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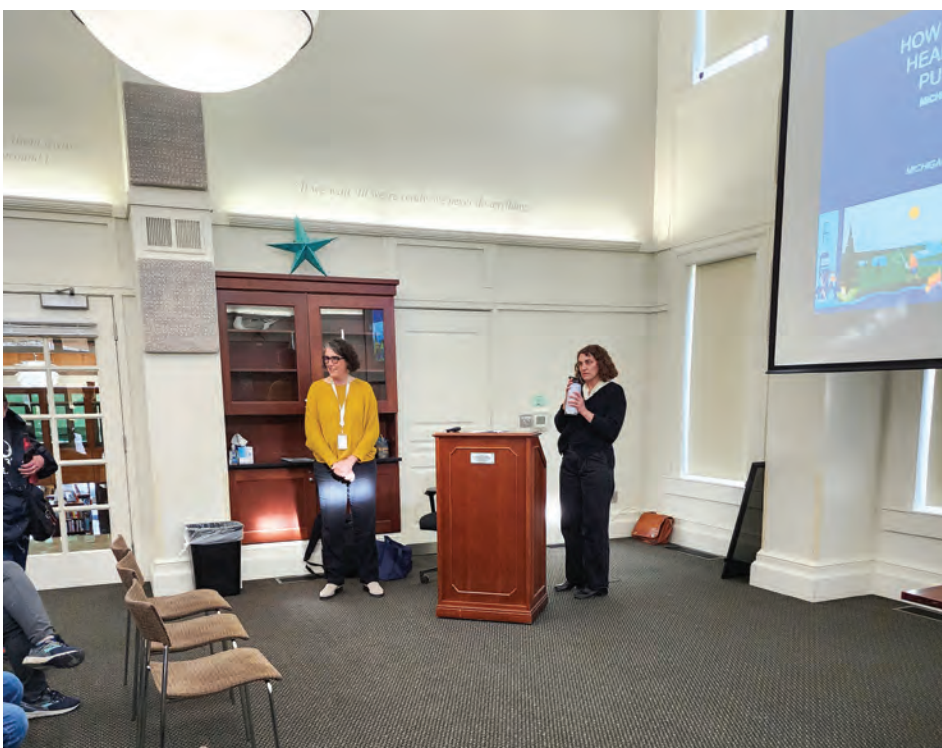
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**2024
CALENDAR
OF EVENTS
SCHEDULE**
INSIDE ON PAGE 2

Earth Day Educational Opportunities at the Chelsea District Library



Photos by Aimee Bingham

By Aimee Bingham
anbingham@gmail.com

The Chelsea District Library offered several events to mark Earth Day on April 22. There was an event geared toward youth 6-11. They learned about plastic pollution through science experiments. I attended the event for adults and teens titled, "Examining Climate Change in Michigan and your Health." The presentation was given by Stephanie White, a

continued on page 6

SAVE THE DATE

SUNDAY
AUGUST 18
Gordon Hall in Dexter



Celebrate!
Farm to Table
A benefit dinner for the 5 Healthy Towns' Farmers Markets
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Building a Bulldog Future Fundraiser!



CONGRATULATIONS
CLASS OF 2024!

Building a Bulldog Future Fundraiser!

SUPPORTS GRANTS & SCHOLARSHIPS

D&B Strategic Marketing
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Chelsea Education Foundation
president@chelseafoundation.com
Chelsea Education Foundation (CEF) is

launching "Building a Bulldog Future 2024 Fundraiser" starting May 1 and culminating on June 2, Graduation Day for Chelsea's Class of 2024. In addition to celebrating this year's graduates, CEF is committed to creating a bright future for all Chelsea Bulldogs!

The money raised will help CEF fund fu-

ture educator grants. In 2023-24, with the help of generous donors, they funded 49 grants totaling over \$50,000. While this is a significant impact for the

continued on page 2



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Story on page 10



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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

Building a Bulldog Future Fundraiser!



Michigan according to the US News and Reports rankings: www.usnews.com/education/best-high-schools/michigan/districts/chelsea-school-district/chelsea-high-school-9799. Chelsea High School is one of the smallest in the top 50. This recognition places CHS in the top 3% of high schools. "We can help support this trajectory with your help," commented Amy Forehand.

Chelsea Education Foundation congratulates the Class of '24 and extends its gratitude to all supporters contributing to the 2024 Building a Bulldog Future Fundraising goal of \$8,000. chelseaeducationfoundation.networkforgood.com/.

As a 501(c)3 organization, Chelsea Education Foundation embodies a profound sense of dedication to supporting and caring for students and teachers alike. Their commitment to fostering excellence in education extends beyond the confines of the classroom, making them a vital conduit for all community members. They serve as a valuable resource, enriching the educational experience and empowering individuals to reach their full potential. With a deep-rooted ethos of compassion and collaboration, CEF stands as a pillar of strength, driving positive change and innovation in education for the betterment of our community. Since its inception in 1990, CEF invested \$1.265 million in support of scholarships and grants that have impacted over 55,000 students.

continued from page 1 schools, CEF received grant applications totaling \$174,000 this past school year. With only being able to meet 29% of the request, CEF is asking supporters to help close the gap, which includes \$60,000 toward repurposing Pierce Lake Elementary School into an early childhood center with potential to outfit modern, accessible playground equipment. "This reflects our district's proactive approach to meet the increasing demand for early childhood education in our community," shared Mike Kapolka, CSD Superintendent.

CEF funds grants that support the creative endeavors of the Chelsea School District educators. Grants fund various initiatives at every level of the student experience, from early learning to high school leadership. They span from social-emotional learning support to Science, Technology, Engineering, Art, and Mathematics (STEAM) programs and literacy support.

CEF is a conduit for

community members, organizations, and businesses to sponsor Scholarships. CEF will announce the 2023-2024 scholarships winners at Class Night on June 2. Last year, CEF allocated \$47,000 in scholarships in support of all careers and continuing education for non-traditional returning students. In 2023, CEF added a Skilled Trades Scholarship. To learn more, go to www.chelseaeducationfoundation.org/scholarships

Amy Forehand, President of Chelsea Education Foundation, emphasized the importance of the "Building a Bulldog Future Fundraiser" in sustaining the foundation's mission, stating, "The generosity of our community enables us to support and grow alongside the Chelsea School District. This fundraiser is a vital component of our efforts to enhance educational opportunities for all students."

