



Health & Wellness Inside

Rochester & Rochester Hills Gazette

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Dr. Susan Bowyer to Run for Re-Election

Rochester Hills City Council Member Dr. Susan Bowyer has announced she will run to retain her seat in this year's November election.

"Having lived in the Auburn Road area in the 80s, I'm thrilled to see life brought back to that area of our city," said Bowyer. "Much of that area still looks the same as it did years ago—and our residents are excited to see the change and improvement coming!"

Bowyer sits on the Rochester Hills Green Space Committee, Paint Creek Trailways Commission, Sister Cities Committee to Rochester, and the Water & Sewer Technical Review Committee.

Bowyer works as a Senior Scientist at Henry Ford Hospital where she performs brain imaging on patients prior to brain surgery. She is a graduate of University of Michigan-Flint and a graduate of Oakland University. Bowyer is also an adjunct assistant professor teaching Physics at Oakland University, as well as Wayne State University Medical School where she is an assistant professor of Neurology.

"**Rochester Hills** continues to be one of the safest and most vibrant communities in the country," said Bowyer. "It's been my honor to serve on City Council for the past several years and I look forward to continuing this work, representing the residents of District 3, for another 4 years!"

To learn more about Bowyer and her re-election campaign, visit [Facebook.com/BowyerRochesterHills](https://www.facebook.com/BowyerRochesterHills) or email her at SMBowyer@gmail.com.



THE ROCHESTER UNITED FIGURE SKATING CLUB has been crowned the 2019 Michigan High School Figure Skating state champions! Last year, they placed second, and this year, they beat 11 other teams to take the title. The team features 39 skaters from Rochester, Adams, Stoney Creek and the International Academy, making Rochester United the largest team in the state.

Chief Schettenhelm Named Police Administrator of the Year

by DREW HOWARD

Rochester Police Department's very own Chief Steve Schettenhelm will be honored this May with the Police Administrator of the Year award.

Presented by the Police Officer Administration of Michigan (POAM), the honor recognizes Schettenhelm's accomplishments as the RPD police chief over his past decade of service. Members of the police department gathered at Rochester City Hall during the latest city council meeting to acknowledge the prestigious award.

"Through his efforts in leadership we have helped Rochester be nominated many years over multimedia outlets as a safe city," Amy Dramer, a police officer with the RPD, said. "The RPD has seen many, many changes over the last decade since replacing the last top ranking predecessor. We are fortunate to have chief Schettenhelm, and without hesitation, the RPOA and the RCOA from all ranks and positions recommend him for the POAM Police Officer Administrator of the Year."

A letter of recommendation for Chief Schettenhelm sent to the POAM outlined a host of new policies, procedures and best practices he helped carry out since his appointment.

The letter notes that Schettenhelm helped remove ticket quotas for RPD officers, introduce a K-9 to the unit, fix and replace vehicles regularly, add a dispatch position and two ordinance officers, and allow officers and dispatch to work 12 hours shifts upon their requests.

"Now, one might say that some

See SCHETTENHELM, page 2

Keighley Announces Run for Rochester City Council

by ELENA DURNBACH

Amanda Harrison Keighley, Rochester resident and Community Relations Specialist at the Rochester Hills Public Library, announced her candidacy for the 2019 Rochester City Council election this week.

As a candidate, Keighley wants to focus on quality of life, public safety, and fostering sustainable growth for the city.

"I have a real passion for people and a will to serve my community," she said. "I have a deep investment here."

Keighley has lived in Rochester with her husband Michael since 2013. She currently works at the Rochester Hills Public Library where she organizes community and educational events. At the library, she oversees large projects like TEDxRHPL and the annual biking history tour in partnership with the Museum at Van Hoosen Farm.

For the past five years, Keighley has volunteered with the Older Persons' Commission Meals on Wheels program and has served on the City Beautiful Commission for two years. Keighley is also a member of the Rochester Regional Chamber of Commerce Young Professionals and a graduate of the Rochester Regional Chamber of

See HARRISON KEIGHLEY, page 2

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Classifieds

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Scholarship Program Aimed at Social Entrepreneurship

Oakland County-based real estate firm, Stewart Team, recently announced a scholarship program in partnership with Rochester College aimed to help students majoring in social entrepreneurship.

Sophomore Rilee Liebler, a Clarkston resident, is the first

recipient of the \$5000 scholarship. A student-led service day will be held on Wednesday, April 10, where volunteers will gather to clean the Clinton River Trail, pack food at Neighborhood House, and assist with clean-up at Avon Lakes Senior Living.

Learn more at rc.edu/.

