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Friday, Jan. 18, 2019
Vol. 3, No. 5

Make MLK Day One of Service to Others

Utica High School will be hosting its second annual MLK Day of Service on Monday, January 21 from 10 a.m.-2 p.m.

The UHS students are asking for community help as UHS will become a Gleaners Food Bank drop-off that will accept non-perishable foods and canned goods. You can drive right up to the ECC room door and they will unload your donation.

Students will be participating in this and other service programs affiliated with Project Linus and Operation Gratitude. Utica High School is located at 47255 Shelby Rd.

Nature Center Winter Fest and Family Cookout

Winter weather has arrived in Michigan. Come to Winter Fest and Family Cookout at Burgess-Shadbush Nature Center to celebrate the season.

On Saturday, January 26, families are invited to the nature center for an afternoon of snow-related games and activities. Learn about winter safety and survival, and, if there's snow, compete in a snow fort contest. People will be able to warm up by the outdoor fire ring while they roast hot dogs and marshmallows, or they can head inside for crafts and hot chocolate.

The fun will begin at noon and goes until 3 p.m. The event costs \$5 per person. Register online at shelbytpw.com/parks, or call 586-323-2478. The Burgess-Shadbush Nature Center is at 4101 River Bends Drive.



SHELBY TOWNSHIP DETECTIVE Jim Malczewski visited Utica High School last week to talk with students about the new and evolving state laws regarding marijuana. STPD posted the above photo to their official Facebook page - Shelby Township Police Department - with the note, "They had some great questions, and Jim presented the info tactfully and honestly. It's an important conversation we all need to have with our kids." Despite the recent vote to legalize, it remains illegal for teenagers to possess or use marijuana.

UCS Board Elects 2019 Officers

Four Utica Community Schools Board members were elected by their colleagues as officers at their January 14 organizational meeting.

The Board elected Dr. Robert Ross as president, Dr. Mary Thomas as vice president, Mrs. Michele Templeton as treasurer, and Mrs. Denyeal Nesovski as secretary for 2019.

Dr. Ross, unanimously elected as president, will preside over regular and special meetings and provide leadership duties as required by the office.

He has served on the Board since 2004, including the past seven years as treasurer. Over the past 15 years, UCS has continued to receive unmodified audits from its independent auditor - the highest level of fiscal accountability.

See BOARD, page 2

Pet Center Hosts Fundraiser for K-9 Bulletproof Vests

Throughout the holidays, Bark-A-Bout Pet Activity Center of Shelby Township raised \$4,225 for K-9 bulletproof vests and equipment for K-9 Unit dogs in training.

Bark-A-Bout raised \$2,300 of the total amount during their K-9 Bulletproof Vest and Equipment Fundraiser Event held in early December, and the remainder was acquired through in-store and online donations.

The donations are going to Prevention Concepts and Solutions, a local non-profit out of Romeo, whose mission is to provide canine-assisted therapy to Veterans. Veterans within the organization receive emotional healing while training K-9s for careers in law enforcement and as psychiatric service dogs.

Fundraising help also came from local pet stores during Bark-A-Bout's 10th annual "Paws In Need" holiday fundraiser. Two

carloads of pet food and pet supplies were collected for current and future dogs undergoing the organization's 90-day K-9 Unit training program. Donations range from flea and tick prevention, collars, leashes, shampoo, dog food, treats, toys and more.

Bark-A-Bout chose to support Prevention Concepts and Solutions following the death of St. Clair Shores K-9 Axe, who passed away in the line of duty in early November last year.

"The loss of K-9 Axe hit our community hard, and making donations in Axe's honor has really helped many people heal," says Bark-A-Bout Owner Michelle Nikiforuk.

The donations will help Prevention Concepts provide K-9 Unit dogs with the protection of a bulletproof vest. Each K-9 Unit

See K-9, page 2



PREVENTION CONCEPTS and Solutions members (left to right) Jeremy Rogers, Jeremy Foltz, and Daniel Cusenza. Photo courtesy of Bark-A-Bout Pet Activity Center & Resort in Shelby Township.

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Arts & Entertainment

Utica-Shelby Rotary Donates to Eppler Jr. High

At their first meeting of 2019, the Utica Shelby Township Rotary Club (USTRC) welcomed guests Cheryl Cunningham, Assistant Principal, and Diane Schodowski, Counselor, both of Eppler Jr. High.

how the funds raised and donated in the past have been disbursed.

"We are proud to have directly helped many students, and in turn, their families benefit too,"



Terry Moore, President of USTRC, presented a check for \$1,000 to aid those students who may need extra support. Cheryl and Diane shared with the club

USTRC said on their official Facebook page with the above photo. "It's a community effort and we are honored to be a part of the Eppler community."

Romeo Non-Profit Helps K-9 Units, Veterans

K-9, From page 1

dog is valued at \$10,000 to \$15,000 for their extensive training and skill set in specialized areas like narcotics detection, criminal apprehension and tracking. K-9 bulletproof vests cost near \$1,000.

"No K-9 Unit dog graduates Prevention Concepts' P.A.C.K. Training Program without a bulletproof vest," said Prevention Concepts' Chief Operations

Officer Jason Foltz. "Every dollar we receive goes straight to the dogs and to furthering Prevention Concepts' mission."

If you would like to make a monetary donation to Bark-A-Bout's K-9 Bulletproof Vest and Equipment Fundraiser, visit GoFundme.com/police-k9-bulletproof-vests or visit PreventionConceptsInc.org/.

Prevention Concepts' current K-9 dogs in training that are

receiving bulletproof vests from Bark-A-Bout's Fundraiser will be graduating and officially turned over to local police departments during the upcoming "Hounds, Heroes and Hope" Graduation Dinner set for March 23 at Greystone Golf Club in Washington Twp. Event tickets are on sale at PreventionConceptsInc.org/.

Board of Education Elects New Members

BOARD, From page 1

"The election of officers to the Board of Education is an important, solemn responsibility," President Dr. Robert Ross said. "The Board is a fiduciary of the district and our members are committed to the responsible financial management and good stewardship of taxpayer funds."

A Sterling Heights resident and professor at University of Detroit Mercy, Dr. Ross has four children who have graduated from the district.

