

October 2022

# Vitality

YOUR MONTHLY GUIDE TO AGING WITH  
GRACE, PURPOSE AND WELL-BEING

## ON YOUR FEET

Daily walks can extend  
your life, study says

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## SOCIAL & WELL-BEING

The secret to friend  
groups that last for  
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After 70 years of teaching  
music, local senior still  
going strong

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**On the cover:** Greg, 67, and Linda Barrows, 68, enjoy walking both indoors and outdoors. The pair plans their vacations around hiking and try to walk daily for the health benefits.

PHOTO BY DEBRA KASZUBSKI — FOR MEDIANEWS GROUP



## WORK &amp; PURPOSE

# Repurposing my adult child's bedroom was a lesson in letting go

By Cindy La Ferle

For MediaNews Group

My only child, Nate, was six years old when we moved to our current family home.

Like many little ones in the 1980s, Nate was a devoted fan of Thomas the Tank Engine on PBS's Shining Times Station. Not surprisingly, when we shopped for wallpaper to decorate his new bedroom, he chose a brightly colored pattern with a steam locomotive, freight cars, and a caboose chugging around the border.

Best of all, since our house is located three blocks from a well-traveled railway line, Nate could hear the deep rumble of passing freight cars from his bedroom window.

By the start of his middle school years, my boy's train obsession was usurped by his passion for computer technology.

Soon after, his locomotive décor was striped away and the walls of his room were painted a cool shade of industrial grey-blue. Toy storage was exchanged for a computer desk, while lamps with vintage railroad motifs were traded for sleek brushed-nickel track lighting. Just as Nate had planned, the room could have passed for an office if it weren't for his bed taking up space in the corner.

After high school, when he left home for an out-of-state university, Nate's vacant bedroom remained unusually clean and quiet, echoing the sudden change in our household.

As new empty nesters, my husband and I were thrilled that our son was thriving at the school of his choice. We understood that our job as parents was to encourage his independence. But I missed the noisy teen-age energy that had occupied his old room along with a pile of size 13 athletic



PHOTO COURTESY OF METRO CREATIVE CONNECTION

While some empty nesters may not hesitate to turn their college students' bedrooms into craft studios or home offices, others may prefer to leave it be.

shoes.

Sometimes I kept the door closed.

Other parents we knew didn't waste a minute turning their college students' bedrooms into craft studios or home offices. But we left Nate's undisturbed. I think he enjoyed coming back to the familiar comfort of his boyhood furniture, most of it still stuffed with favorite sweatshirts, yearbooks, and other high school souvenirs.

Or, at least that's what I told myself.

Later, when Nate married, I swore I'd finally redecorate that bedroom. I even entertained pipe dreams of a walk-in closet for my

off-season clothes.

Instead, the room became provisional storage space for anything Nate couldn't fit in the small condo he shared with his wife, Andrea, in Chicago. At the same time, Nate occasionally traveled solo to Detroit on business, so his old room at home still welcomed him back.

We were thrilled when Nate and Andrea announced they were moving back to Michigan — just 45 minutes away from our hometown. We enjoyed watching them settle into a new townhouse, and were secretly envious of all the spacious closets they acquired. That's when it finally hit me that my son no longer needed his boy-

hood bedroom for interim storage or lodging during business trips.

It was time for a complete makeover. It was time to let go of the past.

So I browsed through magazines for fresh color schemes, then filled several cardboard boxes with all the souvenirs my son had left behind. Once I got started, the project was surprisingly liberating.

In the process, I remembered how important it is to savor the milestones that parenthood brings at every turn, whether we're wallpapering a preschooler's bedroom or moving a teenager to a college dormitory. And

how, when it's time to let go, we must do so with ease and grace.

All said and done, the newly cleared space sparkled with possibilities. Dusting off the window seat where Nate once stored his treasures, I recalled the small boy who'd listen for trains whistling through the suburb en route to another destination.

Today, I'm proud of the man he's become — a family man with a little boy who also happens to love trains.

*Cindy La Ferle is a nationally published lifestyles columnist in Royal Oak and author of a memoir, "Writing Home." Visit her daily blog at laferle.com.*



## MONEY &amp; SECURITY

# Real estate: Age-in-place or time to downsize?

**Q**: My husband and I have been discussing selling our home of 42 years. We live in a 2,300-square-foot colonial with the laundry in the basement. Being in our early 70's some days those stairs are like climbing a mountain. I want to move to a ranch condo with a first-floor laundry and no yard work. My husband likes our home and does not want to move at this time. He says that when it gets to be too much then we'll move. What are your thoughts and can you please convince my husband to move?



**Steve Meyers**  
Columnist

**A**: I receive questions like this one often. When is the right time to move is a question that confronts a lot of senior homeowners. Too often seniors delay the decision to make a move for many different reasons (or excuses). This procrastination can lead to major turmoil in one's life when something unexpected happens. Your husband says that when it gets to be too much then he will move. The truth is that when it gets to be too much it's usually already too late to make a leisurely, stress-free, well planned, un-rushed, financially sound move. It's a fact that we all go through the aging process. Those stairs are not going to magically disappear one day. They will only become more difficult. The big house is not going to get smaller to clean. You cannot easily move the full bath from the second floor down to the first floor in place of the half-bath. Why wait for a broken hip, knee replacement, surgery, arthritis, etc... to hap-

pen and then have to scramble to make a change? Why not plan ahead? Often, I receive calls after something major happens and then the homeowner(s) is/are in a position that they have to rush. Two things normally happen in this situation: They sell their home at a lower price because they need to sell it fast, or they buy something fast because they don't have the time to shop so sometimes what they buy isn't always what they really wanted. Remember, with age comes wisdom; plan ahead and don't put off till tomorrow what you can do today.

**Q**: My husband and I are selling our house. He may be out of town on a business trip for the closing. We asked if he could sign the closing documents before he leaves and I could sign at closing but we were told that the closing documents would not be ready before he leaves. Any ideas?

**A**: The title company or an attorney can draw up a power of attorney so that you can sign on behalf of your husband at closing. If you both are not comfortable with a full power of attorney then have it written so that it is limited only to that real estate transaction.

*Steve Meyers is a Real Estate Agent/ Realtor at RE/MAX Metropolitan located in Shelby Twp. and is a member of the RE/MAX Hall of Fame. He can be contacted with questions at 586-997-5480 (voicemail) or email him at [steve@answerstorealestatequestions.com](mailto:steve@answerstorealestatequestions.com). You can also visit his website, [answerstorealestatequestions.com](http://answerstorealestatequestions.com).*

## Market Update

Did you know that a balanced market between Buyers and Sellers is when there is a 6-month supply of inventory? Inventory has been going up the last few months but has stalled out at a 2-month supply. August's market update for Macomb County and Oakland County's housing market is as follows. In Macomb County prices were up by more than 2% and Oakland County prices were up by more than 3% for the month. Macomb County's on market inventory was up by more than 7% and Oakland County's on market inventory was down by more than 11%. Macomb County average days on market was 20 days and Oakland County average days on market was 19 days. Closed sales in Macomb County were down by almost 13% and closed sales in Oakland County were down by almost 9%. (All comparisons are month to month, year to year.)



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## MONEY &amp; SECURITY

## Ask the Financial Doctor: What are the downsides of a timeshare?

**Q** : What are I-bonds? Why are these bonds paying over 9%?

**A** : I-bonds are savings bonds backed by the U.S. government and are reset every six months on May 1 and November 1. The interest rate is high because the inflation rate is high. The new rate effective May 1 is 9.62%. An investor cannot find a safer investment. If you buy I-bonds before the reset date on November 1, you will earn 9.62% for six months and the new rate for the next six months. One negative is you can only invest \$10,000 per year per person. For more information go to the site [treasurydirect.gov](https://treasurydirect.gov).

**Q** : I am 68 years old and plan to work till age 73. I



**Richard Rysiewski**  
Columnist

have quite a few years with zero wages because of raising kids. Will working past age 70 increase my Social Security benefits? Should I apply for Social Security benefits after age 70?

**A** : Working past age 70 will increase your annual Social Security benefits, however you should apply for your Social Security benefits at age 70. The Social Security Administration uses the 35 years with the highest wage record. Each year of your earnings is multiplied by an inflation factor to arrive at an indexed earning for that year. After age 60, the inflation factor is always one. A year with no earnings will always be zero for the indexed earnings. By replacing the years with zero earnings, you will increase your Social Security benefits.