Chelsea High School was recently recognized as the 32nd-ranked High School in the state of



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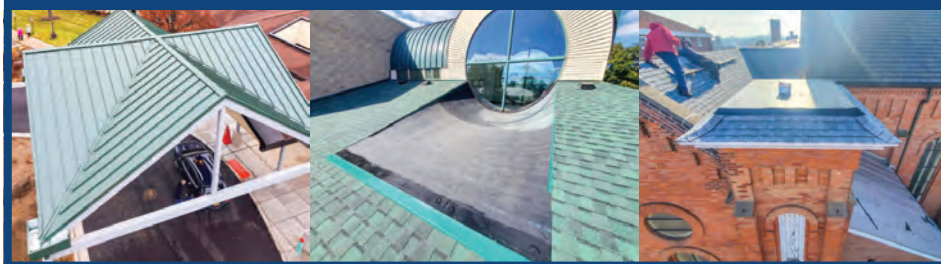
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2024 CALENDAR OF EVENTS



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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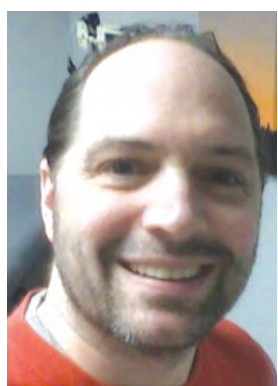
To learn how you can help, visit Foundation.UMRCPH.org or contact the UMRC-Porter Hills Foundation at 734.433.1000 ext. 7502



CHELSEA ATHLETICS



ON THE SIDELINE: LAWN MOWERS, SPRING, SORE NECKS AND A "SPIDER GLASS"



By Don Richter
drichter101@comcast.net

Spring has finally sprung.

Well, I guess it's actually a month or so into spring, but I don't consider it "officially spring" until I dust off the old yard work equipment. And old it is.

I've had my lawn-

mower for at least eight years and my weed-wacker probably for almost two decades now. My weed-wacker is so old I still use an extension cord to power it. I'm pretty sure I'm the only person on my block who still uses an extension cord with any yard tool. And I can pretty much guarantee you I'm the only person on my block who uses the term "weed-wacker."

So last weekend I spent three hours trimming, weeding, picking up random sticks and mowing my lawn. As of today,

I can't feel my toes and I can't bend over to tie my shoes. When did I get so out of shape?

I work a hard, physically demanding job every day and I'm in pretty darn good shape for my age if I do say so myself — and, yes, I'm probably the only person who says that. But last weekend's opening season yard work kicked my butt. I've slept 10 hours for two straight nights, but I'm still tired. My neck is so sore I can barely move my head side-to-side. It even hurts swallowing food. What is going

on?

I think I'm going to break down before my yard work equipment does. Thankfully all of my yard work tools are still operating well. Me? Not so much. Fingers crossed they (and me) last another spring/summer.

Another sure sign of spring, at least in my house, is the awakening of the bugs. Where the heck do they come from? Part of my spring work to-do list every year is to put down my bug barrier spray inside and outside my house and to spray

my wasp and bumble bee preventer along and underside my roof for my shed and home. This weekend I'll be starting that project, but the bugs aren't waiting, that's for sure. I've already seen a few random ants and some spiders meandering through my house, checking out the place.

And, mind you, when I say spiders, I don't mean those cute little harmless banana-colored spiders or a lazy daddy long-legs. No, sadly in the

Richter household I get spiders the size of quarters. And they're mean with attitudes. It puzzles me why I just can't have tiny, manageable spiders in my house. But truly ever since I moved into my house, I've had big, hairy spiders. I do live on a corner close to a field so maybe that's where the hulk-like spiders are coming from? I don't know.

But after 17 years of living in my house, I've developed a pretty good system of **continued on page 10**

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CHELSEA ATHLETICS



CHELSEA BULLDOGS BOYS TRACK & FIELD

2024 BOYS T&F YPSILANTI DUAL MEET SUMMARY

The Chelsea High School boys track team hosted Ypsilanti Community High School for an SEC White dual meet on Tuesday, April 23rd. It was also senior night, where 13 members of the boys team were recognized for their time in the CHS track program. The dogs fought through the cold and windy conditions and came away with a 99 - 38 victory over the Grizzlies.

Highlights include:

• Regan Plank was dominant in the sprints,

winning the 100, 200, and winning the 4x100 along with Ethan Collins, Caden Steele, and Gibson Ichesco.

• The Chelsea field events athletes showed up to compete and dominated, scoring 42 out of 45 available points in the field events. Freshman Sam Forehand won the high jump (5' 4"), JJ Turnbow won the long jump (20' 3") and took second in the high jump (5' 4"). Nolan Fleszar (12'), Mo Cugliari (10' 6"), and Josh Doyle (10')

swept the pole vault. Indiana Hurst took first in the shot put (39' 6.75") and Auden Howard took second (38' 6.5"). Vincent Guthrie (105' 1.25"), Chase Maihofer (103' 10.25"), and Carl Peterson (99' 5") swept the discus as well. Ichesco also took second in the long jump with a jump of 19' 4.5".

• The distance squad had a great day as well. The 4x800 team of Miles Dell, Eric Cameron, Sam Clifton, and Leo Alafita won the event.

The 1600 was swept by Connell Alford, Brant Maley, and Wyeth Angus. Maley also won the 3200, while Sam Clifton took 3rd. Jackie Dell won the 800 while his brother, Miles, took 3rd.

• The hurdlers took a big step forward this week as well. Alex Bennett took second in the 110 hurdles and 2nd in the 300 hurdles. Ethan Kwaske took 3rd in the 110.

Coach Slusser's Comments: First of all, I want to take a moment

to thank our seniors from the CHS class of 2024 for all they have given to our program. They are an incredible group of young men and I look forward to seeing them take on life outside of CHS. As far as the meet is concerned, I told our guys that they needed to compete and fix 1 or 2 things for each event they were in. I was proud of how we performed today. One thing I think is interesting is that our field events are continuing to improve,

and it is someone different week that impresses me. Our jumpers and throwers are pushing each other, and we need that. We are entering the toughest part of our schedule. Next up are Jackson and Tecumseh, who are fast and good. Our conference is extremely competitive, as is our region. But we will focus on stacking good days and hopefully, our depth and consistency will prove to be the difference by the end of the season.

2024 BOYS T&F SALINE MEET SUMMARY

The Chelsea High School boys track and field team traveled to Saline for a Freshman and Sophomore only meet. There were 11 teams from multiple divisions present at this meet. The top 3 places in each event earned medals, but there was no team scoring for the meet.. The boys team earned 9 top 3 finishes and had

several personal records. Highlights include:

• Josh Doyle took first place in the pole vault and his teammate, Eli Bennett, took 2nd in the event. They both jumped 10'.

• Sam Forehand won the high jump with a personal record jump of 5' 8". He also took 6th in the freshman 100 meter dash.

• The distance crew dominated today. The 4x800 relay team of Miles Dell, Wyeth Angus, Linus Helzerman, and Owen Thorburn won the event with a time of 8:51. Helzerman won the Sophomore 1600 with a time of 5:08. Angus won the 3200 with a time of 10:42. Thorburn also took 4th in the 3200 with a time

of 10:54. Dell took 4th in the 800 with a time of 2:15.