Dr. Thomas will serve as the Board's vice president. A four-year member of the Board, Dr.

Thomas is a counselor at Oakland Community College. She has one child in Utica Community Schools.

Templeton was elected as treasurer after serving two years as the Board's vice president. A resident of Sterling Heights who has been on the board for 14 years, Templeton is a lifelong resident of the district and the parent of a Utica Community School graduate.

Nesovski, a two-year member, will serve as the Board's secretary. A Shelby Township resident, she has three children who attend Utica Community Schools.

She is a data analyst at United Shore Financial Services, Inc.

Trustees for 2019 are Jennifer Prybys, Kimberly Becker and Kelli Rankin.

Prior to the organizational meeting, a swearing-in ceremony was held for three Board members elected in November 2018. Oaths of office for six-year terms were administered to incumbent Mrs. Templeton and newly elected members, Mrs. Becker and Mrs. Rankin.

uticak12.org/

Trade Show Allows Students to Plan their Great Escape

There is no escaping the importance of working together, as demonstrated by a recent student trade show held by the Utica Center for Science and Industry.

UCSI teachers challenged their students from its three pathways – mechatronics, multi-media and engineering – to collaborate by designing an "escape room" based on British literature.

"The biggest thing we wanted is for them to work together," said teacher Scott Spry. "The kids will come to us and say (they) don't really understand what students in other areas were doing. We say to them, you are going to be working with people like that outside of here so you better get used to it."

The 17 projects were created by students over a two-week period and drew on their lessons in English, Math, multimedia and engineering, said teacher Andrea Luba. Using British literature as a basis, the students worked together to escape a series of tests that use technology and programming to get through an escape room.

"We want them to collaborate and create a product that functions," Luba said.

It was a theme that recurred throughout the trade show.

UCSI Graduate Josh Rzeppa – who attended the trade show – acknowledged that experience in working collaboratively will set UCSI students apart when they

move onto to college.

"Most of the stuff we do at college is easy because of the work we did here over the four years," he said. "It's about how to work as a team and how you can put everyone in the best position to succeed."

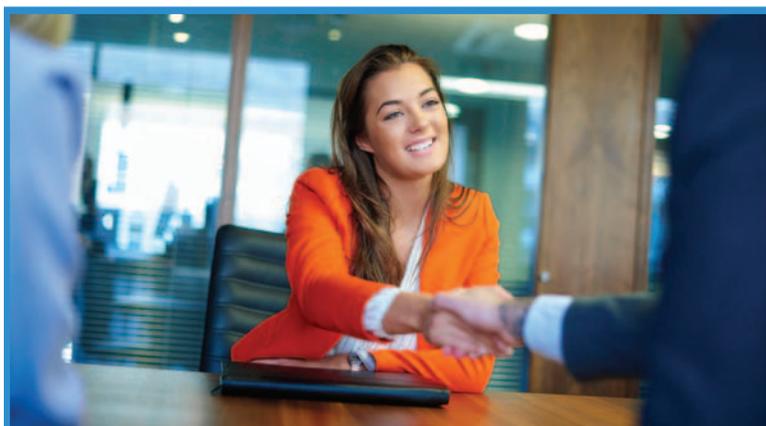
One group of UCSI students used A Christmas Carol to create three separate "rooms" that customers would use clues to escape. The rooms represent the spirits of

Christmas past, Christmas present and Christmas Future.

A group of parents, business leaders and graduates visited each of the projects at the trade show to serve possible "investors."

"The people would come in and want to learn about your work to see if they want to invest in your project," said junior Anjelica McLean. "This way we are getting real business experience."

uticak12.org/



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Utica JV Cheer Takes First at Anchor Bay Invitational
CONGRATULATIONS GO OUT to Utica High School's JV Cheer team, pictured above, who finished first at the Anchor Bay Invitational last week. The Varsity team finished second overall.

Wojno to Serve on Three Senate Committees

State Sen. Paul Wojno, of Warren, has been appointed to serve as a member of the Senate Elections Committee, Senate Health Policy and Human Services Committee, and the Senate Regulatory Reform Committee.

"It's a tremendous honor to be selected to serve on committees that focus on many of the issues that drove Michiganders to the polls last November, and for which I have extensive previous experience. I look forward to

working together with my colleagues across the aisle to find ways we can have better accountability in our government and elections process, access to quality health care, and affordable prescription drug prices for all Michigan families and seniors."

Before being elected to the Michigan Senate, Sen. Wojno served as the Warren City Clerk from 2007 to 2018, during which time he managed the oversight of federal, state and local elections.

As State Representative from 1996 to 2002, he served in the Michigan House of Representatives on the House Committee on Health Policy, as well as the House Committee on Regulatory Reform.

Sen. Wojno represents the citizens of the 9th Senate District in Macomb County that includes the cities of Center Line, Clinton Township (southern portion), Eastpointe, Fraser, Roseville and Warren.

Farrington Named Chair of House Financial Services

State Rep. Diana Farrington, of Utica, has been tapped to lead the House Financial Services Committee for the 2019-20 legislative term.

Committee chair announcements were made this week by Speaker of the House Lee Chatfield. Farrington previously chaired the House Financial Services Committee during the 2017-18 legislative term.

"There was good work done over the past two years to help

Michigan stay on the cutting edge in the financial sector, and it's exciting to continue on with this position," Farrington said. "Almost all of the legislation taken up and advanced by the committee was done so in a bipartisan fashion, so I look forward to continuing this constructive precedent with the committee's new members this term."

The House Financial Services Committee is responsible for deliberating on issues such as the

regulation of banks, credit unions, payday lenders and mortgage lenders. Under Farrington's leadership, the panel approved several proposals bolstering safeguards for consumers – including fair benefit service practices to protect veterans, as well as data breach notification and disclosure requirements.

Farrington will also serve on House Committees on Regulatory Reform, Tax Policy and Judiciary during the new term.

Wolcott Offers Family Fun on a Working Farm in Ray

The Wolcott Mill Farm Center is a 250-acre working farm in Ray where six heritage breeds of dairy cow reside year-round. In addition, the farm features miniature and draft horses, multiple species of sheep and goats, as well as a wide variety of farm fowl. Visit the greenhouse and gardens or, when available, take a horse-drawn wagon ride through the crop fields.

