



Health & Wellness - Inside

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Live music lineup announced for 2nd Annual Fork & Cork Festival

The 2nd annual Fork & Cork Festival presented by Crest Lincoln of Sterling Heights returns to downtown Utica September 20-22 with three days of live music, food, and fun.

The festival features food trucks, local restaurants, craft beer and wine, artists and vendors for a weekend that celebrates the end of summer and beginning of fall. This year, the festival will be located in Memorial Park and the adjacent parking lots on the south side of Auburn Road just west of Cass in downtown Utica. Admission to the festival is free and beer tickets can be purchased at two convenient locations near the festival entrances. Proceeds from beer and wine sales benefit the Humane Society of Macomb.

Two live music stages will keep festivalgoers entertained all weekend long, with the Acoustic Stage located behind Muldoon's and the Main Stage in Memorial Park.

Just announced, Credit Union One will be the Main Stage sponsor at the 2019 Fork & Cork Festival, hosting a variety of genres and musical groups.

Friday evening acts include Grand Rapids-based funk ensembles Soul Priority and Big Sherb, as well as local indie favorites Remnose.

Saturday's Main Stage lineup will feature local indie-rock quartet Sunblocker, and the classic cover songs from Wag the Dog and the Sun Messengers.

See FORK & CORK, page 5

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Classifieds



STATE SENATOR MIKE MACDONALD OF DISTRICT 10, his wife Laura, Senator MacDonald's Community Outreach Director Kerry Jantz, and car owner Paul Btre are pictured above at the Clinton Township Gratiot in Paul's 1957 Ford Fairlane. Sen. MacDonald, his wife, and Jantz are all Macomb Township residents.

Macomb County, Shelby Township ramp up road program

Macomb County Department of Roads crews are ready to hit the streets in Shelby Township to begin the historic \$20 million Shelby Township Road Program.

Following the July 16 Shelby Township Board of Trustees meeting, the MCDR, which owns, operates and maintains most public roads within the township, has cost share agreements with the township in place for 11 of the 16 road program projects.

"We're asking for a fair amount

of understanding in this, but it helps to think that we are doing all of this work without increasing local taxes," Township Supervisor Rick Stathakis said. "In Michigan, it seems like taxes and road work are inevitable, but in Shelby Township, one does not have an effect on the other."

At the meeting, the board adopted an agreement with the Department of Roads to formally cement a timeline for the majority of major road projects. Under the

agreement, 2019 projects will include Shelby Road between Mound and 23 Mile roads, Mound Road between Westmoor Drive and 26 Mile Road, Ryan Road between West Utica and 22 Mile roads, 21 Mile Road between Shelby and Schoenherr roads, 23 Mile Road between Schoenherr and Hayes roads and 22 Mile Road between Shelby and Hayes roads.

"I know some of the projects

See ROADS, page 2

Macomb Township to enforce stricter penalties for water ordinance

by ELENA DURNBAUGH

Watering the lawn will have to wait.

The Macomb Township Board of Trustees unanimously approved an amendment to the code of ordinances regarding limitations of water use that would upgrade violations from a misdemeanor to a civil infraction.

Township General Counsel and Human Resources Director Thomas Esordi made the recommendation in an effort to decrease water usage during peak hours in order to achieve better water rates in the township.

The ordinance states that between May 15 and October 15, Macomb Township residents are not allowed to use automatic lawn and landscaping irrigation during peak water use hours, which the ordinance identifies as between 5 a.m. and 11 p.m. The ordinance states the properties with even addresses are allowed to water on even calendar dates, and odd addresses are allowed to water their property on odd calendar dates.

Residents found in violation of the water ordinance can expect to pay a fine between \$100 and \$500.

"These types of ordinances should be corrective in nature, not necessarily just punitive,"

See WATER, page 2

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Macomb Township officials increase penalties for watering lawn between 5 a.m. and 11 p.m.

WATER, From page 1

Esordi said. “The idea being you want it corrected. You don’t want to just, necessarily, take money from everyone.”

Esordi said that by upgrading ordinance violations to a civil infraction, the township will feel more comfortable issuing citations and will be able to provide notices prior to writing tickets. He also said that more of the funds from civil infractions go to the township.

The water ordinance was originally adopted in 2009 in an effort to lower water rates set by Great Lakes Water Authority (GLWA), the company that

provides water for Macomb Township.

In 2009, the township signed a 30-year contract with Detroit Water and Sewage, which is now GLWA. Water rates have steadily increased over the last several years, despite less water being used in the township overall.

