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Volume 4 Issue 37

# Chelsea Guardian

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Hamilton Publishing

**Featured Listing of the Week**

Daring 3 bedroom in town within walking distance to schools and downtown Grass Lake! Cute covered front porch welcomes you to the hardwood floors in the living room and 2 main floor bedrooms. Spacious primary bedroom has the upstairs for full privacy with walk in cedar closet and whole knee wall attic space for extra storage. Country chic kitchen features adorable vintage coffee station, updated cabinets, all SS appliances and corner pantry cabinet. Showings begin Friday Sept. 24!

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## Chelsea Mayor Candidate Forum

The Chelsea Chamber of Commerce hosted a Candidate Forum over Zoom on September 16th. Cheri Albertson and Jane Pacheco answered questions submitted to the Chamber by members of the community. It was a great opportunity for voters to learn more about the candidates and make an informed decision when voting for Chelsea Mayor. Paul Schissler hosted the meeting.

The two candidates were provided the opportunity to in-

roduce themselves. Cheri Albertson was the first to introduce herself. Cheri has lived in Chelsea since 1981. She spoke about her educational background, which is extensive including a Ph.D. She has utilized her research background to assist her decision-making on the Council. Cheri is currently mayor Pro-Tem for Chelsea.

Jane Pacheco spoke next. Jane grew up in Chelsea. Moved back to Chelsea while pregnant with her oldest child in 2003. Jane is ac-

tively involved with several organizations and is currently serving on the City Council.

Each candidate took turns answering questions. The first question was, "What is the role of the mayor?"

Cheri explained: It is to facilitate council meetings. The mayor does not have an elevated role on the council. But the mayor can marry people if she wants to.

Jane agreed with Cheri and elaborated. Jane explained

the city has a council-manager type of government. The mayor facilitates meetings but does not have additional power. The council and the mayor together have the responsibility to make policy. The manager handles the day-to-day operations of the community.

The next question was, "What is a top priority issue for Chelsea?"

Jane answered first this time: The issue of civility and civil discourse, civ-

continued on page 7

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## St. Joseph Mercy Chelsea Announces Retirement of President Nancy Graebner-Sundling in March 2022



From: Amy Rotter  
After a decade of transformational leadership that has

continued on page 4

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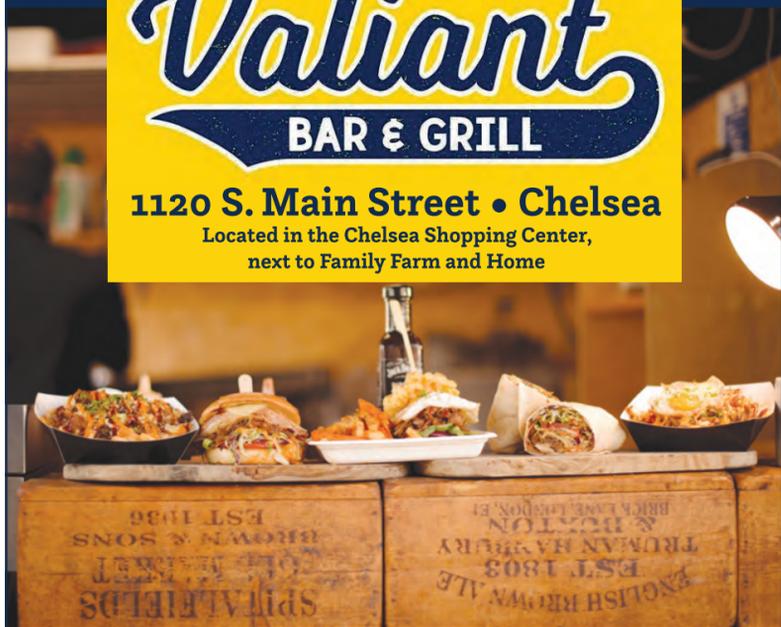
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Name Silver Maples of Chelsea  
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Great Place to Work<sup>®</sup> and Fortune magazine have honored Silver Maples of Chelsea Retirement Neighborhood as one of the 2021 Best Workplaces in Aging Services<sup>™</sup>. This is Silver Maples' first time being named to this prestigious list, coming in at 17th place under the small to medium senior housing category. Earning a spot on this

list means that Silver Maples of Chelsea is one of the best companies to work for in the country.

The Best Workplaces in Aging Services award is based on analysis of survey responses from more than 220,000 current employees. In that survey, 88% of Silver Maples of Chelsea's employees said Silver Maples is a great place

to work. This number is 29% higher than the average U.S. company.

"This recognition by Fortune magazine is another opportunity to thank our staff for their commitment to excellence," shares Julie Deppner, Executive Director/CEO. "Having highly engaged employees has allowed us to continue to provide a positive and safe aging experi-

ence for our residents during the COVID pandemic. I am so proud of the work we have done to create a vibrant culture for both our employees and our residents!" JoAnne Reynolds, Director of Human Resources said, "Creating and sustaining an engaged workforce is something we work on every single day! We value the input

our employees give on these surveys and use the results to create work plans and goals to improve our employee experience and workplace culture. This national award is yet another reason to celebrate and acknowledge what an outstanding, engaged team we have working at Silver Maples!"

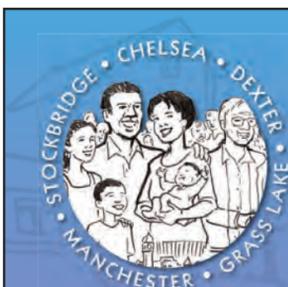
The Best Workplaces in Aging Services list is highly competitive. Great Place to Work, the global authority on workplace culture, selected the list using rigorous analytics and confidential employee feedback. Companies were only considered if they are a Great Place to Work-Certified<sup>™</sup> organization.

Great Place to Work is the only company culture award in America that selects winners based on how fairly employees are treated. Companies are assessed on how well they are creating a great employee experience that cuts across

race, gender, age, disability status, or any aspect of who employees are or what their role is.