The Wolcott Bee Club will meet on Saturday, February 2 from 10 a.m. to noon. Meetings are held on the first Saturday of the month. Bob Hollis, a beekeeper with 24 years of experience, will teach the importance of bees to our ecosystem and food production, as well as the tricks of the trade to keeping bees. No bee experience is necessary and all supplies and equipment will be available for purchase. Join the Bee Club with a \$10 annual membership and pay \$1 per meeting.

An Everything Equine Clinic will focus on Leg Wrapping on February 3 at noon. Everything equine clinic is a monthly class covering topics for all things horses, from basic anatomy to getting

your horse show-ready. During this session, learn how to wrap your horse's legs for riding, shipping and in the case of injury. The program is ideal for ages 10 and up (\$3 per child and \$5 per adult). Preregister by calling 586-752-5932.



On February 6 at 10:30 a.m., visitors will have the chance to meet a goat at the Farm Center. Learn about Wolcott's goats and get in some petting time. Hear a story about a goat, make a craft and enjoy a snack. The cost to attend is \$5.

If you have ever been interested in taking care of farm animals,

Wolcott's Family Farm Chores program allows families a chance to assist staff as they feed and care for the farm animals. Family Farm Chores events will take place on February 9, 10, 23, and 24. Guests are encouraged to pet, take pic-

tures and ask questions along the way. Dress for the barn and weather. The program lasts approximately 60 minutes. Preregister by calling 586-752-5932.

The Wolcott Mill Farm Center is located at 65775 Wolcott Road in Ray. A Metroparks Vehicle Entry Permit is required to visit. Learn more at metroparks.com/.

Free Weekly Community Yoga Class at White Lotus

Many people's new year fitness resolutions are starting to fall flat. Have you considered trying some yoga?

White Lotus Yoga Studio is offering free community yoga classes every Thursday at 8 p.m.

No yoga experience is required to join. The hour-long classes will be taught by recent graduates of the White Lotus teacher trainee program. In addition to the health benefits, the class will promote awareness of the connection

between mind, body, and spirit.

White Lotus Healing and Yoga is at 65959 Van Dyke Ave. in Washington Township. To learn more, visit whitelotusyoga.net, or call 586-752-2700. Pre-registration is not required.

Coats for Kids Fundraiser a Community Win

Working together with Groupo Antolin of Shelby, Utica Community Schools, Shelby Township, Utica, and Sterling Heights, the greater Macomb community helped collect 1,383 coats and raise over \$6,000 in cash donations during the Coats for Kids Drive.

"It's a great thing when a community comes together to make a

Antolin Shelby General Manager Joe McCluskey for creating and leading the team on this project, Utica Schools Superintendent Dr. Christine Johns for her very strong support, including leading and coordinating the distribution efforts," Stathakis said, adding that the combined efforts helped make the drive a "significant, regional event."



difference," said Utica Mayor Thom Dionne. "We couldn't have done it without you!"

Shelby Township Supervisor Rick Stathakis also thanked the community and contributors for their efforts. "A special thanks to

Pictured above, Mayor Thom Dionne, Antolin GM Joe McCluskey, Superintendent Dr. Christine Johns, Sterling Heights Mayor Michael Taylor, and Supervisor Rick Stathakis.



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Health Department Scam Alert

The Shelby Township Police Department is reminding residents that scammers are abundant and always working to come up with new ways to steal your information.

Their latest trick, scammers are trying to get sensitive personal information by pretending to be from the Macomb County Health Department.

Often these scams prey on our most vulnerable citizens, the ill and the elderly. Share this information with friends and fam-

ily and remember to never give away personal information.

If it sounds like a scam, it probably is. Companies will never ask you to reveal personal information over the phone like passwords, social security numbers, etc. In the event that you or someone you know receives a suspicious call, contact the police department and provide all relevant information. Shelby Police can be reached at their non-emergency line, 586-731-2121.

Suspected Liquor Thief Wanted in Macomb Twp



Macomb County Sheriff's Office is asking for the public's help in identifying the man pictured to the left. On January 11 around 1 p.m., police say this man stole several bottles of liquor from a business in Macomb Township. He's described as 25-35 years old, average build with short black hair and a light goatee. He wore black shoes, blue jeans and a black hooded sweatshirt with white drawstrings. He fled the parking lot in a gold or bronze colored SUV. Anyone with information is asked to contact Det. Wiley at 586-307-8230.

Macomb Implements RapidSOS for 911

The Macomb County Dispatch Center has recently implemented RapidSOS for 911. RapidSOS is an enhancement to current technology which allows a wireless device caller's location to be pinpointed within a three-meter radius, while in motion, and for fifteen minutes after the call has been disconnected.

Traditionally, location information from 911 calls comes from the wireless device connecting to three separate cell towers, known as triangulation. Triangulation provides dispatch with a location, however, that location could be as far as one thousand meters away from the actual caller.

RapidSOS has partnered with Apple, Google, and Smart911 to deliver better location data for wireless calls received from iPhones with iOS 12 and Android phones version 4.0 and up. When an Apple or Google customer makes a 911 call, the traditional location information is transmitted to the dispatch center.

Simultaneously, enhanced location data is transmitted to the RapidSOS NG911 Clearinghouse. Location information is then captured even when the caller's wireless device location services are turned off. This information on a wireless device may be only be obtained if that device has called 911.

"The Macomb County Sheriff's Office continues to seek tools that will improve our abilities and response times.

address given by the caller, there was no patient. Dispatch then used RapidSOS which gave a location on one street south with the



THE MACOMB COUNTY SHERIFF'S OFFICE has various career opportunities and are encouraging qualified applicants to start the process. Learn more at hrlr.macombgov.org/HRLR-CareerOpportunities/.

RapidSOS is one of those tools. In the event of a life-threatening situation, every second counts," said Macomb County Sheriff Anthony Wickersham. "Recently our Dispatch received a call for a citizen having a seizure, the caller gave the correct digits for the address but the wrong street name. When EMS arrived at the

same digits. Dispatch relayed this information to EMS who were able to locate the patient at the location from RapidSOS."

