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Gazette

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Shelby's Halloween Spooktacular Oct 13

Shelby Township invites families to River Bends Park for their annual Halloween Spooktacular from noon to 2 p.m. Saturday, October 13. Among other festivities, families will be able to take part in "trunk or treating," games, Halloween crafts, and hayrides around River Bends Park at 5700 22 Mile Road.

"The Spooktacular is a great event because it combines all the fun of a Halloween party with trick-or-treating," Parks, Recreation and Maintenance Director Joe Youngblood said.

The Spooktacular will feature games by the Eisenhower High School Key Club, a mini pumpkin craft fundraiser from the Shelby Township Aktion Club, live animals from the Burgess-Shadbush Nature Center, and hayrides around River Bends Park. New this year is a petting zoo from Duck Duck Donkey.

"The teen volunteers from the Eisenhower Key Club are an integral part of the event," said Pam Marshall from the Shelby Township Parks, Recreation and Maintenance Department. "They come in costume rain or shine and, in years past, have been great about volunteering, even in not so ideal weather conditions."

Sponsored by Henry Ford Macomb Hospitals and Genisys Credit Union, the event is highlighted by the "trunk-or-treat," which takes place in the park's 22 Mile Road parking lot, where adults pass out candy and trinkets to the children that go from trunk to trunk.

Participants need to register for the free event at 586-731-0300 or by emailing shelbyprm@shelbytp.org with your name, address, email address, phone number, and the number of participating children. Online registration is also available at shelbytp.org/parks with activity number 311403-A1.

The event is free to Shelby Township and Utica residents, and there is a \$10 fee per child for non-residents. Learn more at shelbytp.org/spooktacular/.

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YOU CAN THANK THE SHELBY GARDENERS CLUB for keeping township parks and gardens flourishing throughout the year. On an Autumn morning this week, the Club was out at Heritage Garden, located at 52700 Van Dyke Ave, giving the garden a fall makeover. Supervisor Rick Stathakis posted the above photo to his social media page this week and residents took to the comments to applaud and appreciate "our gardening angels" who "make Shelby Twp proud."

The Race for Mayor of Utica is On

by EMMITT LEWIS

Utica mayor Thom Dionne and mayoral candidate Frank Czapski met on Monday for a debate to discuss a wide range of topics affecting the city of Utica. In 2016, Dionne defeated Czapski by the narrowest of margins – five votes – to earn the title of mayor.

Hoping to get re-elected, Dionne started the debate off by introducing himself. He went into detail about growing up in Utica, attending the schools in the city, and explaining why he originally wanted to become the mayor.

"I've always wanted to be involved in the city of Utica," Dionne said, adding that being a public servant has been part of his life since he was 18 years old. Having served in the U.S. Army for five years, then serving as a police reserve officer for ten years, and currently serving as a public safety officer, Dionne said that he is committed to his country and city. "Serving my community and my country is in my blood," he said.

See MAYOR, page 2

Switzer Student One of Ten in Nation to Earn EPA Award

If you see rocks with pictures of amphibians around the community, you can thank the mayor.

Trinity Favazza, named the Mayor of Amphibiville by the Detroit Zoo, is making the rocks as part of a conservation project to remind others about the importance of taking care of nature.

It is also another example why the Switzer Elementary sixth grader is one of ten students honored nationally for her work to promote environmental awareness.

She recently visited Washington, D.C. to receive the President's Environmental Youth Award from the Environmental Protection Agency for Region 5, which includes Michigan.

"It was amazing," she said. "I feel so blessed because most kids do not get awards from the White House or the President."

Favazza became the officially appointed representative of amphib-

ians after she wrote an essay about them for a contest sponsored by the zoo. She also is one of the youngest certified members of FrogWatch USA.

Her love of frogs, toads, and salamanders grew from helping her dad clean the fields by their house. "I have been doing that for so long I just realized amphibians are so awesome and cool," she said.

As mayor, Favazza helps the zoo with cleaning and caring for the amphibians at the zoo's exhibit.

She also spearheads conservation efforts, such as when she lobbied for a state legislative bill that would halt frog hunting and spearing.

Caring for frogs and other amphibians is easy and Favazza said, she keeps the area around them clean and "just let them be," she said. "They are very sensitive to environmental change."



SWITZER ELEMENTARY SIXTH GRADER and amphibian fanatic Trinity Favazza recently visited Washington, D.C. where she was honored with the President's Environmental Youth Award from the Environmental Protection Agency for Region 5. Favazza has been dubbed the Mayor of Amphibiville by the Detroit Zoo, where she helps the zoo with cleaning and caring for the amphibians and spearheads conservation efforts.



Dionne, Czapski Square Off at Utica Mayoral Forum

MAYOR, From page 1

"The greatest service for me is being able to give back to my community, and serve these 1.7 square miles honorably, and represent the city in the best possible light. I'm proud to be from Utica. I bleed orange and black and I'm very thankful to be here today as your mayor," Dionne said.

His opponent, Frank Czapski, was next to introduce himself at the podium. Czapski wears many hats in addition to being a Utica city councilman. He is also an assistant principal at Southfield Public Schools and Union President for Southfield Association for School Administrators. Czapski said that his campaign is made up of three basic components: principles, integrity, and experience.

Living in Utica for 14 years, Czapski said he is dedicated to the city. "I'm committed to this city. I chose Utica for the great community, the strong schools, and the neighbors that support each other on a daily basis," he said.

After hearing feedback from the citizens of Utica, Czapski said he wants to address the problems of every age group, restore public trust, improve infrastructure, improve land use, and more.