**Q** : I filed for an extension but was not able to pay by the

due date, April 18, 2022. What should I do?

**A** : Estimate your tax liability and send a check. Finish your tax return as soon as possible to avoid additional IRS penalties.

**Q** : My husband is retiring and has about \$95,000 in his 401(k). When he draws money from his 401(k) can two checks be sent, one with my name and one with his name?

**A** : No, the trustee will only issue one check. The funds belong to your husband. If you want access to the funds consider a direct deposit to a joint banking account.

**Q** : Can I receive a tax refund if I am currently making payments under an installment agreement or payment plan for a prior year's federal taxes?

**A** : No, as a condition of your refund due to you in a future year will be applied against the amount that you owe. Regardless of whether you are participating in an installment agreement or payment plan with the IRS, you may not get all of your refund if you owe certain past-due amounts, such as federal tax, state tax, a student loan, or child support.

**Q** : My son bought some bitcoins and sold them for a \$18,000 gain. Does he have to report this gain on his tax return?

**A** : Yes, he has to report the gain on his tax return, using schedule D. Trading in bitcoin is considered a capital asset and is taxed as a capital gain or loss. Bitcoin miners must report the virtual currency as taxable income with no favorable capital gains rate.

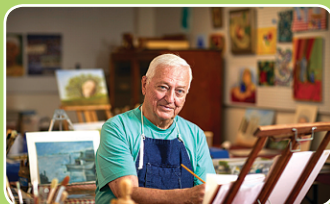
**Q** : My uncle is considering a timeshare in Florida. What are some negatives with a timeshare?

**A** : Buyer beware, timeshares are sold at inflated prices with limited resale value. Many people are not able to sell their timeshares and even have difficulty giving them away. The annual fee for your timeshare increases each year and some timeshares have additional nuisance fees. There will be some years that you will not be able to use your timeshare due to circumstances beyond your control.

*Richard Rysiewski, a Certified Financial Planner®, welcomes all questions on tax and financial matters. Please send to Richard Rysiewski, Financial Doctor, 3001 Hartford Lane, Shelby Twp., MI 48316 or call (248) 651-7710.*

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## HEALTH &amp; FITNESS

# Stay prepared for emergencies with these tips for older adults

Thank goodness Michigan is free of natural disasters like hurricanes, wildfires and massive snowstorms, which have devastated other parts of the U.S. with regularity.

But we still have to deal with gross stuff like basement flooding caused by pounding rainstorms, power outages, and water main breaks — events that can be catastrophic for older adults.

The Centers for Disease Control has plenty of good advice for weathering emergencies. The main point is to be prepared for circumstances that could hurt you or your loved one.

Here are some tips from the CDC on how to safe during an emergency:

## Plan for an Emergency

Put together an emer-

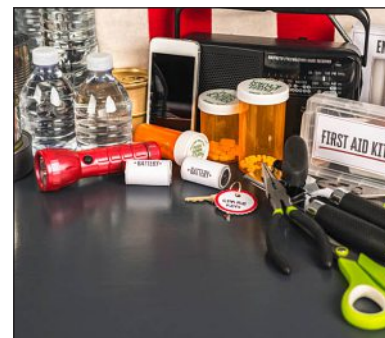
gency preparedness plan that includes an emergency supply kit with essentials such as hearing aid batteries and documents with contact information for family and doctors.

The kit should also include:

- Medical supplies
- A three-day supply of medicines. If medications need to be kept cold, have a cooler and ice packs available.
- Glasses and/or contacts and contact solution
- Medical supplies like syringes and hearing aids
- Information about medical devices such as wheelchairs, walkers, and oxygen including model numbers and vendor
- Consider including a care plan. You can print out the form, fill it out, and include it in the kit.

- Food and water  
Your kit should include:
  - Bottled water, or gallons of water (one gallon per person per day for three days, plus at least a gallon for your pet or service animal)
  - A three-day supply of nonperishable (canned) food
  - Can opener
  - Silverware or plastic ware
  - Food for your pet or service animal
  - Miscellaneous items
  - Battery-operated or hand-cranked radio
  - A charger for your phone and laptop
  - Face masks
  - Face and hand wipes
  - Flashlight and batteries
  - First-aid kit
  - Garbage bags for personal waste in case there is no running water

- Whistle
- Medical and legal documents
  - Include a list of important contacts and how to reach them — including your pharmacy and doctors. You may also want to put a copy of the list in your wallet and in a visible place in your kitchen.
  - Include copies of your health insurance/Medicare/Medicaid card, photo ID, and power of attorney documents in a sealed plastic bag for the kit. It's a good idea to have photos of everything in case you lose them.
  - A list of medications you take
  - A list of your allergies to food or medicine
  - If you go for regular medical treatments like dialysis or infusions, have a plan in place to make sure you can get to those ap-



Putting together an emergency preparedness plan that includes an emergency supply kit with essentials can make all the difference during an emergency situation.

PHOTO COURTESY OF  
AREA AGENCY ON AGING  
1-B

pointments in case of an emergency.

## Find a Friend

Choose someone — your caregiver, a neighbor, a good friend — who is willing to check on you in the case of an emergency. Decide how you'll connect, whether by phone or in person. Give that person a spare key to your home, and let them know where they

can find your medical information and medicine.

## Create an Exit Plan

If you need to leave your home, have a plan for where you are going to go. If you live in senior housing, familiarize yourself with exit procedures in case of emergencies.

*Content courtesy of the  
Area Agency on Aging 1-B*

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## SOCIAL &amp; WELL-BEING

# The secret to friend groups that last for decades

**By Randi Mazzella**

*For Next Avenue*

Recently my mom Helen of Jericho, N.Y., called me crying. Through tears, she told me that her friend Linda had passed away.

Linda was a member of my mom's longtime friend group, the CHATTs. My mother and four other women worked together for many years as teachers in a New York public school. Over time their relationships transitioned from casual colleagues to close confidants.

As they approached retirement, the women worried they might drift apart without daily lunches in the teachers' lounge and school-sponsored social events. To avoid that fate, they made a promise that they would get together several times a year. They gave their group a name to cement their commitment to con-

tinuing their friendship. And that is how the CHATTs, which stands for Chicks Having a Terrific Time, were created.

Most of these "chicks" are now in their late 70s, and they genuinely have been having a terrific time together for almost twenty years.

I feel badly now, but I laughed when my mom initially told me about their group name. I found the acronym goofy and I didn't understand why they needed to give themselves a name. I joked that they thought they were like "The Pink Ladies" from the musical "Grease." I teasingly asked if they were getting matching jack-

ets, too. But now that I am in my 50s (around the same age my mom and her friends were when they created the group), I admire how they have kept their friendship going. Most of these "chicks" are



PHOTO COURTESY OF RANDI MAZZELLA

Three members of the CHATTs gather for lunch.

now in their late 70s, and they genuinely have been having a terrific time together for almost 20 years.

As the saying goes, "Some

friendships are for a reason, some for a season and some for a lifetime." But what exactly is the secret of friend groups that last for decades?

## Connecting to the Past

One of the unique parts of a longtime friendship is that these people "knew you when" (i.e., when you were a child or when you worked in an office together). Old friends connect you to the past and to your former self, something that can't be replicated with new friends.

Joan Stommen, 78, of Kalamazoo, met some of her best friends when she was a child. "We grew up together in the same neighborhoods," says Stommen. "Our memories and stories go way back. We knew each other's parents. We had no idea when we met that our friendship would last into our seventies. We just loved and cared about each other then and we still do."