RapidSOS does not cost the Sheriff's Office anything at this time, as it is interfaced with Smart911 which is currently state funded through 2020.

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Shelby Township Fire Department Now Hiring

Shelby Township is establishing an eligibility list for the position of Firefighter/Medic. Interested candidates must schedule a written examination at empco.net/fts/. Once completed, select "Shelby Township" under "Fire Service Positions." This process must be completed by January 25 to be eligible.

Qualified applicants who meet the minimum requirements through EMPCO will be contacted by the Township to complete an employment application, initial physical assessment, and to schedule further screening. Qualified applicants will be asked to provide proof of citizenship, age (must be at least 19), and a valid driver's license with a clean record.

Applicants must possess a State of Michigan Paramedic's license, Firefighter I, and Firefighter II certificates.

The Department said that in 2018, STFD responded to 7,854 calls - a 7% increase in call volume compared to 2017. "We are honored to serve the residents and businesses of Shelby Township and would like to extend our thanks for your continued support of our depart-

ment," STFD said in a statement online. "We look forward to what's to come in 2019 as we prepare to open our new Station 4 in

March and hire more firefighters to meet the needs of our community's growing population."



THE FRIENDS OF SHELBY TOWNSHIP FIREFIGHTERS IAFF Local 1338 recently raised \$4,200 for the Muscular Dystrophy Association (MDA). A check was presented to MDA at the Shelby Township Board of Trustees meeting on Tuesday, January 15, where Supervisor Rick Stathakis and fellow trustees expressed their gratitude to the firefighters for their efforts.

Magic, Love, and Commitment at J. Thomas Jewelers

BRIDAL SHOW PREVIEW

Great Oaks Country Club Bridal Show
Sunday, January 20
Gazetteevents.com

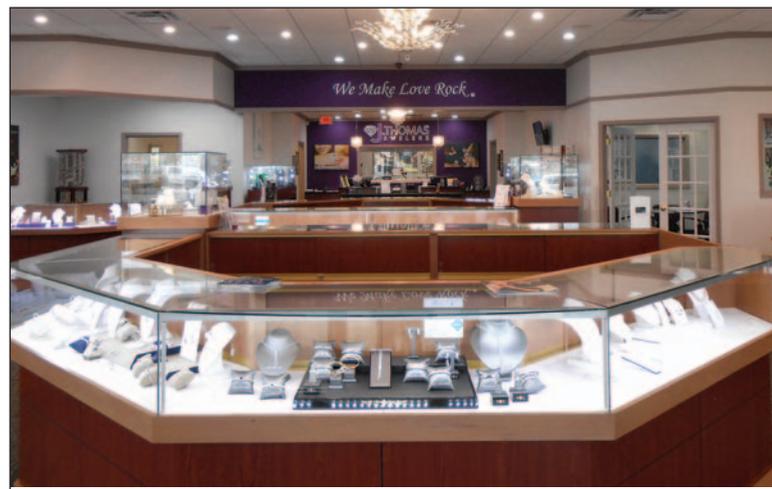
After the wedding cake is eaten, the dream dress is packed away, and the party is long over, it's often the ring that remains as a consistent and tangible reminder of the promise two people made to love each other.

J. Thomas Jewelers understands that there's a magic in that. The family-owned, inde-

pendent jewelry store is devoted to providing its customers with quality pieces of jewelry to help mark important moments.

designs. The owner, Tom Costigan, began his jewelry career in high school, fixing and creating pieces. Now, as a master craftsman, he's won multiple awards in custom jewelry design from the Michigan Retailers Association and from the Independent Jewelers Organization.

When shopping for a wedding or engagement ring, Meganck said couples should keep the style of the ring and shape of the center diamond in mind. Right now, petite rings, oval diamonds, and thinner wedding bands are popular. Yellow gold is making a comeback, and for men, combination metals are on-trend.



pendent jewelry store is devoted to providing its customers with quality pieces of jewelry to help mark important moments.

"That's really what it's about," store manager Noreen Meganck said. "Magic, love, commitment, and touching people's lives."

The business opened in 1995, and Meganck said the store likes to be known as "the family jewelers." People will get referrals from their parents and grandparents.

"We want people to feel comfortable," she said. "We give their needs the utmost attention. You don't get that everywhere."

In addition to retail, the store offers jewelry repair and custom

Meganck also said it's important for couples to know their how much they're willing to spend. No matter what their budget is, though, customers can expect the staff at J. Thomas Jewelers to help them find a quality piece of jewelry in their price range.

"We don't mark up to mark down," Meganck said. "We want to sell a type of product that we can stand behind."

The store just finished remodeling in November and is now looking for ways to make their inventory more accessible to online shoppers. Meganck said these improvements were important for staying connected to

their customers and making them feel comfortable.

"We want to stay relevant to younger generations and keep moving forward," she said.

Although quality and staying current is important for the people at J. Thomas Jewelers, ultimately, business is about more than that. For them, it's about community and the people they serve.

The store is involved in the community and supports organizations like Leader Dogs for the Blind and the Meadow Brook Theatre Guild. That's what makes a brick-and-mortar store like J. Thomas Jewelers important, according to Meganck. It can be competitive online while still remaining community focused.

"You've got to be connected to the people," she said. "They're important to us. They're part of our history... That's what has made our business a success."

To learn more about J. Thomas Jewelers, visit jthomas-jewelers.com, call 248-299-5250, or visit them at 2254 Crooks Rd. in Rochester Hills.

J. Thomas Jewelers will be at the Great Oaks Country Club Bridal Show, presented by the Gazette, on Sunday, January 20. Register at gazetteevents.com and get free admission for your entire bridal party.

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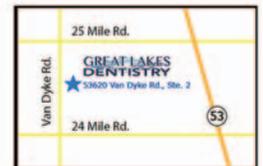
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Shelby Community Foundation Snowflake Social

Enjoy an evening of fun at the Shelby Community Foundation Snowflake Social.

On Friday, January 25, from 6-10 p.m., attend an elegant strolling-dinner at the Palazzo Grande. The theme of the evening will be black-and-white, and attendees are encouraged to dress to fit the occasion.

The pop violin group Nuclassica will provide live entertainment for people as they enjoy craft beer and cider tasting, an open bar, and raffle prizes.