Downtown development was a big topic at Monday's forum. One question posed to the candidates asked how Utica can better establish itself as a destination city, or a place to live for millennials. Czapski said he believes that Utica is already a destination city, but to make it more so, feels that only small changes are needed. He said that they have to capitalize on the Jimmy John's Field, outdoor activities, and have buildings like Royal Oak where there are living units at the top and businesses at the bottom.

Czapski added that public safety can help too. "We have to reinvent on how we are going to support our police officers," Czapski said, adding that he would like to build a bond and a feeling of community between the officers and the citizens of the community.

Dionne noted that the ballpark should just be the start of what people can enjoy in Utica. He mentioned that a dog park is coming and that they have looked into adding a hill for sledding and a skate park.

"The millennials are going to be having children that they're going to want to take to these venues," Dionne said.

Above all else, Dionne said he wants to add culture to the city. "Something that we're lacking that we

could really use in the city is culture, and that's what people want," he said.

Dionne asserted that culture is the main draw for cities like Royal Oak, Ferndale, and Birmingham. To attract businesses to the city, Dionne would want to do more with land development. He mentioned that the city is split into two parts by M-53.

"We're pretty much pigeon-holed where we are. We can't really change too much. We're not growing any, the city is just this dynamic. What we need to do is redevelop within that dynamic," Dionne said, adding that the city will have to think outside the box in terms of what businesses Utica needs. He reiterated that entertainment and culture are essential aspects of this decision.

Czapski agreed that art and culture are important for the city. "Culture and art, you have to go for those. Culture and art is an economic driver for a city, any city," he said, adding that above all else, the results all depend on the person who is trying to sell their vision to businesses.

To watch the forum in its entirety, visit Youtube and search "2018 Utica Mayor Candidate Forum." Midterm elections will be held on November 6. The deadline to register to vote is on Tuesday, October 9.

State Reps Look to Honor Local Navy Seal

STATE REP. PETER LUCIDO of Shelby Township (right) and state Rep. Jeff Yaroch of Richmond (second from right) talk with Terri and Richard Freiwald, parents of U.S. Navy Chief Petty Officer Jason Freiwald, before a House Transportation and Infrastructure Committee hearing. Rep. Yaroch introduced legislation, supported by Lucido, to honor Jason Freiwald, a highly decorated Navy SEAL, by renaming a portion of M-53 in Macomb County. The signage will be displayed between 31 Mile Road and 32 Mile Road.

Fisher Theatre • Now thru Oct. 7

BroadwayInDetroit.com, ticketmaster.com, 800-982-2787 & box office 313-872-1000. Shows: Tues.-Fri. 8PM; Sat. 2PM & 8PM; Sun. 2PM & 7:30PM.

Chamber Backs UCS Safety and Security Bond Proposal

The Sterling Heights Regional Chamber of Commerce has announced its endorsement of the Utica Community Schools November 6 Safety and Security Bond Proposal.

"Our business leaders recognize the critical importance of the Utica Community Schools safety and security bond proposal to our region's economic vitality and quality of life," said Melanie Davis, President and CEO of the Chamber. "The nationally-recognized excellence of Utica Community Schools attracts new business to our community and helps existing business thrive."

The chamber's Board of Directors voted unanimously to support the ballot proposal, which will address safety and security, technology, and infrastructure projects identified through the district's strategic, long-range facility improvement program.

Davis noted that the \$155 million

bond directly supports critical business needs for Career and Technical Education (CTE) jobs in health care, automation and manufacturing. Chamber members recently toured a new CTE academy in UCS - the Stevenson Center for Manufacturing, Automation, Design and Engineering - which was developed with input from business and industry leaders.

"The district involves our members to directly link education and the workforce," she said. "This bond issue is critical to the continued success of our partnership to ensure graduates compete for the careers of the future. Working together, we will keep our local talent in this community with high paying jobs and an outstanding quality of life."

The bond proposal will not increase the current tax rate for residents and businesses, Davis said.

"We encourage our members and

all UCS residents to support this community investment. It simply means good business," she said.

Dawn Surma and Mike Austerman, co-chair of the Citizens for Education Project, noted the Chamber's support demonstrates that school safety and security and investing in school facilities are community-wide priorities.

"We appreciate the continued partnership between parents, schools and business leaders to maintain academic excellence," Surma and Austerman said. "Passing the bond proposal is crucial to protecting the investment we have made in our homes and businesses, the quality of life in our community and - most importantly - the future of our children."

More information on the UCS Bond Proposal is available at uticak12.org/safetyandsecurityproposal/.

Road Construction Resumes in Macomb

Sen. Steve Bieda (D-Warren) last week issued the following statement after it was announced construction work on some important road projects for the greater Macomb area, including I-696 and I-75, are set to resume immediately. After nearly a month-long work stoppage due to stalled labor contract negotiations, an agreement was reached between Operating Engineers Local 324 and the Michigan Infrastructure and Transportation

Association (MITA).

"Yesterday, I backed a resolution introduced by my colleague, Sen. Curtis Hertel Jr. (D-East Lansing), demanding that the governor continue to meet with Local 324 and MITA to help facilitate talks, so that workers could return to their jobs and complete necessary projects on Michigan roads before the weather turns cold and snowy. While the work stoppage created a continued inconvenience for

metro Detroit area residents and there's still more work to be done on a long-term contract, I'm glad to see an immediate solution has been reached."

As part of the agreement, a mediator will work with Local 324 and MITA officials over the winter on a new contract, but in the meantime, union members will resume construction work without a contract for the rest of this year.

