



Chelsea Guardian
is a proud member of the
Chelsea Area Chamber of Commerce

February 9, 2024

Volume 7 Issue 6

Chelsea Guardian

Phone: 734-636-3779

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Hamilton
Publishing



**2024
CALENDAR
OF EVENTS
SCHEDULE**
INSIDE ON PAGE 7

Kira Grifka Chelsea 2023 Citizen of the Year



Story on page 2. Photo Courtesy of Kira Grifka.

River Raisin Distillery: Winter Wonderland Artisan Market



By Aimee Bingham
anbingham@gmail.com

While not located directly in Chelsea, I walked into the River Raisin Distillery for the first time on Saturday, January 27th. I've seen numerous friends post photos of spectacular drinks, specifically, the loaded Bloody Mary, which is seriously loaded. Located in Man-

Photos By Aimee Bingham

continued on page 6

State of the City – February 1, 2024

By Jane Pacheco,
Chelsea Mayor

"It is not what you look at that matters, it is what you see." Henry David Thoreau

Last February I shared my first Mayor's State of the City address and reflected on the challenges and accomplishments of 2022. It had been a year of tremendous change. Folks were still (and still are) adjusting to the new

normal of a post pandemic world. Pent up passion for new projects, partnerships, and pathways exploded and everyone was eager to talk about big ideas.

The fast pace and forward thinking were both exciting and overwhelming. A lot of figurative "balls" had been joyfully tossed in the air and many folks were still busy building skills and establishing

relationships in new positions and within new collaborations.

2023 saw a bit of a seeling in and a lot of hard work on behalf of hundreds of engaged staff and community members. Below are a few summary details from the past year, in the same order as last year's accounting. As always, please feel free to reach out to me, staff, or

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CURLING FEST

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2024 Events!

50/100 Centennial Series
Jan 8 ~ Merkel Furniture
with Tim and George Merkel
Mar 4 ~ Cole Funeral Chapel
with Allen Cole
May 6 ~ Chelsea Milling Company
with Howdy Holmes

Aug 5 ~ Chelsea State Bank
with John Mann
Sep 9 ~ Chelsea Lumber Company
with John Daniels
Oct 7 ~ Lane Animal Hospital
with Chan Lane
Nov 4 ~ CAHS 50th Anniversary
with CAHS Board

2024 Tours & Gatherings

Spring & Summer ~ To be
Announced!

Fall ~ Haunted Chelsea
December 7 ~ Holiday
Home Tour
December ~ Holiday
Potluck

The Adult Learners Institute Offers Two Travel Alternatives for February



While your neighbors are enjoying piña colodas and getting suntans, ALI will give you a colorful tour of all fifty states, via Don Chalfant's Have Camera, Will Travel class on Wednesday, February 21. You won't need your long Johns because it's a Zoom class.

Then, if you have any qualms about traveling to Mexico, John Deikis will ad-

dress them in his February 26th class at the Cedars of Dexter, Is Mexico Safe? An Old Man and a Motorcycle Adventure. As he points out, drug cartels are far less hazardous to tourists than driving in Mexico – which is why he prefers his Kawasaki.

Katie Garvey's class at the Chelsea Senior Center on March 1, Helpful Responses: Identifying and Meeting Needs for Those Living with Dementia will help you recognize the symptoms and respond to the needs of those coping with that terrible disease. The class is free, but you

must register by calling the Chelsea Senior Center at 734-475-9242.

Catalogs containing more information on these and ALI's other Winter/Spring classes, as well as the registration form, have been mailed and are also available at libraries, grocery stores and other locations throughout the Five Healthy Towns, as well as at www.alimichigan.org. You will find that the elimination of ALI's administration fee and the renovation of the web site have made registration for ALI's classes much simpler.

Kira Grifka Chelsea 2023 Citizen of the Year

► continued from page 1
By Aimee Bingham
anbingham@gmail.com

The Chelsea Area Chamber of Commerce recently announced its 2023 Citizen of The Year, Kira Grifka. "The award is presented to people that demonstrate, over the past year, a commitment and involvement in our community with the selfless intent to improve the quality of life for all of the citizens of Chelsea," according to the Chelsea Michigan Instagram page.

The page does not mention that Kira is the first teen to be awarded The Citizen of the Year at just 16! Kira is a sophomore at Chelsea High School.

I naturally wondered what Kira had done at such a young age to receive the honor. Kira works, attends school, and participates in a plethora of civic-minded groups including; the Diversity and Social Awareness Club, SAGA, Interact, and the Chelsea Youth Orchestra, which performs all over the Midwest and has traveled to Spain and will be leaving the country to play again in the next few years.

Aside from having an impressive resume of work within the community, Kira made a big impact on the community

in 2023, which is an integral part of getting the recognition. According to the Ann Arbor News, "A Chelsea High School student was arrested in connection with the alleged sexual assault of two other students, and police are working to identify additional victims or witnesses. Samuel Dodge Nov 2022" The assaults left an impact on Kira. She wanted to make a change. Certainly not an easy thing to do for a 15-year-old, or for anyone for that matter. Kira created SASH Chelsea, which she is currently turning into a local not-for-profit called SHAPE, which stands for Sexual Harassment and Assault Prevention Education. The organization meets in the Chelsea library. Meeting topics include; Consent, stalking, Assault dynamics, healthy versus unhealthy relationships, and domestic violence. These meetings are not just for women. If we haven't learned through watching the news, young men can be victims too. Beyond the possibility of being victims, as the mother of two young men in a changing world, I felt I needed to protect them from accidentally finding themselves in trouble. This is not the same world in which I grew up and it is

wise to educate and prepare young men to not think something is innocent and wind up permanently on a list. We, as moms, can raise boys who respect themselves and women, but we may need a little help and SASH does just that. Kira also has contact posters for an SA hotline for both men and women posted at the school.