Proceeds from the night will benefit local scholarships and community enhancement grants.

Tickets cost \$75 and are available online at shelbycommunity-foundation.org/. People can also register through the mail by sending the foundation a check at P.O. Box 183181, Shelby Township, MI 48318. Those interested must register by January 21.

To learn more, call the Shelby Community Foundation at 586-909-5305, or go to shelbycommunity-foundation.org/.

Gazette

Senior Living

Take Steps to Improve Your Retirement Confidence

(NAPSI) A recent study by the Insured Retirement Institute found that only 25 percent of baby boomers believe they will have enough money in retirement and just 28 percent believe they did a good job financially preparing for their retirement years.

This dismal view of their retirement prospects by so many aging Americans is concerning, but what is even more sobering is the study found that boomers are actually less satisfied with their finances than they were as recently as five years ago. In 2012, 41 percent of baby boomers believed they were doing a good job of financial preparation. This decline in retirement confidence has taken place in spite of healthy market conditions and rising interest rates for most retirees' investments.

Fortunately, the news doesn't have to be so bad if seniors allow this news to serve as a wake-up call for them to take action.

Here are five steps that experts say boomers can take to revisit their retirement plans now



and fix things that have gone awry:

1. Reassess priorities. Take stock of your available resources and prioritize your needs vs. your wants, based on where your life is now and what is most important to you in the years ahead.

2. Raise cash. Consider options that may be available to you for boosting your savings, such as a part-time job or perhaps selling off some possessions you no longer need.

3. Generate interest. Re-evaluate where your money is sitting today and consider moving as much as you can out of cash and into interest-bearing accounts,

which are paying depositors more than they have in several years.

4. Look for hidden assets. Inventory all your assets that might create cash flow, including those you may have overlooked in the past, such as a life insurance policy. A life insurance policy is your personal property and, if you no longer need or can afford it, you may be able to sell it for an immediate cash payment.

5. Leverage your house. If you own your home, a reverse mortgage or a home equity line of credit could help free up cash that you can use to pay off health care bills or other expenses.

Marijuana Use Growing Among Older Adults

(Newswise) Marijuana is being used more and more among middle-aged and older adults, with 9 percent of adults aged 50-64 and nearly 3 percent of adults 65 and older reporting marijuana use in the past year, according to a study by researchers at NYU School of Medicine and the Center for Drug Use and HIV/HCV Research at NYU Rory Meyers College of Nursing.

These new figures, which use data from 2015-2016, demonstrate a substantial increase in cannabis use over the past near-decade – double the percentage of adults aged 50-64 and more than seven times the percentage of adults 65

and older reporting use in 2006-2007.

The new findings, published online in the journal Drug and Alcohol Dependence, build on an earlier addiction study by the same researchers to illustrate this growing trend among baby boomers. Attitudes towards marijuana use are changing in the U.S., with a growing number of states legalizing medical and recreational marijuana.

The research included in this article is sourced from the National Institute on Drug Abuse of the National Institutes of Health.

Senior Sweetheart Ball Dinner Dance

The Shelby Township Senior Center will celebrate Valentine's Day this year with their Sweetheart Ball Dinner Dance. On February 15 at 5:30 p.m., enjoy music by Tri-City Plus and dance along to your favorite hits.

Dinner will be served from 6-7 p.m. followed by dancing from 7-10 p.m. Register in advance by February 8. To register call 586-739-7540. The Shelby Township Senior Center is located at 51670 Van Dyke.

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Get Creative This Winter with the OPC

On Saturday, January 26 the OPC Senior Center will host a watercolor workshop highlighting the gentle warmth and coziness of snow "up north." The composition features the colorful snow of an old harbor/fishtown in Leland, MI. Students may bring any photos of sea harbors, old buildings/fishing shacks if they would like to customize their piece. The workshop will run from 9:30 a.m. - 3 p.m. with a break for lunch (not provided).

blue, brown madder, aureolin yellow, cerulean blue, paynes gray), brushes #4, 6 or 8 round 3/4 flat with chisel handle #1 or 2 rigger, 1/2" foam board, and #H pencil, table and kosher salt, blue masking tape, ruler, palette knife, wax paper, and a small natural sponge.

The Watercolor Workshop will be guided by instructor Pete Snodgrass. The OPC also offers an all-levels watercolor class with Snodgrass. The weekly classes run

not gray – but full of color.

There are lots of opportunities to enjoy creative classes at the OPC throughout the winter. Those interested in painting might consider the all-levels acrylic painting class, held Mondays 1-3 p.m. through February 11. Or, perhaps, the Acrylic Mini Canvases workshop on Tuesday, January 29.

Crafters should mark their calendars for the Mosaic Tile Class on Friday, January 25, and the Card and Stamp making workshop on Tuesday, January 22. Learn basic cutting, soldering, and foiling techniques in an Intro to Stained Glass course on Tuesdays, January 22-February 12 from 3-5 p.m.

If literature is more your cup of tea, visit the OPC Rewold Library on Thursday, January 24 at 1:30 p.m. for the Fireside Poetry night, and discuss new and old poetry.

Other classes offered at the OPC cover music, computer skills, woodshop, pottery, jewelry, foreign language, dance, fitness, and more. To view a full list of courses, visit opcseniorcenter.org/ and select "newsletters" under the "get connected" tab to find their most recent letter.

The OPC Senior Center is located at 650 Letica Dr. in Rochester.



The cost is \$40, plus \$6.50 for stretched watercolor paper. Students should bring standard watercolor supplies: 140# cold press paper, Windsor Newton or DaVinci paints (red, yellow, cobalt

through January 30 and are held on Tuesdays from 1-3 p.m. and Wednesdays 9:30-11:30 a.m. Class sessions cost \$50 each and focus on florals, landscapes, and still lifes with the theme that winter is



THE SHELBY TOWNSHIP SENIOR CENTER recently hosted a "lunch bunch" outing to Meadow Brook Theatre to see a performance of "A Christmas Carol." The play-goers were too close not to visit Kruse and Muer for lunch and take a stroll through downtown Rochester. Meadow Brook's current performance of "A Fox on the Fairway" began last week and runs through February 3, and has received glowing reviews. Read the Gazette's review, "Fox Hits a Hole in One" on page 10.





