MEDICARE?



Your hometown
expert can help you
choose a health
insurance plan
that works for you!

Elizabeth M. Abshire Independent Insurance Agent

Get Expert Advice At No Cost To You!

734-258-7994

SouthgateStar.com

Southgate STAR

MULTI-MEDIA NEWS MAGAZINE
A PUBLICATION OF GO BIG MULTI-MEDIA

FEBRUARY 24 — MARCH 23, 2022



Complimentary





Tangled up with Blue

A pair of Southgate girls play some octopuslike defense on a Calson player during a Downriver League game on Feb. 15. The unbeaten, league-leading Marauders beat the Titans that night, but the Southgate girls continue to fight on. The season is nearing a close and at the end of the month, the Anderson girls will play in a



Michigan High School Athletic Association Division 1 district tournament in Wyandotte. See more about the team inside.

Independent Living, Assisted Living & Memory Care



www.woodhavenassistedliving.com

Hampton Manor of Woodhaven & Trenton

With Jodi's many years of experience with our aging population and a strong passion for geriatric health and wellness. Let her help you guide your loved ones through a seamless transition, making them feel safe and secure along the way.

Call to schedule your tour today at 734-818-5100 or email jodi.hamptonmanor@gmail.com.

Call Now to Lock in Your Move-in Rate for up to 2 years: 22125 Van Horn Rd. • Woodhaven 734-818-5100 ext. 603
5999 Fort St. • Trenton • 734-496-7405



JODI PORTICE
Community Developement



Scan to schedule service



SERVICE OFFERS

CABIN AIR FILTER



REBATE^{*}

ON THE PURCHASE AND INSTALLATION OF ANY ACDELCO CABIN AIR FILTER

ENGINE AIR FILTER



CERTIFIED

REBATE[^]

ON THE PURCHASE AND INSTALLATION OF ANY ACDELCO ENGINE AIR FILTER

BATTERY



REBATE[^]

ON THE PURCHASE AND INSTALLATION OF ANY ACDELCO AUTOMOTIVE BATTERY



REBATE[^]

ON THE PURCHASE OF ANY THREE **ACDELCO WIPER BLADES**

\$5 REBATE PER WIPER BLADE; LIMIT THREE



Todd Varga Service Manager



Rebecca Howard Service Advisor



Jennifer Hostetler Service Advisor



Ashley Mandernach Service Advisor



Nicole Stasser Service Advisor

Purchase must be made at a participating U.S. GM dealer. See mycertifiedservicerebates.com for details and rebate form, which must be submitted by 3/31/22. Limit one rebate per VIN. Allow 6 to 8 weeks for delivery of debit card. Offer ends 2/28/22.

Soroptimists to hold Human Trafficking Summit



PAULA NEUMAN Southgate Star

Human trafficking affects every community Downriver and throughout the

country regardless of income levels, according to the Michigan Department of Health and Human Services.

FBI intelligence estimated in 2019 that about 35 children are being trafficked on any given day in the Detroit metropolitan area – one of the very worst spots nationwide for human trafficking.

Human trafficking is the exploitation of a person for commercial sex, labor or other services, and state law considers any minor involved in sex for money as a trafficking victim.

To help residents learn more and help protect their children, Soroptimist International of Trenton and Downriver Area will hold a free Human Trafficking Summit from 9:30 a.m. To 2:30 p.m. April 9 at Summit Academy, 18601 Middlebelt, Romulus.

"Anybody that has anything to do with the lives of children – this summit is for them," said Soroptimist Janelle Rose, a Grosse Ile resident and co-owner of the Willow Tree in Wyandotte.

Often, human trafficking starts out with a girl having a boyfriend or online contact who grooms her to be trafficked, according to the Michigan Abolitionist Project. Often, those cases are never reported.

The local Soroptimist group's press release about the upcoming summit states: "Parents, educators, school bus drivers, school counselors, health care workers, law enforcement officers and community advocates are welcome to learn how traffickers lure victims; how the internet, gaming apps and

social media are used in human trafficking; how to recognize victims of trafficking; and how to talk to children about human trafficking."

The event is free, but limited to 160 attendees. Coffee, doughnuts and a boxed lunch are

included. Registration is required. Register at f8s. co/27sk.

Soroptimist International is a volunteer group of women focused on issues impacting women and children. Combating human trafficking is an important one of those issues.

"Millions of women and girls every year are trafficked, and they become victims of this heinous crime due to force, fraud or coercion that is imposed on them to obtain different forms of labor, commercial sex, marriage, organs, etc. They are helplessly placed in situations of exploitation, from which it is almost impossible for them to get out or seek help. Human trafficking today has become the most common form of modern slavery. Soroptimists recognize the gravity of this crime, and call for global action to combat this abhorrent violation of human

rights," states the SI website.

"Trafficking is not just the violation of bodily and sexual rights, but is an atrocity against the very

existence and development of a human being. Globally, only 0.04 percent of the vast majority of cases are detected and very few victims are able to access protection. These glaring statistics seem to be suggestive of the scant awareness on

suggestive of the scant awareness on this problem, the existing legal and law enforcement loopholes and low rates of conviction of criminals."

Presentations during the summit will explore how traffickers lure victims; how social media and gaming sites are used in human trafficking, how to talk to children, how to recognize victims and what to do if you suspect human trafficking.

Speakers will include specialists from the FBI, Michigan Abolitionist Project, Truckers Against Trafficking, Sparrow Freedom Project, Avalon Healing Center, Michigan State Police and survivors of trafficking.

The Trenton and Downriver Area Soroptimist group meets on the second Tuesday of the month at the Woodhaven Community Center, and the fourth Tuesday at Portofino Restaurant in Wyandotte.

All women are welcome to attend.





Digital Empowerment Project comes to Downriver



BILL STEVENSON Southgate Star

About 100 parents and concerned citizens attended the Digital Empowerment Project presentation given by Cyber Security Specialist Scott Frank on Jan. 18 in the Grosse Ile High School auditorium.

Jointly sponsored by the PTO/ PAT, the program was designed to heighten awareness of risks schoolaged students face when using the Internet, and provide parents with strategies to empower their children (and themselves) to safely navigate the Great Digital World, online.

Cyberbullying, pornography, sexting, dangers of the Dark Web, violent threats, hackers, scammers, and hate speech are all part of our reality in 2022.

Captain Scott Frank worked eleven years undercover in the Ohio "Internet Crimes Against Children" division, posing as an innocent, unsuspecting prey in order to arrest and convict adult predators. As a parent himself, he realized that many parents were "first generation digital parents," who many times felt overwhelmed, complacent, or uneducated in raising their children to be digitally empowered.

Frank has spoken to thousands of parents, community, and student groups since founding the Project in 2017. He asserts that "56 percent of sixth-graders reported they have never talked to their parents about Internet safety."

In his small group conversations with students, which he calls his "Empower Hour Five," Frank encapsulates student sensitivities about online behavior

Students say:

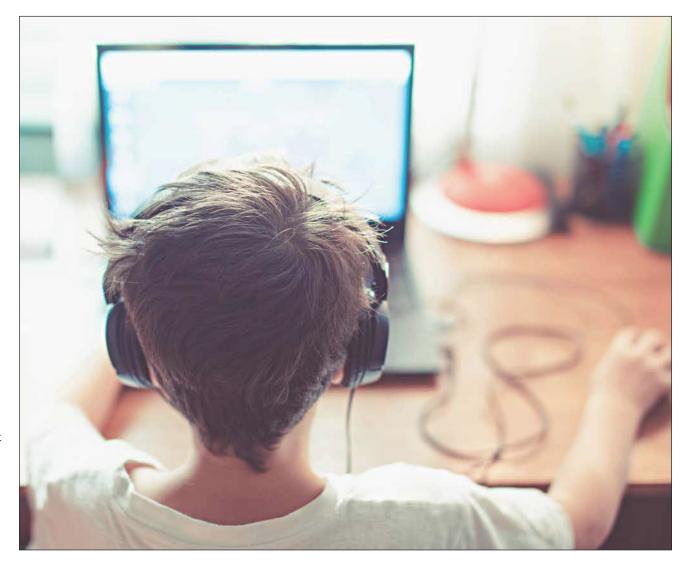
We want to talk about our digital world

If an adult talks to us, it is always "Don't do this."