Rochester Librarian Announces Campaign for City Council

HARRISON KEIGHLEY, From page 1

Commerce's leadership program. She serves on the Community Organization Regional Exchange Board of Directors and represents Rochester on the CMNtv Board of Directors.



AMANDA HARRISON KEIGHLEY

Keighley said she started carefully considering a run for City Council six months ago.

"It started with a conversation with one of the sitting City Council members and then moved to a conversation with my husband, and just a hard look at what it was that I wanted and what I felt I could bring to Rochester City Council," she said.

Keighley said she felt it was important for Council to be diverse.

"You need people who have different ages and different backgrounds, so everyone can bring something different to the table," she said.

Keighley earned her bachelor's degree in journalism from Central Michigan University in 2013 and said that her journalism experience, which taught her to be very research focused, made her a good candidate.

"I would use those skills to make very well informed decisions and to dive deep into the topics and the issues that are facing our community," she said.

One of those issues, according to Keighley, are the new lead and copper rules revised by the Michigan Department of Environmental Quality last year that have come through at the county level.

"There's new legislation that will impact our city greatly on getting rid of any lead that has access to our water," she said. "That will be an important issue that we'll have to deal with."

Sustainable growth is also an issue important for Keighley.

"We have little real estate left to build in this community, and I think that it's very important that we do that efficiently, while we also honor the history that's here, because it's very rich," she said.

Keighley's commitment to helping the community drives her desire to serve on City Council.

"Community service is really a foundation for me. It's a way of life," she said. "I have met such incredible people through my volunteer work and my service that I want to bring those relationships and hear their voice and thoughts."

Keighley said she says that foundation of service reflected in Rochester. It's one of the things she said makes the city such a great place to live.

"We have a real sense of community, people take great pride in it. There's a passion here and a will to serve," she said. "These bring a very high quality of life for us that I'm really proud to be a part of, and that would not exist if it weren't for the people in this community."

City Council elections will be held November 4. The terms of Mayor Rob Ray, Mayor Pro Tem Kim Russell, and Council Members Ann Peterson and Ben Giovannelli all expire in 2019. The deadline to file candidacy is April 23 at 4 pm. A primary will be held in August if nine qualified candidates file.

City Clerk Lee Ann O'Connor said that, historically, primaries are not often required for local elections. The last time Rochester held a primary for a local election was in 2007.

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Police Chief Credits Team for "Making Me Look Good"

SCHETTENHELM, From page 1

of these items may have changed anyway regardless of who was in charge," the letter of recommendation reads. "Maybe. But the leader needs to embrace and implement change in order for it to be effective."

RPD officers praised Schettenhelm's efforts to create an evidence technician unit that enabled officers to process crime scenes. The Chief also helped initiate new training opportunities for officers, according to the letter, and add security cameras around

the RPD building along with a new garage to house police vehicles.

"Chief Schettenhelm does what is right for the good of the community and all those who work for him," the letter reads. "We are not employees to him, we are coworkers, we are family."

"He gets to know us as people, not employees. He truly gets to know each and every one of us, treating us with such respect, motivating our department to follow his lead and to give our all to the community."

Schettenhelm offered up some humble words following the city

council presentation, noting that it's not just him who should be praised for the RPD developments.

"This is now the second time I've had the pleasure of hearing all things I supposedly did," Schettenhelm joked. "In actuality it's the folks back here who do the work. They're the ones who make me look good, and I certainly appreciate their efforts."

"Being in police work is just like any other sports team," he continued. "It's a team effort. And we've got a good team behind us."

New Day Foundation Adds Two Rochester Hills Natives to Staff, Board

New Day Foundation for Families, a Rochester-based nonprofit organization dedicated to reducing the effects of financial toxicity and emotional stress caused by cancer, has recently added new staff and board members.

Two Rochester Hills natives have been hired, Kevin Beers to the Advisory Board and Nancy Benedettini as Director of Finance.

Beers has been involved with New Day for several years, and is public relations coordinator for

HealthQuest Physical Therapy in Rochester Hills and a member of the Rochester Community Schools Board of Education.

Benedettini brings expertise in accounting, finance, HR and benefits management to New Day's team. Nancy and her husband, Steve, have three sons, are active in the community and started the local 100 Faithful Friends giving charity. The couple also had the honor of serving as Grand Marshals in the Rochester Area Hometown

Christmas Parade in 2017.

"We are so pleased to welcome Kevin and Nancy to the New Day team," said co-founder and president Gina Kell Spehn. "They are both so respected in our community and eager to bring their resources to us. With their help, we can raise awareness of cancer-related financial toxicity (CRFT) and its devastating effects on families."