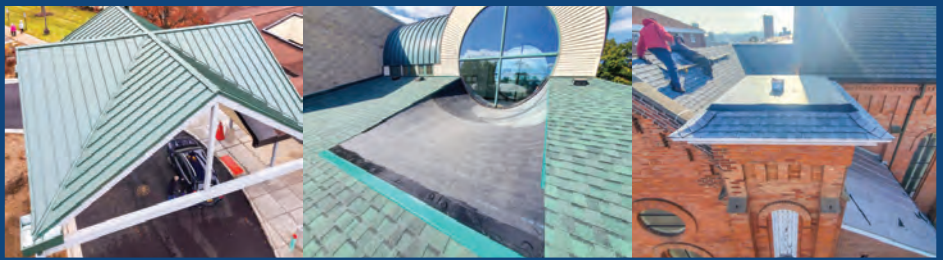
As SASH evolves into a local not-for-profit, Kira has big plans to continue with work and move the group forward. She'd like to have activities for teenagers, and fundraising nights to educate, and provide awareness and engagement for local youth. Kira has big personal plans too. She'd like to start a dual enrollment so she can graduate with an associates degree in graphic design. She'd like to travel and then go to college with a major in teaching and a minor in graphics design. Based on her amazing accomplishments as a Freshman and Sophomore, I expect big things from Kira in the future. Congratulations on a well-earned honor! To learn more about SASH and soon SHAPE visit: https://www.instagram.com/sash_chelsea?utm_source=ig_web_button_share_sheet&igsh=ZDNlZDc0MzIxNw==.



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Effective and Objective Communication within an Intimate Relationship Part Two

Defensiveness and wanting to win the argument

By: Michael J. Patterson, Namaste Family Services, LLC

Everyone wants to be right. Even when we know we may be wrong. One of the most significant problems in an intimate conflict is on or both parties becoming defensive. IT is an easy attitude to fall into. Our ego's want to feel superior over

the other person, especially a loved one. The difficulty with this posture is we lose the ability to objectively listen to the other's point of view and instead we are strategizing how to either convince the other we are right, or to win despite the outcome. When couples become defensive, they minimize their ability

to rationally work on a problem or issue with the other. Another danger is when we become defensive we may say to do things that we regret. Tempers may increase and then we enter a state of irrational conflict. Most times a rational outcome is not had. Instead feelings are hurt, and distance grows, possibly along with trust.

So how does one not become defensive and have the strong need to win? First, you have to recognize when you cross the line of discussion and problem solving to defending your argument. Being tense, raising of your voice, anger intrudes your feeling state, and objectivity leaves. These are all signals that you are leaning towards being defensive. Other triggers may also be present. Anxiety, sadness, rage.

Other indicators of defensiveness are when old hurts or arguments enter into the conflict versus staying on track for the initial issue that needs resolution. Bringing up the past is not productive. There may be a rational to resolve past issues but that is a separate discussion, not the one in which you are currently engaged.

When you recognize you are becoming defensive it is ok

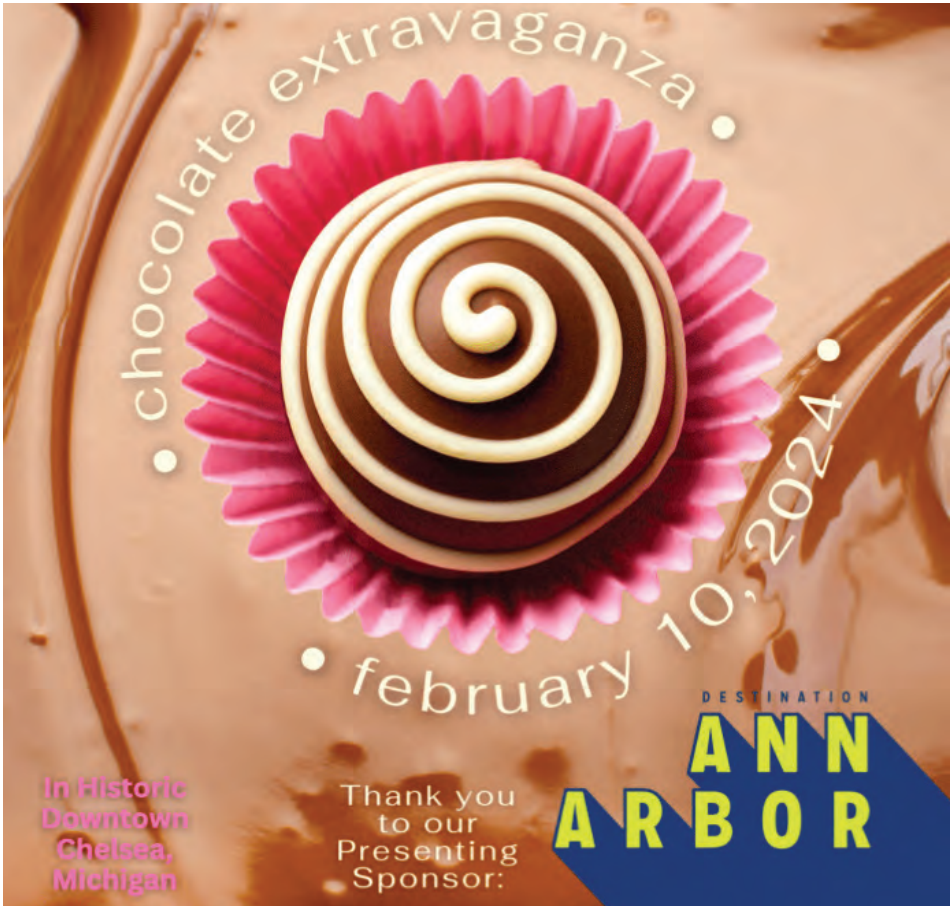
to take a time out. The time out is to be used to calm down and return to a rational state; not try to figure out a better argument to win. Going back to the skill of empathy and validation will help you to maintain a rational perspective. Remember why you are connected to the other person and how you feel deep down with them. This can become clouded in anger and is easy to forget when we are out to conquer the other person.

Many grew up with the need to defend themselves from real hurts or trauma. We

developed ways to control the situation and for the most part keep us safe. The problem with this is your strategies are developed with an immature mind and lose their effectiveness as an adult. If this is true for you, then you may want to address the past with a counselor.

Humility or being humble is a mindset that can help decrease the need to win. Keep in perspective who you are in conflict with and how much they mean to you. Everyone will argue and become defensive. It human nature. However, with mindfulness you can reduce or eliminate the desire to become defensive or win. This allows you to work on the issue with a goal of a satisfactory outcome.

continued on page 7



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CHELSEA BULLDOGS WRESTLING

CHELSEA BULLDOGS WRESTLING TAKE 1ST PLACE AT 2024 COMSTOCK FRIDAY NIGHT INVITE!!



Photos Courtesy of Chelsea Bulldogs.

From: Chelsea Bulldogs
(3x) 1st place @ Comstock - Victor Radu

1st-Kamren Chapman, Hunter Burk.
2nd-Lucas Racine, John Chapman, Ethan Povlich.