Last July, the township approved an amended contract with GLWA that will allow the contract to be reopened in 2022.

According to GLWA, three key factors determine how much a municipality is charged for water. In addition to distance and elevation from the water plant, GLWA also analyzes how much

water the city uses, particularly on the hottest and highest use days.

At a July 2018 board meeting, township engineer James VanTiflin said the problem was that residents were using water at peak hours.

According to the Department of Water and Sewer, water conservation does not affect water rates. The GLWA water system and rate structure is designed so customers can use as much water as they need, but rates are driven up due to the extra cost of supplying water during peak times. The ordinance is intended to minimize demand during the day, which would have a positive impact on the township’s rates.

“We’re trying our darndest to

get the folks to follow this,” Water and Sewer Supervisor Gerry Wangelin said.

According to Wangelin, people initially abided by the ordinance, but in the past few years, things have gotten worse. Now, the department issues eight or nine written ordinance violation notices every day.

“It’s just come to a point where people are just disregarding it,” Wangelin said. “We’re trying really hard to enforce this and it’s time to put a little more teeth to it.”

According to Wangelin, 99% of ordinance violators are homeowners. He’s ordered his staff to turn off the water of commercial violators, but said he didn’t want to go that far for residential properties.

Wangelin said that two notices

are sent out to homeowners, and on the third violation someone from the department is sent to visit the home.

“I want to give them every opportunity to do the right thing,” he said.

Violations will be enforced by the township ordinance enforcement officer, the Macomb County Sheriff’s Office, or others designated by the board.

No immediate cost relief is in sight for Macomb Township. Last September, water rates increased by an average of 2.9%. The current rate for water and sewer is \$8.32 per 100 cubic feet of water, or 750 gallons.

Residents who have questions about their water bill can contact the Water and Sewer Department at 586-598-0687.

USPBL week in review



Three teams are within a half-game of each other for first place and

Eastside Diamond Hoppers Noah Gotsis and Birmingham Bloomfield Beavers Kyle Olliges became the 33rd and 34th players to ink contracts with Major League Baseball organizations since 2016.

For the first time in their three-year history, the Westside Woolly Mammoths occupy first place in the standings, tied with the Utica Unicorns at 20-17. The two-time defending champion Beavers are a half-game out of first place at 18-16 heading into this week.

Pat Adams from Warren continues to lead the way for the Eastside Diamond Hoppers. The outfielder leads the league in batting average (.354), hits (46), walks (37) and on-base percentage (.503). Adams is just one walk away

from matching the single-season record of 38 set by Jalin Lawson last season.

The Woolly Mammoths’ JaVon Shelby took over the home run lead with five home runs over his last eight games and now has a league-best eight on the season. The former fifth-round pick of the Oakland A’s is followed closely by the Unicorns’ Jimmy Latona, the Beavers’ Ross Haffey and the Hoppers’ Luke Johnson with seven each.

On the mound, the Woolly Mammoths boast the top 1-2 punch in the league. Right-handed pitchers Ben McKendall (4-2) and Matt Cronin (4-0) are a combined 8-2, and both have sub-2.05 earned run averages, leading the USPBL.

To purchase tickets for upcoming games or learn about current promotions, go to uspbl.com/.

Department of Roads looks to improve Shelby subdivisions

ROADS, From page 1

are overlapping, and this is a concern as the roads are close to one another,” Stathakis said. “The county will coordinate work in areas such as 21 Mile and 22 Mile roads, so residents don’t have to worry about work on both roads at the same time.”

The agreement includes projects on Mound Road between the M-59 and Auburn Road and 23 Mile Road between Shelby and Mound Roads slated for 2020. All projects are 50/50 cost-share agreements between the township and county with a total cost of roughly \$11.4 million.

In 2020, Dequindre Road, which is under the jurisdiction of the Road Commission for Oakland County, is set for work between West Utica and Auburn roads.

Enhancing and widening the intersection of 23 Mile Road and Shelby Parkway/Corporate Drive, just east of the M-53, is scheduled for 2020 as well, which will total more than \$2 million.

Along with the major road projects, the Department of Roads has been busy on the township’s subdivision streets. In June, the board approved a \$176,762 rehabilitation project for Woodmire and Starlite Drives near 24 Mile and Shelby Roads. Last month, the township approved a 2019 Pavement Preservation Program agreement with the county. This agreement included \$291,886 worth of repairs to Kelly Court, Sherwood Court, Cambridge Drive, Hawk Drive, Ben Franklin Drive, Palmer Drive, Milonas Drive, Winston Drive, Glenwood Drive and Strathmore Drive.

