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## Sakura Novi could break ground in summer

David Veselenak Hometownlife.com **USA TODAY NETWORK - MICHIGAN** 

Work on the Sakura Novi mixed-use project could begin later this year after the developers secured their most recent approval from the city council.

The council unanimously approved a rezoning map amendment for the prop-

erty along Grand River and 11 Mile near mission, before that body approved it Town Center Drive that is proposed to become an Asian-themed commercial development with One World Market and several Asian-themed restaurants accompanying several dozen residential units. It was discussed March 2 by the council, several months after first being reviewed by the planning com-

last month.

Once all permissions are secured, work could begin as early as August on the first leg of the project, with an opening date of the first phase in 2022.

"Our team has worked hard to achieve all of the attributes of the vision we discussed then," said Scott Aikens,

of Birmingham-based Robert B. Aikens & Associates, regarding the development's plans from years ago. "Sakura Novi will boldly tell everyone in Oakland County and Michigan and in the Midwest that Novi is a worldly, cosmopolitan city."

See SAKURA, Page 4A



Olive, a Labrador retriever from Highland's Green Acres Labs, is South Lyon Community School District's first dog. PHOTOS BY JOHN HEIDER/HOMETOWNLIFE.COM

# Olive is 1st dog owned by South Lyon schools

**USA TODAY NETWORK - MICHIGAN** 

Students in South Lyon are getting a furry classmate.

Olive, a 7-month-old black Labrador retriever, is expected to join students at South Lyon East High School this fall, an

educational environment. The district will own the dog, its first, in a pilot program which it hopes models the success of a program in Brighton.

unconventional addition to enhance the

Students and administrators are anticipating their furry friend, who is in training to be a good citizen at Green Acres Labradors in Highland Township.

"I believe we have so many students that deal with anxiety and depression and we're excited to offer support that is not as conventional," Katey White, a guidance counselor at South Lyon East, said. "For some students, I see this as a tool to help them get through the door every morning. Just having an animal to touch and (that) is soothing can help a mood. Dogs don't judge you, they don't have opinions, and they just give you unconditional love."

White first brought the idea for a therapy dog for South Lyon to East Principal Karen Fisher after reading about

See OLIVE, Page 4A



Kristy Green talks about what Olive's role will be within the school district.

**CORONAVIRUS PANDEMIC** 

## **School** districts make plans to feed students

From staff reports Hometownlife.com **USA TODAY NETWORK - MICHIGAN** 

School districts scrambled Friday and throughout the weekend to initiate plans to feed their students over the three-week break prompted by the spread of the coronavirus.

Gov. Gretchen Whitmer announced the state-wide school cancellations on Thursday night. They began Monday and run through April 5.

That leaves school districts to find ways to feed students during that time, including some who rely on their school lunch as their only daily meal.

Here's what local districts are doing along with community resources people can use:

#### **Huron Valley Schools**

The district is offering grab-and-go food supplies at multiple sites at specific times. Pick-up meals 9 a.m. to 3 p.m. Mondays and Saturdays; and noon to 6 p.m. Tuesdays and Fridays beginning immediately at the following locations:

■ Lakeland High School, 1630 Bogie

Lake Road, White Lake ■ Milford High School, 2380 Milford

Road, Highland

■ St. Mary Catholic Church, 1955 E. Commerce St., Milford

■ Muir Middle School, 425 George St., Milford

■ Cedarbrook Estates, 323 LeGrand Blvd, White Lake

■ Commerce Meadows. Meadows Circle, Commerce

■ Stratford Villa, 3333 Stratford Villa Way, Wixom

■ Highland Greens, 2377 N. Milford Road, Highland

Families can pick up meals at all sites for as many children who need them during these days/hours. Children are not required to be present for

meals to be distributed. No identification is necessary. Families who intend on accessing meal services are asked to please complete a short survey to help get an estimate of

See PLANS, Page 3A

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## **Curbside COVID-19** screening offered at some hospitals

Susan Vela Hometownlife.com **USA TODAY NETWORK - MICHIGAN** 

Beaumont Health is offering limited curbside COVID-19 screening at several of its hospitals, including those in Farmington Hills and Wayne.

This service is only being offered to those suffering from the symptoms: fever, cough and shortness of breath.

Specimens may be collected and sent to testing labs. Beaumont officials said the health system still is unable to process testing onsite.

Those interested are asked to call Beaumont's COVID-19 hotline, 800-592-4784, or their physician's office before attempting to get screened.

The hotline is open from 7 a.m. to 7 p.m. Monday through Friday and 10 a.m. to 6 p.m. Saturday and Sunday. People experiencing life-threatening symptoms should call 911.

Other coronavirus hotlines available include State of Michigan, 888-535-6136; Oakland County: 248-858-1000; and Centers for Disease Control: 800-232-4636

The best treatment for many people who develop COVID-19 involves

"The best treatment for many people who develop **COVID-19 involves staying** home, drinking lots of fluids, resting and taking over-the-counter pain relievers."

Dr. Nick Gilpin Beaumont Health's medical director of Infection Prevention and Epidemiology

staying home, drinking lots of fluids, resting and taking over-the-counter pain relievers," Dr. Nick Gilpin, Beaumont Health's medical director of Infection Prevention and Epidemiology, said in a statement. "This is critically important: Always call ahead before seeking medical attention. This will help us reduce the spread of the virus and conserve our medical supplies for those who need them

svela@hometownlife.com

## **Restaurants ordered** closed due to COVID-19

David Veselenak Hometownlife.com USA TODAY NETWORK - MICHIGAN

It seems the precautions being taken by eateries inside their dining rooms in response to COVID-19 was

Gov. Gretchen Whitmer's office ordered all dining rooms shut down as of Monday afternoon, closing bars and restaurants ahead of Tuesday's St. Patrick's Day holiday. Lt. Gov. Garlin Gilchrist tweeted the news out Monday morning.

Restaurants are allowed serve hungry patrons through carryout service only.

The order isn't unexpected, as several other neighboring states such as Illinois and Ohio have shuttered restaurants across their states to better slow the spread of the COVID-19 virus. As of Monday morning, 53 people across Michigan had tested positive for the coronavirus, a number that continues to increase since the virus was first detected last week.

Restaurants had begun taking additional precautions since late last week, with many adding additional cleaning to their regiment and reducing the number of people allowed to dine in. Oakland County limited capacity in restaurants to 50% over the weekend.

Many restaurants began offering food pickups at the door or even curb-

Edwards Cafe and Catering, 115 E. Main in downtown Northville, now allows customers to pick their food up at the door when they call ahead and pay by credit card, Chris Shelters, the owner of the restaurant, said.

Before the closue announcement, Lake Street Tavern, 127 E. Lake St., in downtown South Lyon, had increased its disinfecting frequency and offered to bring food out to customers' cars if they are ordering carryout.

'This has been on my mind for weeks," Owner Mary Poole said. "I knew eventually it was going to come, so I've been mentally preparing for the actions we would take once it was in our state."

Some restaurants, including Anastasia and Katie's Coffee Shop at 19215 Merriman in Livonia, opted to shut their doors down days before the state's order.

'We apologize for any inconvenience and THANK YOU for your support and business!" a sign in the coffee shop's front window reads. "We will be back GOOD & STRONG and can't wait to welcome you!"

Contact reporter David Veselenak at dveselenak@hometownlife.com or 734-678-6728. Twitter: @davidveselenak.

## Oakland Co. teacher tests positive for COVID-19, school says

Omar Abdel-Baqui Detroit Free Press **USA TODAY NETWORK** 

A teacher at a private school in Farmington Hills has tested presumptive positive for COVID-19, according to a statement from the school.

Hillel Day School, a Jewish school that provides child care and K-8 education, said a teacher in its grades 1-2 learning community tested positive for the coronavirus.

and will remain closed until further notice, continuing learning remotely.

Students and staff in the school's 1-2 learning community are in self-quarantine through March 23, the school said in a statement.

A mother of children who attend Hillel Day School told the Free Press a group of teachers returned from Israel in February, but the infected teacher was not on that trip.

Photos on the school's Facebook page The school said it shut down Friday show a group of teachers in Israel in Her second-grade child and other

February, where there are now over 150 confirmed cases of COVID-19.

The teacher who tested positive did, however, recently travel domestically, said a Hillel Day School official.

The mother, who requested anonymity, said one of her kids, a fourth-grader at Hillel Day School, developed a fever, aches, a persistent cough, and an upset stomach Tuesday.

Test results for the flu and strep throat came back negative, she said.

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younger child began showing cold-like symptoms in the past few days, she said.

"As there are no tests available, we are behaving as if our entire family has been exposed and we are self-quarantining for 14 days," the mother said.

She said she is certain more Hillel Day School students and teachers are infected with the virus and that everybody from the school should self-quarantine to prevent spreading it.

Oakland County Medical Director Russel Faust on Friday said that a teacher who works in Oakland County is infected with COVID-19 and attended school Monday, exposing students and

colleagues. He said the teacher is self-isolating in his Washtenaw County home. Faust declined to name the school, but Hillel Day School said the infected teacher is a Washtenaw County resident.

"He is a beloved and valued member of our school community, a teacher whose dynamic classroom is always filled with positive energy," Hillel Day School said in a statement. "We wish him and all those affected a speedy re-

covery." The Oakland County Health Department is conducting a joint investigation with Washtenaw County.

Faust said students and staff of Hillel Day School should self isolate.

"We recognize that this development may cause anxiety for you and your children," Interim Head of Hillel Day School Naty Katz wrote in a letter to parents. "It is important to remain calm as we move forward together. We stand ready to help you in any way possible."

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## What to do if you think you've caught coronavirus

Maryann Struman Detroit Free Press **USA TODAY NETWORK** 

With more and more cases of coronavirus being confirmed around the state, it's important to monitor your health, for your sake and for those around

Here's a guide on what to do if you suspect you've caught COVID-19:

#### What if I think I'm sick?

Don't run off to the doctor or emergency room. The symptoms of COVID-19 may show up anywhere from 2-14 days after exposure, according to the Michigan Department of Health and Human Services. Those symptoms are:

- fever (generally 100.4 or above)
- dry cough
- fatigue

shortness of breath

Other flu-like symptoms of COVID-19 include chills, body aches, sore throat, headache, diarrhea, nausea, vomiting and runny nose.

