

FUNDRAISER

Restaurant patrons to help fight cystic fibrosis

By MAUREEN McCORD
826 GAZETTE STAFF

ANN ARBOR — Laura Gray's sister Robyn was diagnosed with cystic fibrosis at age 1 ½. Her parents were told the life expectancy for someone with the disease was no greater than seven years, and there was no cure. Thankfully, due to advances in medical science, Robyn is healthy, 34 years old, and the mother of a 4-year-old daughter, Lola.

Last year, Laura Gray founded Art for the Cure, a non-profit fundraiser with all proceeds going to the Cystic Fibrosis Foundation.

"The Cystic Fibrosis Foundation donates 90 cents of every dollar towards a cure," Gray said.

Art for the Cure is "an evening of food, auction, and entertainment." It is held at Conor O'Neills, 318 S. Main St., once every spring. This year's event will be from 7 p.m. to closing May 10. Flyers, presented when paying for food — no beverages, alcoholic or otherwise — guarantee that 15 percent of your bill will be donated. Conor O'Neills is also donating the use of a special event space, the Celtic Room.

The auction part of the evening is a silent auction.

"We get donations from local artists and business owners," Gray said.

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ANN ARBOR SCHOOLS

High-tech Skyline High School to welcome first class in September

By LILLIE SCHNEYER
and STINA PERKINS
826 GAZETTE STAFF

ANN ARBOR — Heating from the earth, smart boards, floor-to-ceiling windows, four "magnets," Mandarin Chinese, and motion-sensitive lights: Skyline is the high school of the future.

In September 2008, 450 students from surrounding middle schools will be the first to attend the newest high school in town, the high-tech Skyline High School. Skyline High School is located on North Maple in Ann Arbor.

The students are mostly looking forward to the new high school.

"It will be an awesome school," said one eighth-grader, Ben Wallace. "I love how it's so high-tech. I can't wait to use smart boards every day in math.

"Smart boards," Wallace said, "are like whiteboards. You write answers on them with your finger and the answers go into a computer. Then those answers appear on the screen."

But Skyline has its disadvantages too.



FRANK UHLE

Skyline High School is scheduled to open in September 2008.

Eighth-grader Jack Kausch will be attending Community High School next September. He decided not to go to Skyline because "even though people say Skyline will be more alternative I think it will be more like Pioneer and Huron high school and less like Community," he said. "Also, Community has some programs Skyline doesn't, like the CR

program. That's where you can go to someone and ask them if they will teach you something. If they do, you will get credits for it."

Kausch said he also likes how there will be seniors at Community, whereas at Skyline, the first class to go there won't ever have any other classes of students above them.

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VOLUNTEERING

Humane Society volunteers help animals

By CASEY SIMON
826 GAZETTE STAFF

ANN ARBOR — Volunteering. To many of us, volunteering is an extra project that never gets done. Who has time anymore? But Stephanie Church, a volunteer at the Humane Society of Huron Valley, knows that when you volunteer, you are making a huge difference.

Church works as a dog walker and foster parent at the Humane Society. She spent six months outside walking and comforting the abandoned and forgotten dogs up for adoption there. She made sure the dogs

were kept comfortable and fit so they would have a better chance of being adopted and also worked as a foster parent, who brings the dogs or other animals who have special needs to her home and nurtures them. She kept them energized and healthy so they could return in dignity to the Humane Society.

Church says the dogs and other animals are all "fantastic, sweet, and surprisingly well-behaved." The volunteer says her fostering and dog-walking days are far from over. She has also adopted a dog of her own that she fostered.

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NEWS

826michigan is a non-profit organization dedicated to supporting students aged 6 to 18 with their creative and expository writing skills, and to helping teachers inspire their students to write. 826 opened its doors in June of 2005. Since then, we have been blessed with students, tutors, and volunteers overflowing with enthusiasm.

We believe that great leaps in learning can happen with one-on-one attention, and that strong writing skills are fundamental to future success. To make that a reality, we provide drop-in tutoring, after-school workshops, in-schools tutoring, help for English language learners, and assistance with student publications.

All of our programs are challenging and enjoyable, and ultimately strengthen each student's power to express ideas effectively, creatively, confidently, and in his or her individual voice. And best of all, all 826michigan events and activities are offered completely free of charge.

