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ForkAndCorkFestival.com

SEE AD ON PAGE 8

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# Gazette

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Friday, Sept. 14, 2018  
Vol. 2, No. 39

## Fork & Cork Festival Sept 21-22

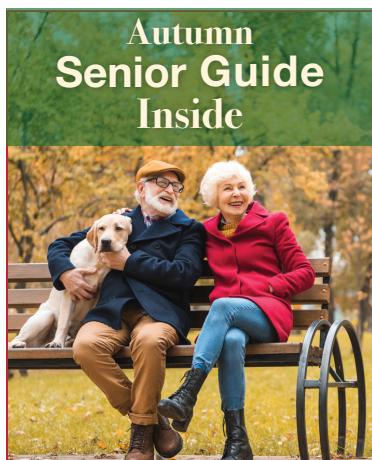
Last call! Don't miss the Crest Lincoln Black Label Fork & Cork Festival on Friday, September 21 from 4-10 p.m. and Saturday, September 22 from 11 a.m. - 10 p.m. in downtown Utica. Admission is free and proceeds from the craft beer and wine tent will benefit the Humane Society of Macomb.

Located behind the Utica Fire Station at 7609 Auburn Rd, celebrate the end of summer and beginning of fall with two days of food, wine, craft beer, live music, and artist vendors.

Two performance stages, the Main Stage and Acoustic Stage, will host live entertainment during all hours of the festival. Friday night headliners include 8-piece Detroit group The Sun Messengers and Grand Rapids funk quartet Big Sherb. Saturday night will feature 93.1 NASH FM's Nash Next Competition, with five country bands vying for a chance to go to Nashville in October. Celebrity guest judge and country music singer Chuck Wicks will close out the night.

Food trucks and local area restaurants will have mouth-watering options sure to satisfy all taste buds. Countless craft beer and wine options in the sampling tent will allow guests to try new flavors and compare them with classic choices. And local businesses and artist vendors will have booths throughout festival grounds, encouraging visitors to shop local.

Have a few hours to spare? Volunteer as a sample pourer in the craft beer and wine tent. For volunteer information, discount craft beer and wine tickets, and more information, visit [ForkAndCorkFestival.com/](http://ForkAndCorkFestival.com/).



SHELBY TOWNSHIP hosted its fifth annual Patriot Day prayer service on September 11. Patriot Day honors those who dedicate their lives to protecting their communities, and soldiers who make the ultimate sacrifice abroad defending the U.S. Here, Shelby Township Police Officers stand beside a monument built to remember the six locals who gave their lives while serving in the U.S. military as part of the Global War on Terror.

## Shelby Township's Patriot Day Honors, Police, Fire, Military

To honor those that dedicate their lives to protecting our community at home and those soldiers that paid the ultimate sacrifice abroad, Shelby Township hosted its fifth annual Patriot Day prayer service on Tuesday, September 11 at the township's Veterans Memorial.

**Veterans Events** Coordinator Phil Randazzo, a Vietnam veteran whose honors include two Purple Hearts and two Bronze Stars for valor, the Shelby Township Police and Fire departments, and the Shelby Township Board of Trustees recognized the six fallen residents who died from injuries sustained while serving in the U.S. military in Iraq and Afghanistan as part of the Global War on Terror.

The event featured the Pledge of Allegiance from Shelby Township Police Chief Robert Shlide and Shelby

Township Fire Chief James Swinkowski, remarks from Randazzo and Township Supervisor Rick Stathakis, and a prayer from Brookside Missionary Baptist Church Pastor Jason Jackson.

"Like the rest of our country, the heroes of 9/11 went to work Sept. 11, 2001 not knowing what lie ahead," Stathakis said of the 412 first responders who died in New York City 17 years ago. "This is the same type of scenario that stares every police officer and firefighter across our nation in the face every day. When our first responders go to work, they do not know what challenges, adversaries or fate lies ahead of them, but they go."

Stathakis continued: "They go to work, stand guard and face danger, so the rest of our society can rest easy with a sense of security and peace. I

See PATRIOT DAY, page 2

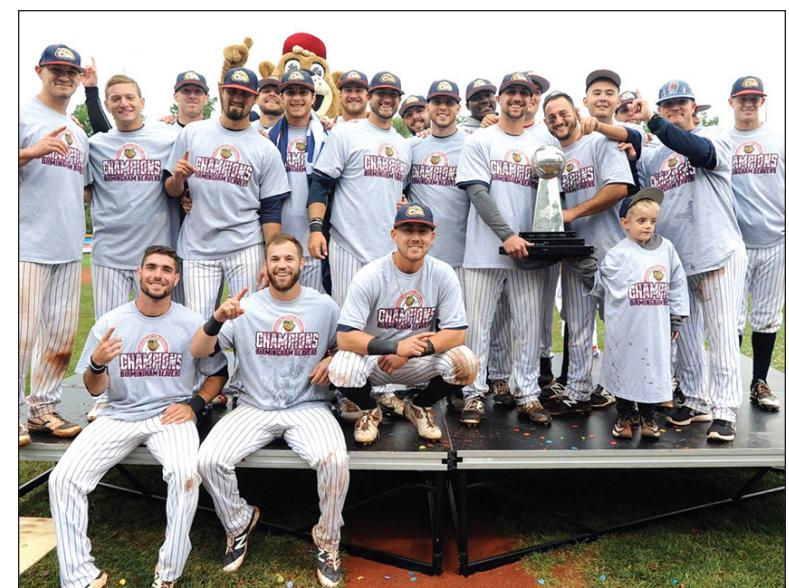
## Beavers Crowned USPBL Champs

The United Shore Professional Baseball League closed the book on its third season this past weekend as the Birmingham Bloomfield Beavers captured their second consecutive championship with a 9-3 win over the Eastside Diamond Hoppers at Jimmy John's Field in downtown Utica.

The Beavers were the top seed for the third straight year, and busted the championship game open with a five-run sixth inning. Left-handed pitcher Kevin Matthews (5-0) earned the win, striking out eight, and was named Co-MVP with All-USPBL shortstop and batting champion Thomas Roulis who drove in two runs for the Beavers.

The Diamond Hoppers made their first-ever title game appearance. Right-handed pitcher Tanner Kiest matched his single-game record with 14 strikeouts. The Hoppers defeated the Westside Woolly Mammoths, 2-0.

The Woolly Mammoths upset the Utica Unicorns in the quarterfinals on Friday night, as USPBL Pitcher of the Year Josh Mason tossed 7 strong innings and gave up just one run in a 5-2 win.



THE BIRMINGHAM BLOOMFIELD BEAVERS captured their second straight championship last weekend at Jimmy John's Field in Utica. The United Shore Professional Baseball League capped off its third season with sellout crowds all weekend. Their fourth season begins in May.



## Rep. Farrington Welcomes Utica Police Chief to House Floor

STATE REP. DIANA FARRINGTON, of Utica, this week welcomed City of Utica Police Chief Sean Coady to the Michigan House floor as her guest for the Michigan House of Representatives annual Sept. 11 Memorial Service at the Capitol. The ceremony remembers first responders and members of the military from Michigan who died in the line of duty in the past year.

## Insane Inflatable 5K at Stony Creek

Stony Creek in Shelby Township is welcoming the Insane Inflatable 5K to its Michigan location. The obstacle is set to start at 8:30 a.m. on Saturday, September 15 and last until 1 p.m.

This course is said to be filled

with "extreme" inflatable obstacles. For those who don't have a Metropark Vehicle Entry Permit, there will be a \$10 entry fee into the park. To learn more about the Insane Inflatable 5K go to [insaneinflatable5k.com/](http://insaneinflatable5k.com/).

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## MCC's Trip to London is Open to the Public



Need some inspiration for getting through the approaching winter months? How does a weeklong springtime vacation in London sound? For the 33rd consecutive year, Philip Barrons, Macomb Community College professor emeritus of humanities, is leading a college-sponsored trip to London, England, from May 3 through 11, 2019.

The trip is open to Macomb students, alumni, faculty and staff, as

well as the public.

"We look forward to new travelers joining us, as well as those who have made the trip before," Barrons said. "Many find this trip is an excellent way to travel overseas for the first time. Once there, they realize this is very doable. They've said that the trip has enriched their lives, which pleases me because part of the college mission is to provide enrichment opportunities."

**Barrons designs** the trip to be an opportunity for discovering London, allowing plenty of time for travelers to pursue their own interests. He provides guidance and direction.

