

SAVE THE DATE

## Early Bird Senior Expo

at the SOMERSET COLLECTION of Troy  
north side, center court

Thursday, April 4<sup>th</sup>

7AM - 9:45AM

Shelby • Utica • Macomb • Washington

# Gazette

FREE every Friday • Serving the communities of Shelby Twp., Utica, Macomb Twp., and Washington Twp. • GetYourGazette.com

March 8, 2019

Vol. 3, No. 12

## Lucky Leprechaun Race in Downtown Utica

Get your green on next weekend at Downtown Utica's annual Lucky Leprechaun Race, taking place on Saturday, March 16 from 9 a.m. - 1 p.m.

As runners traverse the USATF Certified Course, they will pass Jimmy John's Field, St. Lawrence Church, and cross three bridges. The Graffiti Tunnel will take runners under M-59 and makes for the perfect place to give a "shout out" to fellow runners.

**Bagpipes** and other Irish music will help get runners and visitors in the spirit of the holiday. A costume contest will be held at 10:15 and the 5k Run & Green Mile Run begin at 10:30 a.m.

An awards presentation will cap off the event and then the Post Race Pub Crawl will commence, with visits to Shamrock, Muldoons, Danny J's, and Hogs Hollow Smoke House.

For more information or to register, call 586-243-9813 or visit [LuckyLeprechaunRace.com/](http://LuckyLeprechaunRace.com/).

## Maple Syrup Festival

Burgess-Shadbush Nature Center will host the Maple Syrup Festival on Saturday, March 16. Tour guides will show visitors how the tree first gets its sugar and how to identify maples for their sap. Guests will get the chance to use traditional equipment for the collection process and learn the fine details maple trees and making syrup. Four tours are scheduled - 11 a.m., noon, 1:30 p.m., and 2:30 p.m.

The cost to attend is \$3 per person. Register online at [shelbytwp.org/parks](http://shelbytwp.org/parks) or call 586-323-2478.

## Inside This Issue

4

Arts & Entertainment

6

Health & Wellness



**MATHNASIUM SHELBY LAKESIDE** is Shelby Township's newest math learning center, now open at 45983 Hayes Rd between Hall and 21 Mile. Owner Andrea Holtz Marble, a former Utica Community Schools teacher, cut the ribbon on the new facility this week with the help of the Sterling Heights Regional Chamber of Commerce. For more information on the tutoring center, call 586-532-6500 or visit them online at [Mathnasium.com/shelbylakeside/](http://Mathnasium.com/shelbylakeside/).

## Shelby Township Rated Safest in Macomb

In its 2019 "America's Safest Cities" report, [safehome.org](http://safehome.org) named Shelby Township the safest community of 50,000 or more residents in Macomb County and among the top five safest communities in the state of Michigan.

Nationally, Shelby Township ranked 47 for safety based on data from the Federal Bureau of Investigations and the Chapman University Survey of American Fears.

**"Under the leadership** of Police Chief Robert Shelide and Fire Chief James Swinkowski, Shelby Township police officers and firefighters are setting a new standard for safety in our community," Township Supervisor Rick Stathakis said. "These latest rankings may be news, but anyone who knows our police officers and firefighters knows this has long been the case."

**Shelby was also** named the safest in Macomb by the National Council for Home Safety and Security for the third consecutive year.

In its 2019 reports, the NCHSS

placed Shelby Township's rates for violent crimes and property crimes per 1,000 residents at 1.035 and 7.309, respectively. Both figures were well below the state averages of 4.08 and 20.72.

**"These rankings** are a very nice endorsement of our department's policies and practices," Chief Shelide said. "What matters even more, though, are the amazing, positive relationships our officers build within the community. These numbers show that those relationships and our officers' hard work are paying off with real results."

The ratings are released as the Shelby Township Police and Fire departments are completing upgrades to facilities.

**Following its opening** of Fire Station No. 5 in 2017, the fire department is set to open a new Fire Station No. 4 at 25 Mile and Schoenherr to better disperse its coverage.