FROM THE PUBLISHER

Welcome to the new 826 Gazette

By **AMANDA UHLE**
826MICHIGAN EXECUTIVE DIRECTOR

Dear reader,
This is it! You're holding the first-ever edition of the 826michigan Gazette, a publication written and reported entirely by local students ages 10-14.

Picture this: on a Tuesday evening, several middle school students are gathered around a big table in the 826michigan writing lab listening to Erik Gable, the special projects editor of The Daily Telegram in Adrian. As they talk about story ideas, Erik helps them hone the concepts, gives each student tips about research and execution of the story and somehow manages to intersperse key journalism concepts with their excited chatter. As students get to work, 826michigan volunteers assist with editing, helping to get everything typed and organized for publication. Not only are these students receiving an unmatched opportunity to learn and grow as writers and to have their work published, they are also benefiting from Erik's example as a mentor and a professional.

826michigan makes opportunities like this possible for students every day. We believe that writing is an essential skill in life for everyone, and we know that providing students the chance to work one-on-one with professionals like Erik



A typical day at 826michigan includes drop-in tutoring sessions like the one shown here.

is a powerful way to inspire, motivate and teach young people. We also believe in offering all of our programs completely free of charge to encourage the broadest possible audience to participate.

Erik, like so many of the caring, intelligent adults who volunteer their time as 826michigan tutors and teachers, also believes in these things. I am so proud of the students and the volunteers who have made the 826michigan Gazette possible. The students have succeeded in writing interesting, heartfelt stories about their own community. The

volunteers have shown the unique patience and skill required to truly respect and understand young people's ideas and help translate those ideas into each student's own individual voice as a writer.

I encourage you to read this issue closely and consider the thoughtful time and energy evident in each story. And watch for the next issue of the 826michigan Gazette in summer 2008.

Warmly,

Amanda Uhle
Executive Director

ENVIRONMENT

Michigan's Green Schools initiative aims to make schools more environmentally friendly

By **ANDREW YOO**
826 GAZETTE STAFF

ANN ARBOR — A few years ago, the Michigan legislature and governor enacted the Green School Act, an environmental law intended to keep Michigan clean and neat.

The Michigan Green School Law indicates that any school (public or private) may join the Green School Program. It has 20 requirements total, each counting as one point. Any school that completes 10 of the requirements will be named as a Green School,

and it will receive the official Green School certificate and a Green School flag. Here are some of the examples of requirements:

- The school must recycle paper and magazines.
- The school must observe Earth Day.
- The school must have an ecology club to help the local environment be clean.

Angell Elementary School hopes to achieve Green School certification. Thomas Yager, leader and founder of the Angell ecology club, said Bach Elementary School also hopes to participate in the Green School program.

PROFILE

Soccer coach enjoys helping players grow

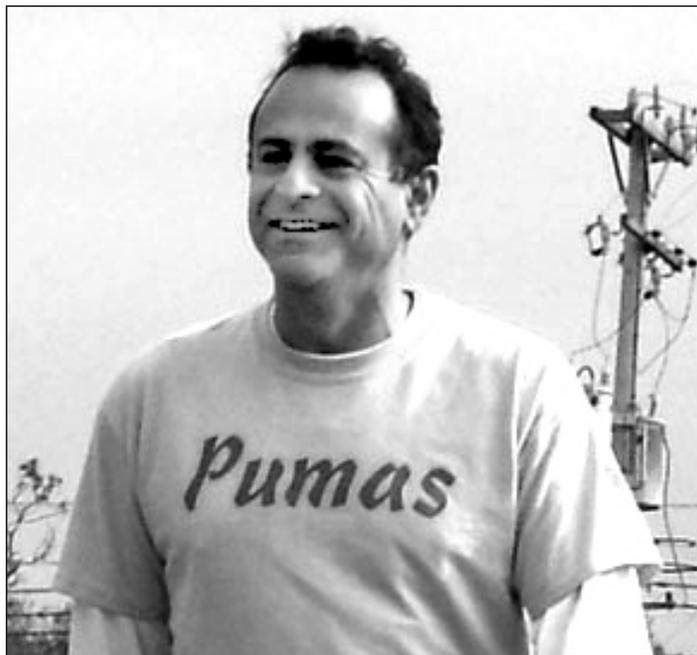
By AJA BAMBERGER
826 GAZETTE STAFF

ANN ARBOR — We always hear about sports players on television, on the radio or from other sources but we never really hear about the people who coach them. Nick Roumel has a lot to say about being an Ann Arbor Community Recreation and Education coach. He is the head coach for the girls' Rec & Ed soccer team "The Pumas."