Suspect Flees From Sterling Heights to Utica

POLICE PATROL



■ **WHEN THE LAW CATCHES UP TO YOU** – On the evening of

Thursday, September 27, the Shelby Township Police Department received information from the Sterling Heights Police Department that they, along with MDOC, were looking for a parolee in Shelby. Upon further investigation, the Detective Bureau determined that the parolee, Scott Keith Holtzman, may be involved in a number of home invasions, auto theft, and stolen property cases in Shelby Township. During the initial contact, Holtzman fled on foot while in possession of a large amount of money hidden in his clothing. He was taken into custody while resisting Utica Police Officers. A subsequent search warrant and further investigation led investigators to believe Holtzman to be involved in numerous home invasions and thefts in Shelby Township and the surrounding communities. After his arrest, Scott Holtzman was arraigned in 41-A District Court on the following charges: 2 counts Felony Receiving /Concealing stolen property, 1 count Felony Receiving / Concealing stolen vehicle, and 1 count of

Home Invasion 2nd Degree. He is being held at Macomb County Jail on \$75,000 bond. More charges are expected to be filed within the coming days.

■ **DRUG RUN GOES UP IN SMOKE** – A Deputy conducted a traffic stop for excessive speed on a full-size 2000 Chevrolet 1500 van in the area of Auburn Road and Primrose Lane. While Deputies had the van stopped, a LEIN inquiry was made. The inquiry revealed that the registration plate had been cancelled by the Michigan Secretary of State and the vehicle was currently unregistered. The van was subsequently impounded. While conducting an inventory search of the van, the Deputy opened the side doors and observed several large garbage bags and boxes inside of the cargo area. A package containing a green leafy substance was observed inside one of the bags. Upon a checking the bags further, Deputies found that other garbage bags and boxes contained numerous packages of suspected marijuana. A Detective from the Narcotics Enforcement Team (NET) responded to the scene to assist Deputies with their investigation. The driver, and 53 year old male resident of Madison Heights, was arrested and transported back to the

substation to speak with Detectives. The suspected marijuana was confiscated and placed into evidence at a total weight of 88lbs. The suspect was transported to the Oakland County Jail and has been charged with one count of felony deliver/manufacture marijuana over 5 kilograms. The suspect is scheduled to be arraigned this week at the 52-3 District Court.

■ **FAKE STORY MAKES THE ROUNDS** – The Macomb County Sheriff's Office took to Facebook this week to clear up some rumors about a fake news story going around the internet. "Several followers have reached out to us regarding a post titled 'Macomb County Fears Vigilante Serial Killer After Third Pedophile Murdered in 1 Week,'" MCSO said this week. "This post is fake and has been reported to Facebook. The Macomb County Sheriff's Office has not had any recent murders involving any registered sex offenders and our residents have no reason to be fearful of a killer on the loose."

Note: If you have any information on the aforementioned crime or any other offenses, call the Macomb County Sheriff at 586-469-5151.



Police Receive Traffic Safety Award

SHELBY TOWNSHIP POLICE CHIEF SHELIDE (pictured center with Sgt. Dowty and Officer Fox) accepted an award this week from the Transportation Improvement Association in recognition of the department's commitment to traffic safety. STPD posted the above photo to social media, noting that much of the credit should go to the Traffic Unit, led by Lieutenant Jeff Daniel and Sergeant Brandon Dowty.

Operation Kidsafe Safety in Utica

Visit Meade Lexus of Lakeside on Saturday, October 13 from 9 a.m. - 3 p.m. for Operation Kidsafe Safety Day and a Trunk or Treat event. Costumes are optional for this free event, and complimentary cider and doughnuts will be provided.

Guests will get a free Digital Fingerprint and Photo Safety Program, an Amber Alert Ready Child Safety Form, and plenty of safety tips for set-

ting up a family safety action plan.

No special information is needed, as there is no databasing. Parents take home the only record of the visit – a Bio Document that is ready to hand to law enforcement in an emergency.

Meade Lexus of Lakeside is located in Utica on Hall Rd just East of M53 (45001 Northpointe Blvd). To learn more, call 586-221-4200 or visit lexusoflakeside.com/.



Firefighters Cover RIT Training

OVER THE PAST WEEK, all Shelby Township firefighters have taken part in Rapid Intervention Team, or RIT, training. "With their masks covered, they had to find their way through a difficult obstacle course, find an injured firefighter, and bring that firefighter back through the course," STFD said on their Facebook page with the above picture. "We never want to see any firefighters get injured, but we have a dangerous job and must always be prepared."

Shelby Fire Open House Oct 13

The Shelby Township Fire Department will host an Open House on Saturday, October 13 from 10 a.m. - 2 p.m.

Bring the family out for a tour of Station 1, meet some firefighters, play on

the bounce house, and enjoy some fun with first responders.

Shelby Township Fire Station 1 is located on 23 Mile Road between Mound and Van Dyke.



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ARTS & ENTERTAINMENT

Music

TERROR

THU, OCT 11 - 7 p.m.
Sanctuary, Hamtramck

THE GLITCH MOB

FRI, OCT 12 - 8 p.m.
Royal Oak Music Theatre

CHRISTINA AGUILERA

SAT, OCT 13 - 8 p.m.
Fox Theatre, Detroit

EAGLES

SUN, OCT 14 - 8 p.m.
Little Caesars Arena, Detroit

ON STAGE

ARSENIC & OLD LACE

SUN, OCT 7 - 2 & 6:30 p.m.
Meadow Brook Theatre, Rochester

TRIXIE MATTEL

THU, OCT 11 - 7 p.m.
The Fillmore, Detroit

C.S. LEWIS ONSTAGE: THE MOST RELUCTANT CONVERT

SAT, OCT 13 - 7:30 p.m.
SUN, OCT 14 - 3 p.m.