"With the new station open near 21 Mile and Schoenherr roads, moving Station No. 4 farther north

will allow our firefighters to best serve every resident in our township

See SHELBY TWP, page 2

## Reps Respond to Governor's Gas Tax Proposal

by ELENA DURNBAUGH

Governor Gretchen Whitmer unveiled her state budget plan for 2020 during a joint meeting of the House and Senate appropriations committee in Lansing on Tuesday, which included a 45-cent-per-gallon fuel tax increase to repair Michigan's roads.

Many Republican lawmakers were skeptical of Whitmer's proposal, including local representatives in the House and the Senate.

**Rep. Douglas Wozniak**, who represents Michigan's 36th District in the House of Representatives, said that he didn't think the governor's plan moved the state in the right direction.

"We should be considering options that don't put an additional burden on state taxpayers," Wozniak said in a statement. "There are a lot of eye-popping numbers in this proposal, which is over \$3 billion more than the previous signed

See GAS TAX, page 2



**STATE SENATOR MICHAEL MACDONALD** read to students of Fox Elementary School in Macomb Township on Friday morning celebrating Reading Month. Senator MacDonald lives in Macomb Township and represents District 10 which includes Macomb Township, Sterling Heights, and northern Clinton Township.

## MCC Recognized as a Voter-Friendly Campus

Macomb Community College has been designated as a Voter Friendly Campus.

An initiative led by national non-partisan organizations Campus Vote Project and NASPA – Student Affairs Administrators in Higher Education, the designation recognizes the college’s efforts to help students overcome barriers

to participating in the democratic process, and encouraging them to register and to vote in upcoming elections.

Macomb is one of 15 colleges and universities in Michigan to achieve the designation and among 123 campuses from around the country. The designation is valid through December 2020.

## Local Reps Offer Alternatives to Gas Tax Increase

GAS TAX, From page 1

budget, but to properly put the whole thing into words— this is not the right course of action for the state.”

Rep. Jeff Yaroch, who represents Michigan’s 33rd District, was similarly skeptical of the proposal.

“There’s no way I can possibly support that plan— especially when Macomb County is a donor to the state transportation system,” he said in a statement. “We pay far more in taxes and registration than we get back under the state’s road funding formula, and our roads suffer as a result.”

Yaroch said that instead of raising fuel taxes, the legislature should return to the road funding plan adopted in 2015, which raised gas taxes and registration fees. Yaroch recommended that the state commit \$600 million of the state income tax to roads now, instead of waiting until 2020, as provided in the 2015 plan.

He also said that Michigan should focus more of the state’s economic development resources on fixing the roads. According to Yaroch, potholes are one of the biggest hindrances to economic growth in Michigan. To solve this problem, Yaroch introduced House Bill 4093, which would

move money from the strategic fund to roads. He also proposed House Bill 4062, which would address the current system for distributing road funds in the state. Right now, money is distributed based on the length of the road. Yaroch’s bill revises the system to factor in road width. Yaroch also argued that townships should take jurisdiction of roads and receive funding directly from the state instead of going through the county.

“Before we start talking about raising taxes again, let’s prioritize road funding in the upcoming budget and fix the road funding formula which shortchanges Macomb County,” Yaroch said in a statement.

Sen. Peter Lucido, who represents Michigan’s eighth district, was also critical of the governor’s plan.

“I fear she is attempting to fix the problem by simply increasing taxes instead of rolling up her sleeves, looking at our current funding formulas, and making the tough decisions on how we spend our current road funding dollars,” he said in a statement.

Like Yaroch, Lucido suggested revising the state’s road funding formula as an alternative to raising taxes. Instead of distributing funds throughout the state, he said money should be

targeted at areas where the greatest need exists. Lucido also proposed Senate Bills 27-28 to change the way road funding works. These bills would keep registration fees and wholesale gas taxes in the county where a car is register and the fuel is pumped.

In addition to changing the way Michigan funds its road, Lucido recommended an audit of the Michigan Catastrophic Claims Fund, which he said currently holds \$22 billion in taxpayer dollars and grows by approximately \$1 billion annually.

“I am not interested in new revenues that will hurt hardworking Michiganders,” Lucido said in a statement. “The governor told us she was willing and able to make the tough decisions. As your state senator, I am going to hold her to it.”