Chris Englert, 55, a full-time nomad currently in Ireland, is

**FRIEND » PAGE 12**

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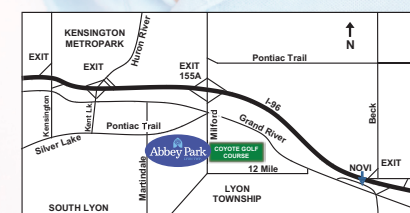
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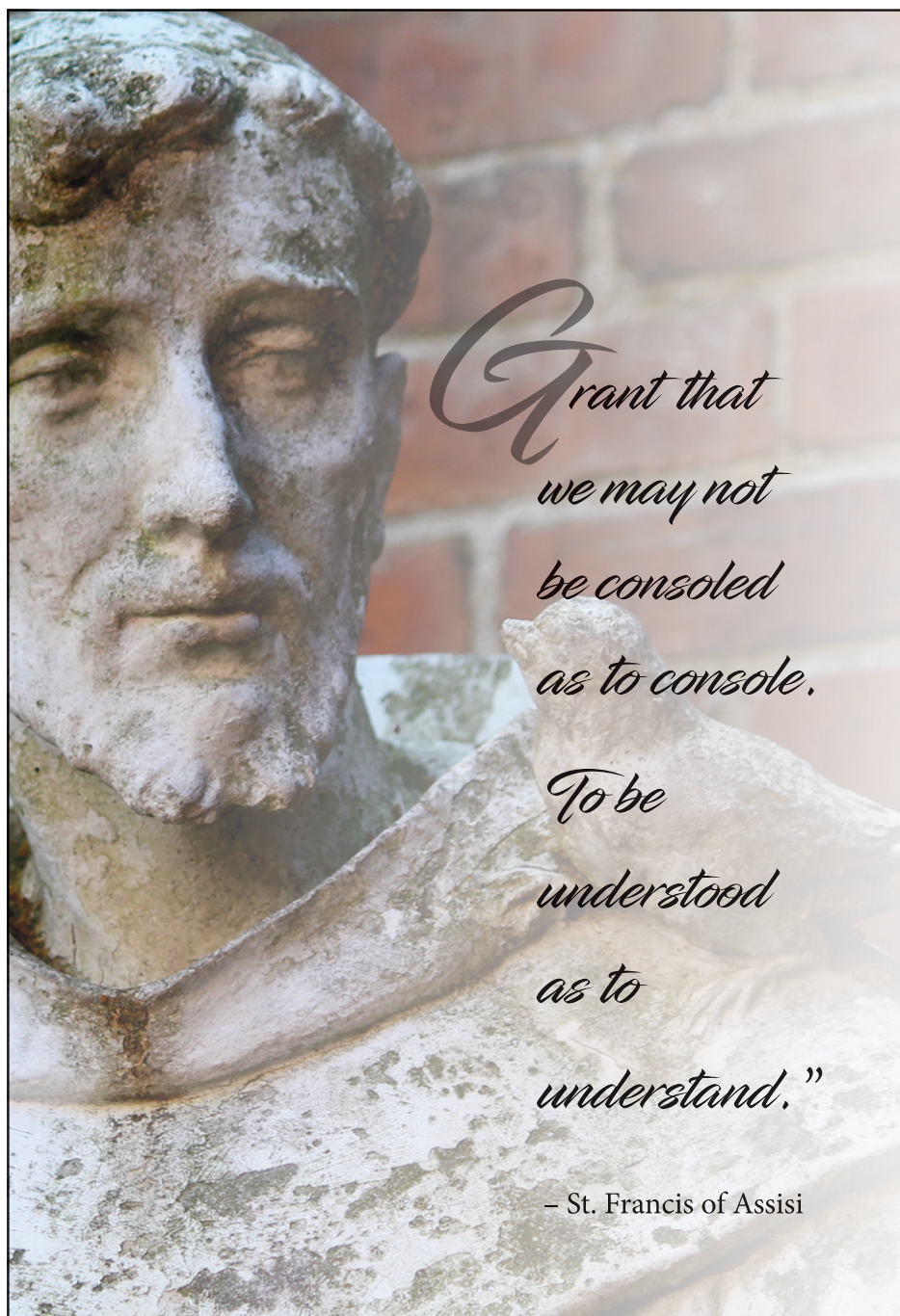
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## Friend

FROM PAGE 10

still close friends with a group of men and women she met 40 years ago while attending high school in Arizona.

"We grew up together at a private boarding school. We learned to communicate, mature, survive, and thrive on a 40,000-acre ranch away from our parents in the middle of the desert," says Englert. "We became each other's family members and support networks."

Now in her 60s, Donna Micozzi, of Milford, N.H., recalls some crazy times with her college friends back in the '70s. Legend has it that the group's nickname, The Animals, was given to them by a resident advisor at SUNY-Potsdam who was sick of their antics.

Micozzi says: "My first year of college, I went to a party called 'Morning Sickness' that was held the morning of the first Saturday of February 1979. I had never in my life had such a wild time as I did at that party."

"Around 40 of us who met at that party wound up hanging out together the remainder of college," she continues. "We roomed together, ate all our meals together, dated amongst each other and then during senior year in college, we started to couple up." Of the original group, seven of the couples married (including Donna and her late husband Joe) and have stayed friends.

Micozzi admits that she didn't realize at the time how special these friendships would be. She says, "These friendships were also the basis of my relationship with my husband, Joe. We used to joke who would get custody of The Animals if we got divorced (me, of course)."

### Bringing the Friendship to the Present

Life gets hectic and pulls people in different directions. It is hard to hold onto friendships, even ones you once treasured. How can these relationships continue as you get older and lose what once connected you?

"Even though some people moved out of state and we all have other tribes through our lives, communities and careers, our high school group is definitely our longest friendship," Stommen says. "At first, we kept in touch by mail and through phone calls. Then email came along and it helped us to grow closer."

It's important to allow the relationships to grow and not stay solely focused on the past. My mom says, "When we first retired and met for lunch, we still talked a lot about our memories of teaching together.

But as we got older, we talked less about school stuff and more about the present day. When we worked together, we all had kids living at home. These same kids are all grown up and married with their own kids. It's nice to share what is going on in our lives now with people who have been there for the ride."

Email, Facebook and Zoom have kept Micozzi connected with The Animals. "We did Zoom celebrations when people turned 60 during the pandemic," she said. They also try to get together in person when possible, including holding an annual reunion.

### Commitment Combined with Compassion

Everyone needs to put in the effort for a longtime friendship to survive. According to Eckert, you don't have to talk to each other daily to be close.

"I loved all these people when I was at my best and living life to its fullest. They bring out the best in me."

"We talk a few times a year, keep in touch through social media and keep track of each other virtually," she says. "There's just a connection that keeps us loyal. Even though we live far apart, we will help each other at the drop of a hat."

My mom Helen credits the silly name for helping their group stay connected. She explains, "Giving the group a name made it easier than saying everyone's name individually. When we said, 'The CHATTs,' we knew who was included in the plan. Having a name for our group solidified that we were all invested in our friendships continuing and we're going to all put effort into ensuring that we remained a part of each other's lives."


Along with commitment, long-term friendships require compassion. Everyone's lives, schedules and finances are different. Friends need to be understanding if someone cannot participate in an event or not become upset if some members get together without others.

Micozzi and her husband Joe couldn't attend the reunion for several years, but their friends still continued to invite them. "Fifteen years ago, they convinced us to come back," she says, adding they continued to attend.

"We started going on an annual three-day reunion," says Stommen. "Even though we all try to make it a priority, not everyone can make it every time. But we journal and take photos to share, so no one feels left out."

*Randi Mazzella is a freelance writer and a mother of three living in New Jersey with her husband and teenage son. Read more of her work on [randimazzella.com](http://randimazzella.com).*



A photograph of a car's interior dashboard. A white piece of paper with handwritten text is placed on the dashboard. A silver pen lies horizontally across the paper. The background shows the car's air vents and dashboard components.

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## WORK &amp; PURPOSE

# After 70 years of teaching music, Macomb County senior still going strong

By Debra Kaszubski  
For MediaNews Group

It's hard to imagine a business operating for almost 70 years under the original owner, but yet, that's exactly what musician Dick Renock has managed to accomplish.

Renock, 85, established A1 Music Studios in 1953 because he wanted to share his musical abilities and love of music with others. Although he can't say for sure, the Washington Township resident is certain "hundreds" of students of all ages have learned how to play accordion, guitar, organ, piano, and drums under his watchful eye. A number of those musicians have gone on to enjoy careers in the music industry themselves, both as performers and teachers, he said.

"I'm proud of all of my students. Most of these kids, I call them kids even though most of them are adults, have gone on to do very well in their careers, whether musical or not," he said.

A gifted young musician, Renock started with the accordion at age 5. He continued to take private lessons for the next 12 years, learning from several big-name musicians including jazz virtuoso Tony Dannon.

