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# Gazette

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April 19, 2019  
Vol. 3, No. 18

## Battle of the Badges benefit hockey game

First responders really seem to enjoy competing for charity. On Saturday, April 27, Suburban Ice Macomb will host a Battle of the Badges charity hockey game, benefiting St. Jude Children's Research Hospital.

**Macomb County Sheriffs** will take on Washington Township Firefighters starting at 6:30 p.m. The event will also feature a 50/50 raffle, basket raffles, 'chuck a puck,' and Battle of the Badges t-shirts for sale.

Tickets are \$10 at the door and kids 5 and under get in free. Suburban Ice Macomb is located at 54755 Broughton Rd.

## Democracy reform town hall in Clinton Township April 30

The registered ballot committee Voters Not Politicians is holding a town hall at the Clinton Macomb Public Library on Tuesday, April 30 to discuss Michigan's redistricting process.

In the November 2018 election, Michigan voters passed Prop 2, a redistricting reform amendment to end gerrymandering in the state. The redistricting process will begin next year when registered voters can apply to serve on the first Independent Citizens Redistricting Commission.

People are invited to the town hall to learn about how the commission will be formed and how districts will be drawn.

The town hall will be held in the auditorium from 7-8:30 p.m. The event is free. To sign up, visit votersnotpoliticians.com/clintontwp430/.

## Inside This Issue

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THE 5TH ANNUAL CHARITY BASKETBALL & TASTEFEST was held last week, as first responders from Sterling Heights faced off against police and firefighters from Utica and Shelby. Hosted by the Sterling Heights Regional Chamber of Commerce, the event helped to raise money for Henry Ford Cancer Institute. As for the friendly competition, team Utica-Shelby won the game in triple overtime by just 3 points.

## Utica awarded grant for brownfield redevelopment

by ELENA DURNBAUGH

Utica officials announced last week that the state awarded the city a \$450,000 brownfield redevelopment grant for a project that will bring a children's sports training facility to a site near Jimmy John's Field.

The money from the Michigan Department of Environmental Quality (MDEQ) will be used to

clean up a polluted parcel of land located west of the ballpark between Koth Lane and Moscone Drive. In more recent years, an old warehouse sat on the property, and before that, it was the site of a residential landfill.

"It was just uncared for, continuously dilapidated," Utica Mayor Thom Dionne said. "It wasn't contributing to the overall

appeal of the city whatsoever."

The site will be home to a new business called On Deck Circle. According to Dionne, the multi-million dollar facility will provide training for school-age kids in baseball, soccer, and cheerleading, as well as providing speed, agility, and strength training.

See BROWNFIELD, page 2

## Shelby board approves \$8.3M in road funding

by ANDREW NEAL

The Shelby Township board of trustees were joined Monday by Macomb County Executive Mark Hackel and representatives from the Macomb County Department of Roads to discuss a proposed \$20 million cumulative investment in road improvements in Shelby Township. The funding would come from the township, the county, and the state.

On Tuesday, Shelby trustees approved their share of the funds, \$8.3 million, slated for 10 different road improvement projects in 2019 and six in 2020.

This year, major mile roads like 21 and 22 from Shelby to Hayes will be undergo repair and overlay, while 23 Mile from Schoenherr to Hayes will have concrete repaired.

The stretch of Shelby Road north of 25 Mile leading to the entrance of Stony Creek Metropark is also on the list.

High-traffic areas of Mound and Ryan roads will see repairs, as well as the subdivision streets Starlite Drive and Woodmire Drive as part of the Subdivision Road Program.

In 2020, the short stretch of 23 Mile between Shelby and Mound will be fixed, as will Dequindre from West Utica to Auburn.

The intersection at 23 Mile and Shelby Parkway/Corporate Drive will be widened just east of the M-53 expressway, and thanks

See ROADS, page 2

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## Macomb Community College board increases tuition 2%

The Macomb Community College Board of Trustees authorized a 2% tuition increase for the 2019-2020 academic year at its regular monthly meeting on Wednesday, April 17.

**Tuition** for residents will go from \$100 per credit hour to \$102 per credit hour. Full time-student taking 12 credits will pay \$24 more for a semester.

Despite the increase, Macomb's tuition rate is well below the state average. The college has the fourth lowest cost of attendance in the state, which factors in both tuition and fees. Since 2004, Macomb has implemented budget reductions totaling \$20.5 million.

**"We continue** to deliver a fiscally responsible budget while preserving affordability for our students," Macomb President James Sawyer IV, Ed.D. said in a press release.

Macomb's revenue comes from tuition, local property taxes, and state appropriations. Funding from property tax revenue and appropriations has decreased

over the years. Property tax revenue is expected to be \$5.5 million less than it was 2007-2008. Currently, appropriations from the state are \$257,000 less than that of 2002. Although Gov. Whitmer's budget proposal included a 3% increase in appropriations for community colleges, the press release from Macomb Community College emphasized that there is still a long legislative process before an actual appropriations level is approved.