On Wednesday, Whitmer began a statewide tour to try to sell the budget plan in which she has planned a series of speeches, roundtable discussions, and town hall meetings.

“This is day one of the budget process,” Whitmer told the Detroit Free Press.

Whitmer is open to hearing other ideas, according to the Free Press, but she said that the plan had to be “a real solution to Michigan’s problems.”



**LIBERTY TAX SERVICE**

**30% OFF**  
with Paid Tax Preparation

New Customers Only  
Not valid with other offers. Expires 4-10-19

45629 Van Dyke, Utica, MI 48317  
North of M-59 • 586-739-1040

**I'll Help You Grow Your Business!**

**CALL FAITH NEMETH!**

Cell **248.759.9260**  
Office **248.524.4868**

Or Email: [Faith@GazetteMediaGroup.com](mailto:Faith@GazetteMediaGroup.com)

Serving Shelby, Utica, Macomb & Washington Every Friday Morning

Shelby • Utica • Macomb • Washington

**Gazette**

## New Fire and Police Stations in Shelby Nearly Complete

SHELBY TWP, From page 1

now and for the foreseeable future,” Swinkowski said.

“Because Chief Swinkowski has such a tremendous understanding of his budget and his department’s finances, we can make Shelby Township a safer and better place to live without increasing taxes,” Township Treasurer Michael Flynn added. “Most municipalities have to go to voters from more tax dollars to build and staff new infrastructure, but, because of Chief Swinkowski, we have two new buildings built, staffed, and operational without a tax increase.”

The police department is nearing completion on a \$2 million, 7,000-square-foot addition to its station, which will complete the project that began with its \$4 million new headquarters that opened in 2012. The current 18,000-square-foot station was designed to allow for the ease of expansion at a later date.

“When we built the existing station, we had \$4 million in the bank, so we planned for a \$4 million police station in 2012,” Stathakis said. “We built that station, and we were about \$200,000 under budget.”

“We designed that building, so that, when we needed to, we could

break out the back wall and expand, which is what we are doing now. We anticipated that we would need to expand, and that is what we are

doing now, with cash. As always, there is no bonding, no borrowing and no tax increase.”



SHELBY TOWNSHIP TREASURER Michael Flynn, pictured above on the left, visited his former peer – 36th District State Representative Douglas Wozniak – in Lansing this week to deliver a Shelby Township flag for Wozniak’s office in the capital. He also got the chance to discuss Wozniak’s plans for representing the people of northern Macomb County. “I feel we can really do good things in Lansing,” Wozniak said, adding that it’s going to be his mantra to represent the people in the 36th District “and make sure we are going to do things that make sense for our area.”

## Portion of M-53 to be Renamed in Honor of Fallen Navy SEAL from Utica

A plan from state Rep. Jeff Yaroch to honor fallen U.S. Navy Chief Petty Officer Jason Freiwald was approved this week unanimously by the Michigan House.

A portion of M-53 in Macomb County between 31 Mile Road and 32 Mile Road would be known as the Chief Petty Officer Jason Freiwald Memorial Highway.

Freiwald, a U.S. Navy SEAL, suffered wounds during combat operations with heavily armed militants in Afghanistan on Sept. 11, 2008. He died on Sept. 12, 2008 at the age of 30.

from Armada Senior High School. He enlisted in the Navy on April 25, 1996, and reported to Recruit Training Command in Great Lakes, Illinois.

As a music teacher in Armada, Rep. Kennedy had the distinct honor of having Jason and his siblings as students from kindergarten to sixth grade.

"I can honestly say that even at that young age, there was no sweeter, more giving child or devoted family," said Kennedy, of Davison "Although losing Jason has been tragic to the community that knew and loved him, especially his

## Students' Work Showcased at Fine Arts Festival

Utica Community Schools will present its annual K-12 Fine Arts Festival March 18 through March 20, located at Rose Kidd Elementary School, 38397 Gladstone Drive in Sterling Heights.

The festival will feature nearly 5,000 pieces of student artwork.

"The talent and creativity of UCS student artists will be on full display for our community during this annual celebration," Superintendent Dr. Christine Johns said. "Each day, our teachers inspire students to express themselves and reach their full potential as artists."

