

SAVE THE DATE

Early Bird Senior Expo

at the SOMERSET COLLECTION of Troy
north side, center court

Thursday, April 4th

7AM - 9:45AM

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Gazette

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March 15, 2019

Vol. 3, No. 13

MCC Board Fills Trustee Vacancy

During a special meeting on Monday, March 11, the Macomb Community College Board of Trustees appointed Shelley Malec Vitale to fill the vacancy created by the resignation of Trustee Jennifer Haase.

Vitale, a resident of Macomb Township for the past 31 years, is an artist, writer, and administrator. She earned a bachelor of fine arts degree from Eastern Michigan University and has taken additional coursework from Wayne State University and the College for Creative Studies. Vitale is married and has three daughters, all of whom have attended Macomb Community College.

Vitale will serve on the board until the next regularly scheduled election for trustee seats, which will be November 3, 2020. Macomb Community College trustees are elected on a nonpartisan, countywide ballot and serve without compensation.

"Shelley brings us an understanding of the scope and importance of our college in serving students from the liberal arts to the skilled trades," said Katherine Lorenzo, chair, Macomb Community College Board of Trustees. "She will be a hardworking and collaborative member of our team."

Vitale was selected from among 17 applicants for the vacancy. Community members interested in serving on the board were asked to submit a letter of interest and a resume for consideration.

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Utica Chieftains Crowned District Champions

THE UTICA CHIEFTAINS girls basketball team has a lot to celebrate despite their early exit from the Division 1 Tournament at the hands of Lakeview on Monday. On March 4, the Chieftains took down Rochester High in the Division 1 semi-final and clinched the Division 1 title championship on March 8 with a 55-48 overtime victory against Troy High. The Chieftains are celebrating their district championship for the first time in nearly two decades. Photo courtesy of Diann Bailey O'Connor

Leaders Talk Roads at State of Macomb Twp Address

by ELENA DURNBAUGH

Macomb Township Supervisor Janet Dunn emphasized the growing population of Macomb in her State of the Township address last Friday, which was attended by local and state elected officials including Macomb County Executive Mark Hackel and State Representative Jeff Yaroch.

During her speech, Dunn highlighted growth in Macomb Township. She said that it was the state's fastest growing township in single family housing for the past three years. In 2018, Macomb Township granted over 500 housing permits, and the population has increased by 11.5 percent since 2010. Macomb Township has experienced the biggest population growth in county, Dunn said.

According to Dunn, a bigger population drove several changes in Macomb Township last year.

See STATE OF MACOMB TWP, page 2

UCS Students get First-Hand Experiences in Citizenship

A group of Utica Community Schools students recently finished a unit on government with a first-hand look at citizenship in action.

English Learner students from Stevenson, Henry Ford II, and Utica high schools recently attended a Naturalization Ceremony at the Macomb Intermediate School District, where 50 new Americans received their citizenship.

"It was so exciting to see so many people coming from other countries becoming American citizens and one day we will become citizens," said Haseeb Ahmed, a new student from Pakistan.

Donald Grand, the United States Magistrate Judge for the Eastern District of Michigan, presided over the official swearing in of the new

citizens, who represented 24 different countries.

Nabaa Algburi was among a group of students who lead the ceremony in the Pledge of Allegiance.

"I was so nervous to go up on stage and say the Pledge of Allegiance in front of everybody from different countries, but I felt so happy and proud when everyone was saying it with me," Algburi said.

The students attended the ceremony with their teachers, Anahita Azami, of Stevenson High School; Hana Fawaz, of Utica High School and Michelle Koehler, of Henry Ford II High School. They had recently finished a unit on American History and Government.

- Uticak12.org/



UTICA COMMUNITY SCHOOLS students got the chance to attend a Naturalization Ceremony in Macomb where 50 new Americans received their formal citizenship.

Local Spelling Bee Champ Heads to Nationals



Shelby Township Supervisor Rick Stathakis took time this week to congratulate super-speller Brendan Pawlicki, a seventh-grader at St. Lawrence Catholic School in Utica and now a three-time winner of the Regional Spelling Bee Championship at Macomb Intermediate School District.

"I had the honor of attending today's spelling bee and learned many new words," Supervisor

Stathakis posted on his official Facebook page along with the above photo. "Not sure if I can spell many of them."

Pawlicki will advance to the National Spelling Bee in Washington D.C. on May 26-31. Last year, he finished 34th out of 516 students. He and his family will be honored at the Shelby Township Board of Trustees meeting in April.

UCS Recognizes this Year's Decorated Teachers

At the March 11 Board of Education meeting, Utica Community Schools officials took time to recognize and honor the UCS teachers who have received prestigious teaching awards this year.

Amy Chapman of Jeannette Junior High School and Eisenhower High School was named the Region M Social Worker of the Year for 2019 by the Michigan Association of School Social Workers.

Dr. Lisa Grunewald of Henry Ford II High School earned the Inspiring Educator Award through the Scholastic Arts Association.

Darcy Mackenzie of Flickinger Elementary School was named the UCS Elementary Teacher of the Year and was nominated for Macomb County Outstanding Teacher.

Shayne Reckling of Bemis Junior High School was the UCS Junior High Teacher of the Year and a nominee for Macomb

County Outstanding Teacher.

Christopher Traskal of Eisenhower High School was named the UCS High School Teacher of the Year and was also a nominee for Macomb County Outstanding Teacher.

And Jacqueline Zawierucha of Beacon Tree Elementary School was awarded UCS Teacher of the Year, an honor that comes with it a free vehicle lease courtesy of Suburban Ford.