Wet, productive coughs, low-grade fever or a runny nose generally are not associated with CO-

Unsure? Start by immediately isolating yourself from others, then call your doctor, who will help figure out if you need to be tested. Many appointments are best handled by telemedicine or web visits. You can also call your local health department:

Wayne: 734-727-7100 Macomb: 586-469-5235 Oakland: 248-858-1280

The state of Michigan also has set up a COVID-19 hotline to field questions. It is open seven days a week from 8 a.m. to 5 p.m. at 1-888-535-6136.

Get tested - if and when one is available. There still are too few test kits to do the blanket coverage of the population that would allow researchers to track how the novel coronavirus is spreading.

Many hospital systems are beginning to offer curbside testing. For example, Beaumont hospitals in Royal Oak, Dearborn, Farmington Hills and Troy are offering limited screening for patients who have symptoms consistent with COVID-19 (fever, cough, shortness of breath). Note: If medical staff determine a patient needs to be tested, a specimen will be



An employee with Spectrum Health in **Grand Rapids** holds a sign outside a new drive-thru testing center coronavirus

collected and sent to a lab for testing. Call ahead to Beaumont's COVID-19 hotline at (248) 551-7000 or your physician's office before attempting to get screened.

Older adults with underlying health concerns or those with a compromised immune system who suspect they might be experiencing symptoms of COVID-19 should contact their physician.

Tell your doctor everything. Report any travel or an area with widespread or community contagion on COVID-19. Report any contacts with anyone who later tested positive for the novel coronavirus. The doctor most likely will test you for other viruses like

the flu before testing you for COVID-19.

Take part in public health. The local health department will follow up with people who are tested for the novel coronavirus or develop COVID-19. Health workers will ask about everyone you've come in contact with so they can follow up.

Keep your pets safe. The CDC recommends limiting contact with pets and other animals while you are sick with COVID-19. While no one has reported passing COVID-19 to a pet, "It is still recommended that people sick with COVID-19 limit contact with animals until more information is known about the

## All local libraries close in response to outbreak



The Livonia Civic Center Library. JOHN HEIDER | HOMETOWNLIFE.COM

Philip Allmen Hometownlife.com **USA TODAY NETWORK - MICHIGAN** 

Local libraries are closing in response to the novel coronavirus COVID-19 pandemic.

Libraries started announcing individual plans to remain open or closed. Some libraries, like Canton and Novi, initially had plans to adjust and limit services. By the end of the weekend all libraries announced clo-

Northville, Garden City, Redford Township and Salem-South Lyon officials did not say when those libraries will reopen.

"The Northville District Library will work to resume normal operations as soon as conditions in the community allow for it," a release stated.

"We will re-evaluate as the situation unfolds," said Salem-South Lyon Director Donna Olson.

"The Redford Township District Library will be closed until further notice," the library on Six Mile east of Beech-Daly posted on Facebook Friday.

"This closure is our effort to join in reducing the spread of COVID-19 in our community.'

In Westland, the library is closed for the rest of the month, through March 31.

Livonia, Lyon, Baldwin, Farmington, Milford, Highland and Plymouth libraries are all closed through

The Novi library is closed through April 12.

#### **Plans**

Continued from Page 1A

how many meals will be needed on specified days at each location.

Blessings in a Backpack is working out the logistics to provide weekend backpacks of non-perishable food supplies for distribution on Fridays beginning March

#### **Novi Community Schools**

Curbside pickup of food items is available 9 a.m. to 1 p.m. Tuesdays, March 24, and 31 at Novi High School, 24062 Taft Road, in a drive through process in the bus loop area. Food service staff will ask how many students need food and will deliver the food to the cars. All students 18 and under are eligible, as are students

up to age 26 with IEPs. There will be two mobile drop off areas in the community: Novi Ridge Apartments and Pavilion Court. Food will be delivered to the clubhouses via a Novi Community School District bus at both locations between 10-11 a.m.

Students may receive seven days of breakfast and lunch at no cost.

#### **Birmingham Public Schools**

The district will serve both breakfast and lunch for students or families to take home Monday through Friday at multiple locations beginning March 16. People age 18 or younger eat for free. Children do not need to be present for a parent to pick up meals, nor do they need to be enrolled in Birmingham Public Schools. Menus will have choices including assorted deli sandwiches, salads, yogurt parfaits and hummus.

From 10 a.m. to noon, pick up meals drive-thru style in the Groves High parking lot, facing the football field between the auditorium and pool doors, 20500 W. 13 Mile Road, Beverly Hills.

From 10-11 a.m., pick up meals school us style at the Derby Middle School parking lot, 130 Derby, Birmingham and at the Huntley Square partments, 31065 Huntley Square, Beverly Hills.

#### **South Lyon Community Schools**

South Lyon will distribute food to families from 2-4 p.m. March 25, and April 1 at South Lyon High School, Kent Lake Elementary, Dolsen Elementary and Salem Elementary.

With this pick-up-and-go program, families are asked to pull up in their vehicles to the main entrance of each school building, where volunteers will come out to ask the number of children being fed. Students do not need to be present.

All students through age 18 and those students up to age 26 with an eligible IEP with South Lyon Community Schools, will be eligible to receive prepacked breakfasts and lunches for seven days on each pickup date.

Please be sure that you can transport the amount necessary for your request. The items will be standard in nature and food allergies will need to be considered by the receiving family.

All SLCS families can receive grocery items 10 a.m. to 5 p.m. Mondays, Wednesdays and Thursdays at Active Faith, 401 Washington St., South Lyon, during the school shutdown.

#### **Northville Public Schools**

School officials said they are finalizing plans for providing meals. The district has applied for a waiver to make breakfast and lunch meals available to all chil-

The district stated on its website it planned to start



its program Wednesday with specific plans coming after print deadline.

#### Wayne-Westland **Community Schools**

On March 18, 23 and 30, the district will give out three- or five-day supplies of breakfast and lunch food to students 18 or younger.

Supplies can be picked up 10 a.m. to 1 p.m. at John Glenn High School, 36105 Marquette.

The district is also encouraging the community to use pantrynet.org to find a food pantry near them.



## Northville Schools' sinking fund millage passes

Ed Wright Hometownlife.com USA TODAY NETWORK - MICHIGAN

Northville residents resoundingly passed a new sinking fund millage March 10, extending the current 0.9519 mill levy from 2021 to 2025.

The yes votes outnumbered the no votes, 9,391 (67%) to 4,633 (33%).

The successful campaign means the district can provide for broader uses of the proceeds compared to previous years, district leaders say.

All election results are unofficial until certified by the county Board of Can-

The positive results will be music to the ears of Northville's Evans family, three of whom voted together at the downtown recreation center.

"I love the schools here," said Kristin Evans, mother of Jack and David. "I almost always vote yes on the school millages. There may have been one year I voted no because of something I didn't like.'

"I didn't read a lot about (the sinking fund millage), but we have such a great school district here that I want to support it," said David Evans.

Grace Spooner, a retired employee of tax rate residents see on their tax bills. the Northville Schools, gave the millage two thumbs up, as did her daughter, Kelly Spooner.

"It's important to help out the schools, especially if they need help with construction," said Kelly Spooner, who attended Northville schools from kindergarten through high school graduation. "It's always good to help kids with their academics and to help them get more resources."

Literature distributed by the school district emphasizes that a successful passage would not increase the current The sinking fund will continue to

pump approximately \$3 million annually toward building and site repairs, instructional technology and safety and security upgrades.

The wording of the proposal evolved following legislation passed in November 2016 to expand the use of sinking fund proceeds to include security equipment and instructional technology and to reduce the maximum millage rate from 5 to 3 mills and the maximum number of years levied from 20 to 10 years.

## **Olive**

Continued from Page 1A

and researching the Brighton school district program. The dogs are not actually "therapy" dogs, but even more specialized. They are properly known as social-emotional learning dogs.

Brighton was the first district in Michigan to put such dogs in every one of its school buildings.

The trend is catching on. While many schools, including Novi, Huron Valley and Birmingham, bring in therapy dogs for visits with children, a district that owns its own dog can expect it to be present all school day, go anywhere in the building it may be needed, and always be available for school events like parades or football games.

Olive, who comes with a price tag of \$10,000 after training is completed, is paid for by donations, including \$5,000 from the South Lyon Educational Foundation, as well as \$2,000 from the Class of 2020. Other businesses and individuals are contributing funds and goods and services for her long-term care, including a local veterinarian and pet sup-

Michelle Tomei, SLEF chair, said the foundation had been looking for a way to make a big impact in the district when she learned the school board was considering Fisher's proposal to get a therapy dog. Olive, she said, is the perfect way to have a far-reaching impact.

"I think it would be amazing to put a dog in every building. ... (Staff) have said, 'If you get this approved, we want to be next."

Karen Fisher Principal, South Lyon East High

"I think this will make a difference in a student wanting to go to school and being more comfortable at school," she said. "When you bring a dog into school, the whole dynamic changes, the atmosphere changes, kids are calmer and more excited. ... A dog will be putting a lot of students at ease. ...

"I'm really hoping therapy dogs make it easier for students to talk to their

Olive was named by the senior class, and her moniker honors Trevon Tyler, the South Lyon East student and football player who died in November from complications following knee surgery. Trevon's jersey number was 54, which is LIV in Roman numerals, leading to Olive's name.

Tomei noted that having a therapy dog at the school could have been a comfort to students grieving after Trevon's death

When Olive arrives this fall, her base will be in the South Lyon East counseling office, but she will move throughout the building as needed and will have



Kristy Green stands outside Green Acres Labs in Highland Township. with Olive. Olive is being trained as an emotional support dog for the South **Lyon Community School District.** JOHN HEIDER/HOMETOWNLIFE.COM

time off during the school day to rest. She will live with a staff member who has not yet been named.

While Olive will primarily be at East, Fisher said there is flexibility to move her around to the other schools in the

"I think it would be amazing to put a

dog in every building, it just depends on their needs," Fisher said. "Other buildings (staff) have said, 'If you get this approved, we want to be next.'

Assistant Superintendent Ben Kirby said there has certainly been successful implementation of therapy dogs in school settings, and he expects to reap the same benefits as other districts that are putting this in place.

As the district's inaugural dog, Olive is considered part of a pilot program at one building.

"We will see what the impact is and what challenges are presented and how we overcome those challenges and that will determine what it looks like," Kirby

Olive will be kept apart from students with allergies or a fear of dogs, although there is also the hope that she may help some students overcome their fear.

Kirby said the district does not yet have a long-term strategy as far as dogs, but "it doesn't mean we might not go

Administrators plan to collect data and are also hoping the community is supportive.