• Gibson Ichesco earned 3 medals at the meet. He took 2nd in the freshman 100 with a time of 11.60. He also took 3rd in the long jump (18' 4.5") and ran in the 3rd place 4x200 relay along with Landon Conley, Ronan King, and Caden Steele. Steele

also took 5th in the sophomore 100, while Conley took 5th in the freshman 100.

• Caleb Fitch and Nathan Paul held it down in the throws. Fitch took 4th in both the shotput and the discus. Nathan had a huge PR in the discus.

Coach Slusser's comments: The future is bright for Chelsea

Track! We took some of our younger athletes to compete against kids their age, many from bigger schools. I thought we did well today, and maybe even identified some younger kids who can get into our varsity lineup. We will travel to Tecumseh on Tuesday to take on Tecumseh and Jackson. We look forward to the challenge.

CHELSEA BULLDOGS GIRLS TRACK & FIELD

2024 GIRLS T&F YPSILANTI DUAL MEET SUMMARY

On Tuesday (4/23), the Chelsea Girls Track & Field Team hosted Ypsilanti Community High School on senior night with temperatures in the high 50s with 23 mph wind out of the southwest. We came away with a convincing win over Ypsilanti 107 to 30. We collected 14 first place finishes, 11 second place finishes, and 3 third place finishes.

Highlights

• Anna Brant won the shot put (36' 5") and discus throw (93' 8"). Anna's shot put throw distance puts her fourth on Chelsea's Top Ten

performances in this event.

• Claire Ashe placed second in the shot put (29'1.5") and the discus throw (77' 9"). Also, Lily Paddock placed third in the shot put throw (22' 7").

• Senior Madeline Collins placed second in the long jump (13' 5") and Kennedy Anderson placed second in the high jump (4' 6").

• Karlie Van Remortel, Lissa Krueger, and Tessa Smith swept the pole vault with heights of 9' 6", 7' 6", and 6' 6", respectively.

• In the 100m high hurdles, senior Leila

Wells placed 1st (15.89), while Cailyn Jbara placed 2nd (19.16). In 300m low hurdles, Emma Ward placed 3rd with a time of 58.02.

• In the 100m dash, senior Carley Grabarczyk took 1st (13.05) and senior Else Baize placed 2nd (14.07).

We placed first in the all the relays:

• 4x800m relay (Madison Morgan, Slater Boos, Seren Angus, and Mireille Hunter);

• 4x200m relay (Leila Wells, Addie Howard, Brianna Wenzel, and Carley Grabarczyk), which now one of top

times in the region;

• 4x100m relay (Leila Wells, Elsa Baize, Teagan Hill, and Carley Grabarczyk);

• & 4x400m relay (Caitlyn Ash, Elsa Baize, Braiden Scheffler, and Ceci Bayer).

• Natalie DeMea placed 1st in the 1600m run (5:37.97), while Ceci Bayer placed 2nd in the event with a time of 5:44.74. These times are in the top eight of our region.

• Addie Howard and Brianna Wenzel went one, two in the 400m dash. Both of these athletes are in the top eight in the region

in this event.

• We swept the 800m run, specifically, Natalie DeMea 1st, Senior Madison Morgan 2nd, and Slater Boos 3rd.

• In the 200m dash, Teagan Hill ran a fast 26.86 to win the event. Her time puts 6th in the region.

• Sophia DeMea and Senior Seren Angus ran well in the 3200m run to place 1st and 2nd, respectively. Both of athlete's times are in the top ten of our region.

• Those honored on senior night were the following: Addison

Adams, Seren Angus, Elsa Baize, Madeline Collins, Eva Dewaele, Carley Grabarczyk, Marina Hinz-Johnson, Madison Morgan, Amelia O'Rourke, Lily Paddock, Emma Ward, Leila Wells, and Claire Zarinnia. This is one of the largest groups of seniors we have had in our program history. We appreciate their contributions!

We have the Saline Frosh/Soph Tracktown Showdown on Thursday, April 25th. This will be a good opportunity for the underclassman to compete.

2024 GIRLS T&F F/S TRACKTOWN SHOWDOWN MEET SUMMARY

On Thursday (4/25), the Chelsea Girls Track & Field team traveled to Saline High School for the Frosh/Soph Tracktown Showdown Invitational, which was held for underclassmen only with twelve other teams competing. It was a nice afternoon and evening with temperatures in the 50s with an occasional light wind. The

top three in each event earned medals. We had a really good showing with five first place finishes, two second place finishes, and two third place finishes. Also, we had six individual personal records (PRs).

Highlights

• Teagan Hill placed 1st in the Frosh 100m dash with a time of 13.13 FAT and 1st in the

200m dash with a time of 27.81.

• Abby Kotlarek, Adri Yado, Ana De la Parte Soto, and Abby Lokers all had PRs in the 100m dash.

• Tessa Smith had a PR in the 200m dash.

• Karlie Van Remortel placed first in the pole vault with a height of 9' 9" (a PR); this height ranks her first in

the D2 16-2 Region.

• The 4x100m Relay composed of Addie Howard, Aleeah Wells, Abby Kotlarek, and Teagan Hill placed first overall with a time of 53.73 FAT.

• Brianna Wenzel (2nd) and Addie Howard (3rd) had top finishes in the 400m dash with solid times.

• The 4x200m re-

lay composed of Adri Yado, Mireille Hunter, Charlie Bianchi, and Abby Lokers placed 7th overall with a time of 2:06.12.

• Ceci Bayer (2nd) and Sam Bieber (3rd) ran well in the 800m run, earning medals in the event. Mireille Hunter placed 7th overall with time close to her PR.

• The 4x400m relay composed of Addie Howard, Brianna Wenzel, Ceci Bayer, and Sam Bieber (all sophomores) placed 1st overall with our team's 3rd best time of the season.

Our next competition is a double dual meet with Tecumseh and Jackson High Schools on Tuesday, 4/30.

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Grand Finale Spring Market

Sunday May 19 • 10am-4pm

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Event Details:

- Indoor + outdoor event
- Early Bird admission: (10am-11am) \$15
- General admission: (11-4pm) \$5 cash

Adult Learners Institute's Term Ends with Local History and Football



Submitted by Joan
Gaughan

For almost two decades, Grace Shackman's classes have explored the history of Washtenaw County's cities and small towns using the houses, libraries, schools, hospitals, banks and businesses, downtowns, even streets and roads. As the name of her class, Potpourri of Finds and Thoughts of 50 Years of Researching Local History suggests, on three Fridays, May 3, 10 and 17, from 1:00 to 3:00 at the Cedars of Dexter, she will offer a collection of insights into the development of several smaller communities

in the county. Her class on May 22 is an optional field trip.

