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May 17, 2019
 Vol. 3, No. 22

Super Sunday in Washington Township

Celebrate the history of Washington Township with the Greater Washington Area Historical Society at its 41st annual Super Sunday event.

This year, Super Sunday will take place on Sunday, June 2, from 10 a.m. to 4 p.m. at the Washington Historical Museum, located in the old Washington High School. The event, which has been held almost continuously since 1952, is based on a homecoming celebration in Washington Township, according to the Washington Historical Society website.

The event will feature food, arts and crafts, antiques, and flea market vendors. The historical society members will also host their perennial plant sale and a silent auction of items donated by individuals and local businesses. People will also be able to take free tours of the museum. The music group "Just Banjos" will provide entertainment from 1-3 p.m.

Proceeds from Super Sunday will be used to replace the roof on the museum. The building itself is more than 100 years old.

Vendor spaces are still available for \$25. To learn more, call 248-652-2458 or email holcomi@comcast.net. People can also visit the Washington Historical Society website at washhistsoc.org/.

The Washington Historical Museum is at 58230 Van Dyke, north of 26 Mile Road.

Inside This Issue



Spring Senior Guide



CONGRATULATIONS to the Chieftain Lacrosse team who notched their first playoff win in program history this week by beating the Big Reds of Chippewa Valley High School, 12-6. Next, the team heads to Lake Orion to take on the Dragons for their Regional playoff game on Monday, May 20.

Innovation leads four UCS teams to Global Finals of Destination Imagination

After achieving top honors for creativity, teamwork and innovation in regional and state academic tournaments, four teams featuring Utica Community Schools students have earned the right to compete in Destination Imagination's Global Finals in May.

Bemis Junior High School, Collins Elementary, Messmore Elementary and a UCS South team have qualified to compete with other international teams in one of seven, open-ended challenges that require students to apply science, technology, engineering and math skills.

"Destination Imagination provides our students experiences outside of their classrooms that prepares them for success," Superintendent Dr. Christine Johns said. "This competition builds the skills our business partners need in their workforce – communication, problem solving, innovation and the ability to work in teams."

The teams qualified for the global finals after earning top honors at that state DI tournament at Michigan State University

earlier this month.

Destination Imagination is a blend of research and creativity. More than 1.5 million students have taken part in its acclaimed Challenge program.

This year alone, 150,000 students have participated in tournaments throughout the U.S. and 30 countries in hopes of earning a spot at the Global Finals competition.

The UCS students will be among the 8,000 students representing the more than 1,400 teams that are eligible to compete for the Global Finals later this month.

Teams representing UCS include:

UCS South – This senior level team qualified for the international tournament after earning second in the state DI competition "Monster Effects." The team consists of: Veronica Pardington, Hope Goss; Mary Kate Pardington, and Hallie Evans, of Stevenson High School; Ryan Verbrugge, of the Utica Academy for International Studies; and Paige Goss of Davis Junior High

School. The coach is parent Kevin Verbrugge.

Bemis Junior High School – The four-member team placed first in the state competition

See UCS page 2

Local Reps support ban on abortion procedure

The Michigan Legislature voted to ban an abortion procedure performed in the second trimester of pregnancy this week. In both chambers, the vote was down party lines, with all Republicans voting in support of the legislation and all Democrats voting against it.

The bills, HB 4320-4321 and SB 229-230, would criminalize the dilation and evacuation procedure and include criminal charges for doctors who perform the surgery. The bill makes the procedure a felony, punishable by two years in prison or a fine of up to \$50,000.

Local representatives spoke out in favor of the bill.

"Allowing this horrible procedure is no different than letting someone murder an innocent child," Shelby Township State Rep. Douglas Wozniak said in a press release.

Utica State Rep. Diana Farrington also voiced her approval of banning the procedure, saying the plan

See ABORTION, page 2



The team representing Messmore Elementary took third place in Engineering EL during the Destination Imagination competition in East Lansing in April. They, along with three other Utica Community Schools teams – including Bemis Junior High, Collins Elementary, and UCS South – have qualified for the Global Finals.

Lucido launches cyberbullying resource website

State Sen. Peter J. Lucido on Friday announced the launch of a new cyberbullying resource at StopMICyberBully.com.

The site provides readers general information about cyberbullying, Michigan's new law establishing cyberbullying as a crime, how to report cyberbullying incidents, and additional resources.

"I am happy to launch www.StopMICyberBully.com to help people learn more about cyberbullying, our new anti-cyberbullying law, and who to contact if someone has been cyberbullied," said Lucido, R-Shelby Township. "Cyberbullying is a growing problem in Michigan and throughout the country. This type of threatening behavior is unacceptable and seriously impacts our young people, students and even adults – lives are being cut short because of the torment of cyber bullies."

Legislation sponsored by Lucido and approved in 2018 recently took effect in March. The law makes it a misdemeanor to post a message or statement online with the intention of threatening to commit violence against someone. Continued

harassment and intimidation can result in a felony, if such action causes serious injury or death.

A person charged with a misdemeanor for cyberbullying could be punished with up to 93 days in jail and a \$500 fine for the first offense, while additional violations carry penalties of up to one year in jail and a \$1,000 fine.

If the online intimidation escalates to an assault or serious injury, offenders may be charged with a felony and face up to five years in prison and a \$5,000 fine. If the offense leads to a fatality, the felony could be punishable with up to a 10-year sentence and a \$10,000 fine.

According to the National Center for Education, 20% of students between the ages of 12 and 18 experience some form of cyberbullying. If you or a loved one have been a victim of cyberbullying, you should contact your local law enforcement office. You can find contact information for your police or sheriff's department here.

"It's time we held these perpetrators accountable for their actions," Lucido said. "And in Michigan, we are."

Whitmer vows to veto abortion bill supported by local representatives

ABORTION, From page 1

protected the mother and child.

"When children need us, we must support them," Farrington said in a press release. "As a lawmaker, I have the responsibility to speak up for my community, including those who can't yet speak for themselves."

The bill does not hold pregnant women criminally responsible for having the procedure and makes an exception in cases where an abortion is necessary to save the woman's life.

In 2017, 1,777 abortions of this type were performed in the state of Michigan, accounting for 6.7% of all abortions in the state. During the procedure, a woman's uterus is dilated and the fetus is removed with a clamp.

Twelve states already have laws banning D&E abortions. The Michigan legislation, known as the "Partial-Birth Abortion and Dismemberment Abortion Ban Act," is just one of the many bills being introduced across the country that severely restrict or ban access to abortion. Bills from

Alabama, Louisiana, and Indiana are directly seeking to challenge Roe v. Wade, the landmark 1973 U.S. Supreme Court case that decided women had the constitutional right to terminate a pregnancy.

Gov. Gretchen Whitmer is expected to veto the bill, saying that the decision to end a pregnancy is one that should be between a woman and her doctor.

The House and Senate versions of the bills will be reconciled in opposite chambers before heading to Whitmer's desk.

UCS Destination Imagination teams looks to Global Finals

UCS, From page 1

"Heads Up." Student team members are Mallory Sornig, Sarah Remsnyder, Samantha Yantus, and Niyah Reeves. The coaches are Jennifer Sornig and Jennifer Remsnyder.

Messmore- Students placed

third in the "Monster Effects" competition. Team members are Elizabeth Joseph, Adiv Patel, Anaya Patel, Dylan Martin, Devin Martin, Lea Simjanovski, and Aleksandar Simjanovski. Coaches are Daniela Simjanovski and James Martin.

Collins – The team placed

second in the "Monster Effects" competition at the state level. Members are Autumn Jones, Ellie Leaf, Brennen Tremaine, Cameron Jones, Abigail Tranchida and Thayer Nomie. Coaches are Ebru Jones and Lisa Tremaine.

ASBO International honors Utica Community Schools for financial transparency

For the seventh straight year, Utica Community Schools has earned recognition for meeting a high standard of transparency in reporting financial information.

The district is among approximately 500 nationally to earn a Certificate of Excellence (COE) in Financial Reporting award for its Comprehensive Annual Financial Report (CAFR) from the Association of School Business Officials International.

The award honors UCS for meeting the program's high standards for financial reporting and accountability.

"We appreciate the trust and support of our community to effectively use taxpayers' funds to support our educational vision, mission and strategic direction," superintendent Dr. Christine Johns said. "The recognition reflects our transparency and accountability to the community."

By participating in the COE program, school districts demonstrate their commitment to financial transparency. Applicants submit their CAFR for review by a team of professional auditors, who provide feedback to improve future documents. If the CAFR meets the

requirements of the program, the document may receive the Certificate of Excellence. A district's participation in the COE program can facilitate bond rating and continuing bond disclosure processes.

"The CAFR informs parents and other stakeholders about the financial and economic state of the district, making it an important communications tool for building trust and engaging with the school community," said ASBO International Director of Recognition Programs Molly Barrie.



