

Head injuries can be assessed

Last spring during the "Final Four" National College Athletic Association Tournament, I was watching a televised game and one university player took a tumble and his head hit the hard wood floor.

Coch and trainers rushed to his side and seemed to be doing something unusual. The game announcers then described a newly adopted college basketball practice of administering a quick Concussion Assessment Screening for the player on the floor. He was being checked for his orientation, balance and mental status. It was determined he could stand up, sit on the sidelines for 15 minutes, and then return to play.

Subsequent to seeing this, I began looking into what research is going on in the area of concussions, especially sports concussions. I soon gathered headlines about the subject from various sources, including "Number of Concussions Has NHL Brainstorming for Answers" (The New York Times) and "Duck! You Dummy" (Golf Digest).

WHAT IS A CONCUSSION?

A concussion is a brain injury in which the skull has not been broken. The brain can be injured from the inside by banging and bouncing against the skull walls. Sudden movement within the skull can cause bruising, tiny tissue tears, swelling and chemical changes. Very often, X-rays will not detect the damage. However, the impact on the athlete's functioning can be drastic.

A whiplash-like motion of the head back and forth can cause brain damage. Any disruption in consciousness, no matter how brief, such as mildly dazed, constitutes concussion. Repeated concussions can have a cumulative effect as is most dramatically seen in boxing. Even more frightening, it takes only three seconds to permanently damage a child's brain in the so-called "shaken baby syndrome."

Common after-effects of concussion injuries can include: problems with attention and concentration, trouble with memory and learning, frustration, irritability and mood swings, acute and chronic disorientation and confusion.

Traumatic brain injury is one of the most significant public health problems facing the United States and other industrialized countries around the world. Each year, approximately two million individuals suffer brain trauma of some severity. An estimated 75 percent of all traumatic brain injuries are classified as concussions. In the United States, a new person sustains a traumatic brain injury every 21 seconds.

STANDARDIZED ASSESSMENT

Features of concussion which can frequently be observed in the injured athlete at the site of play or on the sidelines include vacant stare, delayed verbal response, disorientation, mildly slurred speech, appearing drunk, unusual emotion and a memory problem.

PLEASE SEE MCCULLOCH, C9

Clarenceville High's Class of '77 reminisces

Remember when... We used to have floats. We attended our final homecoming. We elected an unknown peanut farmer president. We listened to Bob Seger's Night Moves. We felt pride when we were awarded the all-sports trophy. We passed our wallet-sized senior pictures around. Heartstone was the place to be. Miller was the beer to drink. After Friday's game there was a dance. Gossip was the rule rather than the exception. Farrah Fawcett Majors replaced Raquel Welch as the sex symbol. We ordered our announcements, cap and gown. We spent a fortune on the prom.

At last we graduated.

- an excerpt from the Clarenceville High School Yearbook 1977

BY DIANE GALE ANDREASSI
CORRESPONDENT

It doesn't matter if it's your 25- or 50-year class reunion, the curiosity of seeing how classmates have changed and the chance to rekindle old friendships is the same. Hugs and kisses were only surpassed by hardy backslaps as alumni of the Clarenceville High School Class of 1977 walked through the door at Sandtraps restaurant in Livonia recently.



Former Batsford Elementary students joined arms at the Clarenceville Class of '77 reunion. Left to right, Diane (Sprader) Cole, Lisa (Lewkowicz) Burke, Michelle Landiut, Larry Laird, Linda (Schwartzberg) Hill, Michele Zukin, Jennifer Thompson.

Coincidentally, the party in the room next door was the 50th class reunion for Fordson High School in Dearborn.

The groups were a generation apart, but the conversations sounded a lot alike.

Out in the hall, Bill Longmate and Jerry Burling, Fordson grads, have been friends 63 years since they met in kindergarten.

"We come to see all our old friends," Burling said. "And to get hugs from all the gals you couldn't get hugs from while you were in high school."

If he could do one thing over again, Burling said, he would study harder.

Longmate recalled a teacher, Mr. Hanover, who made a difference in his life.

"He was a great guy," Longmate said, adding that his best advice to high school students is to stay in school and attend college.

Pat and Ed Barzyk met at Fordson and got married shortly after graduation. They've attended every reunion since.

SEEING EVERYONE

Across the hall, Michelle (Zukin) McKinstry had many of the same sentiments as Fordson graduates. "I want to see everyone," explained McKinstry. "Those were four fun-filled years. I wish I could go back."

McKinstry said she often told her 18- and 20-year-old children to enjoy their high school days.



Classmates from Westbrooke Elementary and 1977 graduates of Clarenceville High School. Left to right, Toby Lione, Tina Wynn, Sue Humbarger, Bart VanDike (in chair) and Tony Spencer.

"Those are the best years," she added.

Julie (Gaffie) Hillard, a Clarenceville graduate, has been to every class reunion. Living in Scottsdale, Ariz., Hillard used the reunion as a chance to see friends and family, too.

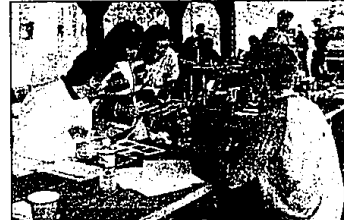
Hillard said she'll never forget hiding beer in the snow behind the school on Friday nights and finding it on Monday mornings. And she'll always remember economics teacher Eleanor Holland.