Macomb Center for the
Performing Arts

LIBRARY

BACKYARD BIRDING

THU, OCT 11 - 7 p.m.
Clinton-Macomb, North Branch

MYSTERY BOOK CLUB

SAT, OCT 13 - 10:30 a.m.
Shelby Township Library

KIDS & TEENS

PJ STORY TIME

TUE, OCT 9 - 10 a.m.
Clinton-Macomb, North Branch

TEEN ANIME CLUB

TUE, OCT 9 - 6 p.m.
Graubner Library

PAWS FOR READING

WED, OCT 10 - 6:30 p.m.
Utica Public Library

TEEN MYSTERY NIGHT

FRI, OCT 12 - 6 p.m.
Shelby Township Library



A STAR IS BORN
Drama, R



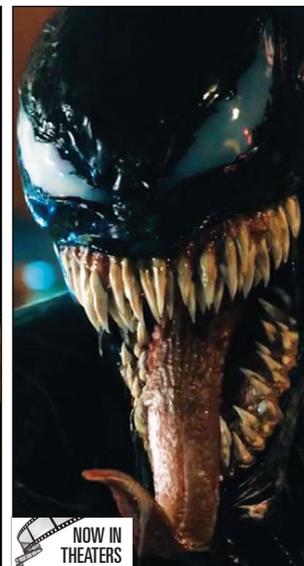
EMPIRE RECORDS
Comedy, PG-13



THE SHINING
Horror/Drama, R



SOLO: A STAR WARS STORY
Action, PG-13



VENOM
Action, PG-13

A STAR IS BORN

Seasoned musician Jackson Maine discovers, and falls in love with, struggling artist Ally. She has just about given up on her dream to make it big as a singer until Jackson coaxes her into the spotlight. But even as Ally's career takes off, the personal side of their relationship is breaking down.

VENOM

Journalist Eddie Brock is trying to take down Carlton Drake, the notorious and brilliant founder of the Life Foundation. While investigating one of Drake's experiments, Eddie's body merges with the alien Venom, leaving him with superhuman strength and power.

DSO Program Spotlights Principal Trumpet Hunter Eberly, Oct 18-20

The Detroit Symphony Orchestra (DSO) will welcome conductor Fabien Gabel back to Orchestra Hall for a program that includes Tchaikovsky's Tempest Fantasy-Overture, Henri Tomasi's trumpet concerto, and Stravinsky's Song of the Nightingale and Firebird Suite. Principal Trumpet Hunter Eberly will be the featured soloist on the Tomasi concerto.

The program is particularly literary: Tchaikovsky's Tempest is based on the Shakespeare play of the same name, and both Stravinsky pieces are inspired by fairy tales and folklore. The Tomasi concerto, meanwhile, is one of the most celebrated and more difficult pieces to perform in the trumpet repertoire, and a rare opportunity to hear this instrument featured in the concert hall.

The concerts take place Thursday, October 18 at 7:30 p.m., Friday, October 19 at 10:45 a.m., and Saturday, October 20 at 8 p.m. at Orchestra Hall, within Midtown Detroit's Max M. and Marjorie S. Fisher Music Center.

A native of Muskegon, Hunter Eberly started playing the trumpet at the age of eight under the tutelage of his mother and continued his studies in high school with Charley Lea of the Grand Rapids Symphony. He attended Grand Valley State University, where he studied with Richard Staelzel and earned his Bachelor of Music degree. Eberly continued his education at The Colburn School in Los Angeles.

Prior to his appointment in Detroit,

Eberly served as Principal Trumpet of the Jacksonville Symphony. He has performed as Guest Principal Trumpet with the Cincinnati Symphony, the Malaysian Philharmonic Orchestra, and the Shenzhen Symphony Orchestra in China. Eberly also enjoys playing music outside of the classical genre, and has performed with many of Motown's greats—including Aretha Franklin, The Temptations, The Four Tops, and Mary Wilson of The Supremes.

Eberly has won several awards, including first prize in the National Trumpet Competition Undergraduate Solo Competition and second prize in the International Trumpet Guild Mock Orchestra Competition. Outside of performing, he maintains a small private teaching studio and coaches in audition preparation. He has also taught at Michigan State University and Grand Valley State University.

Tickets for The Firebird begin at \$15 and can be purchased at dso.org, by calling 313-576-5111, or in-person at the Max M. & Marjorie S. Fisher Music Center Box Office (3711 Woodward Ave., Detroit). Veterans, active military, and their families may use the code HEROES1819 to unlock \$10 tickets for the Friday, October 19 concert. The code can be used online or by phone.

One hour prior to the Thursday and Saturday night performances, guests are invited to an informative onstage Concert Talk.

Tenita Johnson to Release "When the Smoke Clears: Bruised, Not Broken"

Everyone has something in their past they'd like to forget. But when your past meets your present, and threatens your future, how far will one go to keep the peace? "When the Smoke Clears: Bruised, Not Broken" will be on stage Friday, October 26 through Sunday, October 28 at The Grand Venue, 9955 Grand River, in Detroit. In honor of National Domestic Violence Awareness Month, a portion of the proceeds will benefit a local domestic violence charity.

"When the Smoke Clears: Bruised, Not Broken" by Rochester resident and author Tenita Johnson, chronicles the life of one couple who seems to have the picture perfect marriage. But when the picture becomes somewhat distorted, and cracks are revealed in the frame, will this family rebound from life's fires, or be consumed by second-hand smoke?

The book, When the Smoke Clears: A Phoenix Rises, which served as inspiration for the stage production, addresses the fires of life and techniques to douse the flames, encouraging readers to resurrect from



the ashes into victorious living. The book encourages readers to know that although they may be thrust into the fire, when the smoke clears, they will emerge unscathed.