As the weather warms, what we need is...FOOTBALL! And in his class, College Football A-Z, on Tuesday evening, May 21 from 6:00 to 7:30, Paul Schudel will offer his memories of playing for and coaching under Bo Schembechler along with more than forty-years of coaching at all levels of college football in the United States as well as in France and Germany, Mr. Shudel will also offer insights into how the game has changed since its inception in 1888. Note: This is a free class presented in cooperation with the Chelsea District Library. To register, call the Chelsea Library at 734 475-8732 or go online at:

<https://chelsedistrictlibrary.libnet.info/event/9710655>.

There is still time to register for two other fascinating classes.

John Hauger's class Music of the 1980s on April 26 from 1:00 to 3:00 is an exploration of the music of the twentieth century, and Kathie Gourlay and Carolyn Madden's class, Re-Entering Society with a Criminal Record on April 30 and May 7 is an examination of the painful road released prisoners must walk to regain full entry into a society that is often indifferent or even hostile to their experience.

Catalogs containing more information on these classes, as well as the registration form are available at grocery stores, libraries, senior centers and several churches and businesses throughout the Five Healthy Towns area as well as at www.alimichigan.org.



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Depression 101

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

Sadness, Melancholy, the Blues, Feeling Low, Dysthymia, Heavy Hearted or Down Hearted. I could go on. Humans have suffered from depression throughout recorded history. And they have given it many names over the centuries. But for this article we will just call it depression which is defined as:

“...a common and serious medical illness that negatively affects how you feel, the way you think and how you act. Fortunately, it is also treatable. Depression causes feelings of

sadness and/or a loss of interest in activities once enjoyed. It can lead to a variety of emotional and physical problems and can decrease a person’s ability to function at work and at home.” (American Psychiatric Association: website, 2017)

Most of us have experienced intense emotions of sadness or grief. They usually are of a short duration (two weeks to eight weeks). And we can recover from the ill effects with minimal difficulty. But that is not true for 10-15 percent of Americans. The focus of this article is to briefly help you understand the basic components and

differences of depression.

In general there are three types of depression: Situational, Clinical, and Bi-Polar. Situational depression is activated when a life event occurs triggering an emotional response of sadness, grief, loss, uncertainty, and others. Examples of this are the loss of a friend or close family member. It can also be more comprehensive such a chronic situation that attacks our sense of self-worth or feeling safe. For many, having a supportive and trusting support system along with a healthy life style will aid in the healing process. However, ev-

eryone will recover at different paces.

Clinical Depression is usually a result of genetic factors or chronic stressors lasting over several years, creating a decrease of neuro chemicals that stimulate the receptors in our brain a sense of well-being and happiness. When these chemical are decreased or hindered from being fully accessible to our neuro receptors. Then an intervention of therapy with the possible admission of anti-depressants. There are two main categories of clinical depression: dysthymia or persistent depressive disorder, and Major depressive

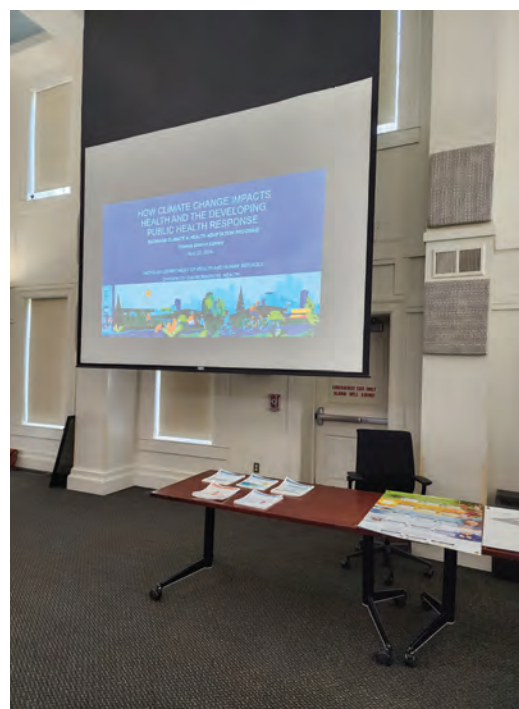
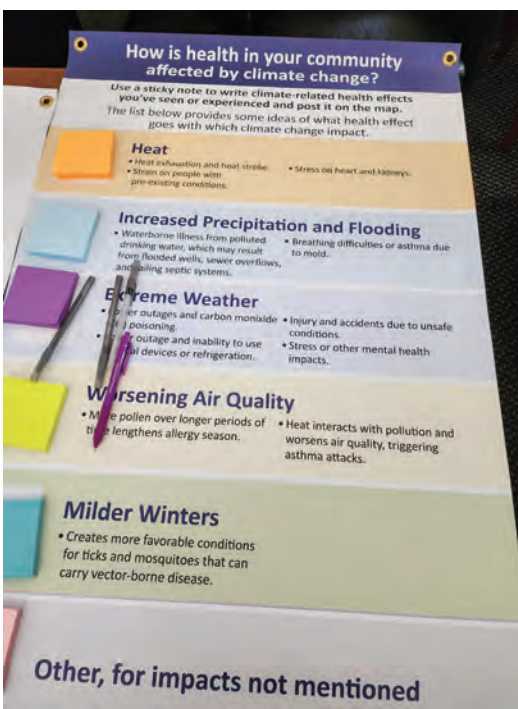
disorder with sub categories of mild, moderate and severe. A major depressive event can happen only once in a lifetime or many times over an extended period of time. Major depression can stimulate significant thoughts or actions of self-harm that can be fleeting or chronic. Major depression will affect our ability to function effectively at work, school, or social interactions. It can affect our ability to sleep soundly or over sleep (hypersomnia). Our appetite can be decreased or some will “comfort eat” excessively causing significant weight gain. Other areas of our life can also be effected such as motivation to complete projects or engage in activities we once enjoyed. Isolation and ru-

minating thoughts add to the complexity of this disorder. For most a behavioral and/or chemical intervention are necessary.

Bi-Polar Disorder is a complex and varied disorder that is under the category of “Mood Disorders.” In general it is a combination of depression with a manic event of extreme highs, paranoia, delusions, grandiosity, etc. Mood disorders have many variants that cannot be covered in this article. However, depending on the complexity, a medical intervention is indicated.

The good news- depression is treatable. With lifestyle changes, a change in our thinking, and a possible inclusion of an anti-depressant. Most if not all can lead a happy, healthy life.

Earth Day Educational Opportunities at the Chelsea District Library



us that our neighbors can be our biggest allies, so think about checking in on your neighbors and seeing if you can help during power outages and life disruptions. Community and neighbors will be our saving grace. To learn more about emergency planning in your area, contact your local health department <https://www.michigan.gov/mdhhs/safety-injury-prev/environmental-health/topics/mitracking> will provide more information on data regarding climate change and the environment. <https://www.michigan.gov/mdhhs/safety-injury-prev/environmental-health/topics/mitracking>

continued from page 1 health educator and Carolyn Koch who focuses on community engagement.

