

SAVE THE DATE
Early Bird Senior Expo
 at the SOMERSET COLLECTION of Troy
north side, center court
Thursday, April 4th
7AM - 9:45AM

Rochester & Rochester Hills Gazette

FREE every Thursday • Serving the communities of Rochester & Rochester Hills • GetYourGazette.com

March 7, 2019
 Vol. 3, No. 45

Rochester Hills Man, 23, Dies After Striking Light Pole on I-75

As first reported by the Oakland Press, Troy Police say a 23-year-old Rochester Hills man died Wednesday morning after he lost control of his car while traveling northbound on I-75 near the exit ramp to Rochester Road.

Police say the car went off the exit ramp and struck a light pole. Troy Police identified the driver as Joseph Adam Zelinski.

City of Rochester Seeking Boards and Commissions Applicants

The City of Rochester is seeking applicants for all boards and commissions. Term commitments range from one to five years, and the boards and commissions deal with many different aspects of living in Rochester. Applications can be found online at rochestermi.org/bcapp. Hard copies are also available in person at City Hall.

Those who are interested in applying should submit an application to the Clerk's Office by no later than Monday, April 1 at 5 p.m. Applications can also be submitted electronically. To submit online, download the application and fill it out with a PDF viewer. Applications should be sent to boardsandcommissions@rochestermi.org.

To learn more about a board, commission, or the application process, contact the Clerk's Office at boardsandcommissions@rochestermi.org, or call 248-651-9061.



Nothing Bundt Cakes Cuts the Ribbon in Rochester Hills

THE LATEST DESSERT DESTINATION in Rochester Hills is Nothing Bundt Cakes. The bake shop at 3074 Walton Blvd. hosted a ribbon cutting ceremony last Thursday followed by a weekend full of activities and specials. The bakery is owned by Jerry Yurgo, a battalion chief with the Rochester Hills Fire Department, and his wife Kelly and Jerry's sister Wendy (Yurgo) Kinney and husband William. To learn more, visit Nothingbundtcakes.com/.

Oakland University to Celebrate Pride Month

by DREW HOWARD

Oakland University is celebrating Pride Month early this year with a packed schedule of campus events running March 12 - April 11.

OU has moved back Pride Month to March in an effort to recognize its LGBT students, staff and faculty during the academic calendar. Nationally celebrated in June, Pride Month honors the 1969 Stonewall uprising in Manhattan, New York that spurred the Gay Liberation Movement.

Pride Month 2019 at OU is set to kick off on Tuesday, March 12 with a tribute to LGBT art and music from noon - 1:30 p.m. in the Oakland Center, Gold Rooms A & B. The first week of celebrations will cap off with a night of comedy from Jen Kober, whose credits include "The Middle," "American Pie Reunion," and "The Real Husbands of Hollywood," among others.

One of OU's most popular Pride Month events, Pride Prom, is making a return this year on Saturday, March 23. Hosted by the

Gay-Straight Alliance, the event invites all students regardless of their orientation to relive the prom experience. Attendees can expect a buffet-style dinner, dancing and even a lip-sync battle.

Several events purposed with educating the campus community on LGBT history and culture will also take place. Jeopardy! PRIDE Edition takes a fun spin on the classic game with questions centered about the LGBT community, while a lecture series titled "LGBT Rights in a Time of Turmoil" will focus on the current political realities and how to protect LGBT rights moving forward.

"Backlash or retrenchment may seem especially unlikely if we focus only on recent history, from the decriminalization of same-sex activity (Lawrence v. Texas) to the recognition of same-sex marriage (Obergefell v. Hodges)," the event description reads. "But current political realities and the broader history of struggles for LGBT rights provide reasons to think that LGBT rights are less secure

than they may seem to be."

The Lavender Graduation Celebration, another signature event of Pride Month at OU, returns this year. Now in its

See PRIDE, page 2

Treasurer Announces Run for County Executive

by DREW HOWARD

Oakland County Treasurer Andy Meisner announced this week that he will be challenging L. Brooks Patterson for Oakland County Executive in the 2020 election.

Meisner held a press conference on Tuesday morning at the Rust Belt Market in Ferndale to announce his candidacy. The candidate was formerly a state representative for Ferndale, Hazel Park, Oak Park, Pleasant Ridge, Berkley and Huntington Woods from 2003-09 before winning his election for Oakland County Treasurer.

Meisner touted three objectives he plans to tackle if elected: implementing regional transit, leveraging Detroit's success and embracing diversity in Oakland County.

On the topic of regional transit, Meisner said L. Brooks Patterson has "stood too long in the way" of implementing such a system in Oakland County. "Building a regional transit system

See OAKLAND COUNTY, page 2



OAKLAND UNIVERSITY will kick off Pride Month 2019 on Tuesday, March 11 with a celebration of LGBT art, music, and comedy. Other events throughout the month include Pride Prom, Jeopardy, and a lecture series titled "LGBT Rights in a Time of Turmoil."

Inside This Issue

4

Arts & Entertainment

7

Classifieds

Detroit St. Patrick's Parade March 10

The 61st Annual Detroit St. Patrick's Parade, presented by the United Irish Societies, will step-off on Sunday, March 10 in downtown Detroit. The parade begins at 1 p.m. near Sixth Street and Michigan Avenue and continues west to 14th Street in Corktown.

"For 61 years, the St. Patrick's Parade has brought together people of all cultures and nationalities in metro Detroit to come together and celebrate Irish culture and make lasting memories," 2019 Grand Marshals Paul and Agnes Gowdy said in a joint statement.

The parade is expected to attract between 80,000 and 100,000 people, making it one of the largest St. Patrick's parades in the country.