Fish & chips Feast

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16 pcs batter dipped cod, large broasted potatoes or french fries, cole slaw, 6 rolls and tartar sauce

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<p>Chicken 50 Pieces \$69.50 74 Pieces \$102.86 100 Pieces \$137.00 150 Pieces \$205.50 200 Pieces \$274.00</p> <p><i>Call for prices on any amount</i></p> <p>Wing Dings 50 Wing Dings \$38.00 50 Wing Dings BBQ or Hot N Spicy ... \$45.60</p> <p>Boneless Breast Tenders 50 Tenders \$75.00 50 BBQ Tenders \$90.00 <i>Sauce Sold Separately</i></p>	<p>BBQ Ribs 1-10 Servings (3 Slabs) ... \$66.00 15- 20 Servings (6 Slabs) . \$130.50 25-30 Servings (9 Slabs) . \$195.75</p> <p>Side Orders Broasted Potatoes or French Fries 12-15 Servings .. \$17.99 30-35 Servings .. \$37.00 Cole Slaw 25-30 Servings (Gallon) \$17.99 Small Pan Mushrooms .. \$17.99 Rolls Each .. \$.35 Per Doz \$3.49</p>
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North Shack for Chicken, Ribs, Seafood, and More

It's time for guests to drop by, but how do you enjoy the day and stay out of the kitchen? Call North Shack Chicken, Ribs & Seafood located at the southwest corner of Dequindre and Auburn Roads in Rochester Hills.

Each day, owner Diana Douglas and her staff marinate and flour fresh chickens, then pressure-cook them to seal in the juices and create golden, tender chicken. They hand-cut the potatoes and fish – even the cabbage too – for their own homemade coleslaw. The ribs are seasoned and slow cooked, then grilled and topped off with their special BBQ sauce.

With holidays and special occasions coming up – such as Mother's Day, Memorial Day, Graduations and summer parties – you'll want to give North Shack a call. Located at 1990 E. Auburn Road, call in your order at 248-853-3366, or stop in and sample the menu. They are open seven days a week starting at 11 a.m.

View North Shack's catering menu and daily specials online at NorthShack.com/. Owner Diana Douglas or Manager Cindy Smith will be happy to help you plan the perfect party.

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\$15.60

Includes Broasted Potatoes or Fries & Roll

No coupon necessary. Limited time offer. Not valid with other specials or coupons.

Supervisor Dunn Highlights Macomb's Growth at State of the Township

STATE OF MACOMB TWP, From page 1

New voting precincts were added and other precincts were altered to comply with the number of voters allowed in each precinct. The fire station also increased the number of full-time staff, and an additional police liaison was added for the Chippewa Valley School District.

Dunn said that she expected growth and building to continue in 2019.

During her address, the township supervisor also discussed construction projects underway. A new fire substation is currently being constructed on 23 Mile Road. Groundbreaking has also just begun for the new north branch of the Clinton-Macomb Public Library. The new library, which will be on Broughton Road, is expected to open in fall 2020. She also discussed the construction project to widen 23 Mile Road, acknowledging the inconvenience for drivers and recommending they avoid the

area near North Avenue if possible.

Although Dunn said that the business of governance in Macomb Township was often very routine, she emphasized that the best way to get things done could be unclear.

"Sometimes, requests or issues don't have a quick answer unless you have a crystal ball," she said.

Dunn briefly recognized the newest member of the Macomb Township Board of Trustees, Kathy Smith. In December, Smith was appointed by the board to fill the vacancy left by Trustee Dino Bucci, who was indicted by a federal grand jury in 2017 and officially resigned last November. Dunn did not address any of that turmoil specifically, but at the end of her speech, she thanked the board of trustees for their support.

"Thanks to the township board for making the right decisions so I can get up here and tell about the great things

happening in Macomb Township," she said.

Following Dunn, other local leaders took the opportunity to make a statement.

State Representative Jeff Yaroch took time to acknowledge the upheaval with the Board of Trustees during his speech. He said that many people in Lansing had not forgotten the state's failure to intervene, and he said it was something he wanted to work to fix for the future.

"We take things that didn't go right, and let's continue to move forward," he said.

Yaroch also used the opportunity to express his opposition to the 45 cent gas tax recently proposed by Governor Gretchen Whitmer. He said that instead of new taxes, the state should be looking at enacting the road plan passed in 2015. He also argued that the condition Michigan's roads were a hindrance to economic development and said that the state's economic development

fund should be audited.

Yaroch said that Michigan spent \$10 million on arts and culture last year, and that state had to consider the kinds of returns it was getting on its investments.

"If you blow out your tire on the way to the museum, you're not going to have a good time looking at art that day," Yaroch said. "It's about needs and wants... Roads are needs."

Finally, Yaroch said that he was recommending that the state allow townships to oversee their own roads so that they can get money directly from the state instead of having to go through the county. According to Yaroch, this would allow for more planning and maintenance.

"I believe in giving more tools to local government to do a better job," he said.

Macomb County Executive Mark Hackel also talked about roads. He said that although he would support legislation that gave local bodies control over

their roads, changing who was responsible for them wouldn't fix the problem and the current conversation in Lansing wasn't getting anywhere.

According to Hackel, \$77 million is need to fix the roads in Macomb Township alone. In 2021, the township will receive \$8.5 million in road funding. At that rate, he said, it would take nearly ten years to fix today's problems.

"It is an impossible task, folks," Hackel said. "The reality is we can no longer deny the fact that we need more revenue."