As a teenager, he started a band that would play at a wide range of events in Detroit, from birthday parties to nightclubs. He played solo at Music Hall in Detroit and a couple of years later, at age 18, he led his students as they performed in a televised concert.



PHOTOS BY DEBRA KASZUBSKI — FOR MEDIANEWS GROUP

After years of teaching students in person, Renock was forced to find a new way during the pandemic due to COVID-19 restrictions.

cert.

When he was 20 years old, Renock married his wife Joyce and about three years later they started their family, which would include two boys and two girls. Throughout this

time, Renock supported his family by teaching and performing. He was a regular on the schedules at the Sterling Heights, Oak Park, Harper Woods, Algona, and Shelby Township Parks and Recreation cal-

endars.

Teaching would continue through the bulk of these years, both in the community and through private lessons. In 2019, Renock's life changed when his wife of more



Dick Renock, 85, of Washington Township, teaches music classes online from his home.

than 60 years died. Even during this turbulent time, Renock continued teaching.

"Let's be honest, when a person retires, what do they have to look forward to?" he said. "Being retired isn't all it's cracked up to be. You gotta have something to look forward to. You gotta have something to do every day."

Even the pandemic didn't stop Renock. After years of teaching students in person, Renock was forced to find a new way during the pandemic due to COVID-19 restrictions. Instead of retiring, he invested in equipment, learned new technologies, and then began offering music lessons online.

"He has quite a history and the fact that he still likes to teach today is amazing. And to do it online is really kind of neat," said Cheryl Littleton, 54, of Sterling Heights, who has been taking piano lessons with Renock since 2006.

Her son, Justin, a student at Michigan State University, is also one of Renock's longtime students. Justin is a gifted drummer, Littleton said.

"We have all learned so much from Dick. It's been a pleasure to have been his student for so many years," she said.

Renock teaches three days a week, offering classes virtually from the spare room of his Washington Township condo. He has recently started offering online classes through the Shelby Township Senior Center.

"I teach everyone from age 8-80," he said with a laugh. "Seriously, though, I will work with anyone who wants to learn."

He has seven grandchildren and four great-grandchildren. In addition to his musical abilities, he's also a gifted photographer.

For more information about classes with Renock, visit his website at [Almusicstudios.com](http://Almusicstudios.com).



## WORK &amp; PURPOSE

# Poll workers are key to a smooth election. Here's how you can help.

By Patricia Cosner Kubic

For MediaNews Group

If you're looking for a way to support your community while also serving an important role in our election process, consider becoming a poll worker at your local precinct this November.

According to Michigan.gov, local election clerks across the state are seeking individuals skilled in technology and project management to serve as election inspectors and precinct chairpersons.

"We couldn't have a smooth election," said Adam Wit, Harrison Township Clerk, when asked what would happen if nobody volunteered to work an election. "Well, we'd have an election, but it would not run smoothly, and the result would be losing some of the trust of our citizens."

Thankfully, Wit has never had to face such a dire situation.

The State of Michigan requires each county to have at least three poll workers, and most have many more. Per Wit, poll workers are essential in ensuring residents feel confident that their vote is being securely handled and accurately counted. Poll workers are trained to ensure that each vote is handled to the letter of the law.

Several of those steps are never seen by the average voter, but if not done, they may impact the accuracy of the vote count. For instance, at each precinct, there are three levels of poll workers: a chair/co-chairperson, E-poll worker (electronic poll book), and a general precinct worker. After the precinct closes, one representative from opposing parties will confirm the ballot numbers that the poll workers so carefully handled on election day. They work together to seal the votes in a secure box, seal election day records and take the ballots to the Clerk's office.

But there is another group of poll workers whose impact continues to increase. "The percentage of absentee ballots has increased 2 to 1 in the last few elections," said Wit. So the poll workers assigned to counting absentee ballots play an increasingly vital role. Per Wit, none of the ballots are processed until election day. The poll workers do not stop counting those ballots until each vote is counted, even if that means counting until the wee hours.

In a township conference room, poll workers from opposing parties take turns completing each step to count the absentee ballots. For instance, the democrat rep will confirm the ballot number, the repub-



MARK CAVITT — MEDIANEWS GROUP

Workers count ballots during the 2020 primary election in Oakland County.

lican rep will remove the ballot, the democrat will flatten the ballot and together they will scan each ballot making sure each vote is counted. "Our poll workers are extremely dedicated to making sure every step is fully completed on every single vote," he said.

But what does it take to be a poll worker?

"First off, there is no such thing as an election volunteer because poll workers are paid for their work," Wit says, correcting a common misconception. A poll worker's skills are matched to an Election Day job. For instance, a person with an outgoing personality will be a greeter at a precinct, confirming the voter is at the correct precinct. A person who is comfortable with software will run the Electronic Poll Book. And finally, someone on the quiet side can help count the absentee ballots. "We have a place for everyone who wants to help run an election," Wit said.

Wit's mother, Susan, who regularly serves as a poll worker, says the job provides a huge sense of pride knowing they made a hands-on contribution in putting our democracy into action. This feeling is significant to some poll workers who were not part of our country's military and are looking to serve the country another way.

Wit, as with most city or township clerks, is grateful for the required hands-on work to take care of every single vote. "It's a heavy thing to have a vote in your hands. But, because it is so important, poll workers have that solid sense of accomplishment which is especially rewarding."

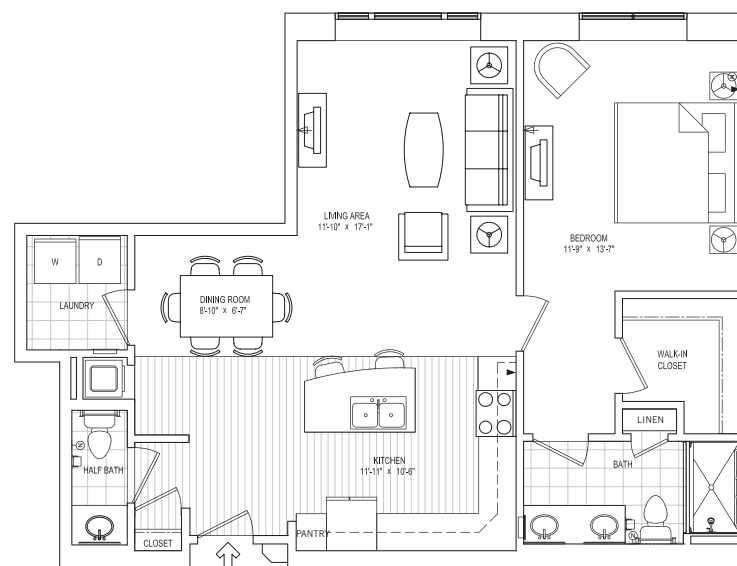
Wit encourages anyone interested in learning more about participating in the next general election as a poll worker to reach out to their local clerk's office. For more information about becoming an election worker in Michigan, visit [michigan.gov/sos/resources/initiatives/democracy-mvp](https://michigan.gov/sos/resources/initiatives/democracy-mvp).

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## SOCIAL &amp; WELL-BEING

# 'Boblo Boats' documentary takes local seniors down memory lane

By Terry Jacoby  
For MediaNews Group

Aaron Schillinger was living in NYC making videos for nonprofit companies when he set sail for Toledo to create a fundraising video for "an old boat" he knew nothing about. That trip turned out to be a seven-year voyage through some challenging waters before eventually docking with an award-winning documentary on the rise, fall and hopefully rebirth of the Boblo Boat and Boblo Island. "Boblo Boats: A Detroit Ferry Tale," made its theatrical debut last month after winning the Home-town Talent Award in last year's Freep Film Festival.

"I went out to Toledo to see SS Columbia in dry dock and my first thought was why don't you just get a new boat because this one is fall-

ing apart," says Schillinger, 39, who now lives in Michigan. "They explained that it's the oldest steamboat in America, what it means to a lot of people in this area and told me about a psychic named Gloria (the late Gloria Davis) who can communicate with the boat. It all became very interesting to me."

Schillinger also discovered that the Boblo Boats and Boblo Island stood for so much more than a fun time, none more meaningful and important than in 1945 when Detroit's Sarah E. Ray forced the integration of the island.

