I decided I've got to do it in one gulp."

After the wreck, he continued his trip through southeast Asia but not on bicycle. Despite the incident, India is the country he is looking forward to cycling through the most.

"I find the place the most fascinating place I've been to," he said. "The first time, I was all up in the north. ... The southern part has less people and more cultures. It's a complex country and I want to see more of that."

Finding a passion and a partner for riding

Saint-Onge lived in Hamburg Township and the Brighton area, raising his two children there, for about 25 years before retiring to his birthplace of Alpena.

He's loved outdoor adventures, like winter camping, wilderness canoeing and kayaking, his whole life.

In 2012, he biked about 10,000 miles in Canada. It took him more than six months.

Goettlicher said she first met Saint-Onge on a ferry when she was coming back from hiking in Alaska. He was returning from a bike trip.

Being a semi-retired professional painter and metal artist provides her time to take long trips.

"We had both been out in nature for a long time," she said. "We were both sleeping on the couches in a front cabin and woke up and started talking."

After his bike got hit in India, he told her about his change in plans to stop riding but continue traveling.

"That was the genesis of our first trip together. Had his bike not gotten hit, I would have stayed in California. We went to Thailand and Vietnam, and we had a really good time," she said.

Last year, the pair rode bicycles from Alpena to Newfoundland, Canada.

"That was my first long cycling trip. To tell you the truth, I'd rather be backpacking, because it's safer, not on the roads, but I really liked it," she said.

She said she's completed what hikers call the "the

triple crown," hiking three of the country's major trails, the Appalachian Trail, the Pacific Crest Trail and the Continental Divide Trail.

"They all took me about five months each," she said.

"Bill's a good planner, I'm not. I just like to go and I don't like to micromanage the planning, but a trip of this magnitude needs someone with his proclivity for planning," she said.

Saint-Onge's son Ben Saint-Onge said his father has always loved being in nature.

"When he was 12 or 13 years old, he would make my grandmother drive him out to the woods and leave him there," said Ben Saint-Onge, 28, a University of Pittsburgh graduate student.

"He's very connected with nature, and with him getting a little older, because of his lifestyle, his knees are quite bad. He took up bicycling so he could go to remote places and it would be easier on his knees."

He decided not to seek a record

Saint-Onge's original plan was to go for a Guinness World Record.

"I wrote Guinness," he said. "At the time, there wasn't a topic for the oldest person to circumnavigate the planet by bicycle."

He said he corresponded with Guinness World Records for about a year, fine-tuning what would be required of him.

"Then, when everything was all wrapped up, I decided I couldn't do it like they wanted me to," he said. "I wrote them a letter and I withdrew."

He said following their rules would be "to oppressive."

"That's not why I'm going out there to do this," he said. "One thing that I thought of as oppressive was their guidelines. You had to go east or west, you can't backtrack ... so, you end up charting a straight-line course around the globe. I like to take detours and go in the opposite direction and visit a city."

Since withdrawing from a Guinness World Record attempt, he's changed his route.

"It's got to come from your heart," he said.

He said the route he planned for a world record attempt covered flatter terrain.

"I've been going back and rerouting into more mountains, like in Basque Country in northwest Spain, and then probably in central Asia, like in Tajikistan, and then heading east out of Thailand into Cambodia. The terrain is kind of tough there," he said.

They'll share their travels, 'road angels' on social media

Saint-Onge and Goettlicher plan to document what he calls "road angels."

"People passing in cars will stop and give you water and food, sometimes let you set up a tent in their yard," Saint-Onge said. "We'd like to showcase these people across the world. We pass through a lot of rural areas. We pass through a lot of Muslim countries, and we want to recognize people for their acts of kindness and post this stuff and have people see that the world is not filled with maniacs with bombs."

He'll do the writing and she will take photographs.

He said they plan to post about their journey online, at longhaulrider.com and on Facebook.

Saint-Onge also set up a GoFundMe online fundraiser to help with travel expenses, at www.gofundme.com/f/cycle-the-world-for-the-record



Bill Saint-Onge and Diane Goettlicher take a break from bicycling in Newfoundland in 2018. She will join him for part of his upcoming ride around the world.