STATE SENATOR PETE LUCIDO presents the State of Michigan Flag to the brand new 41-A District Court on Monday morning. Also pictured is State Senator Mike MacDonald, Judge Douglas Shepherd, Magistrate Michael Osaer, State Representative Doug Wozniak, Shelby Township Trustee John Vermeulen.

Your Summer Destination

Friday, May 17
Meet the Unicorns
Fireworks Spectacular
First Pitch at 7:05pm
Gates open at 6:00pm

Saturday, May 18
WCSX Classic Rock Saturday
Featuring Bob Seger Tribute Band
Armed Forces Day
FREE for Active and Retired Military
First Pitch at 7:05pm
Gates open at 6:00pm

Sunday, May 19
Lego Day presented by LEGOLAND®
First 250 kids receive a FREE figurine
First Pitch at 1:05pm
Gates open at Noon

Kids Run The Bases After Every Game!

Visit uspl.com or call (248) 759-5278 to purchase tickets

7171 Auburn Road, Utica, MI 48307

Food and wine pairing basics from the experts at la Cucina del Vino in Shelby

By **LISA RIBAUDO**
Certified Sommelier, CSW, CSS
Owner of la Cucina del Vino

One of the most common questions I get is: "How does one pair wine with food?" And then, "Do you choose your food and then the wine, or your wine and then food?" Many people believe that they'll ruin their meal if they make the wrong wine choice. The good news is there is no right or wrong, however, there are better choices. With a few simple guidelines, you'll effortlessly be on your way to true wine and food harmony.

Take, for example, one of the former "rules" of wine and food pairing (that being said, there are no rules, only guidelines): "Red wine with meat, white wine with fish or fowl." Bah Humbug! This may have held true back in the day when our food preparations were more black and white, and simple. The meat and potatoes era – good home cooked food, prepared in a simple manner. Now think of all the different methods of cooking today, combined with delicious layers of flavors from dry rubs, fresh herbs, tapenade style toppings, etc. The game has changed. Red wine with fish? Yes, yes, and yes! I'll have Pinot Noir, thank you.

The Four Steps:

1. Weight – What is the weight of the dish? Light, medium, full or heavy?

2. Dominant Flavor – What is the dominant flavor when you think of the dish?

3. Preparation – In what manner was it cooked?

4. Sauce – Does the sauce play a major role in the flavor of the dish?

Walk through these four steps in your mind as you think of the food item and how it may work with a wine selection. See below for examples, and note that these four pairing points cross paths over, and over again:

Weight of the Dish

Select light-bodied wines to pair with lighter food, and fuller-bodied wines to go with heartier, more flavorful dishes. A piece of fish poached in a simple broth would be light. However, if you dip that same piece of fish into an egg bath, and then into flour and breadcrumbs, followed by a sautéed in olive oil - that same piece of fish is not light anymore. Your method of preparation has changed the weight of the dish.

Dominant Flavor

A chicken breast that is sautéed in garlic, olive oil, mushrooms and caramelized onions – what is the dominant flavor? Is it the chicken, or is it the sautéed onions and garlic that caramelize and melt seamlessly into the savory mushrooms? Hint; it's not the chicken.

Preparation

Is it sautéed, grilled, roasted, or fried? For example, sautéed chicken with a zippy lemon butter sauce will call for a more delicate wine to play off the sauce than a hearty chicken cacciatore with slow-cooked tomatoes and Italian herbs. (and note, the weight comes into play in this example as well).

Spices n' Sauces

Imagine a chicken breast poached in a light lemon herb sauce. That dish would pair up nicely with a light to medium bodied white, such as Pinot Grigio or Sauvignon Blanc. Or, if you drizzle a cream sauce over the chicken, you can easily segue into a fuller bodied white, such as Chardonnay. Prepare your chicken roasted on a bed of root vegetables, and suddenly the flavors are such

that it can easily match light to medium bodied reds, such as Pinot Noir, Merlot or Sangiovese (the main grape of Chianti). Grill that same chicken and try it with red Zinfandel or Shiraz (Syrah).

Food & Wine Pairing Cheat Sheet

Highly acidic foods such as salads with vinaigrette dressing, or fish served with a squeeze of lemon go well with wines higher in acid like Sauvignon Blanc, Pinot Grigio, Riesling, Pinot Noir.

Bitter and astringent foods such as a kale salad, or a mixed green salad with Kalamata olives, tend to accentuate a wine's bitterness. Complement them with a full-flavored or lightly fruity wine like Chardonnay, or a fruity style of

Merlot.

Classic grilled meats like grilled steak or lamb chops like big red wines including Cabernet, Zinfandel, and Shiraz/Syrah. Note in this case that the fat in the meat will tone down the tannin (bitterness) in the wine.

Try hot and spicy foods with a lower alcohol wine with a bit of residual sugar, as it calms down the heat in the dish. Alcohol accentuates the oils that make spicy food hot. When pairing with dishes with a good amount of heat, look for wines that are low in alcohol with a touch of sweetness, which helps to counter spiciness too. I recommend Riesling, Moscato d'Asti, and Gewurtztraminer.

Food and wine pairing is a

subject that tends to be intimidating, yet it can be so much fun if you allow it to be. Follow the guidelines, let your palate and taste buds be the judge and jury. And don't forget to take chances on your pairings. After all, some of the most fun I've ever had was coloring outside the box!

Join us at our Italian Wine Dinner on Wednesday, June 26 and learn more about Wine Pairing. Corks pop at 7 p.m. Call 586-254-2999 to make your reservation. Seating is limited. La Cucina del Vino is located at 52963 Van Dyke on the southwest corner at 24 Mile Rd. in the heart of Shelby Township. For more information, visit LaCucinaDelVino.com/.



Thank You For Voting la Cucina del Vino

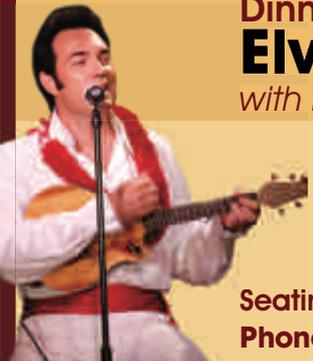
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with Ron Short

Saturday, June 8th
6:30 p.m. - Dinner Show
9:30 p.m. - Late Show

Seating Limited. Reserve Your Table!
Phone Lisa: 586-254-2999



Live Entertainment & Events

Saturday, June 8th*
Elvis & Friends
6:30 Dinner Show
9:30 Late Show

Saturday, June 15th
Official "Patio Opening Party"
with The Laurie Johnson Project
7-10pm

Saturday, June 22nd
Back by popular demand,
"Annemarie Jo"
7-10pm

Wednesday, June 26th*
Italian Wine Dinner
Corks Pop at 7pm

Saturday, June 29th
Studio 54 Disco Party
Music Spins from 9:30 pm - 1 am
*Reservations Required






Weekly Specials

Tuesdays
\$15 Bottles of Select Wines

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Happy Hour Open to Close

Thursdays
\$5 Martinis

Sundays
1/2 Off Bottles of Wine



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Arts & Entertainment



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Family/Drama, PG



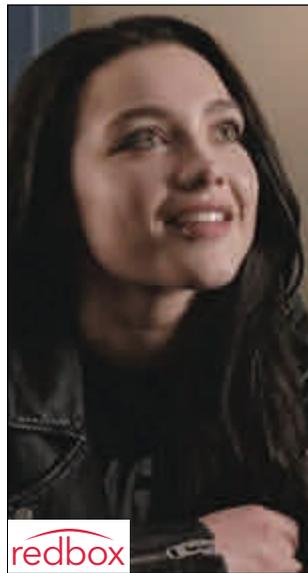
NAILED IT! (SEASON 3)

Reality/Cooking, TV-PG



CATCH-22

Comedy/Drama, TV-MA



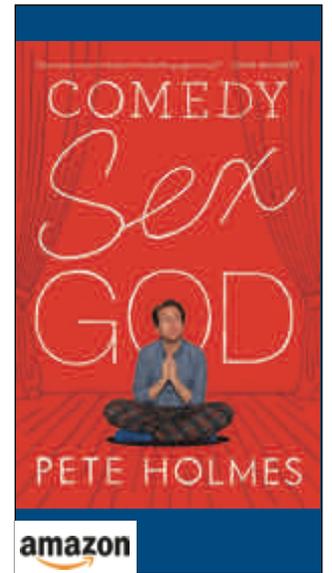
FIGHTING WITH MY FAMILY

Comedy, PG-13



LEGACY! LEGACY!