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Loneliness in Older Adults Carries Serious Health Risks

(Newswise) More and more people, particularly older adults, are grappling with loneliness year-round, and a growing body of research suggests that chronic loneliness carries serious health

risks.

“Loneliness is one of the most pressing public health issues facing the country today,” said Kerstin Emerson, a clinical assistant professor of gerontology at

the University of Georgia College of Public Health who investigates the impact of loneliness among older adults.

Nearly one in three older adults are lonely in the U.S., Emerson said, and this type of sustained loneliness has been linked to heart disease, high blood pressure, disability, cognitive decline, depression, early entry into nursing homes and increased doctor’s visits.

“Recent studies have even suggested that loneliness is a risk factor for early death comparable to smoking or being an alcoholic,” said Emerson.

While it’s easy to assume that loneliness just affects people who live alone, Emerson’s own research has shown that loneliness can impact anyone.

“People who are socially isolated might be more likely to be lonely, but married people can be lonely as well, as can people who come from very family-oriented or community-oriented cultures,” said Emerson. “Loneliness doesn’t discriminate.”

Loneliness is particularly a concern for older adults, she said, because they are more likely to face increased health issues and loss of friends, family or income, all of which are risk factors for loneliness.

Loneliness is defined as the difference between desired social connections and actual social connections. “You can be lonely in a crowded room. You can be lonely in a very large family. If your needs for social connection are not being met, you could still be lonely,” added Emerson.

“Unlike things like diabetes, we can’t just take a blood sample and determine loneliness. The only way we can measure loneliness is to ask. Usually we ask a series of

questions that are part of scales to get at loneliness,” said Emerson.

One of the obvious things to look out for is someone who spends a lot of time by themselves, especially if they used to be socially engaged, she said. Lonely people may also be more likely to be sick and not sleep as

There are services that will help you get from your home to church or your local senior center. Maybe a virtual chat room would meet your needs.”

How can friends, family, or community members help the older adults in their lives who may be dealing with loneliness?



easily. There are also the common triggers or changes that can be associated with loneliness, like a geographic move, a major health change (especially if it restricts driving), widowhood, job loss or retirement. Those changes may be particularly relevant to older adults.

Loneliness is tricky to treat because it depends on what’s causing it, Emerson said. For example, one person may struggle with making social connections and withdraws from social interactions that may make him feel awkward. Another person may be very social, but she can’t drive to meet with friends.

“At its heart, loneliness is a personalized issue, and every solution is an individualized solution,” said Emerson. “There are therapies that can help people who need to build social skills.

Emerson said awareness is key when it comes to addressing loneliness. Compared to public health messaging about obesity, smoking or bad eating habits, loneliness is often at the bottom of the list.

“Communities do wonderful things already to help people who are lonely. Connecting people with those community services can be an amazing help,” advised Emerson.

If you or someone you know feels lonely, consider the ways in which you can help. Older adults can sign up for classes on how to use Facebook or a chat room. Neighbors or older relatives can offer regular rides to church, the gym or community senior centers. And volunteering for charitable causes like Meals on Wheels is a sure way to interact with like-minded people.

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FEB 26	Firekeepers Casino - \$25/person
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MAR 14	St. Pat's in the "D" - \$69/Person
MAR 18-22	New York – Explore the city that never sleeps. Four breakfasts and two dinners included - \$590/person; double occupancy
APRIL 4	High Tea in Reflections - \$62/Person
APRIL 5-7	Johnny Cash Prison Concert - Wheeling, WV - \$645/person dble, \$765 single
APRIL 8-9	Shrine of Christ Passion - Includes one night lodging and some meals - \$250/person
APRIL 10	Our official slot is 2:30 pm for the first day of the Vera Bradley Annual Sale \$85/person
MAY 23	Gold, Diamonds & Pawnshops - \$69/Person
JUNE 2	Daniel O'Donnell Live at Caesars Windsor! - Book by February 28, 2019 - \$95/person

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Gazette CLASSIFIED

January 18, 2019



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

VOLUNTEER

HOPE NOT HANDCUFFS

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

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.



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Arts & Entertainment

Music

WINTER BLAST WEEKENDS
SAT, JAN 19 - SUN, FEB 17
Campus Martius Park

TOTZKE-KAARRE DUO
WED, JAN 23 - 7:30 p.m.
OU Varner Hall, Auburn Hills

BEFORE THE FLOOD
(BOB DYLAN TRIBUTE)
THU, JAN 24 - 8 p.m.
Otus Supply, Ferndale

AARON WATSON
FRI, JAN 25 - 7 p.m.
Coyote Joe's, Shelby Township

JACQUEES
SAT, JAN 26 - 8 p.m.
Music Hall Center, Detroit

ON STAGE

RENT
SUN, JAN 20 - 7:30 p.m.
Fisher Theatre, Detroit

ALMOST, MAINE
FRI, JAN 25 - 8 p.m.
Ridgedale Players, Troy

LAUGH AND HOWL
COMEDY FUNDRAISER
SAT, JAN 26 - 7 p.m.
Cellarmen's, Hazel Park

LIBRARY

KNIT & CROCHET MEET UP
THU, JAN 24 - 6 p.m.
Clinton-Macomb, Main Branch

NOT YOUR PARENTS'
BOOK CLUB
MON, JAN 29 - 7 p.m.
Nick's 22nd Street Steakhouse,
Shelby Twp

KIDS & TEENS

I HAVE A DREAM STORYTIME
MON, JAN 21 - 10 a.m.
Clinton-Macomb, North Branch

TEEN ANIME CLUB
TUE, JAN 22 - 6 p.m.
Graubner Library

PAWS FOR READING
WED, JAN 23 - 6:30 p.m.
Utica Public Library



NOW IN THEATERS

GLASS

Drama/Sci-Fi, PG-13



NETFLIX

THE DARK KNIGHT

Action, PG-13



NETFLIX

SOLO: A STAR WARS STORY

Action, PG-13



redbox

HALLOWEEN

Horror, R



NOW IN THEATERS

DRAGON BALL SUPER: BROLY

Action, PG

GLASS

M. Night Shyamalan brings together the narratives of two of his standout originals, *Unbreakable* and *Split*, in this comic-book thriller. Following the conclusion of *Split*, Mr. Glass finds David Dunn pursuing Kevin Wendell Crumb's superhuman figure of The Beast in a series of escalating encounters.