To learn more about the New Day Foundation for Families, visit Foundationforfamilies.org/.

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The Perfect Cut, MGC Custom Countertops

HOME SHOW PREVIEW

OAKLAND SPRING HOME SHOW
Oakland University, May 4 & 5, 2019

The granite, marble, and quartz come from quarries as far away as Italy, Brazil, and India and are cut with an artisan's eye to make custom fit countertops.



At MGC Granite and Design, owner Glen Mihaj combines experience and the latest technology to guide customers through purchasing luxury countertops for their home.

"We try to be with them in every step of the process," Mihaj said. "They only do this once."

Prices start at nearly \$30 per square-foot of stone, and Mihaj knows that for many of his customers, buying stone countertops is a big purchase. Because of that, Mihaj said it's important to help his customers get it right.

The company uses premium quality stone instead of commercial grade. According to Mihaj, the cracks are more visible in commercial grade stone, and the stone he uses is almost perfect. For him, it's important that the products have a good warranty.

The process starts with a phone call and a simple drawing to get an idea of what the customer wants in their home. From there, the company takes laser measurements of the space, so that the countertop will be a perfect fit.

"None of the walls are straight," Mihaj said.

Customers get a ballpark estimate of how much the project will cost, and then they get to come in to the store or go to a nearby supplier to look at their

stone choices. If they like a particular part of a slab, they can tag it. MGC Granite and Design will incorporate it into the countertop wherever the customer would like to see it. Normally, it takes seven-10 business days to complete the job. Mihaj makes sure that customers can ask questions every step of the way, so that they understand the process.

"You have to have a relationship with your customers," he said. "We spend as

much time with customers as we can, so they don't make a mistake."

Mihaj makes sure that his company is using the right tools to do the job well. At every point, the company takes care to be accurate and precise. Instead of cutting the stone by hand, the company uses CNC machines, which are programmed to make the perfect cut.

MGC Granite and Design was started in 2001 and is a family owned company.

"We started just like everybody else," Mihaj said. "We started small."

Since then, the company has grown, but Mihaj said he has no plans to expand the business beyond the point at which he can give customers the level of attention they deserve.

"They want to talk to someone face to face... Their home is our home," he said. "We strongly believe the customers are a priority for us."

MGC Granite and Design is located at 14230 E. 11 Mile Rd. in Warren. To learn more about MGC and purchasing custom countertops, call 586-777-7722.

MGC will be attending the Oakland Spring Home Show, produced by Gazette Media Group, at Oakland University's O'rena on May 4-5. To learn more about the home show, visit YourHomeShows.com/.

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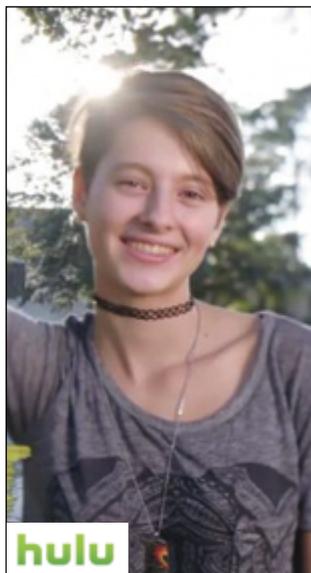
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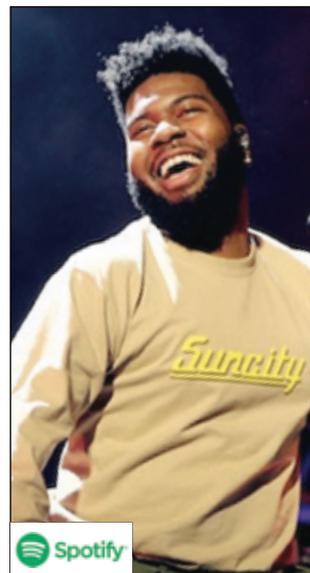
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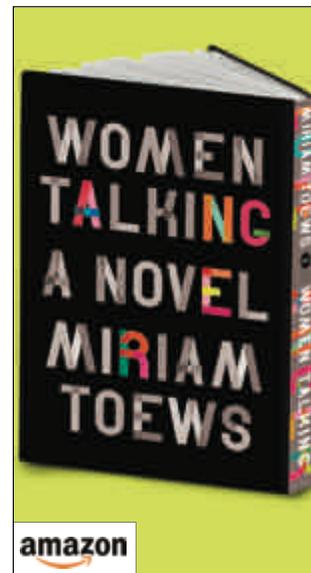
RAISING TOURETTE'S
Docuseries, TV-PG



VICE
Biography/Comedy, R



FREE SPIRIT - KHALID
Alternative/Indie, Loma Vista



WOMEN TALKING - MIRIAM TOEWS
Fiction, Bloomsbury

MUSIC

World Music Concert Friday, April 5, 8 p.m. Varner Recital Hall, Oakland University

Ex Hex Monday, April 8, 7 p.m. The Loving Touch, Ferndale

Steve Taylor Thursday, April 11, 8 p.m. Rochester Mills Beer Co.