"We are incredibly proud of The Best Workplaces for Aging Services. They fought bravely and saved countless lives during the COVID-19 pandemic," says Dr. Jacquelyn Kung, CEO of Activated Insights, the partner of Great Place to Work in senior care. "Years of research has shown how great workplaces contribute to lower employee turnover and better quality of life for seniors. These honored workplaces showcase the compassion and stories behind the research. Our biggest congratulations and appreciation go to these awardees."

To learn more about the workplace culture at Silver Maples of Chelsea, view our complete Great Place to Work profile.



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# 5 Healthy Towns Foundation issues Request for Proposal for Regional Planning



**From: Matt Pegouskie**

5 Healthy Towns Foundation is accepting proposals for regional interventions that address isolation, food access, and/or physical activity opportunities in the 5 Healthy Towns service area (Chelsea, Dexter, Grass Lake, Manchester, and Stockbridge.) Up to \$500,000 will be made available over the next three years to support interventions that will have a strong, positive impact on the listed focus areas by changing system through Connectivity, Engagement, Optimism and Resiliency.

The purpose of this RFP is to partner with the community to make a positive impact on the listed focus areas through programs that are either best practices, recommended for success, or innovative ideas that have a strong chance of success.

Applicants will use the attached doc-

ument to provide a brief explanation of what they plan to accomplish with their regional proposal. Interested parties can find a RFP worksheet, glossary of terms, and sample CSI scorecard at [www.5healthytowns.org/regional-grant-applications/](http://www.5healthytowns.org/regional-grant-applications/)

Successful applications will:

- Include at least three of the 5 Healthy Towns service areas.
- Address at least one of the three focuses (isolation, food access and physical activity opportunities) while building around 5HF's Pillars of Eat Better, Move More, Connect with Others in Healthy Ways, and Avoiding Unhealthy Substances.
- Provide evidence that the proposed intervention ties to Isolation, Food Access, and/or Physical Activity Opportunities through local data. Applicants can use data sources found at [onebigconnection.org/facts-figures/](http://onebigconnection.org/facts-figures/) or other local data sources.
- Have an evaluation strategy that uses SMART goals to determine success.

- Incorporate the principles of Connectivity, Engagement, Optimism, and/or Resiliency.
- Have a plan for continuation/sustainability of the proposal when funding ends from 5HF.
- Identify 501c3(s) to serve as a fiscal agent.
- Define how the application incorporates individuals or populations whose experiences are different.
- Include a budget outline.

Items not generally funded by 5HF include medical services, debt reduction, endowment building, and annual appeals.

Proposals will be reviewed by 5HF's Committee for Strategic Impact (CSI), and successful proposals will be invited to complete a grant application. Proposals should be sent to [mat@5healthytowns.org](mailto:mat@5healthytowns.org) and [lori@5healthytowns.org](mailto:lori@5healthytowns.org) by October 15th for consideration at the October CSI meeting. Subsequent application deadlines are November 8th and December 12th.

# Spots and Stops

**From: Emma Pichan, Contributing Writer, Chelsea Guardian**

Being someone who comes from a very small town, my expectations were very high when moving out to start my own life and my newest adventure. I can say without a shadow of a doubt that Chelsea has checked off all the boxes on my list, and then some. It's truly a beautiful, unique and colorful town full of new opportunities for me.

Hi, My name is Emma. I'm 18 years old and I'm working on getting my Associates in Fine Arts degree. I'm a writer, a creator, and more than anything I dream of being a director of amazing movies, shows, and theatrical entertainment. Which brings me to this wonderful town. I know covid ruined a lot of plans for plenty of people, as you might guess, I was no exception to this. My plan

was, and still is, to become an apprentice at the Purple Rose Theatre, and I will stop at nothing to achieve this. Until that time I'm going to continue to shoot my short films, at all the perfect places Chelsea has to offer such as the Palmer Commons Area, in my new home of the Schoolhouse apartments, and on the main stretch with great places like 52 BBQ, The Find, and so many other unique spots and stops.

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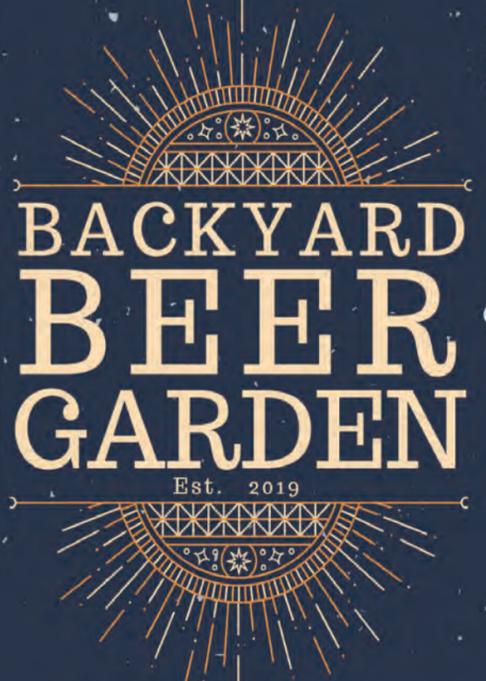
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# Chelsea Expo is Postponed!

**From: Billy O'Reilly, Executive Director, Chelsea Senior Center**

The Chelsea Senior Center has received the word that based on current COVID conditions, for everyone's sake, safety guidelines will prohibit them from holding a public event of this size as we

had hoped. So, mark your calendars for the return of the Chelsea Spring Expo for April 9, 2022! It will be a long time coming but WHEN we get there, it will be quite an event! Thanks to all for your continued support of the Chelsea Senior Center!

# St. Joseph Mercy Chelsea Announces Retirement of President Nancy Graebner-Sundling in March 2022

► continued from page 1  
reshaped St. Joseph Mercy Chelsea and the community, hospital President Nancy Graebner-Sundling announced today that she plans to retire in March of next year, capping a 48-year career in health care. A succession planning process has been initiated to ensure a seamless transition of leadership.

Since her appointment in 2012, Graebner-Sundling has led several historic enhancements that significantly improved services for Chelsea and the surrounding communities. The hospital also has amassed national awards from Press Ganey, Leapfrog safety rankings, CMS Five Star, Healthgrades, Newsweek and IBM Watson during her tenure.