The cost is \$2,051 per person and includes round-trip airfare, lodging

for seven nights at a central London hotel, bus transfer between the airport and hotel, and a half-day guided sightseeing bus tour. Reservations for the trip will be accepted beginning Monday, October 8, with a deposit of \$293. Subsequent payments of \$293 are due on the 15th of each month, November through March, with a final payment on April 1. The first payment must be made in person at the college's South Campus cashier's office, Building G, Room 324. Travelers must be at least 18 years old or traveling with a parent.

For more information about the trip, call 313-345-6992 or email [pbarrons@yahoo.com](mailto:pbarrons@yahoo.com).

## Town Hall Meeting to Focus on Water

State Rep. Peter Lucido will host a water town hall meeting on Monday, October 8 to discuss concerns over possible PFAS contamination of drinking water and the conditions of Lake St. Clair. The event will serve as an update to a meeting hosted by Rep. Lucido last year.

"The safety of our drinking water and preservation of our lakes and rivers should be a priority for us all," Rep. Lucido said. "I am proud to lead the charge on this critical issue. It is time we move forward with common-sense solutions."

Those invited to speak include: Federal, state, and local government officials; representatives from Selfridge Air National Guard Base; representatives from the Michigan

Department of Environmental Quality; the Macomb County Health Department; the Macomb County Public Works Department; and other experts on the topic.

The town hall takes place at MacRay Harbor at 30675 N. River Road in Harrison Charter Township. Doors open at 6 p.m., with an informal opportunity for residents to speak one-on-one with elected officials and representatives of the invited organizations. A panel discussion by local legislators and others will take place from 7-9 p.m., with time for questions from those in attendance.

Rep. Lucido has introduced legislation to address water quality. He introduced a plan to regulate the handling, cleanup, storage, and disposal

of PFAS chemicals, which are per- and polyfluoroalkyl substances found in a variety of products, including firefighting foam. He also filed a resolution petitioning Congress and the U.S. Environmental Protection Agency to prioritize the issue of PFAS and water safety. HB 6278 will require the separation of storm water drainage and sanitary sewers and is currently in the House Committee on Local Government. HB 5924 will prohibit the dumping of solid waste from outside the United States and is in the House Committee on Natural Resources.

For more information, contact Rep. Lucido's office by calling 888-MICH-REP or by email at [PeterLucido@house.mi.gov](mailto:PeterLucido@house.mi.gov).

## Patriot Day a Salute to Shelby's Finest

PATRIOT DAY, From page 1

know that Shelby Township's bravest and finest stand ready to face any challenge, stare down any adversary and accept any fate that lies ahead of them. They are our shield and our peace of mind, and I am humbled to stand here today and offer our community's gratitude for their service. Thank you."

As part of the service, Randazzo read aloud the names of the fallen Shelby Township residents from the Global War on Terror—Mark Barret, Tarryl Hill, D. Alex Knapp, Todd Lambka and Kyle McClain.

For more information on the Shelby Township Veterans Memorial, contact the Township Supervisor's Office at 586-731-5154.

MEMBERS of the Shelby Township Police Department and Fire Department salute a half-mast flag in honor of those who sacrificed their lives on 9/11. Township Supervisor Rick Stathakis said that many of the challenges first responders face are the same across the country, but they all go to protect and serve.



# More Water Woes on Michigan's Horizon

## PERSPECTIVES



Op-Ed by  
NATHAN INKS

In the wake of the Flint water crisis, a new potential water contamination problem has emerged on the horizon. Over the past few months, increasing attention has been drawn to water supplies contaminated by a harmful group of chemicals known as per- and poly-fluoroalkyls (PFAS). Contamination is not unique to Michigan, but given the importance of the Great Lakes to the state, Michigan has been one of the states at the forefront of this issue.

**Different PFAS** chemicals have been used for decades. The chemicals were used by the Department of Defense, airports, and fire departments in fire suppressants, and other forms of PFAS have been used in industrial settings. Although studies have shown that exposure to the chemicals can cause liver problems and an increased risk of cancer, there is significant uncertainty about the long-term effects of exposure and what amounts of exposure are unsafe.

There is currently little regulation over the chemicals. The Environmental Protection Agency (EPA) has established an advisory level for drinking water of 70 parts-per-trillion (ppt), but a recent study

from the Centers for Disease Control questioned whether that level is too high.

**Testing data** from the Michigan Department of Environmental Quality recently revealed that PFAS can be found in the drinking water supplies for as many as 1.5 million Michiganders, but only one municipal water supply, in Kalamazoo County, has been found to have levels higher than the 70 ppt advisory limit. Due to the lack of sufficient information about the long-term effects of PFAS and whether the 70 ppt limit is an appropriate limit, whether there is cause for alarm in these figures is still unknown.

But if there is one thing Michigan residents and lawmakers should have learned from environmental disasters like the Flint water crisis and the dioxin pollution in the Tittabawassee River by Dow Chemical in the 1970s, it is that we need to take proactive steps when it comes to water pollution—before devastating consequences occur.

**One course** of action that needs to be pursued is for the EPA to establish enforceable standards for the compounds. In addition to evaluating whether the 70 ppt limit for drinking water is appropriate, Congress and the EPA need to work toward establishing enforceable limits for drinking water, groundwater, and soil. As part of setting these standards, more research needs to be done on what constitutes safe levels of PFAS. Fortunately, a bipartisan group of Michigan congressional representa-

tives has already called on the EPA to take action.

If the federal government does not move on the issue quick enough, action at the state level may be necessary. Michigan has already established enforceable drinking water standards that follow the EPA's 70 ppt advisory limit, but given research questioning whether this limit is appropriate, the state should consider revisiting the limit. Regardless of whether the federal government acts, the state needs to continue educating the public about PFAS. The state launched the Michigan PFAS Action and Response Team (MPART) in 2017, but efforts to further educate the public are still necessary—especially in areas where PFAS levels are higher and already causing problems.

**Michigan's water supply** plays an integral role in the state's economy. PFAS contamination of our rivers and lakes could have disastrous consequences; in addition to the potential health consequences, the state's economy could be damaged if the compounds affect fishing or tourism on the Great Lakes.

It is imperative that we address this issue before it is too late, and setting appropriate standards should be done as soon as possible. In the meantime, in order to avoid a disastrous repeat of the Flint water crisis, transparency and education about the risks of PFAS are key.

**Send a Letter to the Editor:**  
[Andrew@gazettamedia.com](mailto:Andrew@gazettamedia.com).

## Letters from History at Packard Proving Grounds

Packard automobiles were beautiful vehicles and behind all of those beautiful cars were real people. The Proving Grounds Historic Site (PPG) in Shelby Township is hosting a presentation, "Letters from Packard," by Author and Historian Jim Balfour on Sunday, September 30 at 3 p.m.

Through the PPG's Honoring History series, this program is a chronological look at correspondence related to

per se. While sometimes humorous and sometimes serious, these vignettes about employees, customers, and Packard historical events are always interesting.

"This presentation is especially timely as it is the PPG's 50th anniversary year," mentions Mary Anne Demo, event coordinator.

Balfour, a Michigan native and only child of two educators, learned a lot



about American history. He developed a lifelong passion for the automobile, including the Packard Motor Car Company and its history. After college, Balfour married, raised four sons and

began a career in engineering development of automotive products and then went on to international engineering management. He restored a 1928 Packard Vincent prototype speedster and has also authored many Packard-related articles.

The 17-acre historic site, established in 1928 by the Packard Motor Car Company and now administered by the Packard Motor Car Foundation, a 501c3 organization, features artifacts from automotive, to aircraft, to boat racing history, plus showcases buildings designed by the renowned Architect Albert Kahn. The site also provides the community and surrounding areas the opportunity to host personal and corporate events, maybe a milestone birthday or anniversary or an employee recognition dinner, in a meaningful setting. Additionally, proceeds from events and programs assist with the on-going restoration at this valued historic setting.

The presentation, at 49965 Van Dyke in Shelby Township, will be held in the historic Repair Garage. Ticket cost is \$5 or free to members. Reservations can be made by calling 586-739-4800 or by email at [packardprovinggrounds@gmail.com](mailto:packardprovinggrounds@gmail.com). For additional information, visit [PackardProvingGrounds.org/](http://PackardProvingGrounds.org/).

## Octagon House Chat on Norwegian-Americans and World War I

On Sunday, November 11, 2018, at 11 a.m. Paris Time, the world will celebrate the 100th anniversary of the armistice that marks the end of the Great War, known to us as World War I.

