

The *Herbal Body Wrap*  
 530 Pine Street  
 (inside Nourish Wellness Center)  
 Rochester, Michigan 48307.  
 248-648-1849 • www.theherbalbodywrap.com  
**Detoxing Herbal Body Wrap**  
 Natural Ingredients • Lose Inches • Smooth Cellulite • Support Body Balancing

**NEW Client Special \$49**  
 Plus 15 Minutes FREE Salt Cave Session  
 1st visit only. Must present coupon. Exp. 11-30-18 (Regular \$125)

Shelby • Utica • Macomb • Washington

# Gazette

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

Friday, Nov. 16, 2018  
 Vol. 2, No. 48

## Utica Christmas Tree Lighting & Toy Drive

Downtown Utica's annual "Stuff an Ambulance" and Christmas Tree Lighting event will take place this year on Tuesday, December 4 from 6:30-8 p.m.

**Santa and Mrs. Claus** will be in town, and firefighters from the Utica Fire Department will be busy stuffing an ambulance with toys. Bring a toy to help make it a great Christmas for a child in need.

Santa and Mrs. Claus will be inside the Library visiting with every child. The outdoor festivities include live reindeer, elves, horse and carriage rides, hot chocolate, and live performances from the cast and crew of "A Christmas Carol" from Meadowbrook Theatre.

**And of course**, don't miss the lighting of the Christmas Tree at JK Noonan Riverwalk Park.

## Breakfast with Santa and Romeo Masons

RWB Parks & Recreation invite you to Breakfast with Santa on Saturday, December 1 from 9-11:30 a.m. at the Romeo Masonic Temple Lodge, 231 N Main St.

**Feast on a** delicious breakfast of pancakes, eggs, and sausage prepared by Romeo Masons, all while enjoying a visit with Santa Claus. Take home a free balloon sculpture from "Tootsee" the clown and enjoy live entertainment from "The Amazing Clark" comedy magician.

The cost to attend is \$9 for adults and \$6 for children 2-12. Call to register at 586-752-6543. You may also register online at [rwbparcsrec.org/](http://rwbparcsrec.org/).

Inside

4 & 5  
 Arts & Entertainment

11  
 Classifieds

12  
 Perspectives



**SHELBY TOWNSHIP** honored local military service members last weekend at the Veterans Day Memorial event. Officials and veterans, including Veterans Events Coordinator Phil Randazzo, spoke at the ceremony, which was followed by an outdoor concert featuring live music from Music Maker Studio. "Thank you everyone who came out today, for coming together as a community to honor the brave men and women who made the decision to put their country and neighbors ahead of themselves and serve in the military," said Shelby Township Supervisor Rick Stathakis.

## Students Show Future of Carnival Rides

Utica Center for Science and Industry (UCSI) students recently worked with elementary students in a unique trade show showing the future of carnival rides.

**The elementary students** used tickets issued at the trade show to select their favorite rides and provide feedback from among the nearly 30 possible attractions – all prototypes built and designed by UCSI students based on literature.

"I think it's really cool," said Ana Bugnar, a third grader at DeKeyser Elementary. "My favorite is the one where you throw something at a witch because I like to throw things."

**The trade show** allowed UCSI students to become junior entrepreneurs to pitch new amusement park concepts to more than 60 elementary students.

UCSI teams worked together to create engineering designs of their concepts, working models of their rides and marketing materials to sell their ideas to young students.

**Dylan Husken**, a senior, was part of a team that created a game based on The Odyssey. Customers visited three different rooms with mini-games that were

timed by sensors and based on the travels of main book's main character, Odysseus.

"This really is about showing everything we have learned from the past four years at CSI," he said.

**The trade show** was a cross-curricular project that combined English and math studies with the UCSI-specific curriculum of engineering technology, multimedia technology and mechatronics.

Each student team had to research and create a 3D model carnival ride based on a literature selection they had all read. Researching and calculating building specifications and safety limitations were part of the assignment, along with developing a prototype, a marketing plan and original promotional materials.

**For the Odyssey** project, Husken said the students in the engineering pathway were responsible for programming the sensors that ran each room on their attraction: a bean bag toss, a button "masher," and a search and find challenge for a key ending the game. The multimedia students created the ride's logo and made the ride visibly appealing to young customers.

—[uticak12.org/](http://uticak12.org/)

## Bucci Resigns from Macomb Twp Board, Sort Of

by ANDREW NEAL

Macomb Township Trustee Dino Bucci, who was indicted one year ago on corruption charges and faces 30 years if convicted, resigned from his position on the board this week, sort of.

**At this Wednesday's** Board of Trustees meeting, Supervisor Dunn read a letter that had been hand-delivered to her by Bucci's attorney Fred Gibson on Tuesday. The subject line read, "My retirement as Macomb Township Trustee."

The letter was short and to the point: "Effective immediately, I, Dino Bucci, hereby retire as a Macomb Township Trustee," it read, with Bucci's signature at the end.

**The Supervisor** then followed legal procedure and drafted a response to confirm receipt of the letter. "The board needs clarification as to whether this is

See BUCCI, page 2



**UCS HIGH SCHOOL STUDENTS** showed elementary kids the future of carnival rides at a recent UCSI trade show. "It's fun to create something new," said Ana Bugnar, a third grader at DeKeyser Elementary. Dylan Husken, a senior, said, "In the end, it was really all about the kids having fun."



### Farrington Elected to House Leadership Position

State Rep. Diana Farrington, of Utica, this week was named chief deputy majority caucus whip for the 2019-20 Michigan House legislative session.

"I want to thank my Michigan House colleagues for selecting me for this important position," said Farrington. "I will continue to work hard with this new leadership position and look forward to what we can bring to the table next session."

As chief deputy whip, Farrington

will help inform Republican caucus members of key issues on the House floor. She will also serve as a liaison between caucus leaders and members, keeping track of votes and assisting legislators with policy-related inquiries.

**Rep. Farrington** currently serves as the chair of the House Financial Services Committee and is also a member of the committees on Energy, Health Policy, and Families, Children, and Seniors.

## Macomb Township Looks to Fill Vacant Trustee Seat

**BUCCI, From page 1**

a retirement or resignation," Dunn's letter read. "If this is a resignation, it should be delivered to the Township Clerk."

Bucci's attorney responded to the letter by sending an email to Township Attorney Tom Esordi saying the letter "stands as written."

**The Supervisor** advised the board Wednesday to consider the letter a resignation. Trustee Tim Bussineau made a motion to accept the letter as a resignation and acknowledge that it would create a vacancy on the board to be filled. Trustee Nevers supported the motion and it passed unanimously.

Residents in attendance applauded the vote.

The Township now has 45 days to

appoint a replacement, who will serve the remainder of the term.

"We are considering having residents who wish to be considered for this appointment fill out the form on the website, write a letter expressing their interest in this appointment, and include any other information they feel is pertinent," Supervisor Dunn said.

Former Supervisor Mark Grabow spoke during public comment, thanking the board for clarifying the wording of Bucci's letter. "First time for everything – job well done," he snarked.

In other news at Wednesday's board meeting, both Township officials and residents had positive feedback on last week's election. Several residents took to the podium to commend the Clerk's

office for their work on Election Day, as turnout was high but frustrations were not.

**Clerk Pozzi** addressed the ways in which the passage of Proposal 3 would affect future elections. Prop 3 returns straight-ticket voting, allows for no-reason-necessary absentee voting, and implements same-day registration. The proposal passed in Macomb Township 23,386 to 15,238.

The Clerk said that voters who would like to be added to the permanent absentee ballot list can contact her office at 586-992-0710 ext. 3.

You can watch this and other board of trustees meetings on YouTube at MTGAcable.

## Davis Students Support Shelters with "Socktober"

When it comes to supporting local charities, Davis Junior High School students can proudly say they've got it covered.

**The school's** student council recently held a "Socktober" event to raise socks for local shelters.

The fundraiser was initiated after students learned that socks were the most needed piece of clothing for the Turning Point Shelter.

