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TOP 10 THINGS TO DO WHEN SELLING YOUR HOME

#1
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Business Spotlight: Breathe Yoga



Photos By Aimee Bingham Osinski

By Aimee Bingham Osinski
anbingham@gmail.com

of a contortionist in a circus sideshow. In

my forties, without years of practice, the idea of trying that sort of thing seemed dangerous. So I thought gentle yoga was just my speed, I was right. The class was small and nobody was a super bendy 20 something. Upon completion I felt warm, relaxed and no pain, which was the goal.

I had the opportunity to speak with Amy Busch of Breathe Yoga to find out more information. I mentioned to

continued on page 4

A global art exhibition inspiring empathy & understanding.

I LIVE WITH MY MOTHER, BROTHER AND COUSIN. MY BROTHER AND I HAVE DIFFERENT FATHERS.

I WISH FOR A 90 PLUS AVERAGE ON THE TEST. LAST YEAR I GOT 89.22. I WORRY ABOUT GETTING A GOOD JOB. I WANT TO BE A FOURTH GRADE TEACHER.

CHELSEA DISTRICT LIBRARY 221 S. Main St., Chelsea MI Visit the nationally touring exhibition February 1–March 16

THE FOURTH GRADE PROJECT

NATIONAL ENDOWMENT FOR ARTS ART. CHELSEA DISTRICT LIBRARY.ORG ExhibitsUSA A SERVICE OF MID-AMERICA ARTS ALLIANCE

Ballet Chelsea's 25th Annual Production of The Nutcracker - a Huge Success!



Story and more photos on page 3. Photos courtesy of Michael Bessom.

Sounds & Sights on Thursday Nights Auditions are back!

From: Terris Ahrens

If you are interested in performing during our 9 week music series, Sounds & Sights on Thursday Nights, during the

month of June & July on one of our 10 stages in downtown Chelsea, you can submit an electronic audition or

sign up for the live auditions, which will be

held Monday, February 27th.

Complete the form at <https://chelseamich.com/ssn/ssn-auditions/> Live or Electronic Auditions | Musical

or Non-Musical act submissions accepted.

Deadline to apply is February 17th, so get your submission in now for the 2023 Sounds & Sights Season!

SOUNDS & SIGHTS ON THURSDAYS NIGHTS

2023 AUDITIONS

LIVE & ELECTRONIC



SATURDAY, FEB 11TH
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Big changes



From: Laura Perkins,
Owner Laura Perkins
Animal Behavior, Chelsea

We recently welcomed our baby daughter to our family so this month I want to talk about helping your pets through big life changes. Whether it be a new baby, moving, a new furry family member or some other big change, a little planning and preparing for your pets can go a long way!

Some things we considered when making a plan to help them adjust included:

How will their daily routines be impacted?

Will they be able to spend time resting and playing in familiar spots?

Who else will help us with their care?

What new stimuli or experiences will they have?

These general ques-

tions can get you started for any type of life change planning.

Even though I am an animal behaviorist, we consulted with two of my colleagues to make these plans. One for our cats (Thanks to JR Henderson) and one for our dogs (Thanks to Ran-Courant Morgan). It was so helpful to have third party coaches in considering what might be different at home when the baby arrived and how to support our pets.

For our animals, one big change was that my office became the nursery. The pets and I spent a lot of time in the office together - they slept there nearly all day. So,

we made sure to move my desk to the guestroom early on in my pregnancy. We closed off the old office (new nursery) and provided comfy resting places for the dogs and the cats in the guestroom. I spent time in there working and hanging out so that the animals learned to share the space with me. This paid off hugely. This is our cat's favorite place to be and our dogs often rest on the bed in there when I am in the nursery.

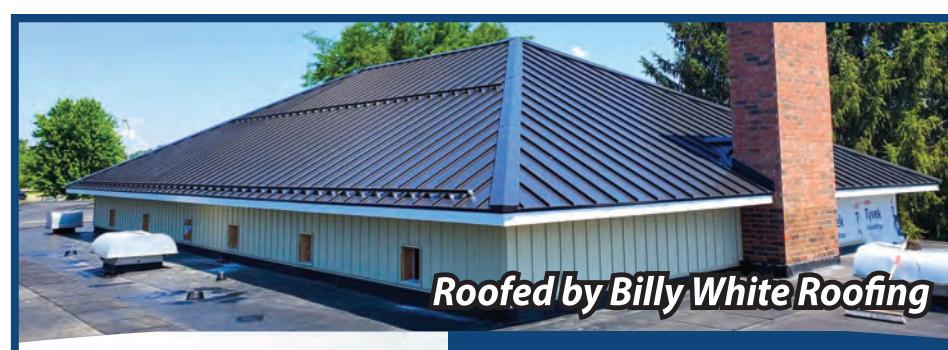
—A big batch of Kongs stuffed with goodies and frozen; ready for providing the dogs with something to do when we needed them to settle in somewhere

—Lots of practice being confined to a bedroom or behind a gate. We wanted this to be a comfortable set up for the dogs so that our guests could help us with the baby without worrying about where the dogs were.

—Quiet places for each animal to seek out when it got too busy,

loud or new.

These few things made those days easier for all of us and didn't



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take much time to prepare! Now, a few weeks into our new normal, we are all settling into a routine and the dogs and cats are able to continue their daily life activities with low stress.

What is Reality Therapy?

From: Michael Patterson, Namaste Family Services, LLC, Chelsea

When I did my graduate work to become a psychotherapist I was introduced and trained in three theories of treatment.