The overall goal of their Department, within Michigan’s Health and Human Services Department, is to address potential environmental health hazards and work to prepare the public health system. Frankly, until I attended the program, I had no idea there was any effort to address the issues. I was also ignorant to the issues we might face in Michigan. I had the vague sense that as temperatures warm, our harvests will be different. We see that directly with a change in our maple syrup production and with our official shift to zone 6b for gardening. My mind viewed that as a simple adjustment, though I worry for our local maple syrup producers and my own ability to produce from the backyard. But, I sat smug as a Michigan girl believing that soon, the people in Florida would be packing their homes and clamoring for a safe spot surrounded by our beautiful lakes and our property value would skyrocket.

I learned that

Michigan is facing more than a shift in growing seasons. Michigan has faced a shift in temperatures over the last 30 years, It’s gotten about 2.5 degrees warmer. As a result, we’ve had a 16-day increase in a frost-free season, which to me has been enjoyable. But I’ve not been looking at things in the big picture. Overall, our identity has changed a little; ice fishing isn’t what it’s been and our ski resorts are taking a financial beating. Pure Michigan seems a little less pure without our white, bright snow season. I know that Michigan cherries, which are a staple in my house in the summer, need the winter cold to produce. I hope that Traverse City stays cold. As temps have increased, so too has precipitation, which initially was a relief. I’ve been worried about our water tables for years after learning in 8th grade that bottled water companies have been pilfering from the Great Lakes. But the increase in precipitation by 15% has also included a 37% increase in heavy participation. The shift in climate has created a higher likelihood of flooding. I am a writer

but also a human. The word flooding strikes a great deal of anxiety in my heart because I watched my aunts, uncles, cousins and grandmother survive Hurricane Katrina in Louisiana. Que, personal climate anxiety. As the floods since 2018 were listed, I kicked myself for being so naive not to realize this is our new direction. Father’s Day flood in Houghton Michigan was a one time in 1000 years flood. This means a flood of that magnitude should not happen again for nearly 1000 years. In 2020 there was a once in 500-year flood in Midland and there have been several more, smaller, but nonetheless big floods in South East Michigan. The job of this department is to track and look at mitigation and adaptation.

The department faced a climate issue that caught us all off guard last year. Canadian wildfires brought 2.5 micrometers of particulate to our air for the first time. My daughter had to have indoor recess due to air quality last year. I know this sort of thing happens all the time in parts of California, but I am a pure Mich-

igan girl. I have Great Lakes and air I can breathe. But last year, we were pushed into a new world that may be our forever world if temps keep rising. The health impact of being warmer with poor air quality will be more breathing issues, allergy issues, and the potential spread of disease with more rodents and ticks. I wish I had more solutions

or ideas to fix the issue, but I can only suggest that, if your life is contingent on medication, you create a contingency plan if there is a flood or any sort of natural disaster. The flood in Midland was a struggle for diabetics. I can say the state is working on it, but given what I saw during Katrina, we all need to work on it ourselves. The pandemic showed

May Events

*Community welcome!

Strengthening Your Posture* (CHE)
April 16-May 21 • 12-1pm
Members \$84, Non-Members \$90

This 6-week session 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 734-214-0220.

Mother’s Day Gift Card Special* (CHE)
May 1-12

Give the gift of health and fitness to that special mom or mother figure this year. Purchase a gift card and receive a gift bag! For more information, visit the Member Service Desk.

GenZ Intro to Weight Lifting* (DEX)
Thursdays, May 9-June 13 • 3:30-4:15pm
Members \$84, Non-members \$90

In this class participants will cycle through several exercises targeting different muscle groups. Participants will learn how to tax their muscular strength, endurance and cardiorespiratory system.

Memorial Day Holiday Hours (CHE/DEX)
Monday, May 27 • 7am-12pm

Senior Health and Fitness Day* (CHE/DEX/STK)
May 29

Senior Guests may visit for free! Events will be held at Chelsea and Dexter Wellness Centers.

Strong Back, Soft Heart Yoga and Journaling Workshop* (CHE)
Wednesday, May 29 • 6:30-7:45pm at Chelsea Wellness Center with Holly Makimaa, Yoga and Trauma-informed Journaling Teacher and Somatic Life Coach

Want to learn how to be grounded and feel strong yet able to open and soften your heart? In this unique hybrid yoga and journaling workshop, focus on yoga poses that bring grounding and heart opening accompanied by journaling exercises that reinforce support and compassion. 1 hour 15 minutes. All levels welcome. Free to the Community.

Free Summer Outdoor Yoga*
Yoga in the Park - Dexter
Mill Creek Park • Sat 6/1-8/17 • 8-9am
Yoga on the Lawn - Chelsea
Chelsea Library • Sat 6/1-8/17 • 10-11am
Yoga at the Lake - Grass Lake
Grass Lake County Park • Sat 6/1-8/17 • 10-11am

Please bring your own yoga mat or towel. Weather permitting, visit the Wellness Centers social media pages for up-to-date information.

Relaxation and Breathing Techniques for Parkinson’s Disease* (CHE)
Thursdays, May 2-June 13 • 2-3pm
Members \$84, Non-members \$90
No class 5/23.

PreK Mighty Movers* (DEX)
Thursdays, May 30-July 18 • 4:45-5pm
Members \$78, Non-members \$84

Join us for a high energy class using imagination, incorporating games, fitness, music, & props. Ages 4 and 5. Parents must stay in the building. *No class 6/13 & 7/4.

Pre & Post Pregnancy* (DEX)
Thursdays, May 30-July 18 • 5-6pm
Members \$102, Non-members \$108

This class is designed for expecting moms who are looking for a structured prenatal workout plan to maintain strength and muscle tone during and after pregnancy. No class 6/13 & 7/4.

UPCOMING JUNE EVENTS
Strengthen Your Pickleball! (DEX)
June 6-July 18 • 10-11am
Members \$126, Non-Members \$132
Strength training provides the foundation to meet these demands, enhancing your power, endurance, and overall performance on the court.



"Duet in Many Colors" Showcases Vibrant Artistic Expressions at Gallery 100



D&B Strategic Marketing
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Gallery 100
 gallery100atasm@gmail.com

Gallery 100 proudly announces its upcoming exhibition, "Duet in Many Colors," featuring the captivat-

ing works of Lindsey Dahl and Nancy McKay. This dynamic duo will grace Gallery 100 with their vivid interpretations of the natural world from May 4 to June 23.

Lindsey Dahl's art bursts with color and

texture, evoking a sense of wonder. Her expressive brushstrokes bring to life the animals and landscapes of rural Michigan, inspired by her profound interactions with wildlife. "Experience with animals, both wild and domestic, has a profound influence on the way I view my subjects. The beautiful yet brutal, hilarious, and heart-breaking ways of nature constantly inspire me," said Lindsey. She

primarily works with acrylic on canvas, infusing her pieces with the beauty and complexity of nature.