**"I and my colleagues** on the board remain sensitive to the financial pressures our students face," Katherine Lorenzo, chair of Macomb Community College Board of Trustees, said in a press release. "The college continues to effectively manage the delicate balancing act of preserving affordability, maintaining and investing in relevant programs, and protecting fiscal integrity and sustainability."

To learn more about Macomb Community College tuition categories and rates, visit [macomb.edu/](http://macomb.edu/).

## Two-year Shelby Township road investment tops \$20 million

ROADS, From page 1

to a grant from the state, Mound Road between M-59 and Auburn will be repaired.

At Monday's press conference, officials celebrated the efforts to improve local roads, but acknowledged they have a long way to go. Macomb County executive Mark Hackel said that based on a county-wide road study, it would cost \$1.2 billion to fix all the roads currently in need of repair.

At Tuesday's board meeting, Shelby Township treasurer Stanley Grot explained where the \$8.3 million came from.

**"We decided to** put in our resources from Shelby Township," Grot said. "That money was set aside over the years, 8-10 years, and because of the conservative thinking of this board and forward-thinking of this board, we were able to come up with this package and fix up our roads in Shelby Township"

The Macomb County Department of Roads – which owns and maintains most of the public roads within Shelby – contacted township officials earlier this year because of a boost in road funding the county had received from the state. Township officials say they had set aside over time roughly \$11 million of available matching funds to make use of the county's offer.

## New sports facility 'On Deck Circle' coming to Utica

BROWNFIELD, From page 1

"It's a big turn around from what it was to what it's going to be," Dionne said.

**Last fall,** the city partnered together with the site developers to apply for the grant. Although Dionne would not reveal who is developing the property, he said it was a first-time investment for the business in the area.

"They thought this was a great place, given what everyone else is doing and the buzz that's going around the city, and they wanted to be part of it," he said.

**The remediation** process will start at the site within the next few weeks.

Dan Gough, brownfield coordinator for the Southeastern Michigan District, said the biggest concern with the site is methane. The MDEQ will be working closely with the developers on their plan to ensure that the land is properly cleaned.

**The process** will include removing some of the contaminated soil, properly disposing of it, and installing a vapor barrier which will stop the infiltration of vapors into the building and allow them to vent outside instead.

Methane is a common contaminant at a site like the one in Utica, Gough said, and the biggest safety concern is the risk of combustion. The MDEQ goes over development sites carefully to make sure that everything is in place to make the area safe.

"Everybody who works in this area has gotten very good at understanding the nature of the contamination... It's a pretty in depth review process," Gough said. "It will be very safe."

**The project** is designed to have a positive impact on both the environment and the economy in Utica.

"Anytime you're getting rid of a least some of the material and properly disposing of it in a licensed landfill that's meant to accept those materials, it's good for the environment," Gough said. "You're going to take a previously underutilized property that has infrastructure to it and put it back into productive use, back on the tax rolls, and back serving that community."

**The new sports complex** isn't the first brownfield redevelopment project in Utica. City Hall, the Utica Public Library, and Jimmy John's Field are all built on top of former brownfields. Last year, the city secured a \$500,000 grant to transform 11.5 acres of former landfill into Pioneer Park, which is currently in development.

Dionne said that foundation for On Deck Circle will be poured in May and that the facility expects to be open for business by January 2020.

**This is just** the latest development project in Utica's growing downtown. Dionne said that Jimmy John's Field, which opened in 2016 and seats 4,500

people, was the first shot in the arm for the city. The sports complex will be another. In the near future, General Sports Entertainment, LLC, which owns the USPBL, plans to develop a 7,000-square-foot medical facility on the northside of Auburn Road.

Dionne said that he hopes the current projects will spur on more commercial investment in Utica.

**Last month,** the city announced that it was considering a plan to create commercial space downtown by moving its municipal buildings, including City Hall, the police department, and the library, out of downtown to the north end of Pioneer Park.

"I would hope that we would be able to see some real commercial growth in the downtown district, and make Utica a real walkable downtown that's competitive with any other destination city in Metro Detroit," Dionne said.

**The city is** experiencing positive growth, according to Dionne. He credited the efforts of city council, the Downtown Development Authority, and city administration with the progress.

"I think we've got enough energy and new ideas coming in from our administration and our council members and our DDA," he said. "We have a really good working relationship right now, and it seems like it's pulling everything in the right direction."

## Tri-County East Officials High School Baseball Classic

Top local high school baseball teams will face off at Jimmy John's Field on Sunday, April 28. Admission is \$5 for an all-day ticket.

**The Tri-County East** Officials Baseball Classic 2019 will feature five games throughout the day and all of the fun that comes with watching baseball at Jimmy John's Field in downtown Utica.

Sponsorships are still

available and include an advertisement on the big screen throughout the game, an ad in the event program, throwing out the first pitch, and sponsorship announcements throughout the game.

**L'Anse Creuse North** will take on Oxford High for the first game of the day at 8:30 a.m.

At 10:45 a.m., Warren Mott will battle Berkley High, and at 1 p.m.,

it's Avondale taking on De La Salle.

Lake Orion and Stevenson will face off at 4 p.m.

Rounding out the day of games at 7 p.m., St. Clair High School will go up against Stoney Creek High School.