Gallery hours for the free event will be from 6-8 p.m. on Monday, March 18; 1-8 p.m. on Tuesday, March 19; and from 1-8

p.m. on Wednesday, March 20.

For the March 18 opening night, a free shuttle to the festival



GRAPHITE DRAWING by Madison Stabile of Malow Junior High.

will be available from Stevenson High School.

Students will display both two-dimensional and three-dimensional pieces of artwork, which include drawings in pencil,

pen, marker, oil pastel, soft chalk pastel, ink, mixed media, and paintings in tempera, acrylic and oil.

Guests will see traditional and digital photography, short films, public service announcements and video game design projects.

Art will also include fibers ranging in functional fashion to weavings, relief and in-the-round sculptures, as well as, hand-built to wheel-thrown ceramic vessels and pieces.

More than 10,000 patrons annually visit what is now one of the region's largest student art shows.

For more information on the Fine Arts Festival and Utica Community Schools, visit [Utica12.org/](http://Utica12.org/).



STATE REP. JEFF YAROCH with State Rep. Sheryl Kennedy on the House floor speaking in support of the plan to honor fallen U.S. Navy Chief Petty Officer Jason Freiwald.

"Chief Petty Officer Freiwald is a dedicated hero, and this memorial highway recognizes his bravery and ultimate sacrifice for our freedoms," said Yaroch, of Richmond. "We must recognize the men and women who continue to defend our country and honor those who put their lives on the line."

Freiwald was born on December 20, 1977 in Utica. He later graduated

parents and brothers that also bravely served their country, I'm proud to stand with my colleagues to memorialize his service and sacrifice."

Freiwald served on SEAL Team 5 for two years before transferring to SEAL Team 3 in Coronado.

House Bill 4061 moves to the Senate for consideration.

## Craft Night at Westview Orchards & Winery

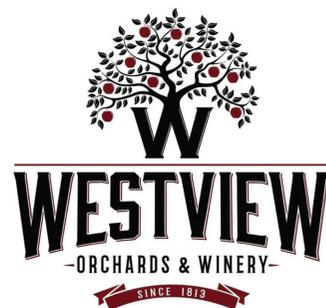
Westview Orchards & Winery will host a craft night on Wednesday, March 13 from 6:30-8:30 p.m. that focuses on creating a vintage-inspired collage artboard.

Create a one of a kind piece of art from a 10x20 wood board, collage papers, stamps, stencils, and found objects. Through color, pattern, and symbols, guests will develop a board that tells a unique personal story.

Crafters can choose their own background papers - which will be antiqued - then use stamps and stencils to add dimension. Finally, crafters will choose a metal/found object piece to add before finishing it off with the word "family."

Celebrate your family by

creating this one-of-a-kind keepsake, guided by local artist, Lisa Ellen.



The cost to participate is \$35 per person and includes one glass of wine or hard cider. Register by calling 586-752-3123.

Westview Orchards & Winery is located at 65075 Van Dyke Rd. in Washington.

### UCS Means Success

#### Educating Today's Students to Succeed in Tomorrow's World

UCS has a 93% graduation rate which is 12 points higher than the state average.

UCS students, on average, consistently outpace their county, state and national peers on standardized tests.

UCS offers nationally-recognized Advanced Placement and International Baccalaureate programs.

UCS is a recognized leader for innovation and is honored at all levels for excellence in academics, the arts and athletics.

UCS gives students a competitive edge for future jobs through partnerships with business and industry to provide real-world experiences.