The parade will feature marching

and pipe and drum bands, color guard units, floats, clowns, novelty groups, and marching units.

The celebration will once again offer the Family Fun Zone at the southeast corner of Michigan Avenue and Sixth Street. The area will feature live Irish entertainment, inflatable amusements, food service, and private restrooms. Tickets for the Family Fun Zone cost \$12 per person or \$60 for six tickets.

This year, the parade will receive additional support from The Parade Company, which will provide logistical help with floats and overall event coordination.

The run time for the parade is over two hours. To learn more about the event, visit detroitstpatricksparade.com/.

Andy Meisner Announces Candidacy for County Executive

OAKLAND COUNTY, From page 1

will help Oakland County residents get where they need to go - to the doctor, work - and where they want to go, while making us an even more attractive talent destination."

Leveraging the success of Oakland County's neighbor, Detroit, is also critical in Meisner's plan to build up the county.

"Instead of fearing and fighting the renaissance taking place in the city of Detroit, let's use it to Oakland County's advantage," Meisner told the crowd. "Other regions, states and trading blocks - they're the real competition - not our friends and neighbors. L. Brooks Patterson has hurled insults at the city of Detroit instead of figuring out how to make this new dynamic work for us."

In the midst of the Syrian refugee crisis of 2015, Meisner played a role in helping renovate

Franklin Elementary School and 120 surrounding properties into housing for refugee families. Meisner promised to continue embracing diversity in Michigan in an effort to reap rewards "both culturally and economically."

Former Obama communications appointee Sara Meisner - wife of Andy Meisner - praised her husband's efforts to support the refugee community in 2015, while slamming L. Brooks Patterson's response to the initiative.

"L. Brooks Patterson politicized the issue by going to the media to call the development a 'refugee village,' and saw Oakland County would be presented with an eminent security threat," Sara Meisner told the crowd. "Meisner is playing with nitroglycerin," he told TV stations around Metro Detroit. Andy didn't back down. He fired back."

State Rep. Padma Kuppa of Michigan's 41st House District also spoke in support of Meisner's run in a pre-recorded video message.

"I can't think of a nicer, more amiable person to take on this battle, because that's what it's going to be," Kuppa said. "He understands the needs of our diverse community from corner to corner of Oakland County. He's willing to go the extra mile for every one of us, and I'm excited to help him on this journey."

If victorious, Meisner would be the first candidate of any party to replace Patterson as Oakland County Executive since he was sworn in 1993.

To learn more about Meisner's campaign platform, visit his Facebook page at [Facebook.com/Andy4Exec/](https://www.facebook.com/Andy4Exec/).

OU Celebrates Pride Month with LGBT Lectures and Events

PRIDE, From page 1

seventh year, the event honors the achievements of LGBT students and allies graduating from the university.

Pride Month will come to a close on Thursday, April 11 with the 16th Annual Drag Show, the

largest event put on by the Gay-Straight Alliance. The show will see both professional and student-auditioned acts performing for a crowd of hundreds in the ballrooms of the Oakland Center.

In 2017, Campus Pride Index ranked OU as the most LGBTQ-

friendly campus in Michigan. The ranking took into account factors such as LGBTQ policy inclusion, academic life, campus safety and student life, among other things.

The full schedule of OU Pride Month events can be found online at oakland.edu/gsc/pride-month/.

Fraternity Joins 'Up to Us' Competition on National Debt

Oakland University's Theta Chi Fraternity is competing in the Up to Us Campaign, a nonpartisan project focused on raising awareness about the nation's growing debt.

The goal of the campaign is to educate people on the influence that the national debt has on the economy. The national debt is estimated to be at \$22.7 trillion by

if it continues to grow unchecked as it is now, it will negatively affect the overall economy," Nathan Piggott, captain of the Theta Chi team said in a press release. "This is not ideal for college graduates who are looking to start their careers."

Oakland University's team will compete with over 125 different college and universities across the

flyers with the goal of informing students about the importance of being politically active and getting to the polls.

"Our big idea is to target students who are not that well-versed in fiscal policy or economics," Joseph Javier, the team's executive director, said in a press release. "Ninety-two percent of student debt is owed to the federal government and therefore is a component of the national debt. Our campaign is relevant to all students in some way... we want to get the conversation started on what each of us can do to ensure a promising economic future for all Americans."

By engaging young people and urging them to be "fiscally fit" Oakland University's team hopes to inform young people about the way national debt affect public policy and improve the country's economic future.

Currently, Theta Chi is expected to be one of the top teams in the competition. If Oakland University places in the top 20, members of the team will be selected to attend the Fiscal Summit in Washington D.C., where they will tour Capitol Hill to seek out internships and network with legislators and other student leaders from across the nation.



the end of the 2019 financial year, according to the 2019 Federal Budget. "Up to Us" calls on young people to take action to address the country's economic future.