**Join the Octagon House** on Sunday, September 16 at 2 p.m. as Bill Injerd, local historian, will present the war from a perspective of Norwegian-

remained in the home front. American life was forever changed 100 years ago, as we remember this terrible conflict.

**Mr. Injerd**, who lives in Washington Township and recently retired as a systems engineer in the defense and aerospace industry, is a member of the Sons of Norway, the



Americans, the descendants of immigrants from Norway who came to America beginning in 1825. A summary of World War I – its causes, carnage, and consequences – will be presented. Over 70 million were mobilized, resulting in more than 9 million military and 7 million civilian deaths. Norwegian-Americans who joined the war effort as soldiers were changed and left a legacy for their families that followed after the war.

The effect of the war in America on the so-called "hyphenated Americans" (German-Americans, Irish-Americans, Norwegian-Americans, etc.) is highlighted, in particular to those who did not serve overseas but

Norwegian-American Historical Association (NAHA), and the Historical Society of Michigan. He is the historian for the Norwegian Slooper Society of America, which is made up of descendants of the first Norwegians who immigrated to America in 1825.

An admission fee of \$5 will cover a self-guided tour of the house in addition to the scheduled presentation. The Loren Andrus Octagon House is located at 57500 Van Dyke, just north of 26 Mile Road in Washington Township. For more information, visit [octagonhouse.org](http://octagonhouse.org) or call 586-781-0084.

## St. Padre Pio Feast Day & 50th Anniversary Celebration

Sunday, September 23, 2018  
3:00 pm – 5:15 pm

**St. Fabian Catholic Church**  
32200 Twelve Mile Road,  
Farmington Hills, MI 48334

(W. of Orchard Lake Rd.) (Can access from I-696 Orchard Road Exit)

In Social Hall

3:45-5:15 pm Confession

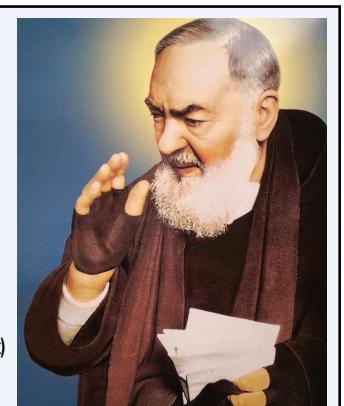
4:15-5:15 pm Canonization Mass Homily  
Reflection, Rosary, Veneration Relics from  
the Capuchins: pair of St. Pio's gloves,  
a bandage, and a Vatican medal for St. Pio's  
Beatification. Video big-screen display of  
relics in St. Pio's room at the Monastery.

In Church

5:30 pm We will join the Sunday Mass

At Holiday Inn - Johnny's Italian Steakhouse - Across from St. Fabian on Hamilton Ct.

7:00 pm Feast Celebration Italian dinner to honor St. Pio's Italian heritage.  
Please RSVP at 248-996-9061 before September 18th. Diners will pay for their  
dinner orders. No phone calls to St. Fabian's Parish Office please.



Saint Padre Pio 1887 - 1968

A miracle healer, a confessor, a bilocator, Saint Padre Pio (Father Pio), was an Italian priest who bore 50 years the 5 wounds of Jesus before he died in 1968. He was also spiritually gifted with reading souls and the presence of fragrance.

# ARTS & ENTERTAINMENT

## MUSIC

**OZZY OSBOURNE**  
WED, SEPT 19 - 7:30 p.m.  
DTE Music Theatre, Clarkston

**J. COLE**  
FRI, SEPT 21 - 7:30 p.m.  
Little Caesars Arena, Detroit

**FORK & CORK FESTIVAL**  
FRI, SEPT 21 & SAT, SEPT 22  
Downtown Utica

**MINIATURE TIGERS**  
SUN, SEPT 23 - 8 p.m.  
Loving Touch, Ferndale

## ON STAGE

**HENRY ROLLINS**  
MON, SEPT 17 - 7 p.m.  
Royal Oak Music Theatre

**THREE TWO ONE**  
TUE, SEPT 20 - 8 p.m.  
Go Comedy! Theatre, Ferndale

**THANKFULLY, LOVE IS BLIND**  
SAT, SEPT 22 - 8 p.m.  
Planet Ant, Hamtramck

## LIBRARY

**MYSTERY BOOK DISCUSSION**  
TUE, SEPT 18 - 10 a.m.  
Clinton-Macomb, North Branch

**NOT YOUR PARENTS'**  
BOOK CLUB  
TUE, SEPT 25 - 7 p.m.  
Nick's 22nd Street Steakhouse

**DRAWING STILL LIFE 101**  
THUR, SEPT 27 - 6:30 p.m.  
Graubner Library, Washington

## KIDS & TEENS

**UTICA POETRY SLAM**  
MON, SEPT 17 - 7 p.m.  
Utica Public Library

**CAR DAY**  
WED, SEPT 19 - 10 a.m.  
Clinton-Macomb, North Branch

**POKEMON HANGOUT**  
SAT, SEPT 22 - 2 p.m.  
Shelby Township Library

**SUPER SMASH BROS**  
WED, SEPT 26 - 6 p.m.  
Graubner Library, Washington



**WHITE BOY RICK**  
Drama, R



**THE BREAKFAST CLUB**  
Drama/Comedy, R



**LILO & STITCH**  
Adventure, PG



**OCEANS 8**  
Action/Comedy, PG-13



**THE PREDATOR**  
Action/Horror, R

**WHITE BOY RICK**  
Rick Wershe is a single father struggling to raise two teenagers during the height of the crack epidemic in 1980s Detroit. Wershe sells guns illegally and soon attracts attention from the FBI. Agents convince his son, Rick Jr., to become an undercover drug informant in exchange for keeping his father out of prison.

**THE PREDATOR**  
The universe's most lethal hunters are stronger, smarter and deadlier than ever before, having genetically upgraded themselves with DNA from other species. When a boy accidentally triggers their return to Earth, only a ragtag crew of ex-soldiers and an evolutionary biologist can prevent the end of the human race.

## "The Wild Party" Has Talented Revelers, Anemic Plot

Review by

SUZANNE ANGELO  
(member, American Theatre Critics Association)  
& GREG ANGELO  
(Member Emeritus, San Francisco Bay Area Theatre Critics Circle)

This is the craziest party  
That there ever could be  
Oh, don't turn on the light  
'Cause I don't want to see

— From the 1966 song "Mama Told Me Not to Come" by Randy Newman

If you're ready for a crazy party, there's one going on right now in Royal Oak. The Stagecrafters at the Baldwin Theatre are presenting an unconventional and decadent show with only one thing on its mind.

"The Wild Party" composer and lyricist Andrew Lippa grew up in Oak Park, MI and graduated from U of M. He relocated to New York City where, in 1996, he began work on the book and lyrics for "Party". Inspiration for his risqué jazz-age musical came from a 1928 narrative poem of the same name, published by essayist Joseph Moncure March, who later became a Hollywood screenwriter during the post-silent picture era. March's poem was promptly "banned in Boston" due to its explicit nature. And of course it became very popular for the same reason. Lippa's musical didn't fare nearly as well. It opened off-Broadway in 1999 and drew

mixed critical and audience response, closing after less than two months. Nonetheless, it garnered a number of industry nods, and a Drama Desk Award.

The setting is Greenwich Village in the late 1920s. A lively young showbiz couple finds that life has gotten dull, and they decide to throw a party for their colorful and equally lively friends...and a few strangers. There are assorted hookers, boxers, gay boys and girls, and bathtubs onstage (for gin, what else?). Intrigue and lust bloom in the smoky surroundings like orchids in a hothouse. And, of course, music.



Randi Hamilton ("Into the Woods") commands the stage as Queenie, a raunchy, gorgeous chorus girl. She's got a big brassy voice, a wild blonde flapper hairdo and a shimmy-shake that sets the world afire. Burrs, a scary, violent vaudeville clown and Queenie's live-in lover, is

ably performed by Josh Allor ("Metamorphoses"). His vocals are nothing short of superb, although he seems to struggle with some of the physical demands of the role, like dancing.

While there are shades of Bob Fosse's "Chicago" in the song-and-dance, "Party" falls short in the story department. It's mainly the tale of a love triangle, set to music and suspended from a flimsy plot framework. The initial jolt of the decadent and jaded opening number soon wears off. More of the same follows, scene after scene, with no real surprises left. The main reason? It's

and sympathy by the handsome Dez Walker, Black seeks to rescue Queenie from the cruel Burrs, with tragic results. Nancy Ingles as the vivacious Kate is perfect as Queenie's nemesis, stealing the attention, and the men (or at least trying to). And Liz Schultz as the lone-some lesbian Madelaine provides welcome comic relief and what may arguably be the best number in the show, "An Old-Fashioned Love Story".