SUBMITTED PHOTOS



Saint-Onge has his bicycle gear packed and ready.



Saint-Onge breaks for lunch outside of a church in New Brunswick during his 2012 ride in eastern Canada.

Burnout

Continued from Page 7B

"Students understand that by choosing to be a doctor, you have chosen to work with people in pain," says Kim's instructor Dr. Rashi Aggarwal, director of the residency training program in psychiatry at Rutgers New Jersey Medical School. What they often don't anticipate, she says, is the volume of patients they'll see, and how much time will be consumed by duties that aren't connected to patient care, such as record-keeping and meeting insurance regulations.

"The number of patients we see in a day has doubled in the last 10 years, and over the last five years, it's exploded," she says. "We were a profession, and now we are a business," she says. "We're following a factory model."

Confronting a growing problem

Burnout in the medical community isn't new, but it's on the rise (or, some say, professionals have become more willing to talk about it openly).

Defined as feelings of exhaustion, cynicism, detachment and ineffectiveness brought on by occupational stress, about half of U.S. doctors surveyed say they've experienced symptoms, according to a recent study by the National Institutes of Health. Among those in training, the rate is two-thirds or more.

A Mayo Clinic survey found that physicians are at a higher risk for burnout than workers in other fields, and that the suicide rate among doctors is more than twice that of the general population.

"It's a sensitive topic, and a lot of doctors have fears about 'coming out,'" says Dr. Carol Pak-Teng, a Summit resident and emergency medicine physician at Jersey City Medical Center who fell into a major depression during her second year of residency, when she worried about the sharp increase in her work volume (she says she recovered quickly). She now lectures on the need for doctors and patients to relate to each other human-to-human.

"Most doctors get into medicine and stay there because we love taking care of patients," she says. "But I spend more time writing up a chart of a patient and reviewing it than I spend in front of the actual patient. Doctors resent that we



About half of doctors surveyed say they've felt symptoms of physician burnout. KATLEHO SEISA/GETTY IMAGES

spend more time with computers than patients, and the patients resent it, too."

A vicious cycle can develop, experts say, in which physicians who are experiencing burnout — some prefer the term "moral injury" because they say the current health care model prevents them from practicing the way they'd like — come off as brusque to their patients, alienating them further.

"Doctors' patient satisfaction scores are measured by their hospitals and Medicare, and have an impact on reimbursement," says Dr. Pramila Cheriyath, program director of the internal medicine residency program at Hackensack Meridian Health Ocean Medical Center in Brick. "With more stress and lower job satisfaction, doctors move from one place to another, and the relationship with their patients may be affected."

Another negative consequence: "People who have more burnout make mistakes in patient management because they're exhausted and their thinking processes are affected," he says.

Creating a sense of connection

In 2016, Cheriyath was awarded a grant to study burnout among internal medicine residents. His team found that doctors with low emotional intelligence — who have a hard time understanding their own feelings and being in empathetic relationships — have a higher chance of burning out. This fall, armed

with a \$5,000 Innovation Grant from the Alliance for Academic Internal Medicine, he is measuring residents' empathy, giving them a half-day workshop to boost their empathy skills, and assessing them 30 days later.

Cheriyath also supports mandatory wellness training at hospitals, as does the Accreditation Counsel for Graduate Medical Education, which requires residency programs to include wellness committees.

Dr. Marygrace Zetkulin, Cheriyath's co-investigator and interim internal medicine residency program director at Hackensack Meridian Health Hackensack University Medical Center, says that her residents gather over activities such as painting pumpkins for Halloween and taking weekly walks together. "And every six weeks we have a lighter schedule so you can do the things you need to do, like go to the doctor yourself," she says.

Four times per year, Rutgers New Jersey Medical School's Dr. Aggarwal solicits feedback from her residents, including Kristen Kim, who became a leader of the Peer Wellness committee.

At a winter retreat, students talk about program strengths and weaknesses; when they told Aggarwal they were on call more than their peers, she responded by pairing interns with senior residents and hiring physician "moonlighters" to lessen the load when necessary. "Feeling like you have a say in what goes on is very powerful," she

says.