“Major roads get most of the attention as part of the STRP, but subdivision streets are just as important,” Stathakis said. “When we planned our \$20 million road project, we made sure that the county would not forget about our neighborhood streets.”

According to roads.macombgov.org, the MCDR is in the final stages of planning for three of the township’s major projects; the \$2.375 million repair and overlay project for 21 Mile Road between Schoenherr and Garfield roads; the \$2.845 million 22 Mile Road repair and overlay project between Shelby and Hayes roads; and the \$844,455 concrete repair to 23 Mile Road between Schoenherr and Hayes roads. For updated information including construction timelines, details, and costs, residents can contact the Department of Roads at roads.macombgov.org.

The county completed the first project on the docket, Shelby Road between 25 Mile Road and the entrance to Stony Creek Metropark, near the end of June.

“The county did an amazing job on Shelby Road, and most people didn’t know about it until they saw it on the way to Stony Creek for their fireworks,” Stathakis said. “That was a big project because visitors come through our township to the park, and that roadway did not represent our township.”

Sen. MacDonald reschedules coffee hours

Sen. Michael MacDonald, who represents Michigan’s 10th District, is moving his coffee hour in Macomb Township to Saturday, August 10 due to a scheduling conflict.

The senator’s coffee hours for August 13 in Clinton Township and August 29 in Sterling Heights will continue as planned.

Coffee hours are open to residents to express their opinions and concerns about state government or request assistance

with a state issue. No appointment is necessary.

“We have had great turnouts at our coffee hours, and we will continue to hold them throughout the district to hear directly from the people,” MacDonald said.

Constituents are invited to meet with MacDonald and his staff on Saturday, August 10, from 9-10:30 a.m. at the McDonald’s at 18250 23 Mile Road in Macomb Township.

MAKE TIME FOR FUN!

4.7 ★★★★★

“The USPBL experience at Jimmy John’s Field was exceptional. It truly exceeded our expectations. We’re very excited about it and can’t wait to return!”

WEDNESDAY 8/7	THURSDAY 8/8	FRIDAY 8/9	SATURDAY 8/10	SUNDAY 8/11
<p style="font-weight: bold; color: white;">2-FOR-1 WEDNESDAY</p> <p style="font-size: 10px; color: white;">Peanut & Gluten Free Night</p>	<p style="font-weight: bold; color: white;">Thirsty Thursday</p> <p style="font-weight: bold; color: white;">Firefighter Appreciation Night</p>	<p style="font-weight: bold; color: white;">Catholic Night</p> <p style="font-size: 8px; color: white;">presented by:</p> <p style="font-weight: bold; color: white;">Fireworks Spectacular</p>	<p style="font-weight: bold; color: white;">ZOOperstars!</p> <p style="font-size: 8px; color: white;">Metro Detroit Chevy Dealers Family Campout</p>	<p style="font-weight: bold; color: white;">ICE PRINCESSES</p> <p style="font-size: 8px; color: white;">Presented by</p> <p style="font-weight: bold; color: white;">FREE Dippin’ Dots!</p>

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Lucido: Auto insurance reforms demand enforcement

State Sen. Peter Lucido, (R-Shelby Township) said on Wednesday that new auto insurance reforms enacted this year require additional legislation to ensure proper enforcement of insurance requirements.

“The plan we passed to dramatically lower burdensome auto insurance costs was great and will benefit drivers throughout Macomb County and the rest of the state, but to further protect people and their wallets, we have to crack down on people who are out there driving without insurance,” Lucido said in a press release. **“My bills will do that, and I encourage my colleagues to join me in getting them passed soon.”**

In January, Lucido introduced Senate Bills 6-7, which would enact stricter insurance laws. Senate Bill 6 would enable law enforcement to seize a vehicle's license plate if a driver doesn't have an active insurance policy for the vehicle. Drivers would have 10 days to prove the vehicle's insurance before the plate would be destroyed, and the driver would be required to

purchase a new vehicle registration to legally drive the vehicle again in the state.

Senate Bill 7 would create an electronic vehicle insurance verification system to enable the real time tracking of a vehicle's insurance coverage status.

Both bills are currently in committee. SB 6 is before the Senate Transportation and Infrastructure Committee, and SB 7 awaits action by the Senate Committee on Insurance and Banking.

Lucido said he is also working on a new bill that would require the secretary of state to create an electronic driver's license option for smart phones and other electronic devices.

“It only makes sense, in this day and age, that Michigan motorists should be able to have a digital driver license, similar to our law that allows them to display insurance information electronically,” Lucido said.