"It is exciting, the prospects of being able to serve children and having a dog to help students," Kirby said. "There are enough situations that occur during a school day that we know there will be a positive impact from having a dog."

Contact reporter Susan Bromley at sbromley@hometownlife.com or 517-281-2412. Follow her on Twitter @Susan-Bromley10.

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## Sakura

Continued from Page 1A

The \$50 million development was first pitched several years ago and would house One World Market as its anchor in the shopping center. A pond would be landscaped with a Japanese feel, complete with flowers and gardens.

A list of benefits and the changes made during the process was detailed to the council during its meeting. The list included many issues the planning commission brought up before sending the matter to the city council.

The plan was praised by several council members, including Councilwoman Kelly Breen, who said she was happy to see the benefits for such a development.

"I think this is an exciting development," she said. "When it comes to rezoning and determining what would be best for the city, these are the kind of benefits we like to see."

Mayor Bob Gatt told the developers



A rendering shows a restaurant in the Asian-themed mixed-use development proposed along Grand River in Novi. COURTESY OF THE CITY OF NOVI

he was impressed with the work put into the project and expected it would become a destination for residents across the region.

"This has been a very long and winding road we've been on since this project was brought to us. I'm very excited. I think when this is completed, it will become one of the most prolific spots in the City of Novi," he said. "So thank you all for your hard work and to the staff for your hard work."

dveselenak@hometownlife.com



## **OPENING IN 2020**

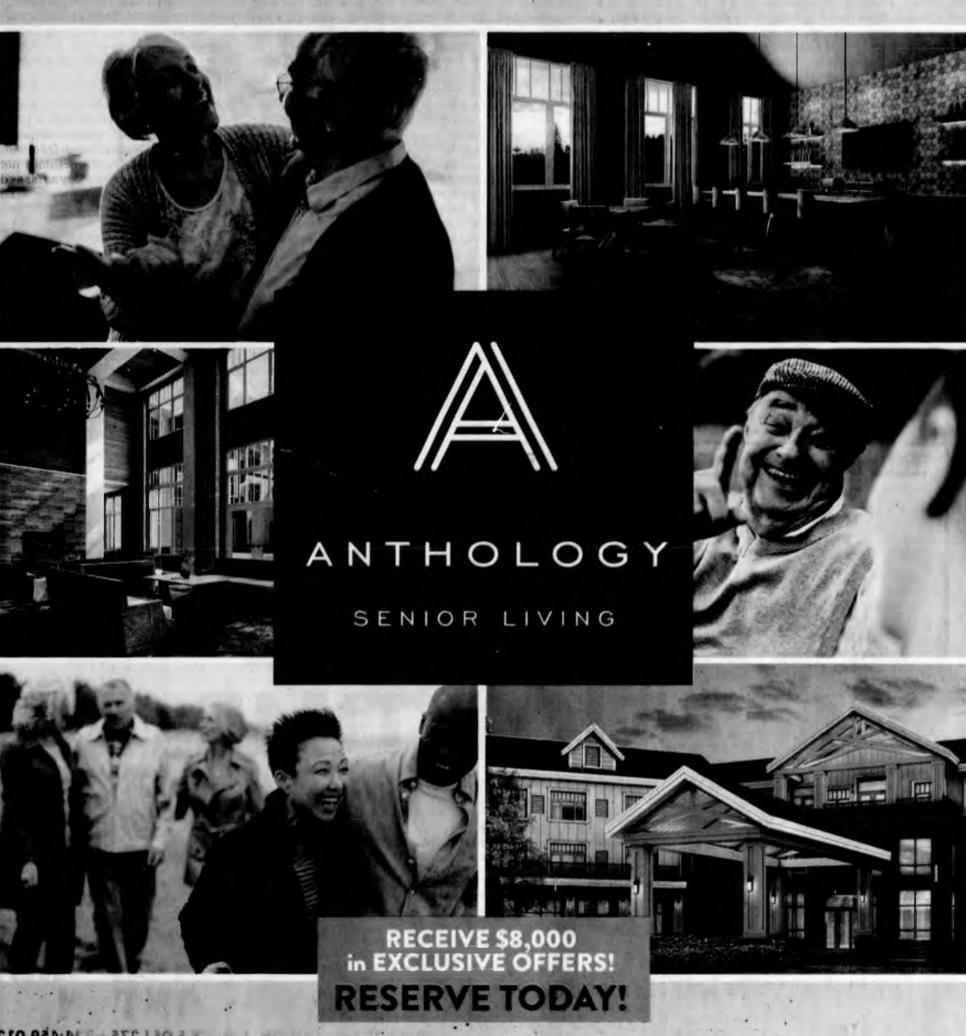
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## Marijuana sales go on despite threat of virus

Kathleen Gray Detroit Free Press **USA TODAY NETWORK** 

WALLED LAKE - The coronavirus didn't stop marijuana shops from opening their doors this weekend for a steady stream of people looking to score some legal weed.

The Greenhouse of Walled Lake, however, scaled back plans for a big grand opening party Saturday to mark the beginning of recreational sales with fireworks, food trucks, bands and a huge heated tent. The tent was to be used as a waiting area for what was expected to be long lines of people waiting to be among the first to buy recreational marijuana in Oakland County.

Most everything was canceled when it became clear that COVID-19 was going to put a damper on the high times. The tent remained up to check in people, but the long lines hadn't really materialized as the doors opened at 9 a.m.

And there was plenty of hand sanitizer in the tent and at every selling station inside the shop.

The opening today is soft because of the coronoavirus situation. It's just not appropriate to have a celebration," said Jerry Millen, owner of the marijuana shop. "People have been waiting for more than a year for the Greenhouse to open for recreational. The opening is smaller and more curtailed than we planned, but that's OK. We'll have a party this summer."

Christopher Merics wasn't going to wait until the summer to make a pot purchase.

"3:30 a.m.," the Wixom resident said, proudly noting the time he got in line in downtown Walled Lake. "I just wanted to be the first legal sale in Oakland County."

Merics started smoking pot in high school and said it was "incredible" to be able to buy marijuana legally. He wasn't too worried about the potential spread of coronavirus. "I've always washed my

He actually wasn't the first legal sale of recreational marijuana in Oakland County. That went to customers at Breeze in Hazel Park, which opened its doors last weekend.

off and on for 15 years, but didn't want to



Greenhouse employee Jeremy Alain listens to the order that Gustavo Amezola and his girlfriend, Gabrielle Butler, place on the opening day for recreational users at Greenhouse, one of the first **Oakland County** recreational marijuana dispensaries that opened March 14. **ERIC SEALS/** DETROIT FREE PRESS

give his last name, said common sense is key when venturing out during the threat of COVID-19.

"As long as you listen to what grandma and mom taught you - wash your hands and cough into your arm — you'll be just fine," he said, while waiting in line at Greenhouse.

At the Flower Bowl, an Inkster medical marijuana dispensary that added recreational sales on Friday, the first customer in the door wore a face mask.

"Every person gets a squirt of hand sanitizer when they come in," said Moe Abbas, the general manager of the shop. "We're wiping down everything with Lysol and limiting the number of people in the bud room.

At Humblebee in the northern Michigan town of Frederic, recreational sales started this week, but one of the owners, Chris Norman, stayed home this weekend because she's over 60.

And at Lume Cannabis Company, which started recreational sales on Wednesday in Big Rapids, added services are helping to prevent the spread of coronavirus.

This includes offering free delivery Mike, who has been using marijuana to customers over the age of 60 at our stores in Big Rapids, Honor and Evart,

increased efforts to maintain the cleanliness of our stores and implementing a policy where customers can no longer touch or smell the cannapods that hold our flower," said John Gregory, chief marketing officer of Lume Cannabis Company.

The shops joined dozens of other marijuana dispensaries in Michigan that have begun selling recreational marijuana to anyone 21 or older. Those sales started on Dec. 1 and 71 shops have been licensed by the state to sell legal weed, with at least 52 of those actually selling a variety of products from marijuana flower to concentrates and vapes to edibles and other infused products.

In the first three months of sales in Michigan, nearly \$32 million in marijuana products have been sold, generating \$5.3 million in revenue to the state from the 6% sales tax and the 10% excise tax.

Of the 52 shops that have opened around the state, only five are in metro Detroit — two in River Rouge, and one each in Inkster, Walled Lake and Hazel Park.

Macomb County is without any recreational marijuana shops because most of the county's communities have decided they don't want legal weed businesses in their communities. Clinton Township voters turned down a ballot proposal on Tuesday that would have allowed a dozen pot shops and up to 12 other types of marijuana businesses into the township. Harrison Township has agreed to allow marijuana growers into the township, but not retail shops.

According to an unofficial list developed by the Michigan Marijuana Regulatory Agency, 1,425 communities have decided they don't want marijuana businesses in their towns, while at least 42 have passed ordinances that will allow pot businesses. Many cities, including Detroit, decided against allowing in legal weed businesses until they can develop ordinances.

But several metro Detroit communities are either working on ordinances that will allow marijuana businesses or deciding which businesses will get permits, including Detroit, where 41 medical marijuana dispensaries already operate, Warren, Westland, Ferndale, and Pontiac. Others are waiting to see how the legal weed businesses are doing in other communities before deciding whether they'll jump on the pot band-

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5 lbs Ground Chicken

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2 lbs Country Ribs or Pork Roast 2 lbs Chicken Breast

1 pkg Homemade Sirioin Patties 2 lbs Pork Chops

Whole Fryer (May Be Cut Up)

6 lbs Lean Ground Beef 2 lbs Sirioin Tips or Rump Roast

## How local communities voted for presidential hopefuls

From staff reports Hometownlife.com **USA TODAY NETWORK - MICHIGAN** 

Tuesday's biggest political prize for the Democratic presidential primary was Michigan.

Overall, Michigan electors emphatically turned toward Joe Biden as their preferred candidate over Bernie Sanders to represent the Democratic Party in November, challenging President Donald Trump, a Republican.

Local voters focused on electability, reasoning the former U.S. vice president is the candidate who can defeat Trump. Among Biden's supporters is Farmington resident Rion Allen.

"Before, I kind of supported Bernie," Allen said. "But now I feel we're in a time where we need somebody who can kind of ... be more moderate. Bernie is very extreme so it'll probably be difficult to get anything done."