We are not sure our parents or adults "get" our Internet.

We want to leave our mark in the digital world

(And most shockingly) We spend way too much time online, but...



He shared actual experiences of real teens who were caught up in situations that they did not know how to handle and who had no parental guidance.

For example, a shy, sixth grade girl who was approached by a pedophile interested in sex trafficking, with the opening two words, "You're beautiful."

Or, a ninth-grade boy whose communications online led to identity theft from another country of his parents' information.

And, an 11th-grade girl who told her own story in a video:

"When I was in high school it seemed like my whole world was social media. I was consumed by my screen time. I didn't understand the real risks of the digital world. I didn't know my choices could have life changing consequences.

"One day, I received a message from a guy on Snapchat that said, 'Hey, how was soccer practice?' I learned afterwards that the message was called an 'Information Message' He sent that message right after soccer practice, so I felt comfortable responding, like he already knew me.

"You see, two weeks earlier, I had accepted a friend request from somebody I didn't know. He spent the time afterwards studying my social media, reading my stories and learning things about me. I didn't realize the danger of allowing my Snap Map to show him exactly where I was and when I was there.

"So we messaged back and forth, and he seemed really interested in me. He sent me a bunch of pictures, and honestly, he looked good. He looked real. He looked like a normal person. So after chatting around the clock for a couple of weeks, I guess you could say 'date.' He always seemed super nice and always into me, and who wouldn't want that kind of attention?

"He eventually asked me for a nude

photo of myself. He promised it would only be one and he would never share it. At first I said 'No' but the more we chatted, the more comfortable I felt.

"So I sent the nude photo. After I sent the photo, it was like someone flipped a switch. He barely messaged me anymore and when he did we didn't seem to have much to talk about. I told him I didn't want to date anymore.

"He said if I stopped chatting with him he would post the picture online and send it to my parents. I was terrified and didn't know what to do."

The photo was posted on different social media accounts, and her life became a living hell. Eventually, her parents and the police were notified, and her case came before Captain Frank.

Scott Frank offered hope for parents and their children in facing

SEE PROJECT, Page 5

Try Our Sweets

If you're looking for a new place to pick up a baked treat, Mel Koslowski, his son Zack and his bakery chef daughter Karly would like to invite you over for a bite.

Super Baked is a new business on Eureka Road in Southgate in the building that used to house Southgate Coney Island.

The bakery specializes in cakes, cupcakes, cookies and scones. You can



stop in for a snack, sit and enjoy a cup of freshly brewed Great Lakes Coffee, pick up some treats or talk to them about special take-home orders.

As a bonus, most of Super Baked's products are vegan and free of eggs and dairy, meaning anyone can enjoy them.

Stop by and try them out!



COOKIES • CUPCAKES
MUFFINS • SCONES • PASTRIES
BROWNIES • COFFEE • COLD BREW
HIGH FIVES • LOW FIVES • GOOD VIBES

734-225-7008



18714 EUREKA RD, SOUTHGATE MI.

PROJECT

Continued from page 4

the challenges navigating the Internet with billions of users. Given the fact that screen time statistics estimate the average high school student spends 7.2 hours online, and students aged 8 through 12 average 4.5 hours daily, it becomes imperative for parents to become engaged with their digital natives.

"If you don't parent your kids, the Internet will," said Frank. "Parent your kids first, then their devices. Empowerment is relational."

He then offered what he called his "STARTER" strategy for empowering teens in a digital world. Starter is Start, Appropriate, Review, Technology, Empowerment and Resources.

"Parents need to be the expert in loving, communicating with, and being aware of changing attitudes and behaviors of their children.

"Your approach will be different if you have a 7-year-old boy, or you have a 16-year-old daughter. And, it's always subject to change.

Talk to your kids. Communication is critical. Start with the 'Big Ask' (Ask, then listen). Say, 'I love you,' then, 'tell me about your digital world. Ask what they do online? What are their favorite apps, how many apps do you have, what are they learning, what makes them nervous, what scares them?' Take

what they give you and be a good listener.

"If your child refuses to talk about their digital world, that's a red flag!" said Frank.

Then you make the second big ask - pick a day of the week when everyone, everyone in the household puts their phones in a basket and

HE SAID IF I STOPPED CHATTING WITH HIM HE WOULD POST THE PICTURE ONLINE AND SEND IT TO MY PARENTS. I WAS TERRIFIED AND DIDN'T KNOW WHAT TO DO.

have a device-free family day. You might have to be a parent and say: 'Give me your phone, or device.'"

The "A" stands for appropriate.

Define what you mean as appropriate. Expect it. Model it. Have an escape clause. Knowing that the latest technology and the Internet are constantly changing. Manage your kids' devices, and what they can access, what apps they can install.

"R" stands for Review.

Review your strategy frequently.

"We are the digital parents and they are our digital teens," said Frank. "As a parent, you should have access to their content, review current apps and trends. You should know their usernames and passwords. You should know who their friends are."

The second "T" in the Starter strategy is for Technology.

Parents need to be aware of the risks and the benefits of technology. Parents need to learn about the functionality of apps. You can visit options like Open Dns, Disney Circle, Qustodio, or Bark to learn about monitoring software.

The goal is to keep the lines of communication open, and to work together to develop positive behaviors when accessing the Internet.

"E" is for Empower.

With hard work, you can empower your kids to embrace the opportunity to positively invest their time, not just in games, social media, or stupid pet trick videos, but meaningful learning experiences that inspire themselves or others. It may be an opportunity for them to impact their futures.

The final "R" is for Resources.

The Internet can be a source of great power and resources for parents to become digitally empowered.

But, one has to START somewhere. . . knowing safety begins at home. For more information about the Digital Empowerment Project, visit www.digitalempowermentproject.com

WE ARE OPEN! NEED AUTO REPAIRS?

24 Hour Towing

Groat Bros. Auto Repair & Towing

FAMILY OWNED AND OPERATED SINCE 1947

We service all mechanical auto repairs including, but not limited to:

- Shocks & Struts
- Computer Diagnostics
- Engine Diagnostics, Repairs & Replacements
- Air Conditioning Recharging & Repairs
- Brakes & ABS System Repairs
- Suspension & Steering Repairs
- Brake & Line Repairs
- Batteries, Starters, Alternators
- And More!



Excludes Towing • Must present before service • Exp 3-31-22

WE OFFER 24 HOUR EMERGENCY TOWING

HOURS OF OPERATION:

MONDAY - FRIDAY: 8:00 AM - 5:00 PM • IMPOUND HOURS: 8:30 AM - 4:30 PM 1466 EUREKA ROAD ❖ WYANDOTTE 734-284-6232 ❖ WWW.GROATBROTHERS.COM



WE ARE OPEN 7 DAYS A WEEK, YEAR-ROUND

FOUR GENERATIONS!



Family Owned 4th Generation

2323 Fort St. Lincoln Park, MI 48146 313-381-1492 busensappliance.com

During these appliance shortage times We are here for you!

STORE HOURS:

Monday - Friday 9:00am - 5:00pm

Saturday 9:00am - 1:00pm

Sunday Closed

ITEMS MAY BE PRICED LOWER IN STORE SOME ITEMS HAVE LIMITED AVAILABILITY BUSEN'S APPLIANCE HAS BEEN THERE AND WILL BE THERE

Solid as a rock. How else can you describe a business that has been around for more than 80 years and in the hands of a single family for more than 70 of those years?

You've just heard a description of Busen's Appliance.

The business was purchased by brothers Clifford and Cletus Busen in 1947. In 1972 Clifford's son Mike joined the business. Now Mike's son Tim is in charge.

Busen's Appliance is built on a history of customer service and that continues until today. The store can meet all your appliance needs. They will sell you quality products, like Speed Queen and others, and stand behind them all the way.

If you want a great product and great service, give Busen's Appliance a call today.



Our Family would like to THANK YOU for Voting us "Best Appliance Store"!