3rd-Evan Muchler, Massimo Culgliari, Thomas Shemwell.
Additional placers: Collin Beckel, Chase

Messersmith, Donavan Fisk.
GO BULLDOGS!!!

CHELSEA BULLDOGS WRESTLING TAKES 2ND PLACE AT CHARLOTTE TOURNAMENT



Photo Courtesy of Chelsea Wrestling



WELCOME

NOEL DEAN

CHELSEA FOOTBALL HEAD COACH

WASHTENAW UNITED TOPS DIVISION, SPLITS WEEKEND CONTESTS



Washtenaw United Girls Hockey team entered this weekend's competition atop Division 2 in the Michigan Girls High School Hockey League.

On Friday, January 19 they hosted an exhibition game against Division 1 leaders Grosse Pointe South.

A strong defensive effort sparked Washtenaw in the first period. The entire defensive unit stepped up

and goaltender Trista Tracy (Chelsea '25) blanked GPS's relentless offensive attack.

The United began the 2nd period with a rush led by Dexter senior Raegen Kopitsch and continued battling hard against GPS's offensive pressure. But GPS got on the board at 9:42, followed by another goal less than a minute later.

Washtenaw finished the 2nd period

and started the 3rd on the penalty kill. A clean win on the faceoff by Chelsea Senior Cecilia Henriksen in GPS's defensive zone led to a shorthanded goal by Daphne Grant (Dexter '25) to bring Washtenaw within 1.

However, GPS scored a power play goal at 13:05 and then put a screened shot past Tracy at 5:19 to defeat the United 4-1.

Saturday's contest

saw a league matchup against the Northville Mustangs.

Henriksen opened the scoring at 13:44 in the first, assisted by Grant and Abby Schroeder (Saline '26). Juliana Marini (Saline '25) followed up with another Washtenaw goal two minutes later, with an assist to Chloe Dillen (Saline '24).

In the second, Kendra Wagner (Saline '25) scored Washtenaw's

third goal with assists from Rylee Kennedy (Milan '24) and Lilly Schlack (Saline '26). Next Sydney Clark (Saline '25) banged in a goal, with another assist by Kennedy, followed by a goal from Schlack with assists to Henriksen and Kennedy.

In the third, Clark scored Washtenaw's sixth goal, assisted by Schlack. Then Grant knocked in a power

play goal with assists to Clark and Henriksen before Kopitsch knocked in the 8th goal, assisted by Henriksen, to end the game 8-0.

It was all Washtenaw as the United outshot the Mustangs 33-3 and Goalie Tracy picked up her fifth shut-out this year in league play.

Follow Washtenaw United on Facebook, Instagram, and X.

SENIOR MOMENT: Who Doesn't Love a Good Story?



The hardy members of the Writing Memories Group at CSC gathered on a snowy Wednesday afternoon to listen to and appreciate each other's responses to prompting questions posed by the group coordinator, Jan Bernath (center front).

Submitted by Kathy Eberle

The Writing Memories Group meets at the Chelsea Senior Center on the third Wednesday of most months at 1:00 pm, to share moments from their personal histories. The only requirement to join is a love of writing and sharing memories. The current version of the group

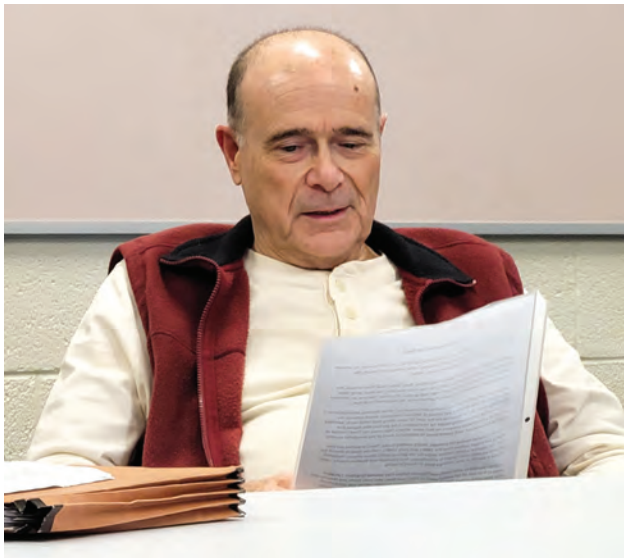
was organized by Jan Bernath in July of 2022. Cecile Bernath, Jan's mother, piloted the writing idea in the late 1970s at the Chelsea Senior Center, as a way for older citizens to reflect on their lives. Ms. Bernath originally wrote family stories that were shared within that monthly writing group. At first the stories were shared

with participants' families, then, as others heard about their writings, they shared them with friends. The Chelsea Senior Center began publishing the group's stories in their mimeographed newsletter, and some pieces were published in the Mature Michigania, a county-wide magazine. Eventually, The Detroit Free Press

and Ideals, a subscription-only magazine, published several of Cecile's pieces.

After the Covid shutdown, Jan thought there was a need for just such a supportive group. Inspired by her mother's example, she placed an invitation in the Chelsea Senior Center's monthly newsletter. A small group of writers arrived on the appointed day, ready to put pen to paper and tell their stories. The group started with 5-6 members and has expanded to an average of 10-12 writers.

Members have many reasons to write, and love to share their life experiences, both good and bad. Most of the stories are one or two pages long. A key motivation for many of them is to build a collection of personal stories to hand down to their children and descendants, so that their lives will be remembered. It helps



Dwight Johnston shares memories of his winding journey to the enjoyment of reading and writing with the CSC Writing Memories Group.

keep memories alive for posterity!

When an author reads a story to the group, they are not looking for a critique or praise, but for a connection in shared experiences. There is often lively discussion as one person's writing brings up similar memories from others in the group. At the end of each meeting, 3-4 prompts are chosen to act as inspiration for the next month's stories. Sometimes the prompts evoke completely different subjects, and writers are

free to explore those instead. There are no rules or rigid guidelines.

If you enjoy writing about and sharing your experiences, consider joining the gatherings on the third Wednesday of the month at the Chelsea Senior Center. You will find a friendly, encouraging group interested in what you have to say!

The Senior Moment feature highlights opportunities for older adults through the Chelsea Senior Center and related organizations.