"Trump is doing a good job with the economy, but I'm kind of unsure about other things," said Alex Kushner of Westland. "I mean he's OK, but he's got so many screws loose and I don't like his attitude about so many things. ... Joe Biden would be a better candidate."

"I voted for Joe Biden, basically because he's more centrist in his political views and has a wealth of experience in federal government," Art Luz of Birmingham said. "His relationships with other legislators and congress people would serve us well in whatever change is possible."

Kathy Luz agreed.

"I appreciate his positive views and he has the best opportunity to get our nation back on track. We are sorely lacking in leadership and good relationships with other countries.

When Bloomfield Township voter

Doug Sprinkle was asked for whom he would cast his ballot, he responded, "Not the Communist. I'm gonna vote for Biden."

Kristin Evans of Northville wasn't thinking about voting for the former vice president early on. "I was actually going to vote for Amy Klobuchar, but since she dropped out, I voted for Joe," she said. "Of the ones I got to choose from, he's my favorite."

There were plenty of Sanders supporters out there, too.

"I voted for Bernie Sanders - again," Seoung Lee of Birmingham said. "I think he's the most honest candidate out there and he's not taking money from Super PACs or Big Pharma or medical companies."

Kevin Reid was undecided which candidate would get his vote as he walked into Harlan Elementary in Bloomfield Township to cast his ballot. Several minutes later, he returned to say he had voted for Bernie Sanders.

"I want Trump out," he said. "If Bernie wins, he beats Trump, but doesn't get anything passed. I believe in what he says about medicare for all and school for four years and human rights. Joe, I don't want a beatdown.

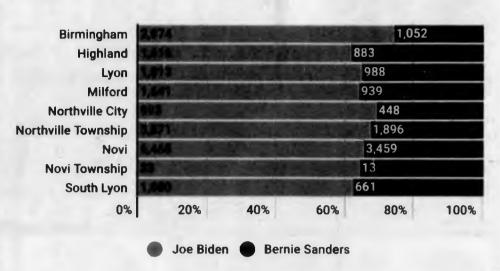
"We're either going centrist or going far to the left.

He said all three candidates, Biden, Sanders and Trump, are "elderly" and noted the choice of vice president would be very important.

Consistency and passion were other talking points for Sanders supporters.

"I just think for his whole career he's always stayed with his heart and his gut to do more for people like minorities and the people who have been left behind," said Kelly Walder of Westland. "I don't like what's going on in our current gov**HOW COMMUNITIES VOTED** 

Vote totals (unofficial) in Hometown Life communities for top Democratic candidates.



Овятили & Есситис

ernment so I thought I'd do my civic duty and vote for the person that would be better."

"I voted Sanders, he is the best candidate and he is the only one that cares about the youth today," Cristina Ancog, 24, of Birmingham said. "I don't trust Biden because of how he touches women. If Sanders doesn't get the nomination I will be disappointed, but I will still vote for Biden because we need to take down Trump, he's more of a threat to the na-

Matt Kohls of Canton also voted for

"Personally, I like Bernie, but I'm a

younger millennial," he said. "I voted for him in 2016, too. I have nothing against Biden, but out of the two, I like Bernie a little more."

Not everyone polled was voting for either Sanders or Biden.

Jack and Linda Neller, of Bloomfield Township said while the primary was focused on Democratic candidates, they wanted to make their voices heard as they voted Republican.

We are Trump supporters," Jack Neller said. "We wanted to show our support for the president."

Linda Neller added, "He's the only sane choice.

## How communities voted on approved DIA millage renewal

From staff reports Hometownlife.com USA TODAY NETWORK - MICHIGAN

Voters across metro Detroit decided the Detroit Institute of Arts is worth the

Voters in Macomb, Oakland and Wayne counties renewed a 0.2-mill property tax levy used to help operate the Detroit Institute of Arts in Tuesday's election. Vote totals are still unofficial.

Originally set to expire in 2022, approval means the millage will be in place for another decade. The tax costs about \$15 a year for a home worth \$150,000.

The millage accounts for about 65% of the museum's \$38 million operating budget.

Lin Rountree is a professional jazz musician who wants children to have access to museums and other arts opportunities, just like he did as a child growing up in the Washington, D.C.,

The Farmington Hills resident voted to keep the DIA's millage in place.

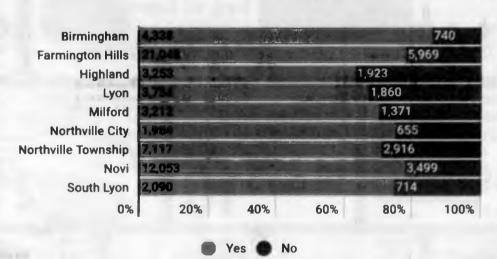
"The arts are very important," he said. "I'm upset about the lack of funding in schools (and) disappearance of funding in schools for arts.

"It's imperative that we continue to provide this ... and encourage kids to be involved in the arts.'

Others, like Kelly Spooner, of Northville, agreed that the DIA is an asset. "I'm pro-DIA. It's a good way to get kids learning about art and the history of

Cristina Ancog, of Birmingham also voted in favor of the DIA, calling it "a **HOW COMMUNITIES VOTED** 

Voters in Wayne, Oakland and Macomb counties passed a 0.2-mill tax renewal to help fund operations at the Detroit Institute of Arts.



\*unofficial vote totals

state treasure we should protect." Her mother, Diana Ancog, agreed.

"We have to keep the DIA," she said. "People say, 'Sell Degas,' but we will never get that back.

"We're there all the time."

There were others like Westland's Sam Bugeja, who supported the DIA re-

quest even though he's not among the its regular visitors.

"You know, I haven't been there in probably 40 years, but I just think it's important for the community," he said.

Farmington Hills residents John and Rebecca Bechtel voted yes for the DIA renewal millage.

"The DIA is important," Rebecca Bechtel said. "I can remember going down there as a kid."

"We need the culture back in the students' lives," John Bechtel said. "We need more of that. I wish the Detroit Opera House had something like that for

Said David Evans of Northville, "I always vote yes on the arts. I love the museum. It's beautiful. I probably go down there once or twice a year.

Those opposed shared a variety of reasons for voting no, ranging from overall taxation to a feeling of betrayal that the tax question was even asked. When the DIA millage was suggested a decade ago, DIA officials pitched the proposal as a one-time millage request.

"They asked for money (eight) years ago with the promise that they wouldn't ask for any more, and here they are (eight) years later asking for more," said Westland resident Charles Kuder. "So yeah, I voted against that."

Jack Neller of Bloomfield Township voted no, as he believes the city of Detroit "ought to pay for the museum."

For Linda Spence, she said those who use the DIA should be the ones to financially support it.

"I don't go to the DIA and my opinion is I'm being taxed to death for everything," the Westland resident said. "I believe the people who go there are the ones who should support it. I've never been there.

" It's not that I'm against it, it's just if I wanted to go there I would be a pa-

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# Sports



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**CORONAVIRUS PANDEMIC** 

## MHSAA suspends all sports activities

Colin Gav Hometownlife.com **USA TODAY NETWORK - MICHIGAN** 

All member schools of the Michigan High School Athletic Association will suspend all activities in all sports through at least April 5, according to a statement released Friday.

This mandate matches Michigan Gov. Gretchen Whitmer's order that all school be closed March 16 to April 5 to deter the spread of coronavirus or CO-

All athletic activities will be stopped including practices, scrimmages and games, along with strength training, conditioning and any organized activity for winter sports in the midst of their playoff tournament, for spring sports that were scheduled to begin practices and for fall sports coaches who are working with a limited number of athletes during the off

See MHSAA, Page 4B

## Coaches react to halt of winter postseason

USA TODAY NETWORK - MICHIGAN

North Farmington head basketball coach Todd Negoshian had a practice scheduled for Thursday afternoon last week after school was out. His players took to the court like any normal day.

But high school gyms across the state of Michigan, like the rest of the country, were not normal that Thursday afternoon.

The Michigan High School Athletics Association announced that day all

winter sports tournaments were suspended immediately and indefinitely due to the rapid spreading of coronavirus, or COVID-19.

This halted area hockey, girls basketball, boys basketball, boys swim and dive, and girls gymnastics teams' quests for a state title.

With the virus seemingly placing a halt on the sports world at all levels from high school to college to the professional leagues — it is something area

See REACT, Page 4B

## Key runs lead Glenn to semifinal win

Colin Gay Hometownlife.com **USA TODAY NETWORK - MICHIGAN** 

Facing Livonia Stevenson twice in the regular season, John Glenn basketball earned two wins: both by a singledigit margin.

After a dominant 68-26 first-round win against Garden City on Monday, round three was upon the Rockets. And in the matchup with the most meaning, the Rockets came out on top again.

John Glenn (15-7) defeated Stevenson (12-8), 63-51, in the district semifi-

nal at Garden City March 11. Here are three takeaways from the

#### Johnson helps Glenn take off

Holding a 43-36 lead after three quarters, it did not take long for the Spartans to come back.

After forward Ethan Young opened the final eight minutes with a layup, forward Evan Bradford hit a jumper and hit a 3 on the next two possessions, tying the game at 43.

Then, John Glenn senior guard Jalen Johnson got started.

Coming into the final quarter with five points, Johnson recorded a layup, helping start a 9-0 run, capped off by a

corner 3 by the senior guard. When the game got out of reach, Johnson scored the last of his 12 points on an emphatic dunk, ending the Spartans' season in style.

"We was really slept on last year," Johnson said. "It felt like a lot to be able to come back and put our name on the map this year, show our doubters that we can really do it. Just make sure that their runs were not better than our runs."

See SEMIFINAL, Page 2B



Stevenson's Ethan Young, right, blocks a shot from John Glenn's Deonte Pearson in the district semifinal March 11 at Garden City. John Glenn (15-7) defeated Stevenson (12-8), 63-51. JOHN HEIDER/HOMETOWNLIFE.COM

## Michigan HS hockey all-state teams announced

**Andrew Vailliencourt** 

Hometownlife.com **USA TODAY NETWORK - MICHIGAN** 

The winter sports season has been indefinitely suspended and may not be completed, but that doesn't mean the state's top athletes can't be recognized.

The Michigan High School Hockey Coaches Association released its list of all-state honorees for all three divisions.

The Hometown Life area has a num-

ber of honorees in all three divisions.