**For more information,** contact Paul McBride at [paul.mcbride14@comcast.net](mailto:paul.mcbride14@comcast.net) or Thomas Polite at [Thomas.polite@yahoo.com](mailto:Thomas.polite@yahoo.com).

## Mandates are not the right incentive for renewable energy use

### PERSPECTIVES



Op-Ed by  
NATHAN INKS

Under current Michigan law, electric providers in the state must generate 15% of their electricity from renewable sources by 2021. Many feel that number should be higher, and some look to the government to come up with mandates to achieve a loftier goal.

**The Green New Deal** proposed by Rep. Alexandria Ocasio-Cortez (D-NY) and Sen. Ed Markey (D-Mass.) calls for 100% of the nation's energy to come from renewable sources in 10 years. At the state level, Rep. Yousef Rabhi (D-Ann Arbor) introduced a bill toward the end of the last legislative session that would require all electricity in the state to come from renewable sources by 2050.

While these proposals may have good intentions, they are, at best, incredibly lofty goals; more realistically, they are unachievable goals. The best solution for reducing carbon dioxide and airborne pollutants from electricity generation is a mix of renewables and nuclear with an

additional source capable of easily ramping up or down as needed – the cleanest of which would be natural gas. Renewable sources alone will likely never be sufficient to consistently meet the nation's – or even the state's – electricity needs, and nuclear reactors simply do not have the capability of ramping up and down as quickly as necessary coupled only with renewable sources.

**While some in government** are focusing on imposing mandates on utility companies, the private sector here in Michigan is leading the charge to increase power generation from renewable sources.

Michigan's two largest energy companies, Consumers Energy and DTE Energy, recently struck a deal with the state to ensure that 25% of their electricity comes from renewable sources by 2030. Additionally, Consumers Energy will reduce its carbon dioxide emissions by 90% and shut down all of its coal-fired power plants by 2040.

**But it is not just utility companies** who are driving the push to increase electricity generation from renewables. Utility companies are partnering with major consumers on renewable-power agreements in order to increase the percentage of the state's electricity portfolio coming from renewable sources. A few weeks ago, the University of

Michigan committed to purchasing approximately half of its energy for its Ann Arbor campus from renewable sources through DTE, and Northern Michigan University made a similar deal with Wolverine Power Cooperative, committing to purchasing half of its electricity from wind energy. General Motors and Ford Motor Co. signed similar deals with DTE earlier in the year.

**In a perfect world**, we could source our energy entirely from renewables, but proposals mandating a complete abolition of carbon-emitting electricity generation are simply not feasible in the foreseeable future. Instead of proposing pie-in-the-sky ambitions, lawmakers in Lansing and the nation's capital would make better use of their time by coming up with ways to help the private sector pursue the path that it is currently on – drastically cutting carbon emissions and increasing reliance on renewable energy sources.

By prioritizing further research and development and educating the public, we can take meaningful steps in reducing carbon emissions and increasing the percentage of electricity generated from renewable sources.

**Add your voice to the conversation – send a letter to the editor by emailing [Andrew@GazetteMediaGroup.com](mailto:Andrew@GazetteMediaGroup.com).**

## Wozniak pushes for improvements for state psychiatric care

State Rep. Doug Wozniak, who serves on the House Health Policy Committee, is continuing to push for improvements to psychiatric health care in Michigan.

This week, Wozniak voted in support of a House plan to combat the ongoing shortage of psychiatry workers in the state.

The plan would allow certain retired mental health professionals to come back to work with the Department of Health and Human Services without forfeiting their pension benefits. The state already allows retired psychiatrists to keep their pensions during reemployment with the state, and Wozniak would like to see the same benefit extended to other mental health care professionals including physicians, psychologists, nurses, social workers, counselors, and therapists.

**House Bill 4156** was approved with unanimous, bipartisan support and will now move to be considered by the state Senate.

Earlier this month, Wozniak spoke out against the governor's

decision to halt the expansion project at the Caro Center, a state psychiatric facility in Macomb County. The project was approved under Gov. Snyder and was \$3 million into its construction budget when Gov. Whitmer announced her decision to re-evaluate the plan.

**The proposed hospital** would replace current buildings and offer an updated hospital for 200 people. The current facility only has space for 79 people.

"The Legislature and former governor worked thoughtfully and strategically to develop the plans and approve funding to fulfill our state's need," Wozniak said in a press release. "Now, Gov. Whitmer is undoing all of their hard work and wasting millions of taxpayer dollars in the name of party politics."

Wozniak said that he hoped the governor would reconsider her decision.

"Michigan's mental health care system is in desperate need of resources," Wozniak said.

## Senate committee approves 'raise the age' legislation

The Senate Judiciary and Public Safety Committee approved a bipartisan plan to raise the age of legal adulthood within the state's court system on Thursday.

**The 14-bill plan** seeks to establish 17-year-olds as minors in most instances. State Senator Peter Lucido (R-Shelby Township) is the committee chairman.