Jamila Woods - R&B,
Jagjaguwar



COMEDY SEX GOD

Pete Holmes - Memoir/Religion,
Harper Wave

MUSIC

Country Music Night Live
Fridays at 8 p.m. Coyote Joe's,
Shelby

Open Mic Thursdays at 8 p.m.
Rock Room, Mount Clemens

Kroon Band Saturday, May 18,
7 p.m. Westview Orchards &
Winery, Washington

Chill Factor Saturday, May 18,
9:30 p.m. Hamlin Pub 25 & Van
Dyke, Shelby

Slayer Sunday, May 19, 6 p.m.
DTE Energy Music Theatre

Billy Gunther Saturday, May
25, 9 p.m. Hogs Hollow, Utica

The Who Tuesday, May 28,
Little Caesar's Arena

ON STAGE

Company Now thru June 1,
Avon Players

Oklahoma! Now thru June 9,
Stagecrafters, Royal Oak

Patton Oswalt Saturday, May
18, 8 p.m. The Fillmore, Detroit

Comedy Night Sunday, May
19, 7:30 p.m. Abbibo, Mount
Clemens

**Manda's Rhythm & Dance
Recital** Saturday, June 8, 10:30
a.m., 2 p.m. & 6 p.m. Macomb
Center

AROUND TOWN

Perennial Exchange Saturday,
May 18, 8:30 a.m. Shelby
Township Library Parking Lot

**"Back To The Beach" Half
Marathon 10k & 5k** Sunday,
May 19, 6:30 a.m. Stony Creek
Metropark, Shelby

The Office Trivia Night
Wednesday, May 22, 7 p.m.
Unwined Winery, Shelby

**Free Estate Planning & Elder
Law Workshop** Thursday, May
23, 6 p.m. Filippa's, Shelby. -
Reserve your spot at
rutkowskilawfirm.com/events

**Vince and Joe's Cooking
School** Thursday, May 23, 6
p.m. Vince & Joe's Gourmet
Market, Shelby - Register at
vinceandjoes.com/events

Cheese & Wine Tasting
Thursday, May 23, 6 p.m.
Unwined Winery, Shelby - Tickets
at cheeseandwinetastingevent.com
simpletix.com

**Spring Burlap Wreath
Workshop** Saturday, May 25,
11 a.m. AR Workshop, Macomb -
Tickets at arworkshop.org

LIBRARY

Tech Tuesdays A tech tutor is
available to answer your
questions every Tuesday at 1
p.m. Clinton-Macomb Public
Library North Branch

Crochet Group Tuesdays at
5:30 p.m. Romeo District Library
Kezar Branch

**Friends of the Library
Annual Perennial Swap** in
the parking lot of the Shelby
Township Public Library -
Saturday, May 18, 8:30 a.m.

Bigfoot: Myth or Reality?
Thursday, May 23, 6 p.m. Romeo
District Library Kezar Branch -
With Michigan Bigfoot
researcher Bob Daigle

Wildlife Photography
Thursday, May 30, 6:30 p.m.
Romeo District Library Kezar
Branch - Talented local nature
photographer Robert Weir will
dazzle us with his wildlife photos

**Shelby Township Writers
Group** Thursdays at 6:30 p.m.
Shelby Township Library

KIDS & TEENS

Circuit Cards Workshop
Saturday, May 18, 1:30 p.m.
Shelby Township Library -
Children 6-10 can learn the
basics of electricity and test their
skills out to make a complete
circuit

Camp Sampler Day Saturday,
May 18, 12 p.m. Burgess
Shadbush Nature Center, 4101
River Bends Dr., Shelby - Sample
projects, activities, and mini
topics to give you and your kids
an idea of what Shadbush has to
offer this summer. Please register
in advance at shelbytwp.org

SAVE THE DATE

Tom Segura Saturday, June 1,
8 p.m. Fox Theatre, Detroit

**Young the Giant & Fitz and
the Tantrums** Saturday, June
29, 7 p.m. Michigan Lottery
Amphitheatre at Freedom Hill

Disney's Frozen Jr. Dec. 12-15,
Village Youth Theatre, Birmingham

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



HERE COMES THE COWBOY MAC DEMARCO

Canadian singer-songwriter
Mac DeMarco released his
newest album to mixed
reviews, but I'm a fan. The
indie artist often toes the line
of quintessential easy-listening
music and off-the-rocker
oddities, all mixed with the
nostalgic croon of Frank
Sinatra and Harry Nilsson.

Some reviewers think he went a little "too strange" on this newest album, but fans of his old work will find the new Mac is the same, strange Mac we've come to love.

- Andrew Neal, Editor

Spring Senior Guide

Pull Out
and Save



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Registration now open for the Michigan Senior Olympics 2019 Summer Games

Get ready to light the Olympic torch.

Michigan Senior Olympics announced that registration is now open for the 40th Annual Summer Games, taking place this year between August 9-18 in Oakland and Macomb Counties. Over 1,000 athletes will come from all over Michigan to compete.

Michigan Senior Olympics is a non-profit organization that promotes healthy lifestyles by organizing state games, sports competitions and health, fitness, and wellness programs for active individuals 50-years and older. The Olympic Games take place every summer and winter. The goal is to provide people over 50 with programs to enjoy healthy and active lifestyles.

Summer events include: archery, badminton, 3v3 basketball, billiards, bocce ball, bowling, cornhole, cycling, dancesport, disc golf, free throw and 3 point contest, golf, pickleball, powerlifting, 5K & 10K, powerwalk, racewalk, racquetball,

shuffleboard, swimming, table tennis, tennis, track and field, triathlon, and volleyball.

The opening ceremony is scheduled to take place Friday, August 9 at Bloomer Park in Rochester Hills from 6-8 p.m. People are invited to bring their family for the torch arrival ceremony, music by the Beatles Tribute Band Toppermost, free food from Detroit BBQ Company, vendor tables, and inflatables.

The Michigan Senior Olympics needs volunteers to help at the Summer Games. Volunteer opportunities include working check-in tables, scorekeeping, and directing athletes to the courses. All volunteers will receive a free t-shirt. There are also sponsorship opportunities available. Those who are interested should call 248-6608-0252 or email beck@michigianseniorolympics.org.

The deadline to register is Friday, July 19. Seniors can go to michigianseniorolympics.org or call 248-6608-0252 to sign up.

Memorial Day and unforgettable memories

By **MARIANNE McCaULEY**, Director of Sales and Marketing, Stonecrest of Rochester Hills

When my father enlisted in the Navy in 1944, I'm certain he wasn't thinking about where he would be almost 75 years later. Yet, here we are.



MARIANNE McCaULEY

By all standards, he had a pretty wonderful life. He was married to his best friend for almost 50 years, had five healthy children, thirteen grandchildren, a countless number of friends and a career he could be proud of.

Being the daughter of an American veteran, I grew up

believing that my Dad was the strongest, bravest man alive. He was always the one I went to. My personal taxi until he finally taught me to drive, my tutor when I needed a higher score on my college entrance exam, and a strong back when I needed my piano carried up two flights of stairs into my first apartment. He let me know when I was making a mistake and held me close while I cried with a broken heart. He was, quite simply, my hero.

Then something strange happened. I grew up and my Dad grew older. Little by little, I began to notice that our roles were changing. I was the one driving him to doctor appointments, lifting his walker out of the trunk, and guiding him over the cracks in the sidewalk. I wrapped my arms around him while his doctor suggested that it wasn't safe for him to live at home alone any longer and I tried to help him decide what to do next.

How to choose?

Should he move in with my husband and I?

Should he stay at home and hire a caregiver?

Should he move into a senior living community?

With Memorial Day right

around the corner, I find myself reminiscing about my father and the way he changed the course of my life even after he was gone.

Today, years after his death, I have the privilege of serving senior veterans just like him. As the Sales and Marketing Director of Stonecrest of Rochester Hills Assisted Living and Memory Care I have the honor of meeting with veterans and their families to help them navigate the options available in Senior Living and care choices. At Stonecrest of Rochester Hills, we love our veterans, and currently have over twenty WWII, Korean Conflict and Vietnam Veterans living with us. One of our favorite outings is the Veterans Connection meeting at the Older Persons Commission. We meet on the second Wednesday of every month at 10 a.m., and all veterans, spouses, friends and family are invited to join us. Stonecrest of Rochester Hills remembers our veterans who have passed before us, and honor those we can share our days with.

Stonecrest of Rochester Hills is located at 1775 S Rochester Rd., just north of Bodine's Nursery. Call 248-266-7680 to schedule a private lunch and tour today.



Reduce Your Risk of Falling Schedule a FREE Hearing Screening Today



Study links untreated hearing loss with increased loss of balance.*

Those with even mild hearing impairment are nearly three times as likely as those with normal hearing to suffer a fall. Hearing loss has also been linked to Alzheimer's disease. **That's why a baseline hearing exam is strongly recommended at age 50.**

Why take a chance?

If a hearing loss is found, hearing aids can reduce your risk of falling! Today's hearing aids are simple to use, virtually undetectable and so comfortable, you'll forget you're wearing them. And, it feels so good to hear with ease.

We accept most insurance & discount programs including: Medicare Advantage, TruHearing, Prescription drug plans, Health Care & Silver Programs. We will provide, meet, and exceed (most of) their pricing structures. Beltone will maximize your Medicare plan's hearing aid benefit. \$0 copay hearing exams—FREE Lifetime Care with all plans at Beltone.