Showtimes are: Friday at 7 p.m.; Saturday at 7 p.m.; and Sunday at 3 p.m. General admission tickets are \$25. Limited vendor space is available, as well. For vendor space or to purchase tickets online, visit Eventbrite or soitiswritten.net/.

Fall For Nature Craft Show at Stony Creek

The Fall for Nature Craft Show will take place on Saturday, October 6 and Sunday, October 7 from 10 a.m. to 4 p.m. at Stony Creek Metropark Nature Center. Enjoy the fall colors while you shop handmade items made by over

60 local artists. The event will include kids crafts, music, a campfire, and cider and doughnuts.

There is no fee to look around the craft show, but a \$10 daily pass is required for entry into the park.

Health & Fitness Digest

Can't Sleep? It Might Be Restless Legs Syndrome

By Henry Ford Health System Staff

Maybe you've felt it: You're lying in bed, eager to doze off after a long day, but your legs feel fidgety – so much that you have to get up and move. You get out of bed and pace the room but the feeling's still there. The culprit? It might be Restless Legs Syndrome (RLS).

"Restless Legs Syndrome refers to a subjective feeling that people have," says Virginia Skiba, M.D., a sleep specialist with the Henry Ford Health System. "People describe it differently but there's an uncomfortable sensation and an urge to move the legs or, less commonly, the arms. Some people describe it as an itchy feeling, a crawly feeling — but it shouldn't be painful."

According to the National Sleep Foundation, RLS affects approximately ten percent of American adults and two percent of children. The condition is twice as common among women as men and can occur once a day, once a month or once a year.

Depending on how much RLS bothers you, however, the condition isn't known to cause any serious medical issues.

"Right now, we don't have any strong evidence that RLS has a harmful effect on the body," Dr. Skiba says. "We treat it if it affects the person's ability to be comfortable at night and to sleep."

Before you seek treatment howev-

er, it's helpful to know the causes behind the condition.

Causes Of Restless Legs Syndrome RLS wasn't widely studied until the 1940s. Since then, the medical community has identified several factors that contribute to RLS:

Iron deficiency. Low iron levels are often cited as the strongest factor contributing to RLS. An iron deficiency can be affected by diet, stress or—often times—pregnancy.

Dopamine regulation. Dopamine—a chemical used by brain cells to communicate and coordinate movement—is another strong factor linked to RLS.

Family history. If someone in your family has RLS, it will often appear in your 20s or 30s, Dr. Skiba says. If there's no history of RLS present, it may occur later in your 40s or 50s.

Medications. Antidepressants, antihistamines and anti-nausea medications can all lead to RLS.

How To Fix It

While sleepless nights caused by RLS can be frustrating, there are several ways to alleviate symptoms and maximize your Zzz's:

Exercise regularly. Daily exercise has been known to reduce feelings of restlessness in the limbs, but strenuous activity right before bed can lead to an even stronger desire to move around.

Stretch before bed. Yoga, pilates or

other stretching methods can often help calm the mind and body.

Avoid stimulants. Nicotine, caffeine and alcohol can all exacerbate RLS.

Soak in warm water. Taking a warm bath or spending time in a hot tub can ease restlessness and massaging the legs can also help reduce the sensation of discomfort.

Try medication. Several medications can help alleviate RLS, including Mirapex (pramipexole) and Requip (ropinirole), both of which stimulate dopamine production in the brain, and Neurontin (gabapentin), which serves as an anticonvulsant. If used long term, however, some medications can make RLS worse.

No matter your experience with Restless Legs Syndrome, if it's interfering with your ability to sleep or function throughout your day, Dr. Skiba recommends talking with your doctor about it as soon as possible. After all, a sleep specialist may be able to put the issue to bed once and for all.

To find a doctor or sleep specialist at Henry Ford, visit henryford.com/. Dr. Virginia Skiba is a sleep medicine expert who sees patients at Henry Ford Medical Centers in Grosse Pointe and Sterling Heights.

Support Breast Cancer Awareness By Donating Blood

Many people will be thinking pink this month for Breast Cancer Awareness Month. The Red Cross invites people to go a shade darker and consider donating blood or platelets to support cancer patients and others in need.

Cancer patients may require red blood cell or platelet transfusions during chemotherapy, surgery or treatment for complications. Donors are especially needed this fall to be sure there is enough supply for patients. Hurricane Florence and its aftermath forced thousands of blood drives to be canceled.

All blood types are needed. People who are 17 years of age and are in generally good health may be eligible to donate. In Michigan, 16-year olds may donate blood with a parent's permission. To learn more about eligibility, visit redcross.org/.

People can make an appointment to donate blood by visiting redcrossblood.org or by calling 1-800-733-

2767. Appointments can also be made through the American Red Cross Blood Donor app.

There are several upcoming donation opportunities in the area: Washington Township, October 23, 12-5:45 p.m. at Serra Buick GMC Cadillac, 12300 30 Mile; Macomb Township, October 24, 11 a.m.-4:45 p.m. at US Air Force Recruiting-Macomb, 47178 Hayes; Shelby Township, October 28, 8 a.m.-1:45 p.m. at St. John Vianney Catholic Church Hall, 54045 Schoenherr; Shelby Township, October 29, 1-6:45 p.m. at St. Thomas Community Presbyterian Church, 55355 Mound Rd.

Those who donate blood or platelets during October will be automatically entered to win one of five \$500 gift cards. To learn more visit redcrossblood.org/goforgoal/. To see the full list of blood drives in the wider area, visit redcrossblood.org/.

Understanding the Importance of the Flu Shot

FAMILY PRACTICE

by Ricardo Concepción-Gómez, MD, Juan Sierra, MD, and Neil Jaddou, MD

What is the flu and why is it important to protect ourselves from it?