"It is really nice to help the homeless," said ninth-grader Rudy Patel, who donated more than 50 socks. "I was surprised socks are one of the most needed items, but it gets cold here so it makes sense. It's sad that some people might not have them."

Students were asked to donate socks to their fourth-hour teachers. At the end of the fundraisers, students had donated 458 pairs of socks, according to student council advisor Melissa Austin.

"It was important for us to donate to a good cause," said student council member Elizabeth Hakim. "I think the school did really well! There were so many of us pitching in, it was awesome!"

— [uticak12.org/](http://uticak12.org/)



## Lose Inches for the Holidays with an Herbal Body Wrap

The Herbal Body Wrap is a revolutionary natural product that is used with compression body wrapping to assist the body naturally in detoxing, toning and achieving overall wellness. Results of an optimized body can be inch loss, cellulite reduction, improved sleep, anti-aging, and natural beauty.

**Our Body Wrap Herbal Extract** Formula is made using a dozen different herbs and a proprietary oil complex compatible with the rate of exchange in our skin. This is used as part of a soaking solution that, mixed with the Mineral Powder Base, will tone and support the proper exchange of nurturing elements through the skin. When the body is balanced, it naturally releases toxins and things we do not need, leaving us feeling better and looking better. The Herbal

Body wrap product is designed to assist our largest organ, the skin, in its normal healthy functions as a selective barrier and as an avenue to remove elements that our body does not need.

After using this product, the skin appears toned and shows a beautiful and natural healthy shine. The body wrap session lasts about one hour and requires either heat or movement to achieve optimal results. Many people take this time to relax and allow their body to reset and begin to heal.

**Quality should never** be a compromise. From the selection of the most credited sources for raw materials and the purest natural, organic, non-GMO ingredients, to the strictest production protocols in FDA approved facilities, we look into every aspect that makes us rise as a high quality,

top of the line effective product and bring it to you so you can feel and look great!

Come and experience The Herbal Body Wrap for yourself. Our November "Look Good for the Holidays" Special for New Clients is only \$49 for your first visit. See our ad on the front page of this week's Gazette for the coupon.

**In addition**, you will receive a free 15 minute Salt Cave Session compliments of the Nourish Wellness Center.

**This offer ends November 30, 2018. To book an appointment, please call 248-648-1849. The Herbal Body Wrap Spa is located inside the Nourish Wellness Center at 530 Pine Street in downtown Rochester. For more information, visit [theherbal-bodyurap.com](http://theherbal-bodyurap.com) or [nourishthemind-bodysoul.com/](http://nourishthemind-bodysoul.com/).**

# I'll Help You Grow Your Business!

**CALL  
BILL BREY  
TODAY!**

**Cell 313.400.1152  
Office 248.524.4868**

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



*Serving Shelby, Utica, Macomb & Washington Every Friday Morning*

Shelby • Utica • Macomb • Washington

# Gazette

## Macomb Volleyball Players Honored by Athletic Association

Macomb Community College student Kayla Cornett, 19, of Beverly Hills, was named the 2017 Michigan Community College Athletic Association (MCCAA) Eastern Conference Volleyball Player of the Year and was named to the All-Region team and First Team All-Conference. A graduate of Wylie E. Groves High School, Cornett is a sophomore at Macomb.

**Joining Cornett** on the First Team All-Conference is freshman Kailey Grulke, 17, of Warren. Grulke was also named to the All-Freshman Team and is a 2018 graduate of Lutheran High School Northwest.

Named to the Honorable Mention All-Conference Team were Lindsey McBride and Lark Tate. McBride, 19, of Chesterfield Township is a sophomore at Macomb and a 2017 graduate of Anchor Bay High School. Tate, 19, of



Ferndale, is a 2017 graduate of Cass Tech High School and is currently a sophomore at Macomb.

The awards were chosen by a vote of all MCCAA eastern conference coaches.

## Shepherd's Gate Students "Get Cozy, While Giving Cozy"

Students from Shepherd's Gate Church in Shelby Township have seen the numbers and want to make a difference.

**With over 900 children** in foster care in Macomb County alone, the students felt there was a need to brighten the holiday season for some foster children.

The 7-12 graders in the youth group will be giving away warm and cozy clothing to help keep the children in the Friends of Foster Kids organization comfortable throughout the winter.

"It's an awesome opportunity for our kids to give beyond themselves to some deserving children in need," Anna Zimmerman said.

Zimmerman, Shepherd's Gate's student director, spearheaded the church's Get Cozy, Giving Cozy campaign. Each Wednesday night during the month of November, students will wear a designated item of clothing to their youth group and donate an item to the Friends



**SHEPHERD'S GATE CHURCH Student Director Anna Zimmerman shows off some of the cozy donations from the Get Cozy, Give Cozy campaign for Friends of Foster Kids.**

of Foster Kids.

**They are donating** hoodies, sweatpants, sweaters, and pajamas to be packed on November 28. Donations can be any size from kids through adult XL and will be given to the foster children

as Christmas gifts. The public is welcome to donate by dropping off any of the cozy items in the Shepherd's Gate Church office throughout the month during normal business hours.

## First Annual Holiday Heritage Faire at Packard Proving Grounds

The first annual Holiday Heritage Faire will be held on Friday, November 23 from Noon-6 p.m. at the Packard Proving Grounds.

A celebration of holiday traditions and artisan gift marketplace, the Faire will offer a family-friendly alternative to Black Friday madness.

Admission to the decorated grounds and historic buildings is free and includes visits with Santa, carolers and other live entertainment, historic building and vehicle tours, a tree lighting ceremony, and more.

**Over 50 artisan** and local vendors will offer hundreds of unique gifts for

sale. Horse-drawn carriage rides, holiday treats and drink concessions, professional family photos, and craft-making supplies are available for purchase.

More information can be found at [HHF18.com/](http://HHF18.com/).

## 14th Annual Holiday Lighting & Afterglow

Macomb Township Parks and Recreation invite you to the annual Holiday Lighting & Afterglow on Tuesday, November 27 from 6:30-8:30 p.m.

**The free event** begins outside with caroling, the arrival of Santa, and the Holiday Lighting. Afterward, the event moves inside the Recreation Center for refreshments, crafts, music, visits with Santa, and a giant snow globe photo-op. The Macomb Township Recreation Center is located at 20699 Macomb Dr.

## Cherry Creek Santa Brunch in Shelby

Visit Cherry Creek Golf Club and Banquet Center on Sunday, November 25 from 10:30 a.m.-3:30 p.m. for their annual Santa Brunch.

A variety of food and drink options will be available along with activities for kids of all ages. Call 586-254-6001 ext. 4 to make reservations.

Cherry Creek Golf Club and Banquet Center is located at 52000 Cherry Creek Dr in Shelby Township.

## Tree Trimming with the Friends of the Library

The Shelby Township Library invited you to celebrate the holiday season at their annual tree trimming event on Thursday, November 29 from 6-7 p.m.

**Children can** decorate ornaments to trim the tree or to take home. Cookies and refreshments will also help guests get in the spirit.

The Shelby Township Library is located at 51680 Van Dyke Ave.

## Son's Passion Inspires Mom to Write Book Series

One Macomb Township boy's love of the ninja warrior sport inspired his mother to pen a new series of children's books.

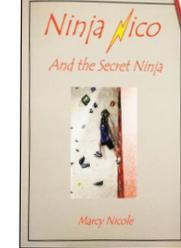
**Author Marcy Nicole Mangino's** 10-year-old son, Nico, competes as a ninja warrior with a team based out of Gripz Gym in Southfield. The gym houses a complete ninja warrior obstacle course, including the infamous warped wall.



**The Manginos** avidly watch "American Ninja Warrior" – and its spin-offs – on TV as a family, which also includes husband, Gino, and daughter, Mia, 5. Gino even built an obstacle course in the backyard on which the kids love to play and train.

