



Chelsea Guardian

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

Business Spotlight in Chelsea: Namaste Family Services, LLC



From: Michael J. Patterson

Namaste Family Services, LLC has been serving the western Washtenaw County area for 15 years. Recently, Chelsea Guardian had the pleasure of learning more about this business from owner Michael J. Patterson. Read on to learn more about Namaste.

Chelsea Guardian: Describe your business, background info, what you special-

ize in, etc.

Michael Patterson: Namaste Family Services is an outpatient mental health clinic that serves Western Washtenaw and Eastern Jackson counties. We focus on issues of mental health that affect the family and individuals. We specialize in anxiety and depression. Marriage and couples counseling. Attention Deficit Hyperactive Disorder. High-func-

continued on page 11

SAVE THE DATE
SUNDAY
AUGUST 18
Gordon Hall in Dexter



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Farm to Table
A benefit dinner for the 5 Healthy Towns' Farmers Markets
A FABULOUS FEAST!



Building a Bulldog Future Fundraiser!



CONGRATULATIONS CLASS OF 2024!

Building a Bulldog Future Fundraiser!

SUPPORTS GRANTS & SCHOLARSHIPS

D&B Strategic Marketing
doris@dandbmarketing.com
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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Studio Open House at Alchemy Holistic Collective



Story and more photos on page 6. Photos by Aimee Bingham.



Chelsea
AREA HISTORICAL SOCIETY & MUSEUM
www.chelseahistory.org

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!



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

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.



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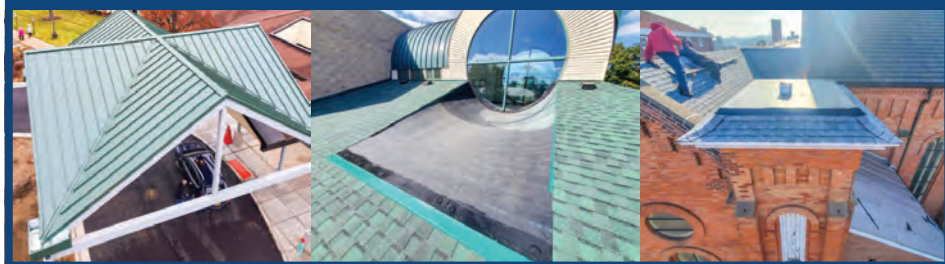
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Michael Patterson, LMSW
734-231-0659
mpatterson.msw@gmail.com
namastefamilyservices.org

Serving Western Washtenaw and Jackson counties

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

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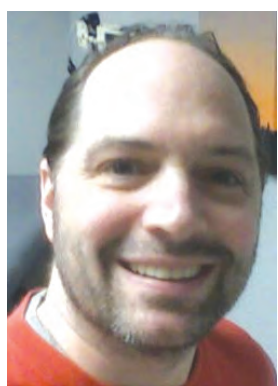
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CHELSEA ATHLETICS



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 removing the large spiders from my dwelling. Sometimes they get stepped on or "Raided," but I'm a friendly, peace-loving man who just wants to live in harmony with nature.

continued on page 4

Savings in Chelsea

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Hard work, good work and creating and fostering great relationships are the keys to community success.



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CHELSEA ATHLETICS



CHELSEA BULLDOGS BOYS TRACK & FIELD

2024 BOYS T&F JACKSON, TECUMSEH DOUBLE DUAL MEET SUMMARY

The Chelsea High School boys track and field team traveled to Tecumseh on Tuesday, April 30th for an SEC White double dual meet against Tecumseh and Jackson. It was a beautiful night that saw some excellent performances on the track. The dogs beat Jackson by a final score of 77 - 60 and lost to Tecumseh 61 - 76. The dogs finished their regular season with

a 4-1 record in dual meets and are tied with Pinckney for first place in the SEC White going into the championship meet next week.

Highlights include:

•Connell Alford won the 1600 and the 3200 runs. Connell led a dominant distance squad that captured huge points in the 800, 1600, and 3200 runs. Jackie Dell won the 800, while Beckett Boos, Brant Maley,

and Wyeth Angus also scored points for the dogs.

