



Health & Wellness Inside

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Gazette

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May 24, 2019
Vol. 3, No. 23

Stony Creek Trail reopens

Shelby Township's Stony Creek Trail reopened May 16 following the replacement of three decaying wooden bridges with culverts and asphalt pathways.

The trail, which runs east of Dequindre Road between 25 and 26 Mile roads, connects the Clinton River Trail in Oakland County with Stony Creek Metropark.

Three bridges on the 1-mile had been repeatedly raised and lowered by freeze-and-thaw cycles and "rolled like a roller coaster," according to Supervisor Rick Stathakis, and as such no longer complied with the Americans with Disabilities Act.

Constructing the asphalt crossings, which run over some of the trail's wetland areas, cost \$497,794 - cheaper, Stathakis says, than it would have been to repair the wooden ones, which would have required removing the wood and readjusting the bridges' foundations.

"So many people in our community use this trail to get to Stony Creek and ride their bikes, so it's a big accomplishment," said Treasurer Michael Flynn. "When you get these projects done on budget and on time, we're happy it happened."

The reopening of the trail was celebrated with a footrace between Shelby Township Police Department cadets and Stathakis, who entered late in dress shoes and a tie.

Trail users can park at Rainbow Plaza at the southeast corner of 25 Mile and Shelby roads for free.



BOB'S DISCOUNT FURNITURE is the newest business in Shelby Township, located at the northeast corner of Hall and Schoenherr. A ribbon cutting ceremony was held this week to celebrate the opening of the 35,000-square-foot showroom, with business and township officials on hand to welcome the owners and employees to Shelby. For more information, call 586-580-1168 or visit Mybobs.com/.

Partnership empowers students to connect to their post-secondary future

It was not that long ago that Tommy Haji was sitting in a high school classroom trying to decide his future.

With family members who had recently immigrated to the United States, he and his parents knew there was only one path that would lead him to success.

"Education is the foundation of everything," he recently told a group of 12 Stevenson students participating in the Vision Empowerment Academy. "Once you are educated you are able to find your passions in life and go

with them. You should never limit yourself to one thing."

The Vision Empowerment Academy is a partnership between Wireless Vision, The Chaldean Community Foundation and Stevenson High School that provides students additional support and tools to pursue their dream careers.

"We believe that every child deserves to have an equal opportunity," said Wireless Vision Marketing Specialist Zena Jabiru. "With the help of mentors, the students are learning about

values, education and life skills to do the right thing every day."

The partnership is the first of its kind and involves mentors working individually with 12 Stevenson students who applied to be part of the after-school program.

At the group's first meeting, Haji - a manufacturing entrepreneur - described his growth from childhood, to college, to becoming an engineer with the Chrysler Corp. and eventually

See UCS page 2

Macomb Twp employee opens up about "unfair treatment"

by ELENA DURNBACH

Upheaval continues in Macomb Township following last month's resignation of planning director Patrick Meagher and the letter he wrote criticizing a "conquer and control atmosphere" in the township that sparked debate over the combined position of Thomas Esordi as human resources director and legal counsel.

Meggan Young, elections coordinator for Macomb Township, addressed the Board of Trustees at the May 8 meeting in order to call attention to the circumstances surrounding an investigation opened by Esordi into her employment which she said were unfair. In an interview with the Gazette, she shared her experience and explained why she chose to speak out.

The decision to address the board was not easy for Young. She said she doesn't like conflict and prefers to work behind the scenes. Her job as elections coordinator typically keeps her out of the spotlight. Right now, she's helping prepare the township for the 2020 elections and make sure the Clerk's Office is ready to move forward with new technology and implement the new ways residents are able to vote.

"I was afraid of what would happen after," Young said of her decision to address the board

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USPBL week in review

This week, the Utica Unicorns took over first place in the standings at 4-1 behind some strong pitching. Right-handed hurler Spencer Stockton took a perfect game into the sixth inning last Friday night and finished the game with a one-hitter, striking out nine in 7.0 scoreless innings. RHP Kyle Olliges earned a win with seven strikeouts over 6.0 innings during a midweek game. Kyle Bonicki batted .500 and smacked his first home run of the season, finishing the week with five RBIs.

The Birmingham Bloomfield Beavers Nick Campana earned player of the week accolades with a .462 average for the week and a league-best six RBIs, two doubles and .769 slugging percentage. He has hit safely in all four games this season. LHP Gerry Salisbury tossed 6.0 strong innings on Sunday, allowing just two hits and one unearned run in a no decision.