GE® Series 24.8 Cu. Ft. Stainless Steel French Door Refrigerator GNE25JKSS



Speed Queen Classic Clean™

- 6 Preset Cycles
- 4 Temperature Selections

TC5003 WN DC5000 WG, GAS DRYER, *See in store



Speed Queen Perfect Wash™

- 8 Preset Cycles
- 4 Temperature Selections

TR7003 WN
DR7000 WG, GAS DRYER,
*See in store
DR7000 WE, ELECTRIC,
*See in store



A 'Blue' snow day



Dozens of police officers showed up at the sledding hill at Woodhaven's Civic Center Park on Jan. 28 for what turned into a Downriver-wide, multiple force sledding challenge.

The event started with the Woodhaven Police Department challenging the Allen Park Department to race.

Word leaked out and force after force joined the challenge. Eventually the field grew to more than 13 departments, including Wyandotte and Southgate. Also competing werte Brownstown, Trenton, Taylor, Melvindale, Riverview, Lincoln Park, Rockwood, Huron Twp., Dearborn, Romulus, the Michigan State Police and others.

The event was originally scheduled to be a one-on-one race between Woodhaven and Allen Park, but so many departments showed up that heats and runoffs were needed to complete the competition.

Word spread about the event and more than 200 spectators showed up. Coffee and sliding equipment were provided by local businesses.

Woodhaven eventually won the event and the \$10,000 that was raised by the race. Woodhaven said the money will be donated to the Penrickton Center for the Blind and Downriver for Veterans.



Photos by Dave Gorgon

Officers from Southgate and Wyandotte were among the dozens who competed in the charitable sledding challenge in Woodhaven last month. The event raised more than \$10,000 for the Penrickton Center for the Blind and Downriver for Veterans.



EVELYN CAIRNES Southgate Star

CULINARY CAPERS

Nothing beats homemade cookies as a Valentine's Day gift for husbands, boyfriends or anyone else, especially if the present is Red Velvet Whoopie Pies,

Red Velvet Crinkle Cookies or Red Velvet Kiss Cookies. The Whoopie Pies are luscious cream cheese-filled sandwiches; the Crinkle Cookies are almost, but not too beautiful to eat, and the Kiss Cookies are a one-bowl wonder with six ingredients, including chocolate Hershey Kisses. I baked and enjoyed eating all three.

RED VELVET WHOOPIE PIES

Cookie Dough

2 cups all-purpose flour 3 tablespoons unsweetened natural cocoa powder, not Dutch

1 teaspoon baking soda

½ teaspoon salt

½ cup unsalted butter, softened to room temperature

1 cup packed light brown sugar

1 large egg

2 teaspoons vanilla

2/3 cup buttermilk, room temperature

1 teaspoon gel food coloring Filling

6 ounces of block cream cheese, softened

1/4 cup unsalted butter, softened
1/2 cups confectioners' sugar, plus
more for sprinkling

½ teaspoon vanilla

Heat oven to 350 degrees. Grease or line baking sheets with parchment. Set aside. Whisk flour, cocoa, baking soda and salt. Set aside.

In a large bowl, beat butter until smooth. Add brown sugar and beat until fluffy, then beat in egg, scraping bowl. Beat in vanilla and buttermilk, then slowly mix in dry ingredients and gel coloring. Spoon or scoop about 1 tablespoon batter onto baking sheets about 3 inches apart. Bake 10 to 12 minutes or until centers appear set. Cool completely before sandwiching.

For filling, beat cream cheese and butter until smooth and creamy. Add confectioners' sugar and vanilla, beating until combined and creamy. Pair the cookies based on their size. Spread cream cheese filling onto flat side of a cookie and sandwich with another. Repeat with remaining cookies,

then sprinkle whoopie pies with confectioners' sugar if desired. Cover and store in refrigerator for up to 1 we

RED VELVET CRINKLE COOKIES

4 tablespoons softened butter 8 ounces softened cream cheese

1 egg

1 tablespoon red liquid food coloring

 $2\frac{1}{4}$ cups all-purpose flour

2 cups granulated sugar

2 tablespoons unsweetened cocoa powder

2 teaspoons baking powder 1/4 teaspoon salt

½ cup powdered sugar

Mix together butter and cream cheese until smooth. Then beat in egg and food coloring. In a separate bowl, whisk together flour, sugar, cocoa powder, baking powder and salt. Add and mix until dough holds together. Cover dough with plastic wrap and chill at least 3 hours.

Preheat oven to 350 degrees and line 2 baking sheets with parchment paper. Place powdered sugar in a bowl and roll about 1 tablespoon dough into balls and roll balls in the powdered sugar. Place balls 2 inches apart on the parchment and bake 10 to 12 minutes until edges of the cookies are set. Do not overbake or they will be too dry. Transfer to racks and cool completely. Store in airtight container up to 3 days.

EASY CAKE MIX RED VELVET KISS COOKIES

1 box Duncan Hines Red Velvet Cake

2 eggs1/3 cup cooking oil1 teaspoon vanillaSugar crystals20-24 Hershey Kisses, unwrapped

Preheat oven to 350 degrees. In a medium bowl, mix cake mix, eggs, oil and vanilla until combined with no lumps remaining. Roll dough into 1-inch balls, roll in sugar crystals and place on greased cookie sheet. Bake 7 to 9 minutes. Remove from oven and cool about 5 minutes, then place a kiss in the center of each cookie and allow to cool completely.

HAPPY VALENTINE'S DAY!

(Contact me at Evycairns@aol. com.)

Mask mandate lifted

By Lenny Fritz, GR class of 2022

Students have had an unusual experience over the last two years, mostly because of the Covid-19 pandemic. Teachers, students, staff, and parents have all had to change and adapt in order to help protect themselves and others. One effort that has been undertaken to prevent the spread of the virus is the now common practice of wearing facemasks. Gabriel Richard students and faculty have been wearing facemasks whenever in the school building or at school-sanctioned events in accordance with government policy. On February 17th, the Wayne County Health Department announced that it would no longer mandate the wearing of masks in schools, instead leaving the decision up to the individual schools as to what their policy will be. Gabriel Richard Catholic High School stopped requiring students to wear masks on February 18th. Mask wearing is now optional for students and staff, but as principal Joseph Whalen stated, "everyone who still chooses to wear a mask at GR should feel comfortable doing so". Some students are looking forward to seeing the faces of their friends and their teachers for the first time, while others are hesitant to discard their masks, but either way, students are glad that the worst of this pandemic looks to be behind them.





GABRIEL RICHARD CATHOLIC HIGH SCHOOL

15325 Pennsylvania Road · Riverview (734) 284-1875 · gabrielrichard.org

FAITH ♦ KNOWLEDGE ♦ SERVICE ♦ GROWTH

Estate Planning 101 Which plan do you need?

Time to clear up the confusion about Estate Planning ... The following definitions lack legal precision, but makes it easier to get a clear picture of what may be needed in your case.

- Will letter of intent of where you want your personal property to go or not go.
- Living Will Documents your wishes during your final days including final healthcare choices and possibly your burial wishes.



- Trust This is a "company" that you start, and you become the CEO, "Trustee" and "Settlor." The company outlives you, but continues to manage your assets as if you were alive by the successor CEO whom you designate.
- Power of Attorney Financial and Healthcare you need both the first so someone can pay your bills, the second, sometimes called a Patient Advocate, designates someone to make "hallway at the hospital" decisions to take the stress off the family.
- Ladybird Deed probably the best thing that has happened to owning a home. I love these deeds you grant yourself a life estate in your own property but retain the power to sell or borrow against the property. If you do not sell before you pass, this "springs" the house out of your estate, and your heirs have instant ownership, subject to any mortgage or taxes owed or similar.

Again, this is just a general description of the more popular terms – no one choice is a "silver bullet" but depending on how your estate gets planned out you can expedite a clean and clear process for the assets you worked a lifetime to save. Why wouldn't you want to do that? Stop by or call and make an appointment and I'll tell you what you're going to need to do this right.

To my numerous former clients – thank you for allowing me to draft your estate plan!

www.ForresterLawOffice.com

Forrester Law Office is a participating MetLife Lawfirm



5 STAR ★ ★ ★ ★ REVIEW

- Business Law
- Family Law
- Personal Injury
- General Practice
- Wills & Trusts
- Medical Malpractice



Jeffrey Forrester
7799 Macomb St, Ste 1 • Grosse Ile



734-307-3390





All welcome at Creative Art Society meeting March 8

The Creative Art Society, formally the Downriver Arts and Crafts Guild, will be meeting on Tuesday March 8, 2022 at 6:30 p.m. at the Southgate Veterans Memorial library, 14680 DixToledo Hwy.