•Regan Plank had a huge night with PRs in the 100 and 200 against a stacked sprint field. Regan took 2nd in both events and ran an excellent 1st leg of the 4x100 team.

•Luke Cavanaugh surprised everyone by winning the long jump with a PR of 18' 2.5". Gibson Ichesco took 2nd in the event and

was a half an inch behind Cavanaugh.

•The 4x200 relay team of Gibson Ichesco, AJ Smith, Gus Wehrly, and Kai Ziolkowski ran a team PR for this season of 1:34.99.

•The 4x400 team of Boos, Ziolkowski, Wehrly, and Dell ran a season best time of 3:37.69. Coach Slusser's comments: This league is so competitive this year. We

love it! Going into the meet, we knew that it would be tight and that there was a real chance that we could lose both, win both, or split. Jackson and Tecumseh are solid teams and I think getting out of there with a win made for a successful day. I was impressed with how our distance guys dominated the field and how our sprinters didn't lay down against a stacked

sprinter field. We missed some opportunities in some events, but we will learn from our mistakes and look forward to competing this Friday and then at the SEC White Championship meet next Thursday. We are tied with Pinckney for 1st place in the league going into the championship meet, so it should be a barn burner to say the least.

CHELSEA BULLDOGS GIRLS TRACK & FIELD

2024 GIRLS T&F JACKSON, TECUMSEH DOUBLE DUAL MEET SUMMARY

On Tuesday (4/30), the Girls Track & Field Team traveled to Tecumseh High School to compete in a double dual meet against Tecumseh and Jackson High Schools. We had a nice day to compete (i.e., sunny, 70 F with 15 mph wind out of the west) in our last regular season dual meet season. In a double dual meet, teams compete on the same day, but score out separately against each other. Chelsea was victorious against both Jackson (114 to 23) and Tecumseh (113 to 24). Our dual meet season win/loss record this season was 4 and 1 with our only loss against Pinckney.

Next week we have the SEC Championship - White Division Meet at Pinckney, which will decide the top team in the conference.

Highlights

•In the throws, Anna Brant had a big night with two 1st place finishes in shot put and the discus throw. Her distance in the shot put throw (38' 10.5" - a PR) ranks her 2nd on the all-time top ten list in Chelsea history and at the top of the standings in the conference and our region. Also, Claire Ashe (29' 3"), McKenzie Williams (21' 4.5"), and Marina Hinz-Johnson (15' 7") all had PRs in the shot put. In the discus, Williams (60' 1")

and Hinz-Johnson (35' 11") achieved PRs.

•In pole vault, we swept the event against Jackson and Tecumseh. Karlie Van Remortel (9' 0"), Lissa Krueger (8' 3" - a PR), and Lily Paddock (7' 0") placed 1st, 2nd, and 3rd, respectively. Also, Savannah Burk had consecutive PRs with a final height of 7' 0".

•In high jump, Kennedy Anderson placed 3rd against Jackson and Tecumseh with a height of 4' 6". Also, Braiden Scheffler had a PR in the high jump with a height of 4' 4".

•In the 100m high hurdles & 300m low hurdles, we continued with dominant per-

formances by our athletes, sweeping both events. Specifically, in 100m hurdles, Leila Wells (16.09), India Barney (17.27), and Cailyn Jbara (18.50 - a PR) went 1st, 2nd, and 3rd respectively. In the 300m hurdles, Leila Wells (49.91), Aleeah Wells (54.09), and India Barney (55.62) placed 1st, 2nd, 3rd, respectively. Emma Ward had a PR in the 300m hurdles with a time of 57.48.

•Carley Grabarczyk and Teagan Hill continue to perform very well. Carley and Teagan went 1-2, respectively, in the 100m and 200m dashes. They were also members of the 4x100m relay

(which also included Leila Wells and Aleeah Wells) that placed 1st overall at the meet with a season best time of 51.11.