Local product Pat Adams continues to swing a hot bat for the Eastside Diamond Hoppers. A native of Warren, Mich., Adams hit .455 last week (5-for-11) with one double. He started in all three games for the Hoppers in the outfield.

RHP Philip Walby made his debut in the USPBL last Saturday night, tossing 5.0 scoreless innings and struck out 10 as the Westside Woolly Mammoths picked up their first win of the season. Walby, a native of San Diego, Calif., was a 12th round draft pick of the New York Yankees in 2013 and pitched in the minor leagues for five seasons before making his way to the USPBL. He is currently serving as an Assistant Coach at St. Clair Community College.

USPBL games are played at Jimmy John's Field and fans can purchase tickets as low as \$6 (lawn seats) or \$12 (grandstand tickets at uspbl.com/.

UCS students selected for Vision Empowerment Academy

UCS, From page 1

owning his own successful business.

He told students that the path to success is “figuring what your strengths and weaknesses are. My strengths were obviously math, science and chemistry. You have to go where your strengths are and hopefully that's what we will figure out during this process.”

In addition to speakers, students participating in the program will identify their career strengths, have prep work for SAT/ACT tests, and learn how to apply to college and universities

and seek financial aid and scholarships.

Stevenson High School EL teacher Mary Tangelos said the program provides needed support for students who are also becoming acclimated to a new country.

“Vision Empowerment Academy will help guide them through this very challenging time in their lives and give them hope that they can reach their goals,” she said. “It is an incredible opportunity and we are grateful to Wireless Vision and the Chaldean Community Foundation for their

gifts of time, talent and treasure.”

Stevenson junior Silvia Zahrah said she felt fortunate to be among the students selected for the program.

“**I really feel** inspired by the mentors and can relate to them,” she said.

At its last meeting, the partnership will announce scholarship prizes for students based on an essay. Organizers said they plan to expand the program next year based on its initial success.

- uticak12.org

Chrysler invests \$2 billion in Macomb manufacturing

by JUSTIN COOPER

The Michigan Strategic Fund approved a slew of incentives to Fiat Chrysler Automobiles on Tuesday that are expected to generate 6,433 jobs across Michigan and \$4.5 billion in private investment, of which nearly \$2 billion will go to Macomb County manufacturing facilities.

The Macomb County investments are split between the company's Warren Stamping Plant, Warren Truck Assembly Plant, and Sterling Stamping Plant, at which 83 new jobs are expected

to be created.

State Senator Michael MacDonald, who represents Sterling Heights and Macomb Township, threw his support behind the investment.

“**This incredible** multi-billion-dollar investment by Fiat Chrysler will enhance our entire economy and provide exciting new opportunities for people throughout our state and region,” MacDonald said.

Macomb County's biggest boost is likely to be felt especially in Warren, where \$1.5 billion is being put into the Warren Truck

Assembly Plant to create 1,400 new jobs and produce the latest models of the Jeep Wagoneer and the Grand Wagoneer, along with “electrified offerings.”

Nearly 5,000 of the 6,433 jobs will be created in Detroit where the company will convert and modernize its Mack Avenue Engine Complex and Jefferson North Assembly Plant.

The incentives extended to Fiat Chrysler Automobiles are valued at a total of approximately \$27.9 billion.

FEMA to assess damage after heavy rainfall

Gov. Gretchen Whitmer has requested the Federal Emergency Management Agency (FEMA) to conduct a joint Preliminary

Wayne County in recovering from the damage caused by this devastating flood,” Whitmer said. “The assessment is necessary to

Joint PDA teams are expected to begin gathering information in impacted communities as early as next week. They will spend several days collecting estimated response and recovery costs with a focus on the number of damaged buildings, displaced individuals and threats to health and safety.

About the Disaster On April 30 and May 1, heavy rainfall caused widespread flooding in Wayne County, damaging infrastructure and private property. On May 2, Wayne County declared a local state of emergency and requested state assistance. Gov. Whitmer announced a state of emergency for Wayne County on May 2 and formally signed the declaration May 3.

By declaring a state of emergency, Whitmer has made available all state resources in cooperation with local response and recovery efforts in the designated area. The declaration authorizes the Michigan State Police, Emergency Management and Homeland Security Division (MSP/EMHSD) to coordinate state efforts above and beyond what MSP/EMHSD has already been doing.



Damage Assessment (PDA) with state and local officials to review damages and response costs caused by heavy rainfall and flooding in Wayne County in early May. This request was granted by FEMA and is the next step in the process of asking for federal assistance.

