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For Details

Complimentary Screening
and Workshop on Back Pain
Saturday, August 12th

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Friday, Aug. 11, 2017
Vol. 1, No. 36

Community Relations Director Shelby Twp

Shelby Township is accepting applications to establish an eligibility list for the full-time position of Community Relations Director. Responsibilities include leadership, management and oversight to all Communications functions. Qualified candidates must have a Bachelor's Degree in communications, journalism, public relations, marketing, or a related field. Candidates also need seven years in Cable Television production, journalism, public relations, marketing, or a related field. (local governmental cable television experience preferred). Prior supervisory responsibility required. Candidates must have a valid Michigan driver's license

Applicants must submit an application with proof of education, driver's license, and experience, no later than 11:59 p.m. on August 21. To view the job posting or submit an application, go to shelbytwp.org/departments/human_res source, under the 'job opportunities' tab.



The construction continues on M-59 and crews are making good progress, according to MDOT's Jim Petronski, P.E. "The work at Hayes is going well and MDOT will be ready to reopen later this week. Pavement removals have begun on WB and we are placing curb and gutter on EB. You may have noticed the large rolls of black plastic pipe on the project. This pipe is used for what is called underdrain ... The underdrain helps move the water out from underneath the pavement, into the drainage system and out of the subgrade. This will help us in the long run by minimizing our risk of freeze-thaw degradation of our stone grade." Stay up to date movingmacomb.org.

Inside

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Arts & Entertainment



THE MACOMB COUNTY BOARD of Commissioners attended a conference of commissioners this week at the White House. Pictured above in front of the Department of Treasury, from left to right, Bob Smith, Board Chair (Clinton Twp - D), Phil Kraft (Chesterfield Twp - R), Veronica Klinefelt (Eastpointe - D), and Jim Carabelli (Shelby Twp - R). "I'm thoroughly impressed that we were afforded the opportunity to go the White House and meet with the president's staff," Carabelli told the Gazette, specifically noting progress on their Mound Road Corridor initiatives. "Having the opportunity to talk to the Department of Transportation in assisting us with the process was invaluable. It helps us better position ourselves to acquire our tax dollars back here for our residents' benefit."

Macomb Commissioners Attend White House Conference

Macomb County Board of Commissioners Chair, Bob Smith; Vice-Chair, Jim Carabelli; and Commissioners Veronica Klinefelt and Phil Kraft traveled to Washington, D.C. this week after receiving a special invitation from the White House.

County commissioners from the entire state of Michigan, 622 in total, received an email invitation last week from Billy Kirkland, special assistant to the President and Deputy Director of the White House Intergovernmental Affairs Office. The email stated the purpose of the conference was to ensure that county commissioners are put in contact with federal officials and to develop effective coordination between federal agencies and Michigan counties.

"This conference will be an opportunity for the administration to strengthen our relationship with local entities of government," said Kirkland before heading to Washington.

Secret Service and Intergovernmental Affairs officials escorted commissioners on a tour of the White House and afterward, they attended a conference at the Eisenhower Executive Office Building. Presentations from federal agencies

were designed to inform commissioners about each department's purpose and their interaction with local levels of government. There were also breakout sessions at which commissioners had the opportunity to dialog directly with federal officials about issues facing Michigan communities.

"We intend to open the lines of communication between federal and local levels of government," said Board Chair Bob Smith ahead of the trip. "This is a great opportunity for commissioners to inform federal agencies about Macomb County concerns and to establish working relationships."

Commissioners said they planned to talk to agency directors about roads and infrastructure funding, advocate for Lake St. Clair and Great Lakes protection programs as well as reiterate strong support for the selection of Selfridge Air National Guard Base as the base for F-35 fighter jets.

The Macomb County delegation was joined by St. Clair County Commission Chair, Jeff Bohm, Commissioner Jason Morgan of the Washtenaw Board of Commissioners and Oakland County Commissioners Shelley Taub, Hugh Crawford, Wade

Fleming, Adam Kochenderfer and Doug Tietz. County commissioners from Pennsylvania and Florida each attended similar conferences in July.

Macomb Twp Supervisor Delays Heated Health Care Vote

by ANDREW NEAL

The fun never stops in Macomb Township. At Wednesday's Board of Trustees meeting, Supervisor Janet Dunn requested to table two of the more controversial items on the agenda, including one specifically requested by a trustee that would have rescinded health care benefits for part-time elected officials.

At the start of the meeting, Dunn said, "This morning I received an email from the MTA executive director seeking information on the impact of a court decision that is similar to the issues in this request. The MTA legal defense fund is considering a request to engage in an amicus curiae brief in support of Macomb County's appeal to the Michigan Supreme Court. I don't believe that the township should make any decisions at this time and I am requesting that this agenda item be tabled until such time as the Supreme Court makes a decision."

The Michigan Township Association did send an email, but some board members questioned its relevancy to the issue at hand. Clerk

See BOARD, page 2



TEENS WHO COMPLETED Clinton-Macomb Library's 45 days of reading goal are invited to a Summer Reading Wrap Up Party on Saturday, Aug 19, featuring Archery Hoverball, Battlelight Challenge, bouncy castle, pizza, and more. Teens must call 586-226-5020 or register at the main branch to attend.

Girls on Trails (GoT) Mountain Bike Clinic

Sunday, August 20 from 9:30 a.m. - 4:30 p.m., Girls on Trails is hosting a mountain biking clinic at River Bends Park in Shelby Township. The GoT Women's Mountain Biking Clinic is a beginner level clinic designed for women (18+) who are new to mountain biking or are interested in getting started.

Participants will be broken up into groups of similar ability and the day will be broken up into "on the bike" and "off the bike" sessions.

On the bike, you will learn how to ride single-track trails, and skills such

as the basics of braking and cornering and how to distribute body weight on climbs and descents. Off the bike, a maintenance clinic then covers basic trail repair, how to fix a flat tire and a broken chain, and how to keep a bike clean and properly lubricated.

Participants should bring their own mountain bike, helmet, and water for riding. If you are interested in learning more about this clinic or would like to register, visit bikereg.com/gotmtb-aug.

— Lauren Nicholson

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Macomb Trustee: "I wouldn't blame residents for questioning what's going on"

BOARD, From page 1

Pozzi asked Dunn if the case was indeed relevant to the agenda item. "Is it a case that is pending where a board removed some type of benefits during a serving time?"

Dunn responded, "Basically, it is ... in regards to lifetime health insurance for retirees."

Dunn also requested to table the issue of a grievance filed by the local firefighter's union regarding the termination of one of its members. "Also, closed session item #16, at 3:02 p.m. this afternoon the board members all received an email with 13 pages of information relevant to this grievance. I believe that since the board has not had time to review and verify this information, this item should be tabled until the next meeting."

The agenda items were tabled, but Trustee Tim Bussineau, who pushed hard for the health care amendment to be added to Wednesday's agenda, has responded to the Supervisor's actions.

"I spoke to MTA this morning," Bussineau told the Gazette Thursday, "and they're doing more research on this and they didn't want to make a clear statement to me about this until they make some more phone calls, but they did make it clear to me that no email they send out to any township would be a directive not to take a vote on an agenda item. They said they're not in the business of doing that."