"Before the movie there was no Sarah Elizabeth Ray Wikipedia page and no one talked about her but we were able to share her story and what a pioneer she was in the civil rights movement," Schillinger said. "She was



PHOTOS BY TERRY JACOBY — FOR MEDIANEWS GROUP

Motown legend Martha Reeves (left), who narrated the Boblo Boat film, attended the special screening for Baldwin House seniors and their families last month at Imagine Theater in Rochester Hills, along with Rob Gillette and Tina Abbate Marzolf of Baldwin House.

24 when she was kicked off the boat because she was black and she convinced the

NAACP to sue and it went all the way to the Supreme Court and they won and it became a test case for many other civil rights cases."

The documentary follows the long and historic journey of the SS Columbia and SS Ste. Claire and navigates through the 20th century when the boats were operated by Bob-Lo Excursion Co.

The boats, considered the two oldest passenger steamboats in the United States, shuttled passengers to and from Bois Blanc Island in the Detroit River until the end of operations in 1993.

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A special screening of the documentary was held at Imagine Theater in Rochester Hills on Sept. 29, for members of the Baldwin House Senior Living community and their families.

of the documentary, Baldwin House Senior Living, reserved the Imagine Theater in Rochester Hills on Sept. 29 for its residents and their families for a special screening of the film.

"When I first heard about

the project I thought it was such a natural fit for our residents," said Rob Gillette, CEO of Baldwin House. "Our residents and these boats are both a big part of Detroit's history. Our motto is 'fam-

BOBLO » PAGE 21



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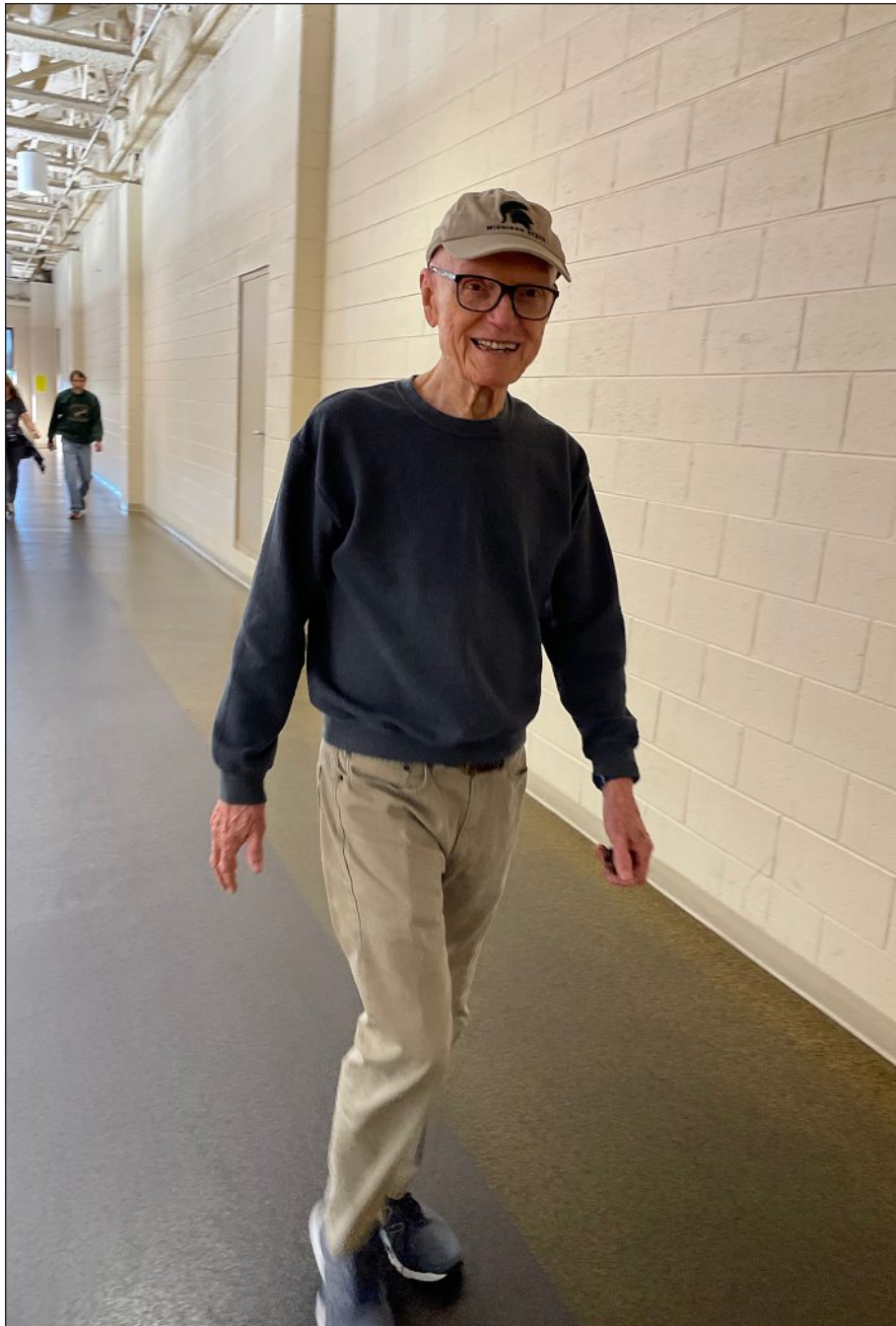


PHOTO BY DEBRA KASZUBSKI — FOR MEDIANEWS GROUP

Bob Martin, 79, walks regularly on an indoor track in order to minimize the impact on his back.

**By Debra Kaszubski**  
*For MediaNews Group*

When Bob Martin started walking for exercise about six years ago, he could barely make it around the indoor walking track at the Rochester Older Persons Commission (OPC) three times. Despite being tired and achy, the 79-year-old Rochester Hills resident stuck with his movement goals because he knew of the health benefits of physical activity. Today, he's at the walking track daily and averages an impressive 72 laps (18 times around the track is equal to one mile).

"I love it (walking). I'd come every day if I could," he said. "I have diabetes and I ache, so I have a lot of things wrong with me, but as long as I keep walking, I get good reports from my doctor."

A brisk 20-minute walk each day could be enough to cut a person's risk of early death, according to a study by the University of Cambridge. The study of more than 334,000 men and women found that twice as many deaths may be attributable to lack of physical activity than to obesity. And a modest boost in activity could make a big difference, the study concluded.

The research suggested that doing just 20 minutes of brisk walking every day or the equivalent (which would burn 90 to 110 calories), would reduce a person's risk of early death.

"Walking has clear benefits on keeping our bodies healthy and minds happy regardless of age and fitness level," said Dr. Asha Shajahan, a family medicine physician with Beaumont Health. "It's the easiest and safest exercise for those who are able to walk. It boosts mental health by releasing endorphins that improve mood and physical health through improving blood flow, stimulating weight loss and strengthening our bones and muscles."

For someone who is new to physical activity, Shajahan recommends walking 10 minutes a day to start and working up to 10 minutes three times a day with a goal of 30 minutes a day. She said some people don't have the stamina or time to walk for a solid 30-45 minutes a day, so she recommends walking in increments.

Cooler temperatures shouldn't keep walkers from moving. Along with the

OPC, several senior centers offer organized indoor walking on a climate-controlled track, which may be a good option for some walkers. "On the track, it's like wearing a good pair of tennis shoes because it absorbs some of the shock (verses walking on cement)," said Mandy Mullins, Fitness and Aquatics Manager at the OPC. "Plus, if something happens, we are here. There's also the social aspect."

Although the Rochester Older Persons Commission (OPC) and other area senior centers have indoor walking tracks, walking outside in the fall and winter is a great way to stay physically fit, Shajahan said.

"Walking outdoors for even just 10 minutes a day gives you exposure to the sun which gives you vitamin D which can help fight depression and fatigue. Also, seasonal affective disorder can be improved with getting exposure to sunlight in winter months," Shajahan said.

When walking outdoors in cooler temperatures, be sure to dress in layers so that your body is insulated. Cover your hands and ears, have shoes with a good grip and avoid walking in freezing temperatures. Keep your cell phone on you in case of emergencies and wear bright colors or reflectors if it's dark outside. It's helpful to warm up before going out in the cold by doing a handful of jumping jacks or marching in place, Shajahan said.

Several senior centers and community groups host guided outdoor walking groups, including the Shelby Township Senior Center, where a group of members meet at scenic parks throughout the township to walk together throughout the fall.