Marcy's new fictional series about a

boy training for ninja events was inspired by her son's own ninja training, but also focuses on his peers and the challenges he faces when they only want to play video games. The chapter books are geared toward boys and girls ages 6-11, as well as ninja warrior lovers of all ages.



The first book in the series, Ninja Nico and the Secret Ninja, involves a character named Nico who is excited about an opportunity to appear on his favorite ninja

TV show. Kids can follow Nico on his journey and find out if he is alone on his quest to overcome obstacles and appear on the show.

**Ninja Nico** and the Zombie Fest, the second book in the series, continues Nico's pursuit to be the ultimate ninja on TV. This time, he assists his coach on creating an obstacle course at the town's fall festival. Find out what happens when Nico encounters a zombie on the course.

The Ninja Nico books are available in paperback for \$4.99 each on Amazon. The e-books are available for \$2.99 on Amazon Kindle.

**NEW** DEAL AVAILABLE IN-HOUSE OR ONLINE AT [TWISTED-ROOSTER.COM](http://TWISTED-ROOSTER.COM)

# Buy \$50 Get \$20

BLACK FRIDAY & CYBER MONDAY,  
BUY \$50 IN GIFT CARDS & GET \$20  
BACK IN BONUS BUCKS!



TWISTED  
ROOSTER

45225 Marketplace Blvd. Chesterfield, MI • 586.949.1470 • [twisted-rooster.com](http://twisted-rooster.com)

## ARTS &amp; ENTERTAINMENT

## Music

6LACK

WED, NOV 21 - 7 p.m.  
Royal Oak Music Theatre

WHY?

FRI, NOV 23 - 8 p.m.  
Loving Touch, Ferndale

TECH N9NE

MON, NOV 26 - 7 p.m.  
The Fillmore, DetroitOU CHAMBER ORCHESTRA  
& SYMPHONIC BANDTUE, NOV 27 - 7:30 p.m.  
Varner Hall, Auburn Hills

BAYSIDE ACOUSTIC

TUE, NOV 27 - 7:30 p.m.  
The Shelter, Detroit

## ON STAGE

HUNCHBACK OF  
NOTRE DAMESAT, NOV 24 - 8 p.m.  
Avon Players, Rochester Hills

ELF THE MUSICAL

SUN, NOV 25 - 2 p.m.  
Fox Theatre, Detroit

## LIBRARY

SHELBY WRITERS GROUP  
THU, NOV 22 - 6:30 p.m.  
Shelby Township LibraryNOT YOUR PARENTS'  
BOOK CLUBTUE, NOV 27 - 7 p.m.  
Nick's 22nd Street SteakhouseKNIT & CROCHET MEET UP  
THU, NOV 29 - 6 p.m.  
Clinton-Macomb, Main Branch

## KIDS &amp; TEENS

GRAB BAG CRAFTS

MON, NOV 26 - 10 a.m.  
Clinton-Macomb, North Branch

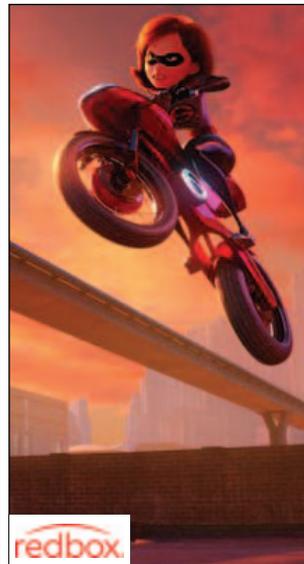
PRESCHOOL PAGES

TUE, NOV 27 - 11 a.m.  
Shelby Township LibraryTEEN DUNGEONS  
AND DRAGONS  
WED, NOV 28 - 6:30 p.m.  
Graubner LibraryNOW IN  
THEATERS**INSTANT FAMILY**  
Comedy, PG-13

NETFLIX

**GREEN ROOM**  
Thriller, R

NETFLIX

**THE SEA OF TREES**  
Drama, PG-13

redbox

**INCREDIBLES 2**  
Animation, PGNOW IN  
THEATERS**WIDOWS**  
Suspense, R

## INSTANT FAMILY

When Pete and Ellie stumble into the world of foster care adoption, they hope to take in one small child. But things change when they meet three siblings, including a rebellious 15-year-old girl, and now they must try to learn the ropes of instant parenthood.

## WIDOWS

A police shootout leaves four thieves dead during an armed robbery attempt in Chicago. Their widows have nothing in common except a debt left behind by their spouses. The widows join forces to pull off a heist that was already in the planning stages.

## World Music Concerts with James Isabirye and Regina Carter

Friday, November 30 at 8 p.m. Akwaaba African Ensemble and Ngoma World Percussion Ensemble will present a program of music from Uganda with special guest artist James Isabirye. A current Ph.D. student at OU, Isabirye will share several royal music traditions from Uganda that are central to his doctoral research. The program will include the embaire xylophone, tamenhaibuga drums, and bigwala

Well known as an innovative musician, Carter reveals the violin's melodic side and its potential for percussive expression. This program and the Friday night world music program will demonstrate her eagerness to explore musical combinations and contexts both familiar and unexpected. The concert will also feature Miguel Gutierrez, one of metro Detroit's top Latin percussionists.



trumpets of the Busoga kingdom as well as entenga drums of the Buganda kingdom. The concert will also feature OU artist-in-residence Regina Carter.

**OU Jazz Band**, Pan-Jumbies Steel Band and Ngoma World Percussion Ensemble present a program of Latin jazz featuring Regina Carter on Saturday, December 1 at 8 p.m.

**Tickets for the Friday World Music Concert** are \$8 for all seats. Tickets for Saturday's concert are \$10 general and \$8 students. Tickets are available online at [startickets.com/](http://startickets.com/).

Both concerts will be held at the Oakland University Varner Recital Hall, located at 371 Varner Drive in Rochester.

## Stagecrafters "Peter and the Starcatcher" Brings Peter Pan to Life

Stagecrafters presents Peter and the Starcatcher on stage from November 30 - December 16.

starstuff, powerful magical dust that must not fall into the wrong hands. When the villainous Black Stache and



**Peter and the Starcatcher** is the fantastical adventure about how Peter Pan came to be. On a ship bound for the island of Rundoon, three orphan boys befriend Molly, daughter of Starcatcher Lord Aster, who is on a secret mission for the Queen of England. Their precious cargo is

his band of pirates attack the ship, one orphan finds his courage and a legend is born.

**Stagecrafters** is located at 415 S Lafayette Ave in Royal Oak. Tickets are available at [Stagecrafters.org](http://Stagecrafters.org) or by calling 248-541-6430 from Monday-Friday 10 a.m.-2 p.m.

**MEET AND GREET  
TURKEY  
AT THE  
REPTARIUM**

SUNDAY, NOVEMBER 18TH 5-6PM

REGULAR  
ADMISSION  
\$10 PER PERSON  
KIDS 3 AND UNDER  
FREE

TAKE A PICTURE WITH  
TURKEY  
SOUVENIR  
PRINTS  
AVAILABLE



QUESTIONS CALL: 1-586-884-6941 OR  
EMAIL: STEPHANIE@BHBREPTILES.COM

**Reptarium**

### Sleigh Ride and Dinner with Santa at Big Red Orchard

Big Red Orchard is starting a new tradition at the farm – a tractor pulled sleigh ride through the lighted orchard, dinner in their heated barn where guests can take pictures with Santa.

The event will be offered on Thursdays, Fridays, and Saturdays at 5:30 and 7 p.m. beginning November 29, and concluding on December 22.

Dinner will include sliced ham, glazed carrots, mac 'n cheese, mashed potatoes and apple pie bites for dessert. Beverages include coffee, tea, water, and cider. Items from the restaurant's regular menu will also be available at regular prices. Big Red Orchard's Tasting Room will be open and hard cider will be available for purchase to adults 21 and over.