**Detroit Catholic Central and Livonia** Stevenson lead area teams with six honorees each, while Brother Rice has five.

Here are the complete teams for all three divisions:

#### Division 1 — First-team forwards

- Matthew Cole, Saginaw Heritage
- Jason Crossland, Dearborn United ■ Dylan Dooley, Detroit Catholic Cen-
- Stefan Frantti, Howell
- **■** Kyle Gaffney, Detroit Catholic Cen-
- Devan Grayshaw, Salem
- Will Jentz, Brighton ■ Luke Metropoulos, Cabrini
- Kaleb Miller, Bay Reps ■ Kris Petryla, Orchard Lake St. Ma-
- Brady Rappuhn, Saginaw Heritage Alex Schaumburger, Salem
- Division 1 Second-team forwards
  - Matthew Babinski, Midland
- Joey Gavlinski, Macomb Dakota ■ Benj Bultema, Grand Rapids Chris-
- Daniel Bendele, Capital City
- Mason Conner, Lapeer ■ Anthony Dimitrievski, Detroit

See HOCKEY, Page 5B



## South Lyon East stifles rival South Lyon in OT

**Andrew Valiliencourt** Hometownlife.com

USA TODAY NETWORK - MICHIGAN

The Region 17 district semifinal was a tale of two halves.

The first was dominated by fastpaced offense and a plethora of threepointers; the second was focused on defense and missed shots.

In the end, South Lyon East got past rival South Lyon 51-48 in overtime at Brighton High School. The Cougars advanced to the district final against Ann Arbor Skyline, but suspension of the high school sports season has that on hold indefinitely.

East improved to 15-7 with the win, while South Lyon finished 10-11.

Here are three takeaways from the game:

#### Second half defense makes the difference

After starting behind 8-0, South Lyon roared back to take a 35-31 lead into halftime.

The second half saw a total change in the style of play for both teams. East limited South Lyon to just five third quarter points, nine fourth quarter points and zero points in overtime.



East's Nick Branton scored 8 points against South Lyon in the district semifinal. JOHN HEIDER/HOMETOWNLIFE.COM

"We talked about defense (at halftime)," South Lyon East coach Ron Levin said. "We knew going in that we could score against them."

South Lyon didn't make any triples in the entire second half.

We really got up on them around the three-point line and made sure they couldn't hit those easy threes like they were in the first half," East senior Nick Branton said. "We forced them to drive where me or Drake (Willenborg) could come in and get in the way."

South Lyon was led on offense by sophomore Quinn Fracassi, who scored 12 points and senior Joe Carano, who scored 10 points. Sophomore Max Peters and sophmore Logan Doty each scored seven points

"Their press kind of slowed us down and we didn't have the discipline or the will to move the ball as much," South Lyon coach Troy Weidman said.

#### **Big man blocks**

One of the reasons South Lyon had so much trouble in the lane during the second half was the defensive presence of Branton, who stands 6-foot-8. He had eight points, including a dunk, but also had several key blocks. One of those came in the final minute of overtime to help keep East in the lead.

"Even when he doesn't score a lot of points, he changes the game because other teams game plan for him," Levin

Both teams had chances to take a commanding lead late, but neither team was able. It certainly made the final moments more stressful for both coaches.

East was led in scoring by junior Bryce Bird and junior Christian Dimitriou, who each had 10 points. Five players had at least seven points.

#### **Backyard brawl**

East and South Lyon played three times this season, with each program winning once in the regular season.

"Our bench has been incredible," Levin said. "The guys on our bench have been so supportive.'

Branton echoed his coaches thoughts and gave credit to the crosstown rival. saying he felt both programs were even-

ly matched. East only has four seniors on the roster, while South Lyon has five, so it's safe to say that next year's contests should continue to be highly competi-

"The potential with this team is great, I like our guys," Weidman said. "We're young. When you start the season with young guys you can typically expect to have some ups and downs. I'm really positive about our guys, we have some guys that really know how to play basketball. I'm proud of them and of their fight. This game was an example of that, we got down early and fought back, same thing in the second half."

## Thurston blasts Churchill in district semifinal

Colin Gay Hometownlife.com **USA TODAY NETWORK - MICHIGAN** 

Livonia Churchill and Redford Thurston were on opposite trajectories coming into their district semifinal match-

After winning their season opener against Garden City, the Chargers lost 19 straight games, not coming within 10 points of an opponent all season. The Eagles, on the other hand, were dominant, winning 17-of-19 games during the regular season with only two games in which they scored less than 50 points.

Thurston opened the game with a quick steal and layup by senior forward Ricky Davis, quickly answered with a 3point make by Churchill junior guard Chase Loving.

But Thurston quickly cemented its domination, using a 22-3 first-quarter run and a 26-7 second quarter to beat Churchill, 74-34, in the district semifinal March 12 at Garden City.

"I think I thought the kids played hard," Thurston head coach Brian Bates said. "We press and we play hard and we run. We came out and we did some things that we needed to do, and that's what we have done all year long, whether it's tonight or any other night.'

It was the fourth time Churchill had scored less than 35 points in a game this season, and the 14th time the Chargers have allowed more than 70 points.

Holding on to an 8-6 first-quarter lead, Thurston began to take over.



Churchill's Jackson A'Mareon gets his shot blocked by Thurston's Ricky Davis, left, in the district semifinal. Thurston won, 74-34. JOHN HEIDER/HOMETOWNLIFE.COM

Senior guard Khali Freeman recorded Graves. a basket and the Eagles were off, recording a 16-0 run, helped by 3-point makes by Freeman and junior DeShawn

A 3-point make by Churchill's Ryan Hutchison at the end of the first quarter brought the Chargers to within 14, but

the Eagles recovered quickly in the sec-

Senior guard Jordan Buxton began a 26-point second quarter for the Eagles, allowing only three field goals by Chur-

Despite allowing a five-point run by the Chargers to begin the second half, Thurston continued its domination, allowing only four field goals for the rest of the game.

Thurston senior guard Isaiah Turner led the Eagles with 16 points, while Buxton added 14 and Freeman added 10.

Loving led Churchill with 21 points. With a matchup against either Stevenson or John Glenn ahead of Thurston, that is just the start for whichever team comes out of District 20.

The district champion will meet the champion of District 18 in the regional semifinal: teams like Belleville, who finished undefeated in KLAA East regular season play, or Ypsilanti Lincoln

Bates acknowledged that if the Eagles get past the district round that the road is incredibly tough.

However, Bates is focused solely on the district final, a place he feels Thurston deserves to be.

"The kids are confident," Bates said. "They are playing with a lot of confidence on both offense and defense. They feel really good about themselves, but I don't think we are over confident."

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

#### **Semifinal**

Continued from Page 1B

Stevenson head coach Kareem Smart said every time his team came back, it started reverting back to the one-onone style instead of the team play that got them back into the fray.

Small mistakes - such as two turnovers in the middle of Glenn's run or even two technical shots by Kyle Holt in the second quarter - defined Stevenson's outcome.

"We lost our composure," Smart said.

#### A game of runs

The fourth quarter run was not Glenn's only chance at a win.

Stevenson held a eight-point lead halfway through the second quarter, allowing the Rockets to storm back, using a 15-2 run at the end of the quarter to take a 31-24 halftime lead.

And after the Spartans came back and tied the game at 35 in the third quarter, the Rockets responded again with an eight-point run.

"We could never play a full game of 32 minutes," Smart said. "We always have two or three minutes where we get into lapses, and that's how teams come back and get into games with us."

Those lapses were just John Glenn head coach Jerret Smith's team making

The John Glenn head coach said that when his team began to hit shots consistently in the second half, it extended

the defense out of the zone and into man, allowing the Rockets to get out and run in the style that suits this team.

"Once we got them playing our game, got them playing man, the gaps opened up," Smith said. "I thought we got them kind of tired, I thought we got them sitting on their heels. Once we started driving, they kind of couldn't recover."

Holt proved to be a major factor in this shift. The senior hit three 3-point makes in the second quarter, helping Glenn through its initial offensive run and leading the team with 20 points.

Deonta Pearson added 11 points for the Rockets.

#### Playing for worth

The KLAA Tournament proved to be difficult for John Glenn.

The Rockets lost to Howell, falling to Belleville in the consolation bracket to

end their regular season. Smith said his team was tired after that stretch, using the time between the regular season and the playoffs to rest

and rejuvenate. In the playoffs, John Glenn had that

second wind. "These kids are just battling. They are really battling," Smith said. "They are buying in and outworking teams, and when you have those three formulas, it puts you in a good position to win any kind of game."

The first-year John Glenn head coach describes it as "playing for worth," showing that his team is worthy of being in the position reached.

cgay@hometownlife.com



John Glenn's Trey Smith looses control of a rebound during the district semifinal against Stevenson on March 11 at Garden City. JOHN HEIDER/HOMETOWNLIFE,COM

## Novi's Muirhead wins Athlete of the Week

**Andrew Vailliencourt** 

USA TODAY NETWORK - MICHIGAN

Not many gave the Novi Wildcats a chance in the D2 hockey playoffs when they took on powerhouse Livonia Stevenson.

Novi sophomore goalie Austin Muirhead had other plans, and very nearly led his team to an upset victory over the Spartans after making 54 saves on 56 shots in the triple overtime game. Stevenson came out on top, but the talk in the arena was about Muirhead's standout performance.

That performance earned Muirhead Athlete of the Week honors, winning our poll with 13,236 votes (64.98 percent).

He beat out Detroit Catholic Central hockey player Collin Scheuher, who received 5.892 votes (28.93 percent). Brother Rice's Nick Marone placed third with 1,008 votes while Mercy's Julia Bishop finished fourth and CC's Derek Gilcher placed fifth.

We caught up with Muirhead and asked him a few questions:

You played an outstanding game against Livonia Stevenson in the state playoffs, do you feel like you're becoming one of the goalies people should have an eye on for next year as one of the best in the state?

"I feel like my performance, and the entire Novi hockey team's performance, surprised a lot of people. Next season, other teams will know what I, and Novi can do, and should consider Novi as serious contenders to go far in the playoffs."

Who is your favorite athlete and

why? "Some of the hockey athletes that I have always looked up to are Henrik Lundqvist and Marc-Andre Fleury."

What's your favorite TV show or movie and why?

"I do not watch a lot of television, but one of my favorite TV shows is Impractical Jokers. Also, I do not have a favorite movie, but I love Action, Horror, and Comedy movies."

What are some of your hobbies outside of hockey?

"Other than hockey, I like basketball. and lacrosse. Some hobbies I have are hanging out with friends, and listening



Novi's Austin Muirhead nearly led his team to an upset win over Stevenson after making 54 saves on 56 shots in triple OT. **HOMETOWNLIFE.COM FILE** 

to tons of music."