Visit your UCS elementary school for Kindergarten Roundup on Wednesday, March 13 at 7 p.m. [www.uticak12.org](http://www.uticak12.org)

# Arts & Entertainment



**CAPTAIN MARVEL**  
Action, PG-13



**CHRISTOPHER ROBIN**  
Comedy/Drama, PG



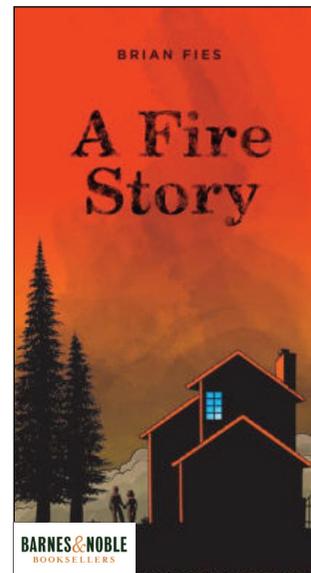
**OFFICE SPACE**  
Comedy, R



**THE FAVOURITE**  
Drama, R



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



**A FIRE STORY - BRIAN FIES**  
Non-fiction comic

## Music

**Hamtramck Music Festival**  
Now thru March 9

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

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

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

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

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

## ON STAGE

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

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

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

**The Midtown Men** Friday, March 15, 7:30 p.m. Macomb Center for the Performing Arts

**Pink Floyd Laser Spectacular 2019** Saturday, March 16, 7:30 p.m. Macomb Center

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

**King David** Sunday, March 24, 4 p.m. Macomb Center

## NIGHTLIFE

**Craft Night** Wednesday, March 13, 6:30 p.m. Westview Orchards & Winery, Washington

**Fashion Show: Our Michigan** Thursday, March 14, 6 p.m. The Palazzo Grande, Shelby Township

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

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

**St. Patty's Day** Sunday, March 17, 12 p.m. - 2 a.m. Tap & Barrel Grill, Shelby Township

**Bourbon Tasting Dinner** Tuesday, March 19, 6:30 p.m. Detroit Fish House, Shelby Twp

**Blankets and Brews** Thursday, March 21, 6:30 p.m. Blake Farms

## LIBRARY

**Minute 2 Win It** Monday, March 11, 6 p.m. Clinton-Macomb Library North Branch

**Tech Tuesdays** Tuesday, March 12, 1 p.m. Clinton-Macomb Library North

**Through Her Eyes: Women Artists in the DIA's Collection** Tuesday, March 12, 7 p.m. Clinton-Macomb Library North

**WWI: Like Lambs to the Slaughter** Wednesday, March 13, 7 p.m. Shelby Twp Library

**Shelby Township Writers Group** Thursday, March 14, 6:30 p.m. Shelby Township Library

**Steam Junior** Saturday, March 16, 11:30 a.m. Kezar Library

**Pysanky Egg Coloring** Wednesday, March 20, 7 p.m. Shelby Township Library

**CMPL Comic Con** Saturday, March 30, 10 a.m. Clinton-Macomb Library Main Branch

**Book Sale** March 30-31, Utica Public Library

## KIDS & TEENS

**Battle of the Books** Saturday, March 9, Graubner Library

**Storytime** Tuesday, March 12, 10 a.m. Utica Public Library

**Preschool Pages** Tuesday, March 12, 11 a.m. Shelby Township Library

**Teen Hangout** Wednesday, March 13, 3 p.m. Shelby Township Library

**Kids Korner: Children's Book Reading** Saturday, March 16, 11 a.m. Lorenzo Cultural Center

## SAVE THE DATE

**The 1975** Saturday, May 11, Meadow Brook Amphitheatre

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

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

To submit an event, email [News@gazettegroup.com](mailto:News@gazettegroup.com). Submissions run in the paper space permitting. To advertise an event, email [Advertising@gazettegroup.com](mailto:Advertising@gazettegroup.com).

## GAZETTE RECOMMENDS...



### FREE SOLO

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

- Andrew Neal, Editor

## Photography Teacher Honored for Inspiring Students

A Utica Community Schools teacher has received a first-ever "Inspiring Teacher" award through the regional Scholastic Arts Tournament.

**Dr. Lisa Grunewald**, a photography teacher at Henry Ford II High School, was honored during the Michigan Thumb Region Scholastic Art Awards on January 28 at Macomb Community College.