"The growing U.S. debt is relevant to students like me because

country. Encouraging civic engagement is a key component of Theta Chi's team. During the days leading up to the midterm elections, they spearheaded a social media campaign, visited classrooms, held radio interviews, and passed out

Grand Opening! SALON CHERIE



Cherie Ferguson
Master Stylist/Colorist -
Specializing in Color Correction
Over 35 Years Experience

NEW CLIENT SPECIAL
Complimentary Partial Highlights
OR Precision Hair Cut
With Any Color Appointment
With ad. Expires 5-31-19

Specialized Hair Cuts

- Seamless Layers • Sahag Cutting Methods
- Precision Scissor Cuts • Textured Razor Cuts

Call or Text 248-224-7270 for an appointment
Broadway Salon Suites • 6046 Rochester Rd., Ste 124 • Troy
NE corner of Square Lake and Rochester Rd. (Venus Plaza)

VAL'S PET SUPPLY

Let Val's Help Spoil Your Pets



VAL'S TROY
6975 Livernois
Corner of South Blvd. & Livernois
248-813-8961



VAL'S CLAWSON
4 S. Rochester Rd.
Corner of 14 Mile Road & Rochester Rd.
248-588-2177

LIMIT 4 VAL'S SUPER SAVER COUPON

VAL'S ECONOMY WILD BIRD MIX



99¢

4 lb. Bags

We reserve the right to limit quantities. Only printed coupons accepted. Must present coupon before purchase. Not valid with any other offer. While supplies last. Expires 3-31-19

LIMIT 4 VAL'S SUPER SAVER COUPON

TIDY CATS CLUMPING CAT LITTER



\$5.99

14 lb. Jug

We reserve the right to limit quantities. Only printed coupons accepted. Must present coupon before purchase. Not valid with any other offer. While supplies last. Expires 3-31-19

WE HONOR ALL LOCAL COMPETITORS' PRINT ADS! JUST BRING THEM IN! SEE STORE FOR DETAILS.

Hours: Mon-Fri. 9am-8pm • Sat. 9am-7pm • Sun 9am-5pm
www.valspet.com

Pay Your Speeding Tickets or Get a Free Ride to Jail

POLICE PATROL



■ PAY THE TICKET, OR TAKE THE RIDE

- It was 1:30 a.m. last Friday when a Rochester

officer was on patrol near University and Helen and observed a vehicle with an expired license plate. The officer completed a traffic stop and spoke with the driver, a 37-year-old Pontiac man. The officer completed a check of the driver's record and found that his license was suspended for failing to pay speeding tickets. The driver was arrested and booked at the Rochester Police Department where he was released with a pending court date for driving with a suspended license.

■ **COWORKER ASSAULTED** - Last Saturday at 5 p.m., Rochester officers were dispatched to a business in the 400 block of Water St on the report of an assault that just occurred. An officer found the victim, a 20-year-old employee who had allegedly been assaulted by a coworker, identified as a 29-year-old Leonard woman. The victim had obvious minor injuries and eyewitnesses confirmed that she had been assaulted by the coworker. The suspect left the scene prior to the officers' arrival. After the officers completed their investigation, an appearance ticket for assault and battery was forwarded to the court and the suspect. A court date is pending.

■ **RECORDS CHECK REVEALED WARRANTS** - Just before closing time last Saturday night, a Rochester officer was on

patrol in the area of Third and Main and observed a vehicle stopped at the intersection allowing several vehicles to pass without proceeding through. The officer completed a records check on the license plate and found that the registered owner had warrants for his arrest. The officer completed a traffic stop and spoke with the driver, a 30-year-old Troy man. The officer confirmed that the driver had a valid felony drug warrant from the Sandusky County Ohio Sheriff's Office. The driver was arrested and eventually transported to the Oakland County Jail where he was lodged and awaited extradition to Ohio.

■ **CLOSE CALL OVERDOSE** - Deputies and the Oakland Township Fire Department responded to Woodland Drive last Friday night on the report of an unconscious male who was exhibiting shallow breathing. Upon arrival, Deputies found the subject lying on his bed and was unresponsive to stimuli. Deputies administered a single dose of Narcan (Naloxone) to the victim. Moments later, the subject became conscious and alert. The victim, a 46-year-old man from Oakland Township, refused to be transported to the hospital by Paramedics from the Oakland Township Fire Department and elected to be driven to the hospital later by a family member. He admitted to taking an unknown prescription drug which could not be located by Deputies. He has had past drug problems.

Note: If you have any information on the aforementioned crimes, call the Rochester Police Department at 248-651-9621 or the OCSO Rochester Hills Substation at 248-537-3530.

The Truth About the Auto Industry's Golden Age

The postwar auto industry is idealized in our collective memories, but Oakland University professor Daniel Clark says that it wasn't necessarily a golden age for the autoworkers who lived through it.

Clark will discuss his new book "Disruption in Detroit: Autoworkers and the Elusive Postwar Boom," at the Rochester Hills Public Library on Tuesday, March 12, from 7-8:30 p.m. The book examines the popularized image of the auto industry in the 1940s and -50s and compares it to the lived experience of autoworkers.

"If you look only at the union contracts, with their increasingly generous wages and benefits, it's easy to understand how this

mythology began," Clark said in a press release. "But after sitting down and speaking with these autoworkers, a very different story began to unfold."

Community Relations Specialist Amanda Harrison Keighley said that the library was excited to share this postwar Detroit history with patrons.

"Any history relating to the automotive industry is near to our hearts here at the RHPL," she said in a press release.

The talk will be held in the library Multipurpose Room and is open to everyone with an RHPL library card. Those interested in attending should register in advance at rhpl.org/.