The senator said he hopes to formally introduce his digital driver license bill soon.

Shelby Township invites bakers to take part in “Better Pie” baking contest

Most exhibitors at the Shelby Township Art Fair work with paint, clay, or film, but Shelby Township is inviting masters of another art form— pie.

Shelby Township will host bakers for the second Shelby Township Better Pie Baking Contest to kick off the 36th annual Art Fair on August 10. Pies are judged on presentation, creativity, and taste. The top pie will win a feature on a future episode of “Living in Shelby Township” on Shelby TV, one free park pavilion rental from Shelby Township Parks and Recreation, and will be showcased with a holiday cover feature in the fall 2019 edition of the township newsletter, “Fountain.”

“I didn’t think there could be anything more enjoyable than the Shelby Township Art Fair until I judged the Better Pie Contest at the art fair,” Township Supervisor Rick Stathakis said. **“I was impressed by the variety of pies in the contest a year ago, and I am excited to see all of the unique, delicious creations this year.”**

The contest is open to amateur and professional bakers with one entry per person. Entries are welcome from all communities. Businesses can sponsor a baker, but individual bakers must make entrants. According to contest

rules, a pie has, “a bottom crust, possible top crust, and a filling.”

Entries must be sweet pies, and crusts can be premade, but fillings must be homemade. The top three pies will receive ribbons, and a “youth” prize will be awarded for the best baker under 16. Entries must include a full ingredient list as well as the recipe.

The 2018 “Better Pie” was a rhubarb and strawberry custard pie baked by Chantel Shaw, who took home first place in a field of a dozen bakers.

“When I saw the flyer for the pie contest, I was in,” Shaw said about entering in 2018. **“I wanted to see how my pies compared to my neighbors. I’d never entered a baking contest before, so I was nervous about putting creativity on display.”**

This year’s submissions are due by 1 p.m. on August 10 at the art fair’s pie contest booth. The winner will be announced at 3 p.m. Entrants must be present for judging. To learn more or to download an entry form, visit shelbytwp.org/piecontest.

“I have a lot of official duties that I take very seriously as supervisor, but this may be the most impactful,” Stathakis joked. **“Seriously, though, this contest is another great extension of our art fair... The pie contest only**

expands that participation.”

Joining Stathakis on the judges’ panel will be representatives from the Shelby Township Police, Fire, and Parks, Recreation, and Maintenance departments, and WDIV’s Nick Monacelli.

The Shelby Township Art Fair offers patrons a chance to see nationally renowned artists as well as a large number of local artists exhibiting their works. Event hours are 10 a.m. to 5 p.m., Saturday, August 10 and 11 a.m. to 5 p.m., Sunday, August 11 at the Shelby Township Municipal Campus at 52700 Van Dyke Ave. Parking and entry are free. A free shuttle bus will also be available to those wishing to park at the Community Center at 51670 Van Dyke Ave.

In addition to paintings, pottery, jewelry, wood, glass and other art forms, the Shelby Township Art Fair places a premium on providing a day full of fun for the entire family.

This year, the Shelby Township Art Fair and the Shelby Township Downtown Development Authority are hosting the Detroit Institute of Arts Inside/Out program at the fair.

To learn more about the art fair, visit shelbyartfair.org/.

Washington Twp. takes major step toward community center

Washington Township agreed to purchase the Total Sports Park, located at 65665 Powell Rd., for \$11.5 million. The township reached an agreement last week with TS Washington Building, LLC, known as Total.

The purchase includes the 117,000-square-foot sports facility, 80 acres of land, and the associated equipment. Washington Township plans to use the facility for its planned community lifestyle center, which is intended to provide recreational and health experiences to Washington Township residents and participating communities.

Township Supervisor Dan O’Leary looked forward to what the sports park would bring to the community.

“People throughout the region have come to enjoy Washington Township and all we have to offer,” he said in a press release. **“We intend to expand on those experiences for our residents, growing the offerings and amenities over time for our active and fast growing Washington area community. Acquiring this existing facility allows us to build this dream over time for our residents and participating communities in a fiscally responsible manner.”**

The transaction is expected to close in January 2020.

Chris McNally of Total called the agreement “mutually beneficial.”

“It was a challenging choice for us to make but allows our organization to focus on other future strategic investments, while still having access to an excellent facility.”

Going forward, Washington Township intends to continue to offer the complex to regional sports clubs.

“Our business model will offer both local community center activities to residents while continuing with sports club services on into the future,” O’Leary said. **“Washington and Total will work together to ensure that great opportunities will be available to clubs going forward.”**

The township will arrange financing and seek voter approval for the deal in November 2019. Residents can expect more information in the coming weeks.