"Dr. Grunewald inspires her students to reach their full

potential and creates an environment for students to express themselves," Superintendent Dr. Christine Johns said. "Her work reflects what we know is true at Utica Community Schools. Our teachers and staff members are committed to helping students succeed both academically and in life."

potential and creates an environment for students to express themselves," Superintendent Dr. Christine Johns said. "Her work reflects what we know is true at Utica Community Schools. Our teachers and staff members are committed to helping students succeed both academically and in life."

potential and creates an environment for students to express themselves," Superintendent Dr. Christine Johns said. "Her work reflects what we know is true at Utica Community Schools. Our teachers and staff members are committed to helping students succeed both academically and in life."



**DR. LISA GRUNEWALD**, photography teacher at Henry Ford II High School, with Meaghan Drohan, Kaden Rucinski, Ryan Shaner, Caitlin Schneider, Kaitlyn Price and Adam Williams.

potential and creates an environment for students to express themselves," Superintendent Dr. Christine Johns said. "Her work reflects what we know is true at Utica Community Schools. Our teachers and staff members are committed to helping students succeed both academically and in life."

potential and creates an environment for students to express themselves," Superintendent Dr. Christine Johns said. "Her work reflects what we know is true at Utica Community Schools. Our teachers and staff members are committed to helping students succeed both academically and in life."

potential and creates an environment for students to express themselves," Superintendent Dr. Christine Johns said. "Her work reflects what we know is true at Utica Community Schools. Our teachers and staff members are committed to helping students succeed both academically and in life."

## Comic Con Returns for Third Year to Clinton-Macomb Public Library

Comic Con is coming to the Clinton-Macomb Public Library.

**On Saturday, March 30**, from 10 a.m.-6 p.m. the main branch of the library will host its third annual all-day celebration of pop culture. The event will feature panels, workshops, contests, and costumes that represent a variety of different fandoms.

At Clinton-Macomb Public Library Comic Con, people will be able to participate in games, crafts, and tournaments. During the day, food trucks will be on-site to keep visitors fed and ready for fun. As part of Kid-Con in the morning, families with kids 12 and under be able to participate in an escape room. In the afternoon, older fans will have their chance.

**In addition** to fun activities, attendees can also participate in contests. Starting at noon, cosplayers can compete to be the best dressed at the con. Prizes will be awarded. In another contest,

lego enthusiasts can submit their best build to fit this year's theme: recreating a favorite sci-fi movie or TV show scene. Entries must be delivered to the library on Friday March, 29. To see the details of the lego contest, visit [cmpl.org/comic-con](http://cmpl.org/comic-con).

Another highlight of Comic Con kicks off at 2 p.m. as kids ages 13 and up try their luck in the Escape Room. Sign up in advance for the one-hour challenge.

**The library is also** seeking artist vendors to sell their work at the cons artist alley. Artists are also invited to submit their design for the official CMPL Comic Con logo. All forms and rules for entry can be found on the library's website at [cmpl.org/comic-con/](http://cmpl.org/comic-con/).

To learn more about Comic Con at the Clinton-Macomb Public Library, and to see the schedule of events, visit [cmpl.org/comic-con](http://cmpl.org/comic-con) or call the library at 586-226-5020.

# Early Bird Senior Expo

at the SOMERSET COLLECTION of Troy

## Thursday, April 4<sup>th</sup>

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



*Get Help and the Answers You Need*

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

**PRIZES & GIVEAWAYS!**

Complimentary  
**BAGELS & COFFEE**

PRESENTED BY



**LYNCH & SONS**

*Funeral Directors*



SENIOR LIVING COMMUNITIES

SPONSORED BY



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

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



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

FOR MORE INFORMATION CALL MARTY AT 248-524-4868 OR VISIT [GAZETTEEVENTS.COM](http://GAZETTEEVENTS.COM)

# Health & Wellness

## Five Simple Yoga Poses Beginners Can Practice at Home



by  
AMY FORTUNE

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

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

### Five Poses for Beginner Yogis

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

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

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

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

**Downward-Facing Dog** – Often referred to as simply “Downward Dog,” this is one of the best-known

poses to develop overall balance, focus, and stability.

**Cobra** – Lie on your belly and bring your hands to the sides of your chest (elbows bent), palms on the floor. Then, slowly raise

your chest by straightening your arms while keeping your legs, feet, and hips rooted to the floor. Over time, this pose will help you achieve better posture – especially if you spent a lot of time hunched over a computer.