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West Bloomfield
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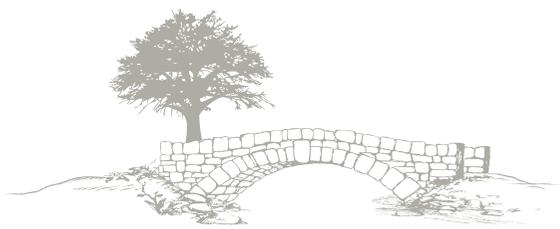
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Assisted Living | Memory Care



Free seminar on pre-arrangements by White Chapel planning director

For many people, thinking about their own funeral can be daunting, but there are many benefits.

White Chapel Memorial Park Cemetery Advanced Planning Director John Ohnstad and certified Michigan funeral practitioner Scott Hurrell will give a free seminar on pre-arrangements at Big Beaver United Methodist Church Family Center on May 20.

Planning ahead lets people express their own wishes, relieve emotional burdens for loved ones, and provide information for their services. It can also relieve

financial burdens and allow people to make decisions at their own pace without emotional stress. Then, they can share their choices with their family, or make decisions together.

Ohnstad has been in the cemetery business for 34 years and Hurrell has been with A.J. Desmond and Sons Funeral Home since 2007. At the seminar, there will be a question and answer session.

The event begins at 10 a.m. Big Beaver United Methodist Church Family Center is at 3753 John R Rd. To learn more, call 586-939-5306.

Three Type-2 Diabetes misunderstandings



by
NICOLE MARTIN, Integrative
Health Coach Wellness
Director Of Wellness Training
Institute

You know what the biggest commonality is with every type 2 diabetic member we see in the beginning? They have been told that you need to take this medication (metformin or some variation) for the rest of your life, and this condition is likely to get worse. How is that for dropping a bomb on a patient, and painting a bleak future?

Unfortunately, if you follow those directions, and do nothing else, it's true. You're likely going to get worse. Of course, there are many more steps we take our members through that completely change the game. Our members know they don't have to get worse. In fact, they experience phenomenal changes. There are three basic misunderstandings that the majority of diabetic patients have about their condition. If they believe and live as if these misunderstandings are true, they will sabotage their potential for a healthy future. What are those 3 misunderstandings?

Misunderstanding #1: Diabetes Always Get's Worse

According to the Centers for Disease Control, "Diabetes is Preventable and Controllable." I would personally add to that reversible. I have seen it enough times to say with conviction that Type II diabetes is reversible. By taking a functional approach to diabetes that incorporates the proper lifestyle, diet, and advanced nutritional protocols, not only does it not have to get worse, it can improve and completely reverse.

Misunderstanding #2: Diabetes Is Genetic, You Just Have To Learn To Live With It

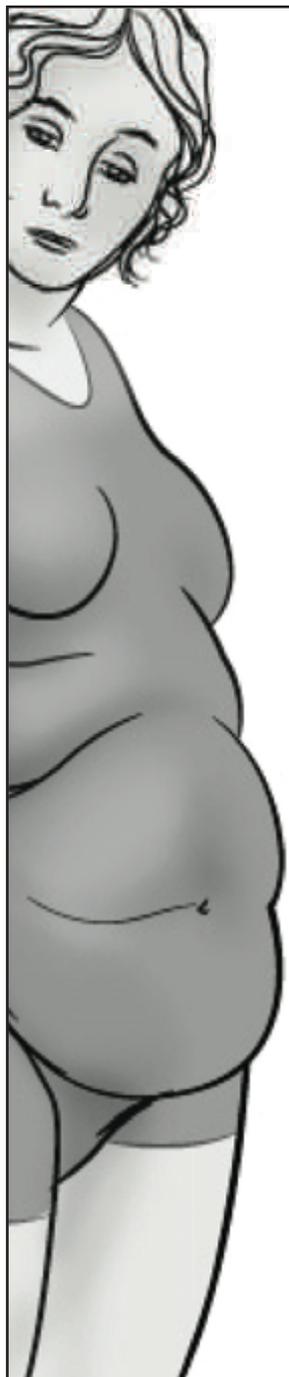
There is absolutely a genetic component to this disease. Certain people are more predisposed to diabetes than others. What you may have failed to understand is that if you properly control the components of the disease that are in your control, namely diet, lifestyle, and the advanced nutritional protocols available, then you can trump genetics. The part of this disease within your control is greater than the component not in your control.

Diabetes Misunderstanding #3: As Long As You Take Your Medication Diabetes Is Not That Big Of A Deal

Not that big of a deal? Certainly, you have read the side effects, both from the medications and the disease itself – Neuropathy, Peripheral Vascular Disease, Heart Attack and Stroke, Eye Disease, Weight Gain, and Fatigue.

We live in the information age. We are drowning in information. You may come to believe the three common misunderstandings by reading various sources on the internet or speaking to a friend or family member. Accepting them as fact only leads to disempowerment. If you feel that nothing can be done about this disease except take some pill, then you will steadily coast along the diabetes pathway. Eventually becoming dependent upon insulin, and day by day moving closer to the side-effects I listed above. Is that the life you want? Is that what your future, your golden years should hold? I don't think they should and I know you don't think they should either. If you are struggling with diabetes or struggling with the "pre-diabetic" stage.

We would love to help get you on the path to change the direction of your health! Call us at the Wellness Training Institute anytime, 586-554-7515.



This is a lifestyle program and is not designed to treat or cure disease.

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Attention: Diabetics and Pre-Diabetics

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"I am a **15+ year type 2 diabetic**, who has tried every diet program out there to try to control my diabetes and be healthy, but nothing seemed to last. The caring staff and Dr. Dangovian opened my eyes to a **whole new way of life!**" – Debbie O.

"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.

Limited Seating Available – Call 586-554-7515 NOW!

Great summer destinations for senior travelers

by AMY FORTUNE

Does sunshine and warm air give you the travel bug? If so, you are not alone. Summer is a great time revisiting favorite destinations and discovering new places. But if you are itching to explore uncharted territory as a senior, where do you start? What is your ideal vacation spot? You may be looking for a place that offers easily accessible sites and activities, affordable dining options, and senior-friendly accommodations.

Four Fun, Safe, and Affordable Vacation Spots for Seniors

Grab your spouse, best friend, or favorite family member and check out these wonderful summer travel destinations. Or, if you need a little me-time, pick the ideal spot from the list for you and you alone.

Florida (And Disney World)

Whether you like shopping, theme parks, golf, fine dining, or beaches, Florida has it all. There is, after all, a reason why so many senior citizens retire in Florida. And having held the title of Chosen Destination for Seniors for many years, Florida boasts many restaurants, hotels, and

attractions that cater to senior needs and interests. If you are traveling with grandkids or other young children, or you are simply a kid at heart, consider adding Disney World to your Florida agenda.

Santa Fe, New Mexico

The renowned artist, Georgia O'Keefe, was inspired by the natural beauty of Santa Fe and built her summer home there. And while her actual home is closed off to the public, visitors can tour the surrounding area of Ghost Ranch. This historical site, along with dozens of museums, including the Florence Hawley Ellis Museum of Anthropology and the Ruth Hall Museum of Paleontology make Santa Fe a wonderful destination for curious types with a lust for learning. Santa Fe also boasts fantastic hotels and incredible dining options.

Corpus Christi, Texas

Corpus Christi attracts beachcombers who enjoy easy access to countless activities that are fun and engaging for visitors of all ages. You can spend an entire day at the Texas State Aquarium and make some new, flipped friends in Dolphin Bay. Veterans and military buffs can take a tour

of the USS Lexington. Or, for a relaxing afternoon, you can take a stroll through the Botanical Gardens. In the evening, enjoy an excellent seafood meal at one of Corpus Christi's many fine restaurants. Then, take in a show at the historic Harbor Playhouse.

Bryson City, North Carolina

If slow and easy is more your speed, check out this beautiful small-town jewel tucked in the heart of the Smokey Mountains. Visit Bryson City to enjoy great galleries, charming restaurants, and unique boutiques. While there, you can also walk the trails of Smokey Mountain National Park. Then, get your tickets for the Great Smokey Mountains Railroad and ride a passenger train to a gorgeous location like Fontana Dam.

Take Your Best and Safest Trip this Summer

No matter where you plan to go, play it safe by letting friends and family members in on your plans. Also, make sure that you have an adequate supply of necessary medications, an easy-to-access list of emergency numbers, and secure places to transport sensitive documents, money, and payment cards.

Tour All Seasons of Rochester Hills and learn about Spring move-in specials

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Memorial Day weekend events at White Chapel Memorial Park Cemetery

Memorial Day weekend is a time to reflect and remember all members of the branches of the U.S. military, both past and present, who have served our country. White Chapel Memorial Park Cemetery in Troy is hosting two free community events in recognition of Memorial Day weekend beginning with a Memorial Day Celebration Concert at 3 p.m. on Sunday, May 26. White Chapel Memorial Park Cemetery is located at 621 W. Long Lake Rd. (just West of I-75) in Troy.