Old Sea Brigade Thursday, April 11, 7 p.m. The Pike Room, Pontiac

Diana Chittester Thursday, April 11, 8 p.m. 20 Front Street, Lake Orion

Gypsy & The Rockers Saturday, April 13, 7:30 p.m. Buffalo's Anchor Bar, Rochester Hills

La Dispute Monday, April 15, 7 p.m. The Crofoot Ballroom, Pontiac

ON STAGE

Opal Now thru April 14, Rochester College Theatre

Venus Now thru April 13, Studio Theatre at the Hillberry, Detroit

Mamma Mia! April 5-14, Bonstelle Theatre, Detroit

Hansel & Gretel April 6-14, Michigan Opera Theatre Children's Chorus

Dean Delray Thursday, April 11, 7:30 p.m. Mark Ridley's Comedy Castle, Royal Oak

Kinky Boots April 13, 1:30 p.m. & 7 p.m. Macomb Center for the Performing Arts

Trevor Noah Friday, April 26, 7:30 and 10 p.m. Fox Theatre, Detroit

AROUND TOWN

Karaoke Every Tuesday, 9 p.m. Penny Black Grill & Tap, Rochester

Ragnar & Saucony Trail Run Sunday, April 7, 8:20 a.m. Bloomer Park, Rochester Hills

National Pet Day - Donations for Leader Dogs for the Blind Thursday April 11, 11 a.m. Buffalo's Anchor Bar, Rochester Hills

Rotary Wine & Beer Tasting Fundraiser Friday, April 12, 6:30 p.m. Bordine Nursery, Rochester Hills

Bunny Egg-citement Saturday, April 13, 9 a.m. Meadow Brook Hall & Gardens, Rochester Hills

Bunny Bash Saturday, April 13, 3 p.m. The Village of Rochester Hills

Mom2Mom Spring Sale Saturday, April 13, 8:30 a.m. Lutheran Northwest, Rochester Hills

Chamberlain Mobile Petting Zoo Sunday, April 14, 11 a.m. Bordine Nursery, Rochester Hills

LIBRARY

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

Jigsaw Puzzle Tournament Saturday, April 6, 1 p.m.

Basic Tech Help for Seniors Sunday, April 7, 1:30 p.m.

Library Board Meeting Monday, April 8, 7 p.m.

ELL Conversation Group Tuesday, April 9, 10 a.m.

HPV Panel Discussion Tuesday, April 9, 6 p.m. with Ascension Providence of Rochester

Between the Lines Book Discussion "Manhattan Beach" by Jennifer Egan - Wednesday, April 10, 10 a.m.

Crafternoon Saturday, April 13, 6 p.m.

KIDS & TEENS

All events take place at Rochester Hills Public Library unless stated otherwise. Register at Rhpl.org/.

PAWS Wednesday, April 10, 6 p.m. Practice your reading with trained therapy dog Abbey

Spring Storytime Wednesday, April 10, 7 p.m. Spring-themed storytime and craft

GAME Night Wednesday, April 10, 7 p.m. Gaming, Anime, Movies, and Entertainment

SAVE THE DATE

DMX Friday, May 3, 9:30 p.m. Saint Andrew's Hall

Lizzo Wednesday, May 15, 7 p.m. Saint Andrew's Hall

New Kids On The Block Tuesday, June 18, 7 p.m. Little Caesars Arena

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

GAZETTE RECOMMENDS...



ONE MILLION AMERICAN DREAMS

A documentary featuring the heartbreaking stories of four families whose loved ones were buried in a modern day potter's field on Hart Island. Buried by prisoners from Rikers Island, more than one million bodies rest on the island. The documentarian seeks to expose the poor practices by the city and the medical examiner's office when it comes to the less fortunate or deceased with family members that are difficult to notify.

- AJ White, Creative Director

Aries, Your Time is in High Demand, So Find Your Balance

YOUR APRIL HOROSCOPE

by
PAULA LYNDE

♈ ARIES (March 21-April 19):

As the weather warms up, try spending a little time with nature this month, Aries. A little fresh air and sunshine will likely recharge your batteries and give you the energy you need to tackle the busy days ahead. At work and at home, you are likely in high demand right now. But if you balance the additional responsibilities with some occasional "me time," you will enter May with a gratifying feeling of accomplishment and an invigorating sense of purpose.