"We are grateful for the level of success that Nancy and her team have achieved at St. Joseph Mercy Chelsea over the years," said Rob Casalou, Presi-

dent and CEO, Trinity Health Michigan & Southeast Regions. "Nancy has provided steadfast leadership during periods of tremendous growth and enormous challenges."

A central accomplishment was the negotiation and implementation of a joint venture agreement with Michigan Medicine in 2018. "Nancy was instrumental in forging our successful joint venture to expand access to services in Chelsea and surrounding communities," said Jeff Desmond, MD, Chelsea JV Board President, Chief Medical Officer, Associate Professor, Department of Emergency Medicine, University of Michigan Health. "Her passion for excellence and profound compassion for patients and the entire community of Chelsea will leave a lasting impact."

During her time as president, Nancy has led the completion of a two-story Atrium

facility expansion that enhanced the Emergency Department and enabled expanded therapies, diagnostic imaging departments, renovation of the lab, pharmacy and sleep center. That was followed by completion of the Comprehensive Cancer Program along with the expansion of the surgical department, growing inpatient rehab capabilities, adding the Michigan Medicine Hospitalist Service, which made it possible to treat higher acuity patients. Recently, the short stay unit was renovated at the Courtyard East patient care unit and the hospital is working to establish a 24/7 urgent care unit in the Emergency Department this fall.

The community hospital has added or expanded services including urology surgery, bariatrics, minimally invasive/robotic surgeries, endocrine, plastics and colorectal surgeries, and care for

more serious conditions.

"It has been the honor of my life to be part of a decade of remarkable growth for our hospital, with every action focused on improving the quality of patient care," said Graebner-Sundling. "As a team, we have worked together to open up more services people need close to home -- all in a comfortable, beautiful campus setting."

A respected leader in Chelsea, Graebner-Sundling has served on the boards of Washtenaw County Community Mental Health, Chelsea State Bank, Chelsea Senior Center, St. Louis Center Residential Facility, Five Healthy Towns Foundation, Chelsea Chamber of Commerce and she served many more organizations. In recognition of her hospital leadership and service to the community, in 2020 she was named Chelsea Citizen of the Year

by the Chelsea Chamber of Commerce, and Chelsea State Bank Woman of the Year.

"Nancy's positive approach and consistent strength in adapting to a remarkably high pace of change in caring for those we serve will stand as the benchmark for years to come. From pandemics to organizational responsibilities to joint ventures - her emphasis on meeting the

needs of colleagues and patients sets her apart," said Jason Lindauer, Chelsea Local Board President, Senior Vice President, Wealth Management Advisor, The Lindauer Group, Merrill Lynch, Pierce, Fenner & Smith Inc. "Throughout her tenure, Nancy's extraordinary ability to consider the input of all concerned led to the betterment of the hospital and community."



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# Ballet Chelsea 2021 Digital Fundraising Campaign “Partner With Us”



## From: D&B Strategic Marketing

Ballet Chelsea is embarking upon their second annual Digital Fundraising Campaign beginning October 19 through October 29. Last year's campaign raised \$41,000 with a whopping 85% of the fundraising done by students and studio dancers.

Ballet Chelsea begins this performance year with renewed feelings of hope and optimism. Last year, the organization faced the pandemic with determination and confidence that they would somehow find a way through the crisis, emerging a more vital, more resilient organization. While Covid-19 continues to challenge everyone, nonprofit arts organizations represent a sector hit particularly hard; all face much slower recovery.

Nevertheless, ballet Chelsea remains grateful for the community help that has supported the organization in many ways. Generous financial support provided necessary resources which enabled Ballet Chelsea to continue to educate, create and share dance with the public.

“We’ve set a \$30,000 goal to raise funds needed to keep our organization moving and viable,” shared Jean Delwiche, Director of Business Management. “We continue to work diligently to create an instructional curriculum that maintains our commitment to high-caliber dance instruction while also remaining flexible to ever-changing circumstances due to COVID-19.”

Throughout this long pandemic, Ballet Chelsea pulled from

their deepest creative artistic selves to create unprecedented productions. These productions were innovative, creative, empathetic, compassionate, and artistically relevant at low cost or free to the public. Peruse photos from some of these events at this link, and click the links below to learn more.

Ballet Chelsea joined the rest of the world in learning to “zoom” and, in doing so, connected with students and colleagues locally and beyond. Staff delivered a flexible curriculum that would allow students to continue their dance education in their own spaces.

BC leaders collaborated with the Chelsea Fairgrounds to offer their annual Summer Dance Intensive in an open-air barn. The organization allowed many students to learn and move safely while providing work for staff and alumni.

BC's talented Adaptive Dance staff served at-risk students by creating Adaptive Dance Videos that could be safely shared with a broad constituency across many school districts. To learn more about ADP, visit [balletchelsea.org/adaptive-dance-program-adp](http://balletchelsea.org/adaptive-dance-program-adp).

BC's artistic team created A Very Merry Nutcracker by filming outdoors in the magically transformed Chelsea

Fairground's barn to offer a family-friendly holiday drive-in movie. View the trailer on their YouTube Channel <https://www.youtube.com/watch?v=Ax1lf7V-xg>

Through rich collaboration with other arts organizations and staff, BC presented two virtual performances that the public could view free of charge, fulfilling one of Ballet Chelsea's most cherished goals of sharing art free of charge with our communities. Ballet Chelsea and the Chelsea Chamber Players partnered for a collaborative production Reflections - <https://www.youtube.com/watch?v=aoJjJULTFtc>. This collaboration honored Ballet Chelsea alumna Lauren (Mitchell) Wolffis. A nurse, wife, daughter, and friend, Lauren, diagnosed with cancer. Lauren's community gathered to support her.

Ballet Chelsea re-imagined the classic fairy tale, Sleeping Beauty, offering a family-friendly performance in the beautiful outdoor amphitheater at Robin Hill Farms.

Ballet Chelsea presented families an opportunity to see student progress in person, showcased in a Year-End Class Celebration. This event brought Ballet Chelsea full circle, returning to the Chelsea Fairground Barn that provided the first back-

drop for their creative strategies.

Ballet Chelsea performed at the Sounds & Sights celebrations, sharing dance with the community.