Tickets are \$20 for adults and \$12 for kids 12 and under. Visit Facebook.com/bigredorchard/events, and locate the "Sleigh Ride & Dinner With Santa" event to find the Eventbrite ticket link. Big Red Orchard is located at 4900 32 Mile Rd. in Washington.

### Local Artists to Host Drawing Event Benefiting MS Research

The 5th Annual "See What Stacey Started" Benefit for Multiple Sclerosis research will raise funds to help find a cure for this debilitating disease.

The evening of art, music, and entertainment will take place on Saturday, November 24 at Scribblez Art Studio in Shelby Township.

The "See What Stacey Started" Benefit started five years ago by artist Brian Lewandowski in tribute to his friend Stacey Skiera, who passed away from complications from MS at a very young age. Lewandowski and fellow artists Steve Czapiewski and Steven Gamburd have held a weekly drawing group named after her since 2013.

lion people in the United States are living with MS. The society also estimates that 2.3 million people live with MS globally. About 200 new cases are diagnosed each week in the US.

To donate directly to the society, visit their website: [main.nationalmssociety.org/goto/SWSS-2018](http://main.nationalmssociety.org/goto/SWSS-2018)

To learn more, find the event page on Facebook by searching "5th Annual See What Stacey Started Benefit for MS Research." The suggested donation is \$10. Scribblez Art Studio is located at 48137 Van Dyke Ave. in Shelby Township.

This year's benefit will include individual drawing sessions throughout the day, starting at noon. Each session will feature several artists from the weekly drawing group showcasing their skills. Those interested in drawing along with the artists are invited to do so. Art supplies will be available.

All ages are welcome from noon until 8 p.m. Those 21 and over are welcome after 8 p.m. Enjoy live music, magic, and dancing throughout the day, and burlesque performances in the evening.

The See What Stacey Started drawing group will also showcase work by artists who have participated in the weekly figure drawing sessions over the past year. Dozens of pieces will be on display and for sale and 100% of the proceeds from the door will be donated to the Michigan Chapter of the National Multiple Sclerosis Society.

Multiple sclerosis (MS) is the most widespread disabling neurological condition of young adults around the world. Recent findings from a National MS Society study estimate nearly 1 mil-



**NEW YEAR.  
NEW VIEWS.  
NEW PASS.**

2019 ANNUAL PASS NOW AVAILABLE  
AT [METROPARKS.COM/SHOP](http://METROPARKS.COM/SHOP)

**METROPARKS™**  
HURON-CLINTON  
**metroparks**



**X-GOLF**  
PLAY > TRAIN > ENTERTAIN

Book online at [www.xgolfshelby.com](http://www.xgolfshelby.com)

45599 Market St. • Shelby Township  
586-991-6190

**\$10 off one hour simulator rental**

Coupon good Mon-Friday before 4pm

Expires November 30, 2018. One per visit.  
Cannot be combined with any other offer.  
Valid at Shelby Twp and Rochester Hills locations.

**COMING SOON X-Golf Rochester Hills**



# HELLEBUYCK'S POWER EQUIPMENT CENTER

LOCATIONS IN SHELBY TWP. & WARREN

GET THESE DEALS ON AMERICA'S  
#1 SNOWBLOWER BRAND† UNTIL 11/30/18

# BLACK FRIDAY STARTS NOW

## SNOWMASTER® 724 QXE

MODEL 36002



24"  
CLEARING  
WIDTH

SPECIAL  
FINANCING  
AVAILABLE

ELECTRIC  
START

**\$749**

IN-LINE TWO-STAGE

- Toro Premium 212cc OHV 4-Cycle
- Quick Stick® Chute Control
- Personal Pace® Self Propelled

## POWER MAX® 826 OXE

MODEL 37781



26"  
CLEARING  
WIDTH

ELECTRIC  
START

**\$899**

TWO-STAGE

- Toro Premium 252cc OHV 4-Cycle
- Quick Stick® Chute Control
- LED Headlight

## POWER MAX® 724 OE

MODEL 37779

SPECIAL  
FINANCING  
AVAILABLE

CLOSEOUT PRICING

**\$599**

**BEST  
DEAL  
OF THE  
YEAR**



24"  
CLEARING  
WIDTH

ELECTRIC  
START

2017 MODEL,  
LIMITED  
QUANTITY  
AVAILABLE,  
WHILE SUPPLIES  
LAST, IN-STOCK  
ONLY

SPECIAL  
FINANCING  
AVAILABLE

TWO-STAGE

- Toro Premium 212cc OHV 4-Cycle
- Quick Stick® Chute Control
- Throw snow up to 40 feet

**GET A \$50 VISA  
PREPAID CARD\***

by mail-in or online rebate with  
qualifying purchase of \$500 (before  
tax) on your Toro Credit Card

## POWER CLEAR® SINGLE STAGE SNOWBLOWERS



### 518ZR/ZE

**\$359**

RECOIL

MODEL 38472

**\$399**

ELECTRIC START

MODEL 38473

18"  
CLEARING  
WIDTH



SPECIAL  
FINANCING  
AVAILABLE

### 721R/E

**\$499**

RECOIL

MODEL 38741

**\$569**

ELECTRIC START

MODEL 38742

21"  
CLEARING  
WIDTH



SPECIAL  
FINANCING  
AVAILABLE

### 721 QZE

**\$699**

Electric Start

MODEL 38744

21"  
CLEARING  
WIDTH

**PLUS 12 MONTH\*\*\*  
SPECIAL  
FINANCING**

on purchases of \$500 or more  
when you use your  
Toro Credit Card

Valid 11/1/18 - 3/31/19

\*Subject to credit approval.  
Terms and conditions apply. See dealer  
for full rebate terms and conditions.

# HELLEBUYCK'S POWER EQUIPMENT CENTER

TOLL FREE 1-866-MOW-TOWN  
WWW.HELLEBUYCKS.COM

Shelby Twp.  
52881 Van Dyke  
Shelby Twp., MI 48316  
(586) 739-9620

Warren  
31430 Mound Rd.  
Warren, MI 48092  
(586) 365-2411



FAMILY OWNED &  
OPERATED SINCE 1974

Mon & Thurs 8:30am - 7:00pm  
Tue, Wed & Fri 8:30am - 5:30pm  
Sat 9:00am - 3:00pm  
Sun Closed

\*\*\*Subject to credit approval. Terms and conditions apply. See dealer for details. †Based on average Traqline unit share for snowblower market from 2013-October 2017.

# Senior Digest

## Start Planning Wisely for Your Next Holiday Trip

Seniors over the age of 50 travel more than any other age group. They do it with bigger vacations that cost more, and they have more cash to spend while they are traveling. In all the excitement, many people forget to watch for travel scammers who will take advantage of their eagerness. When planning your next vacation, keep these travel reminders handy and save the excitement for when you actually start the vacation.

### When Planning, be Smart

Take your travel business to a local travel agent who is well established in your community. Ask family, friends, neighbors and co-workers for a satisfied customer referral for who they've used to make travel plans.

Check out the travel seller with the local Better Business Bureau and make sure the travel company is properly registered as a seller of travel. This is one reason that you do not want to do business with a travel seller who calls you and wants you to buy now.

**Consider doing** business with travel companies that are members of a professional travel organization.

You won't know unless you ask and then verify. Keep in mind— travel organization memberships are not a guarantee against fraudulent or deceptive travel business practices.

Consider shopping with an ARC (Airline Reporting Corporation) travel seller that has the ability to write airline tickets at the time of purchase. Financial stability is one of the requirements needed to obtain an ARC membership.

### Spend Money Wisely

Plan ahead. Take advantage of cost savings offered for early bookings. Also, consider what you are buying and if there is anything that could stand in your way. In order to save money, some companies now offer non-refundable tickets that you may as well burn if you miss the flight. Know the full travel details, including who can cancel and why.