•Other relays finished first overall with solid times: 4x200m relay (Addie Howard, Brinna Wenzel, Braiden Scheffler, and Elsa Baize); 4x400m relay (Brinna Wenzel, Elsa Baize, Madison Morgan, and Braiden Scheffler); & 4x800m relay (Slater Boos, Madison Morgan, Mireille Hunter, and Seren Angus).

•In the distance events, we placed well and ran some fast times. For instance, Ceci Bayer and Natalia DeMea placed 1-2

in the 1600m run. Ceci ran a 5:30.98 (a PR) placing 1st, while Natalia placed 2nd with a time of 5:37.53. In the 800m run, Chelsea went 1-2; specifically, Ceci placing 1st (2:32.36) and Sophia DeMea placing 2nd overall (2:39.36). Natalia came back in the 3200m and placed 1st overall with a time of 12:13.77. Seren Angus also ran well in the 3200m run and placed in the top 3 (12:39.42).

*Times stated below are in Fully Automatic Timing - FAT. For our records, we convert to hand-held times for comparison reasons, specifically to top 10 lists.

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

➤ continued from page 3 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." Wherever I find a large, mean-spirited spider in my house, I rush to my kitchen and grab the "spider glass" (a sim-

ple 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. Af-

ter 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 berserk 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 up-

side 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...?

Vintage Market Chelsea, MI

Finders KEEPERS
LOYAL TO LOCAL

Grand Finale Spring Market

Sunday May 19 • 10am-4pm

Chelsea Fairgrounds

Location: Chelsea Community Fairgrounds
20501 W Old US Hwy 12, Chelsea, MI 48118



Get Ready for our BIGGEST spring event of the year !!
175 vendors, live music, food trucks and snack vendors
offering an amazing Shopping Experience on May 19th!

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, everyone 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

al life time 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 ruminating 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.

Studio Open House at Alchemy Holistic Collective



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

On Saturday, May 4th, The Alchemy Holistic Collective, hosted an open house to share with the community what the new space will offer. The studio is located at 105 E. Middle Street in Chelsea. It was a warm and sunny Saturday and downtown Chelsea was bustling with foot traffic from the Saturday Farmers Market at Palmer Commons to outdoor seating at Zou Zou’s. It was a beautiful spring day

in Michigan and a great deal of people were out enjoying it.

Situated just across the street from Serendipity Books and Breathe Yoga, this little corner of Chelsea has taken on the flavor of intellectually curious and alternative healing. The Alchemy Holistic Collective according to their website, “Through a combination of ancient wisdom and modern techniques, We created a space at Alchemy where individuals can experience transformative healing on multiple

levels Whether you are seeking relief from physical ailments, stress reduction, emotional support, or spiritual guidance, Alchemy is here to support you on your journey to wellness.”

One of the offerings is IASIS MicroCurrent Neurofeedback, an emerging treatment designed to help the brain reboot itself. It is used to treat mind-related issues such as depression, anxiety, ADHD, and PTSD. Having tried it myself, I can say it has helped with a lifelong issue with insomnia. Another offering that I’ve tried is Reiki Energy Healing. Always a skeptic, I thought Reiki was just some weird woo-woo type thing. But during my session, I felt so deeply relaxed and calm, I was unsure if I was sleeping or awake. My mind is rarely that calm or peaceful so it was lovely. Another option is Reiki-infused sound Healing. According to the National Library of Medicine,

“Poor mood and elevated anxiety are linked to increased incidence of disease. This study examined the effects of sound meditation, specifically Tibetan singing bowl meditation, on mood, anxiety, pain, and spiritual well-being. Sixty-two women and men (mean age 49.7 years) participated. As compared with pre-meditation, following the sound meditation participants reported significantly less tension, anger, fatigue, and depressed mood (all Ps <.001).”