As to the history of the item Bussineau is trying to amend, he says when it was passed in 2014, it was done so under the radar. "Residents have seen this as an out-of-the-norm benefit for quite a while. When it was passed a couple years ago, I think it got passed under the radar. It got passed attached to a longer document that was really supposed to be addressing compensation for a deputy treasurer, and then some verbiage got put in there to give the health care benefits to the trustees."

Macomb Township residents who frequently attend the board meetings and speak during public comment have continually raised the issue of the health care benefits. "There's a few issues that have been on the front burner for residents that they want taken care of and I would say at this point in history we've taken care of a couple of them," Bussineau said, adding that he believes this is the number one issue that residents are concerned with right now.

"I wouldn't blame residents for questioning what's going on," he said.

As for the Supervisor's rationale for tabling the item, Bussineau said that as far as he understands it, MTA is not meant to be a governing body. "I think it's a legitimate question for anybody to ask for the motivations of using that topic to try to curtail a local government unit to take a vote," he said, adding, "I am very suspicious as to why

that email was used, especially when the topic does not cover what we were voting on."

"I fought really hard to get it on the agenda. I emailed all the board members exactly what I was doing, so I'm showing transparency. I'm not playing political games."

The board often votes on items that could be considered last-minute additions to the agenda. Several controversial and expensive decisions have been made by the board using these tactics, and Bussineau cited one that just happened at the last board meeting. "The previous meeting before, she asked us to vote on a \$30,000 HVAC repair for township hall...that we had not received information on up until that point."

When asked if he believes the Supervisor is using last-minute additions for items she approves of and using time as an excuse for the ones she doesn't, Bussineau said he couldn't disagree with that notion.

"That email came in at 8:29 that day. She had plenty of time to let the board members know that this probably should be tabled if she firmly believed that, but I did not get any word the whole day that the email had arrived or that it would come into play as an issue."

It is uncertain when the amendment that would rescind health care benefits for the board of trustees will reappear on the agenda.

'Building Families First Community Organization' Eyes Macomb

by CATHERINE NOUHAN

Not all families have the ability to sustain self-sufficiency in their lifetime. Cyclical, generational poverty and governmental assistance can cause roadblocks in a family's path to financial independence.

Building Families First Community Organization (BFFCO) is a 501c-3 non-profit organization that is looking to "break the cycle of poverty and empower families to achieve self sufficiency," says BFFCO's founder, Tonia Cramier. And now they are looking to bring their work to Macomb Township.

Tonia Cramier is originally from Westland. She attended the University of Florida and received a Bachelor's in business administration and a Master's in social work. She is a certified HUD grant writer, worked in the corporate world for nine years as well as the non-profit world for 15 years.

Cramier started her non-profit, originally named 'Ways to Family Self Sufficiency,' due to losing her position in the corporate world. She saw the need for financial assistance services in families all across the greater Detroit area and wanted to play a part in helping.

"People are allowed to attain a section 8 voucher at 18 years old, and can live their life off that rental subsidy until they pass away. If they have a child that is 18 years old, the child has a right to that voucher, enabling that child and generation to stay in the cycle of poverty. So, we've found that there is a lack of

opportunity for elderly and veterans to participate in rental subsidies later in life."

This led to the formation of the Family Self-Sufficiency (FSS) program that BFFCO offers to the public. It is a four-year program that provides families with long-term support, financial education, and guidance to become independent of governmental assistance. To graduate from the program, families must become financially independent homeowners and BFFCO has a track record of creating self sufficient families.

"Since 2008 we have assisted over 1,200 children with back to school supplies, over 13,000 families with food emergency shelter eviction prevention and medical assistance, enabled 62 families to remove themselves from poverty and governmental assistance, and they are all homeowners."

With impressive credentials, BFFCO is looking to move into Macomb County. Although, Macomb Township already has a Housing Organization in the area, BFFCO's procedure is different.

"We offer long-term assistance throughout our FSS program with services that are available throughout a family's entire four-year participation, and even after they graduate. Other housing agencies do not necessarily provide these services to their clients," says Cramier.

Macomb Township has a shortage of homeowners and a surplus of home

renters. And in order to evolve the community, Cramier says homeowners need to be present to improve the economy, neighborhood, and families.

"There are apartment complexes that we are looking to take under our wing and make into affordable housing. We want to introduce the FSS and Job-Plus Program in Macomb to enable residents to become employed and have the opportunity to live in one of these apartment complexes."

These apartment complexes are not the average affordable housing. They are of mixed income brackets, not just low income. Once a family can raise their personal revenue, they are able to move out, giving a veteran or senior citizen the opportunity to reside in the apartment complex.

Moving into Macomb Township could be mutually beneficial, as it would help the non-profit in their process of becoming a Community Housing Development Organization (CHDO) which would allow them to hire contractors, ultimately bringing more advancements into the area.

"The program we offer is not just a Band Aid approach," says Cramier. "Families need an open door program that allows them to achieve upward mobility."

BFFCO is inviting you to enable your fellow community members to reach sustainability and homeownership. To learn more, visit their website at bffco.org.



COUNTY COMMISSIONERS from the entire state of Michigan, 622 in total, received an email invitation last week from Billy Kirkland, special assistant to the President and Deputy Director of the White House Intergovernmental Affairs Office. The email stated the purpose of the conference is to ensure that county commissioners are put in contact with federal officials and to develop effective coordination between federal agencies and Michigan counties.

Love Funding's Gerhart Secures \$97 Million in FHA Financing

Love Funding, one of the nation's leading providers of FHA multifamily, affordable and healthcare financing, announced the closing of five loans totaling \$97 million for five multifamily communities in the Midwest.

Love Funding Midwest Regional Director Bruce Gerhart secured the loans through the U.S. Department of Housing and Urban Development's multifamily loan insurance programs.

The programs provide non-recourse, low-rate, long-term financing for the construction, substantial rehabilitation or refinancing of affordable or market-rate apartment projects across the United States.

The properties included in the recent transactions are: Manchester, a new market-rate apartment community in the Detroit suburb of Novi that will add 172 units; Encore

Townhomes, a new market-rate townhouse community being developed in Utica, Michigan; Danbury Park Manor, an existing, 151-unit Section 8 multifamily community in Superior Township, Michigan; as well as two senior resident Section 8 multifamily communities in Illinois.

To learn more, call 216-583-0812 or visit lovetesting.com.

Octagon House Chat on The Lincoln Assassination

Join the Octagon House on Sunday, August 20 at 2 p.m. as historian and storyteller, Jerry Zaetta, discusses the events surrounding the assassination of President Abraham Lincoln at Ford's Theater in Washington, D.C., by John Wilkes Booth.

Even after almost one hundred and fifty years, the interest in the assassination is still alive and historians are still debating the events surrounding that

And finally, follow Booth through the swamps of Virginia in his effort to escape the largest manhunt in American history.