"Walking helps clear my mind after a stressful day. I particularly enjoy walking outdoors because I can hear the sounds of nature, enjoy nature's beauty, and breathe in fresh air," said Shajahan, who recently returned from a hiking trip in Zion National Park.

The next walks planned for the Shelby Township Senior Center Walking Group include Whispering Woods Park on Oct. 17, Burgess-Shadbush Nature Center on Oct. 24, and River Bends Park on Oct. 31. For more information about the walking group or upcoming meetups, visit [shelbytwtp.org/seniors](http://shelbytwtp.org/seniors).





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# Boblo

FROM PAGE 16

ily, friends and happiness,' and the Boblo Boat brought together family and friends and created happiness. It was such a natural fit that I knew we needed to get involved."

Vandella Carthon, 67, was around 8 years old when she first got on the Boblo Boat and headed over to Boblo Island. "I remember the beautiful smooth ride in the boat and the dancing and eating popcorn," says Carthon, who grew up in Detroit, raised her own family in Oak Park and now lives in Baldwin House in Pontiac. "I just loved the island and playing games and going on the rides. It was so much fun."

Sharron Webber, 81, was born in Detroit and lived in Lake Orion for 54 years. Her first ride on the Boblo Boat was her senior trip in high school and she went numerous other times. "I loved going on the boats," she says. "We would run around all four decks and there was dancing. It was so much fun."

The film — narrated by Motown legend Martha Reeves — features newly discovered archival footage of the boats in operation and the many characters who regularly sailed on or worked on the boats, digitized

by the Detroit Historical Society.

"Almost every Motown act played on Boblo Island or on the Boblo boats and it was like a vacation," Reeves said. "It was so much fun. It was like a fairyland. It was magic."

Reeves, who attended the Emagine Theater screening, said she enjoyed doing the narration and even learned a few things about the boat and the island. "I felt like I was the perfect person to narrate it because I experienced it, I lived it," she said.

The SS Ste. Claire, which suffered a devastating fire in 2018, is docked at Riverside Marina in Detroit while restoration efforts continue. The SS Columbia is currently being restored as a traveling nautical museum in Buffalo, destined for the Hudson River.

Tina Abbate Marzolf, COO for Baldwin House Seniors, said they were "very proud" to have this opportunity for all of their residents and family members to attend the special showing.

"This is a great chance for our residents to go out and see a movie and a movie that includes some really special memories for them as well," she said. "It's very near and dear to the heart of a lot of us who remember the Boblo boat and Boblo Island."

The documentary will be showing at The Henry Ford museum Oct. 14-23. For additional upcoming screenings and more information, visit bobloboatsfilm.com.



PHOTO COURTESY OF MARSH HISTORICAL COLLECTION

The film, "Boblo Boats: A Detroit Ferry Tale," features newly discovered archival footage of the boats, digitized by the Detroit Historical Society.

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YOU MAY ALSO WRITE A  
SHORT TRIBUTE OR POEM  
ABOUT YOUR PET.**

It's easy! Just fill out the form below  
and mail or email it to us along with your photo,  
tribute or poem. Photos will not be returned.  
We must receive photos by October 28, 2022  
to be included in our November issue.

## PET TRIBUTE PAGE

LET ME TELL YOU  
ABOUT MY  
*Special Friend!*

Name(s) of Pets: \_\_\_\_\_

Member of the \_\_\_\_\_ Family.

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

EMAIL FORM & PHOTO TO:  
demke@medianewsgroup.com

Mail to: **Vitality Pet Page**  
Attn: Dawn Emke  
53239 Settimo Crt  
Chesterfield, MI 48047

\*Any photos received after photo page is full will be held and used in future issues.

## Senior calendar of activities and events

Vitality publishes the second Thursday of each month. To have an event published, it must be sent at least three weeks prior to the monthly publication date. To submit information for the calendar, email jgray@medianewsgroup.com.

### OCTOBER

**Oct. 15:** Sweetest Day Card Party. Pinochle, euchre, dominoes or other games sponsored by Daughters of Isabella Queen of the Skies, Circle 683 on Saturday, Oct. 15, from 1-3:30 p.m. St Thecla Catholic Church Activity Center, 20762 So. Nunneley Road, Clinton Township. Lunch, dessert, raffles, door, & table prizes. Donation \$9. Tickets available at the door. For more information, call 586-791-6177 or 586-791-9012.

**Oct. 15-Dec. 7:** Open enrollment for Medicare prescription drug benefits. Make your in-person or

Zoom appointment today with a certified counselor who can help you review your Medicare prescription drug benefits during Open Enrollment (Oct. 15-Dec. 7), generally the only period during the year when you may switch to a different plan for 2023. The non-profit Area Agency on Aging 1-B's Medicare Medicaid Assistance Program offers free, unbiased counseling. Certified counselors are not affiliated with insurance companies. Appointments are generally available by calling 800-803-7174. For virtual appointments, a Zoom link will be sent before the session.

**Oct. 17:** Skillet Suppers with Mary Spencer at the Roseville Public Library, 29777 Gratiot Ave., on Monday, Oct. 17 at 6 p.m. Mary Spencer will show you how to create easy main course dishes using only one pan. Fast, easy and nutritional

meals without the cleanup. Recipes and samples of the dishes created will be served. Register in advance as space is limited. For more information, call 586-445-5407 or visit rsvlibraryservice@roseville-mi.gov

**Oct. 25:** Fall Fling with lunch at Genitti's Hole-in-the-Wall Sponsored by the L'Anse Creuse Public Schools Community Education, from 10 a.m. to 4 p.m., interactive comedy show and a stop at the cider mill for a donut and cider. Bus departs from 45400 Marketplace Blvd, Chesterfield. Cost is \$79. Tickets can be purchased online at Lc-ps.ce.eleyo.com or calling L'Anse Creuse Community Education at 586-783-6330.

**Oct. 25:** Ordinary People by Extraordinary Artists at the Roseville Public Library, 29777 Gratiot Ave., on Tuesday, Oct. 25 at 1:30

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## MORNING BINGO Mondays

Open 10:00 a.m. - Starts 11:15 a.m.  
**AMERICAN LEGION SAL 326**  
North Gratiot Hall  
47650 Gratiot (east side)  
(Just North of 21 Mile Road)  
Full concession counter  
586-598-4960

Proceeds to assist our Veterans  
Progressive and Life Changing Super Pots  
Electronics & charity game tickets sold  
Lic. #A-21969

## Life Center Bingo

Linked Progressive, Computer and Paper Packages.  
Charity Game Tickets Sold

### FRIDAYS

**Doors Open at 11:00am**  
**Sales Start at 11:30am**  
**Games Start at 12:30pm**  
**Lic #A-21848**

Proceeds to assist individuals with disabilities.

**North Gratiot Bingo Hall**  
47650 Gratiot  
(east side, just north of 21 mile rd)  
**586-598-4960**

**TO ADVERTISE IN THIS DIRECTORY  
CALL 586-273-6186**



p.m. Presented by the Detroit Institute of Arts. No registration required. Some of the most important French artists of the 19th century resisted the elitist aesthetic of the academic art tradition by emphasizing the people around them and the human experience as subject matter during a transitioning moment in the modernist era. The lecture will highlight artwork in the Detroit Institute of Art's collections by Degas, Renoir, Manet, and more. Presented by Connie Corrigan of the Detroit Institute of Arts as part of their Behind the Seen series. For more information, call 586-445-5407 or visit [rsvlibraryservice@roseville-mi.gov](mailto:rsvlibraryservice@roseville-mi.gov)

**Oct. 27:** Haunted Trivia Night at the Roseville Public Library, 29777 Gratiot Ave., on Thursday, Oct. 27 at 6 p.m. Get your team together and join us for some terrifying trivia. We will be scaring up some pizza and prizes to go with those questions. It's

going to be a scream. Registration is required and this program fills up very quickly so make sure to register early. Don't worry if you don't have a team; we'll find one for you. For more information, call 586-445-5407 or visit [rsvlibraryservice@roseville-mi.gov](mailto:rsvlibraryservice@roseville-mi.gov)

## NOVEMBER

**Nov. 3:** Special Exhibit at the Henry Ford — Heroes & villains: The Art of the Disney Costume, trip sponsored by the L'Anse Creuse Public Schools Community Education, from 9:15 a.m. to 3:15 p.m. See more than 70 costumes spanning decades of Disney's on-screen magic. You will have time to explore the special exhibit and more. Price also includes \$10 Fun Money, which can be used in the gift shop or at one of the museum's eateries. Bus departs from 45400 Marketplace Blvd, Chesterfield. Cost is \$69. Tickets can be

purchased online at [Lc-ps.ce.eleyo.com](http://Lc-ps.ce.eleyo.com) or calling L'Anse Creuse Community Education at 586-783-6330.