In contrast, Nancy McKay's art delves into the stories and possibilities inspired by protected landscapes. A Master's graduate in textiles from Eastern, Nancy found her passion in silk painting, drawn to its luminosity and brilliance of color. Her silk paintings, showcased alongside Lindsey's work, offer a unique perspective on the natural world.

The exhibition will kick off with a public reception on May 19, from 2pm to 3:30pm, where art enthusiasts can meet Lindsey and immerse themselves in the vibrant atmosphere of her artwork. Additionally, on May 19, Lindsey will be present at the gallery reception, accompanied by some of her beloved silk chickens, adding an extra layer of charm to the event.

Nancy McKay's extensive experience as an artist-in-residence at various national

parks, including Grand Canyon, Acadia, Hot Springs, and Badlands, permeates her work with depth and insight, enriching the narrative of the exhibition.

"We are thrilled to host Lindsey Dahl and Nancy McKay's 'Duet in Many Colors' at Gallery 100," says Program Director, Winn Nichols. "Their unique perspectives on nature promise to captivate audiences and provide a rich cultural experience for our community."

Gallery 100, located in Chelsea, Michigan, serves as a platform for local and regional artists to showcase their work, enriching the cultural landscape of the community. Open to the public, the gallery invites art enthusiasts to explore and appreciate the diverse forms of artistic expression.

For artists interested in exhibiting their work at Gallery 100, inquiries can be directed to gallery100atasm@gmail.com.

Don't miss the opportunity to experi-

ence the vibrant fusion of color and storytelling in "Duet in Many Colors" at Gallery 100 from May 4 to June 23.

For more information, visit Gallery 100's website silvermaples.org/gallery100/, or email Winn Nichols gallery100atasm@gmail.com.

Event Details:

- Opening Reception: Sunday, May 19, 2024, 2:00 pm - 3:30 pm

- Exhibition Dates: May 4 - June 23, 2024

- Location: Gallery 100, Silver Maples of Chelsea

"Gallery 100 - Life is Art"

As a 501(c)(3) nonprofit, Gallery 100 welcomes people of all ages and backgrounds to explore and experience art. Gallery 100 offers engaging exhibitions and community programming of all varieties: artist talks, a residency program, studio classes, and more. Artists who are interested in exhibiting their work at Gallery 100, email Winn Nichols, gallery100atasm@gmail.com.

Cinderella Presented by Ballet Chelsea



Photos By Aimee Bingham.

By: Aimee Bingham

Chelsea High School's newly remodeled auditorium on April 20-21. I attended Sunday's show but was able to watch both Saturday and Sunday. The talent at Ballet Chelsea is so deep, each show had different dancers in lead roles, aside from Prince Charming.

As an adult, I don't get swept away by fairy tales. My mind typically editorializes with negative jaded comments, "Don't believe that prince!" Maybe it was the music of Sergei Prokofiev, or maybe it was the grace, beauty and perfection of the dancers. Ballet Chelsea's Cinderella had me swept away in a Fairy tale just like the little girls decked out

in sparkly tiaras in the audience. The Step Sisters played their parts so well, we were all laughing at their social ineptness. The stepmother, on Sunday, is a stunningly beautiful dancer, but on stage she transformed into a terrifying authoritarian, cold-hearted woman. Each show had a tall, thin, gorgeous fairy Godmother who made us all cheer as she revealed herself in a series of dizzying spins. The costumes were spectacular and hit the mark. Cinderella's ball gown billowed out as she danced, just as I wanted my dresses to do as a young girl. The Prince was regal and handsome as every prince should be and I believe that they'd fallen in beautiful perfect love by the end of the ball. I lost the ability to lose myself in fairy tales over 30 years ago, but this past weekend

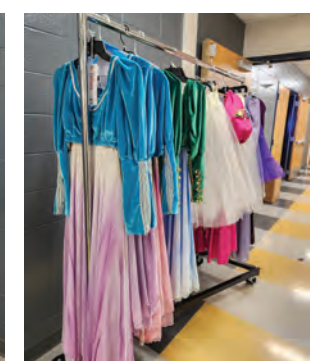
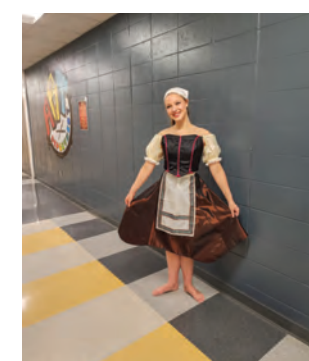


Ballet Chelsea gave me the ability back. It was refreshing!

Today Ballet Chelsea put on a magical performance is an understatement. Any show that can transport a jaded, older woman back to a hopeful jubilant young girl, is a triumph. It was like I learned to believe in magic again and I'm grateful for the experience.

If you're interested in enrolling your children into one of the summer programs at Ballet Chelsea to see if your son or daughter might enjoy the experience, class schedules

and enrollment can be found online <https://balletchelsea.org/>. If you have a son, Ballet Chelsea is always looking for the next Prince Charming, every ballerina needs a partner. Many famous athletes have taken ballet to strengthen their athletic prowess: Lynn Swann, Herschel Walker, Barry Sanders and Willie Gault took ballet. Michael Jordan of the Chicago Bulls trained in the off-season with the Joffrey Ballet, according to the Omaha School of Music and Dance.



Chelsea Senior Center Offering Grant-Funded Lock Boxes to Seniors



Chelsea Senior Center

The Chelsea Senior Center (CSC) is offering free security lock boxes for area seniors. CSC secured funding to provide area seniors (age 60+) home security lock boxes at no cost thanks to the federal American Rescue Plan Act (ARPA) program managed by Washtenaw County.

CSC is managing this program in conjunction with the Chelsea Area Fire Authority (CAFA). The boxes securely store a spare key to your residence so emergency responders called to your residence

will have the ability to access a key and enter to provide you assistance without having to force down your door. An immediate benefit of these secure boxes is avoiding considerable damage, and associated costs, if emergency responders must forcibly open your door. Additionally, it provides emergency responders with quicker access to get to you as quickly as possible.

These boxes are registered with and installed at no cost by CAFA staff. They are the only ones that

have the code to open the box, so you have the additional peace of mind knowing that the key(s) is secure. These boxes are available while supplies last. One box per household for residents 60 and older of the CAFA service area: Chelsea, Lima, Lyndon, Sylvan and parts of Dexter Township. Boxes must be used for this CAFA program and only installed by CAFA staff.

The boxes are only available at the Chelsea Senior Center and must be picked up in person. The boxes cannot be mailed. CSC hours are Monday through Friday, 8:30 a.m. to 4:00 p.m. When boxes are picked up, instructions will be provided for calling CAFA to schedule an installation.