“**We are exploring all our options** to assist the residents of

confirm the reported damage, which is critical in making our case for federal aid.”

The joint PDA teams will be comprised of personnel from FEMA, the Michigan State Police, Emergency Management and Homeland Security Division (MSP/EMHSD), local governments and the U.S. Small Business Administration.

MEMORIAL DAY WEEKEND

THURSDAY - MONDAY
MAY 23-27

Thirsty Thursday
Presented By Dave and Buster's

College Fair Night
First Pitch at 7:05pm, Gates open at 6:00pm

Friday Fireworks Spectacular
First Pitch at 7:05pm, Gates open at 6:00pm

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Macomb Township employee encourages others to speak out to create culture change

MACOMB TWP, From page 1

earlier this month. “What would happen when I came into work the next day, and I was scared. I was scared out of my mind.”

Young always wanted to work in local government. She has both a bachelor’s and a master’s degree in public administration from Oakland University.

“Not many young people go into it,” Young said. “My dad’s a vet, and I couldn’t really go into the military, so I was just looking for some way to give back to the community.”

Before entering grad school, Young held a corporate position at General Motors. The hours were long and didn’t give her the time to go back to school, so she quit to pursue her education. During grad school, she worked for the clerk’s department in Oakland Township. She completed her master’s in 2017 and got a job with Oakland County government, which, as she approached graduation and the start of her student loan payments, was a better fit. She returned to a corporate job with Fiat Chrysler, but still wanted a job in local government. Eventually, she found the elections coordinator opening in Macomb Township.

“At first I was very apprehensive,” Young said about applying for the job. “I had seen them in the news. I wasn’t quite sure. I knew that they were moving forward with change, so when I saw it reposted, I was like, ok, I’m just going to do it, and we’ll see what happens.”

Young was hired by the township in September 2018. She said the interview process was straightforward, and she didn’t have any bad feelings about it. She was interviewed by a panel, which she remembers including the clerk, a human resources representative who was not Esordi, the elections supervisor, the treasurer, and the supervisor. They asked her questions about the election process, systems, and her education.

“I felt like the interview went well,” she said. “They all seemed nice.”

As she settled into her new job, Young said everything seemed to be fine.

“Everything was very smooth,” she said. “I never had any problem with anybody. I didn’t know there was anything going on with me.”

In February 2019, Young learned that all was not as well as it seemed. The township had subpoenaed her record from a previous employer. She had a review meeting with Esordi, and Young said he opened an investigation because he thought she lied about being fired from a previous job. Young said that she

was not fired from the position, but at the time there was pending litigation over an unlawful termination complaint. Esordi said that as conflicting information.

Young did not wish to share any further details about the previous job or the circumstances she left under because of the litigation.

According to Young, Esordi asked her to provide documents and correspondence from her attorney as part of his investigation. She cooperated, but Esordi was not satisfied. Young said it was not clear to her what Esordi wanted because he stated many times that there was no problem with her job performance.

“My attorney did reach out to Mr. Esordi, and she gave him the information he needed, and that turned out not to be enough for him,” she said. “Anything he was provided with, it was always something else, ‘Well, OK, I have that, now give me this. And now I need this. And now I need this.’ And it just kept going on.”

Young said that Township Clerk Kristi Pozzi asked Esordi to close the case, but the township human resources director and legal counsel continued with his investigation.

At the Board of Trustees meeting on May 22, Pozzi spoke about the investigation. She said that, as department head, she was satisfied with the information Young provided, but Esordi seemed to be looking for a reason to discharge Young.

“To me, the HR director already had his mind made up as to where this investigation was going before we even conducted it. That concerns me,” Pozzi said. “Investigative meetings happen all the time on employees, and they’re conducted by the department head and they’re conducted by the HR director. The HR director should be able to ask the questions and so should the department head, but in this case scenario that wasn’t an option.”

Pozzi also said that township spent close to \$2,000 to bring in outside legal counsel to conduct the investigative meeting, according to an invoice voted on at the May 22 board meeting.

Young said the Pozzi fought for her and that she was grateful for the clerk acting on her behalf.

“I had no idea what was going on behind closed doors, and I couldn’t advocate for myself,” Young said. “I don’t think I’d still be here if she didn’t stand up for me.”

Esordi did not represent the facts of his investigation accurately, Young said. After hearing that Young had not been terminated from her previous job from her attorney, Young said the Esordi sent an email to the clerk and copied the

supervisor in to inform them that her attorney advised him that she had been terminated by her previous employer.

“It was just completely backwards from what he was advised in an email and on the phone,” Young said.