DRAGON BALL SUPER: BROLY

After the devastation of Planet Vegeta, three Saiyans were scattered among the stars. While two found a home on Earth, the third was raised with a desire for vengeance. Now, Goku is back to training hard so he can face the most powerful foes the universes have to offer.

"A Fox on the Fairway" Hits a Hole in One at Meadow Brook

PLAY REVIEW

by
Suzanne Angeo (member, American Theatre Critics Association)
and Greg Angeo (Member Emeritus, San Francisco Bay Area Theatre Critics Circle)

A good farce, well-executed, is probably the most fun you can have in the theater. It won't necessarily change your life or point of view, but it can offer the best kind of escape. It's got the elusively buoyant quality of a soufflé; if even one element is off, the whole thing collapses.

Meadow Brook Theatre's presentation of "A Fox on the Fairway," Ken Ludwig's rowdy, light-hearted homage to classic farce, is a well-turned out confection that's sure to please. First presented in Virginia in 2010, it's got all the door-slamming, romantic intrigue and embarrassing predicaments anyone could wish for, with a happy ending, of course. Ludwig is perhaps best known for his Tony-Award winning smash Broadway hit "Lend Me A Tenor," another farce of the highest order.

Like that soufflé, the ingredients - as well as the execution - are of critical importance, and "Fox" has the best of both.

Supple, attentive direction by Travis Walter maintains the gleefully frenetic, tight-as-a-drum pacing so essential to the success of the show. At times the six cast members seem to bounce off of

One by one, the characters emerge with clever one-off lines about sex, life, and of course, golf. We learn that just about everybody loves somebody else with a mad passion, treachery is afoot,

Parker channeling Mel Brooks) goes head-to-head with his nemesis, the notorious Dickie Bell (Phil Powers), president of Crouching Squirrel. Henry's formidable wife Muriel (Stephanie Nichols) has her suspicions whenever Henry's lovely vice president Pamela Peabody (Cheryl Turski) is around, which is often.

Each of the ensemble cast is excellent in their own right, and there are many memorable moments, but one that brought down the house is - shall we call it - the Dance of the Oyster Woman? Sure, some of the jokes are groan-worthy and the action is a bit formulaic, but the story is so entertaining, and it's in good fun, after all.

Mention must be made of the outstanding lighting effects by Reid G Johnson, which reflects changes in the time of day and weather at Quail Valley, and any altered mental states experienced by the characters.

"A Fox on the Fairway" is a fun romp, a madcap adventure not to be missed, playing now through February 3 at Meadow Brook Theatre at Wilson Hall on the campus of Oakland University. Tickets range from \$36 to \$45. For more information and tickets, call 248-377-3300 or mbtheatre.com/.



Photo courtesy of Meadow Brook Theatre

each other like pinballs, each one holding up their part in the crazy game.

The massive set by Brian Kessler presents us with a gorgeous vista, so welcome in the deeps of January gloom - a green sweep of a golf course - summer grass and graceful trees seen through the high windows of the Quail Valley Country Clubhouse.

and the annual tournament between Quail Valley and its archrival, Crouching Squirrel Country Club, carries stakes higher than anyone can imagine.

New assistant Justin (Lucas Wells) gets engaged to waitress Louise (Olivia Ursu), and it turns out they both have hidden talents. Quail Valley's president, Henry Bingham (Wayne David

Winning Student Artwork Presented at Lorenzo Cultural Center

The Lorenzo Cultural Center will host the Scholastic Art Awards Exhibition January 29 – February 9, showcasing 549 individual pieces of winning artwork and 23 portfolios from the 2019 Scholastic Art and Writing Competition for the Michigan Thumb Region.

Sponsored by Macomb Community College and the College for Creative Studies, students from 44 middle and high schools in Macomb, Huron, Lapeer, Sanilac and St. Clair counties participated.



Drawing by Carla Villalvazo, Eisenhower High School.

The regional competition is held in conjunction with the Scholastic Art & Writing Awards scholarship program that recognizes artistic achievement by students nationwide. 2,432 works of art and 71 portfolios were submitted to the Michigan Thumb Region competition this year by 899 area students. Portfolios are collections of eight pieces of art that could only be submitted by high school seniors.

Regional awards include

Honorable Mention, Ken Hoover Best of Show Art Portfolios, Silver and Gold Keys, American Vision & Voices nominations and Best in Category. Gold Key winning artwork and portfolios nominated from each region across the country are forwarded to New York for national judging. National winners may also receive scholarships and other prizes. Included in the exhibit are the 126 Gold Key winners and five Gold Key Portfolio winners from the Thumb Region.

Also in the exhibit will be the work of the five American Vision & Voices Medal nominees. Five works are selected from those earning Gold Keys in all judging categories as the region "Best-of-Show" and nominees for the national American Visions & Voices Medals. A panel of jurors in New York City selects one nominee from each region to receive an American Visions Medal, the highest regional honor.

The American Vision nominees are Anjelo Hana, Sarah Kehoe, Chaolei Lewis, Wilson Lombard, and Tamara Sindy.

Judging was performed by 24 local artists, designers, filmmakers, photographers, retired art teachers and college faculty from the College for Creative Studies, Macomb Community College, Oakland Community College and Lawrence Technological University. The jurors evaluated the artwork based on three criteria: originality, technical skill and the emergence of a personal voice or vision.

The Lorenzo Cultural Center is located on the Macomb Community College's Center Campus at 44575 Garfield Road in Clinton Township. The exhibit is open to the public free of charge Monday through Saturday 10 a.m. – 4 p.m., with extended hours on Tuesday and Wednesday until 8 p.m.

Artists Wanted for Shelby Township Art Fair

The Shelby Township Art Fair Committee is seeking local, regional and national artists and vendors for its 36th annual outdoor juried show to be held Aug. 10 and 11 in the pristine parks and gardens on the Shelby Township municipal grounds.

Booths are 15x15 feet located on grass within the park with many shaded areas. Double booths are available.