Director Jerry Haines provides good staging and blocking, but at times the large cast, scattered in small background groups around the stage, make pantomimed movements while a scene is being played. It might be less distracting if the groups are in frozen tableaux, so the focus can remain on the actors playing the scene.

The jazzy choreography by John Luther is first-rate, with plenty of the old bump-and-grind, and a talented cast to carry it over the top. The vocals, orchestra, costumes and lighting are all top-notch, and make up for any shortcomings elsewhere. There are show-stopping numbers including "Raise the Roof" and "Let Me Drown". All this, and the amazing ensemble cast, is more than enough reason to come to this "Wild Party".

The Wild Party is playing now through September 30 at 8 p.m. Thursdays, Fridays, and Saturdays, and 2 p.m. Sundays. Tickets are \$21 to \$28. Baldwin Theatre is located at 415 S. Lafayette in Royal Oak. Visit stagecrafters.org for tickets and to see their upcoming season.

Photo courtesy of Stagecrafters

hard to care about these people, because they don't care about each other. They are mostly self-centered, hedonistic and shallow. There is a glimmer of hope when the character Black arrives at the party. Played with skill

The Gazette Autumn

# Senior Guide

**Pull Out  
and Save**



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## Church Tour with the Lunch Bunch

Explore the soaring architecture of Old St. Mary's Church in downtown Detroit with the Shelby Township Senior Center Lunch Bunch.

On Tuesday, September 18, the senior center will take a walking tour of the church, located in Greektown. The Victorian Romanesque basilica was completed in 1885, and is the third oldest Catholic parish in the city. The church features three grottos and a beautifully frescoed ceiling. People with mobility challenges

should know the church includes a few stairs.

After the tour, the Lunch Bunch will eat at Polka Polish Cuisine in Troy. The outing costs \$27, which includes the bus, a donation to Old St. Mary's, and lunch. The bus will depart at 9 a.m. from the Shelby Township Senior Center. Those participating should arrive 10 minutes before departure.

To learn more, contact the senior center at 586-739-7540, or send an email to seniors@shelbytwp.org.

## Helping Hands: The Importance of Volunteering

### By SENIOR LIFESTYLE

At Senior Lifestyle, we know that volunteers are the backbone of every community. They provide unique talents and perspective, selflessly sharing time and energy for the benefit of others.

**Volunteerism** is alive and well through organizations like Points of Light, the world's largest organization dedicated to volunteer service; AmeriCorps, a network of national service programs that foster civic engagement; and RSVP, one of the largest volunteer networks in the

nation for people 55 and over.

Although volunteers make an impact in the lives of those they serve, they may not know about the personal benefits of volunteering. In addition to feeling a renewed sense of purpose, meeting new people with similar mindsets, and discovering an outlet for their skills and talents, volunteers often reap health benefits. Studies have found that volunteers of all ages experience fewer hospital stays than those who don't volunteer and have better overall health, lower stress, and more stamina.

Sharing a volunteer opportunity strengthens your ties to the community and broadens your support network. It can also be an opportunity to sharpen your social skills and improve self-confidence by providing a sense of pride and purpose.

**Whether you can** give an hour per week or an hour per month, volunteering is time well spent and will make a difference in your community and your life. To learn more about the benefits of volunteering in your area, visit seniorlifestyle.com/.

## Health Tips for Returning from a Long Trip

Traveling in certain less-developed countries can bring health complications as unwanted passengers, especially for older adults. And sometimes, those complications don't become clear until after you've come home.

**Jet Lag** - Though it's not a serious condition, you are likely to suffer from jet lag if you've traveled across many time zones, and especially if you've traveled from the western hemisphere to the eastern hemisphere.

Some people do well using melatonin for a few days before and after travel. Spending time in the sun, eating meals at the proper local time and taking short naps when you're tired so you can still sleep at night are all good ways to help reset your body's circadian rhythms.

**Travel Stomach Pains** - The most common travel-related illness is also perhaps the least pleasant: diarrhea, usually tied to bacteria that contaminates food or water, or both. The key here is preventing it in the first place, says



Christopher Carpenter, M.D., head of the section of infectious disease and international medicine at Beaumont Hospital, Royal Oak.

Carpenter cites the maxim, "boil it, cook it, peel it or forget it" in approaching food in countries in Asia, Africa, Central and South America, and the Middle East. The Centers for Disease Control and Prevention advises that you should eat only food that is cooked and served hot, raw fruit and vegetables only if you've washed them in clean water or peeled them, and drink beverages from factory-sealed containers.

**Insect-Borne Diseases** - Skin or soft-tissue infections may be unusual because of where and how you were exposed, Dr. Carpenter says. Insect bites in many tropical and sub-tropical countries may transmit diseases we don't have in the U.S.

Malaise, fevers and body aches could all be a sign of mosquito-borne infections like dengue, malaria, Zika or chikungunya virus. All three are fairly non-specific in their presentations, Dr. Carpenter says, but if you get ill within a few days of coming home, see your primary care physician, who will likely refer you to a specialist.

**Immunizations** - As always with long international trips, prevention is key. Dr. Carpenter says there are good vaccines available for typhoid and hepatitis A, a liver infection, with the latter being a good idea even for people who don't travel internationally.

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## Financial Retirement Advice from AARP, Don't Leave 401K Money on the Table

(NAPSI) A recent survey by AARP and the Ad Council revealed that Americans are getting the most out of every dollar in many areas of their lives, with 92 percent using money-sav-

certain amount, only three out of 10 Americans are contributing enough to maximize the company match—which means they're essentially leaving free money on the table.

chief public policy officer, AARP. "This campaign breaks down retirement savings into easy, actionable steps for all Americans."

**AceYourRetirement.org** features a friendly digital retirement coach named AvoSM, who guides you through a series of questions about your life, savings goals, and retirement plans. In just a few minutes, AvoSM provides a personalized action plan that highlights your top three action items—the simple, practical things you can do right now to save for retirement. The tips cover a wide range of topics, including how to turn a hobby into a source of income during retirement and how to have a conversation with family members about getting on the same page financially.

Try to increase your contributions to your retirement savings plan every year, even if by only 1 percent. If your employer offers matching funds for your retirement savings plan, contribute at least enough to get the full employer match. Don't turn down free money!

Brainstorm ideas for earning money in retirement, such as turning a hobby into a source of income, or taking on seasonal part-time work. Wait as long as you can—up to age 70 if possible—to begin collecting Social Security.

This increases your annual benefit.

Evaluate your budget to see if you can reduce some of your expenses. This can help you put away more money now and also have a lower cost of living in retirement.

### Get Your Plan

Although saving for retirement can be intimidating, it's never too late to get on track for a more financially secure future. For your personalized retirement savings action plan, visit [AceYourRetirement.org](http://AceYourRetirement.org).



ing hacks like comparison shopping, using coupons, and signing up for customer reward programs.

Yet, fewer Americans have applied this savviness to their retirement savings. Two in five households headed by Americans age 55 to 64 have no assets saved for retirement, according to the National Institute on Retirement Security. Furthermore, while many companies will match their employees' retirement plan contributions up to a

To address this savings shortfall, AARP and the Ad Council have launched a new campaign to help people save for retirement with a new free interactive online resource, AceYourRetirement.org, to empower people to take control of their financial futures.

"**Retirement planning** can sometimes leave people anxious, confused or even paralyzed," said Debra Whitman, executive vice president and

## Let the Good Times Roll Dinner Dance

Seniors can kick up their heels at the Shelby Township Senior Center "Let the Good Times Roll" Dinner Dance on Friday, September 21.

**Attendees can** dance to the music of The Dennis James Band and enjoy a buffet dinner. Tickets cost \$16 per person. The doors will open at 5:30 p.m., and dinner will be served at 6 p.m. Call the senior center at 586-739-7540 to

reserve your spot.

The Shelby Township Senior Center is located at 51670 Van Dyke in Shelby Township. Those interested in participating in senior center events must become members. Registration costs \$3 for residents of Shelby Township and Utica. The cost for non-residents is \$4.

## Grab the Popcorn—Movie Night at the Senior Center

Thursday night is movie night at the Shelby Township Senior Center.

**Twice a month**, the senior center shows films at 12:30 p.m. The next movie you can catch is "Book Club" on September 20. Starring Diane Keaton, Jane Fonda, and Candice Bergen, the story centers on four lifelong friends who have their lives forever changed

after reading a book in their monthly book club.