While the pandemic continues to challenge Ballet Chelsea, they push forward with new, exciting collaborative material. They have already started planning for their next season. Artistic Director Wendi DuBois reached out to Sara Cumming, the Director of Chelsea Chamber Players, to create a project for young, talented musicians to accompany a new work created for high school dancers.

Once again, the holiday favorite, The Nutcracker, will be performed at Potter Center with the Jackson Symphony Orchestra. And next spring, Ballet Chelsea will present new work, Little Women, and other exciting contemporary pieces created by Ballet Chelsea alumni. Ballet Chelsea's Board of Directors is committed to raising funds to provide scholarships for students with financial needs. “We're committed to remaining a source of joy, empowerment, health, and well-being for our community,” shared Board President John Shea.

“None of our work would be possible without you. Your support is crucial for continued

development. Ballet Chelsea has learned to work on and through multiple platforms and remains committed to growing our community connections into the future. Our commitment to excellence in dance education for all who wish to dance remains at the forefront of our mission. Ballet Chelsea's deep investment into the communities we serve will continue to result in the access to movement and music for all.” Wendi DuBois, Ballet Chelsea Artistic Director.

Ballet Chelsea needs your support during this critical time. During the upcoming Fundraiser, please consider making a gift to Ballet Chelsea by going to [balletchelsea.org](http://balletchelsea.org), or Text BALLETCHELSEA to 44-321, follow the link, and help us come back to the stage and studio stronger than ever!

“Ballet Chelsea is seeking financial underwriting from leaders invested in the well-being of our community. We need your support in bringing this unique art experience to life. If you are interested in supporting us, please contact me, Wendi DuBois, at [wendi@balletchelsea.org](mailto:wendi@balletchelsea.org). Thank you!”

As a 501(c)(3) nonprofit, Ballet Chelsea's mission is to build strong individuals through high caliber training and performance excellence while giving back to the community that supports us through arts education and outreach.



# Indigenous Peoples' Day in Chelsea

## From: Cathy Muha

A group of Chelsea people will be presenting a two-part event looking at the history of Indigenous People in the Chelsea area as well as nationally.

On Saturday, October 10 at 2:00 p.m. an acknowledgement of the native people of this land will take place at the border-to-border trailhead on N. Territorial Rd. near the Lyndon Township Hall. The inspiration to have

the ceremony there is the newly installed sculpture of a Native American woman along the trail. People are invited to walk the trail before or after the land acknowledgement and view the sculpture, titled “Dedicated to the Women Leaders of Michigan”. It is by artist John Daniel.

On Monday, October 11 at 6:30 p.m., Heather Bruegl, M.A. a member of the Oneida tribe of Stockbridge Munsee,

WI, will speak on “A History of Native American Activism”. Heather is a Native American Historian and Director of Education of the Forge Project Fellowship. To register for this Zoom event, go to [bit.ly/NAactivism](http://bit.ly/NAactivism).

This event is sponsored by the Chelsea area One World One Family.

For questions, go to [mailto:cathymuha@sbcglobal.net](mailto:mailto:cathymuha@sbcglobal.net).

**HISTORIC DOWNTOWN Chelsea MICH SOCIAL DISTRICT**

① Ugly Dog Distillery  
218 S Main St

② Zou Zou's Cafe'  
101 N Main S

③ Jet's Pizza  
506 N Main St

④ Grateful Crow  
420 N Main St

Consumption Areas Approved Routes

**HOURS OF OPERATION**  
SUNDAY-THURSDAYS 12-8 pm  
FRIDAYS-SATURDAYS 12-10 PM

**CLOSED:** During the Saturday Farmers Market, anytime Palmer Commons has been reserved for an event, on Independence Day (7/4/2021) and on Labor Day (9/6/2021).

CONSUMPTION OF BEVERAGES IS ONLY PERMITTED WITHIN THE SOCIAL DISTRICT BOUNDARIES; ATTENDEES ARE ENCOURAGED TO DRINK IN THE DESIGNATED CONSUMPTION AREAS.  
BEVERAGES MUST BE PURCHASED FROM A QUALIFIED LICENSEE (LISTED ABOVE). BEVERAGES MUST BE CONSUMED OUT OF A PLASTIC CUP WITH A HISTORIC DOWNTOWN CHELSEA SOCIAL DISTRICT LABEL.

# Chelsea Mayor Candidate Forum

continued from page 1  
ic engagement, and community input is very important. We aren't all going to agree and that's okay. Reintroduce respectability and civility.

Cheri stated that she agrees with Jane. This begins with all of us making an agreement with ourselves that we will be respectful face to face and on social media. We can remember our humanity to one another.

The next question was "How will you lead a divided community forward?"

Cheri stated simply that the mayor will not make unilateral decisions. Council will make the decisions. It sounds like Cheri plans on leading, divided or not, by making the best decisions she can with the Council.

Jane stated it's important to listen and engage with the community. We are just representatives. We are the lucky ones that engage. Listening and acknowledging all of that, that's what we bring back to council and then we vote on the best way forward.

The next question was "Is affordable housing a concern for individuals and families in Chelsea?"

Jane stated that she believes that the key to affordable housing and making certain the people that work in Chelsea can afford to live in Chelsea as well, is housing diversity. Jane believes the City is moving forward to address the issue through the master plan and rezoning.

Cheri and Jane seem to be on the same page with this issue. Cheri stated, we just completed an update of the master plan and added new elements. ADU permission. Zoning for tiny houses. More diverse housing options. Heritage farms reduce structure coverage on existing lots to build smaller homes. There is a broader market for ranch houses. More diversity in our housing stock.

Chelsea city council is non-partisan. The candidates were asked "How do you keep it nonpartisan?" Cheri stated the entire community is one interest group. Every person should feel that they have access

to local government. We will provide the best services we can provide. But the community needs to provide input. Cheri helped to write the charter.

Jane explained the majority of the city council is the operation of the city: infrastructure, utilities, trails, arts, and culture. None are Partisan. She stated she's listening and working on the citizen's behalf.

The next question was "How to ensure the city is collaborating with the schools, hospital, and additional entities to positively influence the desirability of the city?"

Jane responded we have world-class organizations. We collaborate incessantly. She just continues a long-standing tradition. The best solutions are collaborative.