Outstanding Agent Excellent Results



**CALL
PAULA REA-JOHNSTON
248.770.8661**

A Top Realtor for The Linda Rea Team
Unparalleled Service • Caring Professional • Knowledgeable

CALL PAULA FOR MORE INFO

- \$ 439,900
- Rochester Hills
- 4 Bed Rooms
- Finished Lower Level
- Immediate Possession



**Verified Five Star
Zillow Reviews**

**248.770.8661
lindareateam.com**

**1002 Main Street
Rochester, Michigan**

RECOMMENDED | REFERRED | RESPECTED

Arts & Entertainment



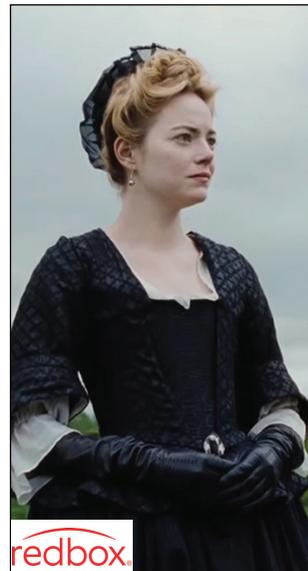
CAPTAIN MARVEL
Action, PG-13



CHRISTOPHER ROBIN
Comedy/Drama, PG



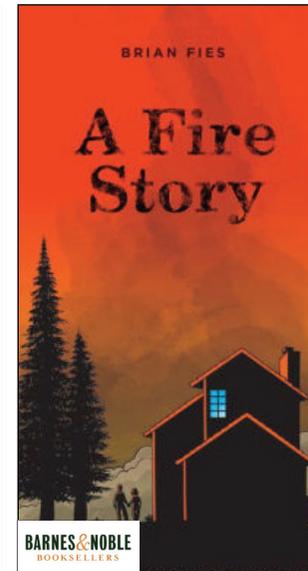
OFFICE SPACE
Comedy, R



THE FAVOURITE
Drama, R



"WHEN I GET HOME" - SOLANGE
R&B/Soul, Columbia



A FIRE STORY - BRIAN FIES
Non-fiction comic

Music

Hamtramck Music Festival
March 7-9 City of Hamtramck

Music Maker Studio Tribute to the 60s, 70s, & 80s - Sunday, March 10, 12:30 p.m. Rochester Mills Beer Co.

Vince Staples Sunday, March 10, 7 p.m. Royal Oak Music Theatre - \$35 Ticketmaster.com

Kodie Shane Monday, March 11, 6 p.m. Saint Andrew's Hall, Detroit - \$15 Livenation.com

The Monkees Tuesday, March 12, 7 p.m. Royal Oak Music Theater - \$45

James Russell Project Wednesday, March 13, 8 p.m. Cliff Bell's, Detroit - \$10

Siren Saturday, March 16, 7 p.m. American Legion, 96 Churchill Rd, Auburn Hills

ON STAGE

Wait Until Dark March 8-23, Avon Players, Rochester Hills \$18, Avonplayers.org

Candide Operetta Saturday, March 9, 7:30 p.m. Macomb Center for the Performing Arts, Macombcenter.com

Sondheim on Sondheim now thru March 10 - Stagecrafters, Royal Oak \$20 Stagecrafters.org

The Spitfire Grill now thru March 10, Meadowbrook Theatre, Rochester - Mbtheatre.com

Eric & Andrew Sunday, March 10, 7 p.m. Go! Comedy, Ferndale

The Who's Tommy Thursday, March 21, 8 p.m. Varner Studio Theatre at Oakland University

NIGHTLIFE

Pub Trivia Night from Sporcle Live Tuesdays at 8 p.m. and Saturdays at 9 p.m. Grand Tavern, 3512 Marketplace Circle in Rochester Hills

Country Music Night Live Friday, March 15, 7 p.m. Coyote Joes's, Shelby Township

Bar Louie Saint Patrick's Daze Weekend March 15-17 Green beer and whiskey specials

St. "Practice" Day with Cosmic Groove, Saturday, March 16, 9 p.m. Rochester Mills Beer Co.

St. Patrick's Day at CK Diggs Sunday, March 17, starts at 11 a.m. Menu including corned beef, cabbage, and Guinness Irish Stew

St. Patrick's Day Party at O'Connor's Public House Sunday, March 17, starts at 7 a.m. Party tent, live music, games - \$15 cover

Beer Dinner Featuring Brewdog Tuesday, March 21, 7 p.m. Penny Black Tap + Grill

LIBRARY

All events take place at Rochester Hills Public Library, 500 Olde Towne Rd in Rochester, unless stated otherwise. Register at Rhpl.org.

Rochester Avon Historical Society meeting Thursday, March 7, 7 p.m.

Fandom Trivia Smackdown: 80s Music Monday, March 11, 7 p.m. Main Street Billiards, 215 S Main St.

Myths of the Auto Industry's Golden Age, Tuesday, March 12, 7 p.m.

Rhapsody a cappella ensemble Sunday, March 17, 2 p.m.

A Divine Madness: Creativity, Genius, and Mental Illness presentation by Dr. Brian Stogner, clinical psychologist and President of Rochester College - Tuesday, March 19, 7 p.m.

Archaeology Presentation Wednesday, March 20, 7 p.m.

KIDS & TEENS

All events at Rochester Hills Public Library unless stated otherwise.

5th Grade Battle of the Books Saturday, March 9, 2 p.m.

Life-Size Mario Party Saturday, March 9, 2 p.m.

Battle of the Books Awards Monday, March 11, 6 p.m.

Teen Game Night Wednesday, March 13, 7 p.m.

Python Coding Class Thursday, March 14, 4:30 p.m.

SAVE THE DATE

The 1975 Saturday, May 11, Meadow Brook Amphitheatre

Anderson .Paak & The Free Nationals Sunday, June 2, Meadow Brook Amphitheatre

Mo Pop Festival: Tame Impala, Vampire Weekend July 27-28 West Riverfront Park, Detroit - Mopopfestival.com

To submit an event, email News@gazettemediagroup.com. Submissions run in the paper space permitting. To advertise an event, email Advertising@gazettemediagroup.com.

GAZETTE RECOMMENDS...