Jerry has been to numerous seminars and has spoken at libraries, book stores and historical societies. He is a member of the Israel Richardson Civil Round Table and The Surratt Society near Washington, D.C. His passion is the Lincoln Assassination.



fatal night. Learn how actor John Wilkes Booth had access to the President's box and how the President's body was moved to a small room across the street from the Ford's Theater where he later died.

Learn about the conspirators and how Secretary of State Seward and Vice President Johnson were marked for murder on that April night.

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 Rd in Washington Township. To learn more, visit octagonhouse.org or call 586-781-0084.



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UCS Senior Selected for Women in Engineering Camp

Madison Thompson has never been afraid to take risks or explore her educational options in Utica Community Schools.

Two years ago, she chose a path that featured classes at both Eisenhower High School and the Utica Center for Science and Industry (UCSI).

Now, that path is leading Thompson to a biomedical career after being one of only 120 students accepted to a summer Women in Engineering program through Michigan Tech.

"Madison's story reflects the importance of our students having a wide array of choices to pursue their specific interests and talents," Superintendent Dr. Christine Johns said. "Through her unique educational opportunities, she is now prepared to make a difference as a biomedical engineer."

Thompson called the Michigan Tech Camp "an amazing opportunity" that gave students a wide range of possible careers in engineering.

She said she found her career



niche after experiencing a workshop on how biomedical research is leading the way to the improvement of prosthetics.

"I just found it really interesting," she said. "It is something I could see myself doing ten years down the road."

The camp not only provided information for career options, it also shared a message about the importance of women in engineering fields and the positive impact it has on the profession.

"We will bring a new perspective to the field," she said.

Thompson said she applied for the Michigan Tech engineering camp opportunity at the recommendation of her mechatronics teacher at UCSI, Scott Spry.

Like the tech camp, Thompson said her participation in UCSI grew from having an open mind and her curiosity to explore every opportunity available to her as a UCS student.

"I was looking for something different," she said. "I wanted to shake things up."

Lucido: Help Michigan Families Offset School 'Pay to Play' Costs

With the school year ready to start across Michigan, state Rep. Peter Lucido is renewing his fight to provide financial relief for families saddled with 'pay to play' fees for extracurricular activities.

Lucido's bill would provide an income tax credit to offset fees families pay for students to participate in sports, band or other extracurricular programs in schools.

"With students headed back to school, it is a great time to act on this bill that would boost participation in sports and other extracurricular activities," said Lucido, of Shelby Township

in Macomb County. "This would be the difference-maker for families struggling to make ends meet. They otherwise could not afford the fees required for their children to play sports, join a club or perform in a marching band."

Participation fees are becoming more and more common in Michigan schools, with fees that often cost families hundreds of dollars.

About half the high schools responding to a 2016-17 Michigan High School Athletic Association survey said they charge participation fees.

National surveys show cost is often cited as a reason why students

do not play school sports, with the participation fees most likely to sideline children from lower-income homes.

"The 'pay to play' fees drive down participation in sports and other programs, and that is bad for kids. They deserve better," Lucido said. "Our plan will provide a much-needed incentive for parents to put their children in an extracurricular activity so they don't find themselves in front of a television or a computer all day. These activities are important, helping kids become well-rounded and successful for the rest of their lives."



Drumcommunity at the Shelby Township Library

THE SHELBY LIBRARY wrapped up its Summer Reading Club this week with a kid's drum circle. "We had lots of fun with Drumcommunity at our Summer Reading Club finale!" read a statement on the Shelby Township Library Facebook page with the above photo. "We hope you had as much fun this summer as we did!"

Free Back Pain Workshop at Barclay Physical Therapy

For those looking to learn more about how to prevent or manage back pain, Barclay Physical Therapy invites you to attend a free workshop this Saturday, August 12 from 10 a.m. to noon at their Shelby Township location, 51517 Van Dyke Road.

Guests will learn a variety of strategies to strengthen and prevent back pain and sciatica.

Members of the Barclay PT team will demonstrate several simple stretches and exercises. They will educate participants on proper posture and form and a complimentary screening for back pain will also be offered at the event.

Participants will receive a free fruit-infuser water bottle and free refreshments. Register today, as space is limited.

Call Barclay Physical Therapy at 248-853-5853 or email barclayphysicaltherapy@comcast.net.

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POLICE PATROL



■ DEATH IN MACOMB COUNTY DETERMINED

SUICIDE.

Macomb County Sheriff's Deputies were dispatched to the 70 block of Avery Street in Mt. Clemens where they observed a 50-year-old male subject deceased in his vehicle. Upon further investigation, detectives were able to identify the man as Christopher Hamilton out of Mt. Clemens. The death investigation has been ruled a homicide with the cause of death being a stab wound. At this time, the Macomb County Sheriff's Office has two persons of interest in custody and continues to investigate. Anyone with information regarding to this incident is asked to call Detective McPherson at 586-783-8192.

■ UNHITCHED TRAILER CAUSES SERIOUS ACCIDENT

On August 8, at approximately 8:54 a.m. the Shelby Township Police and Fire Departments responded to northbound M53, north of 25 Mile Rd. upon report of an injury accident involving a 2007 Pontiac G6 and an unhitched trailer. Emergency personnel attended to a 23-year-old man from Madison Heights, who was taken to Troy Beaumont Hospital with serious injuries. The initial investigation found that the trailer became unhitched from another vehicle that was also traveling northbound and subsequently collided with the Pontiac G6.

Witnesses to the accident or any individuals with information relevant to the accident are being asked to contact the Shelby Police Department at 586-731-2121.

■ ANOTHER TRASH CALL.

A caller out of Shelby Township saw a box truck back up towards the garage of a house in a neighborhood off of Schoenherr Rd. They claimed to see what they believed to be human remains being put into trash barrels, then dirt was allegedly placed in the barrels as well. The barrels were found at the rear of the home. The homeowner was located and very cooperatively dumped out the barrels, nothing but trash.

■ BLOODY ROOMMATE TROUBLE INVOLVES DRUGS, KNIFE

Utica Police responded to a call regarding roommate trouble at a residence on Kensington St. Upon arrival, officers spoke with the two female roommates who lived in the home. One woman explained that their male roommate was being unruly and that they wanted him out of the home because they did not feel safe.

Apparently the man had been throwing things around earlier in the day, and was not in the basement according to one of the women. The women also stated that they had not seen him since around 1 p.m. when he brought some couch cushions upstairs before returning to the basement.

When officers approached the basement stairs, they spoke with the man who responded that he was laying down. The man was verbally directed him to come to the bottom of the stairs. The man was observed with a lot of blood on his shirt and barely able to stand. Officers approached the man in investigated further, finding the man laying

down under a blanket with several pillows.

Officers were able to locate a large serrated carving knife with blood on it under the man's pillow. The man told officers that he had taken several Xanax along with 2 or 3 Ceraquil, and stabbed himself in the stomach in an effort to kill himself.

EMS transported the man to Henry Ford Macomb Hospital. The trauma physician on the scene advised officers that the man would likely survive the incident as there was no internal bleeding or major vascular wounds. Officers petitioned the man for a Mental Health Evaluation via the Macomb County Psychiatric. The investigation of this incident is ongoing.