Cheri answered that the foundation is always a collaboration. It's not an accident that Chelsea is a great place. It's because of the collaboration. Community solar is an example of it starting at the grassroots community level.

The next question was: "Council takes an oath to follow the law, how will you ensure that the council adheres to state law. The rules and oaths of office and legal stipulations?"

Cheri answered first, It's important to adhere to personal ethics and put community above ourselves. We have guidance to make sure that we are careful. It is community first.

Jane explained we have a professional city manager that reviews anything that goes through the council. We also have a city attorney to review. We participate in the municipal league to get advice and counsel on matters of that nature.

Next question: "What is your philosophy about the economic and residential growth of Chelsea?"

Jane explained her philosophy: "My philosophy on the growth of any kind is to have a plan for it. I don't want to be reacting to something. The master plan is revised every five years because change happens. This is why the council has two visioning meetings so we can plan

for the current year and look years ahead to be thoughtful and mindful. So we can plan for the future for the community."

Cheri explained her philosophy: "I ran on a platform of green space. The housing boom began." Her philosophy is very careful. "We have a good plan for growth within the boundaries of Chelsea. We need to think ahead of the curve."

The next question for candidates was, "What organizations do you belong to?"

Cheri stated: "All my organizations are work-based or council-based. Only professional, not community-based organizations." She doesn't have the free time to belong to other organizations.

Jane stated: "I have a laundry list of organizations that I belong to. A lot is directly related to parenting. Helped found MOPS, 4-H, Material Girls, One World One Family, Human Rights Advocacy Organization, and mental health work with the school. Annually we fill out a form where we list all of our organizations where we list poten-

tial conflict of interest. The next question was about "Traffic congestion on M52 main street?"

Jane responded first. This predates Jane by decades. There are a few things that the city continues to explore. M52 is a state highway and the city does not have jurisdiction over it. She stated that they work collaboratively with the State of Michigan.

Cheri explained there was an initiative to build a bypass. The cost was too big. Our hands are tied as to what we can do. There's not much that we can do. MDot sometimes disregards Chelsea. There are insufficient units of communication. Low speed limits and traffic enforcement.

The next question was "How to handle the Screwworks property. Cheri explained, "We have a wonderful economic and community developer in Julie Upfal." That's a major focus for Chelsea. Once the development behind the clocktower gets going, that's the next one up.

Jane added, right now it's privately owned and developers need to see if they

can make it a viable project. There are environmental restrictions for residential. That site is one of a handful that deserves city joint partnership and support. Jane would love mixed use that has the community at heart and fits the neighborhood. There are a lot of opportunities for that parcel.

What are the three most important issues for the city of Chelsea? Jane answered, "return to civility." Role model and set leadership goals for having civil discourse. Public education and learning together. Just concluded an operational audit of the police department. A work session is going to be set to review the report. Housing continues to be a real challenge in the community.

Cheri agreed, "return to civility." Partner with the school to address the cultural challenge in the school. City and school board should bring back liaisons. Redevelopment projects. "We restore missing pieces of our community, restore areas to tax roles."

Next question: "What experience do you have with a complex budget?"

Cheri answered, "I have many years experience with working with the city's budget. I like reading the budget. I look forward to the

process every year." Jane's experience is "The years I've been on council. I worked in commercial real estate and had experience in that manner. We go through line by line. Each year I take the previous years to see what's changing, why it's changing." Jane would love to see the community be more involved in the budgeting process.

The next question was, "Why do you want to be the mayor of Chelsea?"

Jane responded first, "I can't say i've enjoyed every minute of the last 8 years of council. But I love being able to hear from so many people, seniors, students, they have different opinions but they have the same thing in common which is they all want to help the community. It inspires me, encourages me, and gives me hope."

Cheri answered, "I have devoted my life to service. My professional life is service. Service to my community and service to people. The importance of listening to individuals. Being on council has been some of the most satisfying work I've been able to do."

Paul Schissler wrapped up the meeting by reminding us all how lucky we are to have the opportunity to make these decisions and encouraging us all to vote.



## Fall 2021 Community Programs at Chelsea and Dexter Wellness Centers

### COMMUNITY EDUCATION

**Healthy Eating 101 – (6-week virtual series)**  
Thurs 9/16 – 10/21 6:30-7:30pm FEE \$60 MEM \$54 CHE  
*There's so much information out there about what is healthy and what is not. This class will help cut through all that and get to the basics of what is a healthy diet and what you need to improve your overall health. Discussion will also include foods that will help with inflammation, brain health, and weight loss. Note: This series is hosted virtually, you must have access to Zoom to participate.*

**Women's Health and Fitness Day**  
Wed 9/29 Women workout for FREE CHE/DEX

**Equestrian Pilates Workshop**  
Tues 9/7 11am – 12pm FREE CHE  
Tues 10/19 11am – 12pm FREE CHE  
*Be the athlete you expect your horse to be by learning the general Pilates principles to increase body awareness, improve posture, flexibility and balance.*

**Mindfulness Meditation Workshop**  
Sun 10/3-10/24 11am – 12:30pm FEE \$60 MEM \$30 DEX

**Matter of Balance – (8-week virtual series)**  
Tues 10/6-12/1 1:30pm – 3:30pm FREE CHE  
*Many older adults experience concerns of falling that could restrict their activities. A Matter of Balance is an award-winning program designed to reduce the fear of falling and increase activity levels. Note: This series is hosted virtually by the National Kidney Foundation, you must have access to Zoom to participate.*

**Cooking Tips and Tricks – (6-week virtual series)**  
Thurs 11/4-12/9 6:30-7:30pm FEE \$60 MEM \$54 CHE  
*We all know that cooking from scratch is the best way to get healthy, but it can be difficult and time consuming. This course will discuss meal planning, easy ways to cook delicious and satisfying meals, how to please the picky eater, and what exactly is a balanced meal. Discussion will also include the best snacks to fuel your day. Note: This series is hosted virtually, you must have access to Zoom to participate.*

**Game of Go**  
Saturdays FREE DEX  
*Game of Go lessons and group problem-solving at 10 AM every Saturday, with paired games starting at 11 AM. Beginners and all level of players are welcome.*