FREE SOLO

Climber Alex Honnold sets out to scale the 3,000-foot marble cliff El Capitan in Yosemite National Park... without a rope. His lifelong dedication to the craft of free-solo climbing is chronicled in this National Geographic documentary, all leading up to the nerve-wracking, dangerous climb. The film recently won Best Documentary at the Academy Awards and while there were certain narratives and repetition within the film I didn't enjoy, I highly recommend it overall.

- Andrew Neal, Editor

Pisces: Try Looking for Love in All the *Right* Places for Once

YOUR MARCH HOROSCOPE

by
PAULA LYNDE

♓ PISCES (Feb 19-March 20): Problems with technology may cause frustration for you this month, Pisces. But it is likely that you can rely on a tech-savvy friend to help you keep your sanity. Is this tech-savvy friend single? If so, and you are unattached, look out. This is your month to find love in odd places. Married individuals and those in committed relationships, on the other hand, may need to work a little harder this month to avoid minor arguments. However, these relationships should smooth out on or around the 20th.

♈ ARIES (March 21-April 19): March likely brings some positive changes for you, Aries – both at work and at home. Embrace these changes, and your confidence will soar. Singles are lucky on the dating front this month. Just be careful not to jump into a serious relationship too quickly. Those in committed relationships may struggle to find time for their significant others. However, any resulting turmoil should clear up by St. Patrick's Day, especially if you surprise your loved one with a small gift, their favorite meal, or another kind gesture.

♉ TAURUS (April 20-May 20): A lot of bulls are struggling to shake the winter blahs this month. So, do something nice for yourself – a little self-indulgence will likely lift your spirits. You may also find that a close friend needs your help right now, and it will be much easier to assist if you are not in the doldrums yourself. Singles may have little interest in dating for the moment. But, don't worry.

Spring and new beginnings are just around the corner. If you already have a partner, do not refuse their support.

♊ GEMINI (May 21-June 20): Single Geminis may find romance on or around St. Patrick's Day. On the other hand, if you are married or in a committed relationship, don't be afraid to let your hair down and have fun. A little spontaneity will likely strengthen your bond. Unfortunately, a conflict with a close friend may cause you stress, but if you take a step back and examine the situation, you will probably find that the issue is solvable through compromise. So, have a heart-to-heart and hug it out.

♋ CANCER (June 21-July 22): What does the word love mean to you, Cancer? Throughout March, it is likely that you will have more opportunities than usual to explore this complicated, wonderful, and sometimes frustrating emotion and state of being. With family members, and romantic partners, you may find yourself asking what it means to love and to be loved. Luckily, this introspection will likely yield useful insights that will help you build better, stronger relationships with the important people in your life.

♌ LEO (July 23-Aug 22): They say that March comes in like a lion, and, as a Leo, you ALWAYS come in like a lion. You have a powerful personality, a strong will, and you normally know exactly what you want in life. However, right now, it is likely that you are questioning a major decision and asking yourself if you have made the right choice. The good news is that you can probably trust your instincts, so try not to overthink the situation. On the other hand, if you do make a mistake, look at it as an opportunity to grow and learn.

Dig Into Archaeological Discovery at Rochester Hills Public Library

On Wednesday, March 20, the Rochester Hills Public Library welcomes archaeologist Dr. Jon W. Carroll from Oakland University to discuss his research projects.

Carroll will focus on new innovative technologies for anthropological and archaeological surveying, mapping and analysis, and how this technology is implemented across the globe on four continents.

Carroll is also a Registered

Professional Archaeologist who specializes in the archeology of the Eastern Woodlands of North America, and FAA licensed drone pilot.

The program is Wednesday, March 20 from 7-8:30 p.m. in the Multipurpose Room and is open to everyone with an RHPL library card.

This program is geared toward adults but all ages are welcome. Please register in advance at rhpl.org/.

♍ VIRGO (Aug 23-Sept 22): Well, Virgo, there is a little extra chaos happening at home or at work this month – not your favorite thing. Naturally, your first impulse is to bring order back as quickly as possible. However, you must remember that you cannot control everything. Just take a deep breath and do what you can without getting too stressed out. Getting frazzled will only make the situation worse. As a consolation, you will likely accomplish an important goal by the end of March.

♎ LIBRA (Sept 23-Oct 22): Sorry to say, Libra, but March may turn out to be a stressful month. At work and at home, you likely have additional responsibilities and possibly some friction with other people. Don't worry, though. By April, everything should calm down. And, as a bonus, you will probably find that this trying time has strengthened your courage and fortitude. In addition, when you are at your most frustrated, it is likely that you will receive help and encouragement from an unlikely source.

♏ SCORPIO (Oct 23-Nov 21): Try not to lose your cool when things don't go as planned at work or at home. In hindsight, you will likely see that everything worked out for the best. As a Scorpio, you do not like to back down, but there is no shame in learning how to adapt. There is also a good chance that you will discover a new thing, activity, or person that/who will make a positive impact on your life. Even with a few bumps, it is shaping up to be a good year, and you largely have yourself to thank (with a little help from your friends).

♐ SAGITTARIUS (Nov 22-Dec 21): If you are still holding a grudge against someone with whom you used to be close, it is likely time to call a truce, especially if you miss this person. If pride is holding you back, tell your ego to step aside for a bit. Sometimes the proverbial olive branch is a heavy burden and it takes real strength to be the one who brings it forth and offers it up. You can do it, Sagittarius. Also, if you are in a committed relationship, get ready to rekindle the spark on or around the 19th.