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Arts & Entertainment



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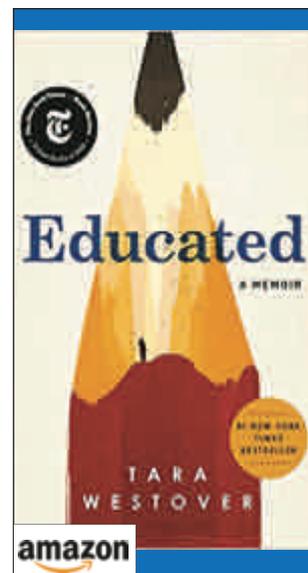
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R, Crime/Drama/Mystery



GLASS
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MUSIC

Sarah McLachlan Saturday, August 10, 8 p.m. Meadow Brook Amphitheatre, Rochester Hills

Music Maker Studio Summer Concert Series Sunday, August 11, 12:30 p.m. Classic Lanes, Rochester Hills - Fundraiser for the Humane Society, \$10

Joey Bada\$\$ Sunday, August 11, 7 p.m. Michigan Lottery Amphitheatre at Freedom Hill, Sterling Heights

Ben Folds & Violent Femmes Sunday, August 11, 7:30 p.m. Meadow Brook Amphitheatre, Rochester Hills

Free Summer Concert Wednesday, August 14, 7 p.m. Shelby Township Municipal Campus - Free parking and entry

Summer Concert Series Thursday, August 15, 7 p.m. Meadow Brook Hall & Gardens, Rochester

Matt Austin Friday, August 16, 8 p.m. Coyote Joe's, Shelby Township

Lost City Band Saturday, August 17, 7 p.m. Westview Orchards & Winery, Washington

B Side August 17, 9:30 p.m. Hamlin Pub, Shelby Township

ON STAGE

J Chris Newberg Friday, August 9, 7:15 p.m. Mark Ridley's Comedy Castle, Royal Oak

The Incredible Nutcracker Auditions Saturday, August 10, 10 a.m. 2nd Street Studio of Dance, Rochester Hills

Motor City Soles Saturday, August 10, 6:30 p.m. Royal Oak Music Theatre

Michigan Comic Convention Friday, August 16, 12 p.m. Cobo Center, Detroit

AROUND TOWN

Gasoline Alley Car Show & Swap Meet Saturday, August 10, 8 a.m. Downtown Utica

Shelby Township Art Fair Saturday, August 10, 10 a.m. - 5 p.m. Shelby Township Municipal Campus

First Annual Sunflower Festival August 10-11, 10 a.m. - 5 p.m. Westview Orchards & Winery, Washington

Harry Potter Trivia - Sporcle Live at Ciccarelli's Sports Bar Sunday, August 11, 6 p.m. Ciccarelli's Sport Bar, Shelby Township

2nd Annual Luau Saturday, August 17, 4 p.m. Brown Iron Brewhouse, Washington

Back to the 80s Party Saturday, August 17, 9 p.m. Locker Room Saloon, Utica

Arts Beats & Eats August 30 - September 2, Downtown Royal Oak

LIBRARY

Jigsaw Puzzle Connection Saturday, August 10, 1 p.m. Call 586-752-0603 to register your team of 2-4 people. Graubner Library, Washington

Tech Tuesdays Tuesday, August 13, 1 p.m. Clinton-Macomb Public Library North Branch

Dog Do's and Don'ts Tuesday, August 13, 7 p.m. Clinton-Macomb Public Library North Branch - Learn basic dog training techniques.

Starlab Planetarium Wednesday, August 14, 12:30 p.m. Shelby Township Library

Adult Craft Night Wednesday, August 14, 7 p.m. Shelby Township Library - Create something to take home that helps celebrate the library's summer reading program Universe of Stories.

KIDS & TEENS

Family Night Out Sunday, August 11, 5 p.m. Goldfish Swim School, Macomb

Dog Man Party Monday, August 12, 10 a.m. Clinton-Macomb Public Library North Branch - Kids ages 8-12 can enjoy various crafts and activities

PAWS for Reading Tuesday, August 13, 11 a.m. Clinton-Macomb Public Library North Branch

Princess Dance Camp Monday, August 19, 10 a.m. Rebecca Crimmins Dance, Washington

SAVE THE DATE

The Doozers Thursday, September 5, 8 p.m. The Loving Touch, Ferndale

DeVotchKa Wednesday, October 2, 7 p.m. The Loving Touch, Ferndale

Manchester Orchestra Thursday, December 5, 7 p.m. Royal Oak Music Theatre

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...