Roumel said in an e-mail interview that his favorite part of being a coach is "getting to know the girls. Watching them grow over the years, watching them improve as players, getting better with teamwork and gain self-confidence."

"I also like getting to know the girls' families and having them support the team by coming to games, cheering and helping," he said.

Of course, there are usually things people don't like about whatever they do. Roumel's least favorite part about this job is when players get hurt and when a player leaves the team. He also doesn't like it when the players don't have fun playing games and when they lose games.



AJA BAMBERGER

Nick Roumel is the head coach of the Pumas, a soccer team in the Ann Arbor Community Recreation and Education program.

Roumel said he didn't play very much soccer before he became a coach. One of his daughters, Kate, used to play on a high school team

and his youngest daughter, Olivia, plays on the Pumas.

"I played as a kid and I played just a little recreationally in high

On the Web

Community Recreation and Education: reced.aaps.k12.mi.us

school and college," he said. "I have played a lot of sports though."

There are a lot of challenging things about being a coach but there is one easy thing in Roumel's opinion. That's "probably getting a player to go out on the field and play," he said. "That's because the girls are always enthusiastic about playing."

And there many challenges for Roumel as a soccer coach. One is that when new girls come they have to learn to play together as a team. Another is giving everyone a fair amount of time to be in the soccer game, and there are many other things, like not having actual goals on his practice field.

Roumel has been a soccer coach for seven years.

"I was an assistant coach with the Pumas when the girls were in kindergarten and I've been head coach for about three years, since fourth grade," he said.

HEALTH

High-heeled shoes can be hazardous to your feet

By WILLIAM LI
826 GAZETTE STAFF

ANN ARBOR — The fact that high heels are dangerous to your health are old news by a long shot. Orthopedists have been warning women for years that high heels can contribute to a combination of conditions from corns and calluses to hammertoes, arthritis, chronic knee pain, sprained ankles and back problems, according to research reported in the HealthLink newsletter published by Yale-New Haven Hospital.

Osteoarthritis is a disease. The exact cause is unknown, but there are several factors that contribute, including injuries, age, congenital predisposition and obesity. It is characterized by the breakdown of the articular cartilage within the joint. When the cartilage breaks down, the cushion is lost, and the bones grind together. This causes pain, swelling and decreased motion. Osteoarthritis commonly affects weight-bearing joints like the knee, but it can affect any joint in the body.

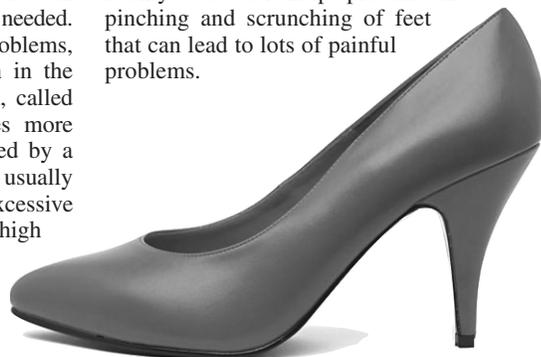
Osteoarthritis can be cured depending on the stage it's in. If it is caught in earlier stages, glucosamine and chondroitin sulfate supplements may be helpful. Doctors give injections of Synvisc, which can be helpful up to six months and then additional shots are necessary. If the arthritis is more advanced, they can do arthroscopic surgery to clean the joint of debris and repair any torn cartilage. If the arthritis is well advanced, total knee replacement may be needed.

High heels can also cause foot problems, including metatarsalgia, which is pain in the ball of the foot. Another foot problem, called Morton's neuroma, which is 10 times more common in woman than men, is caused by a thickening tissue around a nerve. It usually develops in response to irritation and excessive pressure, such as the weight burden high heels place on the balls of the feet. It is treated with orthotics, cortisone injections, and in stubborn cases, surgery.

But not everyone takes a negative view of high heels.