Further complicating the matter, Young said that it was unclear to her when Esordi was acting as the human resource director and when he was acting as the township’s legal counsel. She said that the meetings on her employment were held in closed session because Esordi deemed them legal opinion.

“That made the whole process even more confusing because if you’re addressing the board about an employment issue in closed session, what are you operating as? The HR director or the attorney?” Young said. “The HR director, I mean, is our attorney that opened my investigation, so, you know, I leaned on my clerk for support.”

According to Young, Esordi treated the clerk poorly, and Young felt like he was targeting the department.

“He treats our clerk terribly. He really does,” Young said. “I’ve seen him go at the clerk. I don’t think that anybody should ever be treated like that under any circumstances. I understand that people get frustrated, and things don’t go very well sometimes, but nobody should ever have to be yelled at, or just, be that visibly upset.”

Others have complained of a poor work environment in the township. At the May 8 board meeting, 20 township managers signed a petition supporting the content of Meagher’s resignation letter. According to Denis Martin, a union representative for AFSCME Local 1917, one employee who directly reports to Esordi filed a grievance for a “hostile work environment.”

Esordi declined to comment on allegations of a hostile work environment following the May 22 board meeting and told the Gazette he didn’t feel employee matters belonged in a newspaper.

Esordi is Macomb Township employee who was appointed by elected officials to serve as the HR director and legal counsel for the township.

Young’s decision to address the board was a last resort for her.

“It was like my last ditch effort where I was like, OK, if they don’t know all the facts, how are they going to make a decision that is based on the facts instead of legal opinion?”

Trustee Tim Bussineau said that he admired Young’s courage to speak at the meeting. He said that he felt many employees saw it as their only option.

“I feel that the employees feel that is their only route right now,” Bussineau said. “That’s not the ideal situation. I think in an ideal situation it would be taken care of through solid HR practice... They don’t believe that on a daily basis those HR practices are creating a culture where they feel they have anywhere else to go.”

Young said that the experience was very stressful for her, and it often made her doubt if she wanted to continue in local government. She also worries about the future if nothing changes.

“I don’t know if it’s going to affect anything in the future whether I’m up for a promotion, if I ever need any accommodation,” Young said. “I worry about that, especially if the board stays the same. If he’s kept on in both roles. I think that I probably would have trouble moving forward in my career.”

Young said that she’s not the only one who is concerned.

“The morale in the office is not great,” she said. “I know that for some people it’s difficult to come into work, and they’re not quite sure what they’re going to be faced with that day.”

By speaking about her experience, Young said that she

hoped other people would be encouraged to come forward.

“I think that people are kind of afraid to come forward,” she said. “I really feel like if we keep this conversation going that maybe it will create change...If it keeps coming up, I think that there might be a chance for change.”

Bussineau said that he recognized the need for change in the township.

“We’re in uncharted territory, but I think it’s positive territory for moving our township forward,” he said. “I think everybody understands that changes need to be made. Change isn’t always easy. Some people say it’s slow, but in my opinion, change in our township needs to come much quicker than later.”

Young said she wasn’t sure what the solution was, but she thought that more open dialogue between the township board and employees would help.

“I really think that the board and the supervisor could help resolve some issues... I think that if they listen to their employees and communicate with their employees, a lot of things would get better,” she said. “I know we can get there. I just don’t know how yet.”

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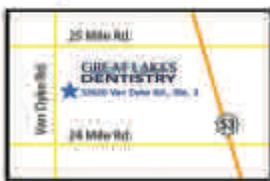
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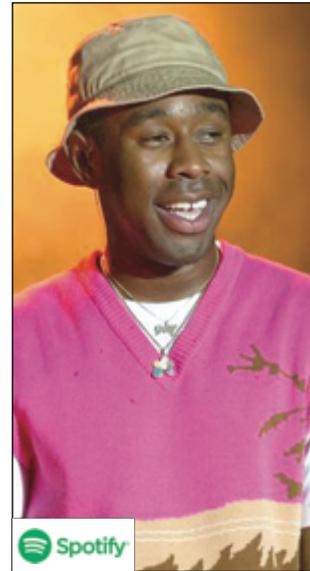
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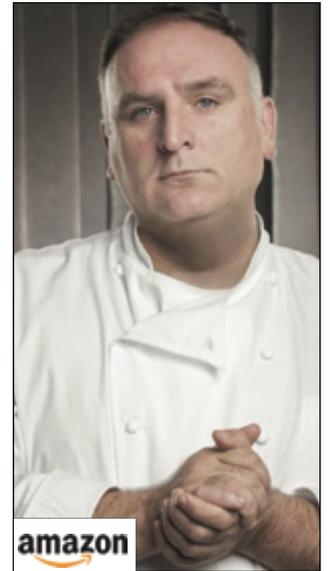
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R, Action/Thriller