Note: If you have any information on the aforementioned crimes or any other offenses, please call the Macomb County Sheriff at 586-469-5151.



Washington Twp. Fire Department Salutes Intern
Congratulations to Hannah Munck, the latest Paramedic Intern, for completing her internship with Battalion A. "Good luck with fire academy," WTFD posted on their Facebook page with the above photo. Hannah delivered her gift of two custom 'Baggo' boards to the WTFD.

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MCSO Receives \$5,000 Grant from AT&T

MACOMB COUNTY SHERIFF Anthony Wickersham was presented with a \$5,000 check from AT&T. The funds will be used to purchase AEDs for the Macomb County Sheriff's Office. "The Macomb County Sheriff's Office has always done an amazing job of serving this community," said Jim Murray, president of AT&T Michigan. "And we're happy to do our part to make sure that continues by investing in the tools and technology these officers need to keep the residents of Macomb County Safe." AEDs, (automated external defibrillators) save lives in the event that someone goes into sudden cardiac arrest by checking the heart's rhythm and sending an electric shock to the heart to try to restore a normal rhythm.

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Health & Fitness *Digest*

Back to Basics with Back Pain at Barclay

Does back pain have you feeling down? If so, you are not alone. Did you know back pain is the number one cause of disability worldwide and that 80% of adults will experience back pain at some point during their lifetime? Back pain can be very painful, and often hinder a person's ability to work, sleep, play and exercise. It makes it difficult to perform everyday activities and make things less enjoyable.

Our bodies were not designed for sedentary lifestyles or a technologically-driven society. Therefore, lack of activity can cause back muscles to tense up by staying in the same position for a long time, causing stiffness and pain. We often take things like exercising, gardening, house cleaning, lifting boxes or shoveling snow for granted and forget that even these activities can put stress on the back and put us at risk for back pain. Additionally, the aging process, arthritis, obesity and mental stress can also complicate back pain.

However, the good news is that most back pain goes away by itself in two to four weeks with rest and over the counter pain relievers. If this doesn't work, then it is necessary to see a doctor where he or she may recommend physical therapy or something more invasive like injections or surgery, only when all other treatments have failed.

However, one of the most effective forms of treatment for acute and chronic back pain is physical therapy. The goal of physical therapy is to reduce pain, increase function and provide education. For back pain, a therapist will often work with the patient to teach them stretches and exercises to strengthen the back and core muscles, among incorporating other forms of physical therapy, like heat/ice packs, electrical stimulation, iontophoresis, ultrasound, Pilates, spinal mobiliza-



tions and pool therapy, to better manage pain.

Each person is different and their time for healing will differ. A physical therapist is trained to work with the individual to monitor and correct improper movement habits, and develop a plan that is specific to the patient to help him/her meet improve function and reach his/her goals.

If you'd like to learn more about how to prevent or manage back pain, attend a free workshop hosted by Barclay Physical Therapy, this Saturday, August 12, from 10 a.m. to noon at the Shelby Township location on 51517 Van Dyke Road.

Participants will learn strategies to strengthen protect and prevent back pain and sciatica. Members of the Barclay Physical Therapy team, including Murali, will demonstrate simple stretches and exercises and provide education on proper posture and form.

There will be complimentary screenings for back pain.

Participants will receive a free fruit-infuser water bottle and refreshments for attending. Register today because space is limited. Call 248-853-5853 or email barclayphysicaltherapy@comcast.net.

Rep. Howrylak Encourages Community Input on Mental Health Services

State Representative Martin Howrylak this week encouraged local residents to submit feedback to a House Task Force reviewing mental health services in Michigan.



Representative Martin Howrylak

Rep. Howrylak said he hopes community members will participate by submitting their feedback. Citizens who have suggestions regarding veterans' care, substance abuse treatment, mental health services, and training for law enforcement can submit their input online at house.mi.gov/CARES.

A bipartisan House panel was recently tasked with exploring ways to enable

Michigan residents facing mental health challenges to live happier, healthier, and more independent lives. The Task Force established the house.mi.gov/CARES website to provide concerned citizens with an easy way to contribute to the public policy discussion.

The House C.A.R.E.S. Task Force is named for the key elements the group hopes to address in mental health reform: Community, Access, Resources, Education and Safety. The Task Force is holding various public meetings throughout the state to receive input from individuals and tour treatment facilities to gain a better understanding of the challenges in the system.

Meetings are currently scheduled at the following locations:

Thursday, Aug. 17

Hope Network Education Center, 775 36th St. SE in Grand Rapids, from 10:30 a.m. to 12:30 p.m.

Monday, Aug. 21

Mid-Michigan Community College, 1375 S. Clare St. in Harrison, at 1 p.m.

Tuesday, Aug. 29

Oakland Community Health Network, 2011 Executive Drive in Auburn Hills, from 2 to 4 p.m.

Michigan Senior Olympics Opening Ceremony

Michigan Senior Olympics would like to invite the community to attend the 2017 Summer Games Opening Ceremony held on Friday, August 11 from 6 p.m. – 8 p.m. at Bloomer Park in Rochester Hills. This is a free event open to all ages.

This event is the kick-off for the Summer Games taking place August 12-20 at various locations throughout Oakland and Macomb Counties. For a schedule of events, visit michiganse-niorolympics.org.

The opening ceremony event includes free food (Pulled Pork Sliders from Detroit BBQ Food Truck, Gourmet Food from Friendly Fork Food Truck, and Hotdogs from GFS), free pop and water, music by the Midwest Dueling piano company, free Kona Ice and chips, vendor tables,

inflatables, kids' games, face painters, balloon artists, BCBS Community Service Awards, a torch lighting ceremony, and much more.

This year's presenting sponsor is Bellbrook Senior Community. Other major sponsors include Blue Cross Blue Shield of Michigan, Blue Care Network of Michigan, Stonecrest Senior Living, Oakland County Parks, Home Instead Senior Care, Heartland – Oakland, Waltonwood Senior Living, KBTV, WellBridge, Boulevard Health Center, Cherrywood Nursing and Living Center, Oak Street Health, American House Senior Living, and Independence Villages.

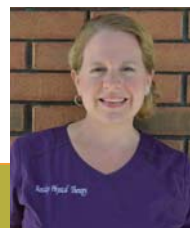
Bloomer Park is located at 345 John R Road in Rochester Hills. For questions, call the Michigan Senior Olympics at 248-608-0252.



Please Join Us!

Saturday, August 12th
from 10 am to 12 pm

5157 Van Dyke, Shelby Township



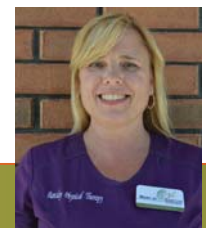
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Neuro-Physical Suit Therapy at Oxford Recovery Center Explained

WHERE HEALING BEGINS



by
TAMI PETERSON, PHD,
CHT, CFNC, CNHP
OXFORD RECOVERY
CENTER

Suit Therapy is an intensive Neuro-Physical Therapy that combines both conventional and non-conventional techniques to help with the rehabilitation of neurological damage.