The flu, also known as influenza, is a very common respiratory disease that has a great impact on your health and the community. It is caused by a virus with the capacity to infect the upper part of your respiratory airways, which can progress to the lower part of the lungs leading to pneumonia.

The CDC estimates that during the 2016-2017 season, 30.9 million people got sick with influenza, and of those, 14.5 million visited a health care provider. And 600,000 people even required hospitalization due to influenza.

Influenza infection can indeed cause workday loss and a very bad set of symptoms and feelings.

It is recommended that babies 6 months old, kids, teenagers, and adults receive an injectable flu immunization each season. At this time, it is not recommended to receive the

nasal spray flu vaccine.

In the U.S. the rate of infection reaches the highest levels in the months of October through May. For this reason, it is better to start vaccinations in early fall.

With the flu shot, you diminish the possibilities of getting sick and thus reduce the chances of spreading the infection to others, including your family and those around you. Receiving the flu shot does not mean that you will not get infected but reduces the possibility of it and, in some cases, reduces the severity of the disease.

There are different types of influenza viruses and many of them, if not all, can "change" in time and become more resistant to the defense mechanisms of our body. That's why the flu shot needs to be redesigned each year according to new data obtained.

Even though there are seasons in which flu viruses might not be well matched to circulating flu viruses, when they do, the effectiveness of the vaccine is considered to be between 40-60% and continues to be recommended.

Patients with chronic conditions also receive benefit from the vaccination, especially because many chronic diseases can make you more suscepti-

ble to a more severe manifestation of the flu. Patients may expect soreness at the site of injection (in 64% of vaccine recipients).

Immediate anaphylaxis (severe allergy that requires an epinephrine shot and respiratory tubes) have been reported very rarely.

Occasionally, some patients may report mild fever, muscle pain, bilateral eye redness, cough and wheezing within the first 24 hours after vaccination. But you have to be aware that it is self-limited.

In summary, the flu shot is indeed an acceptable way of reducing your chances of acquiring influenza and its consequences. Besides that, we need to say that a healthy lifestyle is also an important aspect of preventing infectious diseases such as influenza. A healthy dietary pattern, rest and having enough sleep, along with decreased stress, will improve your immunity and will help you ward off infection and help you fight it, if you get the flu.

To make an appointment for a flu shot, call Dr. Jaddou's office at 248-816-1010 or visit drjaddou.com to schedule an appointment online. Somerset Family Medicine is located at 1615 W Big Beaver Rd in Troy.

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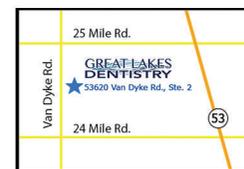
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Libra, Financial Relief Could Be on the Autumn Horizon

YOUR OCTOBER HOROSCOPE

by
PAULA LYNDE

♎ LIBRA (Sept 23-Oct 22): There is good news on the financial front this month, Libra. You should have extra opportunities to make money. And if you have been struggling in any way with financial issues, you will likely find relief. As for relationships, those already attached will have an easy, non-eventful month with their partners. Single Libras looking for love may find that they are attracted to someone who is nearly their complete opposite. If this happens, don't doubt yourself. This person may be exactly what you need.

♏ SCORPIO (Oct 23-Nov 21): Much of your energy is focused on yourself this month, Scorpio, which isn't necessarily a bad thing. In fact, you may find yourself involved in charitable causes because it makes you feel good, and other people will, of course, still benefit from your actions. If you are single, dating will be

easy throughout October because you see yourself as a rock star, and this confidence is very attractive. Married or otherwise attached Scorpions, on the other hand, are in danger of alienating their partners if they fail to give them adequate attention. So, make sure to put a little extra effort into your relationship to show your significant other that you really and truly care.

♐ SAGITTARIUS (Nov 22-Dec 21): You are aggressive in your self-confidence this month, Sagittarius. And your charisma and charm will help tremendously at work and in your social life. At work, colleagues may look to you as a natural leader and friends will likely seek your advice. If you are single, you may be pursued by several individuals in the next few weeks, so be careful about leading anyone on if you are not ready for a serious relationship. Those in committed relationships will likely receive extra attention from their partners throughout October.

♑ CAPRICORN (Dec 22-Jan 19): You are feeling quite social this month, Capricorn, and your friends are extremely important to you right now. In fact, if you are single, it is likely that you are less interested in love and quite content to pursue activities

in group settings. Married Capricorns are extremely focused on family harmony and domestic bliss throughout October, and this extra attention will pay off in significant ways as the holidays approach. After all, there is nothing better than a happy home!

♊ AQUARIUS (Jan 20-Feb 18): If you have a to-do list, Aquarius, get ready to get things done. You are highly motivated this month, and your goals are clearly within sight. And while you may encounter at least two major obstacles in the next few weeks, you will likely push through to succeed triumphantly. Then, if you are single, don't be surprised if your superhero-like strength catches the appreciative eye of someone special. Those in relationships will win points with their partners when they achieve their goals.

♋ PISCES (Feb 19-Mar 20): You are taking a little extra time for yourself this month, Pisces, and this is a good thing. Remember that shifting your focus toward yourself every now and then allows you to become a more confident individual, a better friend, a more valuable employee, and a more engaged partner. If you are single, you may find that you finally have the confidence to pursue someone whom you had previously considered out of your

league. If so, go for it. You may be pleasantly surprised by your success.

♈ ARIES (March 21-April 19): You are blooming this month, so get ready for plenty of party invitations and new social connections. Just make sure to take care of yourself during this whirlwind of activity. Unfortunately, it is cold and flu month, and if you wear yourself too thin, you may end up taking a few days to rest and recover. Singles may find an interesting connection around the 23rd, and Aries in committed relationships will likely reignite a spark around a camp or bonfire toward the end of the month.