"This is a common-sense approach to dealing with youth crime," Lucido said. "Diverting youth from the adult criminal justice system to help rehabilitate them through the juvenile justice system is the best option and a more effective way to treat young offenders."

**The 14-bill plan** would amend or add to various parts of the state's Probate Code, the Code of Criminal Procedure, the Juvenile Diversion Act, the Youth Rehabilitation Act, the Mental Health Code, and the Indigent Defense Commission Act, and it would formally recognize that a 17-year-old should be considered a juvenile for purposes of adjudication or prosecution of criminal offenses. It would still

allow for 17-year-olds to be treated as adults in violent criminal offenses.

Michigan is one of only four states that prosecute 17-year-olds as adults. Statistics show that states that have enacted similar

raise-the-age laws have experienced a significant decrease in juvenile court referrals and recidivism.

**Senate Bills 84 and 90-102** have been referred to the Senate floor for further consideration.



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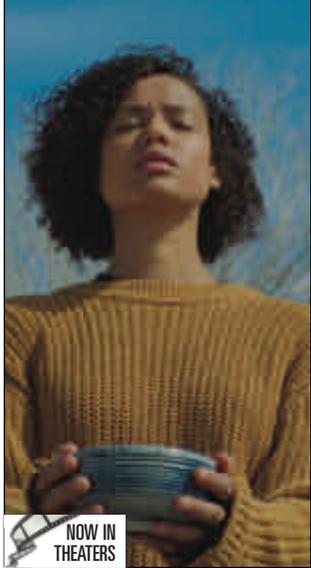
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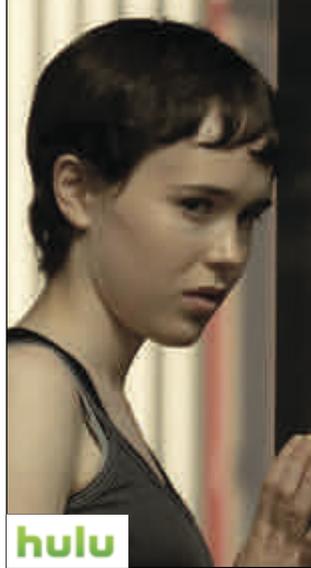
# Arts & Entertainment



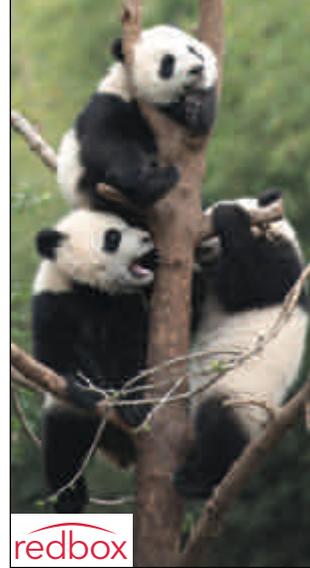
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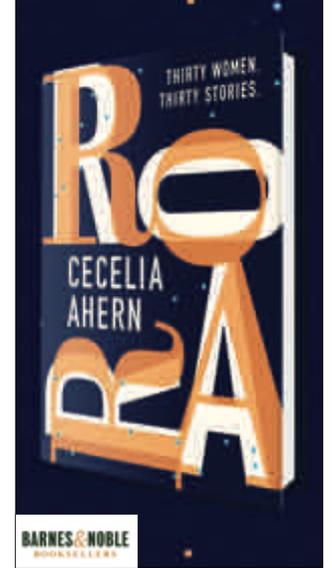
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R, Crime/Thriller



**PANDAS**  
G, Nature Documentary



**CUZ I LOVE YOU - LIZZO**  
Pop/Hip Hop, Atlantic Records



**ROAR - CECELIA AHERN**  
Fiction, Grand Central Publishing

## MUSIC

**The Groove Council** Friday, April 19, 9 p.m. Tap & Barrel Grill, Shelby Township

**Frank Sinatra Tribute** Friday, April 26, 8 p.m. Youngers Irish Tavern, 120 S. Main St., Romeo

**P!nk** Friday, April 26, 7:30 p.m. Little Caesars Arena, Detroit

**Kari Holmes** Saturday, April 27, 9 p.m. Hogs Hollow, 45108 Cass Ave., Utica

**Electric Honey** Saturday, April 27, 9 p.m. Sherwood Brewing Co., 45689 Hayes Rd., Shelby

**Slayer** Sunday, May 19, 8 p.m. DTE Energy Music Theatre, Clarkston

## ON STAGE

**The Marvelous Wonderettes** April 24-May 19, Meadow Brook Theatre

**We Will Rock You** April 25-27, Utica High School Theatre, Showtix4u.com

**Arsenic and Old Lace** April 25-27, Dakota High School Theatre, Seatyourself.biz

**Trevor Noah** Friday, April 26, 7:30 and 10 p.m. Fox Theatre, Detroit

**Southern Comfort** April 26 - May 12, Stagecrafters, Royal Oak

**Company** May 17 - June 1, Avon Players

## AROUND TOWN

**Backpacking Classes** Saturday, April 20, 11 a.m. Stony Creek Metropark

**Easter Brunch** Sunday, April 21, 10 a.m. Danny J's Brick Tavern, 7759 Auburn, Utica

**Spring Cake Class** Thursday, April 25, 6:30 p.m. The Bakehouse, 52588 Van Dyke Ave., Shelby

**Puppies & Pinot** Thursday, April 25, 6:30 p.m. Filippa's, 45125 Mound Rd., Shelby - Sip wine and meet five puppies from the Humane Society of Macomb