"Originally the suit was designed by the Soviet Space program...however physical therapists soon discovered the suit was applicable to correcting the muscle toning of Cerebral Palsy patients"

The approach concentrates on retraining the body from a neurological standpoint compared to the traditional muscular approach. For this reason, Suit Therapy is especially helpful for patients that have had a Stroke, or suffer from Cerebral Palsy and other neurological disorders.

The therapy sessions are very intensive and consist of three full hours of one-on-one with a therapist, allowing them to focus on the individual's specific needs.

One of the largest challenges to a physical therapist is to stop a patient's body from overcompensating to perform movements. Often, Cerebral Palsy patients will compensate for their weakened side by

adjusting their movements and putting extra effort into the other side. Suit Therapy works to stop compensation from different muscle groups by putting the body back into proper alignment.

How does Suit Therapy accomplish this task? It starts with the suit. Originally the suit was designed by the Soviet Space program (SSSR) to maintain the astronaut's proper muscle activation while in orbit, a problem that astronauts still face today. Astronauts ran into some difficulties with putting the suit on in zero gravity, however physical therapists soon discovered the suit was applicable to correcting the muscle toning of Cerebral Palsy patients.

During the 1990's "Suit Therapy" was developed to help children with

Cerebral Palsy. By 2002 the device was brought to America and registered with the FDA.

Fast forward to today, Suit Therapy is used worldwide to bring patients of all types of neuromuscular disorders back to health and sometimes for the first time to health. The customizable suit allows the therapist to provide the proper tensions and supports to different parts of the patient's body to bring proper muscle activation. Similar, yet adapted, from the very same concepts that were designed to maintain an astronaut's health in space.

With stroke patients, the underlying reason for the weakened body parts is the loss of the connection and signaling from the brain to the body part. It is as though the brain

has forgotten certain muscles in the body exist. Suit Therapy is specialized to retrain the body's neural pathways to fire off muscle activation.

Suit Therapy can give brain damaged patients their lives back by improving strength, endurance, balance, coordination, and motor skills. They will regain proper patterns of movement and support, normalize muscle tone, and improve their functionality to work towards independence.

If you have experienced a neurological debilitation with a loss of fine motor skills, inability to walk or brain imbalance, let Oxford Recovery Center conduct a free evaluation of your disorders and develop a customized plan for your recovery.

The Oxford Recovery Center inte-

grates Neuro-Physical Therapy and Suit Therapy Programs in conjunction with Hyperbaric Oxygen Therapy to accelerate the development of new motor skills that strengthen muscles and teach the brain and body how to sit, stand and walk again.

Call Dr. Tami Peterson today at 248-486-3636 to schedule an appointment at their new state-of-the-art Troy location located at 165 Kirts Blvd., Suite 500. To learn more about Oxford's integrative therapy approach for a myriad of physical and neurological disorders visit OxfordRecoveryCenter.com.

Let your healing begin!

For Cerebral Palsy Patients

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Specialized for Your Individual Needs**

Hear what our Patients have to say!

"Vivian was born not breathing. It was a nightmare! She was having seizures. Her lung was collapsing. We didn't know honestly if our daughter was going to wake up so we found Dr. Tami and Oxford Hyperbaric Treatment Center. She sees a lot of kids with Cerebral Palsy and from there it just kinda all fell together. She's lifting her head so much better and she's been more vocal. She's actually babbling now when she's in therapy and it's "happy babbling". It's been a big relief mentally for me and my husband. It's been more than a benefit for our child, it's been a benefit for us!"

— Rachelle

"Before I came to Oxford I couldn't even walk across the room. Now I'm able to do that. I can sleep better. I have more balance. It's been a positive experience. Paired together they make a really good combination!"

— Kristen



Hyperbaric Oxygen Therapy

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- Repairs damaged tissue
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- Fights bacteria and fungal infection

Neuro Physical Therapy (Intensive Suit Therapy)

- Reroutes neuromuscular pathways to improve muscular function
- Accelerates improvement of motor skills
- Re-aligns the body
- Increases strength, endurance, flexibility, balance, coordination and speech



Neurofeedback

- Retrains and improves brain function
- Improves mental functioning, clarity and comprehension
- Increases ability to concentrate
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- Decreases anxiety
- Improves sports performance

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If this life sounds right for you, then let All Seasons of Birmingham show you how that's done by joining them for a complimentary lunch along with live entertainment, on Friday, August 18th at 12 p.m. Come and experience for yourself why All Seasons of Birmingham is the superior choice in senior living!

Seating is limited, so call 248-504-0587 to RSVP by August 16 or send an email to ASBHDirectorOfSales@beztak.com. All Seasons of Birmingham is located at 111 Elm St., Birmingham.

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Visit Our New Troy Facility at 165 Kirts Boulevard, Suite 500 **www.oxfordrecoverycenter.com**

Earthside Prenatal Yoga in Shelby Township

Earthside Prenatal Yoga in Shelby Township is hosting three 6-week sections of prenatal yoga. There are two sessions that will run every Thursday night at 6:15 p.m. and 7:30 p.m., and one session that will take place every Saturday at 9:30 a.m. The Thursday sessions will

begin on August 24 and the Saturday sessions will start on August 26.

To register for one of the sessions visit earthsideprenatalyoga.com/prenatal-schedule-location.html. The six-week class is \$90 per person.

— Lauren Nicholson

The Truth About Barre Fitness Workouts



by
AMY FORTUNE

So all of your friends are taking classes at the cute new barre fitness studio down the road, and you're wondering what all of the hype is about. Sure, they all look cute in their yoga pants and special sticky socks, but are they really doing anything for their bodies? Can you really score a dancer's physique by jumping on the barre bandwagon and learning to "embrace the shake?"

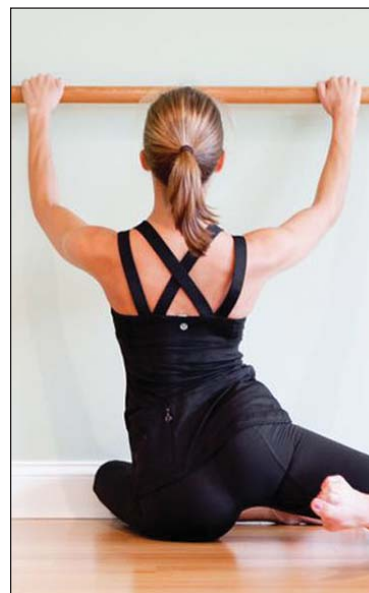
It's possible, but you probably won't meet all of your fitness goals through barre alone.

The Benefits of Barre Fitness

Barre fitness classes have actually been around for a very long time. Back in 1959, a German dancer (of course) opened the first barre studio in the basement of her London apartment. Then the workout style found its way to the U.S. in 1971 when Lydia Bach opened the first Lotte Berk Method studio in New York City.

However, it has been in the past ten years that the barre method has really achieved massive popularity. New studios are popping up all over the place, and if there isn't one near you yet, there probably will be soon. But should you sign up for classes? It depends on what you're looking for in a workout and whether or not you consider yourself a quitter by nature. Barre fitness classes are NOT for quitters.