"I think high heels are dangerous if you run in them. But if you walk in them, it should be all right," said Priya Ghandikota, a student at Slauson Middle School in Ann Arbor.

Flat shoes are not the ideal for overall foot and leg health either. Low heels of one-half to three-quarters of an inch are good for the front and back of the foot. Square-toed shoes with a roomy toe box help prevent the pinching and scrunching of feet that can lead to lots of painful problems.



ANN ARBOR DINING



FRANK UHLE

Almaz Lessanework manages the Blue Nile restaurant at 222 E. Washington St. in Ann Arbor.

Blue Nile manager enjoys bringing taste of Ethiopia to Ann Arbor

By PRESTON HORVATH
826 GAZETTE STAFF

ANN ARBOR — For 16 years, Almaz Lessanework has been bringing the taste of her native Ethiopia to Ann Arbor. She is the manager of the Blue Nile restaurant at 222 E. Washington St.

At the Blue Nile, you will find unique aromas of various meats and vegetables. Dishes are served on a shared tray and eaten with a thin sponge-like bread called injera.

The Blue Nile opened in November 1989. It was first

On the Web

The Blue Nile:
www.bluenilemi.com

located on Braun Court, before moving to its current larger site in December 2005.

Lessanework was born in Ethiopia. She said she enjoys introducing her culture and meeting new people.

One of the things she likes about working at the Blue Nile is the staff.

“We work together like a team,” she said.

Skyline

From page 1

There are mixed feelings among eighth-graders but mostly students are looking forward to the whole Skyline experience.

The teachers who are going to work at Skyline are excited about it.

“I think that the way Skyline High School is

set up will change the way Ann Arbor does public high schools,” said Tom Pachera, the design, tech and environmental planning teacher. “The other high schools in Ann Arbor have an industrial revolution look and an early 1900s model. Skyline, though, has a more high-tech look and is way more diverse.”

Pachera has been a teacher for 17 years. He taught at Forsythe Middle School for 10 years, and before that he taught at Parcels Middle School in Grosse Pointe for seven years. He was on the original planning team for Skyline High School.

Pachera said there will be a ribbon-cutting ceremony at 3 p.m. April 26 at the school. The public is invited to join. After the ceremony, tours will be offered.

Skyline high school will offer a variety of classes such as:

□ The normal curriculum — math, English, social science and science.

□ The languages offered will be Latin, French, Spanish, German and Mandarin Chinese.

□ Electives and other required classes that are offered include physical education, world language art, performing arts, health education and music.

Skyline’s curriculum will be different from that of traditional high schools. First, traditional high schools teach the students the information with rigor, then they tell them how it’s relevant

and last they build relationships with the students. In Skyline those Rs are reversed. Also Skyline has trimester scheduling. That means that there are three report cards instead of four and students can take six

electives a year instead of four.

In addition, Skyline will have four magnets, which are programs designed to provide students with a thematic focus for their school work. They will be health and medicine; design technology and environmental planning; communication, public policy and media; and marketing, business and information technology. Students can choose to specialize in any one of these four magnets.

Also at Skyline, all the kids will be divided into neighborhoods. Within those neighborhoods, students will have all their classes and their locker.

Skyline will offer a variety of after-school sports. These include football, soccer, hockey and basketball.



“I think that the way Skyline High School is set up will change the way Ann Arbor does public high schools.”

— Tom Pachera, teacher

Fundraiser

From page 1

The entertainment this year will be the local band “Toppermost.”

Items available at the auction will include a gift certificate from Bella Ciao and an unspecified donation from the Kerrytown Concert House. Gray said donations are still coming. Artists making donations include Michelle Meneghini and Jennifer Rose.

Humane Society

From page 1

“I took care of him for a while, but I couldn’t bear to see him go when we were done fostering, so I adopted him,” she said.

The Humane Society of Huron Valley is an organization that takes in abandoned or seriously ill animals. It gets about 8,500 pets each year. Volunteers and staff members groom, play with and nurture the pets until they are adopted by a loving owner.

The Humane Society is associated with a Web site called petfinder.com, so if you’d like to adopt a furry friend from there you can browse the Web site first.

The Humane Society also hosts events that help raise money for the dogs and other animals, such as the HSHV Walk and Wag on May 17. All of the profits go towards helping the animals.

Want to adopt a furry friend of your own? Call (734) 222-0488.