**Nov. 17:** Dinner at the Marine City Fish company and then The Sound of Music at the Riverbank Theatre in Marine City, from 4:45-10:45 p.m. Trip sponsored by the L'Anse Creuse Public Schools Community Education. Bus departs from 24600 Frederick Pankow Blvd, Clinton Twp. Cost is \$97. Tickets can be purchased online at [Lc-ps.ce.eleyo.com](http://Lc-ps.ce.eleyo.com) or calling L'Anse Creuse Community Education at 586-783-6330.

**Nov. 18:** Coffee and donuts at the DSO featuring Sci-Fi Spectacular — travel to new worlds, distant galaxies, and back to the future with music from your favorite sci-fi movies including Star Wars, Star Trek, Alien and more, from 9:15 a.m. to 1:45 p.m. Trip sponsored by

the L'Anse Creuse Public Schools Community Education. Bus departs from 45400 Marketplace Blvd, Chesterfield. Cost is \$60. Tickets can be purchased online at [Lc-ps.ce.eleyo.com](http://Lc-ps.ce.eleyo.com) or calling L'Anse Creuse Community Education at 586-783-6330.

## DECEMBER

**Dec. 6:** Van Gogh Exhibit at the DIA — 65 of Van Gogh's original works from museums and private collectors from around the world will be displayed, from 10:30 a.m. to 4 p.m. Bus departs from 24600 Frederick Pankow Blvd, Clinton Twp. Cost is \$48. Tickets can be purchased online at [Lc-ps.ce.eleyo.com](http://Lc-ps.ce.eleyo.com) or calling L'Anse Creuse Community Education at 586-783-6330.

**Dec. 16:** Coffee and donuts at the DSO featuring Home for the Holidays — share Detroit's favorite holiday musical tradition with

family and friends and thrill to the spectacle of the season, from 9:15 a.m. to 1:45 p.m. Trip sponsored by the L'Anse Creuse Public Schools Community Education. Bus departs from 45400 Marketplace Blvd, Chesterfield. Cost is \$60. Tickets can be purchased online at [Lc-ps.ce.eleyo.com](http://Lc-ps.ce.eleyo.com) or calling L'Anse Creuse Community Education at 586-783-6330.

**Dec. 21:** Les Miserables at the Fisher Theatre, from 11:45 a.m. to 4:15 p.m. Trip sponsored by the L'Anse Creuse Public Schools Community Education. Bus departs from 24600 Frederick Pankow Blvd, Clinton Twp. Cost is \$97. Tickets can be purchased online at [Lc-ps.ce.eleyo.com](http://Lc-ps.ce.eleyo.com) or calling L'Anse Creuse Community Education at 586-783-6330.

## MONTHLY EVENTS

■ **Confident Communicators Club:** Meets monthly

for people who seek improving public speaking skills and leadership confidence. This supportive Toastmasters group meets online the 1st and 3rd Wednesday of each month from 8-9:30 a.m. Many of our members have gain skills needed to become a better salesperson, grow their business, get promoted, and engage students. Register for any of our meetings to get the Zoom Link -<https://confident-communicators-club-meeting.eventbrite.com>. Contact our VP Membership to get more information [vpmm-1196053@toastmastersclubs.org](mailto:vpmm-1196053@toastmastersclubs.org)

■ **Breakfast Sponsored by Widowed Friends Ministries:** Breakfast (3rd Tuesday of each) at 10:30 a.m., Pancake Factory, 13693 23 Mile Rd, NE corner of 23 Mile & Schoenherr, Shelby Twp. Sponsored by Widowed Friends Ministries. Contact Ellen 586-781-5781.

## Affordable Senior Citizen Apartments in Roseville

The Roseville Housing Commission is now accepting applicants for our senior living community.

### We Offer Two Convenient Locations:

#### EASTLAND BUILDING

18330 Eastland St.  
Roseville, MI 48066

#### LAWN BUILDING

25524/25525 Lawn St.  
Roseville, MI 48066

#### AMENITIES:

- Quiet Residential Area
- 24-Hour Maintenance
- Senior Bus Picks You Up At Your Door

- Security Entrance
- Laundry Facilities On Each Floor
- Storage Facilities
- Elevator Service

Senior Citizens 62 years and older. Non-elderly (50-61 years of age) are eligible to apply.

The rent is based on 30% of annual adjusted income. All utilities are included, except telephone & cable.

FOR MORE INFORMATION,

PLEASE CONTACT OUR OFFICE AT: (586) 778-1360 Or Email Us At: [rhousing@sbcglobal.net](mailto:rhousing@sbcglobal.net)



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# Pet Tribute Page

Poetry  
Page

## BUMPER & SHADOW

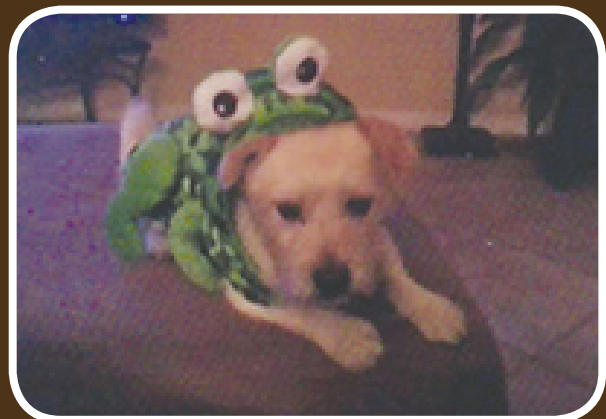
Bumper and Shadow  
Always together,  
chasing geese in  
all kinds of weather.  
Just Australian Shepherds,  
doing their job.  
Rescued and loved,  
they had many friends  
along the way.  
They confronted a coyote,  
who had this to say:  
"Thanks" for your job,

I have nothing to do  
but walk the shore edges,  
no game to pursue.  
Bumper got seizures  
Lasted nine months more,  
before "Rainbow Bridge" came  
knocking at his door.  
Shadow followed from grief  
three months to the day.  
As many would say,  
what a great pair passed away.

By Margherita J. Wiszowaty of  
St. Clair Shores, MI



**BUMPER &  
SHADOW**



**KODI**

.....  
*Member of the Throop Family of  
Sterling Heights, MI*



## ATTENTION ORGANIZATIONS GROUPS & CLUBS

Send in your information for meetings, seminars, events and press releases for our monthly calendar. Our next edition will run Thursday, November 10, 2022.

**Deadline is October 28, 2022**

To be included in our next edition please Email to:

**NEW EMAIL ADDRESS**

**VITALITY  
Groups & Clubs**

**Email: Joe Gray**

**jgray@medianewsgroup.com**

**Subject Line: Vitality Community Calendar**

## Next Issue of Vitality



**will be on**

**THURSDAY  
NOVEMBER 10, 2022**



# Vitality

YOUR MONTHLY GUIDE TO AGING WITH GRACE,  
PURPOSE AND WELL-BEING

Vitality publishes every month, and is specially written and produced for older adults 55 and over. Monthly features include • Health Care

- Travel • Fitness • Community Resources • Entertainment
- Investing & Financial Planning • Senior Discounts and much more.

To subscribe to Vitality just fill out the form and mail it along with a check or money order payment to 21st Century Media for \$24 to:  
Vitality Subscription Department, 6250 Metro Parkway Dock D, Sterling Heights, MI 48312

## Proud Grandparents

**WE'RE GIVING YOU A  
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**THOSE GRANDCHILDREN &  
GREAT GRANDCHILDREN.**

BE A PART OF OUR PHOTO PAGE IN VITALITY.

It's easy!

Just fill out the form below  
and mail it to us along with  
your favorite photo.

Photos will not be returned.

We must receive your photo  
before October 28, 2022 for  
our November 10, 2022 issue.



Name(s) Of Grandchildren: \_\_\_\_\_

Proud Grandparents are: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

\*Any photos received after photo page is full will be held and used in future issues.