Chelsea Senior Center (CSC) is a 501c3 nonprofit organization in Chelsea, Michigan. Its mission is to enhance the quality of life and well-being for area seniors and their families. Chelsea Senior Center is located at 512 Washington Street. Contact CSC at connected@chelseaseniors.org or (734) 475-9242.

Chelsea's Brodeur Graduates from EMU



From: Rosie Brodeur her Bachelor's Degree from EMU in Criminal Justice & Legal Studies. She also obtained an Associate's Degree from Eastern Michigan University. She is a 2017 graduate from Chelsea High School. She earned

Chelsea's Natalie Davies receives Athletics Deans' Award



Pictured with Natalie is WSU head cross country and track & field coach Grant Lofdahl

From: Jeffrey Weiss At Wayne State University athletics year-end celebration women's cross country/track & field student-athlete Natalie Davies received the Athletics Deans' Award for the College of Education.

Deans' Award recipients have the highest cumulative GPA of any student-athlete in

that college.

*College of Fine, Performing, and Communication Arts - Junior

Natalie Davies (Chelsea, Mich.), a member of the women's cross country and track & field squad, is the 2023-24 recipient of the Deans' Award from the College of Fine, Performing, and Com-

munication Arts. A Journalism major, Davies has achieved Athletic Director's Honor Roll (term GPA 3.5+) status all five semesters, including three times with a perfect 4.00 term GPA. She has earned seven letters at WSU (three in cross country and two each in indoor track and outdoor track).

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CLASS SONG:
"Good Old Days"
 - Mackelmore

CLASS MOTTO:
"The Best is Yet to Come"

TOP 10
CHELSEA HIGH SCHOOL
 - CLASS OF -
2024



Ryan Fredericksen

Parents: Rich and Cindi Fredericksen

Ryan has been an academic letter recipient for three years and also a member of the National Honor Society and AP Economics competition team. He also has been active in the Symphony Orchestra for three years. Ryan will graduate with Summa Cum Laude status and is a SEC All-Academic Award recipient as well. Ryan also participated on the Varsity Tennis team for 3 years where he was a State Semifinalist for two years; also played JV tennis for one year. For 3 years, he received the MHSAA SEC academic award. Ryan was active in club soccer for 10 years and played JV soccer for one year. He was President of the Ping Pong Club as well.

Ryan's favorite memory from high school was hanging out with the tennis team at states his sophomore year.

He will be attending the University of Michigan in the Fall.



Cyprus Gabriel-Menegay

Parents: Maegen Gabriel and Dean Menegay

Cyprus is a member of the National Honor Society and is a SEC All-Academic Award recipient. She will graduate with Summa Cum Laude status as well. Cyprus participated in many activities in high school including running cross country, section leader in band and was also the Queen of Ping Pong Club. She loves to play tennis as well.

Cyprus' favorite memory from high school was doing Just Dance the Friday after a test with her BC Calculus class!

She plans to attend the University of Michigan to study neuroscience.



Caroline Knight

Parents: Corey and Catherine Knight

Caroline has been a part of the Volleyball, Basketball, and Soccer teams during all 4 years at CHS. She was a captain and 2x All Conference Middle Blocker in volleyball. A 3x SEC champion, 2x District champion, and recipient of the BCAM team first award in basketball and an All District and SEC sportsmanship award winner in soccer. She was Vice President of both the Student Council and National Honor Society and member of the Student Athletic Advisory Committee and SRSly club at CHS. Caroline also participated in the swine club and showed pigs at the Chelsea fair. She has also been a member of the Silver Maples Culinary team throughout her time in high school. Recently, Caroline competed at the Michigan Personal Finance Challenge with the CHS team and they won 1st place! She will graduate with Summa Cum Laude status as well.

Her favorite memories of high school were all of the smiles she shared with teammates, classmates, friends, and teachers. She is very thankful to live in such a supportive community.

Caroline plans on attending the University of Notre Dame and majoring in Neuroscience and Behavior on the Pre-med track.



Katherine Krugh

Parents: Joe and Rachel Krugh

Katherine has been in the Community Coordinator leadership role for Key Club at CHS where she has been a member since sophomore year, member of the Econ Challenge team and member of the Varsity Quiz Bowl team. She participated in Chelsea Chamber Choir through Junior year, while earning highest recognition (1) at Solo & Ensemble Festival for solo. Katherine was also a member of the National Honor Society. She was the Topical Winner of LPSNG and Just Poetry annual poetry competition and published in their "American High School Poets - Fall 2023 anthology". Katherine received the College Board's National Rural and Small Town Recognition Program award. She will graduate with Summa Cum Laude status as well. Athletically, Katherine was a 4-year CHS Women's Varsity Soccer player, team captain junior and senior year, and All-SEC player. She also participated in Varsity track Sophomore year, earning two varsity letters (in both track and soccer) in one season. Katherine was a Coaching Intern for the Chelsea Soccer Club as well.

Her favorite memory from high school was making life-long connections with the international exchange students that her family has hosted.

Katherine plans to attend Carleton College and study both psychology and philosophy.



Thomas Olaveson

Parents: Daryl and Tracy Olaveson

Thomas received the Rural Small Town award. He is the National Honor Society President, where he was very active in tutoring and he will graduate with Summa Cum Laude status. Thomas also participated on the golf team and played AAA hockey throughout high school.

His favorite memory from high school was winning the State Personal Finance Challenge.

Thomas will be attending the University of Wisconsin to study Engineering.



Jenna Ouellette

Parents: Laura Ouellette, Patrick Ouellette

Jenna is a member of the National Honor Society and will graduate with Summa Cum Laude status. Jenna was also a member of Student Council and SRSly while at Chelsea High School. In addition, she has been a recipient of the Portrait of a Graduate award at CHS. Athletically, Jenna has been a 4-year Varsity starter with the Softball team. She has received All-State/Region/District/Conference 1st Team honors for multiple years and was selected for the Ann Arbor Dream Team. In Volleyball, she has been a 3 year starter, team Captain and selected for All-Region/Conference recognition for multiple years as well.

Her favorite memory from high school was making it to the state semi-finals her freshman year for Softball.

Jenna plans to attend the University of Michigan School of Nursing and play softball.



Lillian Snyder

Parents: Deborah Snyder and Jeffrey Snyder

Lillian is a writer for the CHS BleuPrint school newspaper and has been the print editor for three years. She is a member of the National Honor Society, has earned her academic letter and will graduate with Summa Cum Laude status. Lillian has received many honors: National Merit Scholar Finalist, AP Scholar and the National Rural and Small Town Recognition Program award from College Board. She was also nominated for the annual WXYZ Brightest and Best and nominated as the Presidential Scholar Candidate. Lillian has been a four year member of the CHS symphony orchestra and earned her music varsity letter; she also has been part of the chamber orchestra for two years. She has also competed at numerous festivals and competitions, including state solo and ensemble and MASTA Chamber Music festival. Athletically, Lillian has been a four year member of the CHS swim and dive team, earned her varsity letter, was the 2023-2024 team captain and earned All-America academic status. She also was a four year member of the tennis team. Her favorite memory from high school was teaming up with Sam Bleber and Sonja Schemahorn in orchestra to play an unconventional Fiddle Trio and receiving a shout-out from the composer who heard from our competition judges how well we played the song.