The concert-in-the-park features a program of patriotic songs performed by The Birmingham Concert Band with conductor Grant Hoemke.

On Monday, May 27, White Chapel Memorial Park Cemetery will host the 90th Annual WWI Polar Bear Memorial Service at 11 a.m. Notably, this spring marks the 100th Anniversary of the Polar Bears returning home. The Polar Bear Expedition was a contingent of about 5,000 U.S. troops from the 85th Division, 339th infantry (mostly from Michigan) who landed in Arkhangelsk, Russia and fought the Bolshevik forces in the surrounding region during the period of September 1918 through

July 1919.

An expedition under the auspices of the Veterans of Foreign Wars (VFW) was successful in organizing and conducting a recovery mission in the autumn of 1929 that found, identified and brought out the remains of 86 U.S. soldiers. Another dozen remains of Polar Bear soldiers were shipped by the Soviet Union to the U.S. in 1934, which reduced the number of U.S. soldiers still buried in North Russia to about 30. The remains of 56 Polar Bear soldiers were eventually re-buried at White Chapel Memorial Cemetery surrounding the Polar Bear Monument by sculptor Leon Hermant.

A boulevard lined with more than 400 American flags and leading to the Memorials in honor of WWI, WWII, Korean, Vietnam, and Persian Gulf War Veterans, as well as a POW/MIA memorial, will welcome visitors to White Chapel Memorial Park Cemetery.

White Chapel Memorial Park Cemetery is located at 621 W. Long Lake Rd. (just West of I-75) in Troy. To learn more, visit Whitechapelcemetery.com/.

American House provides seniors with comfort

American House was inspired by Bob Gillette's mom, Mildred "Billie" Gillette. He was concerned about finding her a home that was safe and comfortable. It was 1979. Now, 40 years later, the company's dedication to excellence has endured for four decades.

Gillette's mission was always to enrich the lives of those American House serves, providing an environment that fosters meaningful relationships. His vision was to create an innovative senior housing company with sustainable excellence and stakeholder value, which had an unparalleled commitment to passionate care provided by compassionate people.

One of the larger American House communities is on Adams Road, just north of South Boulevard in Rochester Hills. Executive Director Roxann Brown has been working there for 22 years, making sure life is lovely for her aging residents. She is also executive director of Terrace, which has 84 single units.

Seniors can also choose more independent living at American House, which they can stay in as long as their health permits. Executive Director Laura Kujawski takes care of these residents' needs.



AMERICAN HOUSE Stone Executive Director Roxann Brown poses with a painting done by accomplished artist (and mother of American House Founder Bob Gillette) Mildred "Billie" Gillette.

When deciding on a new place for a parent to call home, Brown recommends that people take a tour. She suggests both a formal tour, when the staff will have time to answer questions about services and costs, and a drop-in tour to talk to residents and see if they are happy and well taken care of by staff.

American House Senior Living Communities provide a supportive and enriching environment with all the comforts of home. In addition to independent living and assisted living, American House can also provide memory, respite, and hospice care

Residents can choose to engage in activities or to spend time in their private apartment. Seniors go to Meijer and Walmart every week, like movies and games, and go on excursions. Last weekend, they went to the DSO.

Brown said that in the evenings, people like to sit in the modern, comfortable gathering space and "just chat" with each other.

If you'd like to visit, there are American House locations in Rochester Hills, at 3741 S. Adams Rd. and 3617 S. Adams Rd, and in Sterling Heights at 11255 15 Mile Rd. To learn more, visit Americanhouse.com/.



Friday night is still date night!

American House residents keep doing what they've always enjoyed, and we keep doing what we've been passionate about for 40 years – treating seniors like family and offering them maintenance-free living and life-enriching experiences.

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5K to benefit OPC's Meals on Wheels program



Community members of all ages are encouraged to hit the trails on June 1 for the 14th annual OPC 5k Run/Walk for Meals on Wheels, which provides meal delivery to homebound seniors in northeastern Oakland County. Registration for the run or walk begins at 7:00 a.m. and the race kicks off at 8:00 a.m. at the OPC.

"This is a great community event to keep healthy and active while supporting a good cause," said Matthew Spierling, head of the Fitness and Aquatics at the OPC. "Last year we had several 3 generation family groups in the race."

The OPC's Meals on Wheels program provides weekly meals to homebound seniors in nine communities including Auburn Hills, Brandon Township, Independence Township, Lake Orion, Oxford, Addison Township,

Rochester, Rochester Hills, and Oakland Township. Every \$5 donated makes it possible to deliver a meal to a senior in need. Last year alone, OPC provided over 121,257 meals.

"Meals on Wheels is for seniors that are not able to shop or prepare their own meals, so without this program, many of the seniors would be prematurely placed in assisted living or nursing homes," OPC Executive Director Renee Cortright said. "The volunteers who deliver the meals provide a daily wellness check and are a bright spot in the senior's day."

The run/walk is chip-timed with awards given in 10-year age categories and to the youngest and oldest participants. Entry fees are \$20 for pre-registrants, \$30 for same-day registration, and \$15 for children ages 12 and under or \$25 on race day.

To register for the race, visit eastsideracingcompany.com, download the form at opcseniorcenter.org, or pay in person with the OPC cashiers Monday through Friday at 650 Letica Drive in Rochester. For more information, contact Matt Spierling at matthewspierling@opcseniorcenter.org or at 248-659-1021.

Family and relationships at the heart of Pure Home Care Services

Lisa Eltringham remembers watching her maternal grandparents struggle with dementia, cancer, and the transition to a nursing home. Nothing about that journey was easy for her family.

When her dad's father started needing more help, the Eltringham family wanted to create something better for him. So in January 2008, they started their own home care service company.

Pure Home Care Services is a family owned and operated business that offers non-medical, in-home care for anyone who needs it, but especially for aging adults. The staff provides physical and emotional support by putting family and relationships at the center of their care.

Eltringham is a certified senior advisor with Pure Home Care Services. She knows the importance of matching individuals with the right care provider because it can be uncomfortable for seniors to have someone new in their home. When the Eltringham family was looking for someone to step in and help with her grandfather, her grandmother was against it. But the family knew that it was hard on her to act as both a caretaker and a wife. After the first day of having extra help, her grandmother quickly changed her mind.

"One person can't do it all," Eltringham said. "By the end of the day, she was like, 'Can they come back tomorrow?'"

Pure Home Care Services helps with everyday tasks like groceries, meal preparation, doing chores, changing bed sheets,



providing transportation, and just being there for people.

"We're there to help ease the burden a little bit," Eltringham said.

The people at Pure Home Care Services take the time to get to know their clients so they can help meet their needs.

"I know each individual client," Eltringham said. "Here, you're not just a number. You're more than that. We've been in your shoes."

Pure Home Care staff develops a relationship with the people they help. Eltringham said that the company tries to keep the same staff member with a family, instead of working on a monthly rotation like some other home care service providers. The staff members are able to become someone the family can rely on.

Pure Home Care Services

doesn't just help seniors at home. They also offer pre- and postnatal care services and can help with people with rehabilitative needs.

"It's really anybody who needs assistance," Eltringham said. "I don't really care what the problem is. We'll be there to help."

Pure Home Care Services offers care to people in Macomb, Oakland, and Wayne Counties. As the company moves forward, Eltringham said she hope to be able to help more families find peace of mind in the care of their loved ones.

"It's extremely fulfilling," she said. "I can't see anything more satisfying."

To learn more about Pure Home Care Services, visit purehomecareservices.com or call 586-293-2457.

Simple home improvements for the best senior living spaces

As we get further into our post-retirement years, it is important for our homes to accommodate our changing needs as seniors. Luckily, there are simple home improvements that can transform any house into a safe, comfortable, and convenient senior living space. So, if you have aging parents or grandparents whose homes need a few updates, here are some ideas to get you started. Or, if you are a DIY kind of senior, maybe you'll find some inspiration for your next project here.

Taking Care of the Outside First

Unfortunately, a lot of slips and falls happen right outside of the home. Fortunately, many of these accidents can be prevented by leveling out any uneven

surfaces. So, if you notice cracks in the sidewalks, garage, or carport, have these filled in and smoothed over.

Moving on to the lawn or garden area, check for and remove large roots, branches, loose bricks, or anything that might cause a trip or stumble.

Create a Safe, but Functional Kitchen

Kitchen floors can get slick and hazardous when wet, so make sure that they are scuffed or feature non-slip strips throughout. Even if the kitchen is small, you don't want to take any chances with the sharp corners and devices that are likely around.

As for appliances, replace the current ones with models equipped with simple controls labeled with large, easy-to-read

numbers and letters.

Finally put Lazy Susans or rollout shelves in the cabinets to make items more accessible.

Reducing Risks Posed by Stairs

Stairs can be tough for anyone – Even people in their twenties frequently fall on them or stub their toes by missing a step. However, you can make stairs safer by making just a few, easy alterations.