To create a sense of community, she has also started asking residents to share achievements such as awards and articles they've published, as well as personal milestones such as birthdays and marriages. "We have celebrations every two months and do gratitude exercises, play board games, do yoga and meditate," she says. "It's not mandatory, but it's dedicated time."

Working to improve the system

While residency programs try to help students manage health care delivery as it exists, industry professionals are looking at ways to reform the system.

The Medical Society of New Jersey is working with the American Medical Association and medical societies in North Carolina and the state of Washington to pilot initiatives aimed at taking tasks off doctors' plates.

"Doctors are being asked to report metrics that have no impact on patient outcomes," says Larry Downs, CEO of MSNJ. "One doctor told me, 'I look at my messages, and there are how many thousands a week? And then I think, 'What if someone's life depends on seeing his email?'"

Cindy Schweich Handler is the editor of Montclair, Millburn & Short Hills and Wayne Magazines, and a writer for The Record and Northjersey.com who frequently covers health issues. Handler@northjersey.com

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Should you consider career change after turning 50?

Kate Lopaze
thejobnetwork.com

These days, it may seem like every spotlight is on Millennial workers. What is their work style? How are they changing the workplace? Is avocado toast in the workplace a thing? Why do they change jobs so often? On the latter, the reality is that career mobility and changeability isn't just a Millennial thing — many workers of all ages find themselves ready for a new path. According to the U.S. Bureau of Labor Statistics, the average Baby Boomer holds 11.7 jobs throughout their career. The changes may be subtle (moving up a ladder or lateral moves to a different company), or more drastic (changing careers altogether).

If you're wondering about whether to make a mid- or late-career change of your own, here are some factors to consider.

Are you prepared to move 'backward'?

While a career change can sound good in theory (especially if you're feeling like you're in a professional rut), it's likely to involve some drastic shifts. Salary, benefits, seniority — all of those may be less than you're accustomed to if you're starting over in a totally new field. Are you prepared to accept less money or vacation time in exchange for getting a foot in the door?

What experience do you have?

Even if you must go back to the square one of an entry-level job in your new field, your years of experience don't just go away. You're bringing a history with you, no matter what. As you think



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about what you'd like to be doing with your career change, it's important to take a step back and think about the history you've accumulated. It may not be directly applicable in a totally new field, but instead of thinking of your past job life, like "My responsibilities were X," try framing it as "When I worked on X, here's what I learned about leadership/management/teamwork/etc."

What are your skills?

Hard skills (like certifications or job-specific skills) may or may not make the jump to your next career. But like with your experience, you should be thinking of how to translate them into the kinds

of soft skills that will transfer over. For example, your specific coding knowledge may not be super-relevant to your next job as a teacher, but your coding skills help you think efficiently about how to organize and present information. So, as you prepare to write your new-you resume, think hard about the buckets of skills you already have and how they can be applied in unorthodox ways.

What education would you need?

And for any skills you don't yet have (or will need to build) in your new career, you'll need to consider what you'll need to do to a) break into your field, and

b) keep growing and developing once you're in it. This may mean taking classes online to brush up basics, or it could mean going back to school, full-stop, to get a certification. For example, many career-changers end up in the healthcare field — an industry that often requires specific, detailed knowledge and certification before getting even an entry-level job. Are you prepared to balance your current job with classes, or to quit your job and spend the time and money to get the education you'd need to move forward?

What's your retirement plan?

If you're changing careers, then this is not your standard "work for The Man for 30 years, get a gold watch, and retire into the sunset" scenario. You're making a significant commitment to a new phase, potentially for the rest of your working life. But at some point, you'll still need to consider the retirement endpoint.

Finance is typically the crucial factor here — if you disrupt your career after 50, it might mean making changes to your long-term plan as well. Talking with a financial planner can help you figure out what future retirement scenarios look like.

If you're thinking about making a big career shift, don't let inertia or fear hold you back! If you put careful thought into the possibilities and likely realities of making big professional changes, you should be able to find the right path for yourself.

Kate Lopaze is a career advice journalist for TheJobNetwork.com where this article was originally published. She investigates and writes about current strategies, tips, and trending topics related to all stages of one's career.