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Columbia



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Jose Andres - Cooking,
HarperCollins

Music

Country Music Night Live
Fridays at 8 p.m. Coyote Joe's,
Shelby

Open Mic Thursdays at 8 p.m.
Rock Room, Mount Clemens

Billy Gunther Saturday, May
25, 9 p.m. Hogs Hollow, Utica

The Who May 28, Little Caesars
Arena, Detroit

Corey Dakota Friday, May 31,
8 p.m. Coyote Joe's, Shelby

Plan B Friday, May 31, 9:30
p.m. Hamlin Pub, Shelby

**Weekend ComeBack
Unplugged** Friday, May 31,
9:30 p.m. Great Baraboo
Brewing, Clinton Twp.

ON STAGE

Company Now thru June 1,
Avon Players

Oklahoma! Now thru June 9,
Stagecrafters, Royal Oak

Tom Segura Saturday, June 1, 8
p.m. Fox Theatre, Detroit

**Manda's Rhythm & Dance
Recital** Saturday, June 8, 10:30
a.m., 2 p.m. & 6 p.m. Macomb
Center

AROUND TOWN

Drunken Trivia Wednesdays at
9 p.m. Abbibo, Mount Clemens

**Memorial Weekend Tent
Sale** May 24-27 starting at 10
a.m. 2nd & Charles, Utica - CDs,
DVDs, and clearance books as
low as \$1, paperbacks as low as
50¢, Blu-rays as low as \$2.

**Spring Burlap Wreath
Workshop** Saturday, May 25,
11 a.m. AR Workshop, Macomb -
Tickets at arworkshop.org

Quizzo Wednesday, May 29,
7:30 p.m. Red Ox Tavern, Utica

**KLM's Tuesday Night River
Ride** Tuesday, May 28, 6:45
p.m. Starts at Downtown Utica
Civic Plaza - Group bike ride for
those who like to cycle on paved
trails without racing

All You Can Eat Fried Perch
Wednesdays Wednesday, May
29, 4 p.m. Bath City Bistro,
Mount Clemens

Rainbow Group Exhibit June
1-July 3, Anton Art Center,
Mount Clemens

Harry Potter Trivia Sunday,
June 2, 6 p.m. Ciccarelli's Sport
Bar-Theater, Shelby

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

LIBRARY

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

**Shelby Township Writers
Group** Thursdays at 6:30 p.m.
Shelby Township Library

Wildlife Photography
Thursday, May 30, 6:30 p.m.
Romeo District Library Kezar
Branch - Talented local nature
photographer Robert Weir will
dazzle us with his wildlife photos

**Free Outdoor Yoga w/
White Lotus** Monday, June 3,
6:30 p.m. Romeo District Library
Graubner Branch - Join White
Lotus for a 60-minute Basic Yoga
Class on the lawn.

KIDS & TEENS

Teen Craft Club Wednesdays
at 2:30 p.m. Romeo District
Library Kezar Branch

Teen Hangout Wednesdays at
3 p.m. Shelby Township Library

Fine Motor Fun Tuesday, May
28, 10 a.m. Clinton Macomb
Public Library North Branch - For
kids ages 2-5

Little Scientists Wednesday,
May 29, 10:30 a.m. Clinton
Macomb Public Library North
Branch - For kids ages 3-6

**Super Smash Bros Gaming
Night** Wednesday, May 29, 6
p.m. Romeo District Library
Graubner Branch

Toddler Art Thursday, May 30,
10:30 a.m. Clinton Macomb
Public Library North Branch

SAVE THE DATE

**Young the Giant & Fitz and
the Tantrums** Saturday, June
29, 7 p.m. Michigan Lottery
Amphitheatre at Freedom Hill,
Sterling Heights

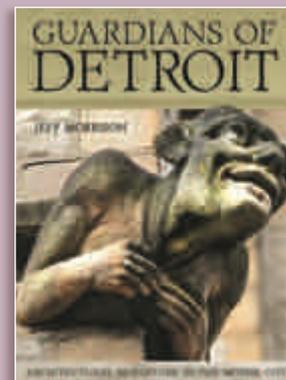
**The Black Keys & Modest
Mouse** Saturday, October 5, 7
p.m. Little Caesars Arena, Detroit

Disney's Frozen Jr. Dec. 12-15,
Village Youth Theatre, Birmingham

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GAZETTE RECOMMENDS...