What year in school are you and what are your future plans? Do you plan to continue playing hockey after high school?

sure what I want to do after high school, but playing hockey after high school

would be pretty cool." Contact reporter Andrew Vaillien-

"I am a sophomore and I am still not court at availlienc@hometownlife.com or 810-923-0659. Follow him on Twitter @AndrewVcourt. Send game results and stats to Liv-Sports@hometown-



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#### React

Continued from Page 1B

coaches have had to adjust to on the fly.

Overall, though, the response for teams in the hunt for a state title is one of grief

"It's a very serious matter and for it to come to this, again, everybody is just devastated," Detroit Catholic Central head hockey coach Brandon Kaleniecki said.

"(For) the person who has potentially played their last game and didn't really know it, that's the tough part that I think we all struggle with."

Northville head basketball coach Todd Sander, who was preparing to take on Canton in the district final on Friday, echoed the same sentiment.

"It's really disappointing," Sander said. "For our entire team, looking at it from our own narrow lens, we've got 13 guys who have been all in for months, since the middle of November."

Sander said, as coaches, most of their competitiveness comes from striving to see their players succeed, something that they will not be able to do for the time being.

"You really feel worse for our six seniors, who all play significant minutes, who all have played in our program for all four year," Sander said. "We were playing our best basketball right now, peaking at the right time."

Negoshian said he saw a stoppage of play coming, saying he was shocked when the MHSAA said Thursday morning it was allowing teams to play in front of a limited crowd: parents, legal guardians and essential administrators.

As the students came into practice with knowledge of the situation from social media, Negoshian explained to them that play had been suspended, not canceled, and that preparation was key



Northville's Grant Mathiesen goes up for a layup in front of Plymouth defenders.

TOM BEAUDOIN/SPECIAL TO HOMETOWNLIFF COM

for if North Farmington were to finish the season it had started.

However, the North Farmington head coach realizes this suspension larger than the Raiders' district final against rival Farmington that was scheduled for

"This is bigger than a MHSAA district championship against a cross-town rival," Negoshian said. "This is a world

health problem right now that's causing major, major unsettling in our country. We need to get that in order before we even think about sports right now."

While John Glenn head basketball coach Jerret Smith realizes that his team has a lot to prove in the postseason, saying that many counted his team out in his first season, he said there are more important things in life than just

performances on the court.

"For us, it was tough news, but at the end of the day, by the grace of God, it's all about health and this thing going around that is getting a lot of people sick," Smith said. "Our health is a lot more important. There are many things more important in life than just basketball and I think our kids understand that. But until they tell us it's over, we aren't going to stop working."

For a team that many deemed the favorite to win the Division 1 hockey state title, Catholic Central was preparing to play this weekend at USA Hockey Arena in Plymouth.

His message to the Shamrocks was one of hope, but one of realism as well.

"I think we are all very much aware of the growing concern with the virus and how quickly it has been spreading," Kaleniecki said. "I also had to urge them that that doesn't mean it's going to be resumed. We just don't know."

"We obviously hope that it's the case because you want the seniors to see the end and experience what that is like, whether it's win or lose, right. Win or lose, you know it's over."

With the suspension, there are championships to be had without a champion, and ahead of his attempt at a Division 2 state title, Brother Rice hockey head coach Kenny CHaput wanted a chance to hang the banner.

"It's coming to that point where, it's been a great experience for them, but this is a way to sort of put that top on there, that topper, and hang that banner and put yourself into that pretty select group of teams that have played at Brother Rice that have gotten a state championship," Chaput said. "That's what you think about and it's not the best of days around."

Contact reporter Colin Gay at cgay@hometownlife.com or 248-330-6710. Send game results and stats to Liv-Sports@hometownlife.com.

## **MHSAA**

Continued from Page 1B

"By suspending all sports activities for the next three weeks, we are taking an additional step to maintain safety and minimize risk first, and also keep a level playing field for our schools and teams during this time of uncertainty," MHSAA Executive Director Mark Uyl said in the statement. "A number of schools across the state already were making this decision, and setting this as the standard across our membership is appropriate especially given the quick pace with which this situation is con-

tinuing to evolve.

"Given the rapid, fast-moving and unprecedented events of this week, the MHSAA will use the time during this all-sport suspension of activities to evaluate all options and next steps which will be shared with schools in a timely manner."

MHSAA winter postseason events

were suspended indefinitely Thursday afternoon. There is no timetable for a possible rescheduling of these tournaments.

Contact reporter Colin Gay at cgay@hometownlife.com or 248-330-6710. Follow him on Twitter @Colin-Gay17. Send game results and stats to Liv-Sports@hometownlife.com.





#### **Hockey**

Continued from Page 1B

Catholic Central

- Matt Herniman, Muskegon Reeths-**Puffer** 
  - Brady MacDonald, Brighton
  - Jack Myers, Rochester United ■ Everett Pietila, Howell
- Michael Schermerhorn, Traverse
- Matthew Witt, Midland

#### Division 1 — Honorable-mention forwards

- Ryan Blackburn, Hudsonville
- Ethan Bond, Capital City
- Austin Douma, Lowell/Caledonia Jonathan Dubbink, Grandville
- I Josh Dudovitz, M-1 United
- Chris Dundas, Orchard Lake St. Mary's
- Tyler Esman, Traverse City West
- Jason Geiger, Utica Eisenhower ■ Ethan Houck, Saginaw Heritage
- Matt Kanaras, Rochester United
- Luke Nickolaus, Byron Center ■ Luke Tratar, Dearborn United

#### Division 1 — First-team defensemen

- Ashton Bol, Grand Rapids, Christian
- Trevor Davis, Byron Center
- Gordie Husted, Detroit Catholic Central
- Brendan Miles, Detroit Catholic Central
  - Shane Romback, Macomb Dakota
  - Dominic Rossi, Howell

#### Division 1 — Second-team defensemen

- Jeffrey Deriemacker, L'Anse Cruese Unified
- Josh Froysland, Byron Center ■ Chris Hawkins, Muskegon Reeths-
- **Puffer**
- Sam Militello, Utica Eisenhower ■ Evan Taylor, Cabrini ■ John-Michael Weston, Saginaw

#### Division 1 — Honorable mention defensemen

■ Aaron Ackerson, Bay Reps



Catholic Central's Dylan Dooley has been named to the all-state first team. HOMETOWNLIFE.COM FILE

- Adam Ahmed, Dearborn United ■ Jack Noordeweir, Grand Rapids
- Christian ■ Keith Pilut, Troy United
- **■** Josh Reece, Traverse City West
- Nathan Witt, Midland

#### Division 1 — First-team goaltenders

- Adam Blust, Detroit Catholic Central
- Jack Mastronardi, Macomb Dakota ■ Jacob Winters, Saginaw Heritage

#### **Division 1 — Second-team** goaltenders

- Caden Fisher, Grandville
- Chris Wozniak, Brighton ■ Bryn Sommerfeldt, Farmington United

#### Division 1 — Honorable-mention goaltenders

- Salvatore Carabelli, Utica Eisen-
- Judd Lawson, Bay Reps ■ Rem VanWert, Salem

#### Division 2 — First-team forwards

- Hunter Allen, Trenton
- Gaetanno Cammarata, Marquette
- D.J. Dixon, Birmingham Brother

See HOCKEY, Page 7B



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Melissa Erickson MORE CONTENT NOW

rom divorce to natural disasters, children are often tasked with coping with trauma and its lasting effects.

Nearly half of U.S. children – 31 million kids – have experienced a potentially traumatic event, according to the 2017-18 National Survey of Children's Health. 

The definition of childhood trauma tends to vary. 

"Some studies or surveys may use a broad definition that includes a wide array of adverse childhood experiences," said Dr. 

John Fairbank, co-director for the National Center for Child Traumatic Stress.

These may include separations from caregivers through divorce or incarceration or having a parent with a severe mental illness or substance use problem, as well as extreme events, such as child maltreatment, exposure to domestic and community violence, surviving serious accidents, injuries such as vicious dog bites or illness requiring hospitalization, and natural and man-made disasters, such as armed conflicts, Fairbank said.

Other studies use a more targeted definition that focuses on more extreme events, such as the death of a parent.

"Regardless of how broad or specific the definition, the point is that childhood trauma refers to events and experiences that significantly increase children's risk for serious behavioral, emotional, psychological and medical impairments," Fairbank said.

Traumatic experiences may be profound for a child, who may not be able to convey how they feel about it. Parents and other adults can help especially by offering protection and taking their exposures to trauma se-

riously.

"Although many types of childhood trauma are observable – especially events that occur within communities such as natural disasters, house fires, school shootings and injurious automobile accidents – other types of trauma may be far less obvious to the adults engaged in a child's life," Fairbank said. Examples of this include trauma within the family or the child's social network, such as exposure to domestic violence, physical abuse or sexual abuse.

"In any case, when a child reports exposure to trauma it's important to listen to what the child has to say, take the report seriously and initiate appropriate actions to protect

and support the child," Fairbank said.

Childhood trauma is a common experience that affects girls and boys and different racial and ethnic groups at roughly comparable rates, said Fairbank, referring to longitudinal findings from the landmark Great

Smoky Mountains Study in North Carolina. However, the likelihood of experiencing trauma rises for children whose families face adversity, such as living in poverty or with mental health problems during childhood, Fairbank said.

In the aftermath of a traumatic event, it can be difficult for children to get rest.

"Poor sleep has wide ranging effects, including making it difficult to participate and learn in school. If a child has nightmares or difficulty falling or staying asleep, a parent may work with the child to build comforting rituals into bedtime routines to facilitate sleep and school performance," Fairbank

If a child experiences something traumatic, seek professional help.

"This is especially true if the child's distress persists several months after the trauma. For many children, the safety of a therapeutic relationship facilitates recovery from the effects of the trauma," Fairbank said.

Visit the National Child Traumatic Stress Network website (nctsn.org) for free tools for families and professionals.

## Mom's purse may hold hidden dangers for kids

Amy Norton HEALTHDAY NEWS

Busy moms and dads routinely stuff their purses and bags with every item their family might need for the day. But that creates a minefield of choking and poisoning hazards for babies and toddlers, pediatricians warn.

A purse, backpack or diaper bag can contain a hodgepodge of medications and supplements, cosmetics, hand sanitizers, candy, coins and other items that attract little hands. That can also set the stage for accidents, sometimes deadly.