**Painting with the Derby Girls** Saturday, April 27, 4 p.m. Joe Dumars Fieldhouse, 45300 Mound Rd., Shelby - Hosted by Bath City Roller Girls

**Collect-R-Con** Sunday, April 28, 10 a.m. Knights Banquet Hall, 44425 Utica Rd. - 40 tables full of vintage and new Toys, comics, action figures, and more

## LIBRARY

**Crochet Group** Tuesdays at 5:30 p.m. Romeo District Library Kezar Branch

**Tech Tuesdays** A tech tutor is available to answer your questions every Tuesday at 1 p.m.- Clinton Macomb Public Library North Branch

**Taste of the Town** Friday, April 26, 6:30 p.m. Clinton Macomb Public Library

**Movie "A Dog's Way Home"** Saturday, April 27, 1 p.m. Utica Public Library

## KIDS & TEENS

**3rd Annual Easter Scramble** Sunday, April 21, 9:30 a.m. Crossroads Community Church, Shelby Township

**Mindfulness for Young People** Monday, April 22, 5 p.m. Shine Wellness Clinic, 215 N. Main St. Flr. 3, Romeo

**"Legofy" Yourself** Friday, April 26, 4 p.m. - Clinton Macomb Public Library North Branch

**Bingo for Books** Friday, April 26, 6:30 p.m. Flickinger Elementary School, 45400 Vanker Ave., Utica - Family fun night of bingo with book prizes

**Amazing Amphibians** Saturday, April 27, 1 p.m. Stony Creek Metropark - Hike to the Vernal Pond in search of frogs and salamanders.

## SAVE THE DATE

**Florence and the Machine** Friday, May 24, 7:30 p.m. DTE Energy Music Theatre

**Steve Miller Band** Sunday, June 30, 7 p.m. Freedom Hill Amphitheater

**The Black Keys** Saturday, October 5, 7 p.m. Little Caesars Arena

To submit an event, email [News@gazettegroup.com](mailto:News@gazettegroup.com). Submissions run in the paper space permitting. To advertise an event, email [Advertising@gazettegroup.com](mailto:Advertising@gazettegroup.com).

## GAZETTE RECOMMENDS...



### AFTER LIFE

Creator and producer Ricky Gervais stars as Tony in this new British black comedy Netflix series. Tony is a writer for a local newspaper with a cynical outlook on life after the recent death of his wife. He sets out to say and do whatever he likes regardless of the consequences, but his plan derails when his loved ones step up to try to save him from himself. *After Life* tackles tough topics in a witty way through the interesting and diverse characters introduced throughout the show.

- AJ White, Creative Director

## DSO returns to Macomb for Neighborhood Concert Series

The Detroit Symphony Orchestra's (DSO) William Davidson Neighborhood Concert Series continues this May, with the DSO performing at seven venues across Metro Detroit over two weekends, including a performance at the Macomb Center for the Performing Arts on Friday, May 10.

Deer Valley. A native of Salt Lake City, Hagen debuted with the Utah Symphony at age nine. He studied at the Colburn School, Juilliard, and Switzerland's Verbier Academy. He is currently enrolled at the Kronberg Academy in Germany, where he is a student of Christian Tetzlaff. His other teachers have included Natalie

in 2015. Additionally, he served as assistant conductor to Mr. Nézet-Séguin on a new production of Strauss's Elektra at Montreal Opera.

**Mr. Watanabe** is a graduate of the Curtis Institute of Music, where he studied with distinguished conducting pedagogue Otto-Werner Mueller. He also holds a Bachelor of Science degree from Yale College, where he studied molecular, cellular, and developmental biology.

The performance on Friday, April 26 begins at 8 p.m. Tickets for all William Davidson Neighborhood Concert Series performances are \$25 for adults and \$10 for children and students, and can be purchased online at [dso.org/neighborhood/](http://dso.org/neighborhood/).

**Tickets can** be purchased by calling 313-576-5111 or in-person at the Fisher Music Center Box Office, 3711 Woodward Ave.



Conductor Kensho Watanabe will lead a program that includes Ravel's orchestral version of Le Tombeau de Couperin, Korngold's Violin Concerto, and Beethoven's Symphony No. 8. Violinist William Hagen will be featured soloist on the Korngold.

**26-year-old violinist** William Hagen has performed as soloist, recitalist, and chamber musician across the United States, Europe, and Asia. He has collaborated with several top orchestras around the world and has appeared at festivals including Grant Park Music Festival, Ravinia, Aspen, and

Reed, Deborah Moench, Robert Lipsett, and Itzhak Perlman.

**Hagen performs** on the 1732 "Arkwright Lady Rebecca Sylvan" Antonio Stradivari, on loan from the Rachel Barton Pine Foundation.