Be sure to check out regular pricing before you decide that you have a deal. Scammers often sell real travel plans by inflating the price and then offering you a huge discount if you buy now.

**Look out for** people that call you

out of the blue and want you to commit to their offer "before it's too late." If it's too late, don't worry about it. Other deals will be available. Scammers like to force the deal before you have a chance to think about it.

Consider acting as your own agent by booking your own travel arrangements and hotel accommodations online. There are a number of travel sites that offer discount prices, but be sure to read all the stipulations. In some cases, there may be a catch like nonrefundable tickets or flights that start in the middle of the night.

**Ask about** pre-packaged specials, discounts, or other benefits available through an agency or a supplier. Evaluate package deals carefully. Compare what you would pay for each individual component to the price of the total package.

Ask about discounts for frequent flyers, senior citizens, other types of memberships, and specific credit card holders. Consider traveling during the off-season, on weekdays, or at odd hours to receive even greater discounts. Stay a certain number of days and you may get extra savings.

## Kiwanis Club of Shelby Collecting iPods to Help Seniors in Need

The Kiwanis Club of Shelby Golden K is having an iPod drive to support their Senior Music Outreach Program.

**Seniors with** dementia and Alzheimer's respond well when they are able to listen to music from their era. They communicate more and experience a better quality of life. The Kiwanis Club will load music onto iPods and deliver them to seniors who could benefit from having a personalized digital music library.

Those interested in donating

iPods can mail them to Kiwanis Club of Shelby Golden K at P.O. Box 182317, Shelby Township, MI 48317.

People are also welcome to join the club at Marcus Grill in Shelby Township for their 9 a.m. breakfast social on the second and fourth Mondays of the month. To learn more about the iPod drive, email the club at [seniormusicoutreach@shelbykiwanis-goldenk.club](mailto:seniormusicoutreach@shelbykiwanis-goldenk.club). The Shelby Kiwanis can also be reached at [kiwanisclubofshelbygoldenk@gmail.com/](mailto:kiwanisclubofshelbygoldenk@gmail.com/).

## Shelby Senior Center Giving Tree Deadline and Thanksgiving Closure

The Shelby Senior Center is continuing their tradition of sponsoring a local family for the holidays with the Senior Center Giving Tree.

**Those interested** in participating in the event should have taken a tag from the center's Christmas tree bulletin board at the beginning of November. Gifts purchased for the

Giving Tree are due back at the center soon, during the first week of December.

Those with questions about the Giving Tree can contact the Shelby Senior Center at 586-739-7540. The center will be closed November 22 and November 23 for Thanksgiving.

## Models Now Open!



[enrichinghappiness.com/shelbytownship](http://enrichinghappiness.com/shelbytownship)

  
assisted living  
& memory care

48251 Schoenherr Rd  
Shelby Township, MI 48315  
(between 21 & 22 mile rd)

**586.685.5800**

- Accepting Reservations
- 44 Assisted Living Apartments
- 16 Advanced Memory Care Apts.
- All Meals / Snacks Included
- Oversight By Registered Nurses
- Certified Nurse Assistants
- Many Levels Of Care Provided
- One Level—No Elevators
- 24-Hour Secured Entry/Exit

"It is far better to grasp the universe as it really is than to persist in delusion, however satisfying and reassuring."  
— Carl Sagan

## FUN TRIPS: STEP ON BUS TOURS

- DEC 1** A Civil War Christmas - Be transported through time and experience the yuletide season in the 1860s. Fine Dining meal included - \$78/person
- DEC 4** Christmas with the Amish - \$85/person
- DEC 7** Wild Lights at The Detroit Zoo - A meal will be included - \$67/person
- DEC 13** The Great Gatsby's Holiday Affair - Mystery Fine Dining - \$95/person
- DEC 14** Holiday Lights in the "D" - Downtown Detroit - \$35/person
- DEC 21** Festive Churches - Holiday Historic Church Tour. Lunch included - \$75/person
- DEC 31** Firekeeper's Casino Day Trip - \$35/person
- FEB 10-16** New Orleans: 6 nights lodging, and 10 meals included - \$669/person
- FEB 21** Imported from Detroit - Mystery Fine Dining - \$68/person
- MARCH 4** Pierogi, Paczki & Hussars - Pre-Lenten Polish tour. See the sights, learn the culture, meet the handsome hussar, and even the dancing girls - \$68/person

248-619-6692

visit us at: [steponbustours.com](http://steponbustours.com)  
email: [steponbustours@gmail.com](mailto:steponbustours@gmail.com)



## Plan Your Next Tour with Step on Bus

Step on Bus Tours offers guests an entertaining bus tour guide experience, from the Underground Railroad to spiritual sites.

A Civil War Christmas with Step on Bus. Be transported through time and experience the yuletide season in the 1860s. Witness American history and the holi-

more than 5 million LED lights that illuminate the Detroit Zoo on December 7. Wild Lights at the Detroit Zoo is a mesmerizing light show that illuminates trees, buildings, and sculptures throughout the front half of the Zoo. The tour goes on in rain, snow or shine, so come dressed for the weather and for walking outside. The average walk is an hour and a half to complete the tour. Enjoy a dinner and holiday surprises at Polonia Restaurant prior to the Zoo. The cost to attend is \$67 per person.

It's The Great Gatsby's Holiday Affair on December 13. Join Step on Bus for a lavish five-course soiree featuring a cocktail hour of signature giggle water, beer, and wine as well as complimentary passed hors-d'oeuvres. The Mystery Fine Dining will feature an acclaimed Jazz Band who will play the sounds of the era. The event lasts from 4-8 p.m. and costs \$95 per person.

Step on Bus will tour the Holiday Lights in Downtown Detroit December 14. Walk around Campus Martius, which is the center point of holiday lights, enjoy the vendors, you might even try ice-skating! Shop the stores on Woodward. The cost to attend is \$68 per person.

All trips generally depart from Madison Heights, Novi and Livonia to help accommodate guests from all areas of metro Detroit. Guests are notified a week before the tour with location and pick up time for each individual tour.

To register or learn more about the tours available at Step on Bus, visit [steponbustours.com](http://steponbustours.com), email [steponbustours@gmail.com](mailto:steponbustours@gmail.com), or call 248-619-6692. Best of all, they know where all the bathrooms are!



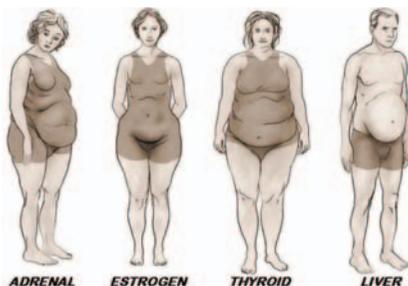
On November 19, it's a Holiday Mystery Party at Step on Bus. Unleash your inner Sherlock and put your mystery-solving skills to the test. Someone was just murdered – will you be able to collect all the clues and learn what really happened? Lunch will be provided on this tour, which costs \$68 pre person.

Saturday, December 1, experience

day traditions of the past. The guest list includes Revolutionary War Soldiers, Union Soldiers, Detroit 1860s Civilians, Confederate Civilians, Spanish-American War Soldiers, and WW2 Soldiers. Discover how they celebrated Christmas in their eras. Dinner will be hosted at a Georgia-style Inn and the total tour cost is \$78 per person.

Enjoy a spectacular light display of

## Imagine Yourself Without Belly Fat!



- Learn how Hormone Imbalances —man or woman — can distort your midsection into a large belly and prevent weight loss even with dieting and exercise.
- Learn why "Counting Calories" doesn't work for belly fat.
- LEARN WHAT REALLY WORKS for permanent loss of belly fat and bulges.
- "I lost 70 pounds and am still losing." - George E.
- "I have lost 30 pounds, and am no longer on my insulin anymore." - Theresa D.
- "I lost 5 inches off of my belly, cut my blood pressure medication in half, and have greatly reduced my acid reflux medication." - Bill H.