Both Hackel and Yaroch said they would continue to work with local leaders to address the problem because they said roads are the No. 1 issue they hear about from residents.

The next Macomb Township Board of Trustees meeting is Wednesday, March 27, at 7 p.m. in the Township Hall Board Room. To contact the township, call 586-992-0710.

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Hong Kong Café in Shelby Township will deliver any of their exquisitely prepared dishes from their extensive menu AND Dairy Queen items right to your door. That alone makes them awesome. However, restaurant owner Karen Yee wants you to know that there are a ton of reasons to visit Hong Kong Café in person.

Boasting a large and spacious dining room, plus a full bar, Hong Kong Café is a great date night destination that's also family-friendly. And, as a family-owned and operated business, Hong Kong Café has proudly served the Shelby Township community for over 18 years. Ms. Yee speaks enthusiastically about how excited they are to be "in such a great area." She



absolutely loves serving her regular patrons, and she's always delighted to see new faces and make new friends.

Ms. Yee likes to surprise guests with the unexpected. For example, the Dairy Queen items have been incredibly popular. Also, Hong Kong Café offers some of the best yeast rolls around. Their yeast rolls are big, fluffy, and absolutely delicious!

And it seems that patrons agree. Guests frequently order the rolls by the dozen to serve during holidays or at other family or work-related events.

Yet, as much as Ms. Yee is open to new and innovative ideas, she's quick to point out that Hong Kong Café has a deeply traditional side too. Actually, the restaurant is built on tradition. All of the restaurants traditional

Cantonese recipes have been passed down from generation to generation in the Yee family. In fact, she learned how to cook and operate a restaurant from her parents, who were also established restaurant owners.

Ms. Yee states proudly that at Hong Kong Café, "everything is made to order." This includes all of the delicious sauces featured throughout the menu and the eggrolls and spring rolls. All of the vegetables are fresh – never frozen. But what do regulars rave about the most at Hong Kong Café? "The Sweet and Sour Chicken," Ms. Yee instantly answered. "It's so good, tender, and tasty, and everyone loves it."

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Arts & Entertainment



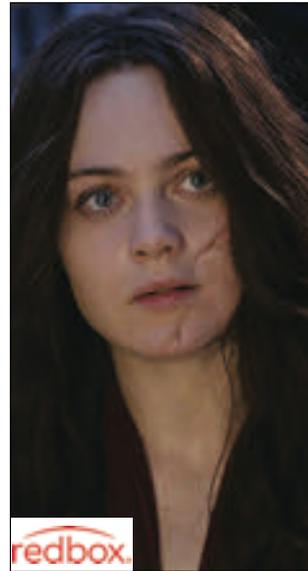
WONDER PARK
Animated/Action, PG



QUEER EYE: SEASON 3
Reality, TV-14



SHRILL: SEASON 1
Comedy, TV-MA



MORTAL ENGINES
Action/Adventure, PG-13



"SUCKER PUNCH" - SIGRID
Pop, Universal Island



LANDFILL - TIM DEE
Science/Nature

Music

All You Need is Love

Saturday, March 16, 6:30 p.m.
Premier Events Center, Clinton Township

New Music Detroit Sunday,
March 17, 4:30-7:30 p.m. The
Cube

Graham Nash Wednesday,
March 20, 7 p.m. Royal Oak
Music Theatre

People's Blues of Richmond
Thursday, March 21, 9 p.m. Otus
Supply, Ferndale

Experience Hendrix Saturday,
March 23, 7:30 p.m. Fox
Theatre, Detroit

Rakim Y Ken Y Saturday,
March 23, 9 p.m. Skinny's, Mt
Clemens

ON STAGE

Pink Floyd Laser Spectacular
Saturday, March 16, 7:30 p.m.
Macomb Center for the
Performing Arts

**Cultural Excursion: DIA
Guided Tour** Wednesday,
March 20, 9:30 a.m. Lorenzo
Center

The Who's Tommy March 21-
24 & March 27-31, Varner Studio
Theatre, Oakland University

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

Boeing Boeing March 22 -
April 7, Stagecrafters, Royal Oak
- Stagecrafters.org

Monty Python's Spamalot
Sunday, March 31, 2 p.m. &
7:30 p.m. Macomb Center for
the Performing Arts -
Macombcenter.com

We Will Rock You April 25-27,
Utica High School Theatre, \$12 -
Showtix4u.com

NIGHTLIFE

**St. Patrick's Day at Brown
Iron Brewhouse** March 16-17
Smoked corned beef and
cabbage, reuben egg rolls, beer
specials - Browniron.com

**St. Patrick's Day at
Madison's** Sunday, March 17
starting at 7 a.m. 15 N. Walnut,
Mt Clemens

**St. Patrick's Day at Tap &
Barrel Grill** Sunday, March 17
starting at 9 a.m. 50055 Van
Dyke, Shelby Township

Founders PJ Party

Wednesday, March 20, 5 p.m.
Brown Iron Brewhouse,
Washington Township

**Happy Hour to Empower
with The Butterfly Collective
and Turning Point Macomb** -
Wednesday, March 20, 5-8 p.m.
The Bakehouse, 52588 Van Dyke
Ave, Shelby Township

**Beer Tasting Fundraiser for
Joanne's Mark** - Thursday,
April 11, 7-10 p.m. Sherwood
Brewing Co, Shelby Township

LIBRARY

Fleece For A Cause - Drop off
new or unused fleece blankets to
the Utica Public Library, 7530
Auburn Rd, anytime during the
month of March to help make
knot blankets for the Humane
Society of Macomb.