♑ CAPRICORN (Dec 22-Jan 19): You may feel like you are stuck in a rut this month, Capricorn. So, pick up an abandoned hobby or discover a new one. You can also rejuvenate yourself by reconnecting with old friends, starting an exercise routine, or volunteering for a favorite cause. The good news is that your finances will likely get a boost toward the end of the month. So, maybe you can start planning your dream trip, a home improvement project, or an extra-special surprise for a loved one.

♒ AQUARIUS (Jan 20-Feb 18): March may go smoothly for you, Aquarius, but keeping your head above water will take some planning. So, now is the time to get organized. Make notes for yourself, keep your calendar updated, and keep your workspaces clutter-free, and you should sail through the month without breaking a sweat. You should also avoid unnecessary conflict with others by maintaining an open mind and a willingness to compromise. Keeping the peace will prevent unnecessary stress.

FirstState
Your Hometown Bank
PRESENTS

**The '70s:
Heavy, Hip and Happenin'**

Feb. 27-May 4 | Wed: 10am-8pm | Thur-Sat: 10am-4pm

Defined by events like the Watergate Scandal, the Fall of Saigon and the Iran Hostage Crisis, the 1970s was a decade of turbulence. Join us as we explore the rich history of the 1970s through exhibits, displays, presentations and interactive events.

Register Today! LorenzoCulturalCenter.com

THE ALBERT L. LORENZO
Cultural Center
AT MACOMB COMMUNITY COLLEGE
MACOMB COUNTY'S PLACE FOR DISCOVERY

Macomb Community College - Center Campus
44575 Garfield Rd (at Hall Road)
Clinton Township, MI 48038
586-445-7348

Health & Wellness

Five Simple Yoga Poses Beginners Can Practice at Home



by
AMY FORTUNE

Yoga fans and many health experts agree that there are several health benefits associated with regular yoga practice. Mentally, practicing yoga can relieve stress, help with focus, and (in some cases) alleviate anxiety. Physically, studies indicate that engaging in yoga can facilitate weight loss, improve flexibility, and increase muscle tone and strength. If you are curious about what yoga can do for you, there are plenty of yoga studios located throughout Michigan. These studios offer different styles of yoga to suit a variety of preferences, and they typically accommodate yogis of all experience levels. Or, if you are new to the practice and more comfortable starting out in the

privacy of your own home, here are some simple poses to try.

Five Poses for Beginner Yogis

It is not necessary to tie yourself into a pretzel to enjoy the benefits of yoga. In fact, once yoga becomes a stress test for the body, it is no longer yoga. Try these five simple poses to discover why there really is a perfect yoga practice for anybody.

Focused Breathing – Believe it or not, practicing yoga can be as simple as lying on your back and focusing on your breath. Just find a quiet place, lie down, close your eyes, and breathe in for ten counts, breathe out for ten counts, and repeat. Not only will this relax your mind and body, but it will also start you on the right path toward developing the focused breathing used by all yogis.

Cat/Cow – Get down on all fours (hands and knees shoulder-width apart) and arch your back like a cat. Then, gently come back to a neutral (tabletop) position and dip your belly low while slightly extending your neck (the cow part). Repeat until you feel a

“flow” and you will stimulate circulation and ease muscle tension.

feet to develop overall balance, focus, and stability.

Cobra – Lie on your belly and



Downward-Facing Dog – Often referred to as simply “Downward Dog,” this is one of the best-known yoga poses. To get into the pose, stand with your feet planted, shoulder-width apart. Then, carefully walk your hands out in front of you while rising to the balls of your feet (seat in the air). Plant your hands and look at your

bring your hands to the sides of your chest (elbows bent), palms on the floor. Then, slowly raise your chest by straightening your arms while keeping your legs, feet, and hips rooted to the floor. Over

time, this pose will help you achieve better posture – especially if you spent a lot of time hunched over a computer.

Legs-Up-The-Wall – This type of pose is called an “inversion” pose because it temporarily alters your body’s relationship with gravity and provides relief to joints and muscles that typically keep you upright and mobile. For Legs-Up-The-Wall, lie down with your seat pressed against a wall and your legs resting on the wall (creating a 90-degree angle). Allow arms to rest at about 45 degrees from your body, palms up. Then, close your eyes and practice your focused breathing.

As always, before starting a new physical activity, if you have existing injuries or any doubts, questions, or concerns, please schedule a consultation with your doctor before attempting the exercise.

What is Kombucha? It’s Alive!

Kombucha is a beverage that you have likely seen in the “healthy” section in one of the refrigerated aisles at your local supermarket. Although kombucha has reportedly been around for more than 200 years, its popularity has surged in recent years due to its supposed health benefits. It is a somewhat fizzy, slightly alcoholic drink with a unique flavor that is not enjoyed by everyone. In fact, many varieties feature stringy solids that make the beverage off-putting to some palates.

Kombucha contains living bacteria and is made by fermenting tea with a “symbiotic culture of bacteria and yeast” (SCOBY). The end-product of this process is commonly referred to as a “tea fungus” or “mushroom,” and this is the solid, stringy mass often found in bottles of kombucha. Typically, commercially-sold kombucha is sweetened and enhanced with popular flavors like strawberry, lemon, kiwi, and mint. The living bacteria in kombucha is reportedly pro-biotic, and this is the primary reason why it is believed to be so healthy.

Individuals have claimed that kombucha can treat a variety of illnesses and negative conditions. Proponents of kombucha consumption have also suggested that it can reduce the effects of aging – clearing up wrinkles,

encouraging hair loss and speeding up metabolism. However, most documented studies of the health benefits of kombucha have only included animals, not humans. So, more conclusive studies are needed to verify kombucha’s actual health benefits.