Next month, the senior center will show "Won't You Be My Neighbor" on October 4 and "Goodbye Christopher Robin" on October 18.

To learn more, contact the Shelby Senior Center at 586-739-7540.

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## Savvy Seniors at the OPC Senior Center

Each month, Savvy Seniors focuses on a special topic. The program is held at the OPC Senior Center, and sponsored by Comfort Keepers. All talks begin at 10 a.m. and are open to the public and complimentary. Call 248-656-1403 ext 0 to reserve your seat.

The next opportunity will be Wednesday, September 19 with the topic "Stop the Bleed & Save a Life." No medical training is needed.

Mark your calendar for future Savvy Senior dates, including October 17, November 7 and December 5.

## Dealing with Stress Vital to a Healthy Mind and Body

How do you handle stress? Believe it or not, your answer may say a lot about your health in general, and your heart health in particular.

affects overall health and wellness.

How do our bodies respond to stress? According to Mayo Clinic, your body is "hard-wired to react to stress

in your hypothalamus, setting off an alarm system in your body. This alarm then prompts your adrenal glands to release hormones including adrenaline and the stress hormone cortisol.

According to Mayo Clinic, "adrenaline increases your heart rate, elevates your blood pressure and boosts energy supplies. Cortisol, the primary stress hormone, increases sugars (glucose) in the bloodstream, enhances your brain's use of glucose, and increases the availability of substances that repair tissues."

Although stress is here to stay, the key to preventing stress-related heart health issues lies in managing stress efficiently. Learning about what stresses you and how to care for yourself in stressful situations is vital in managing stress.

**Stress management** strategies may include taking time to enjoy hobbies, fostering healthy friendships, practicing relaxation techniques such as yoga, having a healthy sense of humor, eating a healthy diet, and getting plenty of exercise

Knowing your personal stressors, and how to cope with them, is an important part of stress management and an important part of staying healthy.

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Increasingly, studies are finding that while stress itself isn't detrimental to our health, our ability (or lack of ability) to manage stress can be. Our reactions to everyday stressors, like flat tires and long workdays, as well as big stress situations, like an unexpected illness or the loss of a job, form a stress management pattern that

in ways meant to protect you from predators and other aggressors."

While those threats may be rare today, others have crept in to take their places. Demands on your time in the form of heavy workloads, family obligations and other "everyday" stressors are perceived as threats, starting a cascade effect which begins

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# Tips for Seniors Dealing with Estate Planning



by  
AMY FORTUNE

Estate planning is not only for the wealthy. As a senior, you have worked hard for your assets, and it is a good idea to have a plan for your property if you are incapacitated, move into an assisted living facility, or reach the end of your life. It is also never too early to start your estate planning. However, if you are reading this, it isn't too late to hire a reputable attorney and get all of your documents and plans in order.

## Five Important Steps to Estate Planning

Your estate planning journey may differ from your neighbor's or friend's, but, there are a few important steps that every senior should take when looking toward the future.

### 1 - Get a good lawyer.

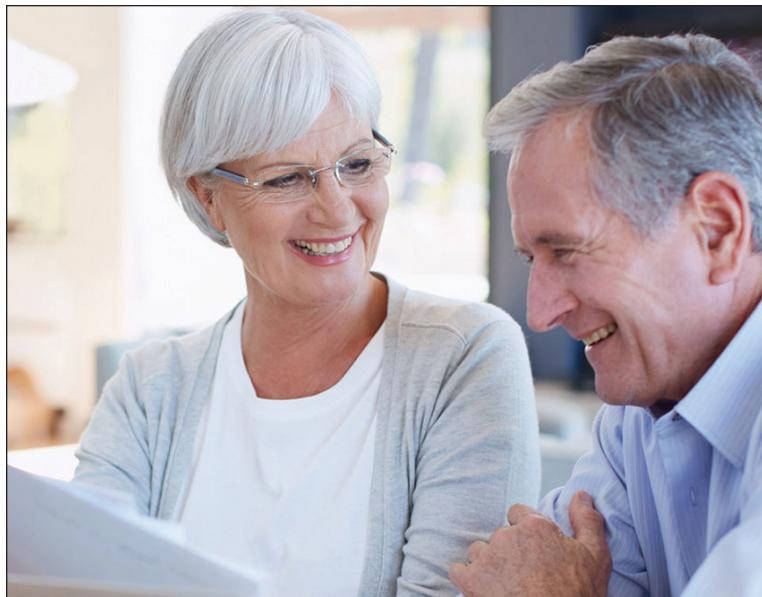
Estate planning requires a detailed process and complicated legal forms. In addition, it is wise to have a professional on your side who can be objective if sensitive issues come up, like which child or grandchild gets what. Ideally, you should look for an attorney who specializes in elder law.

### 2 - Consider all options carefully.

When discussing estate planning with your attorney, ask a lot of questions. Do not rush through any document or decision, and make sure that you understand everything.

### 3 - Revisit your plan regularly.

When selecting your attorney, make sure to choose an individual with whom you feel comfortable



enough to establish a long-term relationship. Effective estate planning is not a "set it and forget it" process. After all, circumstances change, so you may need to check in periodically to make sure your plan is still viable and acceptable.

### 4 - Discuss your plan with family members.

Even if it feels like an uncomfortable conversation, it is good idea to make your closest family members aware of your estate planning decisions. This way, they can ask you questions and provide suggestions. Openly discussing your intentions will also eliminate confusion and unwelcome surprises down the road.

### 5 - While planning out your estate, consider power of attorney options.

Hopefully, you will never become incapacitated, but, again, no one knows what the future holds. We

always hope for the best, but it is smart to have plans in place for those less than ideal situations. Therefore, you should choose a trusted family member to make financial decisions on your behalf in case there is a time when you are unable to do so yourself. You can give this individual the power to make health decisions as well, or you may select a different family member to handle medical issues.

### Get a Plan in Place, then Get on with Your Life

Estate planning and power of attorney decisions are not the most pleasant topics to discuss and consider. However, it is likely that you will breathe a little easier once clear and legally binding plans are in place. These are the types of things that you shouldn't put off. Just take care of them, get your peace of mind, then get on with enjoying your life and the things that you do enjoy.

# Warning Signs of Macular Degeneration

Macular degeneration is the leading cause of vision loss. It's also called age-related macular degeneration. Your macula is part of your retina – the area in the back of your eye that turns images into signals that go to your brain. It lets you see small details clearly. When the macula starts to break down, you have trouble seeing those kinds of things. For example,

you might be able to see the outline of a clock, but not make out its hands.

**Early signs include** blurred vision and trouble seeing color and fine details. As the disease gets worse, you lose your center vision. You may have trouble reading, driving, and making out people's faces. You will need brighter light to do daily tasks and will find it harder to judge distances or go

up and down steps. Visual hallucinations – seeing things that aren't really there – are also a sign.

Doctors don't know exactly why macular degeneration happens, but your family history plays a part. Your chances of having it increase if your parent, sibling, or child has the disease. Your lifestyle matters, too. For example, smokers are twice as likely to experience macular degeneration as people who don't light up.

**Most people have** a dry type of macular degeneration. That means small white or yellow fatty deposits, called drusen, have formed in your retina and are causing it to break down. The dry kind tends to get worse slowly. With the wet version, your abnormal blood vessels damage your macula and change the shape of your retina. Although it's less common, the wet type is the cause of 90 percent of all vision loss from macular degeneration.



MACULAR DEGENERATION is an all-too-common eye disease that causes vision loss. Pictured above is an example of what healthy eyes see on the left compared to someone who suffers from macular degeneration on the right.

## Michigan Senior Olympics Pub Crawl

Join the Michigan Senior Olympics on Saturday, October 13, for a good time to benefit a great cause. Registration is now open for the sixth annual MSO Pub Crawl. All proceeds benefit the Michigan Senior Olympics. The event will take

place in downtown Rochester from 1-5 p.m. The cost is \$15 to join, which includes a T-shirt, happy hour specials, and door prizes. To register, call 248-608-0252 or 248-608-0250. To learn more, visit michiganseniorolympics.org/.