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22 "Abner"
23 Limit for riding a roller coaster, often
26 Oath reply
27 In — by itself (unique)
28 '60s muscle car
29 Port-au-Prince locale
30 Profound
31 Spherical bacterium, for short
32 Payoff of athletic training
35 "Othello" foe
37 Grammy category
38 Rocker Patty of Scandal
39 Animal that hunts, but isn't hunted
45 Is remorseful
48 Life's work
49 Frazier foe
50 Mauna —
51 Peel, as fruit

52 Pretzel

53 It has a "3D White" product line

58 Reproachful clicks

59 Fish in a garden pond

60 Writer Levin

61 Be fixated

62 Company that owns Log Cabin, Vlasic and Mrs. Paul's

67 Decides to participate

71 Sallie —

72 Gp. backing arms

73 Auntie played by Lucille Ball

77 The Isle of Man, to Britain

82 Sealed up, as a package

83 Singer Basil

84 About half of all adults

85 Prevaricate

86 Lubing

87 Begins

90 NCAA conference of the Midwest

93 Barkin' of film

94 Sinking ship's call

95 Hippie's "Got it"

96 Source of wacky products in Road Runner cartoons

102 Jab gently

106 Dress shirt ornament

107 Company shuffle, for short

108 PC undo key

109 Fetus' place

110 Grafton's — for Alibi

111 Onetime competitor of Magnavox

114 — pollio

115 Kitchen scraps

116 Discard from the memory

117 "Puppy Love" singer Paul

118 Kin of Ltd.

119 "To be," to Brutus

120 "My friends," in France

121 Vodka brand

DOWN

1 Good laughs

2 Choose (to)

3 1983 J.P. Donleavy novel

4 Digital camera resolution units

59-Across is

5 Foldup beds

6 ETA part: Abbr.

7 Long attack

8 Photo-sharing app, for short

9 Totally unacceptable

10 Bar code-scanning gizmo: Abbr.

11 "That's how it was told to me"

12 Artistic theme

13 Supreme Court's Samuel

14 2015 and 2017 Best Actress nominee Ronan

15 Similar-meaning wd.

16 Set of regular customers

17 Tables with data on daily ebbs and flows

18 Steepness

24 Like the Greek letter eta

25 Type of fish that a 59-Across is

30 Places to get body wraps

32 "The Raven" writer

33 Positive aspect

34 Roman 2,050

36 Cur's threat

39 Bank stmt. ID

40 Oom — (tuba sounds)

41 TV's Estrada

42 Singer Bobby

43 Bar order

44 — a pity

45 Egg — yung

46 Scarf down

47 Poor grades

50 Bread buy

53 33-Down's opposite

54 Like mosaics

55 Uno + due

56 "Today" co-host Kotb

57 "Nova" airer

59 Variety

62 ATM code

63 "That's right!"

64 Span holder

65 — had a secret love ...