♉ TAURUS (April 20-May 20): You are fully focused on your career this month, so don't be surprised if your hard work finally pays off and you land that big promotion or raise that you've dreamed of. Give your boss a compliment around the 12th and trust a close friend's advice, and you won't go wrong. Try to stay away from serious romantic entanglements if you are single. Bulls in committed relationships can stay the course and maintain tranquility if they can avoid unnecessary conflict.

♊ GEMINI (May 21-June 20): Single Geminis may find that they are frustrated right now. You are attracting a lot of people into your life, but none of them are exactly right for a lasting relationship. Be patient. The right one will come along, or maybe they are already there, but you haven't given them a chance. Committed Twins will likely find that a fight with a partner can easily be resolved with a few kind words. This month, it is especially wise not to waste your time fighting over nothing.

♋ CANCER (June 21-July 22): Big changes are coming this month, and you will have to make some major decisions that will have a profound effect on your future. Go with your gut and be strong in your resolutions, and you will surprise yourself. The same logic will apply to your relationships, and you may need to take the lead on a few key issues coming up. Don't be afraid to engage in constructive arguments with your partner. When you stand your ground, good things will happen.

♌ LEO (July 23-Aug-22): As focused as you are on your family, this month, you can still expect some minor conflict on the home front. However, your natural charisma and leadership abilities will allow you to guide everyone in a positive direction. The same will apply in your work and social life. Don't be surprised if you find yourself playing the role of peacekeeper with your colleagues and friends. They will respect your efforts and appreciate the positive energy that you provide.

♍ VIRGO (Aug 23-Sept 22): October is your month for love, Virgo. And, yes, you are reading the right horoscope. If you are single, a friendly relationship may bloom into something more around the second week of the month – giving you plenty of time for hayrides, pumpkin-carving, and Halloween get-togethers. If, on the other hand, you are married or in a committed relationship, expect to suddenly discover something new about your partner. This will come as a pleasant surprise for you because, as a Virgo, you typically notice everything.

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Macomb's Comedy & Cocktails Oct 19



The Macomb Community College Foundation will present the fifth annual Comedy & Cocktails, a benefit for the college's arts and cultural programs, Friday, October 19, at the Macomb Center for the Performing Arts and Lorenzo Cultural Center, located on the college's Center Campus in Clinton Township.

Presented by First State Bank, the event begins in the Lorenzo Cultural Center at 5:30 p.m. with a champagne reception, open bar, raffle drawings and a silent auction, followed at 7 p.m. by a seated dinner.

At 8 p.m., the festivities move to the Macomb Center for a performance of Broadway's Next Hit Musical, an unscripted theatrical show in which audience members provide made-up hit song titles and the performers ad-lib the "nominated songs." The audience votes for their favorite song and watches as the cast improvises an entire Broadway musical, complete with plot twists, memorable characters and witty dialogue.

Tickets for Comedy & Cocktails are \$150 each and include premier theater seating. Purchase of a table of 10 receives a 10 percent discount. For \$250, patrons receive a ticket to the event and recognition in the program book. For more information and to purchase tickets, visit macomb.edu/comedy, call the Macomb Community College Foundation at 586-445-7302, or email foundation@macomb.edu.

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October 5, 2018



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PRAYER TO THE BLESSED VIRGIN

Never known to fail. Oh most beautiful flower of Mt. Carmel, fruitful vine splendor of heaven, blessed Mother of the Son of God. Immaculate Virgin assist me in my necessity. Oh star of the Sea, help me and show me herein, you are my mother. Oh Holy Mary, Mother of God, Queen of Heaven and Earth, I humbly beseech you from the bottom of my heart to succor me in this necessity. There are none that can withstand your power. Oh show me herein you are my mother. Oh Mary, conceived without sin, pray for us who has resource to thee 3x. Holy Mother, I place this cause in your hands. 3x Holy Spirit, you who solve all problems, light all roads so that I can attain my goal, You who gave me the divine gift to forgive and forget all evil against me, and that in all instances in my life you are with me. I want in this short prayer to thank you for all things as you confirm once again that I never wanted to be separated from you in eternal glory. Thank you for your mercy toward me and mine. This person must say this prayer 3 consecutive days, after 3 days the results will be granted. This prayer must be published after the favor is granted. N.N.

VOLUNTEER

HOPE NOT HANDCUFFS
Hope Not Handcuffs is an initiative started by Families Against Narcotics (FAN), aimed at bringing law enforcement and community organizations together in an effort to find viable treatment options for individuals seeking help to reduce dependency with heroin, prescription drugs, and alcohol.

A person struggling with any drug addiction can come to any of the participating police agencies and ask for help. They will be greeted with support, compassion and respect. Hope Not Handcuffs volunteer 'Angels' help with paperwork and provide compassionate support until a treatment option is found. Angel's can choose their own time slot by signing up to be on call for just 2 four hour blocks per month.

To sign up and learn more, visit familiesagainstnarcotics.org/volunteer

ADOPT A PET

The Humane Society of Macomb works to prevent cruelty to animals, and place adoptable pets into good, permanent homes with responsible owners and promote spaying and neutering to prevent overpopulation. The Humane Society of Macomb has many cats, dogs, puppies and kittens waiting for a new home. They are open Monday through Saturday, 10 a.m.- 3 p.m. for adoptions. Give them a call at 586-731-9210, and visit them at 11350 22 Mile Road in Utica.

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

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Sleep Research Shows How Homework is Harmful

PERSPECTIVES

Op-Ed by
THOMAS L. KNAPP

More than 70% of high school students average less than 8 hours of sleep, according to an October 1 research letter in JAMA Pediatrics ("Dose-Dependent Associations Between Sleep Duration and Unsafe Behaviors Among US High School Students"), falling short of the 8 to 10 hours that adolescents need for optimal health. Insufficient sleep negatively affects learning and development and acutely alters judgment, particularly among youths.