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

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



feet to develop overall balance, focus, and stability.

your chest by straightening your arms while keeping your legs, feet, and hips rooted to the floor. Over

## What is Kombucha? It’s Alive!

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

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

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

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

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

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

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

# Lose Weight Today!

## Call 586-248-4896

Schedule Your  
FULL-BODY EVALUATION



Lost **72 Lbs**



Lost **35 Lbs**



Lost **58 Lbs**

**20% OFF**  
WITH AD  
Limited Time Offer

Visit [www.IdealYou.us](http://www.IdealYou.us)



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

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

Ideal You Riverview  
14550 King Rd.  
Riverview, MI 48193



Follow us on social media  
Facebook @SUMWGazette  
Twitter @ShelbyGazette

# Gazette CLASSIFIEDS

March 8, 2019



Shelby • Utica • Macomb • Washington  
**Gazette**

GetYourGazette.com

@SUMWVGazette

@ShelbyGazette

**Publisher**  
Mark Nicholson

**Managing Editor**  
Andrew Neal

**Editorial Contributors**  
Elena Dumbaugh  
Nathan Inks  
Cynthia Kmett  
Amy Fortune  
Peter Maurer

**Advertising**  
Faith Nemeth

**Production**  
AJ White  
Jane Warunek

**Circulation**  
Melissa Leung

**DISPLAY ADVERTISING:**  
248-524-4868  
Advertising@GazetteMediaGroup.com

**TO SUBMIT EDITORIAL:**  
News@GazetteMediaGroup.com

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



## HELP WANTED

Fourslide setup and operators position. Experience only. Salary commensurate with experience. Great benefits include health insurance and 401k. Please respond by email to Fourslidejob@gmail.com.

1/2

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

2/2

## FOR SALE

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

1/2

## DELIVERY & WAREHOUSE PERSON NEEDED

to deliver office and janitorial supplies in metro Detroit area. Steady 40 hours a week. Monday through Friday 8 am - 4 pm. Medical insurance available.

1/1

## MASSAGE

Certified Massage Therapist looking for new clients. Call 248-688-5540

2/2

## VOLUNTEER

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



Not only do their efforts benefit those in need in the community who need it most, they also help reduce food waste in the area by collecting large quantities of food from restaurants, wholesalers, and caterers.

Forgotten Harvest is always in need of monetary donations and volunteers.

Visit [ForgottenHarvest.org](http://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.



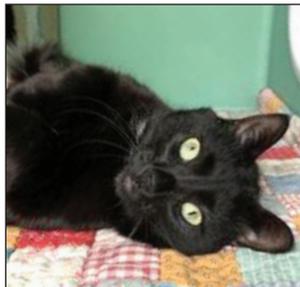
A person struggling with any drug addiction can come to any of the participating police agencies and ask for help. They will be greeted with support, compassion and respect. Hope Not Handcuffs volunteer 'Angels' help with paperwork and provide compassionate support until a treatment option is found. 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](http://familiesagainstnarcotics.org/volunteer)

## ADOPT A PET

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

Starla



## ADOPT A PET

Alex



Levi



Charie



## GET YOUR GAZETTE

Gazette Media Group is a media and events company based in Troy, Michigan. Originally established in 1980 by Claire Weber as the Troy-Somerset Gazette, GMG now publishes three local newspapers and hosts a variety of events throughout the metro Detroit area.

The Gazette creates and curates hyper-local content and distributes free weekly newspapers throughout businesses in the community. Go to [GetYourGazette.com](http://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](mailto:News@GazetteMediaGroup.com) or call 248-524-4868 for editorial submissions.