♉ TAURUS (April 20-May 20):

This month, Taurus, you may find yourself cast in the role of teacher, gaining opportunities to share your knowledge with someone in need of instruction. As a bonus, you will probably learn a few things about yourself through the act of teaching. This new self-awareness will come in handy toward the end of April, when you are likely to form a relationship with someone special. This may turn out to be a romantic relationship or an incredibly strong friendship.

♊ GEMINI (May 21-June 20):

Someone may threaten your ability to trust this month, Gemini, so try to remember that one dishonest person does not represent all of humanity. There are plenty of good people in the world who are worthy of your love and friendship. In fact, several of these folks are probably in your life already – while many more are waiting in the wings. Also, while your confidence is probably not at an all-time high right now, you will probably surprise yourself with an unexpected accomplishment either at home or at work.

♋ CANCER (June 21-July 22):

Even if you are not normally a "night owl," Cancer, do not be surprised if your most productive hours are during this evening, this month, as ideas come to you long after the dinner dishes are cleared. Just remember to make yourself go to bed early enough to get enough rest, as you will need your energy to follow through with these great ideas. In addition, if you are single, a new acquaintance may turn into more than a friend, even though you may not see the potential at first.

♌ LEO (July 23-Aug 22): This month, Leo, you may, as they say, "get by with a little help from your friends." Yes, you are tough and independent, but, like most people, you cannot do absolutely everything on your own. Sometimes tough situations call for assistance, and there is nothing wrong with accepting a helping hand. In fact, you may discover a new type of strength in admitting that you need assistance. Also, if there is a new person at work who seems strange or suspicious, give them a chance. Things and people are not always what they seem.

♍ VIRGO (Aug 23-Sept 22):

Virgo, right now, you are likely feeling the need to start, restart, or intensify your fitness routine. You may also have the urge to detoxify your body and adopt healthier eating habits as you jump into spring. These are very good things. But be careful not to burn out too quickly with your health and fitness goals. Instead, take things slowly, making minor changes every day for long term results. And remember that positive relationships with other humans are good for your health too.

♎ LIBRA (Sept 23-Oct 22):

Love is in the air throughout April, Libra, and it is quickening your pulse and putting a spring in your step. If you are in a committed relationship, you will likely look at your partner with a renewed interest, remembering all the reasons why they are that special someone. On the other hand, if you are single, the possibilities may seem endless right now, and you are ready to get out

and meet people. Just keep your head cool enough to avoid falling for the wrong person just because the timing seems right.

♏ SCORPIO (Oct 23-Nov 21):

No pressure, Scorpio, but your actions in April are likely to set the tone and pace for the rest of the year. So, it may be an understatement to say that things seem busy and hectic right now. It is okay. Just breathe. Just keep your head firmly on your shoulders, your resolve steady, and your goals in plain sight, and you will sprint into May on a high note that will probably carry you through December. Just, with all the excitement, don't forget to do that thing you've been meaning to do. It is important.

♐ SAGITTARIUS (Nov 22-Dec 21):

You are likely feeling bold right now, Sagittarius. And, while this is normally not a bad thing, there is such a thing as too bold. For example, a friend may dare you to do something dangerous this month, and you may be tempted to take the dare, do the deed, and revel in the glory. But there is no glory in putting your safety at risk. Instead, there is wisdom in making prudent decisions. Now, of course, if your friend wants you to take an impromptu vacation to a place you've never been, and you have the time and money to go, do it. That is the good kind of bold.

♑ CAPRICORN (Dec 22-Jan 19):

April may turn out to be a very social month for you, Capricorn. It is likely that new acquaintances, old friends, and coworkers will invite you to gatherings and events, giving you excellent

opportunities to network and meet even more new people. However, through this abundant human contact, you will probably encounter at least one individual who will challenge your patience through words, actions, or both. When this happens, stay calm and walk away. Your aloofness and ability to continue having fun is the best possible comeback.

♒ AQUARIUS (Jan 20-Feb 18):

You may experience some challenges this month, Aquarius, but you will find that you are able to conquer any obstacle if you maintain your sense of humor. Now, more than ever, the ability to laugh at situations – and yourself – is crucial. In addition, these challenges (if managed correctly) will present you with opportunities to grow as a per-

son. Either at work or at home, you will likely pick up new skills, learn to better manage conflict, and develop an improved sense of confidence.