1. Psychodynamic.

2. Family systems.

3. Cognitive Behavioral.

However, my undergrad major was social work. The basic tenets of social work does not rely on the above psychological beliefs. The beginnings of social work can be traced back to Jane Adams (September 6, 1860 – May 28, 1935) and her work in Chicago with immigrants and families who were impoverished. The basic necessities such as food, clothing, shelter, hygiene were paramount to survival. In 1943, Abraham Maslow wrote the paper, "A Theory of Human Motivation." In this paper he proposed that humans have a "Hierarchy of Needs" starting with the basic needs mentioned above. This was further defined in his book, "Motivation

and Personality." Once these needs are met, individuals can go to the next level, which according to Maslow is Safety, then Social, Self Esteem, and Self Actualization.

At any point in a person's life they may have to descend the hierarchy to reclaim the original needs. For example the loss of a job puts in jeopardy the ability to obtain basic necessities. This doesn't mean that an individual regresses in their personal growth, but their priorities change. Another example is when

you lose a close friendship or have to move and lose the community you had developed for your social needs.

William Glasser, MD defines Reality Therapy as, "...A therapeutic approach that focuses on problem-solving and making better choices in order to achieve specific goals. ...Reality therapy is focused on the here and now rather than the past." (<https://www.crchealth.com/types-of-therapy/reality-therapy/>). Reality Therapy-borrowing from Maslow's hierar-

chy-uses problem solving to help the client address the specific blocks that are hindering their ability to resolve the current dilemma they are facing.

In my practice, I blend the different psychological approaches to address the difficulties my clients are facing.

Reality therapy techniques are used when an obvious solution is visible or a client is stuck in faulty or fantasy beliefs.

An example of the use of reality therapy is in the couple's work I do. On rare occasions, I will have a partner who is emotionally abusive or controlling of their partner.

Many times, the may not recognize how they

are abusive. Directly addressing the abusive behavior is essential in these cases in order to save the relationship.

There are two basic tenets of Psychotherapy.

The first one is the Hippocratic Oath which is summed up in the phrase, "Do no harm."

The second tenet is,

"Meet the client where they are at."

When a client seeks counseling they are at various stages in their life. From



developmental to psychological, to specific circumstances. Understanding and having empathy for a client is paramount to developing a therapeutic "healing" relationship. In the initial stages of therapy, it is usually not effective to be using reality therapy until trust has formed. For some, their ego or sense of self is not stable sufficiently to use problem-solving skills as it may overwhelm them.

An example is when someone has recently lost a loved one. Problem-solving is not effective during the initial stages of grief.

Developing a safe, nurturing environment during the sessions allows a client to gradually address concrete problems.

However, in an urgent or crisis period, the client must change, avoid, or remedy specific dilemmas or their emotional or physical health

may be threatened if not injured.

Reality therapy can be as simple as gently pointing out how a person communicates to others may be considered inappropriate.

Or, it may be as complex that it needs to be addressed in specific concrete steps laid out in a logical order to achieve the desired outcome.

The most effective way to use the techniques of reality therapy is with compassion, empathy, and timing so

that it can be heard and utilized by the client.

Unfortunately, there are times when I have had to be blunt with a client because their actions

are hurting the physical or emotional well-being of others around them.

Or their actions are seriously hurting themselves. This is the most difficult time for a client. And once the intervention is completed,

a return to empathy and compassion can negate the sharp edge of reality.

Throughout my training, I was told that I must not induce my opinions or emotions into the session. This is sound advice for 95% of all therapeutic issues. However, when I see a client drinking themselves to death, or their hostile actions are hurting those around them, it is my belief that it would be unethical to not confront it with the force directly needed to alter the actions of the client. This is the hardest part of the job. I have seen many a therapist avoid and thus collude with the negative behaviors. An example of this is when a husband berates or belittles their spouse in the session and the therapist sits back without intervening.

In short, reality therapy is a technique that is used when appropriate for the clinical situation. It needs to be delivered if at all possible with caring compassion. Timing is critical. It does not replace the use of other therapeutic modalities, but rather blends in with them to enhance the effectiveness of the client's work.

Ballet Chelsea's 25th Annual Production of The Nutcracker - a Huge Success!



► continued from page 1

From: D&B Strategic Marketing

Ballet Chelsea's Production of The Nutcracker was holiday enchantment at its best! This annual production, held at the George E. Potter Center in Jackson, Michigan, brought in near sold out houses for the four performances.

The Nutcracker dazzled with gorgeous scenery, beautifully designed costumes, and the colorful characters we all adore. Eighty-three company dancers, and more than 15 returning alumni made Tchaikovsky's score sparkle with the addition of live accompaniment from the Jackson Symphony Orchestra—a real Christmas Memory!

Wendi DuBois, Artistic Director commented, "This 25th year was especially poignant, a career highlight. Everyone's performance was extraordinary; it was an absolutely breathtaking production. The audiences' joy was palpable, magical, and electric. Ballet Chelsea extends heartfelt gratitude to the community for their unswaying support. The symbiotic relationship between all creative aspects of the production

came together in an ethereal way resulting in a truly magical experience."

The atmosphere at the Potter Center was filled with joy. Small children decked in their holiday clothing enjoyed the return of the Sugar Plum Tea for storytime, photos with the Nutcracker characters, and running to take a peek at musicians and dancers as they warmed up. Alumni from Ballet Chelsea's 25-year history joined in the celebration, dancing in the production, watching from the audience, and returning to the studio to take classes.



Up next for Ballet Chelsea is Gershwin & Giselle. The program has something for everyone, combining the best of classical and contemporary ballet. You are invited to surrender your heart as Ballet Chelsea dancers perform Act II Giselle, and celebrate George Gershwin's musical legacy, as dancers bring his music to life through dynamic and original choreography by Wendi DuBois.

Shows will be April 29th at 7pm and April 30th at 2pm, at Chelsea High School. Tickets go on sale in March.