For example, make them more visible during both the day and night by putting glow tape on the edges in alternating colors. Next, put up rails on both sides of the stairs to guard against nasty falls. And, again, if the stairs are not carpeted, scuff them or embellish them with non-slip strips.

Grandparents raising grandkids can find support

The Oakland Livingston Human Service Agency offers a support group for grandparents and kinship caregivers, age 55 and older who are raising grandchildren in Oakland and Macomb Counties. People can attend a meeting of the group on Monday, May 20, at the Shelby Township Senior Center from 10

a.m.- 12 p.m.

Contact OLHSA representative Lisa, at lisag@olhsa.org or at 248-209-2721 to register. Space is limited, and seats, refreshments, and handouts will be based on the number of attendees who register.

The Shelby Township Senior Center is at 51670 Van Dyke Ave.

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Second-hand jewelry sale at OPC

The classic song, Diamonds are a Girl's Best Friend will ring true at the OPC's Secondhand Jewelry Sale on May 17 from 9 a.m. - 2 p.m. The Jewelry Sale will be open to the public and offers free admission to all attendees. The sale benefits the Fine Arts & Enrichment Department at OPC. To learn about other upcoming special events, visit opcseiorcenter.org/.

FUN TRIPS: NEW DEPARTURE LOCATIONS!

MAY 23	Gold, Diamonds, and DuMouchelle. Pawn shops. Fun. \$69/person
JUNE 5	Mystery Trip - Hint: no casinos. Very little walking. Lunch is included - \$65/person
JUNE 23	Saugatuck - Dune buggy ride, boat ride, hand creamed sodas and more - \$95/person
JUNE 24	Detroit Fireworks on the Boat - \$110/person
JUNE 27	Shop & Taste, Bon Appetite! - Visit Metro Detroit's best ethnic markets - \$48/person
JULY 23	Belle Isle - Includes the island and stops at Eastern Market & Coney lunch - \$55/person
JULY 31	Shipshewana with Amish Herbalist. \$85/person
FEB 29 - MAR 8, 2020	Cuba by Coach—Travel by motorcoach to Charleston, SC, where you will board the Carnival Sunshine for a 5 day cruise. Trip includes all motorcoach transportation, 3 nights accommodations, three hotel breakfasts, some other meals, 5 day cruise aboard the Carnival Sunshine and more! - \$1599 dble occ. \$2389 single. \$250 deposit due by June 1 with Final Payment due Dec. 9, 2019.

NEW DEPARTURE LOCATIONS: Walmart: Mound @ M-59, Sterling Heights and Lowes on 12 Mile just west @ John R, Madison Heights

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10 person minimum for each departure



Why seniors should protect their credit and financial well-being

Yes, your post-retirement years should be enjoyed, but that doesn't mean you can slack off with managing your money and guarding your credit. After all, a financial emergency can pop up at any age, you never know when you might need to replace a car or take out a loan.

According to studies, Baby Boomers and members of the Silent Generation are pretty good with money. However, the game changes a little when you find yourself living on a fixed income. Also, without the daily work grind, you have more free time in which to possibly spend more money.

Budgeting as a senior comes with special challenges, and, for a lot of people over the age of 65, there's a temptation to only use cash. This is great for avoiding debt, but settling into a cash-only lifestyle won't help you maintain a good credit score. As a senior, you have to strike a fine balance between staying active with credit and not going overboard into the debt trap.

First, let's talk about building and maintaining a healthy and realistic household budget.

Five Budgeting Tips for Seniors

1 – Make friends and stay active in the community.

This may not sound like a budgeting tip, but being social helps with the issue of having an abundant amount of free time. When you're by yourself, you might shop for things you don't need or spend extra money on dining out. When around friends, there's a better chance that you'll engage in activities like taking walks, visiting local attractions, and cooking for one another. Check out the community center near your home for free senior activities.

2 – Take advantage of senior discounts.

People over the age of 65 can literally save money on anything. Restaurants, retail stores, hairstylists, and movie theaters all offer senior discounts. Sometimes you have to ask about them, but it's worth taking the extra effort.

3 – Use coupons and keep an eye out for sales.

This is something that you and your friends can do together. Whether you clip coupons out of newspapers the old-fashioned way, or get them online, finding little discounts on the things you use is a fun and rewarding hobby.

4 – Declutter your house and make some extra money at the same time.

The longer you live, the more stuff you accumulate. And, at a certain point, in order to preserve your sanity, some of that stuff has to go. Sure, having a garage or yard sale is one way to get rid of unwanted items, but you may want to explore other options for your more valuable possessions. If you have antique furniture or jewelry that you no longer want, selling these things online may get you better prices. Websites like Etsy and eBay are popular places for sellers to connect with collectors. Just ask one of your kids or grandkids to help you set up an account if you're unsure about the process.

5 – Always make room in your budget for savings.

This is good advice for anyone, of any age. Having money set aside to cover emergency expenses is absolutely crucial. Think about it. One major medical event, car repair, or home disaster could ruin most people financially because they're not prepared. So, always include a "savings" category when planning out your

budget for the month.

Now, on to credit.

Credit-Preserving Advice for Senior Who Think They No Longer Need Credit

It's wonderfully if you don't need credit to cover everyday expenses, the occasional luxury item, and a vacation here and there. This means that you've lived within your means, and this kind of discipline always deserves applause. Yet, the thing with credit is: If you don't use it, you lose it.

Too many seniors have suddenly discovered that they needed to finance a car or a home repair, applied for a loan, and were denied credit because they no longer had a credit score. Whether it's fair or not, having no credit is almost as inconvenient as having bad credit.

For this reason, it's a good idea to keep a credit card around to use occasionally. If you really don't need it, the best thing to do is use it to make one purchase every month, and pay off the balance as soon as the bill comes. This way, you won't have to pay interest charges and you won't build debt. Just consider it credit score maintenance. And, to make it even more convenient, you can even set up an automatic draft payment from your checking account every month. Set it and forget it, as they say.

This may seem like an unnecessary thing to add to your routine, but, later, if you need a loan, you'll have a much easier time getting approval. It's also likely that you'll qualify for a better interest rate too, which will help you save money, which will help you with your budget... Isn't it great when everything comes together like that?

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Step on Bus June tours – Saugatuck, fireworks, and more

June 5 – Mystery Trip - Ride along for Step On Bus Tours' annual Mystery Trip. Tour organizers guarantee that this tour will delight you and your friends. There will be very little walking and lunch is included. The element of surprise makes this day even more fun. The cost to attend is \$65 per person.

June 8 – Bay City - Enjoy the fabulous art fair, boardwalk and explore the antique and retail shops downtown. Box lunch included. The cost to attend is \$45 per person.

June 20 – Saugatuck - Experience a Dune Buggy ride for about 45 minutes in an open-air truck. At the top of the dunes, you'll be able to take some photos

and may even see wild turkeys. Also includes a boat ride on the Star of Saugatuck. The final destination point will be at the corner drug store soda fountain where hand creamed sodas. Exit the bus here and enjoy shopping in the fabulous downtown area. There's lots of fun for all. The cost to attend is \$95 per person.

June 24 – 61st Annual Detroit Ford Fireworks - Register now as the seats book up fast. Sail on the Detroit River for the fantastic fireworks display. Guests will board the bus and have a box lunch, and a slice of apple pie, an Americana goodie bag, and other surprises on the way. Cross into Canada and board a Canadian Cruise ship. Onboard, guests will

have Hors d'oeuvres. No need to bring a chair. Payment is due by June 1.

June 27 – Shop & Taste, Bon Appetite! - Shop and taste your way through some of Metro Detroit's best ethnic markets and delis. Try something new and find a unique market to return to for your next dinner party. Sample food and eat on the bus as you travel around, so don't expect a sit-down lunch for this one. Bring your own shopping tote and/or cooler. The cost to attend is \$48 per person.

Step on Bus Tours depart from Sterling Heights and Madison Heights. To learn more, or register, call 248-619-6692 or visit steponbustours.com/.

Washington Township Veterans Memorial

A Veteran's Memorial will be erected in Washington Township, with a ceremony and other events planned to commemorate the occasion.

The Washington Township Veteran's Memorial Committee has announced this memorial will be officially established in front of the Washington Township Municipal Building on Saturday, June 15. Financial support will come from donations and other fundraising opportunities.

"It is hoped that the community will see the need and help bring it to completion," said committee member, Gary Kopp.

The committee is selling Luminary bags to personalize for

a candlelight vigil, which will be held to honor those who served before us. Personalized brick pavers are also being sold and will be permanently placed at the Memorial. Residents and business owners can also purchase military-themed figures to stand in front of their home or business to show their support.

Events include a candlelight vigil on Friday, June 14 at 9:00 p.m. at the township hall. Luminary bags can be purchased for \$5.00 prior to the vigil beginning at 8:30 p.m. the day of the event.