Kensho Watanabe has served as assistant conductor of The Philadelphia Orchestra since the 2016-17 season and was the inaugural conducting fellow of the Curtis Institute of Music from 2013 to 2015. Mr. Watanabe has led numerous operas with the Curtis Opera Theatre, including Puccini's La rondine in 2017 and La bohème

## Revisit the music of the 50s and 60s with The Marvelous Wonderettes

Enjoy your favorites from the 50s and 60s including "Mr. Sandman," "All I Have to Do Is Dream," "Leader of the Pack," and

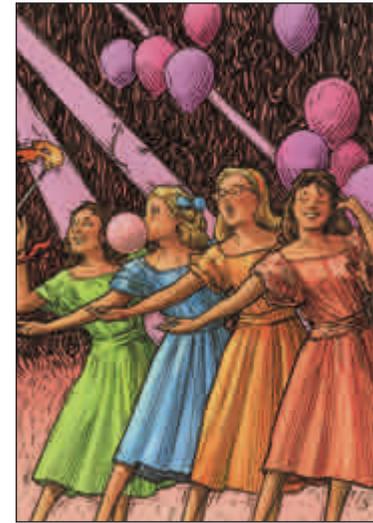
"It's My Party" at a performance of The Marvelous Wonderettes April 24 through May 19 at Meadow Brook Theatre (MBT).

"The Marvelous Wonderettes has played in New York for more than a decade," says MBT director, Travis Walter. "This is many people's favorite music. Everyone's going to be tapping their toes while we find out who will be prom queen."

**The cast includes** Hannah Fairman as Cindy Lou, Emily Hadick as Betty Jean, Kai Stidham as Missy, and Olivia Ursu as Suzy.

Tickets range from \$30 to \$45 and are available by calling the Meadow Brook Theatre box office at 248-377-3300 or going online at [Ticketmaster.com/](http://Ticketmaster.com/).

Meadow Brook Theatre is located on the campus of Oakland University in Rochester.



## Take a trip to see the tulips in Holland, Michigan

Experience the fun things to see and do near you with Step On Bus Tours.

**Tulip Time in Holland, MI** – In spring, there's so much to see and do in Holland. This trip on Friday, May 10, guests will see a performance from clog dancers and visit Windmill Farms, where there are fields of endless tulips. Be a part of the tastes, sights, sounds, and crafts of 19th Century Holland at the 2017 Dutch Marketplace. Enjoy live stage events including Dutch Dance performances and wooden shoe carving demonstrations. Lunch will be included and the cost to attend is \$90 per person.

**Mystery Trip** – On Sunday, June 5, ride along for Step On Bus Tours of their annual Mystery Trip. While they can't give you any secrets, they can guarantee that this tour will delight you and your friends. Two valuable hints, it is not a casino and there will be very little walking. Lunch is included and the element of surprise makes this day even more fun. The cost to attend is \$65 per person.

**Bay City** – On Wednesday, June 8, enjoy the art fair, boardwalk and explore the antique and retail shops downtown Bay City. Lunch is included and the cost to attend is \$45 per person.

**Saugatuck** – On Thursday, June 20, experience a dune buggy ride for 45 minutes in an open-air truck. Snap some photos as you take a boat ride and enjoy shopping in the fabulous downtown area. The cost to attend is \$95 per person.

**All trips generally** depart from Madison Heights, Sterling Heights, Novi, and Livonia. Guests are notified a week before the tour with location and pick up time for each individual tour.

For more information, or to register for a trip, call 248-619-6692, send an email to [steponbustours@gmail.com](mailto:steponbustours@gmail.com), or visit [Steponbustours.com/](http://Steponbustours.com/).






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**Opening Weekend at Jimmy John's Field**

Friday, May 10 - 6 p.m.  
Eastside Diamond Hoppers vs. Birmingham Bloomfield Beavers  
**Opening Day**

Saturday, May 11 - 7:05 p.m.  
Utica Unicorns vs. Westside Woolly Mammoths  
**WCSX Classic Rock Saturday**

Sunday, May 12 - 1:05 p.m.  
Eastside Diamond Hoppers vs. Utica Unicorns  
**Mother's Day Brunch**

The United Shore Professional Baseball League is a four-team independent baseball league out of Jimmy John's Field in downtown Utica. For tickets and a full schedule of games and events, visit [Uspbl.com/](http://Uspbl.com/).

# Health & Wellness

## Howard named Student of the Year for organizing Leukemia charity drive



MADYSON HOWARD

A Henry Ford II High School student has been named “Student of the Year” for leading a team that raised nearly \$30,000 for Leukemia research and treatment.

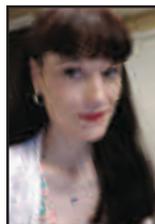
**Ninth grader Madyson Howard** earned the “Student of the Year” title from the Leukemia and Lymphoma Society for organizing the State of Michigan’s top fundraiser project.

Howard and her team – The Dreamers – raised \$27,804 over a seven-week period. Ninth-grader Emily Hudson, a member of the group, was awarded the Team Member of the Year by the society.