♓ PISCES (Feb 19-March 20):

April is likely to bring positive changes for you, Pisces, so you can likely breathe a sigh of relief. Long-brewing issues and situations that have caused you stress will likely get resolved. And there is a very good chance that you will finally come up with a solution to that one problem that's been driving you crazy – you know the one. In addition, if you are single, an existing friendship may turn into something more. Or, if you are in a committed relationship, there is a good chance that your partner will surprise you with some good news.

National Book Award Winner Justin Phillip Reed, Finalist Angela Flournoy to Speak at OU

Literature buffs, take note. On Tuesday, April 9, Oakland University's Department of English will host a reading and discussion in collaboration with the National Book Foundation.

Poet Justin Phillip Reed and novelist Angela Flournoy will give readings from their work at 5 p.m. in Banquet Room B of the Oakland Center. A question-and-answer session and book signing will follow. The event is free and open to the public. Refreshments will be provided.

Reed is the author of a chapbook, "A History of Flamboyance" (YesYes Books, 2016), and a full-length collection,

"Indecency" (Coffee House Press, 2018), winner of the National Book Award for Poetry. He is also the recipient of fellowships from Cave Canem, the Conversation Literary Festival and the Regional Arts Commission of St. Louis.

Angela Flournoy's debut novel "The Turner House" (2015) won the First Novelist Award. The novel, which is set in Detroit, was a finalist for the National Book Award for Fiction, and shortlisted for the PEN/Robert W. Bingham Prize for Debut Fiction. It was also nominated for an NAACP Image Award and named a New York Times Notable Book of 2015.



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LESSONS - LEAGUES - PRIVATE EVENTS

Health & Wellness

Professor Studies Athletic Concussion Management

A new study by Daniel J. Goble, Ph.D., associate professor of exercise science at Oakland University, has been published in the Journal of Athletic Training. The study examined more than 10,000 male and female athletes, ages 8 to 21, to provide normative data for the BTrackS Balance Test (BBT), a tool that Dr. Goble invented for concussion balance testing.

"Millions of concussions are sustained each year as a result of sports, and poor assessment tools sometimes allow athletes to return to play before they are ready," Dr. Goble explained. "This situation exposes them to second impact syndrome, a condition that can result in catastrophic, long-term brain damage or even death."

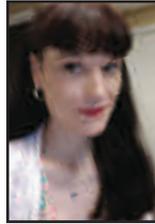
To manage sport-related concussion, the most recent consensus statement by the

Concussion in Sport Group advocates balance testing as one component. Dr. Goble's study provides the largest database of athlete balance results ever published and uses assessment technology twice as effective as the current standard used by 85 percent of athletic trainers. The BBT uses low-cost force-plate technology to objectively measure postural sway (i.e. balance).

The study's normative data can help athletic trainers spot "malingering," which is when athletes don't try hard on baseline tests to improve the chances of later passing tests when concussed. The data can also help identify athletes with unknown neurological conditions before the season starts, as well as athletes in need of balance training.

The journal article can be viewed at natajournals.org/.

Not Only is Ballroom Dancing Fun, It's Good for Your Health



by
AMY FORTUNE

You probably hear it all the time, that adding exercise to your daily routine will help improve your physical and mental health. However, if you find that you have little motivation to start a new physical activity, you are not alone.

For most people, life itself takes up a lot of energy. Between work, and social obligations, spare time is precious. So, why would you want to spend it sweating in a gym?

Well, the time and effort that you put into physical activities yields benefits and rewards, including better fitting clothes, a healthier heart, and an overall sense of well-being. And there are different types of gyms to suit different fitness styles and levels, as well as yoga and barre fitness studios. You can also walk, jog, or run outside or work out from the comfort of your home. And if you want to discover a truly unique way to exercise, try ballroom dancing.

Ballroom Dancing as Exercise
Ballroom dancing allows participants to have fun, socialize, and break a sweat. Studies show that frequent dancing has positive effects on the body and mind.

Building Strength and Flexibility

Engaging in dance builds strength in your legs and arms, especially if you learn intricate movements and work muscles



that get little use in your everyday life. Also, as you practice different steps, it is likely that you will become more advanced with your choreography, gradually increasing your flexibility as you go.

Improving Cardiovascular and Bone Health

The constant movement required for ballroom dancing (even a slow waltz) can increase your heart rate and eventually lead to lower blood pressure and cholesterol levels. Dancing can also help you prevent or slow osteoporosis-related bone loss through the strengthening of weight-bearing bones.

Sharpening Intellectual and Mental Abilities

In an extensive study, the New England Journal of Medicine observed a group of adults aged 75 or older for 21 years. Through their observations, they discovered that ballroom dancing is one of the only studied physical activities that can reduce the risk of cognitive impairments such as dementia. How? When the brain is used to learn things like intricate dance steps, neural pathways that can prevent weakening synapses are created.