### FREE DINNER SEMINAR

#### Stress, Hormones & Health

(true cause of belly fat)

Spirited Speaker, Author, and Board Certified  
Cardiologist,

*Dr. Michael Dangovian, DO, FACC*

Dr. Dangovian will tell you about the latest scientific breakthroughs and methods that help you permanently and safely remove unwanted belly fat while quickly reclaiming your health, your youth, and your life! Kick off the holiday session by learning how to TRULY take care of your body! **DON'T WAIT TILL NEXT YEAR.** End 2018 healthy and happy!

**Tuesday, November 27th at 6:00pm**

### Wellness Training Institute

39242 Dequindre Ste. 104 Sterling Heights, MI 48310

**CALL NOW FOR YOUR RESERVED SEATING**

*Free Admission & Healthy Meal*

*Please RSVP to (586) 554-7515*

**SEATING IS LIMITED**

### Medicare Open Enrollment To-Do List

(NAPSI) Medicare's annual enrollment period is now underway and runs to December 7, 2018. You may be happy with your current Medicare coverage, but it pays to shop around. Here are a few things to keep in mind.

**Don't shy away** from shopping. Plan details change each year, so the policy that was best for you in 2018 may not be your best option for 2019. Changes to premiums, deductibles, and co-pays can be costly.

Watch for changes in drug coverage. Read any letters from your insurance company outlining changes in your prescription drug coverage. Insurance companies often tweak their formulary, or list of covered drugs, each year. That can mean higher out-of-pocket expenses for you.

**Be sure your** doctors participate in your plan. You'll pay more to see non-network providers, and some health insurers won't cover out-of-network providers at all, except in an emergency.

Shopping for Medicare plans can seem daunting, so read up on your options and don't hesitate to work through a licensed agent to help match you with the best plan for your needs.

*Are You At Your Wit's End Trying To Get Rid Of It?*

**Start taking action now and you'll be full steam ahead in 2019! CALL 586-554-7515**

## Six Ways to Cut Your Odds of Having a Stroke

There are steps to take to lower your risk of having a stroke. Here's some advice worth following.

**Watch Your Blood Pressure** – If you have high blood pressure and you don't manage it well, your chances of getting a stroke go up. Ideally, your blood pressure should be under 120 over 80. If yours is too high, talk to your doctor about ways to change your diet and get more exercise.

**Break a Sweat** – Exercise helps you get to or stay at a healthy weight and keep your blood pressure where it should be – two things that can lower

your odds of having a stroke. You'll need to work out hard enough to break a sweat 5 days a week for about 30 minutes.

**Keep Stress in Check** – Stress can make it more likely you'll get a stroke, maybe because it causes inflammation in parts of your body. Get up and move around often, breathe deeply, and focus on one task at a time.

**Lose Weight** – Obesity and the health issues it can cause boost your chances of stroke. You can lower the odds if you lose as few as 10 pounds. Try to keep your calorie count under

2,000 a day, and make exercise a regular thing.

**Have a (Single) Drink** – Your risk of stroke may go down if you have one drink a day. But be careful: More than two, and it quickly shoots up.

**Don't Smoke** – Smoking makes your blood more likely to clot, thickens and narrows your blood vessels, and leads to the buildup of plaque – all of which make you more likely to have a stroke.

– Reviewed by **Neha Pathak, MD** - [WebMD.com](http://WebMD.com)

## What Did You Say? Hearing Loss Commonly Impacts Older Adults

Hearing loss can happen to anyone, and commonly occurs as people age. According to the Center for Hearing and Communication, approximately 14 percent of adults 45-65 report some degree of hearing trouble. For people over the age of 65, one out of three has some degree of hearing loss.

**Not being able to hear** can lead to other health issues. It can affect balance and causes mental and physical fatigue. This can lead to social isolation, anxiety, depression, and poorer overall health.

The most common reasons people lose their hearing are prolonged exposure to noise and aging. Ear infections, genetic predisposition, head injuries, and certain medications can also cause hearing loss.

**Because it happens** gradually, many people don't notice hearing loss until it becomes a big problem. Tiny cells located within the cochlea in the inner ear, called hair cells, enable us to hear. When these cells are damaged, hearing loss occurs. Outer hair cells amplify soft sounds and help ensure that different pitches of sound are separated. Inner hair cells transmit sound to nerve impulses that are sent to the brain. Damage to the outer hair cells results in mild-to-moderate hearing loss. This damage makes it harder to understand soft speech, such as the voices of women and children. Hearing in noise can also be difficult. When damage occurs to both the inner and outer hair cells, severe hearing loss occurs. The sound distortion created by the damage to the inner ear severely impacts the clarity of sound received by the brain and affects soft, moderate, and even some loud sounds.

**There are two** main types of hearing loss. Conductive hearing loss is often temporary and can sometimes be corrected with wax removal, medication, or surgery. Sensorineural hearing loss is the most common type of hearing loss, and people with this type of loss benefit most from hearing aids, cochlear implants, communication therapies, or other medical management depending on the degree and cause of the loss. People can also experience a mix of conductive and sensorineural hearing loss.

Unlike other common health conditions like arthritis or diabetes, hearing loss can often be improved quickly. Hearing evaluations are similar to eye exams. After having their ears examined, patients are asked to listen for quiet tones and indicate which ones they can hear. They are also asked to listen to and repeat words to find out how well they understand speech. The results are then plotted on an audiogram, and if a person has hearing loss, they are presented with a number of hearing aid solutions.

**Today, there is** a wide selection of discreet and powerful hearing aids that are designed to fit people's

lifestyles. Beltone, a hearing aid company, offers hearing aid apps that allow users to stream sound to their hearing aids wirelessly and control them from a phone, tablet, or smart watch. Hearing aids also come with a rechargeable lithium-ion battery, so people don't have to worry about replacing batteries.

**Hearing loss affects** a number of older adults, but there are a number of solutions available. Talk to your doctor or a hearing care professional if you think you are experiencing hearing loss so that you can return to life at full volume.



**Angelica's Place™**

**Caring is Our Calling**

**ASSISTED LIVING & MEMORY CARE**



**We Are Here For You**  
**328 E. Lafayette • Romeo, MI 48065**  
**586-336-9440**  
[www.angelicasplacemi.com](http://www.angelicasplacemi.com)

## Over 50? These Problems Can Sneak Up on You

More than 9 in 10 older adults have some type of chronic disease, and almost 8 in 10 have more than one. Some of these issues can sneak up on older adults.

**High Blood Pressure** – As you age, your blood vessels get less flexible, and that puts pressure on the system that carries blood through your body.

**Diabetes** – Since 1980, the number of middle-aged and older adults with diabetes has almost doubled. Your risk of getting the disease goes up after you hit 45. Talk with your doctor about having your blood sugar checked.

**Heart Disease** – Plaque buildup in your arteries is a major cause of heart disease. It starts in childhood and gets worse as you age.

**Osteoarthritis** – At one time, doctors chalked up this disease of the joints to the wear and tear of age, and that is a factor. But genetics and lifestyle probably have something to do with it as well.

**Dementia** – Alzheimer's, a form of dementia, usually doesn't pop up until 65 or so. One in 9 people that age or older have Alzheimer's, but the rate rises to 1 in 3 for ages 85 or up. Some risk factors are uncontrollable. — [WebMD.com](http://WebMD.com)

### INVENTORY REDUCTION SALE



**Plus, Beltone is offering...**

- FREE hearing screenings
- FREE in-office technology trials

*There's never been a better time to get your hearing tested!*

**Beltone's leading microprocessor technology is engineered to be:**

- **Crisp and clear sounding** — advanced technology provides superior clarity
- **Virtually invisible** — designed to be small and comfortable
- **Easy to use** — automatically adjust to different sound environments

*Remember, only Beltone offers free lifetime support!*

100% Advanced Digital Hearing Aid

**\$998<sup>00</sup>\*** starting price

Regular Price ~~\$1998<sup>00</sup>~~




**HEAR BETTER!**  
Look, She's wearing it. Virtually invisible.

**Come to Beltone, where you always get more!**  
More benefits. More support. More guarantees.

**FREE**  
Hearing  
Screening

\*Exp. 11-30-18

**FREE**  
In-office  
Trial

\*Exp. 11-30-18

**Hurry. Call to schedule your free appointment.**

We are MPERS-TruHearing providers and we accept most insurance & discount programs including: Medicare Advantage, Prescription Drug Plans, Health Care & Silver programs. We will provide meet and exceed their pricing structure.