**Email: Form & Photo to Demke@medianewsgroup.com**

**Mail to: Vitality, Grandparents Brag Page, Attn: Dawn  
53239 Settimo Crt, Chesterfield, MI 48047**

Each monthly issue will be mailed  
directly to your home for only **\$24 PER YEAR**

☐ Yes, I'd like to subscribe to Vitality for \$24.00 per year

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☐ Check Enclosed



# Poetry Page

## LONG AGO

When We Were Young We Either Walked  
Or Rode The Bus  
We Never Thought It Was Too Tough For Us  
If We Had A Bike We Would Be Gone For The Day  
Mother Would Always Say Be Home Before  
The Sun Goes Away  
There Was No Tv Or Cell Phone  
We Learned To Communicate With Everyone  
We Listened To Our Father And Mother  
And Always Respected Each Other  
We Would Meet At The Playground  
With Other Kids From All Around  
We Played Many Different Games  
Football And Baseball  
We Did It All  
For A Nickel We Could Go To The Show  
And Learned So Much More That We Didn't  
Know  
There Was Movies And News  
Cartoons And Worldly Views  
On The Way Home We Might See A Truck With Ice  
A Sliver Of Frozen Water Would Be Nice  
Those Times Are Forever Gone  
But In Our Minds Those Memories Belong

By Steve Pankewicz of Sterling Heights, MI

## CHARLIE OR ME

Have A Buddy Named Charlie  
Never Seem To Agree  
Who Is Prettier  
Charlie Or Me.

Charlie Married  
A Girl Named Marie  
Has Two Beautiful Daughters  
Susan And Sherri.

Left Home For California  
Where The Weather Is Warm  
And "O" So Sunny  
Have To Admit  
I Miss My Mommie.

Charlie And I  
Both Crowding Ninety Now  
Still Can't Agree  
Who Is Prettier  
Charlie Or Me.

By John Cameron of Shelby Township, MI

Do you have a creative side that you would like to share with your community readers? We are looking for original, unpublished poetry. This will be your time to shine in our Poetry Corner. Please keep poems and letters of appreciation to 300 words or less and print clearly. Next Issue will be November 10, 2022.

FIRST & LAST NAME: \_\_\_\_\_ PHONE NUMBER: \_\_\_\_\_  
ADDRESS: \_\_\_\_\_  
CITY/STATE/ZIP: \_\_\_\_\_ NAME OF POEM: \_\_\_\_\_

MAIL TO: Vitality Poetry  
And Letters of Appreciation  
Dawn Emke  
53239 Settimo Crt  
Chesterfield, MI 48047

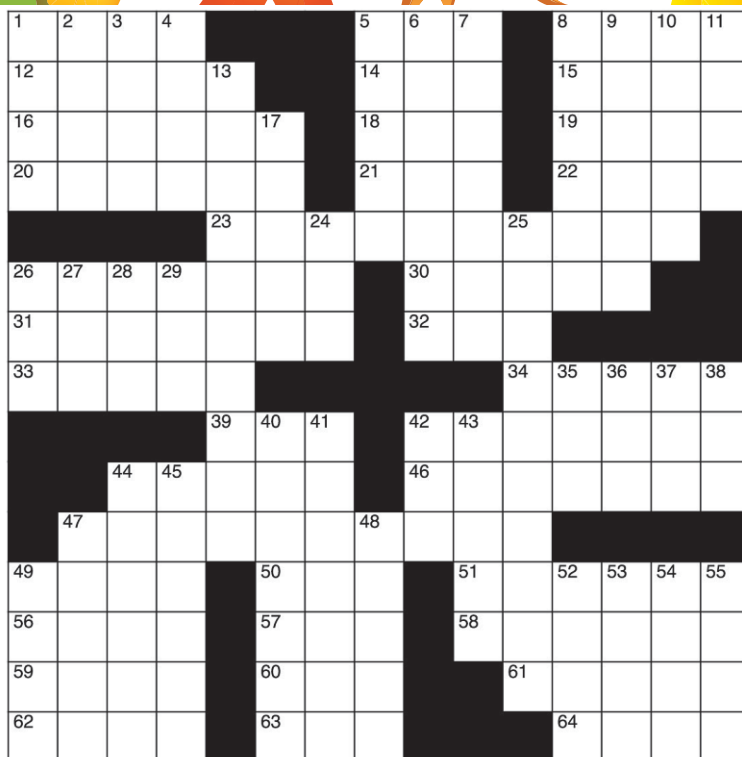


If you chose to submit your poem or letter of appreciation through email, please include your first and last name along with your phone number and the city, state you reside in. You will not be solicited and all information will be kept confidential.  
Email Poems to: [demke@medianewsgroup.com](mailto:demke@medianewsgroup.com)

Thank you for your interest in sharing your creativity. We look forward to reading your poems and letters of appreciation.



# PUZZLE PAGE



## CLUES ACROSS

1. Towards the mouth or oral region
5. A way to season
8. North-central Indian city
12. Emaciation
14. Actress de Armas
15. A way to score in basketball
16. Odd
18. Scripting languages on IBM machines
19. A right of local jurisdiction
20. Hard, colorless compound
21. Diving seabird
22. Wild goat of the mountains
23. Not shortened
26. Someone who learns from a teacher
30. Is inclined
31. Still asleep
32. Antidepressants (abbr.)
33. Town in Surrey, England

## CLUES DOWN

34. Indian music patterns
39. Birth control means
42. People tend to be on one
44. A way to keep meat moist
46. Home of the Crimson Tide
47. Pasta type
49. Late 1990s rapper
50. One circuit of a track
51. Surrounded by water
56. Late "Growing Pains" actor
57. Married couples say it
58. Drool
59. Sicilian city
60. Airline worker perk (abbr.)
61. Grayish-black mixture
62. Systems, doctrines, theories
63. Midway between east and southeast
64. Athletes who get paid
1. Genus of owls
2. Hindu queen
3. Cain and
4. Hindu female deity
5. Islamic calendar month
6. Changes posture
7. More stubborn
8. Give work to
9. Round maps of the Earth
10. Gathered fallen leaves
11. Popular credit card
13. Separation of church and state
17. Founder of Sikhism
24. They
25. Where you find the milk
26. Institute legal proceedings against
27. The neural structure consisting of the brain and spinal cord
28. Expresses surprise
29. Have a debt to
35. Businessman
36. State on India's western coast
37. Practice of managing financial risks (abbr.)
38. Patty Hearst's captors
40. Put into service
41. 10-year periods
42. Crony
43. Surgical clamp
44. Leave unable to move due to lack of wind
45. Where rockers work
47. Valleys
48. Ancient lyric poem
49. Wise men
52. It lights a room
53. Assert
54. Fifth Roman Emperor
55. Ancient Greek city in Thrace



ANSWER:

## WORD SCRAMBLE

Rearrange the letters to spell something pertaining to vegetarianism.

EGMEUL

--	--	--	--	--	--

## BAKING TREATS WORD SEARCH

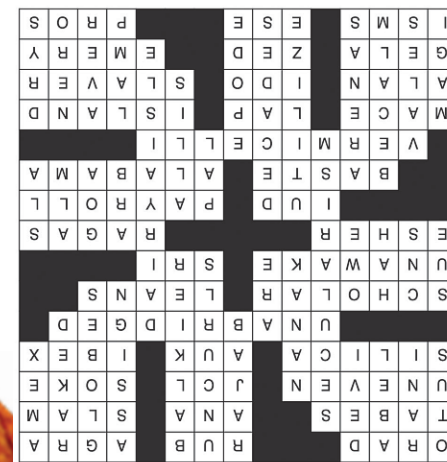


Find the words hidden vertically, horizontally, diagonally, and backwards.

## WORDS

BAKING  
BROWN  
BUTTER  
CAKE  
CONFECTION  
COOKIES  
DESSERT  
EGGS  
ICING  
INGREDIENTS  
LEAVENER  
MIXER  
OIL  
OVEN  
RISE  
SHEET  
SIFTED  
STIR  
SUGAR  
SWEET  
TASTE  
TEMPERATURE  
TEST  
WHIP

## ANSWER:



Answer: Legume



Wanda loves to smile and laugh with her residents.  
The feeling is mutual.



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in Auburn Hills/Pontiac  
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