"Young children are all inquisitive explorers," said Dr. Eric Owen Tyler, a pediatrician and executive board member of the American Academy of Pediatrics (AAP) Alabama Chapter. "And mom's purse is like a gold mine."

Tyler said that over the course of his career, he has seen toddlers who have swallowed iron pills or pain medications, which can damage the kidneys or liver, or cause fatal overdoses. Some have even gotten their hands on birth control pills.

The case that "really sticks with me," Tyler said, involved a 2-year-old who managed to ingest her grandmother's heart medication. The toddler died seven days later.

Even when parents are mindful of safe medication storage in the house, bags can be overlooked. Part of the issue, Tyler said, is that bags are packed and

unpacked constantly, and switched out regularly – and parents may lose track of what's inside. "Something you hear a lot is, 'I just

forgot it was in there," said Dr. Elizabeth Murray, a pediatric emergency doctor with the University of Rochester Medical Center in Rochester, N.Y. Keeping bags away from curious

hands is the safest bet. But there are also wiser ways to pack them, according to Murray.

"We always want medications to stay in the childproof container they came in," she said.

And make use of a bag's various compartments, Murray advised. If a young child knows her snack or sippy cup is al-

ways in a particular place, keep it free of all other items she should not touch.

Medications are an obvious risk to youngsters. But bags often contain other, less apparent hazards, according to Tyler. Cosmetics can draw kids' attention and be swallowed or placed in the eyes.

Tyler cited statistics showing that between 2002 and 2016, almost 64,700 U.S. children under age 5 landed in the emergency room for injuries related to cosmetics.

Meanwhile, coins, breath mints, cough drops and other small items present a choking hazard. Coins can also damage the digestive tract, Tyler noted, as can tiny button batteries found in carkey fobs.

## **Hockey**

Continued from Page 5B

#### Rice

- Charlie Douglass, Traverse City Central
- Jon Gardiner, South Lyon United
- Brenden Heard, Livonia Stevenson
- Jackson Kocur, Tri-Valley
- Jacob Kornoelje, Brownstown Woodhaven
- Seth Lause, Livonia Stevenson ■ Ryan Murphy, Birmingham Brother
- Rice ■ Adam Pietila, Hartland

#### ■ Ian Smith, Plymouth Division 2 — Second-team

- Brendan Allen, Plymouth
  - Nick Aown, Petoskey
- Cooper Derath, Okemos
- Hugo Fonovic, Canton
- Ben Getzen, White Lake Lakeland ■ Ethan Holt, Trenton
- Ethan Kotre, Ann Arbor Pioneer Nick Marone, Birmingham Brother

forwards

- Dylan McMullen, Davison
- Jamie Newton, Ann Arbor Skyline ■ Jeffrey Schmidt, Davison
- Ethan Silverstone, Escanaba
- Connor Winegar, Muskegon Mona Shores

#### Division 2 — Honorable-mention forwards

- Cooper Anderson, Marquette
- Jacob Anderson, Livonia Steven-
- Evan Bliss, Brownstown Woodhaven
  - Kieran Carlile, Hartland
- Will Dawson, Traverse City Central ■ Brendan Dickinson, Port Huron
- Northern
  - Brendan Finn, Lake Orion ■ Ansel Frosts, Marquette
- Ty Langlois, Muskegon Mona Shores
- Kade Manzo, Lake Orion ■ Hunter Maschke, Portage Central
- Tyler Nickelson, Forest Hills North-
- ern-Eastern ■ Gabe Partridge, Kenowa Hills
- Mitch Skamiera, South Lyon Unit-

#### ed

#### Division 2 — First-team defensemen

- Derek Hebner, Petoskey
- Nick Justic, Livonia Stevenson
- Dakota Kott, Hartland
- Isaac Lippert, Ann Arbor Skyline ■ Gregory Obrycki, Trenton
- Jakob Peterson, Marquette

#### Division 2 — Second-team defensemen

- Ayden Adamic, Livonia Stevenson
- Alex Andoni, Birmigham Brother
- Casen Faustyn, Okemos
- Justin Hayward, Portage Central Nathan Overton, Brownstown
- Woodhaven ■ Ethan VanderRoest, Traverse City Central

#### Division 2 — Honorable-mention defensemen

- Owen Arnold, White Lake Lakeland
- Andrew Fedrizzi, Marquette
- Nick Haag, Lake Orion
- Caleb Kneiding, Trenton
- Moore, Connor Brownstown Woodhaven
- Justin Winegar, Muskegon Mona
- Matthew Zaremba, White Lake Lakeland

#### Division 2 — First-team goaltenders

- Liam Beerman, Marquette
- Joey Cormier, Trenton
- Brenden Stroble, Livonia Steven-

#### Division 2 — Second-team goaltenders

- Cooper Duncan, Birmingham **Brother Rice**
- Michael Leighton, Ann Arbor Pio-
  - Andrew Lowen, South Lyon United

#### Division 2 — Honorable-mention goaltenders

- Brenden Cobb, Ann Arbor Skyline
- Jeremy Kahan, Bloomfield Hills
- Kyler Lowden, Forest Hills North-
- Dominic Wendel, Davison

#### Division 3 — First-team forwards

- Luke Blasy, Midland Dow
- Gavin Holmes, Riverview ■ Mason Kelly, Forest Hills Central
- Lucas Krol, Detroit Country Day
- Dean Loukus, Calumet ■ Scott Loukus, Calumet
- Jacob Onstott, Grand Rapids Catholic Central
- **■** Tanner Rowe, Calumet
- Austin Salani, Hancock
- Sebastian Smith, Pinckney
- Keegan Spitz, Grosse Pointe South ■ Nathan Vazquez, Riverview Gabriel

## Division 3 — Second-team

- Cam Agnew, Mattawan
- Austin Combs, Milford
- Logan Gotinsky, Detroit Country
- Ryan Herzog, Riverview ■ Andrew Hovey, Mount Pleasant
- Max Marquette, Detroit U-D Jesuit ■ Willie McGuire, St. Mary Catholic
- Central ■ Adam Strehlke, Grosse Pointe
- South ■ Tucker Tapani, Houghton
  - Tyler Valik, Chelsea
  - **■** Gabe Vowles, Chelsea
  - Doug Wood, Grosse Pointe Liggett

#### Division 3 — Honorable-mention forwards

- Eddie Agamov, Cranbrook Kingswood
- Cole Beaufait, Forest Hills Central ■ Owen Campbell, Jackson Lumen
- Christi Carpenter, Flint Powers Joey Catholic
- Thomas Crandell, Big Rapids J.T. Hazard, Ann Arbor Gabriel
- Richard ■ Ryan Jeffreys Forest Hills Central
- Brendan Maly, Freeland-Nouvel-Valley ■ Nathan Malinowski, East Grand
- Rapids Joey Mocnik, Allen Park
  - Brendan Rachfal, Allen Park
- Ryley Sikkenga, East Grand Rapids ■ Billy VanSumeren, Midland Dow
- Tim Washburn, Flint Powers Catholic
- Jack Wineman, Cranbrook Kingswood

#### Division 3 - First-team defensemen

- Quinton Gove, Ann Arbor Gabriel
- Richard
- Ty Halonen, Houghton, ■ Gino Sessa, Detroit Country Day
- **■** Jake Spitz, Grosse Pointe South
- Jacob Thomas, Detroit Country
- Brendan Zemke, Detroit U-D Jesuit

#### Division 3 — Second-team defensemen

- Alex Chapie, Detroit U-D Jesuit
- Lincoln Beiring, Calumet ■ Jake Emery, River Gabriel Richard
- Sam Gorno, Gaylord
- Austin leuter, Midland Dow ■ Dan Juzych, Cranbrook Kingswood
- Nathan Magler, Allen Park
- Leyton Stenman, Crabrook King-

#### Division 3 — Honorable-mention defensemen

- Kazuma Bowring, Milford
- Hayden Sarjeant, Forest Hills Central
- Gene Hendrickson, Jackson Lumen Christi
- Cam Kauppinen, Calumet
- Kyle Barbour, Flint Powers Catholic Austin Selmi, Pinckney

#### Division 3 — First-team

goaltenders

- Drew Adams, Riverview Gabriel
- Richard ■ Will Strickler, Grosse Pointe South

#### Division 3 — Second-team goaltenders

Alex Studebaker, Calumet

- Lucas Henderson, Jackson Lumen
- Collin Lamanski, Midland Dow

#### Division 3 — Honorable-mention

goaltenders

■ Jimmy Pietila, Houghton

- Owen Bonham, Grosse Ile
- Gavin Brady, Forest Hills Central ■ Teddy Ecker, Pontiac Notre Dame
- Prep ■ Tate Potteiger, East Grand Rapids Adam Yost, Dearborn Divine Child

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## New decade, new career? How to reinvent in 2020

**Eric Titner** thejobnetwork.com

A new year and a new decade have arrived. This is a moment that many of us use as an inflection point to take stock of our lives and determine if we're happy with our current course or if a change is needed.

The main area we reflect upon at times of change is our career - our professional fulfillment factors heavily into our self-identity and overall happiness, so it makes sense that we want to do whatever it takes to get things right and steer ourselves onto the right path. It's also one of those key life areas that we exercise a lot of control over: with a solid plan, some focus, and the requisite hard work and determination, we have the power to make significant changes in our career journeys. Even making a complete career reinvention is a possi-

bility if it feels like the right move. Are you contemplating a career reinvention in 2020? If your levels of professional happiness and satisfaction aren't where you'd like them to be, and your prospects are currently bleaker than you'd hoped, then a course correction just might be a wise strategy. But before diving in headfirst, consider utilizing the following plan of attack to help you make a successful career change.

#### Commit

Unlike other resolutions for change that many of us make at the onset of a new year like going to the gym or eating healthier, a commitment to making a career change shouldn't be taken lightly - at least not if you truly want it to work out. The truth is, a career reinvention is significantly more challenging than waking up one day and deciding to hit

the treadmill or not to eat junk food, especially if you're looking to jump into a completely different field. If you're sincere and determined to reinvent your career path this year, it's going to take a real commitment of time, energy, and available resources to make it happen especially if you stumble out of the block early on and encounter more failures than successes.

Remember, you're chasing more than just a change in company or a loftier position with more responsibilities, which are challenging enough, especially in today's volatile job market. If you want your career reinvention to ultimately end up in your personal win column. then make sure you're fully committed from the onset.