A free Family Fun Day will be held on Saturday, June 15 at the township hall, beginning at 8:30 a.m. with a fun walk followed by

donuts and cider, posting of the colors, a blessing of the grounds, free music by The Rhythm Society, and hot dogs, chips and cold drinks. The official unveiling ceremony will take place at 11 a.m. All military veterans and current military personnel are encouraged to attend and seating will be available.

The Octagon House and Washington Historical Museum will also hold free tours from 10 a.m. to noon.

Call Gary Kopp at 586-873-6906 or visit the Washington Township Veterans Memorial page on Facebook for photos, pricing and donation information.

Trunk to Treasures sale will support Ray Township Library

Support the Ray Township Public Library and discover fantastic flea market finds at the Friends of the Ray Township Library and Historical Society "Trunk to Treasures" sale.

The community yard sale and flea market will take place on Saturday, June 1, from 10 a.m.- 2 p.m. in the Ray Township Park. The event proceeds will benefit improvements to the exterior of the Ray Township Public Library building, which was built in 1863 and served as a one-room schoolhouse known as Mill School. Crafters, vendors, and businesses interested in being a part of the sale can reserve a 10-foot by 10-foot space in the parking lot with one vehicle for \$20.

The Society is also accepting

donations of smaller household goods, tools, toys, and other garage sale items for the event. Donations can be dropped off on Friday, May 31, from 2-7 p.m. at the Ray Township Center, located at 64255 Wolcott. Items must be in good condition, and clothing or larger appliances and furniture will not be accepted. The Friends is a non-profit organization, so donations may be tax deductible.

To learn more about the event or sign up to be a seller, visit rayhistory.org or raylibrary.org. People can also find Friends of the Ray Township Library and Historical Society online, or call 586-749-7130.

Ray Township Park is at 64255 Wolcott, just north of 29 Mile in Macomb County.

The IT Girl brings a classic silent movie to musical life

In *The IT Girl*, Betty, a sassy department store clerk has something special. It's enough to win an advertising contest looking for the girl with "IT," but will it be enough to charm the heir to the retail empire that employs her?

The IT Girl, by Michael Small, BT McNicholl, Paul McKibbins, runs May 29 through June 23, at Meadow Brook Theatre on the campus of Oakland University in Rochester.

"This is a wonderful retelling of the 1927 Paramount Picture "IT," which starred Clara Bow," says MBT Artistic Director Travis Walter. "I know our audiences will love the musical adaptation of this charming story. It's a fantastic way to end our regular theatre season."

The cast includes Sara Kniec as Betty Lou Spence, Nathan Cockroft as Jonathan Waltham and Jackie Raye as Adela Van Norman. The remainder of the cast frequently plays more than one role over the course of the musical. These include Dan Fenaughty, Larissa Klinger, Stephanie Wahl and Ron Williams.

The IT Girl is directed by Travis W. Walter. Choreography is by Jeremy Benton, with musical direction by Heidi Joosten. Terry W. Carpenter is the stage manager with scenic design by Jen Price Fick, assisted by Jasmine Radetski, costume design by Corey Collins, assisted by Shireen Unvala, lighting design by Matthew J. Fick and sound design by Mike Duncan.

Heidi Joosten also plays keyboard with Lorrie Gunn and Allison Rhoades alternating on violin, Sig Hepler on banjo and guitar, Ryan Crum on bass, Don platter on woodwinds and Peyton Miller and Jake Rydell alternating on percussion.

Tickets range from \$30 to \$45 and are available by calling the



Meadow Brook Theatre box office at 248-377-3300 or going online at Ticketmaster.com/. Student discounts are available at the box office. Groups of eight or more should call 248-370-3316 for group pricing.

The IT Girl is made possible through the generous support of Extended Stay Hotels, The Michigan Council for Arts and

Cultural Affairs, The National Endowment for the Arts, The Kresge Foundation, The Fred A. and Barbara M. Erb Family Foundation, The Shubert Foundation, and the Meadow Brook Theatre Guild.

For additional information, visit Mbtheatre.com or call 248-377-3300.

USPBL: Week One in Review

The United Shore Professional Baseball League produces a weekly show every Tuesday during the season that touches on the highlights from the previous weekend's games and previews what's next at Jimmy John's Field in downtown Utica. The show includes highlights, testimonials and upcoming promotions.

The Eastside Diamond Hoppers jumped out to a 2-0 start thanks to strong pitching performances from right-handed pitchers Luis Contreras and Noah Gotsis. Contreras earned USPBL Player of the Week honors after

striking out 10 in 5.0 innings on Opening Day, and Gotsis tossed 5.0 scoreless innings and fanned six on Sunday.

The Utica Unicorns split their games over the weekend as top pitching prospect Donald Goodson worked 4.0 innings and struck out four. Daniel Williams hit the first home run of the season to dead center field to drive in two runs for the Unicorns in their win.

USPBL games are played at Jimmy John's Field and fans can purchase tickets for \$6 (lawn seats) or \$12 (grandstand tickets) at Uspsbl.com/.



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LESSONS - LEAGUES - PRIVATE EVENTS

Octagon House chat on myths and legends of the Civil War

Visit the Octagon House on Sunday, May 19 at 2 p.m. where local Civil War historian Bill Grandstaff will share the “Myths & Legends of the Civil War.”

it Memorial Day originate? Did Lincoln write the Bixby letter and how true is it? These and many other interesting “tales” about different events in the Civil War



Many interesting and entertaining stories surround some of the classic events in Civil War history. But are they true?

There are many versions of the origins of “Taps,” but which one is true? Did Lincoln write the original Gettysburg Address on the back of an envelope on the train taking him to that city in November 1863? When and where did Decoration Day or as we know

will be discussed.

An admission of \$5 will cover a self-guided tour of the Octagon House in addition to the scheduled presentation.

The Loren Andrus Octagon House is located at 57500 Van Dyke, just north of 26 Mile Road in Washington Township. For more information, visit Octagonhouse.org or call 586-781-0084.

Wozniak: Need for federal guidelines on PFAS more important than ever

State Rep. Douglas Wozniak has responded to recent reports that Michigan leads the nation in PFAS contamination sites, saying the reports highlights the diligence of the state’s investigation efforts as well as the pressing need for science-based guidance at the federal level.

“While we have led the nation in investigating and contain courses of PFAS contamination, Michigan families deserve to know their drinking water is safe each and every time they turn on the tap,” said Wozniak, of Shelby Township. “Over the last 18 months, the Legislature has allocated record dollars to enable Michigan’s experts to track down and respond to PFAS contamination, but we need consistent, science-based guidelines at the national level to give Michigan families that peace of mind they deserve.”

Michigan has led the way in PFAS detection and response. When contamination came to light in 2017, Michigan quickly adopted the Environmental Protection Agency’s drinking water limit as our environmental cleanup standard – to ensure no polluted site goes undetected – and we have continued to advance our understanding of how PFAS moves through our environment.

In addition, the Michigan Legislature has taken the following steps:

Secured \$125 million to help Michigan families affected by PFAS contamination and allow the state

to respond quickly and effectively to future reports of contamination.

Supported Executive Order 3, which strengthened and reauthorized Michigan’s PFAS Action Response Team (MPART).

Introduced legislation to contain and control PFAS contamination by increasing reporting and training standards for the use of AFFF firefighting foam—a key source of contamination.

Approved a House resolution that ensures the state is relying on experts to make science-based recommendations that prioritize the health, safety and welfare of Michigan families.

“Lake St. Clair is a crucial part of our way of life in Macomb County and the federal government must step up to the plate and do its part to clean up the mess left behind at Selfridge,” said Wozniak. “Our state has made great progress in investigating and managing PFAS contamination, and we must continue to support better water quality on all fronts—including working to combat dioxane and lead issues that have been a concern in Michigan for many years. I support our efforts to enforce consistent drinking water standards across the board, so we can continue to pursue options to protect our freshwater resources.”

In July of 2018, state test results showed PFAS contamination had been pouring out of Selfridge Air National Guard

Base into the Clinton River and Lake St. Clair.

In addition to state efforts, the U.S. Environmental Protection Agency has begun its process to establish new guidelines regarding PFAS and commissioned research to better understand the ecological and human health affects of PFAS contamination.

Rep. Wozniak can be contacted via email at DouglasWozniak@house.mi.gov or (517) 373-0843.

Rep. Wozniak announces local conversation hours

State Rep. Doug Wozniak invites residents to conversation hours on Thursday, May 23 from 6 to 7:30 p.m. at Dooley’s Tavern, 51748 Van Dyke Ave. in Shelby Township.

“Holding conversation hours continues to be one of my top priorities,” Wozniak said. “Being open and accessible to you helps me effectively represent you in Lansing. I welcome you to attend and share your thoughts, ideas, and concerns.”

No appointments are necessary to attend conversation hours, but are preferred if you have any personal issues to discuss with the representative at length. Those unable to attend can contact Rep. Wozniak by phone at 517-373-0843 or by email at DouglasWozniak@house.mi.gov.