**Old Slow Town: Detroit
During the Civil War** -
Thursday, March 21, 6:30 p.m.
Clinton-Macomb Main Library

CMPL Comic Con Saturday,
March 30, 10 a.m. - 6 p.m.
Clinton-Macomb Main Library -
cmpl.org/comic-con

Book Sale March 30-31, Utica
Public Library

KIDS & TEENS

Teen Terrariums Friday, March
15, 6 p.m. Shelby Township
Library

Slime Time Saturday, March 16,
1:30 p.m. Shelby Township Library

Me Jan Monday, March 18,
9:30 a.m. & 2 p.m. Macomb
Center for the Performing Arts

**Launch Into Reading with
storyteller and musician
Genot Picor** - Wednesday, April
3, 1:30 p.m. Shelby Township
Library

SAVE THE DATE

The Who Tuesday, May 28, 7:30
p.m. Little Caesars Arena, Detroit

Weird Al Yankovic Friday, July
5, Meadow Brook Amphitheatre,
Rochester

Jimmy Buffet Tuesday, July 16,
8 p.m. DTE Energy Music Theatre

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...



THE BALLAD OF BUSTER SCRUGGS

The Cohen Brothers deliver a unique take on telling classic Western stories in the Ballad of Buster Scruggs. The film tells six tales of life and violence in the old American West, following a singing gunslinger, a bank robber, a traveling impresario, an elderly prospector, a wagon train, and a perverse pair of bounty hunters.

- Andrew Neal, Editor

Freep Film Festival Announces 90-Film Lineup

The full schedule and final film lineup for the sixth annual Freep Film Festival, which will be held April 10-14, has been announced as individual tickets are now on sale.

Nearly one hundred programs, parties and performances will highlight the five action-packed days. In addition to documentaries announced earlier, there will be nearly 90 that will be featured in this Year's Freep Film Festival lineup.

Miles Davis: The Birth of Cool – Director Stanley Nelson's epic biopic collects the strands of a creative life and weaves them together for us to understand one of the great modern American artists like never before. Using words from Miles Davis' autobiography, newly released archival material, alongside interviews with pre-eminent historians and personal friends like Quincy Jones, the film illustrates a man of intensity and devotion to his craft.

Detroit Tigers: The Roar of '84 – In time for the 35th anniversary of the Detroit Tigers' historic World Series championship 1984 season, "Detroit Tigers: The Roar of '84" offers an entertaining and informative retrospective on the team and season that we'll never forget.

Dare To Struggle, Dare to Win – Detroit continued to burn long after the fires of the '67 rebellion

were extinguished. Black Detroiters continued to suffer the effects of economic disenfranchisement and fought to survive under the oppressive thumb of racist policing practices disguised as law enforcement. This is the story of a heroic struggle in a city that was far too willing to trample the rights of its black citizens.



I am Richard Pryor and Blue Collar – A new documentary about Richard Pryor is paired with a classic Detroit-set film that co-starred the legendary comedian. "I Am Richard Pryor" examines the life of the mercurial actor-comic through interviews with Pryor's family, those who worked with him and the comedians he influenced. In the 1978 crime drama "Blue Collar," Pryor plays one of three Detroit auto plant

workers who decide to steal from the safe of their union local.

The Freep Film Festival is a five-day documentary-focused festival with World, US and Michigan film premieres in downtown and Midtown Detroit. Beyond the boundaries of the City, the Freep Film Festival reaches to Emagine Theatres in Royal Oak, and for the first time, the Patriot

Theater located at the War Memorial in Grosse Pointe Farms.

More information on the nearly 90 films that will be featured in the Freep Film Festival as well as Freep Film Festival tickets can be obtained at Freepfilmfestival.com/.

USPBL has Big Plans for 2019 Season

The United Shore Professional Baseball League will welcome live entertainment, themed nights, and more at Jimmy John's Field in downtown Utica. Opening Day is Friday, May 10, and the season will run through Championship Sunday, September 8.

Making their debut last season were the USPBL Dance Crews and the most lovable bat dog in the country, JJ The Field General. Both will be performing at all contests again this season and Kids Run the Bases after every game.

This year's themed games include Mutts Gone Nuts, Nerf Night, Jimmy Buffet Night, All-Star Game, Detroit Pistons Night, and the Championship Game.

Opening Day will feature live music from American Band, face painters, magnet schedule giveaway, Utica High School Band performances, skydivers, Beavers Championship Flag raising presentation and ring ceremony, and a Fireworks Spectacular immediately following the game.

The USPBL All-Star Game and Home Run Derby will be held on Saturday, July 6. Before the game, catch the power hitters as they battle in the Rawlings Home Run Derby Challenge at 5:30 p.m. for the right to become the USPBL Home Run Champion.

On Wednesdays throughout the 2019 season, buy one grandstand ticket and get one free for all eight Wednesday night games. And it's Thirsty Thursdays with \$2 Bud and Bud Lights and \$5 Craft Beer specials. The Fireworks Spectacular returns to Jimmy John's Field every Friday night immediately following the game.

Season Ticket Flex Plans are now on sale. For more information on ticket packages, call 248-601-2400 or e-mail tickets@uspbl.com

USPBL will host auditions for the 2019 USPBL Dance Crews on Sunday, March 17 from 9:30 a.m. - 3 p.m. at Eppler Junior High School in Utica.

The USPBL Dance Crews perform at all 75 games played at Jimmy John's Field in downtown Utica from May 10 through September 8.