Ballet Chelsea relies on the support of its friends, followers, students, and donors to create world-class productions and provide quality adaptive dance and assisted living outreach programs. If anyone is interested in underwriting a portion of production expenses or donating to Ballet Chelsea's community-driven programs, please visit the website at www.ballelchelsea.org to learn more.

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Seitz's Tavern • Smokehouse 52
Thompson's Pizza • Zou Zou's
Arctic Breakaway • Valiant Bar & Grill
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CHELSEA ATHLETICS



ON THE SIDELINE:

NEW YEAR'S RESOLUTIONS, COMFY COUCHES, INCLINE PUSH-UPS AND LARGE PIZZAS



By Don Richter
drichter101@comcast.net

It's that time of year.

No, not the time of year the Detroit Lions have been mathematically eliminated from playoff contention. No, it's New Year's resolution time.

I think I write this type of column every year. And every year around this time, I've

more than likely broken most, if not all, of my New Year's resolutions.

Every year I resolve not to make New Year's resolutions, but I seemingly do anyway. I don't know why. Maybe I should resolve to figure that issue out. Nah, that's too much introspection and work. I want a resolution I can break easy, err, I mean stick to and improve my life.

Yeah, right.

Anyhow, here are a few New Year's resolutions for yours truly.

First off, I need to cut down my pop intake.

I think this is always my first resolu-

tion at the beginning of each year. I'd really like to slow down and lessen my pop consumption, but it's just so darn difficult.

When I watch sports — which is often — I need to drink a pop. Water just doesn't do it for me. Pop drinking is my biggest vice, I guess. But I just can't quit it. Maybe, though, I'll surprise myself and drink less pop this year. Yeah, and it's going to snow in July. Hey, like me drinking less pop, it could snow in July, but, more than likely it won't and more than likely I won't drink less pop. But I'm going to try. I really will. I promise.

I'm drinking a Mountain Dew as I type this column, sooooo... But at least it's a Diet Dew. Does that count as "less pop?" I'm going to say yes. It's a start, right? And it's better than "regular" pop, isn't it?

I'm also resolving to eat less pizza this year. I think I am the reason Cottage Inn Pizza and Jets Pizza remain in business in my town. Is it bad when you actually become "good friends" with the pizza delivery guys and gals? I know, I need a life. More specifically, I need a social life. And even more specifically specific, I need a larger pants size.

Which leads me to resolution No. 3 — I need to start exercising again. I actually do 100 push-ups every day (no, not the ice cream — I hear you in the peanut gallery). However, the push-ups I do are incline push-ups off the back of my couch or kitchen chair.

It might sound like a decent amount, but it's actually a MUCH easier push-up than a regular, parallel-to-the-floor-type of push-up. I used to work out quite often back in the day and at one time (in another life, it seems) I was a fitness instructor. Nowadays, the only fitness I'm instructing is my own lazy self to

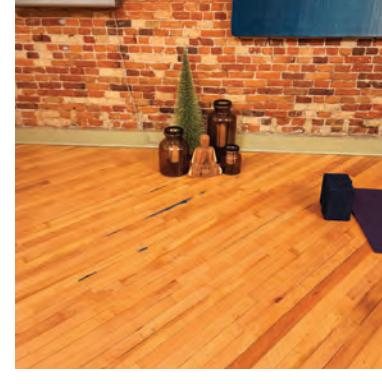
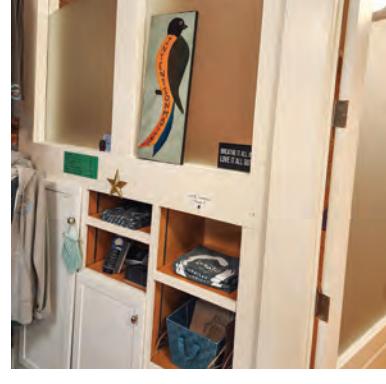
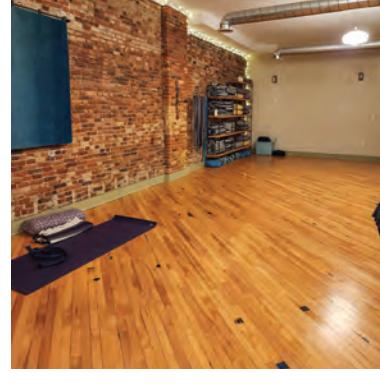
get up off the couch or recliner and get active. Sadly, my comfy couch and recliner are winning out over exercising. Heck, I just polished off a large pizza this past weekend watching the Michigan-TCU football game. The most exercise I've been getting recently is stuffing my face by grabbing one greasy slice of pizza after another. I know, I'm hopeless.

New Year's resolutions?

I guess they're good.

Just not as good as a large pepperoni and sausage pizza and a 2-liter of Pepsi...

Business Spotlight: Breathe Yoga



continued from page 1 Amy that this is the time of year everyone sets resolutions. Because so often those resolutions focus on health and fitness and I asked how yoga improves those things. She explained, "One of the things in yoga is no resolution, intentions. Each point

in your life sets new intentions. This can cultivate more joy in your life. You can maybe accomplish resolutions that you envision for yourself. Each breath you begin again. Little intention, "Today I am going to show up to my mat." Connection between mind, body

and breath. Yoga is connection: connect, calm the mind, move the body and back to a state of stillness."

As a naturally anxious person, this sounds amazing and a great way to decrease or lower the impact of stress in life.

I wanted to learn more for the begin-

ners reader. I don't know that most of us are experienced yogis that travel to India to train so I based my questions where a lot of us might be, "Hypothetically, I haven't exercised in years. I work at a desk all day, my knees hurt and I get out of breath easily. I also feel embarrassed trying new things. I don't like being new in class, it's uncomfortable for me. What class would be my level and has lots of people new to fitness so I feel comfortable?" Amy stated,

"Let the teacher know your health concerns so the teacher can give modifications suitable to your body. New to Yoga session 4 week session, meets one time per week for an hour, philosophy, postures and English and Sanskrit names, overall understanding.