Creative Art Society meetings are free and open to the public.

After a short business meeting the special guest for the evening will be Dr. Michelle Sider. Dr Sider is a freelance artist and has been teaching for over 40 years in the Detroit area.

Dr. Sider specializes in detailed and lush glass mosaics, paintings and illustrations. Dr. Sider has co-authored two books that use art to help people deal with the loss of a loved one.

Come and enjoy an evening of fun and meet new friends. We promote and serve artists of all mediums and we celebrate all arts and all levels of art. In addition, we offer opportunities to exhibit work. We have workshops that are low cost and educational.

For a \$25 membership fee all of the

above is included.

Where else can you enjoy a social evening of interesting art demonstrations with our local art community? There is something for everyone with a Creative Art Society membership.

If you are a new or experienced artist, news of innovative techniques and all the classes and workshops offered will give your ideas of what you can create next. There is always something new to learn.

UPCOMING EVENTS FOR THE CREATIVE ART SOCIETY

April 29,30 and May 1st – Art Ambience Fine Art Show and Boutique

Please check out our new website www. creativeartsociety.org or contact Maureen at 734-777-6109 or mkeast1aol.com or Jackie Walock at 313-570-6919 or walock@sbcglobal.net

Make chiropractic care your 2022 resolution

Let's face it, sticking to a resolution can be tough. With the excitement of 2022 upon us, we wanted to offer an idea that your body will thank you for:

Getting regular adjustments. Patients who seek care often

- remark:
 - Movement comes easier
 - Injuries become infrequent
- Pain that's plagued them for years

But that's not even the best part. Chiropractic care isn't something you have to do every day, or even every week. We're happy to design a custom care plan for your needs, and ultimately, you're the boss of how frequently you visit us.

We hope to see more of you and your loved ones in our practice this

FIVE FACTORS OF KNEE PAIN

Whether you're dealing with new knee pain or an ache that's been bothering your stride for years, one thing is certain—problems in the knee can affect your entire life.



Sound familiar?

Getting to the bottom of what's causing your knee pain or what may have contributed to it in the first place is the first step toward improving your

Here are five common factors of knee pain:

1. Gender. Did you know that more women than men develop knee problems? One of the reasons for this is that females generally have wider hips than males.

- 2. Age. Our knees help to hold us upright from the moment we learn to walk. Over the years, it's no surprise that our joints may degrade.
- 3. Weight. Carrying excessive weight can have a major impact on vour knees.
- 4. Overexertion. While exercise is typically good for our bodies, it can be overdone. This can result in painful injuries, especially to the knee.
- 5. Tobacco use. Did you know that smoking has been linked to

musculoskeletal issues?

Dealing with knee pain? Give us a call.

NEW YEAR, NEW AFFIRMATIONS, NEW ME!

Like everyone else, we're leaving 2021 behind and embracing the change that this year is sure to bring. We aim to offer inspiration, hope, and motivation for our patients, and believe that one of the best ways to do that is by helping you invite these things into your life.

Try giving these five daily affirmations a try each day to create a healthy, positive new habit.

- 1. People respect and value my opinions.
- 2. Each day of my life is filled with love and joy.
- 3. I make decisions which are in line with my values and goals.
 - 4. I am grateful for my life.
- 5. I am not controlled by stress, fear, or anxiety.

From Cousineau Chiropractic



80th Anniversary Loan Special!

Celebrate and save with a .80 rate reduction on fixed-rate loans!*

Check out your potential savings:

New Auto Loan: rates as low as 1.75%* - 0.80 = 0.95% APR* Personal Loan: rate as low as 6.50%* - 0.80 = **5.70% APR***

Get started today at DownriverCll.com!



*APR=Annual Percentage Rate. Rate shown reflects A+ credit and may be subject to change. Approval and rate based on credit score and normal underwriting guidelines. May not be combined with any other offer. Offer does not apply to home mortgage loans, variable-rate credit cards/loans, or refinances of existing DownriverCU loans. Promotion ends March 31, 2022.





What's happening Southgate ...

SOUTHGATE WINTER GUARD MOM 2 MOM SALE

Davidson Middle School, 15800 Trenton Road, Southgate, from 8 a.m. to 1 p.m. on Saturday, Feb. 26. \$2 early bird 8-9am; \$1 regular admission 9 a.m. to 1 p.m. For table availability or more info contact Diane at davidsonm2msale@yahoo.com or 734-283-4853.

COMEDY SHOW FOR A GOLDEN CAUSE

Golden Key Village is teaming up with Shielded Souls Southgate Chapter to host a two-hour show at the chapter, 15628 Fort St, Southgate, at 9 p.m. on March 17. Doors open at 7 p.m. for a corned beef and cabbage dinner. Tickets are \$20 for the entire event.

Proceeds are used to send children with cancer on wish trips. To purchase tickets or donate items for an auction, call Lisa at 313-363-8610. Payments accepted include PayPal.me/goldenkey, Venmo @goldenkeypark, Cashapp \$goldenkeypark. For more information, visit goldenkeypark.org.

GREAT LAKES STEEL SALARIED RETIREES CLUB

Meets every third Monday at Crystal Gardens, 16703 Fort St. Southgate. Doors open at noon. Lunch promptly at 1 p.m. Cost \$12 for members, \$13 non-members. Door prizes and 50/50 raffles. Open to any salaried retiree of Great Lakes Steel. For more information, contact Desta Pulter at 313-842-0385.

BINGO

Thursdays, 6:15 p.m; VFW Post No. 9283, 16200 Dix-Toledo Road, Southgate; doors open at 4 p.m.; \$500 jackpot; all proceeds go to the VFW Ladies Auxiliary general fund.

CANVASBACKS FROM THE COVE

During the winter months our feathered waterfowl friends flock to the Detroit River and Lake Erie by the hundreds of thousands. Join us at Lake Erie Metropark as we head to Cove Point and scan for canvasbacks, redheads, mergansers and more! Discover where these birds come from, why the Lake Erie Metropark area is such an important place for these birds, and how we study these birds to help us learn about the health of our ecosystem.

It's fun for all ages! Feb. 26 from 10 a.m. until noon. The cost is \$3 per child, \$5 per adult, children under 2 are free. Meet at Lake Erie Metropark, Marshlands Museum

Pre-registration is required by 4 p.m. the day before the program. Call the interpretive center at (734) 379-5020.

OH DEER

While everyone has a different opinion on White-tailed Deer, we can likely agree on a few things - they are fascinating, plentiful, and troublesome. Join us as we sort it all out. We'll start off inside where we will learn more about the white-tailed deer

and then conclude our program outside with a short hike (weather permitting).

Join Lake Erie Metropark naturalists on March 19 from 10 a.m. until noon. The cost is \$3 per child, \$5 per adult, children under 2 free. Meet at Lake Erie Metropark, Marshlands Museum

Pre-registration is required by 4 p.m. the day before the program, Call the interpretive center at (734) 379-5020.

WOODLAND WANDER

The woodlands of Lake Erie Metropark have many amazing sights and sounds to offer. Join us on March 4 from 2-3 p.m. for a guided walk on the trails as we search for some interesting wildlife and other sights. The walk will be approximately one mile on mostly flat, unpaved ground. The cost is \$3 per child, \$5 per adult, children under 2 are free. Meet at Lake Erie Metropark, Marshlands Museum Entrance.

Pre-registration is required by 4 p.m. the day before the program. Call the interpretive center at (734) 379-5020.

TAKE IT OUTSIDE (2021-2022) HIGH SCHOOL NATURE & WILDLIFE PHOTO CONTEST

Hosted by Grosse Ile Nature and Land Conservancy. Deadline Thursday, May 5, 2022. Open to all high school students. Our all-digital Take It Outside Photo Contest has begun. High School students may enter up to three photos, one in each category. All information will be updated on our website soon. It's free, it's easy and who doesn't love capturing a gorgeous photo while enjoying the outdoors?