There will be a number of celebrity judges at the auditions to help Entertainment Manager Lesley Kay determine this year's team. Some of the judges include Detroit Pistons Dance Coach Natalie Miramontes, WXYZ-TV's Grace DeRocha, and Sterling Heights Stevenson Dance Coach Jenelle Dubey.

For additional questions, contact Lesley Kay at lkay@uspbl.com.

Calling All Macomb Singers

Shelby Spotlight Auditions: Shelby Township wants to spotlight your talent. As long as you live, work or attend school in Shelby Township, are a student within the Utica Community Schools district, or take music lessons in Shelby Township, now is your chance to audition in front of a live audience and compete for a top prize of \$500.

For more information, visit shelbytp.org/spotlight/.

Show Choir Seeking New Members: The Macomb Community College show choir, The Macomers, is looking for students who love to sing and dance to audition for the 2019-2020 season.

Those interested in auditioning should contact director Todd Moses at moses098@macomb.edu or call 586-226-4734 to schedule an audition.

Burgess-Shadbrush Nature Center Presentation On the "Birds and the Bees"

Spring means the arrival of new baby animals. On Thursday, March 21, the Burgess Shadbrush nature Center will host a program where people can learn why these baby animals always seem to make their appearance in the spring, their habits while growing up, and the right way to interact with them.

The presentation is part of the adult and teen nature education program at the nature center, which is geared toward making nature education work with

people's home and lifestyle. The topics covered are designed to help make homes, neighborhoods, and lives a little greener. Classes are typically held the third Thursday of the month from 5:30-6:30 p.m. The nature center also welcomes topic suggestions to help address nature-inspired questions, comments, or concerns.

To register for this month's class, go to shelbytp.org/parks and sign up for activity 112450-C5, or call 586-731-0300.

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For more information call Vickie at 248-524-4868 or visit YourHomeShows.com

John Dingell Conservation Act Signed by President Trump

On Tuesday, March 12, President Donald Trump participated in a signing ceremony for S. 47, the John D. Dingell, Jr.

Conservation, Management, and Recreation Act.

This bipartisan package of over 100 public lands, natural

resources, and water bills provides Federal protections to millions of acres of Federal lands.

The bill also includes a permanent reauthorization for the Land and Water Conservation Fund. The bill's namesake honors longtime Michigan Representative John Dingell, who passed away on February 7.

Pictured to the left, President Donald J. Trump was joined by John Dingell's wife, Rep. Debbie Dingell, D-Mich., along with other representatives and administration officials Tuesday as he signed S.47 in the Oval Office of the White House.

Official White House photo by Shealah Craighead



Bill Package to Restrict Oil and Gas Drilling

State Reps. Doug Wozniak of Southfield and Kyra Bolden introduced a new bill package this week to restrict oil and gas drilling in Michigan's most populated counties and require state agencies to abide by local ordinances when issuing permits.

"Citizens' concerns must be heard, and the state must listen to residents and the local governments that represent them when oil and gas companies seek permits in our cities and suburbs," Wozniak said.

House Bills 4317 and 4318 would prevent oil and gas wells from being drilled too closely to

neighborhoods where they could impact quality of life. The bill has been referred to the House Committee on Natural Resources and Outdoor Recreation for further consideration.

Rep. Wozniak recently changed the location of his regular office hours. The next coffee talk will be Monday, March 18 from noon to 2 p.m. at Rule 62 Café, 64271 Van Dyke Road in Washington. No appointments are necessary to attend office hours.

Those unable to attend can contact Rep. Wozniak by phone at 517-373-0843 or by email at DouglasWozniak@house.mi.gov.

Lawmakers Propose Equipping Schools with Trauma Kits, Defibrillators

State Rep. Jeff Yaroch of Richmond and State Rep. Angela Witwer of Delta Township introduced a package of bills that would require public schools to carry trauma kits and defibrillators.

Rep. Yaroch's bill would require schools to have the trauma kits on hand and to train all staff members on how to use and maintain the kits. His bill is part of the Department of Homeland Security's "Stop the Bleed" national campaign to help improve survival from life-threatening bleeding. The kits

would contain items such as tourniquets and compression bandages to help stabilize an injury victim.

"Trauma is the third leading cause of death in the U.S. and the most preventable cause is bleeding," Rep. Yaroch said. "We want to help our schools be better prepared in these life-threatening emergencies."

Rep. Witwer's bill would call for an annual appropriation from the Michigan Department of Education to grant funds to high schools

interested in purchasing Automated External Defibrillators (AEDs).

"It is up to us as legislators to ensure every possible step is taken to protect our students," Rep. Witwer said. "Thankfully, situations where these machines are needed do not arise often, but in those cases, access to an AED can be the difference between life and death."

House Bill 4334 (Yaroch) was referred to the House Committee on Education. House Bill 4333 (Witwer) was referred to the House Appropriations Committee.



MACOMB TOWNSHIP Deputy Fire Chief Adam Munro was presented the Golden Axe Award at the Macomb County Fire Association Legislative Banquet on March 1. The award is given to firefighters who have served at every level of the Association. Pictured above with Fire Chief Munro, Macomb Township Supervisor Janet Dunn and Treasurer Karen Goodhue.

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Gazette

Senior Living

Medilodge Resident Reflects on 102 Years

In 1917, the U.S. declared war on Germany, the Silent Sentinels began their protests for women's suffrage, and streetcars were installed on the San Francisco streets. It was also the year that



Helen K., a beloved resident at Medilodge of Rochester Hills, was born. She embodied the vitality, independence, and strength reflected in her birth year.