### FITNESS CLASSES

**Equestrian Pilates**  
Tues 9/14-10/12 11:00 am – 12:00 pm FEE \$65 MEM \$60 CHE  
Tues 10/26-11/23 11:00 am – 12:00 pm FEE \$65 MEM \$60 CHE

**Chair Yoga**  
Fri 9/10-10/29 10:30am – 11:30am FEE \$72 CHE  
Fri 11/5-12/17\* 10:30am – 11:30am FEE \$54 CHE  
\*No class 11/26

**Line Dancing**  
Thurs 9/9-10/28 1:15pm – 2:15pm FEE \$72 CHE  
Thurs 11/4-12/16\* 1:15pm – 2:15pm FEE \$54 CHE  
\*No class 11/25

**BodyPump™**  
Sat 9/11-10/30 7:10am-8:10 am FEE \$72 CHE  
Sat 11/6-12/18 7:10am-8:10 am FEE \$63 CHE

**Lunar Flow Yoga**  
Wed 9/8-10/27 5:30pm – 6:30pm FEE \$72 CHE  
Wed 11/3-12/22\* 5:30pm – 6:30pm FEE \$63 CHE  
\*No Class 11/24

**Pilates Reformer**  
Thurs 9/2-9/23 8:30am-9:30am FEE \$112 MEM \$100 DEX  
Thurs 9/30-10/21 8:30am-9:30am FEE \$112 MEM \$100 DEX  
Thurs 10/28-11/18 8:30am-9:30am FEE \$112 MEM \$100 DEX  
Thurs 12/2-12/23 8:30am-9:30am FEE \$112 MEM \$100 DEX  
Sat 9/4-9/25 10:00am – 11:00am FEE \$112 MEM \$100 DEX  
Sat 10/2-10/23 10:00am – 11:00am FEE \$112 MEM \$100 DEX  
Sat 10/30-11/20 10:00am – 11:00am FEE \$112 MEM \$100 DEX

**Pickleball Intro Class**  
Wed/Fri 9/15-9/24 9:00am – 10:00am FEE\$40 DEX  
Wed/Fri 10/6-10/15 5:00pm – 6:00pm FEE\$40 DEX

**Pickleball Intermediate Class**  
Wed/Fri 9/15-9/24 5:00pm – 6:00pm FEE\$40 DEX  
Wed/Fri 10/6-10/15 9:00am – 10:00am FEE\$40 DEX  
Wed/Fri 11/3-11/19 9:00am – 10:00am FEE\$40 DEX

### SMALL GROUP PERSONAL TRAINING

**Strengthening Your Posture**  
Tues 9/7-9/28 11:00am – 12:00pm FEE \$56 MEM \$52 CHE  
Tues 10/5-10/26 11:00am – 12:00pm FEE \$56 MEM \$52 CHE  
Tues 11/2-11/23 11:00am – 12:00pm FEE \$56 MEM \$52 CHE

**TRX Functional Training**  
Fri 9/10-9/24 9:00am-10:00am FEE \$45 MEM \$37.50 DEX  
Fri 10/8-10/29 9:00am-10:00am FEE \$60 MEM \$50 DEX

CHE = Chelsea Wellness Center 734-214-0220 DEX = Dexter Wellness Center 734-580-2500

MEM = Chelsea or Dexter Wellness Center Member  
Senior = 60+  
Registration required for all events. Please call to register or for more information.  
\*Scholarships Available



DEX-1812898\_0721



# CHELSEA ATHLETICS



## ON THE SIDELINE: NOSE BLEEDS, LAVA ROCKS, CRUTCHES AND TOM BRADY



By Don Richter  
drichter101@comcast.net

So it's been three and a half months since I fractured my tibia after jumping off the roof of my shed.

I know, who does such a stupid thing? Well, I did. And it's cost me my entire summer. Ever since jumping off the roof of my shed, I've been on crutches and couch-ridden.

These past three and a half months being injured and hobbling around on crutches has given

me a new perspective on life. No, nothing too Walden Pond-ish deep, just mundane, ordinary thoughts and feelings I've realized since fracturing my tibia and spending way too much time recuperating on my couch. I've come to the conclusion during my injury-filled, crutches-using hiatus there are certain things I miss doing. Just randomness, everyday type things, but nonetheless things I miss doing post injury.

I miss mowing my lawn.

Thankfully my neighbor has been nice enough to mow my lawn for me all summer. He actually does a better job than I do — my lawn has never looked better — but I miss being outside do-

ing yard work. I know, I'm weird.

I miss getting my hands dirty and working outside, whether it's weeding, edging, planting or digging — I'm itching to get back out there. I had such big plans for this summer. I was going to buy 30 bags of lava rocks and put them down in my beds all around my house, plus I was going to plant multiple shrubs, bushes and flowers. After jumping down off my shed's roof, all those plans were put aside.

I miss doing home improvement projects.

I had an entire list of projects to do around the house this summer. You'd be amazed at how difficult doing anything on crutches can be. I planned to install shut-

ters around all of my home's windows this summer. Yeah, not happening on crutches unless I want to break my other leg. I had caulking and cement work I needed to do all over my house and driveway area. Nope, not gonna happen balancing on one leg. I was going to paint my lovely shed whose roof I jumped off, as well. No way, ain't getting done on crutches.

I miss working out.

Granted I'm not a freak, but I've always tried to stay somewhat fit and in shape, though the large pizza and two-liter of Pepsi I have delivered every weekend doesn't help my waistline. I'm just sayin... But I used to workout and do some sort of physical activity at least four or five

days a week pre-injury. Now, I do a few stretches and a couch push-up or two and call it a day. Nowadays since my injury, I get exhausted and actually work up quite a lather simply going from my couch to the bathroom and back on my crutches. I'm so out of shape.

Finally, I miss sitting in my recliner. I love that chair. My recliner is my "sports chair." For every big sporting event or game, pre-injury, I would always settle into my recliner for some serious sports-watchin'. Now, I have to sit up straight with my leg elevated on my couch. It's not the same. My couch is so far away from the TV and all the sports action. It's like sitting in the "nose-bleed

section." My recliner is inches from the TV — it's like I'm in the huddle with Tom Brady. But sadly, my recliner is the size of a small SUV and just getting into and out of it is like grappling with a Grizzly bear. With one good leg, I'd tear my achilles or twist my back like a pretzel trying to lift myself out of it.