"If interested in signing up for the New to Yoga class sign up here: www.breatheyoga-chelsea.com/workshops-events

www.breatheyoga-chelsea.com/workshops-events

Amy has owned Breathe Yoga for a year and a half now, but Breathe Yoga is in its 8th year of business. "Now we offer virtual and video on demand classes. We have a library of 20 videos to choose from. You can create a practice for yourself in your own time."

I asked Amy if there was anything she'd like the reader to know about Breathe Yoga. She stated, "What's wonderful about Breathe Yoga, is the community aspect. You're not forced to talk to people and it just happens, the relationship goes out into the world, the connection we've all been missing and lacking during Covid is a beautiful aspect of Breathe Yoga. Lovely reaching out to people."

To book classes or browse the class schedule: <https://www.breatheyoga-chelsea.com/>.

Kauri Fields Named to Fall 2022 Dean's Honor List at Cedarville University

Kauri Fields, a Chelsea student majoring in Music Education-Multi-Age, was named to the fall 2022 Dean's Honor List at Cedarville University. Students receive this achievement for obtaining a 3.75 GPA or higher for the semester and carrying a minimum of 12 credit hours.

Located in south-

west Ohio, Cedarville University is an accredited, Christ-centered, Baptist institution with an enrollment of 5,082 undergraduate, graduate, and dual-enrolled high school students in more than 175 areas of study. Founded in 1887, Cedarville is one of the largest private universities in Ohio, recognized nationally for its authentic

Christian community, rigorous academic programs, high graduation and retention rates, accredited professional and health science offerings, and the #4 national ranking by the Wall Street Journal for student engagement. For more information about the University, visit cedarville.edu.

CHELSEA BULLDOGS SWEEP ALL OPPONENTS AT KARGEL CLASSIC!



Photos Courtesy of Chelsea Bulldogs Wrestling



From: Chelsea Bulldogs Wrestling
Dawgs are at 20-3!!
54-27 Jonesville
58-16 UD Jesuit
65-9 Owosso
62-11 Michigan Center
47-25 St. John's



WASHTENAW UNITED STARTS NEW YEAR WITH TWO ROAD LOSSES



From: Adam Winters

Washtenaw United Girls' HS hockey returned to the ice after the winter break on Wednesday, dropping a league game to cross-town rival Skyline-Huron (Skyron) 8-0. Skyron opened the scoring 5 minutes into the game, with Julianna Heung scoring the goal. Khaleela Hodge would follow just over 2 minutes later with the first of her 3 goals in a row. Hodge would finish the game with 3 goals and 3 assists. Star of the game for

the United was Trista Tracy (Chelsea, '25), who turned aside 42 Skyron shots on goal. Lilly Schlack (Saline, '26) led the United in shots on goal.

Before Sunday's game, the United attended the Grand Valley-Marysville (Missouri) Women's College Hockey Game in Georgetown, MI Saturday afternoon. The United learned about post-High School hockey and academic opportunities from Grand Valley coach Ally Kennedy.

This is the second time this season the team has been hosted by a local college to learn more about post-high school opportunities. The team traveled to Adrian on January 7th to watch United Alum Jillian Eggleston skate against Bowling Green, and take in a campus tour hosted by Adrian Coach Maddy Maloney.

Sunday's game against the Grand Rapids Griffins 19U team was a much more competitive game. Grand Rapids

got on the board first, scoring 2 goals 45 seconds apart late in the first period. The United came out strong in the second period, but Grand Rapids added their third goal at the 7:37 mark of the second. The United would control the majority of the second half of the game thanks to penalties taken by Grand Rapids.

Washtenaw failed to score on 3 power play opportunities late in the 2nd period, including a 5-3 chance. Kathryn Winters (Saline, '23) would

get the United on the board with 9:29 to go in the third period, knocking in a loose puck in front of the net. Picking up assists were Nora Stevenson (Saline, '25) and Raeagan Kopitsch (Dexter, '24). Winters would add her second goal of the night less than 4 minutes later off of a breakaway, putting a backhand over the Grand Rapids goaltender. Julia Berkholz (Dexter, 24) would pick up an assist.

Washtenaw had 2 more power play opportunities late in the 3rd period, but could not convert. The difference proved to be power play efficiency, with Grand Rapids finishing 2 for 4 and the United 0 for 6. United Goaltender Tracy continued her strong play in net, turning aside 28 shots.

The United are currently in 3rd place in the Western Conference of the first Division of the Michigan Girls' High School Hockey League. The team will return to play on Friday, January 20th against Walled Lake as part of the Mid-Michigan Showcase in Bay City this upcoming weekend.

The United will face Mercy on Saturday, and a team to be determined on Sunday, depending on showcase standings.

INFORMATIONAL ADDENDUM:

Washtenaw United is a High School Girls' Hockey Team skating out of the Ann Arbor Ice Cube. The team serves High Schools within Washtenaw County that do not have a dedicated team to play for. Currently, Pioneer and the combined Skyline-Huron have dedicated teams. Washtenaw United is made up of players from Saline, Dexter, Chelsea, Manchester, Milan and private schools within the county. The team is in its third year of play. Email: WashtenawUnitedHSHockey@gmail.com