All area High Schools are invited to participate. If you are a teacher and would like more information and a poster for your classroom, send us a message. We'd love to share the opportunity with your students. Enter at www.ginlc.org.

SPONSORS NEEDED

American Association of University Women (AAUW) Downriver Group Looking for STEM-related professionals and sponsors for Spring 2022 STEM SAVVY Symposium, Thursday, May 12, 2022 at the Wayne County Community College Downriver campus on Northline Road in Taylor. The event will host 125 girls from the 19 Downriver middle schools for a day of STEM inspired seminars and activities. The event has been canceled the past two years due to the COVID-19 pandemic. The girls come for a day of immersion in STEM related activities presented by inspirational women speakers.

The event is presented without cost to the girls, with all expenses covered through the AAUW organization, individual donations and sponsorships from Downriver merchants and companies. Those interested in sponsorship opportunities contact President Barbara Duran at barbduranaauw@gmail.com. Those interested in being a speaker or helping with the event contact STEM Committee Chairs Jackie Hector, jahector@wyan.org, or Andrea Witkowski, andrea1085@aol.com.



The Guardian Group

Tax Debt Resolution and Tax Preparation

■TAX PREPARATION
50% OFF WHAT YOU PAID

LAST YEAR

■TROUBLE WITH TAX DEBT
WE CAN HELP

CREDENTIALS

We will provide you with the highest level of Representation

Retired University Professor of Economics

IRS Enrolled Agent/Tax Expert

MBA in Finance

Walmart Consultant

734-444-5149 • bob@guardiantaxpro.com

Downriver women's group offers \$2,500 scholarship

The Wyandotte-Downriver branch of the American Association of University Women (AAUW) is offering a \$2,500 scholarship in 2022, through its foundation, for all eligible applicants. The deadline to apply is March 31.

"The intent of this scholarship is to provide financial support, including tuition, fees, books and supplies to a Downriver native who is currently enrolled full-time," said Sheila Blair of Southgate, the Scholarship Committee Chair for the Foundation. The scholarship is for the Fall Semester of 2022, and will be paid directly to the chosen college or university on behalf of the student.

Applicants must be a U.S. citizen or permanent resident residing in any of the following communities: Allen Park, Brownstown, Ecorse, Flat Rock, Gibraltar, Grosse Ile, Huron Township, Lincoln Park, Melvindale, New Boston, River Rouge, Riverview, Rockwood, Romulus, Southgate, Taylor, Trenton, Woodhaven or Wyandotte.

They also must have earned a minimum of 12 college credits and be currently enrolled as a

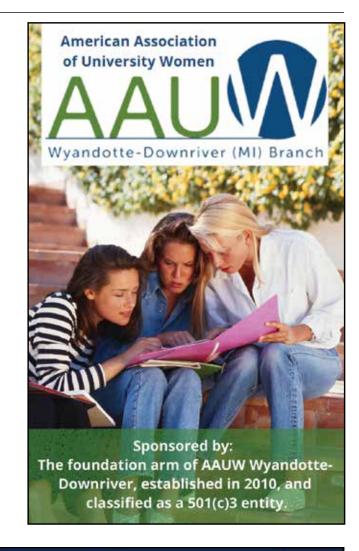
full-time undergraduate student.

All interested students who wish to apply for this scholarship should send an email with the subject: "Academic Scholarship" to aauwwd@ gmail.com to receive the application form and guidelines.

The completed application, required essay and a copy of the applicant's transcript must be sent to AAUW-WDF, 12883 Plum, Southgate, MI 48195, or via email to scholarship committee chair, Sheila Blair, at: aauwwd@gmail.com

The foundation arm of AAUW Wyandotte-Downriver was established in 2010, and is classified as a 501(c)3 entity.

AAUW Wyandotte-Downriver supports leadership, education, equity and economic security for women through scholarships, training and political advocacy. Information about the branch and our activities can be found at https://downriver-mi.aauw.net/ and or by calling Sheila Blair at 734-674-2246 or Sue Stoll at 737-692-4919. Address email to aauwwd@gmail.com







STAY AT HOME HEALTHCARE



has been helping the elderly and disabled in the privacy of their own homes for 7 years. The business started as a result of both co-owners Brenda Rademan and Diana Cain having difficulty finding the

Stay at Home Care LLC

Diana Cain & Brenda Rademan

means to care for their own parents at home.

"You speak with the owners; we aren't a franchise like the rest of them." said co-owners Brenda and Diana.

When talking about your loved ones, there is nothing worse than dealing with impersonal care. At Stay at Home Care you can expect the friendly service of hand picked employees, and a care plan that revolves around your needs. In fact they are known for their 2 hour minimum for services. This minimum insures that they can provide you with care that works for your schedule. Stay at Home Care is proud to keep people in the homes they love, as long as possible.



Southgate pets



Louie

This chill guy is Louie Grabowski. He lives (and relaxes) in Southgate with his favorite humans Kate and Grace.



Chocolate

Choco, who lives in Southgate, keeps a close eye on his frenemies, like this squirrel. He shares his home with his human Jenny Koths.

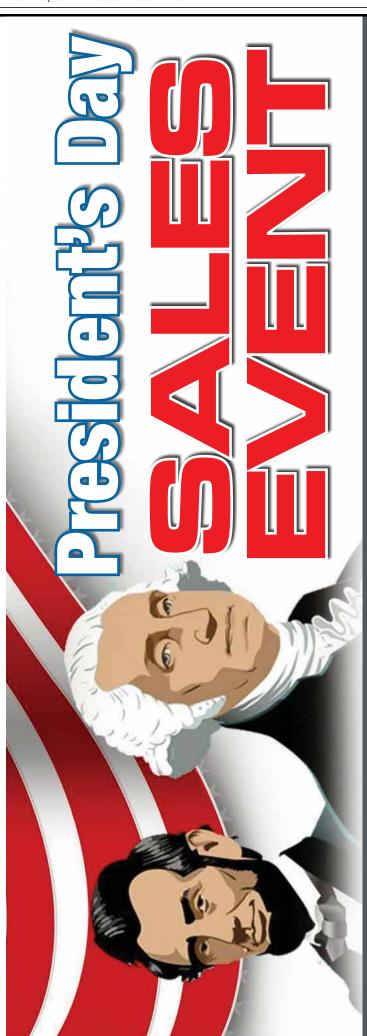


Maurey

This is Maurey, showing the way into the Southgate home he shares with his human Patty Snyder.

Would you like to see your pet's photo published in one of our upcoming monthly community publications? Simply email a photo of your pet, your pet's name, your name and the community in which you live to sherry@gobigmultimedia.com and we will take care of the rest.

Ø



2022 SILVERADO 2FL CREW CAB 4X4

ORDER#BDKK2R

2/7L TURBO 4 CYL ENGINE: 8 SPD TRANSMISSION

START · REAR DEFOGGER · ALL STAR EDITION DEEP TINTED GLASS · KEYLESS ENTRY AND

20" ALUMINUM WHEELS • CARGO BOX LIGHTING STEERING WHEEL RADIO CONTROLS • REAR

CAMERA · LOCKING REAR DIFF · HEATED SEATS HEATED STEERING WHEEL • TRAILERING PKG

\$0 DOWN + FEES

Current Lessees



reserve@taylorchevy.com to reserve this vehicle and others like it. Call or email us at



ORDER#BGTK1G

ORDER#BCJJW7







\$0 DOWN + FEES

Current Lessees

Call or email us at

reserve@taylorchevy.com to reserve this vehicle and others like it.





LEASE FOR

\$0 DOWN + FEES **Current Lessees**

Call or email us at

reserve@taylorchevy.com to reserve this vehicle and others like it.