66 Suffix with contradict

67 They precede Novs.

68 Shelter

69 Key-centered compositions

70 Eddied

73 Spanish dances like fandangos

74 Happy as — in mud

75 List of dishes

76 Verge

78 Aussie bird

79 Verve

80 Stately tree

81 Takeaway game of strategy

82 Link with

86 Ancient

88 Sleuth, slangily

89 Noisy nappers

90 Tropical cereal grass

91 D.C.'s home

92 Spam holder

94 Variety

96 Tokyo beer

97 Sublets, e.g.

98 Social grace

99 Narrates

100 — bad moon rising

101 Philosopher with a "razor"

103 Bar order

104 Slimy

105 Think piece

109 Footed vases

111 Actress Saldana

112 Detroit-to-Montreal dir.

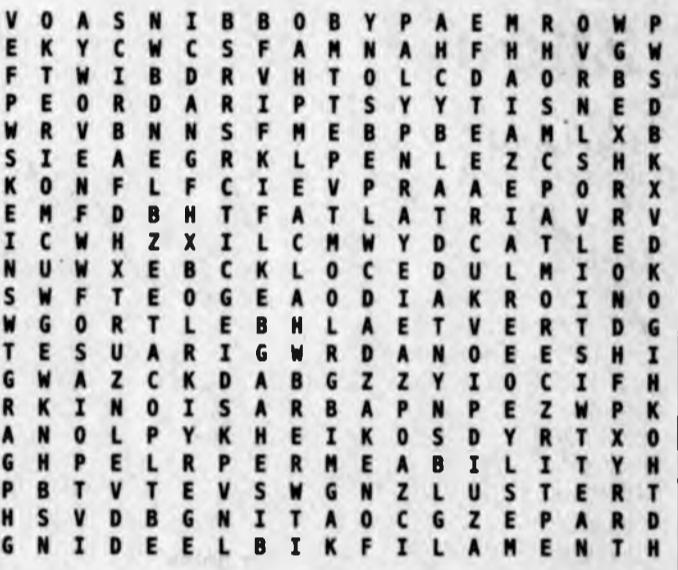
113 Hexa-halved

SUDOKU

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

Here's How It Works:
Sudoku puzzles are formatted as a 9x9 grid, broken into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!

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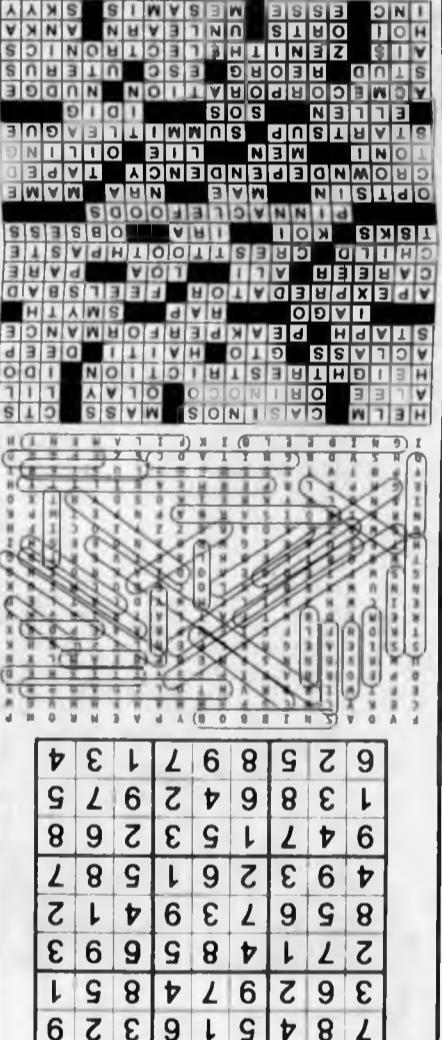


Find the words hidden vertically, horizontally, diagonally, and backwards.

ANSWER KEY

WORDS

ABRASION
ARAMID
AUTOCLAVE
BASKET WEAVE
BEAM
BLEEDING
BLEND
BOBBINS
BRAID
BROADCLOTH
CLOTH
COATING
CORD
CREEL
CRIMP
DENIER
DENSITY
DRAPE
DYEING
FABRIC
FIBERS
FILAMENT
GEOTEXTILES
GLAZING
LOOM
LUSTER
MOIRE
PERMEABILITY
PLAITING
ROPE
SKEINS
STRENGTH
TWILL
TWIST
WOVEN
YARN



ANSWER KEY

CARS

19' FUSION HYBRID 17K MILES, \$19338 P23627 North Bros. 734-928-2108

18' FUSION HYBRID 49K MILES, \$16000 P23616 North Bros. 734-928-2108

18' FUSION SE 5K MILES, \$19000 P23625 North Bros. 734-928-2108

17' FUSION SE 12K MILES, \$16000 P23620 North Bros. 734-928-2108

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17' FUSION SE 34K MILES, \$15000 P23628 North Bros. 734-928-2108

15' FUSION AWD 9K MILES, \$10899 P23649 North Bros. 734-928-2108

17' MALIBU 29K MILES, \$14793 P23646 North Bros. 734-928-2108

17' FUSION SEL 24K MILES, \$13147 P23645 North Bros. 734-928-2108

17' ESCAPE SE 24K MILES, \$16000 P23623 North Bros. 734-928-2108

17' EXPLORER SPORT 41K MILES, \$30998 P23632 North Bros. 734-928-2108

17' MKC AWD 20K MILES, \$26750 P23648 North Bros. 734-928-2108

17' MKZ FWD 6K MILES, \$24000 P23642 North Bros. 734-928-2108

17



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