GUARDIANS OF DETROIT: ARCHITECTURAL SCULPTURE IN THE MOTOR CITY



Detroit is home to some amazing architecture, and hidden in the exterior cornices and pediments of many buildings are extraordinarily detailed works of sculpture. Learn about Detroit history and architectural style as you flip through this book gorgeously captured by photographer and historian Jeff Morrison. Do you like symbolic architectural details? Detroit has it. Classically inspired art? It's there. Take a look at the elaborate griffins, gargoyles, and gods that show the Motor City from a new perspective.

— Elena Durnbaugh, Editor

There's a lot to love in "Oklahoma!"

PLAY REVIEW

by
SUZANNE ANGIO (member, American Theatre Critics Association) and
GREG ANGIO (Member Emeritus, San Francisco Bay Area Theatre Critics Circle)

If ever there was a crowd-pleaser, it's "Oklahoma!", the beloved musical classic that set the Broadway world ablaze when it premiered in March 1943. It ran for a record-breaking five years to



Photo courtesy of Stagecrafters

critical and popular acclaim, and even garnered a special Pulitzer Prize for Richard Rodgers and Oscar Hammerstein in 1944. The Tony Awards didn't exist in those days - the first were in 1947 - but if they did, "Oklahoma!" surely would have taken home many prizes, especially for its score, with some of the most beautiful songs in popular music, and innovative choreography by Agnes de Mille. Under the watchful eyes of Rodgers and Hammerstein, it made a glorious transition to film in 1955.

Even with such big theatrical shoes to fill, the cast and crew at Stagecrafters have done an admirable job of staging this juggernaut of a show. Set in 1906, just before the Oklahoma territory was granted statehood, the story is at turns sweet and whimsical, with romance, comedy and just a touch of magic. At the dawn of the Twentieth Century, in times marked by modern inventions and cultural change, two very different pairs of lovers must decide who to marry, and the farmer and the cowman must be friends.

The romantic leads, Laurey (Haley Rossi) and Curly (Geoff Wrobel), show some fine vocal talent and stage presence. Rossi's

lovely soprano is spot-on, and she moves gracefully onstage. She has some truly beautiful numbers ("Many a New Day") and duets with her leading man ("People Will Say We're in Love"). Wrobel has a soft, mellow baritone/low tenor voice and a pleasing, if uneven, interpretation of his character. Jud, Curly's would-be rival and the major source of dramatic tension, is played by Justin Digue in an understated yet menacing performance, with superb vocals.

The secondary couple is portrayed by Liz Schultz as Ado

real showstopper, however, is Shugart. He is bright and engaging, with excellent tap-dancing (yes, tap-dancing in Royal Oak!) and a voice worthy of the Great White Way. It's easy to see that Ado Annie's flirtation with the slick Persian peddler Ali (a delightful Jude Purcell) poses no danger to Will, but it's fun to watch and offers some of the show's best musical numbers ("I Cain't Say No!", "All 'Er Nothin'").

At the end of it all, there's a rousing anthem to the brand-new state, "Oklahoma", in an ensemble performance that is nothing less than thrilling. Opening night did see some rough spots, though, especially with the orchestra, which was often flat, other times too loud (perhaps a mic problem?). But the lively spirit of the cast, with strong guidance by director and music director Randall Wrisinger, propels it over the top. The simple set makes scene changes as easy as changing the lighting, with excellent effects by Matt Weber. Also notable is the work of choreographer Valerie Mould and costume designer Teresa Lavallee, whose period clothing is evocative of the time.

Wrisinger's affection for classic musical theatre is evident. This is a breezy and likeable show, the perfect way to close out Stagecrafters' 63rd season.

Oklahoma! is playing now through June 9 at Baldwin Theatre in Royal Oak. Tickets start at \$21 and can be purchased at Stagecrafters.com/.

Annie, and Robert Zak Shugart as Will Parker. They generate a sparkling chemistry when they're together, and separately they command the stage. Schultz is a genuine livewire, with great comic chops and a belter's voice. The

Oakland University to present "James and the Giant Peach"

Oakland University's School of Music, Theatre and Dance is bringing Roald Dahl's fantastical tale "James and the Giant Peach" to life on stage at Oakland University's Varner Recital Hall on June 7.



The play is directed by Lynnae Lehfeldt and based on Richard George's adaptation of the story.

"This show is an exciting and energetic take on the classic story of James and the Giant Peach," Mannon McIntosh, assistant director, stage manager and tour manager for the production, said in a press release. "We have an incredibly talented cast that is bringing the characters to life with such joy. You can't help but laugh along and fall in love with them."