Alchemy also offers PandoraStar Light Journey. According to the website, “PandoraStar is an innovative light device that replicates the brain’s production of neurochemicals to induce altered states of consciousness. I sampled the PandoraStar at the open house. Sessions are typically 30 minutes. I tried a 3-minute session. I experienced vibrant closed-eye visuals. As the lights were flashing, someone was playing the singing bowls and the vibrations from the bowls were causing light vibrations. My three minute experience was interesting and beautiful enough to make me want to try a full half-hour session and see what I would experience. Alchemy also offers group sound baths with Reiki sessions. There is also an option for Infrared heat, photon and PEMF crystal therapy, which is used for pain management, muscle recovery and decreasing inflammation. It is also currently being marketed for anti aging devices. The collective is also offering a



Brain Guage assessment to measure and monitor brain health and get quantitative data to track brain function and health.

Alchemy Holistic Collective was created by Brandon and Nicole Leffler, who reside in Chelsea with their adorable toddler. As the Alchemy holistic collec-

tive stays in town, look for more offerings. The collective is by appointment only. To schedule a healing session or learn about upcoming events check out their website <https://www.alchemyholisticcollective.com/> or email at connect@alchemyholisticcollective.com or call (734)210-1922.




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2011 FORD FUSION	3FAHP0HAXBR148144
2004 JEEP LIBERTY	1J4GL48K64W247023
2019 CHEVROLET EQUINOX	3GNAXHEV9KS598448
2009 CHRYSLER 300	2C3KA43D69H544107
2021 GMC SIERRA 1500	3GTU9CED9M214152
2013 GMC TERRAIN	2GKALMEK0D6369102
2009 CHEVROLET IMPALA	2G1WT57K491154856
2016 CHEVROLET MALIBU	1G1ZE55T8G243178
2012 JEEP COMPASS	1C4NJDEB9CD588465
2007 JEEP GRAND CHEROKEE	1J8GR48K87C652092
2014 HYUNDAI TUCSON	KM8JU3A99EU285671
2001 FORD EXPEDITION	1FMPU18L61LB70222
2013 TOYOTA PRIUS	JTDKN3DP1D3036867
2013 FREIGHTLINER M2 106	1FVACWDT2DHBW5971
2002 TOYOTA CAMRY	4T1BE32K52U603527
2011 VOLKSWAGEN JETTA	3WVXD7AJXBM026857
2013 BUICK REGAL	2G4GS5EV2D9170412
2011 CHEVROLET EQUINOX	2CNALFECX86357967
2004 DODGE RAM 1500	1D7HU18D04J159577
1997 DODGE RAM 2500	1B7KF26D5VJ566525
2002 KAWASAKI VULCAN 1500 MEAN STREAK	JKBNVAP112A003147
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SENIOR MOMENT - The Café with a Mission



Gina Frankhart, Senior Services Coordinator explains the not-very-serious rules of Noodle Ball at a recent Connections Memory Café.



The action is fast and fun at the CSC Connections Memory Café.

Submitted by Chelsea Senior Center

At Chelsea Senior Center (CSC) Connections Memory Café, fun and social interaction are the goals. Held on the first Wednesday of each month from Noon to 1:30 pm, the Café is an opportunity for people with brain changes

and their care partners to engage in activities, have a meal, and socialize in a setting designed especially for everyone's comfort.

Memory Cafés were developed to reduce the stigma of dementia that results in isolation and stress for persons with dementia and for those

who support them. The idea was developed by Dr. Beré Miesen, a Dutch clinical geriatric psychologist. Miesen recognized the benefits of informal gatherings for those with brain disorders and their companions. To improve daily life for both groups, the cafés

create "...a place just to be." Miesen launched the first Alzheimer's Café in 1997. The concept spread to the UK in 2000, and to the US in 2008. Known as either Alzheimer's Café or Memory Café, there are more than 1200 US locations listed in the Memory Café Directory.

Bill O'Reilly, Executive Director of CSC, notes that support for Chelsea Senior Center's Connections Memory Café comes from a 5 Healthy Towns Foundation grant. Saline established the first café in the area. Grass Lake Senior Center launched a Memory Café in December 2023. Dexter Senior Center, Stockbridge Area Senior Center and Manchester Senior Center also are considering starting memory cafés. O'Reilly said that the goal is to have cafés in different locations on different weekdays, so that there will be multiple opportunities for people to attend.