So sitting on the couch is my only option.

Woe is me. I miss life without crutches.

I miss being in the huddle with Tom Brady.

Why did I jump off my shed's roof?

My nose is bleeding.

Can someone get me a tissue?

## CHELSEA BULLDOGS BOYS CROSS COUNTRY

### SPARTAN INVITE @ FOREST AKERS EAST BULLDOGS DOMINATE IN EAST LANSING! 80 DEGREES, HUMID, SOFT COURSE FRIDAY, SEPT. 17 2021



Photo Courtesy of Eric Swager

#### Coach Eric Swager's Comments:

What a turnaround from Tuesday. We showed up in fairly brutal conditions and completely dominated a huge field. Top to

bottom, the guys ran intelligent, focused, tough races.

Connell and Bram looked great, relaxing in the front pack and hammering that last kilometer. The Divine

Child runner who beat them is a wily veteran, and we will see him again later in the year for another battle!

Jonas and Zeb had great efforts, slicing through the field like a

Ginsu knife. On a hot day like this, proper pacing is crucial, and we worked that strategy well. Jackie and Nick also earned medals, while Colby and Grayson each moved

up decisively. Leo's first varsity race effort was a success, nearly nabbing a top-50 slot.

We sorely needed a solid effort as a team, and these guys really delivered. This

should really bring us confidence as we enter the meat of the season. Thanks to the parents who came out and supported the guys during this hot day!

## HURON INVITE JV RESULTS (SATURDAY) @ WILLOW METROPARK 75 DEGREES NICE

1. Misha McElrath	1753
3. Ethan Kapolka	1815
27. Massimo Cugliari	1950
53. John Putnam	2027
66. Colin Kovick	2052
100. Jay Hawkins	2206
109. Gabe Muckle	2219
112. John Muckle	2221

We ran fast on a fast course. 7 out of our 9 guys had lifetime

bests. Congrats to Misha on his overall victory.

(227 Runners in the JV Race)



# CHELSEA ATHLETICS



## CHELSEA BULLDOGS GIRLS CROSS COUNTRY

# HURON INVITATIONAL AT WILLOW METROPARK SEPT. 18, 2021 SUNNY, DRY COURSE, 72 DEGREES

**Coaches Comments( Pat Clarke ):** "Powered by six PR's or season best times the Bulldog ladies won the Huron Invitational Saturday.

Sophomore Trilian Krug led the way with a 3rd place finish in a season best time of 19:45. Senior Cap-

tain Kate Gaiser ran her best race yet to place 8th in a PR time of 20:19. Junior Audra Guthrie was next in 13th place in a season best time of 20:53.

Next came Junior Julia Kause in 18th with a PR time of 21:16. The next scorer for the Dawgs was Freshman

Lauren Thompson in 24th with a PR time of 21:33.. Finally Junior Brooke Matusik ran a season best time of 22:07 to place 30th and win the final medal.

"We ran well as a team and improved. In all, 6 runners that ran for us today on varsi-

ty won medals. It was a great effort by the girls. We continue to improve, and we are getting stronger with each meet. We must improve our mental toughness if we want to get better as the season progresses. I was very proud of the girl's efforts today!"

### Girl's Team Results Division 2-3-4

1	Chelsea	58
2	Tecumseh	74
3	Adrian	125
4	Monroe CC	136
5	Dundee	169
6	Allen Park Cabrini	175
7	Grosse Ile	177
8	New Boston Huron	196
9	Flat Rock	198
	15 teams	

### Varsity

3	Trilian Krug	19:45
8	Kate Gaiser	20:19
13	Audra Guthrie	20:53
18	Julia Kause	21:16
24	Lauren Thompson	21:33
30	Brooke Matusik	22:07
64	Cyprus Gabriel-Menegey	24:44
	112 total runners	

### JV

12	Marah Putnam	23:50
24	Samantha Dark	24:43
63	Carlo Benitez	26:29
64	Leila Wells	26:30
83	Claire Zarinnia	27:24
125	Bella Hagen	29:56
	210 TOTAL RUNNERS	

**Hometown Halloween**  
29-31 OCTOBER 2021  
COORDINATED BY THE CHELSEA AREA CHAMBER OF COMMERCE

**TRUNK OR TREAT**  
Friday, Oct. 29th  
4:30-6:30pm  
**ORCHID**  
13800 Luick Dr, Chelsea  
Just come dressed and ready to trick-or-treat!

**Trail & Treats**  
Fri, Oct. 29th  
4:30-8pm  
Robin Hills Farm  
20390 M-52, Chelsea, MI  
4:30-7pm Trick or Treat Trail  
4:30-7pm Hay Rides  
5-8pm Smokey Style BBQ Food Truck  
6-8pm Live Music (Maggie Rhodes)

**Coloring Contest**  
Coloring Sheets Available for Pick Up & Drop Off at:  
**EXIT REALTY 1ST**  
1250 S Main St, Chelsea  
**PALMER AUTO SERVICE**  
222 S Main St, Chelsea  
Sponsored by Cassie Kurowicki EXIT REALTY 1ST  
All entries will be displayed in Palmer Auto windows starting October 1st. Winners announced October 31st.

**Candy Corn Count**  
Friday & Saturday | 9am-7pm  
**the find**  
family apparel • gifts & thrifits  
118 South Main Street, Chelsea  
Make your best guess!  
Winner will receive a \$20 Gift Certificate!

**Witch's Hat Contest**  
Winner of the most creative Witch's Hat will receive a Halloween Themed Gift Basket, valued at \$75, compliments of La Maison!  
Friday, October 29th & Saturday, October 30th  
10:00 am - 7:00pm  
**La Maison**  
104 N Main St, Chelsea

**MERCHANT DISPLAY CONTEST**  
VOTING ONLINE:  
October 18-27th  
WINNERS ANNOUNCED:  
October 28th  
\$100 People's Choice Winner  
\$100 Sponsor Choice Winner  
SPONSORED BY:  
**McKernan Realty Group**  
**Reinhart Realtors**  
HONEST • TRUSTWORTHY • RELIABLE

**HALLOWEEN TREATS**  
by **The Lakehouse Bakery**  
Sat, Oct. 30th  
11am-3 pm  
This Pop Up Shop will be in front of The Crazy Diamond Club  
110 N Main St, Chelsea, MI  
Cookie decorating Kits, Caramel Apple Cupcakes, and Graveyard parfait cups.