Compared to most bottled beverages (juice, iced tea, water, etc.) kombucha is a little pricey. So, some fans of the drink have opted to brew it at home. Brewing kombucha to produce the purest and most high-quality versions is also considered an artisanal hobby – very much like craft beer making. Yet, in rare cases, pathogenic microorganisms can contaminate kombucha during the brewing process. And, if consumed, these microorganisms can cause serious side-effects.

Reasonably healthy kombucha fans can safely consume the beverage on a regular basis. However, unless you have access to a sterile environment and the right knowledge, it is probably not a good idea to try making the drink at home.

Finally, ask your doctor about potential side effects before adding kombucha to your diet.

Lose Weight Today!

Call 586-248-4896

Schedule Your
FULL-BODY EVALUATION



Lost **72 Lbs**



Lost **35 Lbs**



Lost **58 Lbs**

20% OFF
WITH AD
Limited Time Offer

Visit www.IdealYou.us



Ideal You Sterling Heights
5626 Metro Pkwy
Sterling Heights, MI 48310

Ideal You Novi
26090 Lanny's Rd.
Novi, MI 48375

Ideal You Riverview
14550 King Rd.
Riverview, MI 48193



CLASSIFIEDS

March 7, 2019



Rochester & Rochester Hills
Gazette

GetYourGazette.com

@RRHGazette

@RRHGazette

Publisher

Mark Nicholson

Managing Editor

Andrew Neal

City Editor

Drew Howard

Editorial Contributors

Elena Durnbaugh
Nathan Inks
Cynthia Kmett
Amy Fortune
Peter Maurer

Advertising

Pam Brown

Production

AJ White
Jane Warunek

Circulation

Melissa Leung

TO SUBMIT EDITORIAL:

News@GazetteMediaGroup.com

ADVERTISING QUESTIONS:

Advertising@GazetteMediaGroup.com

248-524-4868
6966 Crooks Road Suite 22
Troy, MI 48098



HELP WANTED

Fourside setup and operators position. Experience only. Salary commensurate with experience. Great benefits include health insurance and 401k. Please respond by email to Foursidejob@gmail.com. 1/2

Looking for dependable, honest, trustworthy people to work security at corporate building & high end private home community on weekends in Rochester/Auburn Hills area. Great for retirees. Call Ricco Security 586-803-0003 or email team@riccosecurity.com. 2/2

FOR SALE

Cadillac Memorial Gardens - Grave plot. Sells for \$3,000 - Will sell for \$1,100. Call 586-372-0665. 1/2

CLEANING

Seeking clients for locally owned cleaning business. I am experienced in interior cleaning of real estate for agents, office buildings, and daytime housekeeping for residential homes. Solid references, all cleaning products and equipment provided at no extra cost. \$25/hr. Please call Kate 248-982-0784. Or email at KateWhiteCleaning@gmail.com 2/2

BLOOD DONATION OPPORTUNITIES



The American Red Cross encourages people to donate blood in order to meet supply needs in the Oakland and Macomb area. Donating blood is a simple way to make a lifesaving impact in your community. The American Red Cross regularly hosts blood drives.

To view the latest blood drives in your area, or to make an appointment to donate, visit RedCrossBlood.org or call 1-800-733-2767.

VOLUNTEER

Forgotten Harvest is a non-profit organization that collects surplus food and redistributes it to local charities, providing families in the metro-Detroit area with fresh and nutritious food.



Not only do their efforts benefit those in need in the community who need it most, they also help reduce food waste in the area by collecting large quantities of food from restaurants, wholesalers, and caterers. Forgotten Harvest is always in need of monetary donations and volunteers. Visit ForgottenHarvest.org for more information on how to donate your time, energy, and efforts to this worthy cause.

ADOPT A PET

Oakland County Animal Control and Pet Adoption Center have some wonderful dogs and cats waiting for someone to come rescue them! All of their dogs are current on age appropriate shots, microchip, and heartworm tested, all of their cats are up to date as well! If interested, please contact the shelter at 248-858-1070 OCAC is located at 1200 N Telegraph Rd Bldg 42E, in Pontiac.

Aruba



ADOPT A PET

Wanderlust



Alessandra



Blue



GET YOUR GAZETTE

Gazette Media Group is a media and events company based in Troy, Michigan. Originally established in 1980 by Claire Weber as the Troy-Somerset Gazette, GMG now publishes three local newspapers and hosts a variety of events throughout the metro Detroit area. The Gazette creates and curates hyper-local content and distributes free weekly newspapers throughout businesses in the community. Go to GetYourGazette.com to read past issues and to find the nearest pick-up location. The Gazette is always looking for news, photos, and tips from around the community. Email News@GazetteMediaGroup.com or call 248-524-4868 for editorial submissions.



NOW HIRING!

Part-Time Event Coordinator

- Assist in planning, producing and executing events
- Proficient with Mac, Excel, Word, Google Docs
- Must be organized and comfortable multitasking
- Must be reliable and able to work in Troy Office

Email resume to

Assistant@GazetteMediaGroup.com

Sudoku

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

Place Your Classified Here

Three Great Papers, One Low Price!

Place your classified ad in all three Gazette Newspapers and your message will reach seven of the most desirable communities in metro Detroit, including: Troy, Rochester, Rochester Hills, Shelby Township, Utica, Macomb Township, Washington Township, and surrounding areas.