ORDER#BJFGSC

S7

2022 TRAVERSE

3.6L V6, 9SPD TRANSMISSION

LEASE FOR

2021 BLAZER 2LT

- 3.6L V6 9-SPEED AUTO TRANS
 - CONVENIENCE & DRIVER CONFIDENCE PKG APPLE CAR PLAY• ONSTAR•4GLTE WIFI BACKUP CAMERA• HEATED SEATS

\$0 DOWN + FEES

Current Lessees

reserve@taylorchevy.com to reserve this vehicle and others like it. Call or email us at

FES



• 18" ALUMINUM WHEELS • WHEEL LOCKS • BLACK EMBLEM PACKAGE • LANE DEPARTURE WARNING • REAR CAMERA • ONSTAR

LEASE FOR

\$0 DOWN + FEES

Current Lessees

MONTH 24 MONTH LEASE





LEASE FOR

0



reserve@taylorchevy.com to reserve this vehicle and others like it.

Call or email us at



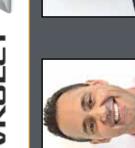


CHEVROLET

ROADS

N N N

FIND



Jody Lee Smith
Sales Manager
jodylee@taylorchevy.com



Carmen Lowman Sales Professional carmanl@taylorchevy.com

HURRY, OFFER ENDS 2-28-2022



Chris Jones Sales Professional chrisj@taylorsaysyes.com

Ron Curtis Sales Professional ronc@taylorchevy.com



Brian Conover
Sales Professional
brianc@taylorchevy.com





Shawn Range Sales Professional shawnr@taylorchevy.com



Mark Montante General Manager markm1@taylorchevy.com

Business Manager davep@taylorchevy.com **Dave Pohlod**

Lisa Legarski Sales Professional lisal@taylorchevy.com

Alice Cinderrich-Iskra Sales Professional alicec@taylorchevy.com



Jeremiah Diaz



Sales Professional jdiaz@taylorchevy.com

QUESTIONS? EMAIL US 24/7/365 WESAYYES@TAYLORCHEVY.COM 13801 S. Telegraph Taylor, MI 48180 - North of Eureka Road

2 30 7

Guaranteed Acceptance of ALL Credit Applications ... Get Pre-Qualified in Seconds RCHEVY.CO NEAT APPLY ONLI

BBB

Bankruptcy • Repossession •Foreclosure • Slow Pay ... NO APPLICATION WILL BE DENIED



Have an Event or Fundraiser? Let us know at 734-282-3939















Get your vehicle's trade-in value now.

✓ Texted to your phone



Instant and automatic Shop with confidence









Get the credit you deserve at helpgetaloan.com

 All Credit Applications Accepted - All Credit Scores Welcome Bankruptcy - Forclosure - Repo - Slow Pay











JASON

KURT ASMUS

DENNIS SMITH

UNCLE FRANK Sales

ANDY D Sales

ED LAZETTE Sales



PRE-OWNED

ERTIFIED

U





HURRY, OFFER ENDS 2-28-2022

North of Eureka Rd. 13801 S. Telegraph **Taylor, MI 48180**

S

Sav

0

QUESTIONS? EMAIL US 24/7/365 WESAYYES@TAYLORCHEVY.COM

734.287.2600



Guaranteed Acceptance of ALL Credit Applications ... Get Pre-Qualified in Seconds **FAYLORCHEVY.COM** APPLY ONLIN

Bankruptcy - Repossession - Foreclosure - Slow Pay ... NO APPLICATION WILL BE DENIED

Read and Save at SOUTHGATESTAR, COM





Thursday, April 30th 6:30 to 11:00pm Crystal Gardens, Southgate

2nd Southgate Education Hall of Fame Induction

DJ • Photo Booth • Awards Presentations Door Prizes & More

Buffet Dinner Includes:

3 Meats, Pasta, Potato, Vegetable, Salad, Dessert & Beverages

Tickets on Sale

JANUARY 4TH UNTIL APRIL 6TH \$65 per person • \$600 per table (up to 10 people)



For tickets contact:
Jackie Mckay, mckayji@sgate.k12.mi.us or
Michelle Bensfield, bensfielm@sgate.k12.mi.us



SPORTS

Despite record, Titan cagers still fighting



HANK
MINCKIEWICZ
Southgate Star

It has been a tough season for the Anderson basketball team. Since winning their opening game against Dearborn Heights Annapolis, the Titans have endured a 10-game losing streak and heart-breaking losses. Fourteen games into the 2021-22 season their record stood at 2-12.

Some of those losses have been excruciating.

In back-to-back games earlier this year, Anderson fell to Allen Park 58-55 in double overtime and to Taylor 64-63 in overtime. The Titans have also lost a five-point decision to Carlson, an eight-point decision to Roosevelt and a nine-point decision to Edsel Ford.

If you turn those close games around, the Titans would be a respectable 7-7 instead of 2-12.

The whole thing is enough to cause any team to quit.

But the Titans haven't.

That proved that Feb. 15 when they went to Carlson and fought toothand-nail against the Marauders before succumbing 53-43.

It was an ugly game with each team struggling in the offensive zone all night long. The teams combined for just 13 first-quarter points and Carlson led just 17-16 at halftime.

It was a see-saw battle for most of the night, with the lead changing hand a number of times.

Southgate had a slim lead late in the third period, but Carlson had two trips down the floor that each ended in three points as the period ended and the Marauders took a five-point lead into the fourth quarter.

Early in the fourth, Carlson got a couple of buckets and a few Southgate misfires allowed the Marauders to open a nine-point lead.

But the Coach Eugene Kolbusz's Titan hung in doggedly.



Anthony Gutierrez heads to the basket.

Photo by Dave Chapman

With time running down, Anderson scored on back-to-back possessions sandwiched around a defensive stop to cut the Carlson lead to 46-40 with just over two minutes to play.

Carlson then turned the ball over on its next possession and Anderson raced down the court with perhaps a chance to make it a one-score game.

The offense worked again but the snake-bitten Titans could not get the ball to go down, despite two different players who had lay-up chances that rummed out.

And that, for all intents and purposes, was the game. Carlson did not make another basket, but the Marauders made seven free throws in the final 1:30 to close out the game.

Seven different players scored for Anderson, led by Jake Peer, who kept

the Titans in the game in the second half. Peer finished the night with 15 points - 12 of them after halftime. The rest of the team had a combined 15 second-half points.

Giovanni Hugan had 10 points, Andrew Gates had seven points and Anthony Gutierrez added six.

That the Titans are still fighting despite the lack of success is a good thing because in high school basketball, teams always get a second chance: It's called the state tournament.

And when district play begins on March 7, the Titans will find themselves in Riverview, where there is no dominant team. Lincoln Park and Riverview each have the best records, but neither team is unbeatable. Riverview recently suffered a fourgame losing streak and Lincoln Park has been beaten this year by Wyandotte and Carlson.

The other teams, Allen Park, Taylor and Wyandotte certainly do not scare the Titans. Southgate beat Wyandotte and played those overtime games against Allen Park and Taylor.

Before reaching the state tournament, the Titans will have to finish out the regular season and a couple of wins to build some momentum would be helpful and, based on the teams left to play, some victories could be available.

The Titans faced Edsel Ford Feb. 18 and they host Allen Park Feb. 22, go to Taylor Feb. 25, go to Trenton March 1 and host Lincoln Park March 3



Senior Danica **McCov** operates against Carlson during a recent game. The Titans will soon start the state tournament with district play at Wyandotte.

> Photo by Larry Caruso

Titan girls see the best of the Downriver League

Carlson and Woodhaven are a combined 24-3 in Downriver League play and the Anderson Titans girls basketball team got an up-close look at the league-leaders by playing in back-to-back games recently.

The Titans are an improved and improving team this year, but both the Marauders and Warriors showed them how far it is to the top of the league standings. Woodhaven beat the Titans 51-15 on Feb. 11 and unbeaten Woodhaven came to Southgate on Feb. 15 and left with a 55-23 win.

The two results left Anderson with a 3-10 league record, 4-13 overall.

The Titans will go to Allen Park and host Taylor to end the league and regular seasons. The MHSAA district tournament begins Feb. 28 and the Titans will play in a district at Wyandotte Roosevelt.





FLEXIBLE HOURS • BONUSES Tay At Home Care is leading the industry

needed. We need all shifts and weekends covered.

Flexible schedules • Paid Training · Holiday pay, overtime and vacation pay

• A strong support staff with years of experience in the health field • Performance evaluation

Send resume to stayathomecare@aol.com or fax: 313-381-2643.