Lillian will be attending Brigham Young University and majoring in Biophysics with a minor in Music.



Sophia Stone

Parent: Tara Stone and David Stone

Sophia's awards/accomplishments include receiving College Board's National Rural and Small Town Recognition Award, as well as the AP Scholar Award from College Board. In addition, she was nominated for the Chelsea High School Excellence Award. She is a member of the National Honor Society. Also, she received her academic letter every year and will graduate with Summa Cum Laude status. Sophia played soccer for both Chelsea Soccer Club and Chelsea High School for three years and worked with the CHS BleuPrint for two years and volunteered for the Key Club. She also volunteered in University of Michigan's Pletcher Laboratory where they research fly aging.

Her favorite memory from high school was winning the powderpuff football game with all her friends her senior year.

Sophia will be attending the University of Michigan in the fall.



Gavin Taylor

Parents: Rob Taylor and Angela Menegay

Gavin received the National Merit Letter of Commendation and will graduate with Summa Cum Laude status. He was a member of the Ping Pong club and plays the cello.

Gavin plans to attend Washtenaw Community College to study computer science.



Wynne Van Hoek

Parents: Elizabeth and Jonathan Van Hoek

Wynne has been a dedicated participant, leader, and mentor within Chelsea Robotics for five years; Academic honors include AP Scholar Award and the Commended Student Award from the National Merit Scholarship Program. Wynne was also a member of the National Honor Society and will graduate with Summa Cum Laude status.

Wynne's favorite memory from high school was building competitive marshmallow launchers in a Tech & Design class to test against classmates!

Wynne plans to attend the University of Michigan to study engineering.

ON THE SIDELINE: LAWN MOWERS, SPRING, SORE NECKS AND A “SPIDER GLASS”

► continued from page 3 removing the large spiders from my dwelling. Sometimes they get stepped on or “Raid-ed,” but I’m a friendly, peace-loving man who just wants to live in harmony with nature. So, more often than not over the years, I remove the eight-legged nuisances with my trusty “spider glass.” I’m actually quite “ninja-like” in my skillful, yet assertive use of my “spider glass.” Whenever I find a large, mean-spirited spider in my house, I rush to my kitchen and grab the “spider glass” (a simple see through dinner glass) I have located in a corner on my counter. I then proceed to re-find the spider — whether it’s on the floor, in my tub, in a sink, on the wall, in a corner or on

the ceiling and quietly and deftly, with a steady hand diamond cutters would appreciate, place the opening of the glass around the spider. After a few nudges to get it moving, it invariably skitters downward to the bottom of the glass as I in one fell swoop turn the glass right side up and place a small see through Tupperware container on top of the glass to seal my “prey” in. Most times the spider just chills at the bottom of the glass (I think they can sense other spiders have been where they’re at and they just relax), but other times they go bizerk and want desperately to get out.

Either way, in a matter of minutes I open the front or back door of my house —

whichever is closest to the incident — and take the top off the glass and dump the glass upside down on the porch freeing the spider. Hopefully it lives a happy life after being freed from my glass prison.

Everyone says those same spiders probably turn around and come right back into my house. I don’t know, my bug barrier will stop them, right?

Right? Anyone? I’ve already corralled two big, hairy spiders in my “spider glass” this spring. What’s going on?

I guess you can call me “Spider-Man.”

Or maybe, better yet, you can call me an exterminator.

Spring has finally sprung.

Is it winter yet...?



Chelsea Police Department Weekly Summary

Incident #: 24-1315

Date: April 27, 2024

Location: 1300 Block of Armstrong Dr.

Time: 2:37 am

INFORMATION: While on routine patrol officers were dispatched to the 1300 block of Armstrong Drive for the report of a domestic assault that had reportedly occurred earlier in the evening. Upon arrival the officers met with the complainant who stated that the reported assault had taken place sometime between April 26th at

11:00 pm and April 27th at 12:30 am. The complainant said that she had been laying on her bed, when the suspect, a 43-year-old Dexter man grabbed her and subsequently began “slamming her to the ground”. The complainant stated that after the altercation the suspect left the residence in his vehicle. Officers responded to

the suspects residence to attempt to make contact with him, however, the suspect was not able to be located and attempts to reach the suspect by phone were unsuccessful. The case remains open pending warrant submission and review by the Washtenaw County Prosecutor’s Office to determine what charges may be authorized.

Incident #: 24-1317

Date: April 27, 2024

Location: 500 block of N. Main St.

Time: 9:30 am

INFORMATION: While at the Chelsea Police Department an officer was contacted by phone by another local law enforcement who requested assistance. The Chelsea Police Department was requested to go to a res-

idence in the 500 block of N. Main Street and attempt to locate and arrest a subject who had allegedly violated their Court ordered release terms and was in violation. Officers responded to the location and eventually located

the suspect, identified as a 26-year-old Ypsilanti woman. The suspect was placed under arrest and was transported to the Washtenaw County Jail where she would be held until her next scheduled court appearance.

ALCHEMY Holistic Collective Opens with New Moon Neuro in Downtown Chelsea



► continued from page 1

ALCHEMY Holistic Collective opened Downtown Chelsea this week at 105 E. Middle Street. At **ALCHEMY** a comprehensive approach to wellbeing is offered through their unique blend of holistic practices. Their aim is to harmonize the mind, body and spirit to enhance overall health and vibrance. Through a combination of ancient wisdom and modern techniques, they have created a space where individuals can experience transformative healing on multiple levels.

Their team of experienced practitioners specializes in various modalities, including Reiki energy healing, neurofeedback, sound healing,

health coaching, herbal medicine, thai yoga stretching, mindfulness, meditation and more. By offering customized services and specialized classes, while partnering with local experts in the holistic community, they strive to cultivate a deep sense of balance for everyone who walks through their doors.

Founder Nicole Leffler emphasizes that whether you are seeking relief from physical ailments, stress reduction, emotional support or spiritual guidance, their new “Tiny-But-Mighty Healing Arts Studio” is there to support you on your journey to wellness with the life-changing power of holistic alchemy. Their founding

brand, **New Moon Neuro**, is the area’s only IASIS Micro Current Neurofeedback Provider. MCN is proven to be helpful for numerous conditions from ADD, OCD, PTSD, addiction, trauma, insomnia, anxiety, depression, migraines, TBI recovery and more. Results are life changing, enduring and allow your brain to heal itself. They will continue to offer New Moon’s Mental Health monthly scholarship for those in need as well as expand their offerings in months ahead.

For more information, visit alchemyholiccollective.com or contact them at connect@alchemyholiccollective.com

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