Born and raised in Hamtramck, Helen chose never to leave the city that was near and dear to her heart. She could tell you the history of every store, church, and building within the city borders. She attended school

until the age of 15, when she decided to drop out of high school. The decision was prompted by two major events in her life – her parents separating, and her mother struggling to pay the bills. In order to help the family financially, Helen lied to the manager of a local meat packing plant about her age, and began her first job. Not long after, she fell in love with Cashmere, her late husband, and they married in 1935.

When the Second War began in 1939, Helen was still working at the meat plant, but due to the male population being sent to war, Helen, along with many other women, went to work for the Military to build and repair war planes; a true Rosie the Riveter. There was one job that no one was able to successfully manage, which involved placing a small screw inside of an even smaller area of the plane without transferring any of the grease into the hole. Many attempted this

task on her base, but only Helen was successful.

Helen's home life was one of love and laughter. She and her husband built a home, and welcomed not only her mother, but her brother, sister-in-law, and their child to live with them. Everyone respected and cared for one another, and they lived as "one big happy unit," as Helen would recall. A favorite pastime was daily Bingo at church and city halls throughout the city.

Now at 102 years of age, you can find Helen at every Bingo event in the facility. Helen still carries her strength and independence into each day. Her mind is sharp, and she often outshines those half her age. Asked if she had any wisdom to pass on to the younger generations, she said, "Be kind to one another. Love your family, and stay busy!"

The MediLodge of Rochester Hills team would like to wish a very happy birthday to Helen.

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Discussing Alzheimer's Disease

Close to 6 million Americans now have Alzheimer's disease. By 2050, that number likely will more than double. The fatal brain disease can't yet be effectively treated or cured. But recent studies suggest that a theory long on the fringes of Alzheimer's research may provide new approaches to the disease.

Could common infections contribute to its development?

"Scientists are really trying to pin that question down," says Rebecca Edelmayer, Ph.D., director of scientific engagement at the Alzheimer's Association.

The latest study appeared in January. Researchers published evidence that may connect Alzheimer's and a germ that causes gum disease. It's not the first study to report such a link. In 2017, for example, scientists in Taiwan tracked more than 9,000 people with chronic periodontitis, a common type of gum disease.

They found that people who had gum disease for 10 years were 70% more likely to develop Alzheimer's. However, the study did not say that gum disease caused Alzheimer's.

The authors of the new study, published in Science Advances, pursued the link in the lab, where they examined tissue samples

from the autopsied brains of people with and without Alzheimer's. They found higher levels of the gum disease germ *P. gingivalis* in the diseased brains. They also discovered its presence in the spinal fluid of living patients diagnosed with Alzheimer's.

Next, they infected mice with an enzyme produced by the same gum disease germ. Weeks later, the mice's brains had deteriorated. Also present were increased amounts of a protein called amyloid beta, accumulates in the brain and forms plaques one of the hallmarks of Alzheimer's, as well as other signs of the disease.â

In the final part of the study, the scientists successfully stopped further brain damage in the mice by blocking the germ thought to be causing it.

Is there a herpes-Alzheimer's connection?

For another study published in the same issue, a different team of researchers also investigated the link between herpes and Alzheimer's.

They found several types of the herpes virus in brain regions affected by Alzheimer's. The viruses also appeared to influence the behavior of genes linked to amyloid beta.

The World Health Organization estimates that two-thirds of the world's population has a type of herpes studied by Moir and his team, known as HSV1.

The other herpes virus they

looked at is even more widespread. And once infected with herpes, you have it for life. The question then becomes, if herpes is so common, why don't more people develop Alzheimer's?

In most people, herpes causes no symptoms, because the virus remains inactive.

Moir speculates that a combination of factors like age and genetics could activate the virus and trigger an inflammatory immune response in the brain that potentially leads to Alzheimer's.

"Perhaps there's a mutation that prevents a gene from switching off that inflammation," says Moir.

And there's research to suggest that treating herpes could reduce the risk of dementia. Taiwanese researchers found that, over 10 years, HSV1 more than doubled the risk of dementia.

However, people with the herpes virus who had been treated with an antiviral medication had the same risk as people who had never been infected.

Could treating herpes truly lower the chances of developing Alzheimer's?

The authors of the study say it's too soon to tell.

Researchers are working to uncover as many aspects of Alzheimer's disease and other dementias as possible. Learn more at Alz.org/.

— Matt McMillen

Legislators Introduce Plan to Crack Down on Elder Abuse

Last week, a group of bipartisan legislators introduced a plan to combat elder abuse and establish increased protections for Michigan's senior population.

The Representatives include Doug Wozniak (R-Shelby Township), Diana Farrington (R-Utica), Sarah Anthony (D-Lansing), Vanessa Guerra (D-Saginaw), Graham Filler (R-DeWitt), Kyra Bolden (D-Southfield), Tenisha Yancey (D-Harper Woods) and Kathy Crawford (R-Novi).

Rep. Wozniak said elder abuse is a serious crime that is becoming more and more common. These additional protections and increased criminal penalties will ensure people think twice before targeting or taking advantage of older adults.

"Senior citizens are one of our

most vulnerable populations and they're increasingly becoming targets of crime," Wozniak said. "We must establish stronger deterrents to protect our seniors and empower others to help them."

The eight-bill bipartisan plan will add legal protections for adults age 65 and older and establish increased criminal penalties for individuals who financially or physically abuse vulnerable and elder adults.

"Our seniors are increasingly being targeted by criminals who prey on them and try to scam them into sending away their life savings," Farrington said. "We must increase penalties to keep this kind of behavior from continuing to spread."