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Three international honors earned by UCS DECA chapters

Two Utica Community Schools high school DECA chapters have earned three top honors at an international competition featuring the best business students from across the globe.

Henry Ford II High School and Utica High School chapters received the awards at the DECA International Career Development Conference in Orlando Florida. DECA – Distributive Education Clubs of America – develops emerging leaders and entrepreneurs for careers in marketing, finance, hospitality and management.

A Henry Ford II High School team finished in the top 10 in the nation for a Creative Marketing Project.

The Utica High School chapter finished in the top 10 in the school-based enterprise event for the second straight year for its school store, the Chieftain Connection. A UHS team also finished in the top 20 for an Integrated Marketing Campaign.

“With the support of their

teachers, UCS students are demonstrating tremendous success through programs that create meaningful experiences beyond the classroom walls,” Superintendent Dr. Christine Johns said. “DECA gives our students the opportunity to develop skills that are critical to business leaders – problem solving, innovation and the ability to work in collaborative teams.”

More than 20,000 students attended the DECA international conference from countries around the world, including the United States, Guam, China and Spain. The participants represent the top one percent of all the marketing students in the nation.

Henry Ford II High School’s DECA chapter had 14 students compete in the international conference.

Seniors Luke Chapp and Collin Toon placed in the Top 10 in the nation for Creative Marketing Project for a 20-page paper and a 15-minute presentation on the Sterling Football Club. For their

event, Toon and Chapp were required to choose an organization, identify an issue, and create a solution using extensive research, including interviews and surveys.

Utica High School had 12 students attend the International Career Development Conference.

Utica High School seniors Kendall Avis and Jacob Joseph placed fourth for the school-based enterprise event. The students provided a 10 minute presentation on a marketing plan for the school store that included target markets, customer demand for merchandise and market research strategies.

UHS seniors Elizabeth Mittag and Stephanie Curnow placed top 20 in the nation for an Integrated Marketing Campaign. The competition was an advertising campaign that included a written 10-page paper and 15 minute presentation with a unified theme. Mittag and Curnow presented on the product TileMate.

Gazette CLASSIFIEDS

May 17, 2019



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Gazette

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2/2

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1/5

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1/1

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1/3

VOLUNTEER

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



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

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

Visit ForgottenHarvest.org for more information on how to donate your time, energy, and efforts to this worthy cause.

ADOPT A PET

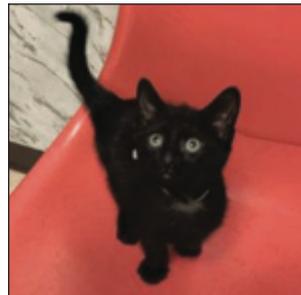
The Humane Society of Macomb works to prevent cruelty to animals, and place adoptable pets into good, permanent homes with responsible owners and promote spaying and neutering to prevent overpopulation. The Humane Society of Macomb has many cats, dogs, puppies and kittens waiting for a new home. They 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.

Safety Day in America

**Sunday, June 2, 2019
11:00 am - 2:00 pm**

**Whispering Woods Park
11000 21 Mile Rd. Shelby Township**



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THE FAMILY**

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- Bike & Car Seat Safety
- Bicycle helmet giveaway (while supplies last)
- Shelby Township Police & Fire will be on-site to provide educational & safety experiences for all children attending
- Decorate your Bike to Win \$100 Gift Certificate
- Food, Fun, Bounce houses & Games!
- Self-Defense Class by D-Lux Karate, Shelby Township: 2 classes 1:00pm - 1:20 pm (8 and under) and 1:25 pm - 1:45 pm (8 and up)

**BMX Demonstration: 11:15 am & 12:30 pm
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		7		3	8			
	1	6			5			7
		4	7					2
8		5			6			4
	6			5				9
	4		3			5		2
	9				3	1		
4			8			9	7	
			4	1		2		

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The road funding conversation needs a complete reset

PERSPECTIVES



Op-Ed by
NATHAN INKS

Multiple studies on Michigan road funding have confirmed that the state needs approximately \$2.5 billion in additional road funding in order to get 90% of the state's roads in good or fair condition. For reference, as of the end of 2018 only 78.9% of Michigan's roads are in such condition; since the turn of the century, this 90% goal has only been achieved during a period of four years ending in 2011. While the state should certainly do more to increase the lifetime of roads, simply increasing the quality of materials and reducing wasteful spending will not get the state anywhere to where it needs to be. There is no reasonable dispute that increased road funding is necessary—whether that is achieved through increasing revenue or taking funds from other budget items.

Governor Gretchen Whitmer's road funding plan, a \$0.45 gas tax increase, has been met with significant public opposition. An April poll of likely voters by Marketing Resource Group found opposition at 75% and support at 21%; even 58% of self-identifying Democrats were opposed. However, that same poll found that a plurality of respondents, 44%, rank roads and infrastructure as their number one concern.

This mismatch ultimately comes down to poor planning by the Whitmer administration prior to the rollout of her proposal. Perhaps the biggest flaw in Whitmer's plan is that she failed to explain to Michiganders why a gas tax increase is necessary before proposed it. Residents will naturally be opposed to any tax increase if they do not know or understand why it is necessary.

This lack of understanding is widespread. One popular allegation recently circulating social media claimed that lottery revenue, the 1994 sales tax increase, and casino tax revenue had been promised to go toward roads, yet the roads are still bad; therefore, the state should not impose an increased gas tax when it has not used other money as promised in the past. These claims are completely false, as road funding was never a part of

those tax increases; however, if Michiganders are under the false impression that money is not being spent where it was promised to be spent, they will undoubtedly be mistrustful of a tax increase pledged toward fixing the roads.

Recognizing the unpopularity of the proposed gas tax increase, the Senate Republicans' proposed transportation budget did not include the tax increase. Instead, a measly \$132 million would be spent on roads sooner than previously allocated. Governor Whitmer has threatened to veto any budget that does not meaningfully address road funding, while Republicans in the legislature wish to pass a budget first and deal with the issue of roads separately.

Neither Whitmer's swift response with a veto threat nor the Republicans' unwillingness to address roads as part of the regular budget process instills much confidence that the two sides will be able to reach an agreement to actually fix the roads. While some Michiganders may bristle at such a hasty veto threat, the Governor has little ability to negotiate when Republicans do not plan to come to the negotiating table until the summer. Objections to new taxes and calls to decrease wasteful spending may resonate with the GOP base, but actually finding \$2.5 million to cut will prove to be next to impossible. The Republican plan will need to at least partially rely on a revenue increase.

The entire roads conversation needs a reset. Before a meaningful conversation can take place, both Republicans and Democrats in Lansing need to commit to educating voters about the current state of road funding in an honest and objective manner. Political posturing will not fill the potholes, and any alternative to Whitmer's gas tax increase is likely to be just as unpopular if Michiganders do not fully understand why additional revenue is necessary to address the state's crumbling infrastructure.

Add your voice to the conversation by sending a letter to the editor to Andrew@Gazettemediagroup.com.



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Shelby Township resident recognized for nursing excellence

Shelby Township resident Stephanie Gibson, a registered nurse, was recently honored by Henry Ford Health System at its eighth-annual Clara Ford Nursing Excellence Award ceremony.

Gibson, a nurse manager at Henry Ford Macomb Hospital, was recognized in the Compassionate and Committed People Category. She was nominated by Naureen Bennett, the hospital's director of care experience.

In her nomination, Bennett highlighted Gibson's respect for people and her high performance.

Bennett said that Gibson is compassionate toward everyone. She cheers on her staff often goes out of her way to make patients feel comfortable. When working with an adult autism patient, Gibson worked hard to identify his triggers and find ways around them. The patient loved Michael Jackson, so she found iPad to play music for him.

"She stood out from day one, and has continued to shine every day in her role and as a person," Bennett said of Gibson. "She also works tirelessly to have open communication and partnerships with patients."

Gibson is also a leader at the hospital. She manages two units and has joined workgroups to improve the care of patients with



Shelby Township resident Stephanie Gibson

more needs. She also encourages her coworkers to speak up and have a voice on committees. Bennett said that she sees Gibson as one of Macomb's "shining stars."

"When you meet Stephanie, she exudes a positivity for life and a joy for her job," Bennett said in her nomination. "She is someone I would describe as extremely smart, vulnerable, empathetic with a bubbly enthusiasm that makes one smile... She is very deserving of this distinguished award."

Six nurses from Henry Ford were recognized for their dedication to patients, the

community and the health system. This year, more than 70 nurses were nominated by their colleagues, patients, and patient families.

"**The Clara Ford Nursing Excellence Award** recipients are remarkable representatives of our 7,500 Henry Ford nurses, who have mastered the art and science of health care and healing, living our mission every day," Barbara Rossmann, chief nursing officer of Henry Ford Health System said in a press release. "Our honorees' stories help highlight the impact nurses have on patients' lives."

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