WHAT DO YOU MEME?

Meme generators and those fluent in the lingua franca of the internet will have a blast playing this Cards-Against-Humanity-esque game. Create your own memes by captioning some of the internet's favorite reaction images.

Hilarious and sure to generate some #relatable content, "What Do You Meme?" is at least as much fun as sending your friends memes from across the room.

- Elena Durnbaugh, Editor

Fork & Cork Festival returns to Downtown Utica September 20-22

FORK & CORK, From page 1

Head over to the Acoustic Stage for live music from Steve Taylor, Sheila Landis, the Music Messengers, and Kenny Spear.

On Sunday, relax and unwind to the soulful sounds of Emma Guzman and let loose while listening to Jazz Kings Music. On



the Acoustic Stage, Sunday's lineup features Alex Mendenhall and Tracy Kash.

"At Credit Union One, we feel very strongly about the need to give back to the communities that give back to us," said John Kozich, Vice President of Community Relations at Credit Union One. "We work with numerous different organizations including schools, hospitals, and volunteer groups on a regular basis. We also look at different types of events that are taking place, and we want to participate in events like the Fork & Cork Festival because our members appreciate that we are involved in their communities."

Credit Union One has union branches in Shelby Township, Macomb Township, Troy, and Sterling Heights, and 16 other locations in Michigan. To locate your nearest branch, visit Cuone.org/.

"We couldn't be more excited to return to downtown Utica for the 2nd annual Fork & Cork

Festival, this year presented by Crest Lincoln of Sterling Heights, and with tremendous help from our Main Stage music sponsor Credit Union One," said Mark Nicholson, Publisher of Gazette Media Group. "It's the sponsors, vendors, and musical acts who help make Fork & Cork an unforgettable weekend for the people of Utica and surrounding areas."

For more information about the 2nd annual Fork & Cork Festival presented by Crest Lincoln of Sterling Heights, visit Forkandcorkfestival.com or follow [Facebook.com/forkandcork](https://www.facebook.com/forkandcork).

22nd Annual Arts, Beats & Eats announces headliners including All American Rejects

Arts, Beats & Eats enters its 22nd year this Labor Day Weekend, August 30 – September 2 in downtown Royal Oak. The festival features more than 200 performances across nine stages, a juried fine arts show, and dozens of local restaurants.

The music at the festival will feature all genres of music across nine different stages, with local and national acts. The Michigan Lottery National Stage will feature performances by the All-American Rejects, Third Eye Blind, Theory of a Deadman, and Night Ranger, as well as Phillip Phillips, and country artist Randy Houser. Also on the Michigan Lottery National Stage, the Four Tops, Starship Featuring Mickey Thomas, and BeatleMania Live.

"This is a packed entertainment lineup that will easily keep you busy with something new all four days of the Labor Day Weekend," said Raul Venegas, executive director of marketing, entertainment and sales, Soaring Eagle Casino & Resort. "Soaring Eagle Arts, Beats & Eats presented by Flagstar Bank shares so much in common with what our organization stands for in terms of commitment to high-quality entertainment, cuisine, culture, and family, we feel it's an extension of our brand and we're pleased we can be part of this event announcement."

For more information about Arts, Beats & Eats, visit artsbeatseats.com or call 248-541-7550.

Octagon House Chat – Currency & Coins of the Civil War

The Octagon House will host a presentation by Daniel Sheffer of Daniel's Coins and Currency on Sunday, August 18, at 2 p.m. The American Civil War had many lasting effects on our country including advancements in medical care and improvements in sanitation, but the Civil War also helped shape the monetary system of the United States as we know it today. Sheffer will explore the history and little known facts of the currency and coins of the United States and the Confederacy. Did you know that the Federal Government did not issue paper money until the Civil War? Learn more about the monetary system during this transformative time in history.

Admission is \$5.00 and will cover a self-guided tour of the Octagon House in addition to the scheduled presentation.

The Loren Andrus Octagon House is located at 57500 Van

Dyke, just north of 26 Mile Road in Washington Township. To learn more about the house, go to octagonhouse.org or call 586-781-0084.



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Health & Wellness

“Sleep-away camp for smokers” helps people break a life-threatening habit

By WILLIAM STONE

“I don’t want you to die, Mommy.”

Such words would chill the soul of any parent, yet Yvonne Testa hear this heart-wrenching plea from the small child of a close family friend who, even at a young age, is learning the dangers of smoking. The overwhelming concern for his mother’s health ignited a collective but emotional response from all present.