Chelsea Community Foundation 2024 Grant Deadline February 15, 2024

Contact: D&B Strategic Marketing
doris@dandbmarketing.com
Contact: Chelsea Community Foundation
gyankee@cfsem.org

The grant application deadline is fast approaching. Chelsea nonprofits interested in applying for a grant are encouraged to become familiar with the Guidelines for Grant-making and how to apply; relevant information can be found on the website at chelsea-foundation.org/apply/. Chelsea Community Foundation recom-

mends potential grant applicants reach out and share their ideas for submission with Greg Yankee, gyankee@cfsem.org, and discuss any questions about the grant process.

Grant Recipients in 2023 include

- Chelsea Chamber Players
- Huron River Pathway Initiative - Timbertown
- Western-Washtenaw Area Value Express - WAVE
- Barn Sanctuary
- Chelsea Historical Society

• Chelsea Area Pickleball Association

• St. Louis Center CCF has moved to one grant cycle per year versus the February and August deadlines in the past. This single cycle does not affect an organization's timeline. For instance, some organizations may have targeted the February round in the past because they had summer programming they were looking to fund. Another might have planned an August submission because they had winter programming. Moving

to one cycle doesn't mean organizations need to adjust the work of their grant to when the awards might be made (late spring/early summer); they may still launch their work later in the year.

The Chelsea Community Foundation awards various grants that strengthen Chelsea and benefit its residents. General grant awards typically range from \$5,000 to \$25,000. CCF will make General grants to 501(c)(3) organizations, government entities, school dis-

tricts, and universities that provide programs that serve the area defined by the Chelsea School District. Evaluation criteria include sustainability, regional impact, leverage, and collaboration to create a lasting effect.

The Chelsea Community Foundation is a permanent charitable endowment totaling more than \$2.7 million created through gifts from generous individuals, families, and businesses who care about Chelsea. The Chelsea Community Foundation has provided

more than \$2 million in grants to nonprofit organizations working to address community needs and opportunities that improve the quality of life in the City of Chelsea and surrounding areas. The Chelsea Community Foundation is an affiliate of the Community Foundation for Southeast Michigan.

Donors interested in supporting this effort and evolving needs are encouraged to do so by contacting Katelyn Videto, kvideto@cfsem.org, or visiting www.chelseafound.org.

February is Heart Month

By Aimee Bingham
anbingham@gmail.com

February is Heart Month, it's also Black History Month, but I'm only qualified to discuss Heart Month. I am qualified because at the age of 35, I had an aortic aneurysm resulting in open heart surgery and a tissue heart valve, and a stroke in my 40s. Heart Month is a month-long event of education and awareness to help draw attention to cardiovascular disease. The White House proclaimed on American Heart month 2024, "Each year, heart disease takes the lives of nearly 700,000 Americans. It is the leading cause of death in our country."

As a woman, working with the American

Heart Association on the Go Red for Women campaign each year for the past 13, I'd be slacking if I didn't hammer in the point that heart disease is the number one killer of women. According to Go Red for Women, "Heart disease is a killer that strikes more women than men, and is more deadly than all forms of cancer combined."

That's the bad news. The good news is you can change your outcome. Lifestyle plays a huge role in heart disease whether you have a family history or not. The Heart Foundation suggests 30 minutes of moderate aerobic exercise for, five days a week. Maintain a normal body weight, and follow a nu-

tritious meal plan like the Mediterranean Diet. Quit smoking or never start, this includes vaping nicotine. Avoid recreational drugs, indulging in no more than 1/2 to one alcoholic beverage per day.

One way we can make a drastic difference is by learning CPR. There is the hands-only option, which I teach and my daughter knew it by the age of two. According to the American Heart Association, "The location of Out of Hospital Cardiac Arrests (OHCA) most often occurs in homes/residences (73.4%)" Which means, if you learn it and have to use it, you'll most likely be saving someone you live with. Further, "If performed

immediately, CPR can double or triple the chance of survival from an out-of-hospital cardiac arrest." The simple act of learning can potentially save the life of

your family member.

As a survivor, a speaker for the American Heart Association and someone grateful to have the opportunity to be writing today as a part of the Chelsea community, I want to offer free training on Hands-only CPR to any

organization interested throughout the month. If you'd like more information on Heart disease check out <https://www.heart.org/>. If your company or organization would like free training email me at anbingham@gmail.com.

Trevor Ramsey graduates from UW-Whitewater

Trevor Ramsey from Chelsea, MI, earned a degree from the University of Wisconsin-Whitewater at winter commencement, held December 16, 2023.

Approximately 620 students crossed the stage to receive their degrees at the ceremony, held at Kachel Fieldhouse in the Wil-

liams Center.

Ramsey graduated with the following degree: Finance - BBA

The graduating class included three international students, 64 military veterans and 141 nontraditional students, defined as undergraduate students who are 25 years of age or older. In addition, 74 self-identified

students with disabilities received degrees.

A total of 50 students participated in the university's Hired Before Graduation campaign, which celebrates students who landed a job, earned acceptance to graduate school or started their own business before commencement.

River Raisin Distillery: Winter Wonderland Artisan Market



➤ continued from page 1
chester, just a short drive from Chelsea, I decided to attend the second annual Winter Wonderland Artisan Market.

We arrived on a soggy soupy Saturday to an overflowing parking lot. I at one point, lived in Manchester and was mildly surprised at the number of people converging on the business. When I lived there, the distillery was an old welding shop and was never busy. We passed the FFF food truck as we walked through the door. I looked around, and noted the industrial design with wood and steel touches. The bar and tables were full so we walked into the room to the left of the bar where the artist's booths were located.

A dart board hung on the wall and three silver-topped high tops stood around the room. Some vendors included; Lowry's Little Flock Farm, Mindo Chocolate Makers, Strawberry Blue Farm, Gluten Free Sweets and Treats, Sister Scents Candle Co, and more. Even though the shopping season had technically ended, many people were exploring the shops. It looked like business was great for the vendors. My nine-year-old is a big fan of Henna and immediately selected one she wanted, a unicorn. While the artist worked I selected a drink, it was billed as a sip and shop, after all.

I selected a drink called, "Blueballs," which includes River Raisin's family recipe

Cane and Grain, lemon-lime soda mixed with blueberry puree. It was delicious and strong. It is a drink meant for sipping. As I sipped my cocktail I noticed Fantasy Island drinks being served around the room. If you're too young to remember Fantasy Island, the drinks are at River Raisin are slushies and look tropical. My daughter was hungry and I thought they didn't have food due to the food truck outside. But, I was wrong. We ordered a huge pretzel with cheese and mustard. It came out hot and buttery with a crispy shell and pillowy center. All three of us were able to enjoy it and all three of us decided we would come again because the pretzel was so good!