Titans send four wrestlers to D2 regionals



Qualifying for regionals were Issac Norscia, Brad Emans, Jackson Sage and Ryan Leonard

Wrestling at the Michigan High School Athletic Association Division 2 district tournament at Adrian High School on Feb 12. Anderson qualified four individuals for regionals.

The top four finishers in each weight class qualified for regionals, which were held Feb. 19 at Saline High School. The top four finishers in each weight class at regionals qualify for the Division 2 individual state finals at Ford Field March 4-5.

Southgate's regional qualifiers are Isaac Norscia, Brennan Emans, Ryan Leonard, and Jackson Sage.

Norscia, Leonard and Sage were all third-place finishers, while Emans was fourth.

At 140 pounds, Leonard, a senior, beat Noah White of Monroe Jefferson 10-4 in the match for third and fourth place. To get there, Leonard beat wrestlers from Trenton and Melvindale and lost to eventual district champ Caden Holt of Adrian. The district results left Leonard with a 29-12 record.

At 145 pounds, Norscia beat Carter Samota of Monroe Jefferson 4-1 in the third-fourth place match. Norscia, a sophomore, had a first-round bye and beat Samota 2-1 in his first match. He lost to eventual champ Timmy Simons of Carlson. Norscia exited the district with a 23-14 record.

At 152 pounds, Sage, a freshman, took an injury default win over Ronnie Allen of Monroe Jefferson in the third-fourth place match. Along the way, Sage picked up wins over Riverview and Allen Park and his lone loss was to eventual district champion Connor Krueger of Adrain. Sage is now 30-9.

And at 171 pounds, Emans, a senior, lost a 3-2 heartbreaker to Nate Severenski of Jefferson in the third-fourth place match. Emans had a first-round

bye before beating an opponent from Annapolis and then falling to Tecusmeh's Brandon Rau 4-3 in another tough match. Rau eventually finished

second. Emans is now 34-13.

Before heading off to individual districts, Anderson hosted an MHSAA team district, welcoming in Allen Park, Riverview and Dearborn Heights Annapolis.

Allen Park squared off with Riverview and Anderson took on Annapolis and neither Downriver League team had much trouble moving on to the finals. Allen Park beat Riverview 60-18 and the host Titans dispatched Annapolis 48-18.

In the finals, Allen Park got the better of the Titans 48-33.

Anderson fell behind 36-0 in the championship match, fighting back to within 36-33 before eventually succumbing.

The Titans got pins from Leonard, Sage, Emans, Sean King and Lavelle Hughes and a decision from Norscia, but the Jaguars got pins at 285 and 215 to wrap up the victory.

Prior to beginning the state tournaments, Anderson wrapped up regular-season action at the Downriver League meet, hosted this year by Woodhaven, The Titans finished seventh as a team.

Individually, Anderson had a trio of third-place finishes. They came from Leonard (135), King (140) and Emans (160). Norscia was fourth at 145. Hughes claimed fifth at 171 and finishing sixth were Bret Quick (112), Anysia Correa (125), Bobby Poore (215) and Xavier Willis (285).



Photo by Dave Chapman

The Anderson wrestling team finished seventh at the Downriver League meet. Wyandotte won the meet and tied with Carlson for the overall league championship.

Anderson bowlers show season-long improvements



DAVE GORGON Southgate Star

The varsity bowlers at Southgate Anderson High School are preparing for the end-of-the-season Division 1 state regional tournament Feb. 25-26. This year, the boys and gurls compete in the 16-team tournaments at Town N Country Lanes in Westland.

The top three teams in the Friday competition advance to the state finals at Thunderbowl Lanes in Allen Park along with the top 10 individual bowlers in the Saturday portion of the tournament.

Seniors Luke Piscitelli and Britney
Manning know it will be their last
opportunity to shine for their respective
teams before their high school bowling
careers come to an end. The bowlers
will get ready during a regional warmup
at their home lanes at the Woodhaven
Bowl-A-Rama in the days leading up to
the regional tournament.

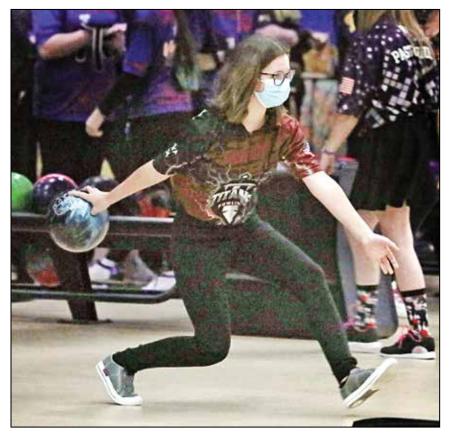
"The regional warmup is set up in the format like the regionals will be," Piscitelli said. "That will help. I'll be practicing about every other day, which is normal for me."

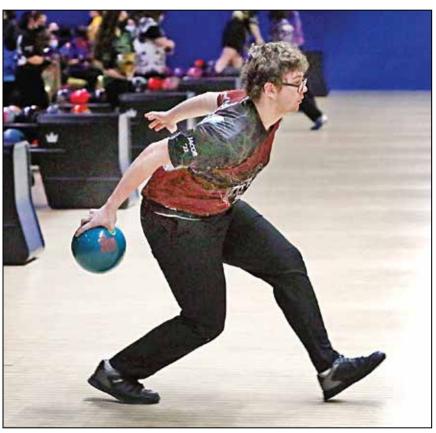
In his fourth and final varsity season, Piscitelli averaged a team-high 198 and won 24 points during play in the Downriver League, which wrapped up February 14. He closed out the regular season with games of 210 and 232 against Lincoln Park. His 442 combined score was the third-best scratch series of the week.

Now a two-handed bowler, Piscitelli remembers qualifying for the state finals with teammate Nolan Pesci during their freshman seasons. Both seniors would love to finish strong.

Manning, who usually bowls in the anchor position, led Titans girls with a 142 average and captured a team-high 21½ points during league play. It's been her best year, which featured a high game of 180 during the season and a 240 game during practice.

Manning switched bowling balls this season going from a Hammer to a Black





Photos by Larry Caruso

ANDERSON BOWLING ROSTER

Seniors

Jacob Garner Britney Manning Nolan Pesci Luke Piscitelli

Juniors

Jacob Beck
Hailey Dupuis
Adam Hancock
A'mari Johnson-Wheeler
Hayden Thomas
Brandy Thompson
Christopher Wrona

Sophomores Kaden Boase Nathaniel Davenport Maya Freitas Hannah Hudson Devin Korbal Madison Marquess Nathan Nowak **Brandon Renaud** Isabella Rosamond Xadrian Sandusky Terry Smith Jacob Sturkey Richard Wuerker Freshmen Lilly Branstator

Widow, which has made a difference for the right-hander.

"There has been a lot more pin action with the new ball," said the fourth-year varsity bowler. "It hooks a lot more. My old ball was a pound too light and didn't hook as much."

The bowlers also practice "quite a bit," Manning said. "To make it to states, you don't want to overpressure yourself. Pressure will get you nowhere at times. Sometimes during meets, I do small breathing exercises to keep me focused and relaxed."

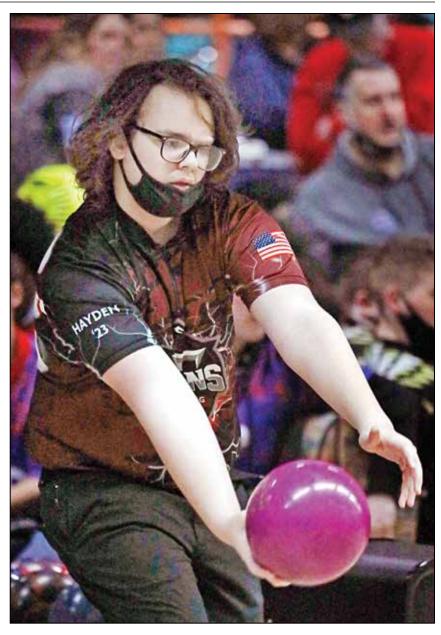
Both teams had ups and downs in the Downriver League before finishing below .500. Improvement has been the goal of varsity coaches Stacey Black-Quantz and Ben Piscitelli.