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<b>SEPT 28</b>	Mystery Fine Dining - Detroit - Business casual attire - \$68/person
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<b>OCT 15-20</b>	Branson Show Trip Extravaganza: - Travel to Branson, MO for a week of live shows, a ride on the Showboat Branson Belle, shopping, and so much more! - \$647/person
<b>OCT 23</b>	Hallowed Grounds of Historic Cemeteries - Lunch included - \$49/person
<b>NOV 8</b>	Late Fall Harvest Buffet - A mystery location in Oakland County where you can embrace an afternoon of epicurean delights - \$65/person

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## Seniors, Come Join All Seasons of Rochester Hills for "A Taste of All Seasons"

Come celebrate Autumn with All Seasons of Rochester Hills and enjoy a "Taste of All Seasons" on Friday, September 21 at 12-Noon. This event includes a complimentary lunch, entertainment, and a grand tour of this active resort-style Senior Independent Living Community.

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cious 1 and 2 bedroom residences, All Seasons has it all! Come and experience for yourself why All Seasons of Rochester Hills is the Superior Choice in Senior Living!

Seating is limited for this event, so please call 248-260-2869 to RSVP by Tuesday, September 18 or email ASRHDirectorOfSales@Beztak.com. All Seasons of Rochester Hills is located at 175 E. Nawakwa Rd. just north of M-59 at Rochester Rd.

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- 5. Is it difficult to hear on the phone?  YES  NO

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## Supporting Sandwich Generation Caregivers

For many families, late summer ushers in the annual ritual known as "back to school." Dreaded by kids and celebrated by parents, the return to school marks a time of transition to more rigid schedules after a few months of fun and flexibility.

But for sandwich generation caregivers – those who are raising a family while caring for a parent – the new school year and all the activities associated with it can add to a hectic schedule.

A national survey done by the Alzheimer's Association found that approximately one-quarter of dementia caregivers are "sandwich generation" caregivers, meaning that they care not only for an aging parent, but also for children under the age of 18. Two-thirds of sandwich generation caregivers are also holding down jobs, stretching themselves even thinner as they try to balance competing priorities.

According to the 2017 Alzheimer's Association Facts and Figures report, sandwich generation caregivers indicate lower quality of life and diminished health and health behaviors (for example, they are less likely to choose healthy foods and less likely to exercise) compared with non-sandwich generation care-

givers or non-caregivers. The Alzheimer's Association offers these specific tips for recognizing and relieving caregiver stress.

### The Alzheimer's Association's Top 5 Tips to Support Sandwich Caregivers

**Take Care of Yourself** – It can be easy to neglect your health while caring for others, but making sure you are healthy can help you be a better caregiver to others. Try to eat well, exercise and get plenty of rest. Carving out just 30 minutes a day for yourself to do something you enjoy (exercise, reading, or watching TV) can go a long way in reducing caregiver stress.

### Maintain Good Communication

– A major stressor for sandwich generation caregivers are feelings of guilt when caregiving tasks detract from time spent with family. Help your partner and children understand the demands you're facing and enlist their help and support. A 2017 Alzheimer's Association survey found that 91 percent of Americans believe it takes a village to care for a person living with Alzheimer's, but many caregivers fail to ask for help.

**Seek Support** – Contact the Alzheimer's Association or use their online Community Resource Finder

at alz.org/ to locate dementia care resources in your area. Adult day programs, in-home assistance, companions, and meal delivery are just some of the services that can help you manage daily tasks. Visit the Alzheimer's and Dementia Caregiver Center at alz.org/care/ to access care training resources, including free online workshops.

**Talk to Your Employer** – A 2015 AARP report found that 53 percent of employed caregivers indicate their employers offered flexible work schedules. Some companies allow telecommuting. Discuss potential accommodations that can be made that will allow you to remain productive at work while balancing caregiving responsibilities at home.

**Know You're Doing Your Best** – Remember that the care you provide makes a difference and that you are doing the best you can. You may feel guilty because you can't do more, but you are only one person. Identify priorities, and focus on those tasks most essential. Delegate lesser responsibilities to others. For support and encouragement, visit ALZConnected.org/.

## Rewired Not Retired, Second Act Careers

Second act careers can be as exciting as your first career. Join Lomas Brown - former NFL player, Detroit Lions Radio Broadcaster, entrepreneur, and mentor - on Wednesday, September 19 at 7 p.m. for Rewired not Retired at the OPC.

This event is open to the public, will include refreshments and a raffle. Admission is \$5 per person.

Call 248-608-0251 to reserve your spot or visit the OPC's cashier's window located at 650 Letica Dr. in Rochester.



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## Wheels & Teal Car Show and 5K Awareness Walk/Run

The seventh annual ovarian cancer awareness event Wheels & Teal will be held on Saturday, September 15.

Join the Village of Rochester Hills for the crowd favorite Teal and Turquoise Classic Car Show, as well as the 5K Fun Run/Walk. The 5K will kick off at 8 a.m. with the main event running from 10 a.m.- 1 p.m.

The 5K is an un-timed run/walk, so don't worry about your best run time, just come and have fun!

To register for the 5K or to learn more about this event, visit [wheelsandteal.com/](http://wheelsandteal.com/).

Ovarian cancer survivors should email [MichelleShepherd@mioca.org](mailto:MichelleShepherd@mioca.org) for a discount registration code.

## Beaumont Hosts Free Diabetes Management Event

More than 30 million people live with diabetes every day. While many learn how to successfully manage their diabetes, the diagnosis can still be overwhelming.

On September 25, Troy Beaumont Hospital, will host "Diabetes and You" from 5:7:30 p.m. in the Qazi Auditorium, inside the Moceri Learning Center, 44201 Dequindre Road in Troy.



"Our patients and their families have questions about diabetes. Beaumont's knowledgeable team of doctors and medical experts can provide guidance on lifestyle changes people can incorporate to improve their health and quality of life," Nancy Susick, RN and president of Beaumont Hospital Troy said. "This event is a great way to support our community and share knowledge that will enable patients and families to take an active role in their health and wellness."

WDIV-TV 4 weather anchor Brandon Roux will emcee the free event that kicks off with a health fair featuring healthy eating strategies from Beaumont dietitians, pharmacists with information about medications, appetizers and refreshments, free blood pressure screenings, integrative medicine experts, stroke education and awareness, and hands only CPR education and training.

Following the interactive health fair, Brandon Roux will share his personal story about living with diabetes. Afterward, Beaumont endocrinologist Abdul Al-Kassab, M.D., will present key ideas about diabetes to help patients better understand their disease. Wendy Miller, M.D., director of the Beaumont Weight Control Centers will discuss the benefits of maintaining a healthy weight through nutrition and medical weight management.

"Beaumont Health is committed to becoming a leader in care that supports the needs of patients and their families," Susick said.

Throughout the night, there will be drawings for prizes including: books about diabetes management and diabetes-friendly cookbooks, seven for \$70 health screenings coupons, and Beaumont Health Club passes.

If you plan to attend, enter the hospital campus from the north via Emergency Drive. Continue straight, and park in the northwest lot adjacent to the Moceri Learning Center entrance. Space is limited. To register, call 800-633-7377 or visit [Beaumont.org/diabetes/](http://Beaumont.org/diabetes/).

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## 5 Conditions That Affect Your Bones

Healthy bones are important for a healthy life. As we age, it's important to take care of them.

### Osteoporosis

Osteoporosis is when bones become less dense, making them dangerously weak and more likely to break. The hip, spine, and wrist are especially susceptible. Doctors can test patients' bone density to see if they have this condition, which is more likely as people get older. Changing your diet and exercise habits may help, and some medicines can slow bone loss. It's also wise to work on your balance and strength to help prevent falls that could break bones.

### Osteopetrosis

Osteopetrosis is the opposite of osteoporosis, meaning bones become more dense. It doesn't make them stronger, though. In fact, they weaken and may break more easily. This condition can also affect the marrow inside your bones, which can make it harder for your body to fight infection, carry oxygen, and control bleeding. Treatments include medication, supplements, hormones, and sometimes surgery. Physical therapy can also help.

### Osteonecrosis (Avascular Necrosis)

This can happen when a bone often in the thigh, arm, knees, or shoulders doesn't get enough blood. Without blood, the bone tissue dies and collapses. It can cause pain and make it harder



to move. Causes include an injury; medication; or diseases such as cancer, lupus, and HIV. You may need drugs, surgery, or other treatments.

### Type 1 Diabetes

Type 1 Diabetes usually starts in childhood, when your bones are still growing. With this condition, your body makes little or no insulin, a hormone that helps control blood sugar. It may also weaken your bones. Doctors aren't sure why, but without enough insulin, your bones may not grow as well or reach their peak bone mass. Your doctor can help you manage the condition with

drugs, diet, blood sugar tests, and lifestyle changes.