“There wasn’t a dry eye in the room,” Testa said about the small gathering of family and friends. This prompted his mother to find the resolve to finally give up smoking.

Testa is the Clinical Director of the Smoking Cessation Wellness Retreat program. With more than 25 years as a Certified Addiction Counselor with a current emphasis on nicotine, Testa understands quite well what nicotine addiction entails, clinically and as a former smoker.

According to Testa, 24% of the population uses nicotine, and although the number of smokers has decreased, the use of nicotine is on the rise due to gum, patches, mints, vaping, and other delivery mechanisms.

The Center for Disease Control indicates that addiction to nicotine is greater than any substance abused today and is as addictive as heroin, cocaine, and alcohol.

Ostracized from their homes, coworkers, restaurants, and other places, smokers often feel guilt, shame, and embarrassment. Many make great efforts at concealing the habit, adding to their level of stress and emotional turmoil.

“Many smokers are now hiding from family, friends, coworkers, finding their world become smaller. Their lives are altered, they become spiritually bankrupt and miss out on some very precious moment in their life when they slip out to smoke that

cigarette instead,” Testa said.

“There is always a catalyst responsible for someone’s decision to quit, whether it’s a family member, physician’s recommendation, or when one tires of living life as an outcast or pariah,” Testa said. “Once one makes the decision to stop, many take to the internet for help.”

Testa recognizes a common theme among smokers looking to break their addiction.

“Many say to me, ‘You know, I just wish I could go away somewhere and quit.’”

Treatment Retreat

The Smoking Cessation Wellness Retreats combines the vacation-like ambience of an upscale, all-inclusive resort (complete with cuisine) with proven clinical treatment approaches to create a rehab in a resort-like environment. One client described it as “a sleep-away camp for smokers.”

Testa drew on her experience as an addiction specialist to pioneer a unique, successful, individualized approach to quit smoking. Adhering to the most

proven and effective clinical treatment techniques according to medical and empirical data, Testa also includes select holistic practices and exercises to help clients realize and attain maximum personal potential while maintaining their goals of abstinence.

“Quitting smoking gives these people back their lives,” Testa said. “They remember who they were, recapturing the joy in life, those missed precious moments lost from choosing to smoke instead.”

The wellness retreat helps smokers become aware of and break their triggers, the unconscious patterns and rituals connected to smoking.

“Smoking is a go-to, a coping skill. We provide the tools to change the patterns, redirect those go-to thoughts when the urge hits,” Testa said. “Smokers without proper direction can have a 75% relapse rate.”

Group activities, strategically scheduled, serve as distractions during high-craving periods. Groups are small so that clients

can receive unparalleled support from both their peers and staff.

The retreat is designed to be an all-inclusive wellness vacation with a few like-minded people committed to quitting smoking. Adventures and excursions abound, and include activities such as relaxing in a mineral spa; visiting sacred, historic sites; or kayaking a pristine waterway.

Upon completing the program, clients are equipped with the tools and ongoing support to continue a smoke-free life. In addition to a qualified staff, clients receive a signed Certificate of Completion from the program’s medical director along with medical support for health issues as needed.

Retreat packages are available in three different locations including, Sedona, Arizona; Canyon Ranch, Colorado; and Safety Harbor Spa, Safety Harbor, Florida. Visit

smokingcessationretreat.com to learn more or call 877-209-5153 to speak to a counselor. Testa can be reached at 727-230-2028.

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Healthful school lunches: what parents need to know

(NAPSD)—The healthfulness of school lunches is one of the top three parental concerns this school season, according to a recent survey conducted by OnePoll, a survey-led marketing research company specializing in online and mobile polling.



The survey covered a number of parental worries for their school-aged kids, including safety, whether they’ll make new friends, quality of education, and homework load. Healthful lunches were prioritized by 44% of respondents after the quality of their children’s teachers and ahead of the cost of school supplies.

Taking a deeper look into

school lunches, the survey also found that the average child buys lunch three times a week and, while healthy eating is a top concern for parents, 36% admitted they don’t typically know what their child eats at school.

“Parents have enough to worry about, and what their kids are eating in school should be the last thing they have to think about,” said Dr. John Agunobi, a pediatrician, and co-president and Chief Health and Nutrition Officer at Herbalife Nutrition. “We all have a responsibility to ensure our kids are getting the most nutritious meals possible, and I applaud school districts around the country that are working with parents to improve both the nutrition levels and taste of school meals.”

According to the survey, only about a quarter of parents know both the nutrient and calorie value of the food their children eat for lunch, whether homemade or purchased.