I discussed the drink, which I shared with my husband and food and we decided that we would like to come and enjoy the distillery without our child. The event was family-friendly and there were plenty of children and babies in attendance, but we wanted to come out and enjoy ourselves as

adults. I don't know that The River Raisin Distillery is a local secret, but its quality was a secret to us. They offer a plethora of fun events to attend if you're not a sit-in-a-bar type of person including; a sushi workshop (full), a Mosaic Be My Valentine ornament workshop, and a chunky blanket workshop. Even if you

aren't a big drinker, I encourage you to try them out. One drink is enough for any lightweight, they taste good and the food was great to boot. The vibe and interiors are nice, there are darts and as I was leaving I noticed cards and games near the door. River Raisin Distillery is a local treasure, not to be missed. Even an old fuddy-duddy like me had a wonderful time. To learn more about River Raisin Distillery check out their webpage <https://www.riverraisindistillery.com/> or Facebook page <https://www.facebook.com/RiverRaisinDistillery>. River Raisin Distillery is located at 480 West Main St. in Manchester.



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February Events

Valentine's Gift Card Special (CHE)

February 1-14

Purchase a gift card for your valentine to enjoy services at Chelsea Wellness Center or put towards membership. You will receive a complimentary gift bag with chocolates. For more information, visit the Member Service Desk or call 734-214-0220.

Yoga for Parkinson's Disease* (CHE)

Thursday, February 1-22 • 2:00pm-3:00pm

Member \$84, Non-Member \$90

People with Parkinson's Disease have been shown to respond favorably to the practice of Yoga. This class is suitable for people with PD as well as their caregivers. For more information or to register contact the Member Service Desk at call 734-214-0220.

National Wear Red Day (CHE/DEX/STK)

February 2

Wear red to show your support for the awareness of heart disease and be entered into a prize drawing.

Blood Drive* (CHE)

February 6 • 12:00pm-6:00pm

For more information or to register contact the Member Service Desk at call 734-214-0220.

Valentine's Day-Bring a Buddy (CHE/DEX/STK)

February 14

Relax and Roll Workshop (DEX)

February 17 • 11:00am-1:00pm • \$10

In this 2-hour workshop we will release stress and tension from your hands to your feet and everywhere in between. We'll use simple self-massage techniques targeting trigger points and high-tension areas to help reduce aches and pains and improve mobility. Recommended Props: Acupoint Physical Massage Therapy Ball Set. Must be able to get on the floor. For more information or to register contact the Member Service Desk at call 734-580-2500

Adult & Pediatric CPR & First Aid (CHE)

Monday, February 26 • 4:00pm-8:00pm

Member \$35, Non-Member \$45

Participants will learn how to recognize and care for sudden illness, cardiac, and respiratory emergencies in adults, children, and infants. For more information or to register contact the Member Service Desk at call 734-214-0220. This is a skill set class. If you would like to receive a CPR & First Aid Certificate it is an additional \$36.

Strengthening Your Posture (CHE)

February 27-April 2 • 12:00pm-1:00pm

Member \$84, Non-Member \$90

These 6-week sessions will focus on strengthening your back, shoulder, and core muscles, which are all essential to standing with proper posture and preventing lower back pain. For more information or to register contact the Member Service Desk at call 734-214-0220.

Strengthen With Your Core (CHE)

February 27-April 2 • 12:00pm-1:00pm

Member \$84, Non-Member \$90

Participants will learn how to break down their movement to engage their muscles and then advance their core as they progress. For more information or to register contact the Member Service Desk at call 734-214-0220.

All About Balance (DEX)

February 29-April 4 • 12:00pm-1:00pm

Member \$84, Non-Member \$90

This class is designed to teach you to maintain balance by strengthening key muscles responsible for keeping you upright, particularly focusing on your legs and core. The emphasis lies in enhancing stability to prevent falls. For more information or to register contact the Member Service Desk at call 734-580-2500.

Training Your Pelvic Floor (DEX)

February 29-April 4 • 5:00pm-6:00pm

Member \$84, Non-Member \$90

This class improves the strength and mobility of the pelvic floor, effectively enhancing the function of multiple systems. Members learn to contract and relax pelvic floor muscles in relation to other muscles. For more information or to register contact the Member Service Desk at call 734-580-2500.

***Community welcome!**

UPCOMING IN MARCH

Food Drive

March 1-15

St. Patrick's Day Indoor Triathlon (DEX)

March 17



Effective and Objective Communication within an Intimate Relationship Part Two

Defensiveness and wanting to win the argument

➤ continued from page 3

When emotions run high in intimate conflict it is easy to fall into ways of arguing that are disrespectful, nonproductive, and cause hurt emotions. Many would not use language or tactics to argue with a friend that we would use with an intimate partner. In addition, when mean spirited conflict erupts, it becomes irrational and no solution is found to the original issue. The concept

of using fair fighting ground rules allows each individual to get their view heard and decreases tension.

The use of fair fighting is not new. In a professional environment, most will naturally word their concern or view in a manner that follows the decorum within the business. We also would not sue derogatory remarks towards close friends. Yet, in a intimate conflict it is easy to fall into the

mindset of extreme anger or attack using mean spirited words or name calling.

The first rule is easy. Be respectful of your partner. Even with anger we can remain respectful of the others emotions and dignity. Name calling goes nowhere and is a childish act. Excessive use of vulgar language is another way of showing lack of respect.

The next rule is to remain on topic. It is easy to add into the

fight other issues that really have minimal if any bearing on what the conflict main focus is. This also means that you do not bring up the past. If there are unresolved issues, then address them separately, not during the current argument.

Validate the other persons' emotions and view. Even if you do not agree, validation helps to increase understanding and helps to decrease defensiveness.


Use active listening techniques (we will touch on this later). So that there is a better understanding. Ask for clarification of the other persons statement.

Be open to compromise and have an

open mindset.

Maintain a calm and respectful tone of voice. No Yelling!

These are the basics of using fair fighting techniques when you have a disagreement with your intimate partner. The best thing to remember is how you wish to be spoken to and observe that when discussing the issue with your intimate partner.










AUTHORS IN CHELSEA





An Evening with the Authors

Meet Saadia Faruqi, Beth Vrabel, and K.A. Holt!