After losing 10 seniors to graduation from last year's girls team, Black-Quantz has been in rebuilding mode. Manning is the team's only senior. She's joined by juniors Brandy Thompson

SEE BOWLERS, Page 23







BOWLERS

Continued from page 22

(132 average) and Hailey Dupuie (127), sophomores Maya Frietas (121), Madison Marquess (107), Isabella Rosamond (106) and Hannah Hudson (96) and freshman Lilly Branstator (106)

The boys varsity team is also younger than most, featuring seniors Piscitelli, Pesci (176 average) and Jacob Garner (152), juniors Jacob Beck (140) and Hayden Thomas (162) and sophomores Kaden Boase (135) and Brandon Renaud (144) and Ricky Wuerker (134).

Black-Quantz is in her fifth year with the team after coaching three years in Birmingham. She coached the Saturday youth league at Skore Lanes in Taylor for 22 years and is the manager of Woodhayen Lanes. She comes from a well-known Downriver bowling family.

Piscitelli, Luke's father, has coached for 13 years, including a recreation league at Indian Lanes. He also has coached baseball for more than 19 years.

"It's definitely not about the trophies and winning for me," the boys coach said. "It's about how the kids are getting better. I see a kid just coming out bowling a 38 in his first game. His high game now is 167. I enjoy watching the way they get excited about making splits. If you don't try for it, you're never going to make it. I tell them to go big or go home... We're trying to make good memories."

Black-Quantz said the coaches also emphasize the importance of good grades in school. She said Pesci is valedictorian of the senior class.

"We really have a great bunch of kids," Black-Quantz said. "They are very helpful and they listen. They're very respectful and polite."

Graham to Tiffin



Senior Miranda Graham, a multiple-sport star at Anderson, has signed a letter of intent to play college soccer at Tiffin University. Graham is currently a member of the Anderson basketball team.





Already making an impact

Bobby Marten has been the varsity head football coach at Anderson High School for less then a month, but already his impact on the program is showing.

Anderson High School is undergoing a transformation as a new natatorium is being built. Already the new structure looms over the older portion of the high school, awaiting a roof and bricking on the outside.

With the new swimming location taking shape, the old swimming pool area is being turned into one of the biggest high school weight rooms/fitness facilities in the area.

Recently Marten gathered some of his players and they attacked their new quarters, cleaning the place and helping install weight equipment.

Just days before the team began work on the weight room, Marten had his charges in the streets of Southgate shoveling snow for residents.

These are small details, but the new coach hopes hios team-building and community outreach efforts will result in a strong, winning football program at Anderson.



Photo courtesy of Southgate Schools Facebook page



Titan cheerleaders wrap up regular season

The Anderson competitive cheerleading team finished off the regular season by traveling across the state on Feb. 12 to compete in the DeltaPlex Invitational in Grand Rapids.

Competing in the 13-team Division 2 category, the Titans claimed second place, losing only to familiar foe, neighbor and Downriver League rival Allen Park.

The defending D2 state champ Jaguars scored 789.78 points to Anderson's 761.96. Dewitt was third with 750.98.

The Jags led from start to finish, scoring the highest total in each of the three rounds. Anderson had the second highest total in the first and second rounds and was third in round No. 3.

At the Downriver League meet at Allen Park on Jan. 9, the Titans placed third.

Allen Park won the meet and Carlson was second.

Those results were unsurprising

considering that since 2008 either Allen Park or Carlson has won the MHSAA Division 2 state championship. Allen Park has won the last two titles awarded and four titles overall since 2008. Carlson has 10 championships and three runners-up in that time span.

When you throw in the fact that Southgate won Division 1 championships in 2012, 2013 and 2014, it is clear that the Downriver League is the home of state championship cheerleading.

Since the MHSAA began sponsoring a state tournament in 2007, Downriver League teams have 17 state titles and seven runner-up finishes.

At the league meet, Allen Park again went wire-to-wire to win, shading Carlson by slight margins in the first two rounds and by three points in the final. In the end, Allen Park scored 790.98 and Carlson had 786.12. The third-place Titans banked 769.44.

Titans set to embark on MHSAA playoffs

HOCKEY

Regionals

At Dearborn Ice Skating

Center

Feb. 22:

Edsel Ford vs Anderson, 5 p.m. (A)

Plymouth vs Farmington, 7:30 p.m. (B)

Feb. 24

Winner A vs Salem, 5 p.m. Winner B vs Berkley, 7:30 p.m.

Feb 26

Finals, 7 p.m.

Regional winner advances to Division 1 state quarterfinals at Brighton on March 5.

BOYS BASKETBALL

Districts

At Riverview

March 7

Competing teams: Wyandotte, Riverview, Southgate Anderson, Taylor, Lincoln Park and Allen Park.

Regionals

At River Rouge

March 14

District winner will play the winner of the Bedford district (Woodhaven, Carlson, Monroe and Bedford)

GIRLS BASKETBALL

Districts

At Wyandotte

Feb. 28

Competing teams: Wyandotte, Southgate Anderson, Riverview, Lincoln Park, Allen Park and Taylor.

Regionals

At Dearborn

March 8

District winner to play the winner of the Monroe district (Monroe, Woodhaven, Carlson, Trenton and Bedford).

BOWLING

Regionals

Feb. 25-25 at Town n Country Lanes in Westland Competing teams: Southgate, Trenton, Allen Park, Carlson, Huron, Melvindale, Riverview, Airport, Adrian, Chelsea, Annapolis, Garden City, Milan, Pinckney, South Lyon East, Techuseh.

State finals

Qualifiers go to Super Bowl Lanes in Canton, March 4-5.

COMPETITIVE CHEERLEADING

Districts

Feb. 18-19

Competing teams:
Southgate, Trenton, Carlson,
Riverview, Huron, Airport,
Pinckney, Adrian, Chelsea,
Dexter, Jackson Northwest,
Parma Western, South Lyon
East, Tecumseh, Walled lake
Western.

Regionals

Qualifiers go to Holly, Feb. 26 State Finals Grand Rapids, March 4-5

SWIMMING

Diving Regionals

March 3

State finals

Qualifiers go to Holland March 11-12.

WRESTLING

Regionals

Feb. 19

Qualifiers Issac Norscia, Jackson Sage, Brennan Emans and Ryand Leonard return to Adrian for a D2 regional tournament.

State Finals

Qualifiers go to Ford Field March 4-5





SOUTHGATE FORD **TEST DRIVE** New and Pre-Owned Sales New and Pre-Owned Sales BEST DEALER DOWNRIVER 2021 Pre-Owned Sales New and Pre-Owned Sales Chuck Shemwell Pre-Owned Sales Brett Haywood 16501 Fort Street at Pennsylvania • Southgate • 734-282-3636 Sebastian New and Boler Jr. Marcus Irving New and Pre-Owned Sales New and Pre-Owned Sales Pre-Owned Sales Pre-Owned Sales Pre-owned Vehicle Manager Lawrence New and Orlowski Ron Burgess Darian New and Jamie Miller TRADE APPRAISAL Pre-Owned Sales Randy Ryan New and Pre-Owned Sales New and Pre-Owned Sales New and Pre-Owned Sales New and Pre-Owned Sales Ray Bouchard Michelle Havekost Sales Manager Roland Musick Ken Garvin Dan Ryan Pre-Owned Sales Murray Knapp Brian Bartholomew New and Pre-Owned Sales New and Pre-Owned Sales New and Pre-Owned Sales New and Pre-Owned Sales Katie Jesulaitis Gary Galofaro General Sales Manager Danielle Leigh NO HAGGLE PRICING Paul Traylor OF ST Joe "Woody" Woodward Pre-Owned Sales New and Pre-Owned Sales New and Pre-Owned Sales New and Pre-Owned Sales *** Jonathan Mehall Nancy Howey Miller READERS CHOICE AWARD The News-Herald SOUTHGATE, FORD **GET FINANCING** III III PLACE Best New and Pre-Owned Sales New and Pre-Owned Michael "Chip' New and Pre-Owned Sales Czapiewski Jeff Trusdell Don Daniel Sales * * *





734-282-2155





Friday: 9:00-8:30 Saturday: 9:00-5:30

> A local family business serving southeast Michigan since 1946