The good news is that the barre method can work for literally anybody. Typical barre workouts are challenging, but fairly gentle on knees and joints. Also, because there's little cardio involved, barre is good for people who



are getting back into exercise classes after an extended absence. But, with that being said, please don't think that barre fitness classes are easy. If you do the moves correctly, a lot of them hurt – a lot. Luckily, there are plenty of built-in breaks, so an hour of barre doesn't equal 60 minutes of pure torture, but you will feel it – in muscles that you didn't know you had.

Barre fitness isn't just for women, but a lot of women gravitate to this exercise style because it tones muscles without adding bulk. This is largely due to the fact that the barre method calls for small – or isometric – muscle movements and tons of repetition. Barre veterans are very familiar with the "tuck," and the "in an inch, out an inch" instruction. Muscle groups are targeted and worked, but the isometric movements don't change their shape.

So a steady diet of barre classes gives most devotees firmer thighs, tighter abdominal muscles, good arm definition, and sculpted derrieres. It's not

a bad deal. Of course, it takes several classes to achieve noticeable results. This is why a commitment is called for when it comes to the barre method. Just be warned that a lot of the movements feel awkward at best and painful at worst when you're first starting out.

There's also that infamous barre shake that you may have heard about, which is actually a good thing. When you're targeting a specific muscle group and working those muscles hard, that part of your body starts to shake. So if you're in the middle of a class and your leg suddenly turns to Jell-O, you're doing something right – Embrace the shake!

Why the Truly Fit can't live by Barre Alone

As mentioned before, there's little cardio involved in a typical barre workout, so you'll need to add something to your fitness routine to keep your heart healthy. Cardio dance classes work well with barre fitness classes, or you can just get outside and run. Also, because seldom-worked muscles will be getting a workout, you'll need to add some extra stretching. For this reason, many barre-lovers also do yoga on a regular basis. The slower-moving and relaxed "Yin" style of yoga compliments the barre method exceptionally well.

Getting Started with Barre Fitness

Look online for a studio that offers barre fitness classes in your area. Normally, there are Groupons available for first-timers who want to give the workout a try without making a huge commitment. When you go to your first class, you'll probably only need two things: A water bottle and a pair of sticky socks with grips on the bottoms. You can easily find these online, or many studios offer them for sale. Most studios supply students with the short list of equipment used in classes: mats, small weights, resistance bands, Pilates balls, and, of course, the barre.

Golfers Tee Up to Support Ronald McDonald House

by CYNTHIA KMETT

There's a golf tournament on the horizon on Sunday, August 27 at Springfield Oaks Country Club you just may want to be part of this year. All the profits go to Ronald McDonald House of Detroit.

A sick child can be difficult for parents to contend with when they're not close to home, and Ronald McDonald House provides 1,500 families a year from all over the world with the chance to be close to their child at Children's Hospital, have warm meals and take a shower, too.

It's been 23 years since Troy resident Jerry Guirey initiated a memorial golf outing in honor of his daughter, Lindsay, who the family lost when she was just seven years old. Over the years they have raised over \$66,000 to support the Ronald McDonald House and the families who need it. But they got a pleasant surprise last year when an anonymous donor said they would match up to \$5,000 raised.

It went well and this year that

same donor, noting that business was good and God had been good to him, upped the contribution to a \$15,000 match. Jerry Guirey wants to reach that goal and hopes all the local golfers and those who can donate prizes and, naturally, money for hole sponsorships, will step up to support this outstanding charity.

Don't worry, Ronald McDonald House will send you a receipt for tax purposes. The tourney has room for 100 players and the cost is just \$65, which includes green fees, cart, a very nice lunch and prizes. Ronald McDonald House can house 28 families each night. They have a new home, too. When Children's Hospital was expanding the old house had to go.

It took \$3 million in contributions and fundraisers to meet that goal.

Litonisky notes that this is a place to socialize and share with other parents, to build "family-to-family connections." But it takes about \$290 a night to maintain a family. And, families are asked for just \$10 a night (if they can

afford it) for their room. Ronald McDonald House helps families stay close to each other at a time when they need it most, Guirey observes.

If you would like to help Ronald McDonald House thrive, join the Jerry Guirey Invitational on Sunday, August 27. It's an 8 a.m. shotgun start, and a scramble format. Just send a check made payable to Credit Union One, with FBO Ronald McDonald House on the memo line, and send it to Jerry Guirey, 2777 Ranieri, Troy, MI 48085. If you have questions, call him at 248-227-3425.

To sponsor a hole (\$500, \$250, or \$100) or make a cash donation, add it to your check with a note attached. Gifts, like golf packages at your own course, restaurant gift certificates, wine or spirits package, sports memorabilia or items for the gift bags are all welcome. Jerry's retired; he'll come pick your gifts up.

This is a great chance to help families with sick children... and you get to play golf, too.

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CLASSIFIED

August 11, 2017

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2/2

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8/12

Green Thumb for condo garden, condo sit 2/3 days weekly, ideal for Oakland College student. Bloomfield Twp. 248-819-8452

9/10

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The Shelby Township Farmers Market is held every Saturday, May thru October, from 9 a.m. - 2 p.m. at the Packard Proving Grounds - automotive historic site. Half of proceeds support the Packard Foundation and it's volunteers who work with ongoing restoration of the historic location. Stock up on fruits, veggies, eggs, honey, maple syrup, bread, baked goods, and more! Visit shellyfarmersmarket.com



ADOPT A PET

Macomb County Animal Control has some wonderful cats and dogs waiting to be adopted. Animals featured below are not guaranteed to still be available, as adoptions are taken on a first come first served basis. If interested, please contact the shelter at 586-469-5115. MCAC is located at 21417 Dunham Road in Clinton Township.

Stuart ID# A314429



Skylar - ID#A312981



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PIT (BULL)

All through the month of August, All About Animals' Rescue is "Primping Your Pits" and offering spays and neuters for Pit Bull Breeds and Pit Bull Mix Breeds for only \$20, plus a free nail trim. You must make an appointment, there is limited availability. Call 586-879-1745 and mention the Macomb County Animal Control ad to receive this offer. All About Animals' Rescue is located at 23451 Pinewood St. in Warren. Visit allaboutanimalsrescue.org.

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

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ARTS & ENTERTAINMENT



THE GLASS CASTLE

This upcoming drama is based on Jeannette Walls' 2005 memoir. The novel and film recount the poverty-stricken and unorthodox coming of age experience Walls and her siblings experienced with their dysfunctional parents. The film stars Brie Larson, Naomi Watts, and Woody Harrelson. **RATED PG-13**

NOW IN THEATERS



THE NUT JOB 2: NUTTY BY NATURE

In this sequel to The Nut Job (2014) a group of rats attempt to stop a crooked mayor from bulldozing their park to build an amusement park. The film stars Will Arnett, Maya Rudolph, Jackie Chan, and Katherine Heigl.