Cast members also talked about the joy this show brings them. Emily Fishman, who plays the role of Centipede, said she especially enjoys performing for children.

"One of my favorite things in the world is performing for kids, because hearing their laughs and seeing their faces brings me so much joy," she said. "It really

reminds me that performing is an amazing way to bring joy to people."

The cast will take the show on tour to the Flagstar Strand Theatre for the Performing Arts in Pontiac and to local elementary schools.

"The tour is an opportunity for students in the show to learn how a touring production works, and a chance for local schools to see a live, fully produced theatrical production," McIntosh said.

Schools interested in bringing the show to their students next year should email oaklandtour@gmail.com/.

The show will be at the Flagstar Strand Theatre on Saturday, June 1, at 11 a.m. To learn more about the Flagstar Strand Theatre performance, go to flagstartstrandtheatrepontiac.com/.

According to McIntosh, audiences are encouraged to "get comfy" and wear their pajamas for the 7 p.m. performance on June 7. That performance will also be shadow-signed for the deaf by Synergy on Stage. Unlike other methods of accommodating Deaf viewers, including the use of an off-stage interpreter or captions on a screen above the stage, shadow signing allows ASL performers to follow of shadow the actors on stage while interpreting, which means the audience can easily pay attention to both the sign language and the actors in the theatre.

Tickets cost \$10 for the general public and \$6 for students, children, and matinee audiences. Children age 2 and under are free. Tickets can be purchased at the door or online at startickets.com/.



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LESSONS - LEAGUES - PRIVATE EVENTS

Health & Wellness

Late start on your summer beach body? Give these 5 exercises a try

by AMY FORTUNE

It is never too late to look at least a little better in bathing suits, shorts, tank tops, and sundresses. Whether you have an incredible beach vacation planned, you are getting ready for fun days in and around the pool, or you simply anticipate leisurely afternoons on

the back porch with friends and family members, you can get toned quickly with a few strategic exercises. Just keep in mind that these exercises provide short-term results unless repeated frequently, over time. Also, for long-term results and optimal health benefits, it is important to

adhere to a healthy diet and a consistent, but realistic fitness routine.

Five Exercises that Yield Almost Immediately Noticeable Results

If done correctly, the following physical activities force blood into the power fibers (sometimes times called fast-twitch fibers) of muscles, causing them to temporarily bloat. This type of bloating is the positive kind that can make you look more toned and beach ready when you want to sport your summer best.

1 – Deadlifts

Get better, rounder, higher-sitting glutes with dumbbells! Just grab a bar and attach two round weights (use weights that feel challenging but not painful to lift). Stand with your feet hip-width apart and use an overhand grip to hold the weighted bar in front of your thighs, arms extended. Bend your knees slightly and bend at the hip until the dumbbell is nearly touching the ground. Repeat for 15 reps.

2 – Bicep Curls with Resistance Bands

Get the arms you have always wanted with resistance bands! These indispensable fitness tools are used by many devotees to sculpt muscles all over the body. Here, to quick results with your biceps, stand in the middle of the resistance band, holding the handles at your sides with your elbows at your waist. Now, curl hands up to your shoulders while intentionally flexing your biceps. Repeat for 15 reps.

3 – Sumo Squats

Get great thighs fast by channeling your inner sumo wrestler! Stand with your feet spaced slightly wider than shoulder-width, toes turned out at 45-degree angles. Now, extend your arms in front of you at chest-height to maintain your balance. Next, using your thighs to bend from the knees, lower your glutes toward the floor. How far can you get while still controlling the movement? That is where you should be working. At the end of 15 reps, hover in your squat and pulse up and down for 30 seconds.

4 – Regular Squats

Continue to work thighs and

squats by shifting your feet and moving your body into a “regular” squat position. Here, your feet are parallel, with toes pointed straight, and exactly shoulder-width apart. Extend your arms in front of your chest to steady your movements and lower your glutes as close to the floor as you can get them while retaining your balance and control. Perform 10-15 reps before maintaining a steady up and down pulse in your squat position for 20-30 seconds.

5 – Low Belly Crunches

Think beyond classic crunches to target hard-to-tone muscles in your low belly. Just lie down on your back with your hands resting under your neck, elbows bent. Now, bend your knees and lift your feet until your legs are bent at a 90-degree angle in a “table top” position. Lower this shape until your feet are hovering just above the ground, then repeat the process for 10-15 reps. Try to straighten your legs and hover your feet just above the ground for 15 seconds. Gently release.