	1 Paper	2 Papers	3 Papers
15 Words	\$12	\$20	\$25
Each Additional Word	25¢ per word	50¢ per word	50¢ per word

To place a classified advertisement, call 248-524-4868, fax 248-524-9140, or email classifieds@gazettemediagroup.com

Troy-Somerset
Gazette

Rochester & Rochester Hills
Gazette

Shelby • Utica • Macomb • Washington
Gazette

To place a classified advertisement, Call 248-524-4868, fax to 248-524-9140, or email classifieds@gazettemediagroup.com

15 words for \$12.00, each additional word 25¢ • Phone numbers and hyphenations count as 2 words, abbreviations count as 1 word
Single line of caps 75¢ • Bold single line of caps \$1.00 • Double line of caps \$1.50 • Bold double line of caps \$2.00

Payable by credit card or mailing a check to GAZETTE CLASSIFIEDS, PO. Box 482, Troy, MI, 48099. Please make check payable to Gazette Media Group.

Deadline for ad placement is 10 a.m. Wednesday, the week of publication.

Gazette Media Group reserves the right to revise, classify, or reject in whole or in part, any advertisement in this newspaper. Errors / Corrections: The Gazette is committed to correcting errors that appear in the newspaper. Those interested in contacting the paper for that purpose can email: News@GazetteMediaGroup.com or call 248-524-4868. Please note, the Gazette is not responsible for errors in advertising.

The Snow Days Dilemma

PERSPECTIVES



Op-Ed by
NATHAN INKS

This winter has been one for the record books in Michigan, and no one knows this better than local school administrators. Between snow and ice storms and a couple bouts of bitter cold, school districts quickly racked up snow days after the New Year. That could be problematic, as many districts are approaching or have already exceeded their snow day allotment for the school year.

Under state law, school districts must offer at least 1,098 instruction hours over at least 180 days. Districts are granted up to six snow days per year, with an ability to request an additional three from the state superintendent. Technically these additional days are not automatically approved, as a district must show both a need for the additional time as well as an explanation for why the district is unable to reschedule the missed days; as a practical matter, these requests are almost always approved, with only 10 out of over 200 districts having their requests denied last year. As of the middle of February, 77 of the 175 waiver requests made this year had been approved, with none yet being denied.

With the winter weather woes the state has suffered this year, some legislators have proposed changing the law. Senate Minority Leader Jim Ananich (D-Flint) and Rep. Ben Frederick (R-Owosso) have both discussed the possibility of exempting snow days declared during a state of emergency from counting toward a district's six-day limit.

Ananich also indicated he was considering legislation to forgive any snow days that exceed the six-day limit for the entire school year. The state waived the 180-day requirement back in 2013 for the

2012-13 school year.

There is certainly merit to the argument that schools should be closed during a state of emergency, and individual school districts should have the ability to close when their administrators believe it is necessary to do so for the safety of students and faculty.

However, the waiver rules and proposed forgiveness legislation simply do not make sense. If the requirement that students be in school for 180 days is backed by legitimate reasons, then why should the requirement be waived simply because of bad weather? If the state has determined that students need 180 days of learning, why should that change because of the weather?

On the other hand, if elected officials determine that waiving the requirement would not adversely impact students' learning, that would lead to the conclusion that the 180-day requirement is ultimately arbitrary. If the requirement is arbitrary, why not let individual districts determine what fits their students' needs? After all, there are vast differences in weather and population in school districts across the state.

Although every winter will not be like this one, Michigan school districts will continue to see seasons that necessitate more than six snow days. If the legislature determines that students need to be in school for 180 days, then that requirement should only be waived in the rarest of occasions. If, on the other hand, the legislature decides to focus primarily on the 1,098-hour requirement, this would give districts the ability to provide the same amount of education to students across the state in a way that best fits the district's needs; such a plan could still contain a broader guideline of days districts must be in session, in order to avoid too significant of a deviation. Whatever the legislature decides to do, the solution needs to be backed by legitimate reasons instead of being based on an arbitrary number.

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

week-long breaks, as most parents do, especially if the parents work.

So now, why don't they cut down on those break times? Then maybe the kids would get the full time they need in school if they don't use the extra days – then let them out earlier at the end of the year.

There will be a spring break coming up – so why not keep the kids in school to make up those lost days? Just an opinion from a parent.

– *Carlene Geier*

LETTER TO THE EDITOR

Regarding Nathan Inks' Op-Ed "Snow Days Dilemma"

We never know what the weather or any other disaster might happen to cause school closing and the kids missing the days they are supposed to have in school. I raised two kids in the Troy Schools and always hated the spring, summer, and winter

Early Bird Senior Expo

at the SOMERSET COLLECTION of Troy

Thursday, April 4th

north side, center court
7AM - 9:45AM



Get Help and the Answers You Need

Connect face-to-face with dozens of local organizations dedicated to helping seniors and their families in Troy and surrounding communities.

PRIZES & GIVEAWAYS!

Complimentary
BAGELS & COFFEE

PRESENTED BY



LYNCH & SONS

Funeral Directors



SENIOR LIVING COMMUNITIES

SPONSORED BY



Alternatives for Seniors
American House East II & Sterling Meadows
Baldwin House
Chester Street Residence
Clear Captions
Elements Massage
Empower Physical Therapy
Estate Information Services
Estate Preservation Agency
Fidelity Investments
Fraser Eye Care

Hampton Manor of Shelby
Assist. Living & Memory Care
Henry Ford Village Senior Living Community
KAYC Management
Klean Gutters Midwest
Magnolia by the Lakes
Morgan Stanley
Michigan Attorney General
Michigan Eye Institute
Neil King Physical Therapy
Oak Street Health



Oakland Community Health Network
Pinnacle Dermatology
Pulmonary Research Institute of Southeast Michigan
Rutkowski Law Firm
Seven Seas Travel
Somerset Ophthalmology
University Eye Care

FOR MORE INFORMATION CALL MARTY AT 248-524-4868 OR VISIT GAZETTEEVENTS.COM