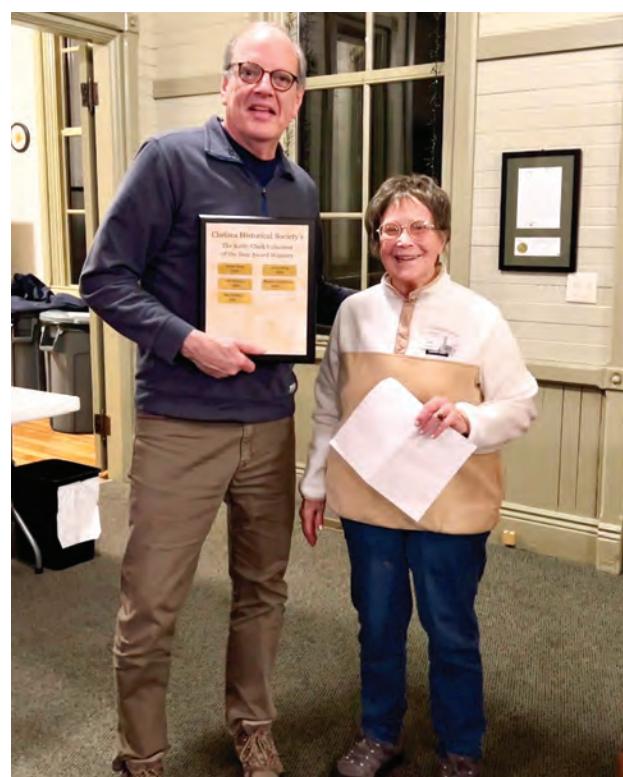
Website: <https://www.migirlshockey.org/page/show/7468678-washtenaw?subseason=845257>

Facebook: @WUHS-GirlsHockey

Twitter: @WUHS-GirlsHockey

Instagram: @WashtenawUnitedHockey

Chelsea Area Historical Museum Announces 2022 Volunteer of the Year



From: Shawn Personke

The Chelsea Area Historical Society announced Bill O'Reilly as the 2022 Volunteer of the Year at the annual members meeting.

Jan Bernath, president of the CAHS, surprised O'Reilly, noting his long dedication to all things history, and specifically Chelsea history.

"Bill served the Chelsea Area Historical Society as president for five years and his footprint leaves a lasting

legacy," said Bernath.

"He worked with a silent angel to help us pay down the mortgage, established the Founders' Room, secured funding for the Firehouse dedicated in September, 2021, and the display of the Holmes cutter that is currently underway."

O'Reilly added that it was a true honor to be selected the CAHS Volunteer of the Year.

"I've very much enjoyed being the president of the society for the past 5 years and I

encourage anyone at all interested to reach out to see about volunteering with the society," he said. "It's been very rewarding for me and a great way to connect with lots of wonderful people!"

While O'Reilly no longer sits on the board, the current board is happy to have him help out with special projects.

"We've got plenty of exciting projects lined up — and those that may come along unexpectedly — so we're

always glad to have his expertise," said Bernath.

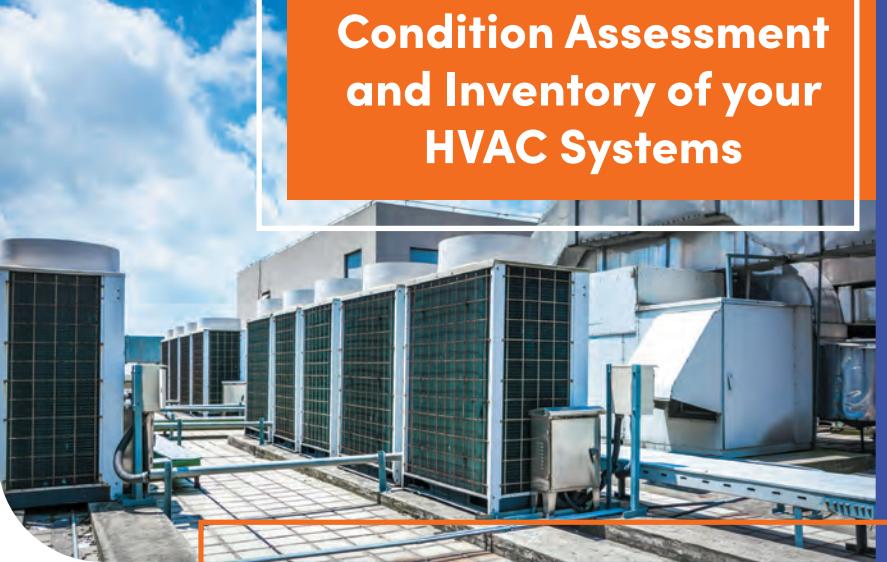
The mission of the Chelsea Area Historical Society is to gather and preserve Chelsea area history, educate the public, and promote the restoration and preservation of historic buildings and sites for future generations. The museum is located in the 1853 Boyd House, at 128 Jackson St., across from the Chelsea Depot. For more information, visit www.chelseahistory.org or call 734.476.2010.



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COMMUNITY HEALTH IMPROVEMENT MANAGER
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Chocolate! Chocolate! Chocolate!

#shopchelseamich Chocolate Extravaganza 2023



From: D&B Strategic Marketing

In the midst of a Michigan winter, #shopchelseamich merchants will be giving you a delightful reason to visit downtown Chelsea - namely the 14th Annual Chocolate Extravaganza! An event for the sweetest of souls, a day dedicated to the sweet we all love! Come to Chelsea on Saturday, February 11th for a day of fun, shopping, friends, and chocolate.

"We are once again placing emphasis on 'Extravaganza,' said Jennifer Fairfield, Owner of The Garden Mill. We have chocolate makers and bakers talking about and demonstrating their craft; a penguin egg hunt for chil-

dren (ages 2-7); vendor pop-up shops; a drawing for a one-night stay at Chelsea Comfort Inn; drawings for a gift basket of Chelsea Goods; and a \$250 gift card to spend at participating merchants (compliments of Mykala Mortgage). Juggling savant Willy Wonka will be juggling throughout downtown, adding to the merriment as people meander through stores, restaurants, and demonstrations.