“It’s important to me to help people who may be suffering,” Howard said.

Howard said the money was raised through events and fundraisers. Some of the fundraisers included an Emagine movie theatre night and bake sales.

## New and notable fitness trends for 2019

by  
AMY FORTUNE

If you are in the process of mapping out your fitness plans for

2019, here is a quick snapshot of the current most popular activities, exercises, and attire/gear options. Or, even if you have already picked your routine, you may feel inspired to add an element or two from the list below.

Get ready to hit the gym, sidewalk, trail, or living room with your fitness goals in mind and your gear in tow. Even if some of these trends fail to spark fitness inspiration for you personally, you will likely read or hear about them at some point during the year.

**More individuals will sign up for group training**

According to the American College of Sports Medicine (ACSM), the term group training refers to workout sessions attended by five or more participants. And thanks to online group training sessions, you can easily find like-minded workout buddies from the comfort of your home.

**There will be more opportunities for certified fitness professionals**

People used to make jokes about “majoring in gym” in college. But, today, fitness certification is taken very seriously. In fact, most reputable gyms and workout studios seek to

employ only highly qualified trainers and instructors to coach their members and lead their classes.

**Yoga will remain a popular option for people of all ages and fitness levels.**

Some fitness trends come and go, but the ancient practice of Yoga is likely here to stay. And, now, there are many types of yoga from which to choose. Do you like cardio and dance movements with your yoga? Try Buti Yoga. Or, if you prefer to sweat it out, Bikram Yoga may be right for you. Love goats? Sign up for one of the wildly popular Goat Yoga classes.

**More individuals will add body weight training to their routines.**

Equipment-free bodyweight workouts are incredibly convenient for exercise aficionados on the go because you can have a session anywhere and at any time. Incorporating push-ups, planks, and other types of movements that utilize the body’s own weight, these workouts are good for toning, strength-building, and calorie burning.

**High-Intensity Interval Training (HIIT) will receive a lot of attention.**

These workouts are perfect for individuals who have little time to spare for exercise because they involve bursts of high-intensity movement, followed by a short rest period. So, you can be done and in the shower in 30 minutes or less. Not bad if you’re looking to get it done fast!

**There will be more fitness programs available for older adults.**

Thanks to the large Baby Boomer generation, on average, the American population is aging. This fact, combined with the knowledge that exercise has many benefits for seniors such as improving bone density and preserving muscle mass, has led to more fitness opportunities opening up to older adults.

**Personal trainers will be more accessible.**

While highly beneficial, physical face to face time with a personal trainer is often expensive. However, thanks to affordable sessions offered online, you can now work with a trainer who understands your personal needs without breaking the bank.

**Many physically active individuals will invest in wearable technology.**

Tech is everywhere – in our homes, our phones, our vehicles, and even on our bodies. And, not to be left out, the world of physical fitness has embraced technology through the introduction of wearable technology designed for exercise participants. Heart monitors, fitness trackers, and smartwatches (loaded with fitness-related apps) are just a few examples of the items produced to help you monitor your progress and keep you safe.

Speaking of safe, as always, before starting a new fitness program or adding a new activity to your current routine, please consult your doctor, especially if you have injuries or pre-existing medical conditions.

## Heatstroke Prevention Day in Michigan is April 22

The Michigan Office of Highway Safety Planning (OHSP), the Michigan Department of Health and Human Services (MDHHS), and the Michigan Department of State are working to raise awareness about the dangers of heatstroke and offering ways to prevent such tragedies. The State of Michigan has proclaimed April 22 as Heatstroke Prevention Awareness Day.

Since 1998, there have been 794 deaths of children from heatstroke nationwide, with 10 of those deaths in Michigan. Last year in the United States, 51 children died in vehicles, a 19% increase from 2017. Heatstroke is the leading cause of vehicular

non-crash related deaths for children under 14.

“Heatstroke deaths among young children are 100 percent preventable,” said Michael L. Prince, director of OHSP. “It’s important to remind parents and caregivers about the dangers of heatstroke as we work together to save lives and raise awareness.”

Children die alone in a vehicle for several reasons: 54% were forgotten by a caregiver, 26% of children gained access to unattended vehicles and became trapped, and 18% were intentionally left by an adult.

“Temperatures inside a vehicle can become life threatening very quickly,” said Dr.

Joneigh Khaldun, MDHHS chief medical executive, chief deputy director for health. “Caregivers should never leave a child alone in a vehicle and always check the back seat before you get out.”

Never children alone in a car, even for a few minutes. Always lock doors and the trunk. Keep keys and key fobs out of reach.

**Create reminders.** Place something needed at the next stop, like a bag or cell phone, next to the car seat or booster as a reminder.

Take action. If you see a child alone in a car, take action. Call 911. For more information on ways to prevent heatstroke, go to [Safekids.org/](http://Safekids.org/).

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April 19, 2019



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2/2

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2/2

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## CLASSIFIEDS WORK!