The plan will be formally introduced on Tuesday.



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Don't Do It Yourself When It Comes to Braces



by SHAWN VAN DE VYVER, DDS
Great Lakes Dentistry

Have you heard about D.I.Y. braces? Believe it or not, you can get mail order clear braces over the internet. Isn't technology amazing? I'll stick my neck out as one of the professional naysayers and tell you it ain't all it's cracked up to be.

There is now a handful of companies promoting heavily on social media the benefits of mail order orthodontics. These companies send you material to take molds of your teeth which you then return. A few weeks later, a box lands on your doorstep with several clear plastic trays that snap over your teeth.

Each set of clear trays has your teeth in slightly different positions. As you wear each progressive set of trays, your teeth are pushed and rotated into hopefully straighter positions. It's a wonderful idea, in theory.

There are major problems with this form of unsupervised treatment. You can think of this month's article less informative and more public service announcement.

You might consider using online unsupervised treatment to

straighten your teeth in order to save a couple hundred dollars. The biggest issue I have with this option is a licensed dentist is not thoroughly evaluating your specific oral health status.

If you have untreated cavities, you are going to lock food debris and sugar against your teeth under these trays for several weeks at a time. Without a dentist examining your teeth every few weeks, you're potentially letting serious problems develop. Cavities that are small but detectable can quickly grow into large infections that cause toothaches.

Another problem that arises with mail order orthodontics is recession leading to sensitivity. When teeth are crowded, in order to straighten them, some teeth need to be "slenderized" to make enough space for the straightened teeth. Your teeth can't be "slenderized" without the help of a dentist or orthodontist.

The effect with mail order orthodontics is: your teeth need to be moved outside of the gums which leads to severe recession, exposed tooth roots, and increased sensitivity. Gum recession is when the gums erode away from the tooth, leaving the tooth root

exposed. Exposed tooth roots are usually sensitive to cold and get cavities much faster than teeth surrounded by healthy gum tissue.

Finally, when you're all done with your D.I.Y. braces treatment, the result still may not be what you were anticipating when you first signed up. You may still need to have a dentist or orthodontist (the licensed professionals who are trained to perform this treatment on a daily basis) fix the damage that was done.

If you're interested in straightening your teeth with clear trays instead of metal brackets and wires, there are many options your dentist can tell you about. In my office, I offer three different brands of clear trays that are affordable for any dental budget. Just make sure you're having a dental professional monitor your treatment, and don't try to save a couple bucks doing it yourself.

Dr. Shawn Van de Vyver, DDS is the Owner of Great Lakes Dentistry, located at 53620 Van Dyke Ave., Suite 2, in Shelby Township. To contact Dr. Van de Vyver, call 586-697-2424 or email DrVan@SmileInMichigan.com. Learn more at SmileInMichigan.com/.

Making A Home More Senior Friendly

(NAPSI) A growing number of seniors are finding that with a few design changes, their home can be made to accommodate their physical, financial and emotional needs as they grow older.



For many, this means they can maintain a sense of independence and avoid moving to a different home, moving in with a relative, or to a retirement community if they would rather stay in their home. Some say the comfort and peace of mind that can come from staying in a home that has been remodeled is worth the investment the changes require. In some cases, these

renovations may add value to a home.

The renovations are not all major construction project either, such as installing handheld showers and nonslip strips on the shower or tub floor. And finding a stove with controls on the front so you don't have to reach across burners is another way to help adapt the home.

Consider lowering at least one countertop in the kitchen so meals can be prepared while sitting down. Also, putting a side-by-side refrigerator-freezer in the kitchen can make it easier to get into the freezer, while shelves that roll out of cabinets make heavy pots more accessible.

As for lighting, mounting light fixtures with dimmers on walls or overhead can reduce the risk of tripping over wires.

Seniors with diminished mobility may want to consider installing a stairlift with the appropriate safety features. At the end of either an ascent or descent, the stairlift is designed to come to a "soft stop" due to the limit sensors. These sensors are said to ensure that the stairlift always stops in the correct position.

Law Enforcement Academy for Senior Citizens

The Macomb County Sheriff's Office will again be holding a "Law Enforcement Academy for Senior Citizens" course, a four-week series of classes to educate seniors about the operations of the Macomb County Sheriff's Office and its different divisions. Registrations by phone are currently being accepted.

The course is presented by Sheriff Anthony Wickersham and will conclude with a graduation ceremony and certificate.

Classes will be held at the Macomb Intermediate School District, 44001 Garfield (north entrance) in Clinton Township.

Four comprehensive workshops will be held Mondays on April 1, April 8, April 15, and April 22. All workshops run from 9 a.m. to noon.

Topics will include: Detective Bureau, Evidence Technician, Youth Bureau, Firearms, Corrections, Special Enforcement Team (S.E.T), K-9 Unit, Traffic, the Marine Division and more.

This is a free program but registration is required. To register, call the Macomb County Sheriff's Office at 586-307-9311.

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Community Input Sought for Aging Services Funds



The Area Agency on Aging 1-B will host a forum from 12-1:30 p.m. on Monday, March 18, at the Village of Oakland Woods in Pontiac about funding priorities for older adult services over the next three years.

The forum is intended to gather comments on the use of more than \$20 million of federal

and state funding allocated to serve older adults in the AAA 1-B's six-county region. The majority is earmarked for senior nutrition programs, including Meals on Wheels and congregate meal programs.

Other programs include in-home care services, chore services, adult day services and services for grandparents raising grandchildren.

There is no cost to attend, and reservations are not required.