Designated areas are reserved for artists, crafters and the "Michigan Made Market." Resale products and/or distributors are not permitted.

The fair averages more than

12,000 patrons as visitors enjoy free parking and shuttle buses, family-friendly music, entertainment, kids crafts and activities, great food and sponsor-tote giveaways.

Applications are available at the Parks, Recreation and Maintenance Department or at shelbyartfair.org/. The application deadline is April 1, and jury results will be mailed on or around May 1.

For details or an application visit shelbyartfair.org, email marshallp@shelbytp.org or call 586-731-0300.

Winter Blast to Host Four Weekends of Live Music

Quicken Loans Winter Blast Weekends, Detroit's annual tradition of winter fun, returns for the 14th year to Campus Martius Park in downtown Detroit with local live music, food, and family-friendly entertainment, for four weekends from January 19 to February 17.

Detroit's Queen of the Blues Thornetta Davis, and Laith Al-Saadi, season 10 finalist on "The Voice," will be headliners on the

Saturday, January 19, followed by Thornetta Davis and Half Light Music on Sunday, January 20.

On Monday, January 21, Christina Chriss and Joey Fava of Kaleido will bring a unique acoustic performance before Alise King rounds out the music festivities for the opening weekend.

The following weekend includes Laith Al-Saadi, The Gasoline Gypsies, The Roadwork

presented by Delta Dental, will feature performances by up-and-coming and local talent, including Acoustic Ash, Dragon Wagon, The Ruiners, Joe Jaber and The Last Divide and Movement Music Festival will present DJ Gary Chandler.

For the first time, the festival has been planned to maximize the weather – whatever it may be. Traditional Winter Blast activities will be divided among the four different weekends, with many activities appearing during all weekends.

Admission each weekend is free! Even better, the legendary Winter Slide will be also completely free this year, courtesy of new slide presenting sponsor Metro by T-Mobile.

Festival-goers can help give back, too, when they enjoy food from the Food Truck Rally. Each food truck participating in the festival is donating food to those in need in support of Kroger's Zero Hunger, Zero Waste program.

It's helpful to note that the first weekend of the festival will run Saturday through Monday (Martin Luther King Jr. Day), and all other weekends are Friday through Sunday. There will be no festival the "big game" weekend of February 3. A complete schedule of activities can be found by visiting WinterBlast.com/.



THORNETTA DAVIS will headline the Michigan Lottery Stage at Winter Blast with a performance on Sunday, January 20.

Michigan Lottery Stage alongside nearly 35 artists representing an eclectic mix of music genres.

DJ Ryan Richards, Paddlebots, and Black Note Graffiti will kick things off on opening weekend on

Crew, Emma Guzman and more. These first two Quicken Loans Winter Blast Weekends are presented by Soaring Eagle Casino & Resort.

Weekends three and four, pre-

Broadway Macomb Blockbuster shows – right here in Macomb County!

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The Resolution Revolution

PERSPECTIVES



Op-Ed by
PETE MAURER

Resolutions are like revolutions - they start out sounding like good ideas, and then quickly fall apart, leaving a bunch of sad and dejected people in their wake.

I must admit that the simple idea of changing something about your life at the beginning of a new year has very definite appeal, but my observations of people over time suggest that fundamental parts of personalities don't change all that much. If you are a procrastinator now, chances are you'll always be a procrastinator.

And if you're a generous and kind person, well, it's likely you're always going to be kind and generous. Although I suppose there are instances in which people truly have changed something about themselves, the fact that we all remember those instances should tell us just how unusual and rare they truly are.

Change is hard, a lot like centrifugal and centripetal forces in nature. The faster the object is moving, the harder it is for it to turn a corner. Cyclists know this. Motorcyclists know this. In fact, all of us, except a certain subset of 16-year-old drivers behind the wheel of daddy's 2018 Dodge Charger, know this.

Most of us are creatures of habit, and nothing is more difficult than breaking a habit, especially bad habits. Smoking, drinking, drugs, gambling, junk food, a sedentary lifestyle, laziness, shopping, and other things are the most-often promised resolutions... and also the most-often broken.

We human beings are evolutionarily hard-wired to be efficient, to take the shortest path possible. It frees up time for other things, energy that could be devoted to pursuits that give us a better chance at survival. That's why ordering pizza or microwaving a frozen lasagna is so tempting - it gives us more time for something else we'd rather do.

Hat and Glove Drive with Brown Iron Brewhouse

Enjoy a brew and contribute to a good cause. Brown Iron Brewhouse and Revolution Brewing have teamed up to collect hats and gloves for children and adults in need.

On Thursday, January 31, from 6-8 p.m. come to Brown Iron Brewhouse to drop off donations.

But many of us have taken that approach to an extreme, despite the consequences to our health, relationships, and finances. The lure of the easy path is too tempting, and once that bad habit is established, it takes an enormous commitment to change.

And so, every December 31st, at the stroke of midnight, people cheer, dance, make a toast to the New Year, sing Auld Lang Syne, kiss their partners along with total strangers, and make their resolutions.

They'll vow that this year is the year that they finally lose that 20 pounds, eat healthily, quit smoking, exercise, go to the gym, quit swearing, chewing their fingernails, go back to school, and thousands of other things that only they know they shouldn't do.

And most of those people have honorable intentions, too. Gym memberships skyrocket in January, as does the attendance. Smoking cessation programs, and AA meetings both experience far higher numbers at the beginning of the year than they do 10 or 11 months later.

But human nature is a powerful force, not unlike gravity, and like gravity, most things eventually get pulled back to Earth. Only the most enormous amounts of energy result in something overcoming gravity, such as rockets and astronauts.

And in a way, you can be that astronaut, the one out of millions who manages to beat the odds and gets launched into orbit with the help of all that rocket-fuel-energy.

It really comes down to will power, and I find that will power seems to be one of those fundamental parts of personality I talked about earlier, the things that generally don't change over a lifetime. Either you have it or you don't, whether by nature or nurture, or both.

But don't let me discourage you. You keep trying and trying, and eventually you'll find the way to achieve your resolution. In fact, that only thing you should never stop trying is trying.

It will make success that much sweeter!

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

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