Chelsea is a small community, with a big heart and a lot to offer!! If you have a passion for chocolate, you really should experience this decadent Chocolate Extravaganza. Take advantage of the perfect opportunity to cel-

lbrate Valentine's Day

and purchase gifts for

your loved ones, a gift card from your favorite Chelsea business is always in style... restaurants and shops alike!

#shopchelseamich merchants will be showcasing their services, food, beverages, gifts, and merchandise. Details and a schedule for the day of events will be available on the #shopchelseamich website, facebook, and Instagram soon!

Remember small businesses are the heart of our community and are among the heroes of our local economy. Small businesses create jobs and growth. The merchants are grateful for the many local and loyal customers who

recognize just how important these businesses are in making Chelsea a great place to live and visit.

"Share the Love" this Valentine's Day in Chelsea, Michigan.

Mykala
MORTGAGE PLANNING
at
DARTBANK

A special Thank You to Mykala Mortgage Planning for being a Local Lender who supports Local Businesses!!

A group of independent business owners who possess entrepreneurial spirits have joined forces and created #shopchelseamich. This collaborative team includes a network of Chelsea shops and restaurants who have participated in and promoted Wine, Women & Shopping, Chocolate Extravaganza, and Fresh Air Market events over the years.



Herbert J. McKune American Legion

Post 31 1700 Ridge Rd.

Winter Carnival 2023



Friday February 3rd, 2023

4pm Carnival opens, Kitchen open

4 pm until 8 pm Fishing Derby - Adults \$10 and kids \$5

Sign up behind bar

7 pm Euchre Tournament - \$10 Entry fee

Rules posted upstairs

Saturday February 4th, 2023

7 am Kitchen open

7 am until 4 pm Fishing Derby

Sign up behind Bar Judging and prizes at 4:30

8 pm *Saturday Night Entertainment*

8 pm until 11:30 the Band "BOVINE"

Sunday February 5th

Kitchen open for Breakfast 8 am til 11:00

Chelsea Hospital Welcomes New K-9 Officer

From: Chelsea Hospital

Thanks to a generous gift from the Chelsea Hospital Auxiliary, we have trained and welcomed a new K-9 Officer, Vincent. He was named for St. Vin-

cent DePaul, patron saint of volunteers, to recognize our Auxiliary's dedication. K-9 Vincent will partner with his handler, Security Officer Thomas Maslack, and has the duties of added safety,

pet therapy, and outreach to our patients and community.

In addition to our K-9 program, Chelsea Hospital proudly offers pet therapy in partnership with Therapaws of Michigan.

namaste
family services

Individual and Couples counseling
"Specializing in the concerns of Adolescence"

- Depression
- Anxiety
- ADHD
- High functioning Autism

Namaste Family Services, LLC
Michael Patterson, LMSW
734-231-0659
mpatterson.msw@gmail.com
namastefamilyservices.org

Serving Western Washtenaw and Jackson counties

UMRC PORTER HILLS Foundation

Our team members go the extra mile to make life better for older adults.

Let's return the favor.

When we go the extra mile for team members, it's our residents that truly benefit.

Your support for our **Team Member Support Services Fund** helps ensure Brio Living Services can deliver a level of care that's truly unsurpassed.

Join Us!

Make your secure online donation at
Foundation.UMRCPH.org

Chelsea Celebrates MLK Jr. with Days of Service and Action



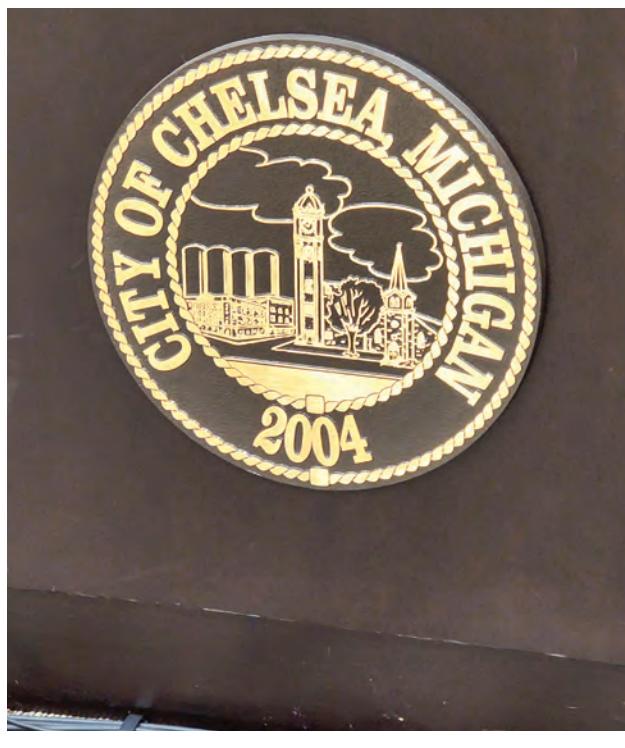
Photos By Aimee Bingham Osinski.

By Aimee Bingham Osinski
anbingham@gmail.com

One World One Family created activism and or service Bingo cards. A person can get 5 items in a row to win a special prize at the Library during closing ceremonies. Service items include donating to Faith in Action and collecting for Safe House. Other ways to participate include attending events hosted by; One World One Family,

the Chelsea Library, United Methodist Retirement Center, the Chelsea Human Rights Commission, Chelsea Kiwanis, and Rotary Service Club. A multitude of local organizations collaborated to create wonderful opportunities for the community to participate.

I chose to attend a CLARA Method Training entitled, "How to Talk to People you Disagree with" *continued on page 10*



Chelsea District Library Hosts Nationally Touring Art Exhibition!

THE FOURTH GRADE PROJECT



CHELSEA DISTRICT LIBRARY

ENGAGE. INSPIRE. EQUIP.