Tuesday, Mar. 19 | 6:30-8:30pm | WSEC Board Room | 500 Washington St., Chelsea | All Ages | Drop-in





Thank you to our sponsors:    



2024 CALENDAR OF EVENTS



Business Breakfasts
Jan 11th | 7-9am
April 11th | 7-9am
July 11th | 7-9am
Oct 10th | 7-9am

Wellness After Hours
Jan 17th | 5-6:30pm

Chocolate Extravaganza
Feb 10th

Curling Fest
Feb 24th | 8-11pm

Annual Meeting
March 6th | 6-8pm

Sounds & Sights on Thursday Nights
June 6th-July 25th & Oct 24th
6:30-8:30pm

Sounds & Sights Festival
July 26th-27th

Community Picnic
Aug 10 | Noon to 2pm

Golf Outing
Sept 4th | 7:30am-3pm

Backyard Beer Garden
Oct 12th | 3-10pm

Hometown Halloween
October | All Month

Wine, Women, & Shopping
Nov 8th & 9th

Hometown Holiday
December | All Month

Sculpture Walk
All Year

Chelsea Trail Challenge
Feb 1st-Nov 30th

Scan the QR Code or visit chelseamich.com/calendar/ to view a full calendar of events.



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State of the City – February 1, 2024

► continued from page 1

other councilmembers for additional information.

Main Street Park

In July, City Council approved a final development agreement with Main Street Park Alliance (MSPA) that was instrumental in MSPA receiving a \$1 million grant from the Michigan Department of Environment, Great Lakes, and Energy (EGLE) to address the environmental remediation on the site. City staff, environmental consultants, and Chelsea Parks and Recreation continues to work closely with the environmental and design teams as this new public park comes closer to fruition.

Community Center

The Community Center Task Force and a working group of stakeholders delivered a joint recommendation report to City Council, asking council to further pursue opportunities for fiscal partnership and collaboration related to a potential intergenerational community center at the Chelsea Wellness Center (redevelopment) and/or the Trinkle/Freer site. Continued meetings with the task force, 5 Healthy Towns, the City, and the Chelsea School District worked toward a coordinated effort to make community-wide recreation offerings more cohesive and easier to access. One tangible example included a collaborative summer, pilot teen-membership, sponsored by the City, and supported by 5H and CSD that included access to both school gyms and the Wellness Center.

Trail News

Chelsea received the Pure Michigan Trail Town designation from Michigan Department of Natural Resources in recognition of the City’s intent to “promote healthy lifestyles, conserve natural resources, and provide a catalyst for economic activity in local communities.”

Additionally, the City Council approved the designation of TimberTown Park as the official trailhead of the Border-to-Border Trail and approved a memorandum of understanding for the City to work in conjunction with Washtenaw County Parks and Huron Waterloo Pathways Initiative, in a public-private partnership, to improve TimberTown Park. This exciting project, called TimberTown Reimagined, is well underway and will include improvements to the play structure, the Pathways to Renewal mosaic, and new pickleball courts.

Public Safety/Mental Health

The council-appointed Public Safety Strategic Planning Group (SPG) began working together in November 2022, when Chief Kazyak joined the Chelsea Police Department. The SPG met throughout 2023, with support from SMART (Southeast Michigan Criminal Justice Policy Research Project), a team of facilitators from Eastern Michigan University. The SPG met throughout the year and held several public engagement sessions to provide opportunities for community members to have input and receive updates on the strategic planning process, which is projected to be completed first quarter of 2024.

Chelsea Police Department and the SPG have also been represented in a larger key stakeholder group known as the “Roundtable Group” that came together in 2023 initially to discuss possible recommended uses for the rebate funds from the Public Safety and Mental Health Preservation Millage. A truly collaborative investigation of community needs and potential gaps brought forth recommendations from the city representatives as well as other group members from the Chelsea School District and the Chelsea School Board, 5HealthyTowns, Chelsea Hospital, Silver Maples, Chelsea Senior Center, and Chelsea District Library. The consensus recommendation centered around the possibility of a public-facing, shared community mental health coordinator.

Additional input was solicited from both Washtenaw County Community Mental Health and the Washtenaw County Sheriff’s Office to align the suggested position to work within the existing resource network. The proposal is to be further defined, but the intent is for council to allocate funds this next budget year.

City Administration

City Council welcomed Marty Colburn as our new City Manager in August, after a professional search and short interim period. Mr. Colburn brought over two dozen years of city management background in Michigan. He stepped right into an ambitious city plan with earned leadership skills and extensive experience. In November the city hosted a second annual employee and volunteer appreciation event at the historic

Chelsea Train Depot to introduce Mr. Colburn to our community.

The City received an “unmodified opinion” (the highest rating available) from Plante Moran, in the financial audit for the budget year ending June 30, 2023.

Infrastructure

2023 was a year of study for many of our departments.

- Chelsea Light & Power, the city-owned electric company, conducted an electric rate study to evaluate the city’s electric budget, debt structure, rates, investments, capital improvement plan and operational costs.
- Council approved a water systems capacity study. A collaboration between Chelsea and Sylvan Township, the study will also explore the feasibility of a possible interconnection.
- The City received a grant to conduct a regional traffic study; assessing traffic in, around, and through our communities. Long discussed, this study will help our Planning Commission and Council with decision-making regarding future growth in our area.

Planning/Housing

The City Council hired planning consultant firm Carlisle Wortman Associates to assess organizational recommendations for the city’s planning department and manage day to day operations. Housing continues to be a pressing conversation in our community, with leaders from the business community and the school district sharing concerns regarding affordability.

Although several housing developments made their way through different stages of the planning process including Heritage Point, The Glen at Westchester, Lincoln Pointe, and the Rockwell condominiums, none are categorized as affordable.

Conversations regarding boundary agreements, including PA425, continued with city staff and township representatives. Regional conversations got a bit of focus, as well, when the former Chelsea Area Planning Team/Dexter Area Regional Team (CAPT/DART) changed its name and formalized its monthly issue agenda in 2023. The new name is Western Washtenaw Regional Advisory Group (WW-RAG) and the group is made up of representatives from all Western Washtenaw municipalities. The group uses one meeting per quarter to focus on housing, one meeting per quarter to target transportation, and the

other meetings to discuss different regional issues and/or host county updates from commissioners and administration.

Economic Development

In April, the City held an Economic Development Town Hall at the Chelsea District Library.

Predicated on conversations with the Downtown Development Authority (DDA), the Economic Development Corporation (EDC), the Chamber of Commerce, and other community leaders, the town hall provided an outline of what resources our area has available to us and an opportunity for community members to share thoughts

about what kinds of initiatives they’d like to encourage.