#### Plan

Enthusiasm, energy, and motivation are great to have when you're undertaking a new life challenge, but when it comes to one as big as a career reinvention, they'll rarely be enough to get you past the finish line. Like most undertakings in life, success depends on having a plan. Once you fully commit to the notion that you're going to kick off this new decade with a career reinvention, begin building your strategy for bringing this goal closer and closer to reality.

A helpful first step is to make two lists: a list of your interests and a list of your skills and abilities. Don't rush through these. It's in your best interest to dive deep and create comprehensive lists rather than just getting them done quickly. Once these are complete, review them carefully and think about new career fields and positions that may encompass some of your interests and

skills. Then, make a new list of these. Research can be extremely helpful when thinking about potential new ca-

There's a wealth of information available about every imaginable career online. Just make sure you allow yourself enough time to sift through it all carefully and choose your sources wisely. If possible, ask trusted friends and family for feedback and advice to help you make decisions that are best for you. Once you have a shortlist, start focusing your energy on learning everything you can about what it takes to enter the field and crafting your resume and cover letters accordingly.

When making a career change, the notion of transferable skills is essential - these are the skills you've acquired in your previous work experience that can be effectively applied to your new target career. When you're on the job hunt and making a case for hiring personnel to take your desire for a career change seriously, demonstrating how your existing skillset can be utilized to their benefit can be a game-changer.

#### Network

Another key step while embarking upon the first initial steps of your new career journey is to network effectively. Making a career change can be an uphill battle and the competition out there can be fierce, so you need to do everything you can to turn the tide to your favor and getting to know people in your target industry can really help. Start by leveraging your existing network to see if it can expand to include new folks who are in your prospective field. Then think about additional resources that you may have access to, like alumni career services from your alma mater, to help in the effort. Go back online and look for any sites, forums, groups, or in-person events that you can use to expand your network. Be careful not to appear too desperate or overeager in your efforts here, which can turn people off, but do take things seriously and remember that persistence is key. With a little sincerity and effort, you may open new doors to wonderful new opportunities.

#### Adjust

It's important to remember that when it comes to hunting for a new job, focus is different from tunnel vision. If things aren't quite working as well as you'd hoped or according to plan, then perhaps your plan needs fixing. A career reinvention can be a long and arduous journey, and it really pays to be patient and humble during the process.

Stay open to the notion that a course correction may be required along the way. Everything from your resumes and cover letters, to how and where you're looking for job openings, to your interviewing approach and style should remain fair game for refining. Remember, no one is perfect, and this is all about helping you achieve your goal, so be open to constructive criticism and positive change. Ask trusted friends and family members for input, and don't be afraid to ask people that have interviewed you for feedback to help you move forward. The bottom line here is that when embarking on your career reinvention, envision it more of a marathon than a sprint and a process of trial and error that - if approached thoughtfully - can help you really learn and grow.

Eric Titner has been an editor and content creator for more than a decade. His primary professional focus has been on education- and career-related topics. He currently lives in New York City.

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| 80       81       82       83       84       85         86       87       88       89       89         90       91       92       93       94       99         95       96       97       98       99       99         11       112       113       114       115       116         117       110       118       119       120       123  | 0   | 42       | 35     | 36         | 37   |         |       | 38                                 | 51             |        | 52    | 53             | 45     | 40     | 54       |                 | 56     | 46    | 47  | 48      | 49   |
| 16       87       88       89         10       91       92       93       94         95       96       97       98       99         00       101       102       103       104       105       106       107       108       109       11         11       112       113       114       115       116       119       120       123       123       123       123       123       123       123       130       123       123       123       130       123       123       123       130       123       130       123       130       123 <td< td=""><td>50</td><td>42</td><td>35</td><td>36</td><td></td><td>43</td><td></td><td>38</td><td>51</td><td>59</td><td>52</td><td>53</td><td>45</td><td>40</td><td></td><td></td><td>56</td><td>46</td><td>47</td><td>48</td><td>45</td></td<>  | 50  | 42       | 35     | 36         |      | 43      |       | 38                                 | 51             | 59     | 52    | 53             | 45     | 40     |          |                 | 56     | 46    | 47  | 48      | 45   |
| 87 88 89 90 90 91 92 93 94 99 95 96 97 98 99 99 90 101 102 103 104 105 106 107 108 109 110 111 112 113 114 115 116 116 117 118 119 120 123 123 123 123 123 123 123 123 123 123   | 50<br>57<br>31                                      |          |        |            |      | 43      |       | 38<br>58                           | 51             | 59     | 52    | 53             |        | 40     |          |                 | 56     |       |     |         |      |
| 91 92 93 94 99 99 00 101 102 103 104 105 106 107 108 109 11<br>11 112 113 114 115 116 117 118 119 120 123  | 50<br>57<br>51                                      |          |        |            |      | 43      | 62    | 38<br>58                           | 51             | 59     | 52    |                |        | 60     |          | 65              |        |       |     |         |      |
| 95 96 97 98 99 00 101 102 103 104 105 106 107 108 109 11<br>11 112 113 114 115 116 117 118 119 120 123 123   | 60<br>67<br>61<br>70                                |          |        |            |      | 43      | 62    | 38<br>58                           | 51             | 59     | 52    |                | 75     | 60     | 69       | 65              |        |       |     |         |      |
| 00     101     102     103     104     105     106     107     108     109     11       11     112     113     114     115     116     117       17     108     118     119     120     123       21     123     123     123   | 0 7 11 0 0 0 0                                      |          |        |            |      | 43      | 62    | 38<br>58                           | 51             | 59     | 52    |                | 75     | 60     | 69       | 65              |        |       |     |         |      |
| 00     101     102     103     104     105     106     107     108     109     11       11     112     113     114     115     116     117       17     108     118     119     120     123       21     123     123     123   | in 100 100 100 100 100 100 100 100 100 10           |          |        |            |      | 43      | 62    | 38<br>58<br>74                     | 51             | 59     | 52    | 82             | 75     | 60     | 69       | 65              |        |       |     |         |      |
| 11     112     113     114     115     116       17     18     119     120       21     122     123  | 60<br>67<br>61<br>70<br>80                          |          |        |            | 66   | 67      | 62    | 38<br>58<br>74                     | 51             | 59     | 64    | 82             | 75     | 60     | 69       | 65              | 85     |       |     |         |      |
| 118 119 120 123 123 123 123 123 123 123 123 123 123  | 60<br>67<br>61<br>60<br>66                          | 71       | 72     | 73         | 66   | 67      | 62    | 38<br>58<br>74                     | 63             | 59     | 64    | 82             | 75     | 60     | 69       | 65<br>84        | 85     |       | 77  | 78      | 79   |
| 118 119 120 123 123 123 123 123 123 123 123 123 123  | 60<br>67<br>60<br>66                                | 71       | 72     | 73         | 66   | 67      | 62    | 38<br>58<br>74                     | 63             | 59     | 64    | 82             | 75     | 60     | 69       | 65<br>84        | 85     |       | 77  | 78      | 79   |
| 21 123 123   | 60<br>67<br>60<br>60<br>60                          | 71       | 72     | 73         | 66   | 67      | 62    | 38<br>58<br>74                     | 51<br>63<br>87 | 59     | 64    | 93             | 75     | 60     | 69<br>89 | 65<br>84        | 85     | 76    | 108 | 78      | 79   |
|  | 60<br>67<br>60<br>60<br>60                          | 71       | 72     | 73         | 66   | 67      | 62    | 38<br>58<br>74                     | 51<br>63<br>87 | 59     | 64    | 93             | 75     | 60     | 69<br>89 | 65<br>84        | 85     | 76    | 108 | 78      | 79   |
|  | 50<br>57<br>31                                      | 71       | 72     | 73         | 66   | 67      | 62    | 38<br>58<br>74                     | 51<br>63<br>87 | 59     | 64    | 93             | 75     | 60 83  | 69<br>89 | 65<br>84        | 85     | 76    | 108 | 78      | 79   |
| 24 125 126   | 50<br>57<br>51<br>70<br>80<br>86<br>00              | 71       | 72     | 73         | 66   | 67      | 62    | 38<br>58<br>74<br>92               | 51<br>63<br>87 | 59     | 64    | 93             | 75     | 60 83  | 69<br>89 | 65<br>84        | 85     | 76    | 108 | 78      | 79   |
|  | 50<br>57<br>51<br>70<br>80<br>86<br>90<br>90<br>111 | 71       | 72     | 73         | 66   | 67      | 62    | 38<br>58<br>74<br>92<br>118<br>122 | 51<br>63<br>87 | 59     | 64    | 93             | 75     | 60 83  | 69<br>89 | 65<br>84<br>107 | 85     | 76    | 108 | 78      | 79   |

For assistance or suggestions on the Puzzle Corner, contact Steve McClellan at (517) 702-4247 or smcclellan@michigan.com. Want more puzzles? Check out the "Just Right Crossword Puzzles" books at QuillDriverBooks.com

# SUDOKU 3 5 7 4 6 3 9 4 9 5 8 2

Difficulty Level \*\*\*

Difficulty Level \*\*\*

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

5

6

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!

## **FOODS WE EAT WORD SEARCH**

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

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

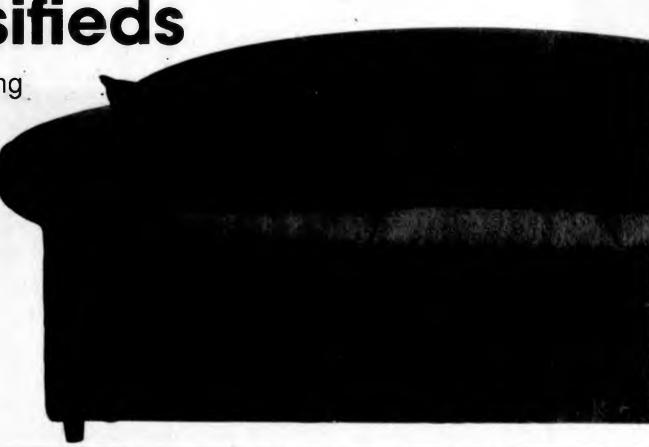
#### WORDS

ACÇESSIBLE **AEROBICS** ANEMIA **ANTIOXIDANTS** BALANCED BASAL CALORIE **CALORIES CARBOHYDRATES** CHOLESTEROL COMPLEX CONSUMPTION DEHYDRATION DIET DIGESTION **ELECTROLYTES** FATS **FIBER** 

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