**Call now to schedule your free appointment!**

<p><b>Troy</b> 6028 Rochester Rd 248-918-2400</p>	<p><b>Sterling Heights</b> 35834 Van Dyke Ave 586-693-7495</p>
<p><b>Rochester Hills</b> 1460 Walton Blvd, Suite 40A 248-841-8664</p>	<p><b>St. Clair Shores</b> 31372 Harper Ave, Suite A 586-200-6797</p>
<p><b>Shelby Township</b> 15055 22 Mile Rd, Suite 5 586-580-8808</p>	<p><b>Waterford</b> 4202 Pontiac Lake Rd 248-630-3154</p>

**Hours: M/Th/F 9-5, Tue 9-7, Wed 9-3, 1st Sat of each mo. 9am-1pm**

[www.beltonehearingaid.com](http://www.beltonehearingaid.com)

\*Cannot be combined with other offers or coupons. Not valid on previous purchases. Cash value 1/20¢. Void where prohibited by law. Benefits of hearing instruments vary by type and degree of hearing loss, noise environment, accuracy of hearing evaluation and proper fit. Beltone Hearing Care Centers are independently owned and operated. Participation may vary by location. See individual centers for details. ©Beltone 2018

## Ideas for Health Care Planning in Retirement

(NAPSI) The Employee Benefit Research Institute estimates that a typical 65-year-old couple will spend a total of \$265,000 in health care costs over the remainder of their lives. This staggering amount of money has the potential to derail even the best retirement plans.

**Vanguard and Mercer** recently developed a new framework, "Planning for Health Care Costs in Retirement," that identifies practical tips for forecasting your health care expenses.

Personalize health care costs. Start by understanding how your health history and current health status will influence expenses. Even your geographic location, marital status and age at retirement will impact your forecasts.

**Plan for long-term care.** This is a tough one to assess because half of retirees won't even incur these costs, but on the other end of the spectrum, 15 percent of retirees will spend more than \$250,000. Consider potential long-term care options, such as unpaid care from family and less-expensive facilities.

Create a hedge in your budget for other expenses. Research shows that retirement spending in virtually all categories other than health care tends to decline with age. By forecasting steady spending in other expense areas, you may create a buffer in your budget to

deal with rising health care expenses.

**Forecast costs** in annual spending. There are so many variables involved in estimating health care costs in retirement that trying to plan around a total lifetime budget can be overwhelming. Experts recommend that you focus on annual spending instead, provided that you understand costs will rise.

For seniors who are struggling to find cash in their retirement budgets to offset unexpected health care expenses, it may be a good idea to take stock right now of all your assets. Many seniors are surprised to learn that one potential asset for generating immediate cash is a life insurance policy.

**You should review** your life insurance policy from time to time and determine whether or not it's still needed. A life insurance policy is considered your personal property, so you have the right to sell it anytime you like. When a consumer sells a policy – something called a "life settlement" transaction – the policy owner receives a cash payment and the purchaser of the policy assumes all future premium payments, then receives the death benefit upon the death of the insured. Candidates for life settlements are typically aged 70 years or older, with a life insurance policy that has a death benefit of at least \$100,000.

## Dos And Don'ts for Managing High Blood Pressure During Cold and Flu Season

(NAPSI) Colds and flu bring special considerations for people with high blood pressure, especially those on blood pressure medication. Here's how to keep your blood pressure stable:

**DO:** Keep track of medication. The American Heart Association's online tools at heart.org/hbp include a downloadable chart to manage medications and a tracker that lets people set up text message reminders, text in their readings, track their blood pressure and connect with providers.

**DON'T:** Miss your flu shot. People who get a flu shot may reduce their risk of heart attack or stroke. Stay away from people who are sick and wash your hands regularly.

**DO:** Read labels on over-the-counter (OTC) cold and flu medicines. Look for warnings to those with high blood pressure and who take blood pressure medications. Some ingredients in cold and flu medicines can affect blood pressure. Decongestants,

used for a stuffy nose or congestion, and some pain relievers, such as non-steroidal anti-inflammatory drugs (NSAIDs), are known to raise blood pressure.

Decongestants include Oxymetazoline, Phenylephrine, and Pseudoephedrine. NSAIDs include ibuprofen, naproxen sodium, and celecoxib.

Check with your doctor before taking these medicines. A decongestant should be used for only the shortest amount of time possible—and never by someone with severe or uncontrolled high blood pressure.

**DON'T:** Try to replace your prescriptions with supplements. There are no special pills, vitamins or drinks that can substitute for prescription medications and lifestyle modifications. Talk to your health care provider before taking any over-the-counter drug or supplement that claims to lower blood pressure. "Your doctor and other health care

providers should know which over-the-counter medicines or supplements you are taking," said Willie E. Lawrence, M.D., chief of cardiology at Research Medical Center in Kansas City. "If something claims to be 'natural' or you don't need a prescription, it's not necessarily benign. It's still a substance that has an effect on your body."

**DO:** Work with your health care practitioner. "If you have high blood pressure, it's important to know that some medicines, even supplements, will affect you differently," Dr. Lawrence adds. "If you're struggling to keep your pressure controlled, review your routines—including over-the-counter medicines and supplements—and talk with your doctor about changes you can make. You should never be too busy to manage your blood pressure."

Learn more at heart.org/hbp/.

**Good Bye House. Hello Home!**

# Leisure Manor



Residence for Seniors

---

**Leisure Manor senior assisted living offers private rooms with individual bathrooms, 24-Hour Staff and Personalized Care!**

---

**Call, Email, or Stop in For a Tour!** **(586) 727-0700**  
[info@richmondleisuremanor.com](mailto:info@richmondleisuremanor.com)  
 68453 Stoecker Lane, Richmond



THE SHELBY TOWNSHIP SENIOR CENTER recently welcomed costumed guests at their Bewitched Dinner Dance. "A fun time had by all!" The Senior Center said on their Facebook page with the above photo. Follow along online at [Facebook.com/pg/ShelbyTwpSeniors/](https://www.facebook.com/pg/ShelbyTwpSeniors/).

## Senior Health Myths and Misconceptions

(NAPSI) Every day, it's estimated 10,000 Americans turn 65 years old. Some of these people, unfortunately, have misconceptions that can jeopardize their health.

**If I feel fine,** I am fine. Chronic infections can last so long that the way they feel becomes the "new normal," when it shouldn't be.

Sleep isn't important anymore.

Older adults need the same seven to nine hours of sleep they did when younger.

**It's too late to** start exercising. Check with your doctor and start slowly, but there's no reason why seniors can't get in some exercise (even if they've never done it before).

Drink water only when thirsty. You may need hydration before you even

notice or before you feel like you need it.

**Dry mouth is just** part of aging. Maintaining proper oral hygiene is important at any age, and especially for denture wearers who, even with no teeth, benefit from a regular oral hygiene routine specially formulated for them, rather than simply accepting poor health.