The Village of Oakland Woods is at 420 W. Opdyke. For more information, contact Amanda Sears at 248-262-9222 or asears@aaa1b.com.

The Area Agency on Aging 1-B is a nonprofit that serves and advocates for more than 737,000 people 60 years and older and adults with disabilities in Livingston, Macomb, Monroe, Oakland, St. Clair and Washtenaw counties. To learn more, call 800-852-7795 or visit aaa1b.org/.



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"If you would have told me six months ago I could **lose 26lbs, drop my A1C score, eliminate diabetes medication**, and run up a flight of stairs without stopping to catch my breath, I would have thought you were crazy." - Janice S.

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THE DETROIT INSTITUTE OF ARTS was host to the DIA Senior Expo last Monday presented by Gazette Media Group. Hundreds of seniors toured the showrooms and met with a variety of vendors from different industries in the senior care world. If you missed this show but would like to attend another senior expo, the Gazette is hosting its annual Early Bird Senior Expo at the Somerset Collection on Thursday, April 4 from 7-9:45 a.m. To learn more or to participate as a vendor, visit GazetteEvents.com/ or call 248-524-4868.



Gazette CLASSIFIEDS

March 15, 2019



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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.

VOLUNTEER

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



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

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

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

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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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Imagining a World Without Bees

PERSPECTIVES



Op-Ed by
PETE MAURER

The mystery of the disappearing and dying bees may finally have been solved, and the reason— to no one's surprise — may be a very common pesticide.

Neonictinoids are a category of pesticide in use since the 1990s, which mirrors the decline in bees. Long blamed on cell phone towers, electric transmission lines, viruses, mites, and other equally esoteric causes, science is now fairly confident that the use of neonictinoids is the main culprit behind the sudden and dramatic loss of bees.

Used to dust and coat seeds just prior to planting, it is often released into the air and water during the planting process. But neonictinoid's real danger is that it is absorbed into the growing plant to provide systemic protection against foraging insects. Unfortunately for bees, the pesticide shows up in the pollen and nectar, posing a one-two punch to nature's pollinators.

As its name implies, neonictinoids are related to nicotine, an old-fashioned pesticide that farmers used long before the chemical industry came up with all sorts of synthetic hydrocarbons to dispatch our

pests, whether they be weed, insect, or fungus.

I remember my dad telling me when he was a boy, watching his father soak tobacco leaves in a solution of water and alcohol for a period of time. When ready, the foul-smelling, brownish liquid would be diluted and then sprayed on the family's garden plot. It effectively killed any bugs in the garden, and was so potent, my grandfather hired people to apply it rather than risking himself or family to the exposure.

Nicotine is that deadly.

But since extracting the nicotine from tobacco plant was an expensive and time-consuming process, science came up with synthetic nicotine, neonictinoids. And the rest, as they say, is history.

The European Union is about ready to ban the use of neonictinoids, convinced that the numerous studies conducted readily show the link between the use of the pesticide and the collapse of beehives in the areas, along with a sharp drop in the number of surviving bees.

But here in the States, the huge and powerful agribusiness lobby is busy in D.C., doing their best to convince politicians that no current study is conclusive and that, to no one's surprise again, more studies are needed to corroborate the first studies.

That is how Big Business and equally big money work in Washington. If you want influence, you need money, and if you have a lot of money, then you can buy a

lot of influence. And since one of the world's biggest chemical companies is also one of the world's biggest agribusiness owners, they have been fighting this battle on both sides of the Atlantic.

Their war chest is stuffed with cash, being dispensed by lobbyists to any politician willing to listen to their litany of excuses as to why neonictinoids shouldn't be banned, either here or in Europe.

That company? A German outfit, whose founder isolated the active ingredient found in the bark of the willow tree that native Americans discovered helped with pain. They go by the name of Bayer. Bayer now owns Monsanto, so they have enormous stakes in the pesticide business on two continents, the two that use the most chemicals on Earth in food production.

But let me leave you with this one last thought, because while you are thinking about the bees, you might forget one important fact — the neonictinoids that get into and stay in the plant to provide protection against insects not only get into the pollen and nectar, but also the fruit of the plant, things like corn, oat, wheat, soy, and so on.

In other words, it is very likely that you and I are also getting traces of neonictinoids in our bodies.

Email the author at Gazetteguy@yahoo.com or send a letter to the editor at Andrew@gazettemediagroup.com

Local History Chat at the Octagon House

The Octagon House is hosting a presentation by historical storyteller Judy Lopus about a local family that made an impact on Macomb County on Sunday, March 17 at 2 p.m.

Lopus will talk about the Gass family, which settled in the area in the 1830s and played a role in shaping Romeo, Washington, and Ray Township. The Gass family also had connections to the Civil War and the Lewis and Clark Expedition.

Lopus, who is related to the Gass family, has been studying her family and local history for many years.

Tickets cost \$5 and cover the scheduled presentation and a self-guided tour of the Octagon House.

The Loren Andrus Octagon House is at 57500 Van Dyke, just north of 226 Mile in Washington Township. To learn more, visit octagonhouse.org or call 586-781-0084.



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Gazette



The Pour House Now Open in Shelby Township

SHELBY TOWNSHIP has a new location for people to enjoy a relaxing dining experience and local brews. The Pour House, at 50985 Hayes Rd., opened earlier this week. The restaurant has 70 local beers on tap in addition to a selection of wine and liquor. It's open daily, 11 a.m. until midnight, and until 2 a.m. on Fridays and Saturdays. To learn more, visit thepourhouseshelby.com, or call 586-884-4868.