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May 24, 2019



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GARAGE SALE

Emerald Lakes Subdivision, east of Rochester, north of Square Lake. Dozens of homes. June 7-8, some open on June 6. 9am-4pm. 1/2

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VOLUNTEER

Forgotten Harvest is a non-profit organization that collects surplus food and redistributes it to local charities, providing families in the metro-Detroit area with fresh and nutritious food.



Not only do their efforts benefit those in need in the community who need it most, they also help reduce food waste in the area by collecting large quantities of food from restaurants, wholesalers, and caterers.

Forgotten Harvest is always in need of monetary donations and volunteers.

Visit ForgottenHarvest.org for more information on how to donate your time, energy, and efforts to this worthy cause.

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.

Piper



ADOPT A PET

Peppy



Blaze



Nevaeh



GET YOUR GAZETTE

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 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 or call 248-524-4868 for editorial submissions.

Safety Day in America

Sunday, June 2, 2019
11:00 am - 2:00 pm

Whispering Woods Park
11000 21 Mile Rd. Shelby Township



31st Annual
Bill Hoehn Bike Rodeo

- Bike Rodeo & Family Safety
- Bike & Car Seat Safety
- Bicycle helmet giveaway (while supplies last)
- Shelby Township Police & Fire will be on-site to provide educational & safety experiences for all children attending
- Decorate your Bike to Win \$100 Gift Certificate
- Food, Fun, Bounce houses & Games!
- Self-Defense Class by D-Lux Karate, Shelby Township: 2 classes 1:00pm - 1:20 pm (8 and under) and 1:25 pm - 1:45 pm (8 and up)

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www.UticaShelbyKiwanis.org

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

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Deadline for ad placement is 10 a.m. Wednesday, the week of publication.

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Hands-on museum helps UCS elementary students pick up STEAM

Students working together to try and build an arch using blocksDeKeyser elementary students recently experienced the fun of a field trip to a hands-on science museum without ever leaving the comfort of their school.

The program was funded through a \$2,000 grant from the UCS Foundation for Educational Excellence, a non-profit group of volunteers who raise funds to support classroom innovation and student scholarships.

DeKeyser students had ten



The school had Mobile Productions bring its STEAM (Science, Technology, Engineering, Art and Mathematics) Museum to its gym to give students an opportunity to experience some of the concepts they are learning in their classroom.

“The museum promotes critical thinking, increases the science literacy of our students and helps create the next generation of innovators,” principal Mary Beth Merlo said. “Students are allowed to explore at their own pace, so they can spend more time at learning stations that interested them.”

hands-on stations to explore through the museum.

Stations included “The Arch,” where students used engineering skills to build a structure out of blocks. Another favorite was “Bop A Light,” which showed how art and design were important concepts for gaming.

While students had fun at the different activities, the ultimate goal of learning was not lost on them.

“Science is cool because you never know what you are going to discover,” said second grader Trey Hallam.

uticak12.org/

Super Sunday in Washington Township

Celebrate the history of Washington Township with the Greater Washington Area Historical Society at its 41st annual Super Sunday event.

This year, Super Sunday will take place on Sunday, June 2, from 10 a.m. to 4 p.m. at the Washington Historical Museum, located in the old Washington High School. The event, which has been held almost continuously since 1952, is based on a homecoming celebration in Washington Township, according to the Washington Historical Society website.

The event will feature food, arts and crafts, antiques, and flea market vendors. The historical society members will also host their perennial plant sale and a

silent auction of items donated by individuals and local businesses. People will also be able to take free tours of the museum. The music group “Just Banjos” will provide entertainment from 1-3 p.m.

Proceeds from Super Sunday will be used to replace the roof on the museum. The building itself is more than 100 years old.

Vendor spaces are still available for \$25. To learn more, call 248-652-2458 or email holcomi@comcast.net. People can also visit the Washington Historical Society website at washistsoc.org/.

The Washington Historical Museum is at 58230 Van Dyke, north of 26 Mile Road.



Shelby Township Relay For Life raises nearly \$130,000

THE NATIONAL HISPANIC HONOR SOCIETY of Utica High School was on hand at the Shelby Twp Relay for Life last week. The honor society raised over \$9000 for this years donation to the American Cancer Society. Teacher Julie Wright oversees the group and was surely proud of their efforts. In total, The Great Shelby Township Relay for Life event helped raise nearly \$130,000 for cancer research. Even though the race is over, you can still donate at Relayforlife.org/shelbytownshipmi/.

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