A brief look at dementia statistics reveals the urgent need for such services. In 2023, the Alzheimer's Association estimated that 6.7 million Americans are living with Alzheimer's. This number excludes other forms of dementia. It is estimated that there are more than 11 million unpaid caregivers, largely consisting of spouses and family members. These figures are expected to rise as the population ages; 2024 estimates are that 11% of the population of Michigan live with Alzheimer's, which is more than 200,000 people.

Gina Frankhart, CSC Senior Services Coordinator, plans each Connections Memory Café to be fun and socially interactive. While bingo is a favorite activity, says Frankfurt, noodle ball, chair exercises, drumming, gardening, and seasonal art projects are also featured to engage participants. The array of activities sparks conversation because of

the shared experiences. Frankhart notes that the Café has had as many as 18 participants, and there is room for more to make new connections. Lunch is provided.

Connections Memory Café is not a drop-off program; caregivers and their loved ones can enjoy one another's company, the activities of the day, and the supportive atmosphere.

Don't let a transportation challenge deter you. Call the Senior Center and let their transportation coordinator tell you about the ways they can help get you to CSC.

For information and to make a reservation for the next Connections Memory Café, call CSC at 734-475-9242. New volunteers are always welcome as well.

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

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 / Instructor 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 • 4–4:45pm

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

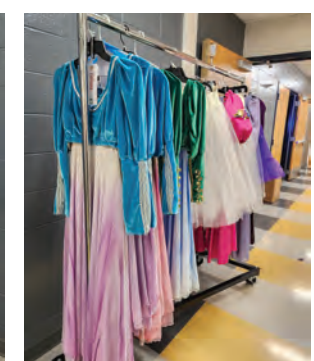


Ballet Chelsea gave me the ability back. It was refreshing!

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 a 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.

Business Spotlight in Chelsea: Namaste Family Services, LLC

► continued from page 1
tioning Autism (Aspergers). Transitions. Divorce mediation and recovery.

CG: How many years have you been in business?

MP: While my business has been full-time in Chelsea since 2009, I have been a licensed Master's Level therapist since 1992.

CG: What areas do you serve and do you offer any specials?

MP: My practice serves the communities of Chelsea, Dexter, Stockbridge, Grass Lake, Manchester, Napoleon, and Ann Arbor.

CG: What made you want to start this business?

MP: My first business was at the age of ten. My father owned a doughnut shop in the late sixties. So I started to sell doughnuts in my neighborhood. Being in business for myself has always been a part of my life. When I decided to become a therapist, I knew that eventually, I wanted my own practice. I worked for a few other agencies but always had a small practice on the side.

In 2009 I opened up Namaste Family Services in downtown Chelsea. Initially, I rented an office from a dear friend Ed Hume-nay, who has been a long-time therapist in Chelsea and Jackson. However, I wanted my own space. If you visit my office you find it has a southwestern motif. At one time I desired to live in New

Mexico or Sedona AZ. However, due to family obligations, I have not been able to move, so I brought the southwest to my place of business.

CG: What characteristics do you feel set you apart from similar businesses in the area?

MP: My treatment approach is eclectic. I utilize different therapy approaches for treatment in combination with each other to tailor my intervention and guidance specifically for each client. In addition to the basic theories of treatment (Family Systems, Cognitive-Behavioral, and Psychodynamic) I will add innovative concepts as indicated. For example Dialectical Behavioral Therapy, or Trauma-Focused CBT. I remain flexible to the client's needs and goals to give them the best outcome possible.

CG: What do you love about where your business is located in Chelsea and why did you choose to open your business there?

MP: Chelsea is a thriving and dynamic community that embraces diversity, yet solid family values. It has a small-town feel with progressive activities such as art, theater, dance, and of course the many wonderful restaurants.

CG: Any other facts or information you would like the Chelsea community to know?