Building a balanced meal—including dairy, vegetables, fruits, grains and protein—doesn’t have to be complicated or take a long

time. The most important thing is making sure the calories your children consume are jam-packed with the nutrients they need for energy and growth, a concept known as “nutrient density.” Emphasizing nutrient-dense foods is a great way to rethink how you pack your kids’ lunches and how you plan meals at home, too.

Ideally, a meal should be made up of mostly nutrient-dense foods and fewer “calorie-dense” foods—such as fats and sugars—which are high in calories relative to the nutrients they contain.

When parents pack a lunch, the survey reported that their top priorities are tasty food and foods they know their child will eat, followed by healthy options (62%). Some ideas for nutrient-packed, healthful foods that most kids will enjoy include omega-3-rich tuna fish, sweet and crunchy carrots, strawberries packed with potassium and vitamin C, and nuts, which can replace chips to satisfy cravings for salty, crunchy items.

For further facts and tips on healthy and tasty options for your kids’ lunches, visit iamherbalifenutrition.com.

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tion can come to any of the participating
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'Angels' help with paperwork and provide
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option is found. Angel's can choose their
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To sign up and learn more, visit
familiesagainstnarcotics.org/volunteer

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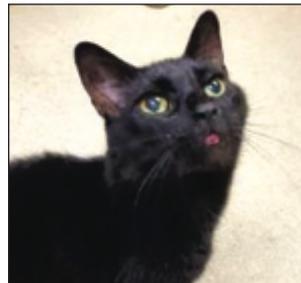


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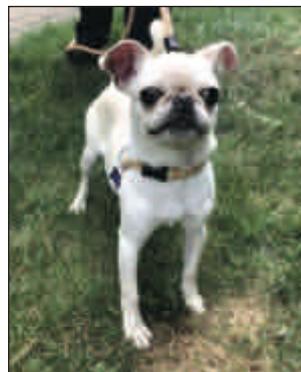
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	8	7			1			9
	1		8	3		5		
	2				7	1		3
7				8		6		4
	4		7		5		3	
8		2		4				1
2		5	9				1	
		3		2	8		6	
1			6			4	2	

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Your day, your way: Great Lakes Event Planning makes it happen

BRIDAL EXPO PREVIEW

OAKLAND UNIVERSITY - O'RENA
Sunday, August 18, 2019 • 11 am - 2 pm

It's been a crazy seven months for event planner Brittney Buchler. In January 2019, she opened her own business, Great Lakes Event Planning, and already has 23 weddings booked this year.

professionals, which translates to lots of connections and insider knowledge. To top it off, previously working as an event manager means that she understands the mechanics of wedding venues really well. It's one of the things she said sets her apart from other wedding planners.

As a planner, Buchler said her job is to help couples achieve their perfect wedding day. She said she works to customize each event for her clients.



Luckily, Buchler has lots of practice keeping track of details and is an expert at keeping chaos at bay.

Despite owning a new business, Buchler is no stranger to wedding planning. Before she started Great Lakes Event Planning, Buchler worked as an event manager for four years and oversaw 250 weddings, 500 baby and bridal showers, and coordinated 75 onsite rehearsals and ceremonies. She learned about the logistics and timelines of a wedding and understands what makes the day go smoothly for couples and guests.

"I kind of got the feel for weddings," she said. "I have a feel for what guests at a wedding need in order to make the best possible guest experience."

She said the way her business took off was a surprise, even to her, but she's been loving every minute of the experience.

"I didn't mean for it to take off the way it has," she said. "It's been wild, but it's been fun."

Buchler helps couples find everything they need for their wedding and makes sure the big day goes off without a hitch. She has working relationships with many wedding industry

"It's your day your way," she said. "Do what you feel is right, not what relatives and family suggest."

Buchler also encouraged couples to reach out and ask for help from people with experience.

"My best advice for couples planning their wedding is to not be afraid to ask for help and hire professionals," she said.

Looking forward, Buchler has big plans for her business. Next spring, she'll launch a clothing line of Detroit bride and bridesmaid apparel. In the future, she hopes to have a warehouse and inventory for rentals, including chairs and linens.

Her favorite part of being an event planner is working with people during one of the biggest moments of their lives.

"It's fun and cool to see people on the happiest days of their life," she said. "Everybody is just glowing on wedding day."

Great Lakes Event Planning will be at the Bridal Expo at Oakland University, presented by Gazette Media Group, on August 18. Get tickets for free admission at gazetteevents.com/. To learn more visit greatlakeseventplanning.com/.

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