## VOLUNTEER

Hope Not Handcuffs is an initiative started by Families Against Narcotics (FAN), aimed at bringing law enforcement and community organizations together in an effort to find viable treatment options for individuals seeking help to reduce dependency with heroin, prescription drugs, and alcohol.



A person struggling with any drug addiction can come to any of the participating police agencies and ask for help. They will be greeted with support, compassion and respect. Hope Not Handcuffs volunteer 'Angels' help with paperwork and provide compassionate support until a treatment option is found. Angel's can choose their own time slot by signing up to be on call for just 2 four hour blocks per month.

To sign up and learn more, visit [familiesagainstnarcotics.org/volunteer](http://familiesagainstnarcotics.org/volunteer)

## ADOPT A PET

The Humane Society of Macomb works to prevent cruelty to animals, and place adoptable pets into good, permanent homes with responsible owners and promote spaying and neutering to prevent overpopulation. The Humane Society of Macomb has many cats, dogs, puppies and kittens waiting for a new home. They are open Monday through Saturday, 10 a.m.- 3 p.m. for adoptions. Give them a call at 586-731-9210, and visit them at 11350 22 Mile Road in Utica.

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Gazette Media Group is a media and events company based in Troy, Michigan. Originally established in 1980 by Claire Weber as the Troy-Somerset Gazette, GMG now publishes three local newspapers and hosts a variety of events throughout the metro Detroit area. The Gazette creates and curates hyper-local content and distributes free weekly newspapers throughout businesses in the community. Go to [GetYourGazette.com](http://GetYourGazette.com) to read past issues and to find the nearest pick-up location. The Gazette is always looking for news, photos, and tips from around the community. Email [News@GazetteMediaGroup.com](mailto:News@GazetteMediaGroup.com) or call 248-524-4868 for editorial submissions.



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		9	5		2		7	
	5	2			3	1		
	3			1				5
5					9		8	7
		7		8		5		
8	1		7					9
6				2			1	
		1	4			6	5	
	7		3		1	8		

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## Pilot Mechanical Heating and Cooling in the business of making people happy

### HOME SHOW PREVIEW

OAKLAND SPRING HOME SHOW  
Oakland University, May 4 & 5, 2019

He loves sketching system designs and making things fit together. The work of heating and cooling systems is hands-on and precise, but there's also room for creativity.



**TECHNICIANS AT Pilot Mechanical take care to do the job right. Jared, a lead installer, putting in a furnace and air conditioning system last summer. Photo Credit: Pilot Mechanical Heating and Cooling**

There's an art to installing HVAC systems, and Chris Lalama, owner of Pilot Mechanical Heating and Cooling in Rochester Hills, is passionate about his craft.

Lalama began working in the heating and air conditioning business when he was 19-years old. Right away, he knew he had found something he wanted to do for the rest of his life.

"I fell in love with the whole business," he said.

Lalama started out working for a local family-owned company. Early on, he said he came home and told his brother about his new job.

"He said, 'I think you're going to be doing this for a while,' and I said, 'Yeah, I think I am.'"

For Lalama, installing HVAC systems is rewarding. He said that being able to see the look on people's face when he's restored their heat on a cold winter day or hooked up their air conditioning in the middle of the summer is satisfying.

Now, Lalama owns his own business. Since 2010, Pilot Mechanical Heating and Cooling has installed furnaces, air conditioners, and water heaters for residential and commercial

customers. For him, doing the job right is a point of pride.

"I always thought I could do it better, and here I am today," Lalama said. "I just insist that things be right."

Pilot Mechanical Heating and Cooling is a fully licensed and insured company. It provides installation and maintenance services throughout Metro Detroit. No matter what time of day, and even on the weekend, the company has technicians available to provide 24-hour emergency services.

"Anyone can put in a furnace, but who's going to be there to service it when it's -20?" Lalama said. "We do really try to provide same day service."

In addition to their availability, the technicians and Pilot Mechanical Heating and Cooling pay attention to the details of their work.

"Our work is some of the best out there," Lalama said. "There are certain things that never get looked at and other people miss."

According to Lalama, HVAC systems can last anywhere between 15 and 20 years, but people with systems that are over 12 years old should think about having them looked at. Otherwise, they can potentially be hazardous.

Lalama works to provide customers with reasonable prices and the best service available.

"I deal directly with every single customer," he said. "We want to offer them the service they deserve with the price they deserve."

For Lalama, providing great service means making things as convenient as possible for customers. Beginning on April 15, people will be able to text the company when they need service. Lalama said he noticed that many of his customers preferred texting, so he wanted to make that an option for them. The number to text is 248-453-5432.

Pilot Mechanical Heating and Cooling continues to grow. Lalama said that his business has doubled in the last year, but being able to provide great products and great service is still his priority.

Pilot Mechanical Heating and Cooling is located at 1025 John R. Rd in Rochester Hills. To learn more, visit [pilot HVAC.net](http://pilot HVAC.net), or call 248-453-5432.

**Pilot Mechanical Heating and Cooling will be at the Oakland Spring Home Show May 4-5 at Oakland University's O'rena and produced by Gazette Media Group. Learn more at [YourHomeShows.com/](http://YourHomeShows.com/).**

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