RATED PG

NOW IN THEATERS

MARVEL'S THE DEFENDERS

The next installment in a series of shows produced by Marvel and distributed by Netflix, The Defenders will combine the popular characters of Daredevil, Jessica Jones, Luke Cage, and Iron Fist. The series stars Charlie Cox, Krysten Ritter, Mike Colter, and Finn Jones. The series will be released August 18th.

NETFLIX TV-MA



GIFTED

Directed by Marc Webb (500 Days of Summer), Gifted is centered around a 7-year-old girl that is caught between an uncle and grandmother's battle of custody. The film stars Chris Evans, McKenna Grace, Lindsay Duncan, Jenny Slate, and Octavia Spencer. **RATED PG-13**

redbox.



JACKIE BROWN

This 1997 Quentin Tarantino classic pays homage to the blaxploitation films of the '70s. The story is an adaptation of Elmore Leonard's novel Rum Punch and stars Pam Grier, Robert De Niro, Robert Foster, Samuel L. Jackson, Bridget Fonda, and Michael Keaton. **RATED R**

NETFLIX



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SAT, AUG 12	Chris Stapleton	DTE Energy Music Theatre
SAT, AUG 12	Logic	Meadow Brook Amphitheatre
MON, AUG 14	Kings of Leon	DTE Energy Music Theatre

GAZETTE RECOMMENDS

Jay-Z - 4:44

Even though we are two weeks removed from the release of Jay-Z's masterpiece "4:44", I cannot get enough of this ten track album. Moving from political issues such as the life of O.J. Simpson and personal issues such as infidelity, Jay-Z proves he ages just like fine wine.

Recommended by: Lawson, Editorial Intern

4:44

William Hoehn Memorial Golf Outing August 21

On Monday, August 21, the Kiwanis Club of Shelby Golden K will host their 3rd Annual Golf Outing. This year's golf outing is in memorial of William Hoehn.

Registration to participate in the outing is \$125 per golfer for an 18 hole scramble. The event includes a continental breakfast at 8 a.m., registration begins at 9 a.m., 18 Hole Scramble at 10 a.m. (with lunch included), and a

buffet-style dinner at 4 p.m.

Golfers will also receive a custom shoe gift bag, beverages on the course, prizes for the winning teams, prizes on Par 3's longest drive, and more..

The Kiwanis Club Golf Outing will take place at Greystone Golf and Banquet Center, located at 67500 Mound Rd in Washington Township.

— Catherine Nouhan

Sherwood Brewing Co. 11th Abbeyversary

Sherwood Brewing Company is holding it's 11th Abbeyversary celebration on Saturday, Aug. 12, from noon to 8 p.m.

The celebration kicks off with family fun from noon to 2 p.m., with the Shelby Twp. fire dept, games, prizes, Duke the K9 Cop, and USPBL team mascots.

From 2 p.m. to 8 p.m. there will be a small batch beer fest, local vendors, limited edition bottle release, and cask tapping. Must be 21 in over to participate, tickets are required after 2 p.m.

Live music from RRPS varsity band, A Man Named Hopper, the Brothers Mogan, and Grape Jam.



The Sherwood Brewing company is located at 45689 Hayes Rd, in Utica. Tickets available online at abbey11.brownpapertickets.com.

Cultural Excursion at the Science Center

The Macomb Center for the Performing Arts and Lorenzo Cultural Center will be hosting a cultural excursions event at the Michigan Science Center in Detroit on Tuesday, August 15 from 9 a.m. to 3:30 p.m.

At the science center, guests will have the opportunity to explore with a speaker presentation, activity, and IMAX movie presentation of the documentary "Born to Be Wild," narrated by Morgan Freeman. This documentary will inform viewers about several different things happening in the wild; This includes, Daphne Sheldrick who has created an elephant sanctuary in Kenya, while Dr. Biruté Mary Galdikas has set up an orphanage for orangutans in Borneo. In both cases, the young animals have been left alone after their parents were killed, by either poachers or similar human incursions into their natural habitats. Viewers get to see the animals nurtured

with love and care before they are introduced back into the wild.

The film will be followed by lunch at the science center provided by Detroit staple Slows BBQ. All excursions include Motor coach transportation that departs from and returns to the Lorenzo Cultural Center. The Lorenzo Center will open one hour prior to departure. Please arrive in time to check in; buses leave at listed times.

Tickets are \$48 and are final, no refunds or exchanges. A \$4.50 handling fee per order applies in person, online, or by phone. Artists, programs and pricing are subject to change without notice.

The Michigan Science Center is located at 5020 John R St. in Detroit and the Lorenzo Cultural center is located at 44575 Garfield Rd in Clinton Twp. Visit LorenzoCulturalCenter.com for additional information about each excursion.

—Alex Pauls



Music Messengers at Utica's Weekend Unwind

Downtown Utica continues its Weekend Unwind outdoor concert series this Friday, August 11 at 6 p.m. with special guests the Music Messengers. Bring your lawn chair, your coolers, and your favorite people to the JK Noonan Park near the Utica Library.

Thoroughly Modern Millie Production at MCPA

The Macomb Center for the Performing Arts will be hosting for the Heart of the Hills players as they put on a show of 'Thoroughly Modern Millie.'



Heart of the Hills is a group of seniors who produce three live shows a year; a musical book show, a comedy, and a variety show at Warren Community Center and Troy Community Center.

Thoroughly Modern Millie tells the story of a small-town girl, Millie Dillmount, who comes to New York City to marry for money instead of love – a thoroughly modern aim in 1922, when women were just entering the workforce. Millie soon begins to take delight

in the flapper lifestyle, but problems arise when she checks into a hotel owned by the leader of a white slavery ring in China.

The show will cost \$16 in advance and \$18 at the door. A \$4.50 handling fee per order applies in person, online, or by phone. Artists, programs and pricing are subject to change without notice. All sales are final, no refunds.

The dates for the all showings of this performance are as follows: Thursday, August 10 at 2 p.m., Friday, August 11 at 2 p.m., Saturday, August 12 at 7:30 p.m., Sunday, August 13 at 3 p.m.

—Alex Pauls

Starkweather Arts Center Concert Series

The next in Starkweather Arts Center's monthly concert series will be blues band Elijah Craig, who will bring their unique mix of blues, rock, gospel and country to the Romeo Masonic Temple, 231 N Main St in downtown Romeo Saturday, August 19 at 7:30 p.m.

Admission is \$10 for the general public, and \$8 for Starkweather members. The Starkweather Art Center is a 501c3 non-profit art center located on Main Street in the Village of Romeo.

Starkweather owes its existence to a trust created by Helen Starkweather, a lifelong resident of Romeo. Ms. Starkweather taught art and drafting in

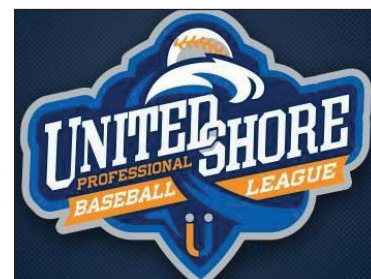
the Romeo school system for more than forty years. When she died in 1987 at the age of eighty-four, she left her estate to the Romeo Historical Society and the Village of Romeo.