The City held a number of meetings with both Washtenaw County Administration and Washtenaw County judges to discuss the proposed closure of the Chelsea Court House and the timeline and structure of services of the newly proposed Western Washtenaw Service Center. In

2023 it became more apparent that almost everything ties into economic development in one way or another: housing, trails/parks, transportation, employment, utilities. Regional partners like Ann Arbor SPARK and Michigan Municipal League (MML) con-

tinue to advocate for regional conversations about these intersectional issues.

The City initiated and maintained more collaborative conversations in 2023 than ever before, to bring as many community stakeholders into the conversations as possible. This will continue to be an intentional focus into the future.

The year went by fast, although progress sometimes feels slow. I think we accomplished a lot of good things together. Continued gratitude to the staff who make things happen and the countless community volunteers, without whom, not nearly as much would happen. Here’s to a fruitful 2024!

Warriors Management Selected as 2023 Large Business Leadership Award Winner



Photo By RK Studios

From: Chelsea Area Chamber of Commerce

Congratulations to Warriors Management! They have been selected as the 2023 Large Business Leadership Award Winner. The Business Leadership Award is presented to a Chelsea Area Chamber of Com-

merce member who demonstrates commitment to strengthening our community and promoting a vital business environment.

Recipients have shown leadership in the following areas:

Displaying innovative ideas and services | Contributing to the

economic impact of the City of Chelsea | Providing services that meet the needs of the Chelsea area community | Enhancing the uniqueness of the community image | Demonstrating leadership in their business category | Supporting the activities of the Chelsea Area Chamber of Commerce.

“On behalf of the Board of Directors of the Chelsea Area Chamber of Commerce, and the Ambassador Club, we congratulate them for receiving the 2023 Large Business Leadership Award!”

Eder & Diver Insurance Agency Named 2023 Small Business Leadership Award Winner



Photo Courtesy of Chelsea Area Chamber of Commerce

From: Chelsea Area Chamber of Commerce

Congratulations to Eder & Diver Insurance Agency! They have been selected as the 2023 Small Business Leadership Award Winner. The Business Leadership Awards are presented to Chelsea Area Chamber of

Commerce members who demonstrate commitment to strengthening our community and promoting a vital business environment.

Recipients have shown leadership in the following areas:

Displaying innovative ideas and services | Contributing to the economic impact

of the City of Chelsea | Providing services that meet the needs of the Chelsea area community | Enhancing the uniqueness of the community image | Demonstrating leadership in their business category | Supporting the activities of the Chelsea Area Chamber of Commerce.

“On behalf of the Board of Directors of the Chelsea Area Chamber of Commerce, and the Ambassador Club, we congratulate them for receiving the 2023 Small Business Leadership Award!”

Main Street Park Alliance Open House Design Reveal

D&B Strategic Marketing
doris@dandbmarketing.com
Main Street Park Alliance
info@mainstreetpark.org

Main Street Park Alliance, with the help of their Design Partner, VIRIDIS, carried out a multifaceted approach that engaged Chelsea residents and community stakeholders in a participatory design process for a new park in the heart of Chelsea.

A Community Open House will be at the Chelsea Depot on February 13 from 12-2 pm and 5-7 pm. VIRIDIS and Main Street Park Alliance representatives will be available for an interactive dialogue to reveal the park design concept.

Nearly 1,000 people shared their vision for the new park space through online surveys, middle and high school polling, round table discussions, and focus groups. Input from community voices contributed to a comprehensive understanding of needs and desires to incorporate into Main Street Park's design.

Chelsea State Bank hosted four commu-

nity focus group sessions, and each group developed a set of principles for the design team to reference in the design concept phase. An excerpt of the themes and priorities include connecting to the Chelsea community and downtown core, the importance of conservation and sustainable practices, year-round use, a sustainable framework for long-term maintenance, inclusive, multi-generational spaces, creating awareness of site revitalization and restoration efforts, and coordination with local and state agencies. To read more about the engagement process, click this Link on MSPA's website.

The design team shared the initial design concepts with city representatives on January 12 to convey the direction VIRIDIS is taking based on the open-house forums and online feedback.

The Main Street Park Project will become a reality through

- The Public-Private Partnership with the City of Chelsea, Washtenaw County, and the State of Michigan

- Extensive Environmental Testing, Remediation & Restoration

- Collaborative Process including extensive community and stakeholder engagement

- Innovative Design

- Diverse Resources, Funding, and Strategic Partnerships

Main Street Park is aligned with the City of Chelsea's Master Plan. Strong communities are built on



Photo courtesy of MSPA of Lindsey Gadbois, Lead Designer, VIRIDIS, and community members.

a foundation of well-planned public spaces. Public space offers vibrancy, roots a community on its shared experience, and en-

courages healthy lifestyles.

In 2024, MPSA will explore numerous grant opportunities. Help demonstrate

your support of this exciting project with a donation today at the link.

Main Street Park Alliance's mission is to create an intergenerational community park for Chelsea. Through the power of grassroots volunteerism, they will revitalize the downtown property for a better human experience. If you have comments, questions, or concerns or want to support the project with time, expertise, or a financial contribution, please email info@mainstreetpark.org.

The Washtenaw County Youth Commission and League of Women Voters Student Leaders Presents...

The Civic Engagement Celebration

When?

- February 11th from 2-4 pm

Where?

- The Neutral Zone (Downtown Ann Arbor)

Join us to...

- Learn about **new voting policies** in Michigan from a **nonpartisan presentation**
- Learn about ways **you can engage in** democracy in **your community!**
- Partake in screen printing, trivia, and more! **Prizes available!**

RSVP HERE:

<http://bit.ly/3HFDkk5>

Washtenaw County Youth Commission

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The Purple Rose Theatre
Company Extends “Diva Royale”
Through March 2, 2024!
*Smash Hit “Diva Royale” by Jeff Daniels
continues in the New Year*



From: Katie Hubbard

The Purple Rose Theatre Company (PRTC) announces the extension of their hit comedy, “Diva Royale” by Jeff Daniels. Also, Friday matinees have been added to the weekly run. Extension tickets are on sale now. Also worth noting, there are two casts for “Diva Royale”. If you have seen one cast, come back and see the other!

First staged at The Purple Rose in 2018, “Diva Royale” is an evening of side-splitting hilarity that follows three midwestern stay-at-home moms whose love for Céline Dion makes them plan a last minute trip to New York City. With the return of the original cast, this crowd pleasing comedy is guaranteed to make you laugh ‘til you cry.