The letter doesn't venture any guesses as to why high school students in the one-size-fits-all government ("public") education system and private schools modeled on that system aren't getting enough sleep. Here are three clues:

According to the National Center for Education Statistics, the average length of the public school day (for 2007-2008 – the most recent table I could find) is 6.64 hours. Also according to NCES, this time for 2011-2012, the average public school starting time is 7:59 a.m.

Finally, according to a 2014 University of Phoenix/Harris poll of teachers, high school students take home an average of 3.5 hours of homework per night.

That's 10.14 hours per day spent on school, not counting morning grooming, travel time each way, or any extracurricular activities.

Or, to put it a different way, the average public high school student works a full 40-hour week plus 10.7 hours of overtime – without pay, of course, and on a uniform schedule taking no heed of individual kids'

natural sleep cycles.

If you're like me, you've probably worked some overtime in your career. And when working overtime on an extended basis, you've probably cut down on your sleep hours in favor of the other things that make life worth living.

Now, think about your teen years. What was important to you and how important was it? Dating, or at least trying to find a date? Music? Sports? How many times did you rush through dinner to be on time to an event, or just to get over to a friend's house for movie night?

When you were that age, everything was the most important thing ever, and it was important "now, now, now." Except when you wanted to sleep in. Which was, admit it, every morning.

Is it any wonder our kids are tired? In a society that's over-protective of "childhood" in many ways, up to and including visits from social workers over letting kids play unsupervised or walk to school alone, we're working them on aggressively adult schedules instead of letting them listen to their bodies and get the rest they need.

Shorter school days and later starts might help. Online schooling is a more flexible, and increasingly available, option. But those possibilities are mostly the prerogative of "education administration" bureaucrats.

One option does remain in parents' hands, though: Just say no to homework and make it stick. When you clock out at work, you're done for the day. When the final bell rings at school, your kids should be done too.

Thomas L. Knapp is the director and a senior news analyst at the William Lloyd Garrison Center for Libertarian Advocacy Journalism.

Send a letter to the editor at andrew@gazettemediagroup.com.

Fine Arts Show and Moving Expo at All Seasons of Rochester Hills

Join All Seasons of Rochester Hills for a Fine Arts Show on Saturday, October 13 from 10 a.m. - 3 p.m. All items are resident-made and 30% of all proceeds will be donated to the Ronald McDonald House Charities of Ann Arbor, which provides a "home-away-from-home" for families of children experiencing a serious illness or injury requiring hospitalization.

Moving doesn't have to be stressful. Come and meet professional resources that can make moving easier at All Seasons' Moving Expo on Thursday, October 18 at 12-noon.

Meet professional movers, packers, realtors, interior designers, and

more all in one place. Admission is free and light refreshments will be served that are prepared by Executive Chef Armando. All Seasons of Rochester Hills is an extraordinary choice for Independent Senior Living. Ask for a tour of the community while you are there and see for yourself all that they have to offer.

All Seasons is located at 175 E. Nawakwa Rd. on the NE corner of M-59 and Rochester Rd. in Rochester Hills. Seating is limited for this event so please RSVP by calling 248-260-2869 by Monday, October 15 or email ASRHDirectorofSales@beztak.com.

Farrington Supports State Grant Awarded to AGS



State Rep. Diana Farrington this week announced AGS Automotive Systems will receive a \$950,000 performance grant

from the state of Michigan.

AGS Automotive Systems has recently been awarded new programs and plans to expand its Sterling

Heights location. The project is expected to generate a total capital investment of \$5 million and create 100 new jobs. As a result, the company has been awarded a \$950,000 Michigan Business Development Program performance grant.

"This grant will ensure new jobs are created and residents of Macomb County will have more career opportunities," said Farrington, of Utica. "This new investment will also help our local communities and businesses."

The City of Sterling Heights has offered to assist with talent attraction in support of the project.

The Michigan Business Development Program is an incentive program available from the Michigan Strategic Fund (MSF), in cooperation with the Michigan Economic Development Corporation (MEDC).

AGS Automotive Systems is a full service supplier, with capabilities in stamping, plating, coating, welding, sequencing and assembly.

USPBL Season By the Numbers



The United Shore Professional Baseball League completed its third season of competi-

tion, setting attendance records and producing five players that signed with Major League Baseball organizations. The League was also featured on ESPN3 for the first time in its history.

USPBL also had nearly 50,000 students that enrolled in its Reading Program, and served over 1,000 charities and non-profits that were able to leverage the ballpark to raise funds for their causes during the course of the season. The ballpark was selected by Stadium Journey as the second-best independent stadium in America to attend in 2018.

The United Shore Professional Baseball League will begin its fourth season in May. Learn more at uspbl.com/.

Macomb University Center Open House

The Macomb Community College University Center will hold an open house on Thursday, October 18 from 4:30 to 7 p.m., to provide prospective students with information about the more than 75 bachelor-degree completion, master's, and doctoral degree programs available through its 12 partner institutions.

Representatives from universities across the state will be on hand to discuss degree programs they offer at the Macomb University Center.

Macomb academic counselors

and advisors also will be available to discuss transferring to a University Center partner, as well as representatives from Macomb's Office of Veteran and Military Services.

Registering at macomb.edu/UC is encouraged, although walk-in registration will be accepted.

The Macomb University Center is located on the college's Center Campus, Hall (M-59) and Garfield roads in Clinton Township. For more information, call 586-263-6033 or visit macomb.edu/UC/.



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