**HALLOWEEN HOMES CONTEST**  
Enter your home until October 13th | Voting: October 18-27th  
Winners will be announced October 28th  
Entire Home: \$100 People's Choice | \$100 Sponsor/Chamber Choice  
Home Entryway: \$50 People's Choice | \$50 Sponsor/Chamber Choice  
SPONSORED BY:  
**LIBERTY TITLE**  
PROTECTING PROPERTY RIGHTS SINCE 1974  
Monica Juleff  
**Howard Hanna**  
Real Estate Services  
Teresa Miller

**Howl-ween PET COSTUME CONTEST**  
Sunday, October 31st | Noon  
Sponsored by & held at Ugly Dog Distillery  
218 S Main St., Chelsea  
Cash Prizes for 1st, 2nd & 3rd!  
**Ugly Dog DISTILLERY**

**Chelsea TRICK OR TREAT**  
October 31st  
5:30 - 7:30 pm

**COMMUNITY HALLOWEEN PARTY**  
Sunday, Oct. 31st | 4:30-5:30pm  
Palmer Commons  
Sponsored by: **Kiwanis CLUB OF CHELSEA**

# Shoptober

## #shopchelseamich

### Halloween 2021



From: D&B Strategic Marketing

Halloween is one of the most celebrated holidays of the year! Love for Halloween is spine-chillingly strong, so during

“Shoptober” you will find unique, creepy, and fun Halloween and Fall decor. There are also several haunts where you can forage for food and beverage to maintain your

vampire strength. #shopchelseamich merchants have an abundance of devilish Halloween goods and treats to carry away on your broomstick. Ranging from not-your-basic witches to sweets, scarecrows, indoor and outdoor pumpkins, jack-o'-lanterns, seasonal-trendy clothing, toys, books, vintage goods, beautiful plants, and flowers to enjoy throughout the haunting season and so much more to set your hair on end!

Enjoy a seasonal brew, glass of wine, or your favorite cocktail to ward off the werewolves,

and bone-chilling air. Check out participating restaurants at [www.shopchelseamich.com](http://www.shopchelseamich.com) for their latest fall menus.

Chelsea businesses are practicing safe shopping and dining - so let's show our local business community some zombie love and hair-raising attention! Spook up your home, and any place you may inhabit these days for Halloween. The list of participating locally owned businesses can be found at this link to their website [www.shopchelseamich.com](http://www.shopchelseamich.com).



## Chelsea Police Department Weekly Summary

Incident #: 21-1676

Date: September 16, 2021

Location: 1600 block of S. Main Street

Time: 11:37 am

**INFORMATION:** While on routine patrol an officer was dispatched to the 1600 block of S. Main Street for the report of a larceny from a construction site. The complainant stated that sometime between September 15th at 5:00 pm and September 16th at 7:00 am an unknown suspect entered the construction site and stole fifty (50) blue “T-Shaped” head bolts. Reportedly these are specialty bolts that had recently been delivered to the site. At the time of the report there was no suspect information available.

Incident #: 21-1656

Date: September 13, 2021

Location: 1100 block of S. Main Street

Time: 12:20 pm

**INFORMATION:** While on routine patrol officers responded to the 1100 block of S. Main Street for the report of a stolen vehicle complaint. Upon arrival the officer made contact with the complainant who stated that a vehicle had went missing from their parking lot. The complainant described the vehicle as a 2006 Chevy Silverado dually, white in color with a black “Dumper Dogg dump box” on the back. The complainant was unsure when the vehicle had exactly went missing, however, estimated that the vehicle went missing sometime within the last 7-10 days and was discovered missing on September 13, 2021. The complainant stated that they had the only known set of keys for the vehicle. The case was closed pending any further investigative leads on a potential suspect(s).

# What is the Buzz About Bugs?

From: Virginia Krueger, Marketing Specialist, Chelsea District Library

Chelsea District Library (CDL) is buzzing with bug activities this fall! The nationally touring Small Wonders: Insects in Focus photography exhibition opened on September 7 and will run through October 20. Accompanying the exhibition is the artwork of local photographer, musician, illustra-

tor, and artist, Frank Cianciolo. Insects play a critical role in the environment. Viewing the insect world through art gives visitors a new appreciation of its beauty and diversity. Join us via Zoom on October 4 at 9am when Frank Cianciolo will discuss this beauty and the environmental significance of protecting our insect population with British professor of biology and author,

Dave Goulson. Dave Goulson is Professor of Biology at University of Sussex, specializing in bee ecology. He has published more than 300 scientific articles on the ecology and conservation of bumblebees and other insects. Reflecting on insects, Goulson remarks “Ugly or beautiful, it is the little creatures that make the world go round. We should celebrate

and appreciate them in all of their wonderful diversity.” Find a new view on bugs through the eyes of an artist and of an author during this live event. Continue the insect conversation with Frank Cianciolo at An Evening with the Artist at the Chelsea Depot on October 7 at 6pm and be sure to enter to win one of two available books by Goulson when you visit the Small Wonders exhibition. Visit [art.chelseadistrictlibrary.org](http://art.chelseadistrictlibrary.org) for more information about this fall's art and associated events at the library!

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PROCEEDS SUPPORT ST. MARY SCHOOL

## Where Do the Bees Go When the Cold Weather Arrives?

Are they snow birds in disguise? Join beekeeper **John Dohner** to learn about what native bees and other pollinators do to prepare for winter and simple ways you can help them to survive.

**Sep. 29 | 6:30-8pm**

**KidSpot or Zoom**

Don't bee late to register for this event:  
[ChelseaDistrictLibrary.org](http://ChelseaDistrictLibrary.org)

CHELSEA DISTRICT LIBRARY  
(734) 475-8732 ext. 217

**SMALL WONDERS INSECTS IN FOCUS**