From: Virginia Krueger

In the past decade, acclaimed artist Judy Gelles interviewed and photographed more than 300 fourth grade students from a wide range of economic and cultural backgrounds in China, England, India, Israel, Italy, Nicaragua, St. Lucia, South Africa, Dubai, South Korea, and multiple areas of the United States. She asked all of the students the same three questions: Who do you live with? What do you wish for? What do you worry about? Their varied stories, collected in the exhibition The Fourth Grade Project, touch on the human condition and urgent social issues. The Fourth Grade Project opens February 1 at Chelsea District Library.

The students' stories capture the gamut of societal issues that we face today: violence, immigration, the demise of the nuclear family, global hunger, and the impact of the media and popular culture. The combination of frontal and reverse portraits allowed for the development of both personal and universal stories, and is derived from the subjects' caretakers' reactions to photography in each country. In the US, photographing from the front can be problematic because of privacy issues. In China, it is considered disrespectful to photograph from the back. In India, parents and teachers made no objections to either frontal or back portraits.

Meadows Elementary students and staff to lead a local variation of the Project. Over 170 students were photographed and asked the questions: What do you love about your family? What are you curious about? And, what do you wish for? These photographs will be displayed throughout the library in a special Grand Opening event on February 4 from 5-7pm. This event is open to the public and will allow for browsing the artwork of Judy Gelles alongside our own local student project.

The Fourth Grade Project will be on display at Chelsea District Library in the McKune Room from February 1–March 16 during regular library hours. We invite our community to come, explore, and ask yourselves, What do you wish for?



2023 DATES

Mason, MI	March 26
Jackson, MI	April 16
Battlecreek, MI	May 7
Chelsea, MI	May 21
Belleville, MI	August 20
Maumee, OH	September 10
Chelsea, MI	September 17
Fowlerville, MI	October 1
Belleville, MI	October 15
Ionia, MI	October 29
Mason, MI	November 5
Jackson, MI	November 12
Toledo, OH	December 3

We host vendor markets all over Michigan and Ohio We hope to see you!!

Finders Keepers offers a day of shopping local vendors, food trucks and live music!!

Apply to be a vendor at:
WWW.FINDERSKEEPERSVINTAGEMARKET.COM

January Events



Fundamentals of TRX®*

DEX Mondays, January 9–27

Join Fitness Specialist Brian Castle to learn the fundamentals of TRX® exercise and how to safely use the straps. Six spots available.

Wim Hof Method® **CHE**

Wednesday, January 25

6:00pm–7:00pm, FREE

Learn how the Wim Hof Method (WHM) can help you gain control of your autonomic nervous system and open the door to an array of health benefits.

Gratitude Yoga*

CHE Sunday, January 8

10:15am–11:15am, FREE

DEX Wednesday, January 11

5:30pm–6:30pm, FREE

Start the year of 2023 off on the right foot with a yoga class dedicated to GRATITUDE.

QPR—Question, Persuade, Refer*

CHE Wednesday, January 5

6:00pm–7:00pm, FREE

DEX Wednesday, January 11

6:00pm–7:00pm, FREE

Question, Persuade, Refer (QPR) teaches participants how to recognize the warning signs of a suicide crisis and how to question, persuade, and refer someone to help. Registration is required.

Wellness Challenge

CHE/DEX January 9–March 17

Kick off meeting: January 5 at 6:00pm

Weigh-in by: January 8

10 weeks to eat better, exercise more, and practice mindfulness. The Wellness Challenge provides opportunity and accountability to meet your wellness goals through weekly weigh-ins, food journal checks, exercise reviews, and a variety of educational seminars. Fee: \$30 per person.

UPCOMING FEBRUARY EVENTS

Relax and Roll Workshop*

I ❤ Fitness*

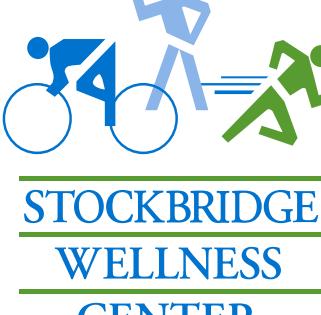
I ❤ Dance*

DEX 2/12 10:00am–12:00pm

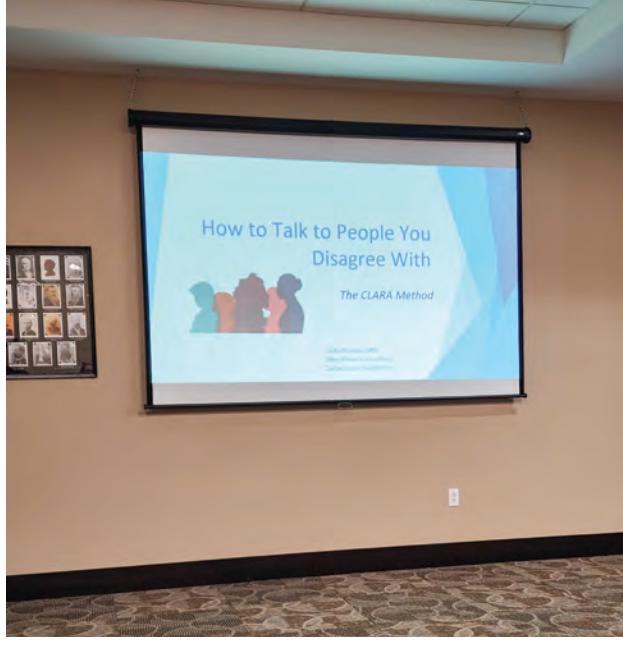
CHE/DEX 2/1–2/28 — Five demo classes available to community for \$30

DEX 2/24 — Fundraiser for American Heart Association

*Community welcome!