"She was a good role model for women," said Hillard whose advice to students today is to "enjoy your young life, because there's a lot of responsibilities when you get older."

Malinda (Merritt) Jaber, who organized the 25th reunion with Diane (Dickey) Paparelli, said she went to school with some of her classmates from kindergarten through 12th grade.

Jaber, a Redford resident, who is mother to 25- and 22-year-old daughters and grandmother to two boys, said if she could go back in time, she would "take more time to smell the roses and enjoy it while it's there."

A lot of people might have thought it was odd that Paparelli would organize the reunion, Paparelli said, because she wasn't



Clarenceville graduates of 1977 gathered for a picnic after their formal reunion and before a hotel party. Left to right, Jim Hill, Michele Zukin and her husband, and John Laurer.

involved with any groups in high school.

WOULD DO IT ALL

"I didn't do a lot with my school and I regretted it," she said. "My reunion is a way I can give back to my school. If I could do it over again, I'd do as much as I could do. I'd be a cheerleader and in basketball. I have a daughter and I tell her to do it all. You want to look back at your yearbook and see your face on one of the pages - that you were involved in something."

Every now and then Paparelli still thinks about her science teacher, Mr. Hansen, who talked to students about the dangers of smoking and drugs. When she quit smoking 15 years

ago, she remembered what he told his classes about the hazards of smoking.

Twenty-five years ago Mark Anusaglan played baseball and football and Donna Miller was homecoming queen at Clarenceville. They started dating when they were 14, married and had two children.

"If I could go back and do it over again," Anusaglan said, "I would."

Two and a half decades later, they don't look that much different than the night Donna was being crowned homecoming queen and Anusaglan, dressed in his football uniform, was at her side.

"It's amazing how fast time passed," said Anusaglan, owner of Westborn Market.

Learning, baking and one sweet dessert take cook to Paris

BY KATHY O'DONOVUE
CORRESPONDENT

When chef Roger Holden of Oakland County Community College's Art School announced a contest for women chefs and culinary students sponsored by Kobrand Corp. in January 2001, Valerie Boguslawski raised her hand in interest.

"Chef Roger kind of ignored me at first, because I had no experience yet," then-pastry novice Boguslawski said. Contestants were required to use flavors of Allée in their recipes, and the final contest would take place in New York's upscale Verbena Restaurant. With chef Roger's help, Boguslawski's entry was born: an Allée Triple Grand Terrine. The dessert used three types of Allée liqueurs: cognac for the chocolate Bavarian cream, cranberry for the raspberry cream center of the terrine, and passion fruit-flavored cognac in the third Bavarian cream. Her entry put Boguslawski, a Farmington Hills resident, in the top 10,

'You never stop learning and you never know where this learning is going to take you.'

Valerie Boguslawski
culinary student

then top three of more than 250 American contestants.

TOUGH TASK

In a phone call prior to the New York competition, Boguslawski was told she had to be able to make the dessert in just one day - quite a feat considering it had taken her three days to make and assemble the complex terrine which involved 100 pages of instructions.

With chef Roger's help, lots of practice, and critiquing by fellow OCC culinary students, Boguslawski pared down the time to eight hours, and flew to Verbena in New York, where she competed with two other women, one who used Allée to marinate sea scallops as an

entree, and the other who used the product to create a duck sausage appetizer with dressing.

Boguslawski's terrine was an immediate hit, and she took first prize: a trip to the world-famous Le Cordon Bleu cooking school in Paris, France, to take pastry classes as well as a one-month mentorship with Diane Forley, co-owner with her husband of Verbena in New York.

"I was terrified at the thought of going to Paris alone," Boguslawski said. "I'm a very sheltered person and have never been away from my family before in my life."

Boguslawski was especially apprehensive about leaving her husband, Larry, an engineer at Ford Motor Co., for

three weeks.

In short order, Boguslawski, a teacher of 30 years "on leave," took classes in the French language to prepare herself and also visited Paris ahead of time with her French class to familiarize herself with the area, transportation, the cooking school and French life.

Finally in August 2002, Boguslawski flew alone to France for three weeks, and as one of 13 students, began a series of accelerated beginning pastry classes. One day of the accelerated class is equal to one week of non-accelerated classes. An interpreter was available to Boguslawski and other American students as instruction was given in French. The class met six days a week from 7:30 a.m. to 6:30 p.m. She learned to navigate Le Metro, Paris' underground transportation, and stayed at a nearby hotel.

LANGUAGE A CHALLENGE

Even armed with the basics of the French language, Boguslawski said she was large-

ly unable to understand conversation, relating that "a French dog knows more of the language than me."

In lecture class at Le Cordon Bleu, students were given a recipe of just ingredients and amounts - no instructions or anything in step form. They took notes through the interpreter and had to prepare the pastries during the practical portion of the class in the kitchen.

While students observed almost 90 recipes, each student had to memorize 20 for the final exam. They would each be tested on four recipes but did not know in advance which ones they would be assigned. Boguslawski was required to make a "genoise sponge," or sponge cake with a mocha buttermilk cream icing as well as a tart shell.

"The French bake their things just on the verge of burning," she said. "In America, it would be considered overdone. But in France, it's a deep golden brown."

PLEASE SEE COOK, C6