Promoting a Healthier Self-Image

Working out (through dance or any other physical activity) releases endorphins in the brain, naturally lifting your mood. In addition, regular participation in ballroom dance promotes weight loss by burning calories and toning muscles – helping you to look and feel your best.

Reducing Stress

Group ballroom dance lessons and dancing in social settings provide excellent opportunities to make new friends and build camaraderie among individuals with a shared hobby. These types of positive exchanges go a long way toward relieving everyday stress and frustrations.

Take the Leap and Start Dancing Today

With or without a partner, you can find dance lessons in your area with a little research. Just check your local newspaper for events and classes in your area or look online for classes near you.

Understanding Pancreatic Cancer and Its Causes

Pancreatic cancer is the 4th leading cause of cancer death in the United States. It's estimated that over 50,000 new cases are diagnosed each year and over 40,000 people die because of this disease annually. The lifetime risk of developing the disease is 1.6%. The risk is about the same for men and women and the typical range of age at the time of diagnosis is between 65-74 years old.

The pancreas is an oblong organ located behind the lower part of the stomach, between the stomach and the spine. It produces juices that aid in digestion and makes insulin and other hormones that help the body absorb sugar and control blood sugar.

The pancreas mainly contains

two kinds of cells – exocrine cells, which make and release enzymes that aid in food digestion, and endocrine cells, which produce and release important hormones directly into the bloodstream.

The majority of pancreatic cancers start in the exocrine cells that line the ducts of the pancreas. These are called pancreatic adenocarcinomas. When cancer begins in pancreatic endocrine cells, it's called a pancreatic neuroendocrine tumor (NET). There are many subtypes of this type of tumor.

Some risk factors can be changed, while others cannot.

Risk factors that can be changed include smoking and obesity. People who smoke are about twice as likely to develop

pancreatic cancer and being very overweight increases your chance of developing pancreatic cancer by 20%.

Other pancreatic cancer risk factors can't be changed, including age, family history, diabetes, and chronic pancreatitis.

The risk of pancreatic cancer increases sharply after 55 years old. People with long-standing history of type 2 diabetes have an increased likelihood of developing pancreatic cancer. And long-term inflammation of the pancreas is linked with increased pancreatic cancer risk, especially in smokers.

Not everyone with the above risk factors gets pancreatic cancer. However, if you have risk factors, you should discuss them with your doctor.

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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

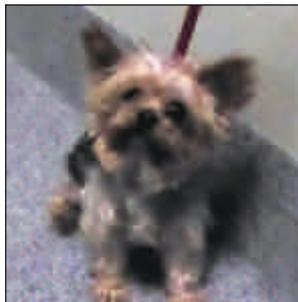
Oakland County Animal Control and Pet Adoption Center have some wonderful dogs and cats waiting for someone to come rescue them! All of their dogs are current on age appropriate shots, microchip, and heartworm tested, all of their cats are up to date as well! If interested, please contact the shelter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

ADOPT A PET

Lena



Kong



Buddy



Ruby



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.



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

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Meadow Brook's "Stick Fly" Offers Entertainment, Unique Perspective

PLAY REVIEW

by
SUZANNE ANGIO (member, American Theatre Critics Association) and
GREG ANGIO (Member Emeritus, San Francisco Bay Area Theatre Critics Circle)

The LeVays seem to have it all. They're from old money, well-educated and financially secure, with a fine summer home on Martha's Vineyard that's been in the family for generations. The two family scions, thirtysomething sons, are bringing their new girlfriends home to meet the folks and spend a pleasant and luxurious weekend at the seashore.

This rather bland upper-class setting serves as an effective backdrop for slicing through nearly every social and cultural expectation we have today: between parents and children, between blacks and whites, between the upper and lower classes, between romantic partners, and also what defines a successful life. It's powerful stuff, sure to inspire spirited discussion afterward.

Written in 2006 by Detroit native Lydia R Diamond, this thoughtful, funny, provocative play seeks to present a view of African-American family life that's vastly different

from what is usually seen onstage, in films and on TV. "Stick Fly" garnered LA Drama Critics Awards in 2010 for Best Production, Best Direction and Best Ensemble Cast. It premiered on Broadway in 2011 and ran a year to critical acclaim, produced by singer-songwriter Alicia Keys, who said "...it's

charmingly effective Lorenzo Scott) is a strong and loving father, but he proves to be inflexible and judgmental when things don't go as he expects. He doesn't immediately say why Mrs. LeVay won't be there, a mystery that has everyone wondering, like a buried incendiary bomb.

bristling and bitter from rejection by her upper-class father, a famous author. She and her mother had to struggle to survive, and now she feels intimidated by her surroundings, afraid she doesn't fit in with her new beloved's upscale family.