# NOW HIRING!

## Part-Time Event Coordinator

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

Email resume to

[Assistant@GazetteMediaGroup.com](mailto:Assistant@GazetteMediaGroup.com)

## Sudoku

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

## Place Your Classified Here

### Three Great Papers, One Low Price!

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

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

To place a classified advertisement, call 248-524-4868, fax 248-524-9140, or email [classifieds@gazettemediagroup.com](mailto:classifieds@gazettemediagroup.com)

Troy-Somerset  
**Gazette**

Rochester & Rochester Hills  
**Gazette**

Shelby • Utica • Macomb • Washington  
**Gazette**

To place a classified advertisement, Call 248-524-4868, fax to 248-524-9140, or email [classifieds@gazettemediagroup.com](mailto:classifieds@gazettemediagroup.com)

15 words for \$12.00, each additional word 25¢ • Phone numbers and hyphenations count as 2 words, abbreviations count as 1 word

Single line of caps 75¢ • Bold single line of caps \$1.00 • Double line of caps \$1.50 • Bold double line of caps \$2.00

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

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

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

# The Snow Days Dilemma

## PERSPECTIVES



Op-Ed by  
**NATHAN INKS**

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

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

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

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

2012-13 school year.

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

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

If the state has determined that students need 180 days of learning, why should that change because of the weather?

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

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

**Send a letter to the editor at** [Andrew@gazettemediagroup.com](mailto:Andrew@gazettemediagroup.com)

## LETTER TO THE EDITOR

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

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

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

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

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

– *Carlene Geier*

# Customize Your NEW HOME

## starting at \$499,900

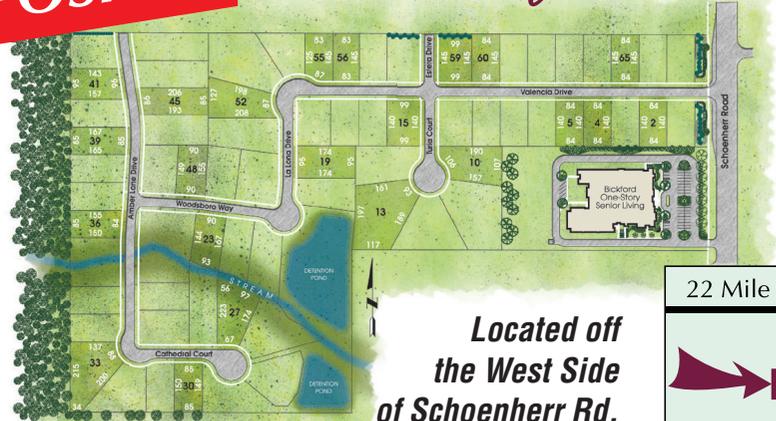
**Offered by The Linda Rea Team & DM Homes**

MODEL HOURS: Mon Closed • Tues & Wed 12-4 • Thurs Closed • Fri, Sat, Sun 12-5

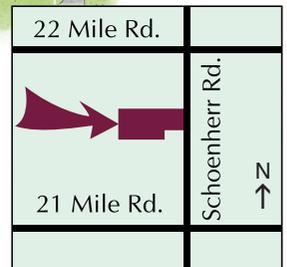


**TAKING DEPOSITS**

*Valencia*



**Located off the West Side of Schoenherr Rd. between 21 Mile Rd. and 22 Mile Rd.**



Prices, plans and specifications are subject to change without notice or obligation. Site plan is an artist's conception and may vary in construction.

**Plans from 2,214 - 3,476 sq. ft. • Ranch Homes, Split Levels & Colonials**



**Linda Rea**  
**248.709.3786**

**Pete Johnston**  
**248.770.8660**  
**[lindareateam.com](http://lindareateam.com)**  
**1002 Main Street**  
**Rochester, Michigan**

**FOLLOW OUR TEAM...**

**f** [fb/LivingRochester365.com](https://www.facebook.com/LivingRochester365.com)  
[fb/RochesterMichiganListings.com](https://www.facebook.com/RochesterMichiganListings.com)  
[fb/TheLindaReaTeam.com](https://www.facebook.com/TheLindaReaTeam.com)

**t** [twitter.com/LindaReaTeam](https://twitter.com/LindaReaTeam)

**f** [fb.me/VistasofRochesterHills](https://www.facebook.com/VistasofRochesterHills)  
[facebook.com/NottinghamWoodsDMHomes](https://www.facebook.com/NottinghamWoodsDMHomes)

**i** [instagram.com/TheLindaReaTeam](https://www.instagram.com/TheLindaReaTeam)

**RECOMMENDED | REFERRED | RESPECTED**