# Gazette CLASSIFIED

November 16, 2018



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

GetYourGazette.com

**Publisher**  
Mark Nicholson

**Managing Editor**  
Andrew Neal

**Editorial Contributors**  
Elena Durmbaugh  
Nathan Inks  
Cindy Kmett  
Amy Fortune  
Peter Maurer

**Advertising**  
Bill Brey

**Production**  
AJ White  
Sydney Bryngelson

**Circulation**  
Dan Nickles

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

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

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



## HELP WANTED

**Commercial Cleaners Wanted**  
PT and FT day/evening positions to clean banks and office buildings. Must pass drug screen & background check  
www.aarocompanies.com  
586.759.3700

### Entry Level - Helpers Needed/Drivers

Recycling - Shredding Service  
Good driving record/no exp.  
Route work/good pay/benefits  
7am-4pm Mon-Fri - Oak Park location  
Call 248-542-7970

## MASSAGE

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

## FOR SALE

Oak View Cemetery - Royal Oak Grave spaces sell for \$2,795. I have one to sell for \$2,100. Call Harry 248-545-3525.

Greenwood Cemetery - Birmingham Grave spaces sell for \$3,000 each. I will sell all three for \$2,200 each - \$6,600. Call Harry 248-545-3525.

Two cemetery plots Cadillac Memorial Gardens East Mount of Olives \$1000 for both 586-260-6093

## RECOVERY

Heroin/Grief Recovery with Dr. Lawrence Ventline, 989 582 0520.  
shrinkrap68@gmail.com

## FOR SALE

Sixty-three year thirty three - Hummer figurine collection. Call 586-884-6448 for brochure.

## 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](http://familiesagainstnarcotics.org/volunteer)

Fall in love with God.  
It will change your life.

### PRAYER TO THE BLESSED VIRGIN

Never known to fail. Oh most beautiful flower of Mt. Carmel, fruitful vine splendor of heaven, blessed Mother of the Son of God. Immaculate Virgin assist me in my necessity. Oh star of the Sea, help me and show me here-in, you are my mother. Oh Holy Mary, Mother of God, Queen of Heaven and Earth, I humbly beseech you from the bottom of my heart to succor me in this necessity. There are none that can withstand your power. Oh show me herein you are my mother. Oh Mary, conceived without sin, pray for us who has resource to thee 3x. Holy Mother, I place this cause in your hands. 3x Holy Spirit, you who solve all problems, light all roads so that I can attain my goal, You who gave me the divine gift to forgive and forget all evil against me, and that in all instances in my life you are with me. I want in this short prayer to thank you for all things as you confirm once again that I never wanted to be separated from you in eternal glory. Thank you for your mercy toward me and mine. This person must say this prayer 3 consecutive days, after 3 days the results will be granted. This prayer must be published after the favor is granted.

## 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.

Ember



Walter



Sparky



## ADOPT A PET

Score



**MAKE YOUR WEDDING OR SPECIAL EVENT UNIQUE**  
with the sound of the great Highland Bagpipes  
**CALL FRANKLIN AT 248.399.1101**

**GMG**  
Gazette Media Group

## Now Seeking Editorial Interns!

**INTERNS -**

- News, Sports, & Digital roles available
- Must be in pursuit of relevant degree
- Ability to work at our office in Troy

**Interested?**  
Send your resume and a short introduction to [Andrew@GazetteMediaGroup.com](mailto:Andrew@GazetteMediaGroup.com)

## Sudoku

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

## Place Your Classified Here

### Three Great Papers, One Low Price!

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

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

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

Troy-Somerset  
**GAZETTE**

Rochester & Rochester Hills  
**GAZETTE**

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

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

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

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

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

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

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

# Moving Forward with Election Reform

## PERSPECTIVES



Op-Ed by  
NATHAN INKS

The 2018 election is over. While the state's political landscape will have some changes come January, perhaps the most impactful results of the recent election were the passage of two election-related proposals. Proposal 2 amended the state constitution to move the task of redistricting from the state legislature to an independent citizens redistricting commission, and Proposal 3 amended the state constitution to establish eight new voting policies, including no-excuse absentee voting, automatic voter registration, same-day voter registration, and the reestablishment of straight-ticket voting.

Proposal 2 faced well-funded opposition efforts from an array of groups that included the Michigan Republican Party, while receiving support from in-state and out-of-state groups. Proposal 3 faced little organized opposition, and while the state Republican Party did not officially oppose the proposal, it certainly did not come out in support of it. The Michigan Democratic Party did not take an official stance on either proposal, but polls showed that most Democrats favored both proposals.

Redistricting reform and making it easier to vote do not have to be partisan

issues; more importantly, they should be issues on which both parties can reach some common ground. I had my reservations on Proposal 2 and think the amendment has some flaws. I was also not a fan of Proposal 3 bringing back straight-ticket voting. But for better or worse, the proposals passed.

Opponents of the proposals now have two options. They can continue to fight what the voters overwhelmingly approved, or they can accept the outcome and work across the aisle to implement these reforms in a way that benefits the entire electorate.

Both Republicans and Democrats have a vested interest in ensuring that the other party does not abuse the citizens redistricting commission established by Proposal 2, and both parties have abused the redistricting process in the past. Most importantly, both parties should want to provide a fair system of representation for the people of Michigan. If both sides come together to ensure that the system enacted by Proposal 2 runs as smooth as possible, the people of Michigan will receive fair redistricting maps.

While there was less controversy regarding Proposal 3, establishing the logistics and infrastructure to ensure that same-day voter registration is both feasible and reliable is going to take time and effort. Adequate checks and balances need to be put in place to ensure that same-day registrants are not disenfranchised while maintaining the integrity of the voting process. The Republican-controlled House and Senate are going to have to work with Democratic Governor Gretchen

Whitmer and Democratic Secretary of State Jocelyn Benson to make that happen.

There may have been ideological differences about election reform going into the November election, but the people have spoken. It is time for both parties to come together for the good of Michigan voters and residents. During her campaign, Secretary of State-elect Jocelyn Benson summarized what should be a universal goal across the political spectrum: "It should be easier to vote and harder to cheat." That is the principle that both parties should adopt as the state works to implement the election reforms the people voted for.

Send a letter to the editor for publication at [Andrew@GazetteMediaGroup.com](mailto:Andrew@GazetteMediaGroup.com).

# Victorian Christmas Celebration at the Octagon House in Washington

Step back in time to the 1860s and enjoy the Historic Octagon House decorated for a Victorian Holiday.

Christmas trees, decorated by volunteers, will be on display and for sale throughout the house. A miniature Victorian Village will be in the lower level Community Room that is sure to put everyone in the holiday mood.

Find gifts for friends and family from the selection of books by local authors – handmade and other donated items will be for sale in the Holiday Bazaar located on the first floor.

The Loren Andrus Octagon House is located at 57500 Van Dyke in Washington Township. The event will be held on Saturday, November 17 from 10 a.m.-5 p.m. and Sunday,

November 18 from Noon-5 p.m. Admission is \$6, or \$4 with a food donation for the Samaritan House.

No reservations are required. To learn more, email [info@octagonhouse.org](mailto:info@octagonhouse.org).



**Did you know roughly half of those receiving food from Forgotten Harvest live in working households?**

These families are working hard, but can't always make ends meet. When needed, they turn to the emergency food system to feed their families.

**Forgotten Harvest works with 26 Macomb County partners, to make sure working families have a place to turn when grocery money runs out.**

We distribute the equivalent of 23,000 meals a day to people living in our county, from New Haven to Clinton Twp. to Warren.

**Please help put food on the table for working families by donating today.**

Local Forgotten Harvest partners include Metro Helping Hands in Sterling Heights, Lighthouse Outreach Center in Roseville, Liberty Family Outreach in Warren, and many other community and faith-based organizations.



Recipients are receiving the fresh nutritious food delivered by Forgotten Harvest.

**Donate Today! Be Part of the Solution.**

[www.forgottenharvest.org](http://www.forgottenharvest.org)



Save the Date

# BRIDAL SHOW

GREAT OAKS COUNTRY CLUB  
DOWNTOWN ROCHESTER

Sunday, January 20 • Noon – 3pm

**TO BECOME AN EXHIBITOR**  
VISIT [GAZETTEEVENTS.COM](http://GAZETTEEVENTS.COM) OR CALL 248-524-4868