Flip (smoothly played by Gary-Kayi Fletcher) is tall and handsome, a successful doctor and favored son. Kimber (Dani Cochrane), Flip's lady and the only white person in the group, works with inner-city children and has a deep understanding of their needs, even though she comes from a privileged background. Cochrane has some wonderful moments, showing a talent for both pathos and comedy.

Cheryl (Kendra Holloway), a sweet and lively teenager, is helping out while her ailing mother, the family maid, recovers at home. Holloway as Cheryl provides much of the comic relief and, at a critical time, reveals an explosive secret that changes the family forever. At one point, the poor girl seems to desperately need a hug, and someone to say just one kind word.

The ensemble cast is truly remarkable, but Reeves delivers, hands-down, the most compelling performance as the antagonistic

protagonist Taylor. She reveals her character's inner soul so that anyone, anywhere, will instantly understand her, and see themselves in her. This is the actor's gift to us, the audience.

Meadow Brook brought in guest director Benjamin Sterling Cannon from Washington College in Maryland, where he lectures on dance and movement. Cannon's direction is sure-footed, skillfully weaving the complex interactions between the characters as a sort of choreography of dialogue, a delicate dance on a powder-keg. The lovely set by Jen Price Fick and Scott Ross' true-to-life ambient lighting and well-placed spotlights help tell the story, with fantastic classical jazz music giving just the right atmosphere.

"Stick Fly" is an important and unforgettable work, a collaboration between playwright and stagecraft that should not be missed.

The play runs now through April 14 and tickets start at \$30. Performances are held at Meadow Brook Theatre. For tickets and more information, call 248-377-3300 or visit mbtheatre.com/.



Photo courtesy of Meadow Brook Theatre

relatable with universal themes that go beyond race and class. It's about family and the secrets that unravel. No matter where you come from, or what you look like, this is a story for you because it addresses the human experience."

The family patriarch, noted neurosurgeon Dr. Joseph LeVay (a

Kent (Tyrick Wiltez-Jones) is a disappointment to his father because he wants to be a writer instead of a lawyer. Wiltez-Jones gives a sympathetic and captivating performance as the conflicted Kent. His academic girlfriend Taylor (the outstanding Briana Gibson Reeves) is very direct and outspoken,

And She Ran, She Ran (Not) So Far Away

POLICE PATROL



■ **RUNNING FROM THE COPS USUALLY DOESN'T PAY OFF** – Rochester officers were

dispatched to the 300 block of Main Street on a Retail Fraud in progress. Officers arrived on scene and were informed that a woman was stuffing items in her purse without any intent to pay for them. The woman was still there when officers arrived and attempted to flee the scene. Police say a brief pursuit ensued and she was subsequently caught and arrested. A total of 12 items were recovered, totaling \$73.36. She was transported to the Rochester Police Department, booked and charged with Retail Fraud.

■ **FULL STOP** – Last Saturday night, an officer was conducting selective enforcement of Third Street when they observed a vehicle run a stop sign at Third

and Pine. The officer followed the vehicle and observed several more infractions being committed. After pulling the vehicle over and speaking with the driver, a man from Macomb, the officer smelled a strong odor of intoxicants emitting from the inside of the vehicle. The driver refused the PBT and was arrested and taken to the Rochester Police Department where he was booked, and further testing was conducted. A data master breath test was done, and the result was more than twice the legal limit. Police say a warrant for Operating with a High BAC will be sought.

■ **RECORDING AND DISORDERLY** – Another incident last Saturday night, a Rochester officer was conducting a traffic stop on the 100 block of Main Street. The officer was performing sobriety evaluations on a person who appeared to be intoxicated when another person walked up to the officer and began recording the investigation with his cell phone. Police say the man then began to obstruct the officer's investigation by telling the person to not cooperate. The officer

smelled an odor of intoxicants coming from the man and said that he was continuing to be disruptive and disorderly. The officer arrested the man and transported him to the Rochester Police Department for processing. He was held until sober and issued a citation for Resisting/Obstructing Police.

■ **SUSPENDED** – Last Saturday just after 10:30 p.m., an officer was on street patrol in the area of Fourth Street, and observed a vehicle make an improper turn. The officer followed the vehicle and observed another infraction. The officer made contact with the driver, and it was discovered that the driver's license was suspended. He was subsequently arrested, charged with driving with a suspended license and was later released on a citation.

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.

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