### Lupus

With immune system conditions like Lupus, your defense system attacks your own body. Muscle pain, fever, tiredness, rashes, and hair loss are common symptoms. So are swollen and painful joints. You're also more likely to develop osteoporosis and break bones. The corticosteroids used to treat lupus can cause a loss in bone density. Your doctor will consider that when making your treatment plan.

## Tigers Celebrate 50th Anniversary of World Series Victory

As the 2018 Major League Baseball season comes to its end, many Detroit Tigers fans are remembering the team's incredible postseason 50 years ago.

In 1968, the Detroit Tigers defeated the St. Louis Cardinals in a seven game World Series Championship. Last week Saturday, the championship team was honored in a celebration at Comerica Park before the second game in the Tigers' series against St. Louis.

Thirteen players from the championship team were in attendance, including Al Kaline, Willie Horton, Mickey Lolich, Mickey Stanley, and Denny McLain. The current team wore 1968 replica road jerseys for the game, and "1968" was cut into the grass in center field. Horton, Kaline, Lolich and Stanley threw out the first pitches.

The victory meant a lot to a city still recovering from the racial tensions that had reached a breaking point the summer before. Throughout the summer of '68, rumours were flying, and many people feared that violence would once again breakout in Detroit. When the Tigers won the pennant against the Yankees, the city exploded, but this time it was in celebration.

Following the Tigers' game seven victory in St. Louis, the team returned to a grateful city. John Hiller, a pitcher with the Tigers in 1968 spoke to the Detroit News about the team's impact. "I think it's a privilege for it to be thought that we helped hold the city together," he said.

"It's just a wonderful feeling."

Joe Feliciano sang the national anthem before Saturday's game, just as he did before Game 5 of the series 50 years ago. The current Tigers also presented the '68 team members with World Championship trophy replicas at Saturday's celebration.

The Tigers went on to win Saturday night's game, defeating the Cardinals 4-3. The teams went into the ninth inning tied, but Victor Reyes scored the winning run to prevent extra innings. The Tigers are currently ranked third in the American League standings.

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## Oakland University Theatre Kicks Off Season with Into the Woods

The Oakland University Department of Theatre will kick off its 2018-19 season on Thursday, Oct. 11 with *Into the Woods*, a "Once Upon a Time" tale that introduces the hopes and dreams of characters from some of our favorite fairy tales and explores the lengths we go to for our dreams—and the potentially high cost of getting what we want.



Guest directed by Scott Mikita with choreography by Rachel Constantino, *Into the Woods* is a musical with music and lyrics by Stephen Sondheim and book by James Lapine. One of five MainStage productions this season, *Into the Woods* takes place in Varner Studio Theatre at 8 p.m. on Thursday, Oct. 11; at 10 a.m. and 8 p.m. on Friday, Oct. 12; at 8 p.m. on Saturday, Oct. 13; at 2 p.m. on Sunday, Oct. 14; at 8 p.m. on Wednesday, Oct. 17; at 8 p.m. on Thursday, Oct. 18; at 8 p.m. on Friday, Oct. 19; at 2 p.m. and 8 p.m. on Saturday, Oct. 20; and at 2 p.m. on Sunday, Oct. 21.

Tickets are \$22 general admission or \$12 for students and the 10 a.m. matinee.

### Also on the MainStage this season:

- Lysistrata Remix* — Find out what happens when the play *Lysistrata* finds its way into a college dorm room and women from around "the world" make a pact to deny their men sex until the war stops. Directed by Karen Sheridan with choreography by Gregory Patterson, this new retelling of Aristophanes' classic comedy proves that nothing is as potent as the germ of an idea. Recommended for viewers 17 or older, *Lysistrata Remix* will take place in the Varner Studio Theatre Nov. 15 - Dec. 2.

- Seagull* — A slice-of-life drama set in the Russian countryside at the end of the 19th century, the action revolves around the play's dissatisfied characters' romantic and artistic conflicts. Directed by Lynnae Lehfeldt, *Seagull* is considered one of the 100 most important plays of all time and is the first of the four major plays of Anton Chekhov. Performances will take place in Varner Studio Theatre Feb. 7 - Feb. 15.

- The Who's Tommy* — Winner of five Tony Awards, *The Who's Tommy* is an exhilarating rock opera featuring a score by the legendary British rock band The Who. Set over a period of 25 years, *Tommy* is a story about hope, healing and the human spirit, while also exploring issues of mental health abuse, and celebrity.

Based on the book by Pete Townsend and Des McAnuff, with lyrics by Townsend and choreography by Amanda Lehman, *The Who's Tommy* will be performed in Varner Studio Theatre March 21 - March 30. Each performance of *Tommy* will be shadow-signed for the Deaf by Synergy on Stage.

- James and the Giant Peach* — James Henry Trotter cannot escape his mean aunts Spiker and Sponge; or can he? A magical peach may be his answer! Join James and the creatures that he meets on his incredible journey. Based on the fantastical tale by Roald Dahl and adapted by Richard R. George, *James and the Giant Peach* is directed by Lynnae Lehfeldt with performances in Varner Recital Hall May 17 - June 7; as well as Saturday, June 1 at the Flagstar Strand Theatre for the Performing Arts in Pontiac. The performances on June 7 will be shadow-signed for the Deaf by Synergy on Stage.

### On the SecondStage this season:

- Musical Theatre Workshop* — Theatre students present an evening of entertainment that is bound to prove their triple threat skills. The workshop will take place in Varner Studio Theatre Dec. 3 - 4.

- Orlando* — Playwright Sarah Ruhl's genre-defying adaptation of Virginia Woolf's infamous satiric romp through English history is at once magically poetic and grounded in the pragmatics of relationships. Ruhl (via Woolf) also engages deeply with many issues of contemporary life, including feminism and gender fluidity. Directed by Jake Hooker, performances will take place in Varner Studio Theatre Dec. 6 - 8.

- Nightclub Cabarets* — Students bring personal dialogue, song and story to the stage as part of a series of imaginative, honest and entertaining cabaret performances at the Flagstar Strand Theatre for the Performing Arts in Pontiac. Performances will take place April 4 - 7.

- The Battles of Coxinga* — Directed and adapted by Kerro Knox 3, this Japanese play, originally written by Chikamatsu Monzaemon for puppet theatre, is reexamined through various styles of traditional Asian theatre: Noh, Kabuki, Bunraku, shadow puppetry and the original Joruri. Chikamatsu is considered the "Japanese Shakespeare," and this play is his best-known history play where puppets allow spectacular scenes of superhuman feats and mayhem. Performances will take place April 11 - 14.

**Tickets are on sale now, without service fees, through Star Tickets at [startickets.com](http://startickets.com) and 800-585-3737. Tickets purchased by phone or online will be held at will call, at no additional charge, at the venue. Advanced ticket purchase is recommended. For more information, visit [oakland.edu/smtd/theatre/productions](http://oakland.edu/smtd/theatre/productions).**

## DSO Concerts Featuring Iconic Score Performed Live to Film

Later this month, the Detroit Symphony Orchestra (DSO) will present three performances of *Star Wars: A New Hope* Live in Concert, featuring screenings of the complete film with Oscar-winning composer John Williams' musical score performed live.

Fans will be able to experience the scope and grandeur of the beloved original *Star Wars* film—*A New Hope*—in a live symphonic concert experience, as *Star Wars: A New Hope* Live in Concert debuts Friday, September 28 at 8 p.m., Saturday, September 29 at 8 p.m. and Sunday, September 30 at 3 p.m. at Orchestra Hall. The concerts will be led by conductor Constantine Kitsopoulos.

Tickets for *Star Wars: A New Hope* in Concert begin at \$50 and can be purchased at [dso.org](http://dso.org), by calling the Box Office at 313-576-5111, or in-person at the Max M. and Marjorie S. Fisher Music Center (3711 Woodward Ave., Detroit).

Since the release of the first *Star Wars* movie over 40 years ago, the *Star Wars* saga has had a seismic impact on both cinema and culture, inspiring audiences around the world with its mythic storytelling, captivating characters, special effects, and iconic musical scores composed by Williams.