This production of “Diva Royale” contains adult content and may not be suitable for children under the age of 13.

Extension performances of “Diva Royale” run from Wednesday, January 3 through Saturday, March 2, 2024. Performances Days/Times- Wednesdays 3pm, Thursdays 3pm, Fridays 3pm & 8pm, Saturdays 3pm & 8pm, and Sundays 2pm.

Directed by Jeff Daniels, Assistant Directed by Lucas Daniels, with Intimacy Director, Alexis Black,

the cast features Connor Allston (Clinton Township), Caitlin Burt (Farmington), Caitlin Cavanaugh (Manchester), Rusty Mewha (Plymouth), Rhiannon Ragland (Flint), Kristin Shields (Ann Arbor), Kate Thomsen (Portage), and Meghan VanArsdalen (Ann Arbor). Set design by Brian D. Dambacher, properties by Danna Segrest, costumes by Shelby Newport, lighting by Stephen Sakowski and Dana L. White, and sound by Robert W. Hubbard. Karen Anne George is the stage manager.

“Diva Royale” playwright and director, Jeff Daniels’ career as an actor, playwright, musician, and director, spans nearly 50 years in the industry. For his acting, Jeff has been nominated for five Golden Globes, five Emmys (winning for “Newsroom” and “Godless”) and three Tonys. He has written twenty full length plays that have world premiered at The Purple Rose. His “Onstage & Unplugged” performances have wowed audiences on The Purple Rose stage with the fund-raising proceeds going directly to the PRTC. Jeff’s directing credits include the PRTC production of Lanford Wilson’s “The Hot L Baltimore” (1997) and two of his own plays,

“Boom Town” (1998) and now “Diva Royale”. On film, Jeff wrote, directed, and starred in two independent features: “Escanaba in da Moonlight” (2001) and “Super Sucker” (2002), both shot in Michigan.

The production sponsors for “Diva Royale” are Chelsea State Bank, CMRG and Secret Crisis Comics. Underwriting support for the season comes from Michigan Arts and Culture Council, National Endowment for the Arts, The Shubert Foundation, and The Matilda R. Wilson Fund. Media sponsors include JTV and Michigan Radio.

Ticket Information

All performances will be held at The Purple Rose Theatre Company, 137 Park Street, Chelsea, Michigan 48118. The performance calendar can be found at <https://www.purplerosetheatre.org/calendar/>.

Ticket prices start at \$30 with special discounts for seniors, patrons 30 years or younger, members of the military, teachers, and groups (12+). For more information or to make reservations call (734) 433-7673 or go to <http://www.purplerosetheatre.org>.

New to the 2023/2024 season, all PRTC productions will be staged in the round; with seating on 4 sides of the stage. This new configuration will add 40 seats to the theater space.



Chelsea Police Department Weekly Summary

Incident #: 24-398

Date: February 2, 2024

Location: 1000 block of S. Main St.

Time: 7:47 pm

INFORMATION:
While on routine patrol officers were dispatched to the 1000 block of S.

Main Street for the report of a hit and run crash. The vehicle was reported to be a silver in color sedan with heavy front-end damage, being driven by a female. While an officer was enroute to the scene a vehicle matching the description was observed driving north in the 500 block of S. Main Street. The officer activated their emergency lights and siren, in an attempt to get the driver to pull over. The driver of the suspect vehicle continued traveling north and failed to yield or pull over for the officer. The officer noted that the driver appeared to be having difficulty maintaining speed and was described exhibiting

“poor driving abilities”. The officer continued following the driver in an attempt to get them to pull over. The driver traveled approximately a half mile and came to a stop in the 500 block of N. Main Street. Upon coming to a stop, the driver immediately exited the vehicle and failed to comply with the officer’s demands to remain in the car. The officer approached and assisted the driver with returning to the vehicle. Upon making contact with the driver, the officer immediately noted a strong smell of intoxicants on her breath and had slurred speech and glossy eyes. The officer questioned the driver on if she had consumed any alcohol or been involved in a recent crash. When asked the driver stated

that she had been consuming alcohol and had just been involved in a crash. Due to the condition of the driver the officer did not perform field sobriety tests and determined that there was enough probable cause to place the suspect, a 40-year-old Gregory woman under arrest for driving under the influence of alcohol. The suspect was processed and lodged at the Washtenaw County Jail. The case remains open pending laboratory analysis by the Michigan State Police Crime Lab to determine the level of intoxication and warrant review by the Washtenaw County Prosecutor’s Office to determine what criminal charges may be authorized and prosecuted.

Dexter Community Orchestra Presents: “Madcat and the DCO”

From: Andrew Thomas

If you grew up grooving to the jazzy rhythms of Dave Brubeck – or if you just enjoy catchy, tuneful music of any kind – don’t miss the Dexter Community Orchestra’s late-winter concert, “Madcat and the DCO,” featuring popular blues harmonicist Peter “Madcat” Ruth. The concert will take place Sunday, March 3 at 4 p.m. in Dexter High School’s Center for the Performing Arts.

Madcat will perform “Blues Suite for Harmonica and Orchestra” by Chris Brubeck (Dave’s son), as well as some other jazz favorites. Also featured will be pianist

Shuya Zheng, winner of this year’s DCO’s Youth Artist Competition, who will perform the opening movement of Sergei Rachmaninoff’s “Piano Concerto No. 1.”

Madcat grew up in Chicago, where he took harmonica lessons from famed bluesman Big Walter Horton. There he met Chris Brubeck, and eventually joined Darius Brubeck’s jazz group, playing alongside such legends as Gerry Mulligan, Paul Desmond, and Dave Brubeck himself (including at the Newport Jazz Festival). For the past 45 years, Madcat has lived in the Ann Arbor area, while performing internationally on the folk, blues,

and jazz circuits. Music Director David Schultz has assembled what is sure to be a crowd-pleasing concert for music lovers of all ages and tastes. The program includes Leonard Bernstein’s lively overture to the Broadway musical “Candide,” and “Ethiopia’s Shadow in America” by African-American composer Florence Price.

This is a family-friendly concert, so bring the kids and grandparents! Like all DCO concerts, this event is free to the public, no ticket required. Donations to help defray the orchestra’s expenses are greatly appreciated.

WRITTEN & DIRECTED
BY JEFF DANIELS

Extended thru March 2, 2024!
PurpleRoseTheatre.org
734.433.7673