MP: I grew up in Ann Arbor. I attended Eastern Michigan

University for my undergraduate degree and completed my Master's in Social work at the University of Michigan in 1992. I started in substance abuse treatment at Chelsea Hospital in 1992. I worked for a couple of other hospital-based behavioral health institutions until I decided To be full-time self-employed. What has helped me to build this business is my knowledge from my previous life of marketing and business. I can truly say I love what I do. Before switching careers as stated I was in sales and marketing. I made a nice living and had great flexibility. However, my heart was not in it. After 3 years of working in a crisis intervention center as a volunteer, I felt I found my true calling. While at times it can be difficult if not heartbreaking, I rarely dread coming to work. I have worked with a diverse population. From the underprivileged to those who are well-off. Emotional pain hurts no matter what your economic status. While I do look forward to retirement, I will always have fond memories of the many people whom I have served in my role as a therapist.

Namaste Family Services is located in Chelsea at 110 North Main Street, Suite A. For more information call 734-231-0659 or visit: <https://namaste-familyservices.org/>.



Chelsea Police Department Weekly Summary

Incident #: 24-1319

Date: April 27, 2024

Location: 20000 W. Old US 12

Time: 10:58 am

INFORMATION: While on routine patrol officers responded to the 20000 block of W. Old US 12 for the report of multiple travel trailers that had been in storage and been found to have been broken into. Upon arrival officers made contact

with the owners of the trailers and took statements. The officers investigated the scene and found that the suspect(s) had forcibly entered the trailers and caused varying levels of damage to each of them. At the initial time of report there did

not appear to have been any items stolen from the trailers. At the time of report, it was unable to be determined when exactly the break-ins had taken place. The case was turned over to the investigator for further follow-up.

Incident #: 24-1328/24-1330

Date: April 27, 2024

Location: 1400 block of S. Main Street

Time: 6:25 pm

INFORMATION: While on routine patrol officers responded to the 1400 block of S. Main Street for the report of a vehicle that was being stolen from the property. The responding officers were advised that undercover detectives working on an auto theft task force, had witnessed a suspect, later identified as a 25-year-old Detroit man, steal a gray

in color Chevy sedan. The detectives reported that the suspect was actively driving away and heading south on S. Main Street. The Chelsea Police Department working in conjunction with the undercover detectives and other area law enforcement agencies pursued the suspect vehicle on EB I-94. The Chelsea Police Department continued their pursuit on

EB I-94 until approximately Ann Arbor Saline Road when the pursuit was terminated by the Chelsea Officers. The stolen vehicle was later recovered and was unoccupied in the City of Ann Arbor by the Ann Arbor Police Department. The case remains open pending further investigation and warrant review by the Washtenaw County Prosecutor's Office.

Incident #: 24-1366

Date: May 1, 2024

Location: 1600 block of Commerce Park Drive

Time: 12:31 pm

INFORMATION: While on routine patrol officers were dispatched to the 1600 block of Commerce Park Drive to speak with the complainant regarding an unknown substance that had been discovered on the property. Upon arrival the offi-

cers made contact with the complainant and she escorted them to the room where the substance had been found. The officers located a small Ziploc style bag that had been tied and located inside the bag was a white crystalized rock substance that was

suspected to be narcotics. The officers took possession of the property and entered it into evidence. The incident remains open pending further investigation and laboratory analysis by the Michigan State Police Crime Lab.

Incident #: 24-1396

Date: May 3, 2024

Location: 100 block of Park Street

Time: 6:39 pm

INFORMATION: While on routine patrol an officer was dispatched to the 100 block of Park Street for the report of an assault and stolen vehicle report. Upon arrival the officer made contact with the complainant who stated that he had been driving his vehicle and the suspect,

a 27-year-old Detroit woman was a passenger in the vehicle. The complainant stated that he had pulled into a parking lot and when he went to turn off the vehicle the suspect leaned over and bit the complainants hand causing the skin to tear and bleed. The complainant stated that the suspect

then gained control of the vehicle and drove off leaving the victim at the scene. The officers attempted to locate the suspect in the area but were unsuccessful. The case remains open pending warrant submission and review by the Washtenaw County Prosecutor's Office.

THE ANTICHRIST COMETH
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DIRECTED BY RHIANNON RAGLAND
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