The concerts will take place just before the kickoff of the 2018-2019 DSO season. Learn more about the entire season at [dso.org/](http://dso.org/). They also come one week after the DSO performs the score

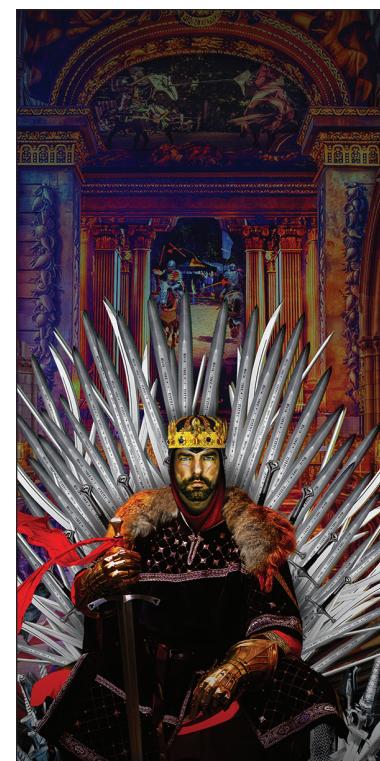
to another sci-fi classic, *2001: A Space Odyssey*, on Friday, September 21 presented by UMS and Michigan Engineering at Hill Auditorium in Ann Arbor.

**Legendary composer Williams** is well known for scoring all eight of the *Star Wars* saga films, beginning with 1977's *Star Wars: A New Hope* for which he earned an Academy Award for Best Original Score. His scores for *The Empire Strikes Back*, *The Force Awakens*, and most recently *The Last Jedi*, each were nominated for Oscars for Best Original Score.

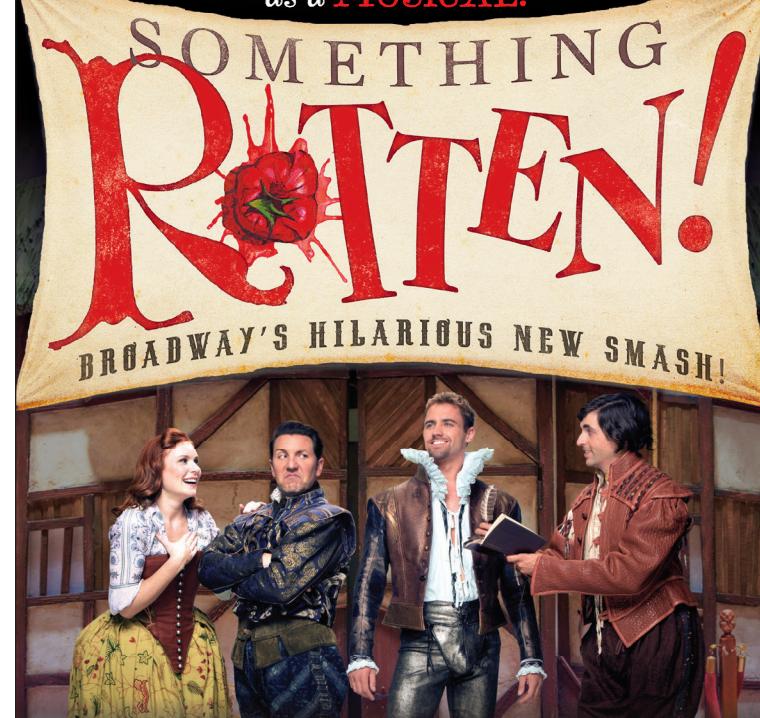
Williams has won five Academy Awards, four Golden Globe Awards, seven British Academy Film Awards, five Emmy Awards, and 23 Grammy Awards. With 51 Academy Award nominations, Williams is the Academy's most nominated living person and the second most-nominated individual in history, after Walt Disney. In 2005, the American Film Institute selected Williams' score to 1977's *Star Wars* (Episode IV: *A New Hope*) as the greatest American film score of all time. The soundtrack to *Star Wars* also was preserved by the Library of Congress in the National Recording Registry, for being "culturally, historically, or aesthetically significant." Williams has composed the scores for eight of the top 20 highest-grossing films at the U.S. box office (adjusted for inflation).

Constantine Kitsopoulos has made

a name for himself as a conductor whose musical experiences comfortably span the worlds of opera, symphony, musical theatre, and film with live orchestra. He regularly conducts in such venues as Carnegie Hall, David Geffen Hall, and Royal Albert Hall, and has served as music director/conductor for musical theatre productions on Broadway.



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## Macomb County Officials Join Lucido for State Ceremony

STATE REP. PETER LUCIDO, of Shelby Township, was joined this week by special guests Romeo Village Police Chief Daniel Sokolnicki (left) and Bruce Township Fire Chief Dave Witgen (right) for the Michigan House of Representatives annual Sept. 11 Memorial Service at the Capitol. The ceremony remembers first responders and members of the military from Michigan who died in the line of duty in the past year.

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## Shelby Student Selected to National D.A.R.E. Board

Jack Droelle, a 9th grader at Shelby Junior High, was at home preparing for the start of his freshman year when he received the good news that he had been selected to be the Michigan representative to the National D.A.R.E. (Drug Abuse Resistance Education) Youth Advocacy Board.

Nominated by Officer Leslie Heisler, the D.A.R.E. officer for the Shelby Township Police Department, Droelle was surprised to hear he had been selected from a statewide pool of student candidates.

Droelle's community involvement runs deep including founding a Junior Optimist Club and leading a fundraiser for the local non-profit, Macomb Foster Closet. He is very excited for all the opportunities that come along with his new role including speaking to UCS 6th graders in the D.A.R.E. program and traveling to speaking engagements in other communities.

Selected for their academic achievement and leadership qualities, the board seats youth of exceptional dedication and commitment from across the country to act as liaisons between D.A.R.E. America and the



communities. It is composed of 50 members, one student from each state.

"Jack is an outstanding student and will make a wonderful D.A.R.E. ambassador," said Dr. Christine Johns, Superintendent of Schools. "We are very pleased to have him represent Utica Community Schools here in our community, across the state and the country. Peer-to-peer, Jack's message

will resonate with fellow students. His commitment to lead a healthy and safe lifestyle along with his pledge to be a positive role model are traits that exemplify the best in UCS students."

"We were thrilled to get word that our local nominee for the D.A.R.E. Youth Advocacy Board was awarded a spot on the National Committee," said Shelby Township Chief of Police Robert J. Shelide. "It is important that our local kids feel like they have a voice in their future, and Jack is getting the opportunity to be that voice. Our D.A.R.E. program aims at helping kids to make good choices and to lead safe and healthy lifestyles. Jack embodies that idea, and we are sure he will represent us well with his insight and commitment to this community. We expect to see great things come from his participation on this board."

Programs such as D.A.R.E. give students strategies to address critical issues such as bullying, digital citizenship and substance abuse as well as an opportunity to have a positive interaction with local law enforcement officers.

—uticak12.org/



### Shelby Police Looking for Runaway Teen

THE SHELBY TOWNSHIP POLICE DEPARTMENT took to social media this week, asking the public for help in locating a suspected runaway teen. Police say Klaudia Brucaj, 15, left her home on her bike on September 9. She has powered her phone down but has told a family member via social media that she's ok. Anyone with information as to the whereabouts of Klaudia are asked to call Det. Malczewski at 586-731-2121 ext 331.



### Wanted: Target Wine Thief

THE UTICA POLICE DEPARTMENT is looking for help in identifying the suspect in this picture. He has been stealing wine from area stores. Call Detective Morabito with any information at 586-731-2345.

## Big Band Benefit Ball to Support Wounded Warriors Sept 29

### "The Big Band Benefit Ball"

Support the Wounded Warriors Project at the Big Band Benefit Ball on Saturday, September 29 from 6:45-11 p.m.

The Benefit Ball will be held at the Shelby Gardens, 50265 Van Dyke Ave in Shelby Township.

Tuxedos are optional at this black tie affair, featuring a special performance by the 1940's-inspired Gary Greenfelder's Orchestra.

Utica Mayor Thom Dionne, Shelby Township Supervisor Rick Stathakis,

and Shelby Veterans Events Coordinator Phil Randazzo will be guest speakers. Fox 2's Roop Raj will be the master of ceremony.

For ticket and donation information, contact thepurplecloverfundraisers@yahoo.com.

# Gazette

# CLASSIFIED

September 14, 2018



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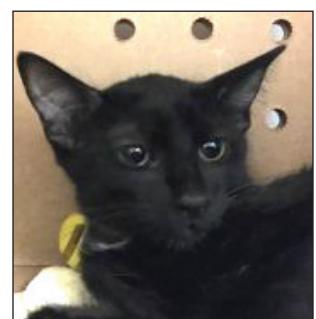
Hope Not Handcuffs is an initiative started by Families Against Narcotics (FAN), aimed at bringing law enforcement and community organizations together in an effort to find viable treatment options for individuals seeking help to reduce dependency with heroin, prescription drugs, and alcohol.

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. Angels 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)

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