Chelsea Celebrates MLK Jr. with Days of Service and Action



► continued from page 8
with." Admittedly, this is not one of my natural abilities.

We met in City Council Chambers and Layla Ananda of Deep Peace Consulting was the presenter. Layla has taught this course and method for about six years. She's been teaching, training for about 50 years. Layla is also a psychologist and a musician.

Layla gave us the background on the development CLARA (originally LARA). CLARA is an acronym. Hypothetically someone imports opinions and values with which you strongly disagree. You feel your jaw clench, shoulders raise, and anger bubble and roll in your stomach. This training centered around political and sociological topics, it could work with any charged situation. It could be as emotional and touchy as abortion or something that else, especially new and young moms deal with a lot, parenting philosophies; sleep training, breast feeding, work or home. My Mother-in-Law, for example, really wanted my daughter to

take a pacifier. She wouldn't. Had I been really opposed for some reason, It would have been a big issue. The steps we learned are:

Calm and Center. Don't react with anger or snide comments. When my Mother-in-Law tries to force her will on me and my parenting, use a practiced calming technique. Deep breaths. Gentle bend of the knees, or any other thing you can do to calm down. DO NOT, respond quickly with, "If you are so great at parenting why are your kids such idiots?" It might be true, but it will only make things worse. Since you've calmed rather than worsened, you can move on to utilize the next step.

Listen to feelings, topics and values. We were given a list of phrases with which to calmly disagree without being blatantly confrontational, as I was in the above hypothetical. "I see it differently." "We're on opposite sides of the fence." I've got another point of view," that sort of thing. A way to look for values is to ask open ended questions. I could

say to my Mother-in Law, "It sounds like you feel a pacifier is really important to a baby, do you mind telling me why?" As she tells you, look for common ground. Maybe the baby is nursing and cannot be soothed with mom around and she wants you to have a break. Affirm the common ground. As the conversation goes on practice La, La La. Listen Affirm, Listen, Affirm.

The situation is different for everything. It is more important to have a calm, productive conversation with your mother-in-law, than it is the loudmouth who likes to see if you will be triggered. A woman mentioned that she does not have to put the time and energy into a conversation with someone who is going to say something or put her in a position where she will be upset all day. That is true and we all have a right to boundaries. You also need to know when to stop, for yourself and for the entire situation. Intrinsically, you can tell when my discussion is going nowhere and not productive.

Attendees were given a chance to practice, which I need a lot more of and things wrapped. It was a great training and a nice reminder to handle things well when situations are tense. A really important skill when living in such a small town. To learn more about events for MLK Day or to print your own Bingo card visit :<https://owofchelsea.org/mlk2023/>.



Chelsea Police Department Weekly Summary

Incident #: 23-89

Date: January 9, 2023

Location: 700 block of W. Industrial Dr.

Time: 8:47 am

INFORMATION: While on routine patrol an officer was dispatched to the 700 block of W. Industrial Dr for the report of a catalytic converter theft. The complainant stated that according to

the video surveillance footage, on January 6, 2023 between 10:07 pm and 10:20 pm an unknown suspect pulled into the parking lot and used a battery powered saw to cut the catalytic converter off of a parked vehicle. The suspect vehicle is believed to be an older model Chevrolet Impala sedan, possibly dark blue in color. The case was closed pending any further investigative leads on a potential suspect.

Incident #: 23-98

Date: January 9, 2023

Location: 1600 block S. Main St.

Time: 1:35 pm

INFORMATION: While on routine patrol an officer was dispatched to the 1600 block of S. Main St. for the report of the catalytic converters being stolen off of three

separate vehicles. The complainant stated that the theft occurred sometime between January 6, 2023 at 6:00 pm and January 9, 2023 at 1:30 pm. At the time of the report there was

no suspect information available. The case was closed pending any further investigative leads that may arise from evidence collected at the scene.

Incident #: 23-118

Date: January 10, 2023

Location: 1200 block of Meadow Ln.

Time: 5:29 pm

INFORMATION: While at the station a walk-in complaint came into the front desk reporting that they had been the victim of a fraud. The complainant stated that they had been contacted by telephone by a person who represented themselves as being from Comcast/XFINITY. The complainant complied and went and purchased two separate gift cards for the

they were told that if they paid their bill up-front that they would receive a discount on the upcoming monthly charges. The suspect advised the complainant that the method of payment would have to be paid in Target gift cards. The complainant complied and went and purchased two separate gift cards for the

required amounts and provided the activation codes for each card to the suspect. The complainant became suspicious when the suspect told the complainant that they needed to send additional gift cards. At the time of the complaint there was no information available on the identity of the suspect.

Incident #: 23-161

Date: January 14, 2023

Location: 200 block of W. North St.

Time: 4:56 am

INFORMATION: While on routine patrol officers responded to the area of the 200 block of W. North St. when a security guard called reporting that there was a motorist in the parking lot and they appeared to be "out of it". Prior to arrival officers were advised that the suspect vehicle had left and continued driving southbound

on Main St. and was being followed by the complainant. Officers stopped the vehicle as it pulled into a parking lot in the 900 block of S. Main Street. Contact was made with the driver and after speaking with them and conducting Standard Field Sobriety Tests the suspect, a 34-year-old Fenton woman was placed under arrest for suspicion of Driving Under the Influence of Alcohol. The suspect was transported to the hospital to obtain a blood sample which will be submitted to the Michigan State Police Crime Lab. The suspect was processed at the Chelsea Police Department and then transported to the Washtenaw County Jail where they would be held.

A Michigan Premiere by ERIC PFEFFINGER
Directed by LYNCH R. TRAVIS

FEB. 3 - MAR. 18, 2023
PurpleRoseTheatre.org
734.433.7673

the PurpleRose theatre company