She wanted her home and studio at 219 North Main Street to be used as an art and cultural center dedicated to promoting and fostering the appreciation of art and artisans and to support the preservation of the character and quality of the Village.

Proceeds from this event will go to support the Starkweather Arts Center, and Romeo Masonic Lodge 41.

—Catherine Nouhan

USPBL Upcoming Games and Theme-Nights



There are lots of opportunities for fun at the United Shores Professional Baseball League Jimmy John's Field this month.

The Utica Unicorns take on the Westside Woolly Mammoths Friday, Aug. 11 at 7:05 p.m. During the game the USPBL will be honoring female Veterans. Stick around after the game for the Fireworks Friday show.

Saturday, Aug. 12 will feature WYCD Country Music Night, with performances by Jerry Jacobs, as the Eastside Diamond hitters face off against the Utica Unicorns. The game starts at 7:05 p.m.

Families are invited to campout on the field after the game.

On Sunday, August 13, the Westside Woolly Mammoths play the Birmingham Bloomfield Beavers at 1:35 p.m. Fans have a chance to hang out with Spongebob Squarepants.

Imagine Entertainment presents Rogue One: A Star Wars Story on Wednesday, Aug. 16. at Jimmy John's Field Movie Night. Gates open at 7 p.m. and the movie starts at sundown. All tickets are \$5, seating available in the grandstand or on field. (Only blankets on the field, no chairs.) The concession stands will be open.

Westside Woolly Mammoths take on the Bloomfield Beavers Thursday, Aug. 17, at 7:05 p.m. The first 1,000 fans to arrive at the game receive a Woolly Bobblehead.

Jimmy John's Field is located at 7171 Auburn Rd, Utica, MI 48317. To purchase tickets or find out more, visit uspbl.com.

— Alex Pauls

EVENTS

MODERN MILLIE

Heart of the Hills Players

August 10-13 at the Macomb Center for the Performing Arts 44575 Garfield Rd, Clinton Twp A musical performance set in 1922, following the story of a small-town girl who goes to NYC to marry for money, and gets wrapped up in the flapper lifestyle. For showtimes and tickets, visit macombcenter.com.

AFTERNOON BOOK CLUB

Shelby Township Library

Thursday, August 17, 1 p.m. The longest consecutively running library book club in Michigan meets the third Thursday of each month. August book discussion will be Like Water for Chocolate by Laura Esquivel.

GALILEO AND HIS UNIVERSE

Clinton-Macomb Main Library Monday, August 21, 11 a.m.

40900 Romeo Plank, Clinton Twp On the day of the solar eclipse, learn about the man who is called "The Father of Modern Science." From the religious and political climate of his time, to the scientific discoveries that the telescope would bring to Galileo.

SUNPRINTS

Clinton-Macomb Main Library Tuesday, August 22, 1 p.m.

40900 Romeo Plank, Clinton Twp Hope for sunny weather, as this craft uses sunprint paper to make fun prints using the sunlight. Then, decorate a picture frame to hold the prints.

KIDS

SHELBY TOWNSHIP ART FAIR

Municipal Grounds

Sat. August 12, 10 a.m. -5 p.m. Sun. August 13, 11 a.m.-5 p.m. 52700 Van Dyke, S. of 24 Mile Rd. This art fair welcomes the whole family. Enjoy live music at the bandshell, crafts at the kid's corner tent, animals from the Burgess-Shadbrush Nature Center, and shop the variety of hand made art pieces. Parking and entry are free.

ALL YOU CAN PLAY LASER TAG

Zap Zone Utica/Sterling Heights Sat. August 26, 10 p.m.-2 a.m. 43680 Van Dyke, Sterling Heights End the summer with all you can play laser tag, featuring special format games. 4 hours of fun for \$20/person.

Change Is Forever Changing – The Pace of Technology and its Effects

PERSPECTIVES



by
PETER MAURER

As a boy, I could not have imagined my pocket some day would contain a voice-activated, handheld computer that could provide instant access to virtually any type of information I wanted, give me directions to anywhere on Earth, play movies, games, and show me live weather radar - let alone make a phone call anywhere in North America



without paying long-distance rates.

Today, we take smart phones for granted, just-about-here autonomous vehicles, breakthroughs in genetics, medicine, and healthcare that will have many of those born this year to live 100+ years without much fanfare. In fact, I read earlier that the first human to reach 150 years will be born this year.

Not only are things changing, but the pace of change itself is changing, as in faster all the time. The following are predictions of where we are headed. Some seem fanciful, and some are already in transition into our everyday lives. Whether the predicted time horizons are accurate or not really isn't really the point; know that CEOs of major corporations - and governments - are already preparing as though they ARE.

Even if only half of these predictions come true, we are headed for an incredible and very different world well within the lives of most people who are 60 or younger. If you look at just the past decade, during which the smart phone and app craze came into being, just think about the much bigger transformation our world is about

to experience during the next ten years. Within the next 5-10 years, software will disrupt most traditional industries.

Uber is just a software program, and without owning a single car, is the world's biggest taxi company. Airbnb is now the world's largest hotel company, and has assumed that role despite not owning a single property.

Lawyers already are having a tough time finding jobs, and with IBM's Watson program becoming more ubiquitous, you can get legal advice with 90% accuracy - compared to 70% accuracy with humans. Predictions are that we will need 90% fewer lawyers in the near future, outside of 'specialist' legal fields.

Watson helps nurses and doctors diagnose cancer with an accuracy that

is four times that of medical professionals. Facebook and Apple will both introduce 3-D face-recognition technology shortly that will virtually eliminate the need for passwords.

By 2030, computers will become more intelligent than humans. Computers already process faster than humans, but Artificial Intelligence will progress to the point that computers will become self-aware, potentially changing the definition of what we call 'life' and 'alive'.

Autonomous cars, long awaited, will make their appearance in 2018. This will be the single-most disruptive event in our society's history in the past 100 years, impacting insurance companies, automotive manufacturers, suppliers, and hundreds of thousands of small businesses devoted to

the current model of individual car ownership.

By 2025, urban parking structures will start to come down to make way for other buildings or parks. With fewer people owning cars, there will be no need to park them.

Car fatalities will plummet by 90%, to less than 100,000 worldwide by 2030. Autonomous cars will get into far fewer accidents. Auto insurance companies will cease to exist.

People may move farther out from city centers. Since you can work while your car drives you, people will feel that drive time is productive, rather than wasteful like it is today.

Cities will be cleaner and less noisy, as electric AVs gradually replace gasoline engines.

3-D printers, already burgeoning

everywhere, will become so common as to relegate most factory jobs - and workers - obsolete. New jobs will be created, but not nearly as many as will be destroyed. By 2027, 10% of all goods will be 3-D printed.

Cheap agriculture robots will free up farmers to be managers of their farms, rather than working them by hand.

Genetically and synthetically-produced beef 'protein' will free up tens of millions of acres of land for other uses, along with reducing atmospheric methane.

English apps will be free, promoting it as the first, true universal language, and Khan Academy and similar online programs will revolutionize the way we educate and learn.

[gazetteguy@yahoo.com]

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